



April 2018 Edition  
Featuring Ottawa Diocesan Councils and  
Spiritual Development Chairperson, Anna Tremblay

**Inspired by the Spirit, Women Respond to God's Call**



## *Annie's Annotations*

*"As they went out, they came upon a man from Cyrene named Simon; they compelled this man to carry his cross."*

Matthew 27:32  
(ESV)

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The Easter season is upon us, we rejoice in the Resurrection and the promises that holds for us. New life is blooming as spring is slowly peeking her head out, but it is still very cold in most of Ontario. I have seen crocus and daffodil stems peeking out from beneath the little mounds of snow that remain in the flower beds. They speak to me of hope for what is to come and make me smile that the snow, ice and cold do have an end in the near future. This is a season of hope for new life, good weather, bountiful gardens gatherings of family and friends around a campfire or barbeque. But it is also a time to reflect on all the gifts we have been given and how we, as individuals can share those gifts with others. As the passage above notes, we too should be willing to "carry His cross" and go that extra distance outside our comfort zones to make a difference to someone else. I challenge you in this Easter season to make eye contact and smile at everyone you meet...you will be amazed at the result!

## *Easter Blessings*

*"You are the peace of all things calm,  
You are the place to hide from harm.  
You are the light that shines in dark,  
You are the heart's eternal spark.  
You are the door that's open wide,  
You are the guest who waits inside.  
You are the light, the truth, the way,  
You are my Savior this very day."*



*Celtic Blessing from The First Millennium*



## **National Week for Life and the Family**

The National Week for Life and the Family will be celebrated May 13 – 20, 2018. The theme for this year is "Love: Encountering the Other". The Catholic Organization for Life and Family (COLF) has prepared free reproducible resources, including a poster, a prayer card and a prayer card for children to use before meals. These materials can be found online from the Canadian Conference of Catholic Bishops (CCCB) by going to:

  
<https://www.cccb.ca/site/eng/media-room/4814-2018-national-week-for-life-and-the-family>

- Submitted by: Linda Squarzolo, 1<sup>st</sup> Vice President/Christian Family Life Chair



## **CWL – From Passion to Action**

Although I became a CWL member 50 years ago, it wasn't until the 1980's, when I accepted an appointment as Communications Committee Chairperson that I became an active member. "How hard could it be to advertise meetings and events, I reasoned?"

After stalling for several years, I eventually became president of our council. In the ensuing years I was elected to the diocesan council, served as diocesan convention convener, regional chairperson, and developed and facilitated various workshops and retreats. Now, here I am, serving on the provincial council. What a wonderful journey these years have been.

At conventions (diocesan, provincial and national), I experienced the warmth of CWL sisterhood, developed close friendships, and my prayer and faith life deepened.

I confess I am baffled as to why Catholic women choose not to join the League. There are so many reasons to join:

- Members spiritual lives are enriched and deepened by prayers at meetings and conventions, days/evenings of reflection, and retreats
- Members have the opportunity to advocate for change in society through our resolutions process
- Directives keep members informed about important issues locally, nationally, and globally
- The CWL is respected and meet annually, with both provincial and national governments.
- Members offer spiritual and financial help to seminarians
- Councils donate thousands and thousands of dollars to charities in our communities and country, as well as support worthwhile projects around the world
- Members pray for other members every single day
- Members have many opportunities to learn and develop leadership and facilitation skills through workshops and leadership training programs
- Members have the opportunity to develop deep and lasting friendships with like-minded women both in our parishes and from sea to sea when we attend conventions.



ONTARIO PROVINCIAL COUNCIL  
OF THE CATHOLIC WOMEN'S  
LEAGUE OF CANADA

## ON-LINE NEWSLETTER

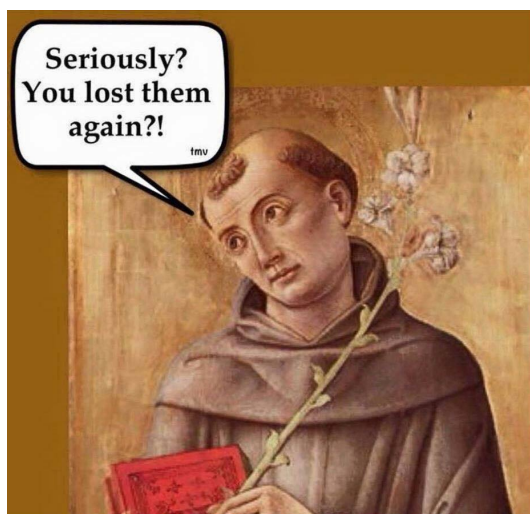


- Members are never alone when serving on a council. There is always someone who has done the job before us and they are there to help us.
- No matter where members move in Canada, they are more than likely to find a council in their new parish; other sisters in the League will be there to welcome them and ensure the transition is a positive one.

I have been mentored, encouraged and affirmed by some awesome women over the years and it is those women, many I now call friends, who made the journey a joyful one. My husband and family have been incredibly supportive and have been my rock. I honestly can't imagine my life without some involvement in CWL; I am a CWL member for life!



- Submitted by Anna Tremblay, OPC Spiritual Development Chairperson



Dear St. Anthony please come around;  
something is lost and it cannot be found.



## Ottawa Diocesan Council

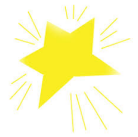


L-R Suzie Noaro, Diocesan Secretary, (unknown), Heather Sisk, Diocesan Life Member Liaison, Dyann MacDonald, past Diocesan Resolutions & Legislation Chairperson, Onagh Dooley, Diocesan President, Joanna Sisk (back) Diocesan Past President, Lilial Martineau, President, St. Ignatius the Martyr parish and Nancy Grimshaw, Diocesan Spiritual Development Chairperson  
- 2018's March for Life will be held on Thursday, May 10<sup>th</sup>. Please join us under the banner!

### Why the CWL?

I was once asked in a survey: Why did you join the CWL? What can the CWL do for you? For me they were one of the same question. I wanted to be part of something practical, I wanted to be a 'doer'. Those ladies, that seemed to be everywhere, were doers. I liked their kind of business - convivial, gregarious, just plain happy. I wanted to be there, behind the bazaar table, fussing about in the kitchen, selling tickets. It didn't matter. I wanted to be one with them, a server. What could the CWL do for me? Provide an opportunity to serve my faith community in a practical and humble way. Why did I join the CWL? So I could transition from the pew to living my faith, with and beside women of my faith. I have heard their stories, taken their counsel, and am constantly inspired by them. They sing, bake, sew, knit, clean, pray, and lead for the good of their parish community and the community at large. They have taken me from Divine Infant Parish Council to the Ottawa Diocesan Council, former Treasurer and current Communications Chair. Watch this space, we're just getting started.

- Submitted by: Grace Buchmayer, Ottawa Diocesan Council



Ontario Provincial Convention  
The Marriott Toronto Airport Hotel  
901 Dixon Road, Toronto ON  
Saturday, July 7<sup>th</sup> to Wednesday July 11<sup>th</sup>, 2018  
See website for more details  
<http://cwl.on.ca/>



## **Education and Health**

The Canadian Hospice Palliative Care Association is holding Hospice Palliative Care week from May 6-12, 2018. In Ontario last year we had 12 Hours of Prayer for Palliative Care on May 4th. Please host in an event during the date that best suits your council. On the national website [cwl.ca](http://cwl.ca), a palliative care kit and poster are available under communiques, Education and Health as well as links to other websites with more information on palliative care.

## **Mental Health Week-**

Councils are encouraged to have an activity focus on mental health during this week, May 7-13, 2018. Learn more about mental health, have a speaker come to your monthly meeting or obtain brochures to hand out to members. Postcards to send to the federal government with a response request on what action it will take are available to print at [www.cwl.ca](http://www.cwl.ca) under Resources tab/100 Series:Crest, Stationery and Other Council Supplies, item 177 Mental Health Postcard.

Enjoy spring,  
take a walk and familiarize yourself with your neighbourhood again!

- submitted by Wilma Vanderzwagg- OPC Education and Health Chairperson





**The League is sponsoring masses on Vision TV** at Loretto Abbey Church, 101 Mason Blvd, Toronto, ON as follows:

Thursday, April 26, 2018 – **Feast of Our Lady of Good Counsel, the League's patroness.** This mass will be offered for living and deceased members and will be taped on Wednesday, April 18<sup>th</sup> at 4:00 PM

Friday, May 4, 2018 – **Mass for 12 Hours of Prayer for Palliative Care.** The League is co-sponsoring this mass, which will be taped on Thursday, April 26<sup>th</sup> at 4:00 PM.

Members are invited to watch the televised masses on the days noted and if possible to attend the taping.



### FOOD FOR THOUGHT

You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere. Why did you spill the coffee? You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. The point is whatever is inside the cup, is what will spill out. Therefore, when life comes along and shakes you (which will happen), whatever is inside you will come out. It's easy to fake it, until you get rattled. So, we have to ask ourselves, "What's in my cup?" When life gets tough, what spills out? Joy, gratefulness, peace and humility? Or does anger, bitterness, harsh words and reactions come out? You choose! Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, kindness, gentleness and love for others. #dailydoseofhumility #just be nice

- submitted by Anna Tremblay, Spiritual Development Chairperson

## Beatitudes For Those Who Care

The Good Samaritan was someone who cared

- ✚ Blessed are those who care; they will let people know they are loved
- ✚ Blessed are those who are gentle; they will help people to grow as the sun helps the buds to unfold
- ✚ Blessed are those who listen; they will lighten many a burden
- ✚ Blessed are those who know how to let go; they will have the joy of seeing people find themselves
- ✚ Blessed are those who, when nothing can be done or said, do not walk away, but remain to provide a comforting and supportive presence; they will help the sufferer to bear the unbearable
- ✚ Blessed are those who recognize their own need to receive; they will be able to give all the better
- ✚ And blessed are those who give without hope of return; they will give people an experience of God

Author unknown

- submitted by Patricia Rivest, OPC Treasurer



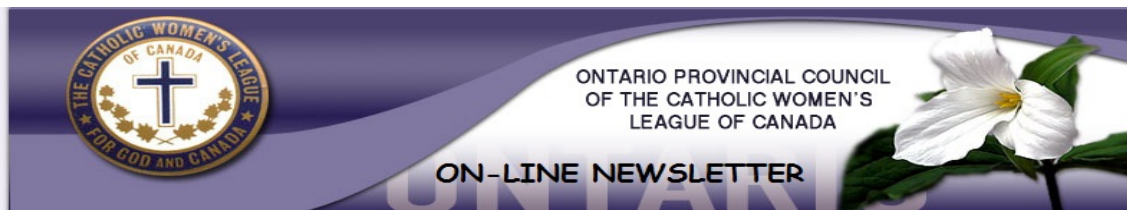
## World Day of Communications 2018



***"The Truth Will Set You Free" (Jn 8:32). Fake News and Journalism for Peace,*** is the theme that Pope Francis has chosen for World Communications Day which this year, will fall on May 13, 2018.

The age of social media has grown by leaps and bounds, and it is through these and similar platforms that we are turning for our source of news and facts. Statistics Canada, among other reputable sources, report that more Canadians than ever are connected – and that number is growing at a steady pace.





Commenting on the theme of next year's World Communications Day, the Vatican's Secretariat for Communication said that false information contributes to creating and fueling strong polarization of opinions. This often consists of distortion of facts, with possible "repercussions on individual and collective behaviours." In a situation in which social media groups, institutions and the political world are reacting to this phenomenon, the Secretariat said, "the Church would like (to) make its contribution by proposing a reflection on the causes, logic and consequences of misinformation in the media and helping to promote professional journalism, always seeking the truth, and thus a journalism of peace that promotes understanding among people." (Source: Vatican Radio)

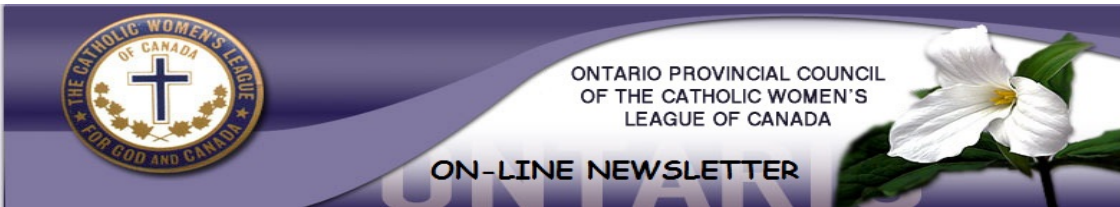
What can we do then, to become more informed to *seek truth, and thus a journalism of peace that promotes understanding among people*? For a start, below is a link to a simple guide developed by University of Toronto librarians, Heather Buchansky and Eveline Houtman to help students – and the public – figure out whether the news they're reading is the genuine article.

<https://onesearch.library.utoronto.ca/faq/how-do-i-spot-fake-news>

It all starts with small steps and continually educating ourselves to become better informed. Questions to ask yourself before sharing information is: "Is this information truthful? Will it bring people together to promote understanding among people or is it divisive and incongruent with Catholic teachings?" ***Before you share information on social media, check your facts!*** You'll be glad you did!

Read the full message of his Holiness Pope Francis for World Communications Day 2018 at the following link:  
[https://w2.vatican.va/content/francesco/en/messages/communications/documents/papa-francesco\\_20180124\\_messaggio-comunicazioni-sociali.html](https://w2.vatican.va/content/francesco/en/messages/communications/documents/papa-francesco_20180124_messaggio-comunicazioni-sociali.html)

- submitted by Lisa Henry - Communication sub-committee



## Your Immigration Story

The CWL began by helping immigrants arriving in Canada over 100 years ago. Help us to celebrate with your immigration story.

There will be a story wall at the national convention, this year in Winnipeg, where **YOUR** immigration story can be displayed. **At least one story from every diocese would be appreciated.** If you are unable to attend you can send it with someone else or send your story directly to Betty Colaneri, chairperson of the Centenary Committee at: [betty.colaneri@gmail.com](mailto:betty.colaneri@gmail.com).

The page size is 8 ½ x 11 **ONLY** including pictures. Other info may be as follows:

- ❖ Original passport photo or photo of the ship you arrived on
- ❖ Your country of origin
- ❖ How you travelled
- ❖ Where you arrived, e.g. Halifax Pier 31
- ❖ Your final destination
- ❖ Your fondest memories of when you arrived in Canada
- ❖ Who was there to greet you



**Looking forward to reading your stories!**



## Update on National Membership Program

National office suggested to all councils in January to submit their fees manually. Some councils made the choice to wait in hopes the online system would be back up and running quickly. Unfortunately, there are situations that could not be predicted that have prevented us from re-launching the online membership program at this time.

**National office is asking all online councils to remit their 2018 membership manually for this season as soon as possible as the diocesan and provincial councils rely on these fees for their operations.** The online membership program will not be re-launched for this year; however, it will resume in the future. An estimated date for re-launch is not available at this time.



Councils who have not yet submitted their council's fees, are asked to please mail (via Post) a typed list of the members they wish to submit fees for, (with ID numbers, if known), along with a cheque. If the council is enrolled in the pre-authorized debit program, in lieu of a cheque, a note authorizing national office to withdraw the funds from the council's account should be included.

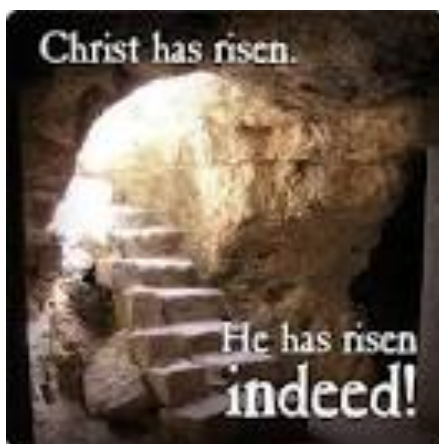
New or returning from absence members, should be included on the New & Reinstated Member form found on our website, [www.cwl.ca](http://www.cwl.ca). If a copy of this form is needed please let me know.

Any address changes or other membership information can be sent this way as well. There is no need to include addresses, phone numbers, years of service, etc. that national office already has on file – only changes.

Most councils do retain hard copies of their membership lists (as has been advised by the membership department). Those lists can simply be photocopied with notations made as to whether the member is paying for 2018 or not.

If assistance with the membership list is required, council administrators are asked to contact the membership department at [membership@cwl.ca](mailto:membership@cwl.ca) . All councils will receive a copy of their unpaid and paid list of members after their membership has been processed for their records.

- submitted by Colleen Perry, OPC Organization Chairperson





## **Catholic Women's Leadership Foundation**

The leadership program was developed in partnership with the Providence School of Transformative Leadership at Saint Paul University, Ottawa, and is ready to be launched in May 2018. The Program is offered online and in-person, guided by very competent facilitators from Saint Paul University. Participants will receive a certificate acknowledging their successful completion of the program.

Fourteen candidates from the 58 applicants were selected for the program for 2018-2019. They are from all regions of Canada and include women who are first nations and visible minorities. They came from varied careers, but they all have the desire to make a difference in their communities.

Very are very pleased and proud to announce that our **Provincial President, Anne Madden, is one of the chosen candidates!**

We congratulate all the candidates and encourage your prayers for their continued success!

Profiles can be found at:

<http://cwlfcanada.ca/our-leadership-program/2018-candidates/>



"We have been invited to work in the vineyard of the Lord. That is the greatest privilege imaginable, to participate in the Lord's work of saving the world."

- Bishop Robert Barron