



September 2018 Edition  
Featuring Pembroke Diocesan Councils and  
Education and Health Chairperson, Wilma Vanderzwaag

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



## *Annie's Annotations*

### **This Issue**

Annie's Annotations.....	1-2
I Joined the CWL.....	2
Pembroke Diocese.....	3
Ed. and Health.....	4
Food for thought.....	5
Election of Officers.....	6
When I was Young.....	7
Hamilton Diocese.....	8
London Diocese.....	8-10
Toronto Diocese.....	11

Summer is coming to a close ... what a hot season it was here in Eastern Ontario! We have had a few cool days and nights that signal the start of fall, however the usual changing of the colour of leaves seems delayed too this year, perhaps the heat had an impact? School has started, fall meetings are being planned, gardens are being harvested...it is time to move forward and say farewell to the lazy, hazy days of summer.

The National Steering Committee has wrapped up their work on the initial phase of our Strategic Planning. Now we are moving into the implementation phase. National is looking for four members to be on a seven-member committee. There is an application form on the national website and Facebook page.

This is taken from the advertisement:

"Consider appointment to the Implementation Committee, entrusted to bring to life The Catholic Women's League of Canada 2018-2022 Strategic Plan! The future is bright; the goals are set; the objectives are waiting to be achieved! Through implementation of the strategies adopted by the national executive at the 98th annual national convention assembled, the League will move toward its envisioned future as an inclusive and engaged community of Catholic women inspired by faith."

Ontario needs to have a voice in the changes and implementation of the Strategic Planning as we move forward. I encourage you to apply and encourage others to apply. The deadline is September 30<sup>th</sup>.

Wishing you many warm days to enjoy the beautiful weather we are so blessed to have here in Ontario.



## **Education and Health Standing Committee Chair**

I joined the CWL to end .....

my neighbour and fellow parishioner, Kitty, from asking me every time she saw me! Let me also add that she was truly a remarkable, faith filled woman who was a strong supporter of the CWL. Whenever she was speaking to a woman of the parish that was not a member, she invited them with her gentle persuasion to join. It was



a few years before I attended my first meeting. As I have been a lifelong member of Star of the Sea parish, I have known most of the members all my life. I was so moved by the spiritual component of the meeting and saw these women with “new” eyes. They were all speaking about their faith and the importance of it in their lives. One member that I watched, and continue to watch and learn from, is Dorothy. How she has handled the ups and downs of life is a true example of faith in action. She has a peaceful aura about her that comes from her being so active in her faith. I wanted to experience that and began to attend the meetings. I feel so blessed to tell you that Dorothy has been one of my mentors since that time and continues to be a voice of encouragement and an example for living your life with faith as your compass. Little by little I became more active and took on executive positions. Through my involvement I have stepped out of my comfort zone and learned so much about myself and my faith. I am a work in progress, working toward becoming my best self as our Lord wants each of us to be. The joy and blessings I have received since taking on each new position makes me feel so grateful. There have been mistakes and failures along the way but I have been blessed with many understanding members that have encouraged me to continue on. The women I have met on my CWL journey, and continue to meet, are the biggest blessing. I can travel throughout my diocese and province, meet fellow members and feel the connection. It doesn't get any better than that!

*Your grateful sister in the League.....Wilma Vanderzwaag*

September 2018 OPC On-Line Newsletter

## **Members in Pembroke Diocese** **Experience a Smudging Ceremony at Convention**

By Bev Drouin, Communications Chair, Pembroke Diocesan Council

We had the privilege of having Carrie and Irvin Sarazin lead us in a Smudging Ceremony at our 97th Annual Diocesan Convention on May 26, 2018. The Smudging Ceremony is a custom of Native American and other indigenous cultures. For centuries many cultures have used smudging as a way to create a cleansing smoke bath that is used to purify the body, aura, energy, ceremonial/ritual space or any other space and personal articles. Irvin talked about the four medicines that they use in their daily smudging ritual. Sage is seen as a women's medicine, and offers strength, wisdom, and clarity of purpose. It is used to symbolize the life-giving power of women. Cedar is used for purification and to attract positive energy, feelings, emotions and for balance. It was one of the first gifts of natural healing shared with the European peoples upon their arrival to Turtle Island (North America). Sweet grass is a ritual cleansing. Sweet grass was one of the four original "medicine plants" given by the Creator to the first peoples. Tobacco is held as a sacred plant by all native North American people. Tobacco was used as a means of thanking our Creator for his gifts. For example, if you enjoyed a sunset, rainbow, good weather, you might leave some tobacco on the ground, and say 'thank you' for the gift.

These four medicines were used in the Smudging Ceremony. Irvin showed us how to bring the smoke to our hands to cleanse them. We cleanse our eyes so that they will see the truth around us, the beauty of our Mother Earth, to see the good in everything. We cleanse our mouth, that all we speak will be truthful, said in a way that will empower the positive, only good things, always full of words of praise and thanksgiving for our Creator. We cleanse our ears to hear only the good things and allow the bad to "bounce off." We cleanse our hearts so that our hearts will feel the truth, grow with us in harmony and balance, be good and pure, be open to show compassion, gentleness and caring for others. We cleanse our feet so that our feet will seek to walk the true path, seek balance and harmony, lead us closer to our families, friends and community.



This picture shows Mr. Sarazin holding the smudge pot while Joan Lemay, President-Elect, smudges herself.

Members of the head table took turns smudging themselves, then the Sarazins went around the entire perimeter of the room. Mr. Sarazin invited anyone who wanted to smudge themselves to come to him. Carrie and Irvin Sarazin are members of the Algonquin Pikwakanagan First Nation tribe from

Golden Lake in the Diocese of Pembroke. We were grateful to them for sharing this ceremony with us!



## Education and Health

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Listed below, are the contact information for the newly elected Provincial Ministers that apply to this standing chair:

Minister of Health and Long-term Care and Deputy Premier—

Hon. Christine Elliott

80 Grosvenor St. Floor, Hepburn Block

Toronto, ON

M7A 1E9

Minister of Education—

Hon. Lisa Thompson

900 Bay St., 22<sup>nd</sup> Floor

Mowat Block

Toronto, ON

L7A 1L2

When sending letters, please remember that you are writing as a concerned citizen of the province and not speaking for the CWL or your parish council. Stamps are required.

- submitted by Wilma Vanderzwaag, OPC Education and Health Chairperson







A mouse looked through the crack in the wall to see the farmer and his wife open a package. "What food might this contain?" The mouse wondered. He was devastated to discover it was a mousetrap!

Retreating to the farmyard, the mouse proclaimed this warning: "There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!" The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray.. Be assured you are in my prayers."

The mouse turned to the cow and said, "There is a mousetrap in the house! There is a mousetrap in the house!" The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose." So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap. Alone....

That very night a sound was heard throughout the house-- the sound of a mousetrap catching its prey.

The farmer's wife rushed to see what was caught. In the darkness, she did not see it. It was a venomous snake whose tail was caught in the trap. The snake bit the farmer's wife. The farmer rushed her to the hospital. When she returned home she still had a fever. Everyone knows you treat a fever with fresh chicken soup.

So the farmer took his hatchet to the farmyard for the soup's main ingredient: But his wife's sickness continued. Friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig.

But, alas, the farmer's wife did not get well... She died.

So many people came for her funeral that the farmer had the cow slaughtered to provide enough meat for all of them for the funeral luncheon.

And the mouse looked upon it all from his crack in the wall with great sadness.

So, the next time you hear someone is facing a problem and you think it doesn't concern you, remember ---

When one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another.

**- REMEMBER -  
EACH OF US IS A VITAL THREAD IN ANOTHER PERSON'S TAPESTRY  
OUR LIVES ARE WOVEN TOGETHER FOR A REASON.**

- submitted by Anna Tremblay, Spiritual Development Chairperson

## Election of Officers

As councils begin their year in the CWL, in the back of everyone's mind is elections of officers, whether it be at the parish, diocesan, provincial or national levels. Every member is eligible for executive positions in their own council and by nature of taking on those leadership positions can become eligible at high levels.

An important part of "letting your name stand" is what comes before actually doing it. It is important to stop, wait and listen.

- Stop saying I can't
- Wait for the Holy Spirit
- Listen to what is happening in your heart and in your soul.

Speaking for myself, it took 8 knocks on the head before I realized that the Lord was talking to me, loud and clear! Many of you have heard me say, "Let go and let God!" That only took 60+ years to get into my heart and head, so all is not lost.

Each and every one of you has wonderful gifts to share, so step up and be bold. Start small. But always stop, wait and listen... be assured you will know what you must do for our League moving forward.

Provincially, we will elect a new executive in July 2019. There are 50 eligible women on the elections register. Each one of them needs our prayerful support so that they will let God bring them to where they should be.

To you 50 – discerning your call to service is vital! Don't let that first knee-jerk reaction be your final response. Stop and wait. Be sure to listen to that voice in your head that directs your heart. Share your gifts with others in our province.

- submitted by Pauline Krupa, Past-President/Historian





*When I was in my younger days,  
I weighed a few pounds less,  
I needn't hold my tummy in  
to wear a belted dress.  
But now that I am older,  
I've set my body free:  
There's the comfort of elastic  
Where once my waist would be.  
Inventor of those high-heeled shoes  
My feet have not forgiven;  
I have to wear a nine now,  
But used to wear a seven.  
And how about those pantyhose-  
They're sized by weight, you see,  
So how come when I put them on  
The crotch is at my knee?  
I need to wear these glasses  
As the print's been getting smaller;  
And it wasn't very long ago  
I know that I was taller.  
Though my hair has turned to gray  
and my skin no longer fits,  
On the inside, I'm the same old me,  
It's the outside's changed a bit.*



## Hamilton Diocese



On Mother's Day, Sunday May 13th, 2018, Holy Family CWL from New Hamburg ON, held a blessing of our new Mary, Mother of Jesus statue. A procession with our member's and Father Stephen was led from the church after mass where the statue was placed in the new stand and garden funded by our CWL members.

## London Diocese

Sacred Heart CWL, Wingham, recently recognized years of dedication by awarding service pins. Of special note, were some women with lengthy service to CWL. In the first picture are three women who received 60 year pins, Mary Hallahan, Vera Schmidt (standing beside her daughter, Rosemary), and Margaret Walters, along with our parish priest, Fr. Morrison.







In the second picture, is Clara Ortlieb, who has contributed 70 years of service to the CWL. Pictured with her are three of her daughters, Brenda Inglis, with 5 years of service, Annette Marks, with 40 years of service, and Debbie Wickens, with 25 years of service.

- submitted by Kathy Waechter,  
Sacred Heart CWL, Wingham, ON



### **Short Grace Prayer for Thanksgiving Day**

Lord, you made a world full of goodness,  
Filled with beauty, love and nourishment.  
Now as we talk and eat and pray,  
We praise you Lord for Thanksgiving day.



## London Diocesan Executive and Life Members



Diocesan Executive and Life Members meet for their annual gathering at the Holy Family Retreat House in Oxley, ON. Sister Joan Atkinson facilitated the retreat with the topic "How can we as individuals and members of the Catholic Women's League become better stewards of our environment". Using Pope Francis's encyclical 'Laudato Si', The Pope invites us 'to see creation as holy and a precious gift from God to be revered by all peoples'. Sister Joan guided the group to see how we can be better stewards in our troubled world.

- Submitted by Mary Ann Horne White and Willi Kole. London Diocesan Council



## Toronto Diocese

We, members of the Catholic Women's League headed by our President, Eden Geonzon with the help of our Spiritual Advisor, Fr. Edwin Galea, invited our parishioners for the first time to celebrate a Feast of the Blessed Virgin Mary in her role as "Mother of the Church".



Our Feast celebration started with the Prayers of the Holy Rosary at 6:30 p.m. on Monday, May 21, followed by the Holy Mass with the Novena to Our Mother of Perpetual Help. To conclude, we did a procession with the Statue of Our Blessed Mother and crown her as "Mother of the Church" and Mother of us, her children of St. Maria Goretti Parish, Scarborough, Ontario, Canada.



On March 3, 2018 the Vatican announced that Pope Francis had decided to celebrate this Feast every year on the Monday after Pentecost, to foster Marian piety. Thus, we are committed to celebrate this Feast annually.

In the words of Cardinal Robert Sarah, this celebration would help us remember that the Christian life must be anchored to the Cross, Christ in the Eucharistic Banquet, to the

Mother of the Redeemer and Mother of the Redeemed.

- submitted by Eden Geonzon, President, St. Maria Goretti Council, Scarborough, ON