



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

## ON-LINE NEWSLETTER



December 2019 Edition

Featuring the Diocese of Alexandria-Cornwall and  
OPC Organization Chair Linda Squarzolo

### "Care for our Common Home"



## *Colleen's Communications*

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Greetings,

December 1, 2019 marks the start of the Advent Season. Advent means "coming" in Latin. We celebrate coming in three ways; the coming of Jesus as a baby, the coming of Jesus into our hearts today and the coming of Jesus as King and Judge when he returns to us on judgement day. Many celebrate with fasting in order to help focus their thoughts and prayers on Jesus.

The advent calendar has become a popular way to celebrate the season, I would like to suggest a new way of focusing on Jesus. Get yourself a pack of post-it notes (24 should be enough but don't limit yourself). Write down positive messages; messages of encouragement and compassion. Give at least one of these messages out each day to family members or perfect strangers. Spend the preparation time of Advent spreading positive thoughts; expecting nothing in return. That is what Jesus would do.

May your Advent season be filled with the blessings of joy, peace and love.  
From my family to yours,  
Merry Christmas and all the best for 2020.

Yours in faith,

*Colleen*



## **"Joy to the world, the Lord has come!"**

The angel reassured the shepherds that the birth of Jesus, our Savior, means "great joy for all the people" (Luke 2.10).

You who are mothers know how we spontaneously rejoice at the sight of a newborn child. Each baby demonstrates God's creativity and goodness.

How much more joyful is it to contemplate the birth of Jesus Christ! Through it, God shines the light of his love into the darkness of the world.

In joy, we Christians can also see Christ in the marginalized people such as the shepherds were, and likewise in the captive, the elderly and the lonely.

I invite you in Advent and at Christmas to renew your encounter with Jesus. Joy will then flow into your encounters with others at home, at work, and in society generally. In this way you can become "missionary disciples" to the lost, suffering, lonely and broken people in your parish and your diocese.

The true joy of Christmas is the gift of eternal life Jesus has given us through his Cross and Resurrection. We celebrate this miraculous event that began on a dark winter's night two thousand years ago.

Mary and Joseph experienced the joy and the challenges of family life with the birth of Jesus in humble circumstances. Love and wonderment met in this tiny child. Today, we also meet Christ in our family. In times joyful or difficult, he is brought to birth in our homes and hearts.

This Christmas may the example and intercession of the Holy Family—Jesus, Mary, and Joseph—enrich your family with the gifts of peace, mercy, and joy!

Merry Christmas!

✠ MOST REV. Archbishop Terrence Prendergast, S.J.  
Ontario CWL Spiritual Advisor



# Organization Chair

## Membership

Membership is one of the duties of the Organization Committee. This is the time of year when membership drives are underway. Make an effort to renew all memberships for 2020, the League's 100<sup>th</sup> Anniversary.



- Submitted by Linda Squarzolo, President-Elect/Organization Chair



To maintain a joyful family requires much from both the parents and the children. Each member of the family has to become, in a special way, the servant of the others.

(Pope John Paul II)

## Used Stamps

Used postage stamps, from anywhere in the world, of any age, are a valuable way for charities to raise funds. They sell these stamps, usually by the sack, to stamp collectors. Called "Philately", stamp collecting is a thriving hobby among people of all ages. You can learn about different countries histories, culture, communications, and much more.



We all receive mail, and normally once we are finished with the envelope, it ends up in the bin - but this is a way that you can save something that you might likely throw away (what could be better than saving something from landfill, or the compost bin, and at the same time supporting whatever cause is important to you, as well?)

Save stamps from your office mail, Christmas cards, birthday cards, anything with a stamp on.



Once you are finished with the envelope, this is when you are able to save the stamp before throwing away the rest of the envelope.

Carefully cut around the stamp, leaving at least one inch on all four sides. Collectors like the stamp to be undamaged, and even check for the perforations (those frilly bits around the stamp edges!). Leaving one inch of paper around the stamp, ensures that the stamp is undamaged and therefore worth the most to the charity.

Save your stamps up in a bag by your desk or work area, and when it is full, you are ready to give/send them to your chosen charity.

We have two charities we'd like to recommend to you:

1. **Development and Peace:** Send your stamps to head office at 1425 René-Lévesque Blvd W 3rd Floor, Montreal, Quebec H3G 1T7. Simply mark "Used Stamps" on the outside of the envelope
2. **The Redemptorists:** Send your stamps to Maureen Phillips, Redemptorist Stamp Burse, 4644 Willow Creek Drive, Mississauga, ON L5V 1L1

- Submitted by Anna Tremblay, OPC Administrative Assistant



## Membership

### Encourage and Retain Members

- Foster a warm environment at meetings and all personal encounters.
- Show respect for each member, her opinions and views.
- Listen to suggestions, compliments or concerns and be open to change.
- Recognize accomplishments by expressing appreciation and building confidence.
- Be in regular contact with members, keeping them informed of activities and projects.
- Make them feel valued.



- Submitted by Linda Squarzolo, President-Elect/Organization Chair



### Service Award

#### **St. Paul the Apostle council in Alliston, Northern Region, Toronto.**

Franca Ottobre	5 year
Norma Bradley	10 year
Sue Biffis	15 year
Doris Stafford	20 year
Marie Charbonneau	30 year
Deborah Donnelly	45 year

## Alexandra-Cornwall Diocesan Council

The Diocese of Alexandria-Cornwall consist of 9 Parishes!  
Here are the 9 parish Presidents and the Diocesan President!



On October 13, 2019 in two parts of the Diocese members and parishioners gathered to pray the Rosary! They joined the world in prayer, for world peace. The Rosary was prayed from Coast to Coast on the feast of Our Lady of Fatima!



The Diocese often calls upon our Life-members for prayers, guidance and advice! Pictured here are 9 out of our 10 Life members!



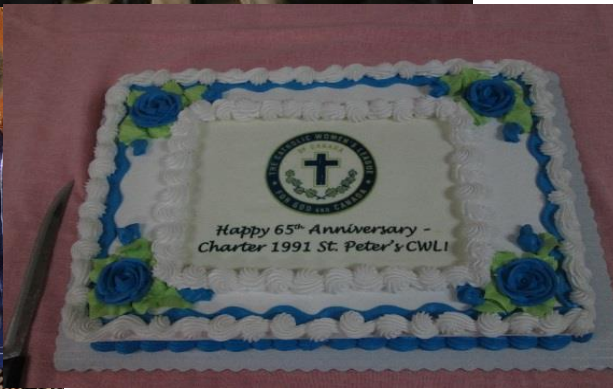
Pictured are from top left: Anne Vincelli, Teresa MacInnis, Jeannie Coleman, Margo Schwerdtfeger, Mary Ellen Villeneuve Bottom left: Marion Haramis, Edith McPhail, Gretta Maloney and Kay Dubreuil. Missing is Jessie Bousquet.



Probably one of the smallest Diocese not only in number of parishes, but in kilometers, a close group of members! The friendships that have been made along the journey are numerous and continue to grow!



St Peter's Parish Council in Cornwall, Ontario's Catholic Women's League celebrated their 65<sup>th</sup> Anniversary! The bottom picture was of them all bringing joy to the Residents at the Riverview Manor on Nov 26<sup>th</sup>, 2019.



St. Columban's Parish Catholic Women's League members were kept busy on Nov. 23, as they organized their annual Christmas Tea. It started in the 1920's" she explained. "It was first organized to help refugees." Over the years, the event has helped raise funds for various charities at home and abroad. Amongst them are the Cornwall Hospice, the Baldwin House and St. Vincent de Paul.

Their efforts were recognized in the local Newspaper!



In May the Parish Council of St. Bernard in Finch hosted the Diocesan Convention!



The members of St Bernard Parish Council surprised Diocesan President Elect Angela Gaudet with a Maple Leaf Pin and their Past President Sharron Trory received her 10-year service pin.

St Finnan's Parish Council, in Alexandria celebrations!



Front row: Kathleen Lawton, 55 years; Madeleine MacDonald, 65 years.  
Back row: Hazel MacDonald, 30 years; Paula Suter, 5 years; Susan Lajoie, 15 years; Yvette McCormick, 55 years; Inez Franklin, president.

St. Finnan's Parish Council member, Millie Reid received her 65-year service pin at her senior residence in Alexandria.



Marion Haramis from St. Francis de Sales parish Council in Cornwall celebrates 70 Years of Service with the CWL.



In September 2019, Our Lady of the Angels Parish Council in Moose Creek handed out their very first Maple Leaf Pin to Elaine Villeneuve.



Installation of new executives.

Our Lady of Grace/St. Pius X Parish Council in Ingleside worked together filling bags for Women Shelters! Bazaar and luncheon on Nov. 23, 2019.



St. James Parish Council, Maxville, Ontario know that all work and no play does not attract members! Soup and Sandwiches, harvest suppers, honor guards, Funeral lunches and so much more is done! But oh!! Those Christmas parties are always full of fun!





In St. Andrew's parish council, Ontario: Friends and family along with parish members helped Sister Terry to celebrate her 40<sup>th</sup> Anniversary in her committed relationship with God! Sister Terry is also a Catholic Women's League member! Congratulations Sister Terry!

Cannot say enough about the little but mighty Diocese! The Catholic Women's League belongs to the Cornwall Service Club Council! A very prestigious group who help keep informed of the needy in the Community! It covers from North to South 36kms and from East to West 56kms and with every km traveled with a Sister in the League prayers, discussions and laughter can surely be heard! From our Diocese to yours "May God keep you all safe in your travels and we pray for those who are alone at this time of the Year! May our prayers fill them with strength!"

## Membership

### **" Each One – Reach One" - Recruit New Members**

Many women are not members because they have never been personally asked. Why not extend an invitation to family (daughter, granddaughter, sister) and friends and neighbours?

Reach out to women in the parish with a bulletin insert, such as this:



*"The annual membership drive for The Catholic Women's League of Canada is taking place. Did you know that CWL members have a tradition of service with support for religious, charitable and community activities through volunteer work and financial support at home and abroad. Will you join us? For information call \_\_\_\_\_"*

**"If you are a teacher, you belong to the teachers' federation. If you are a nurse, you belong to the nurses' association. If you are a Catholic woman, you should belong to The Catholic Women's League."**

### **On-Line Membership**

Parish councils are encouraged to do their memberships on-line. There may be some reluctance because of the initial set-up of the system, but it is a very efficient way to keep track of membership.

Two people in the council should always have access to the information. Parish councils are urged to use this system.



- Submitted by Linda Squarzolo, President-Elect/Organization Chair



## Loneliness

Have you ever considered that some of our members may be suffering from loneliness?

- Consider the members who are not able to participate in council events?  
Does the council have a committee who calls these members or sends cards to let them know you are thinking of them?
- Do you get in touch with people in the community, parish or the council who are recently bereaved or widowed, seniors, shut-ins, the disabled, separated, divorced? Many of them may be suffering from loneliness.
- Do you offer transportation to members to attend Mass, meetings or events?

- Submitted by Linda Squarzolo, President-Elect/Organization Chair



## The Story of Two Wolves

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

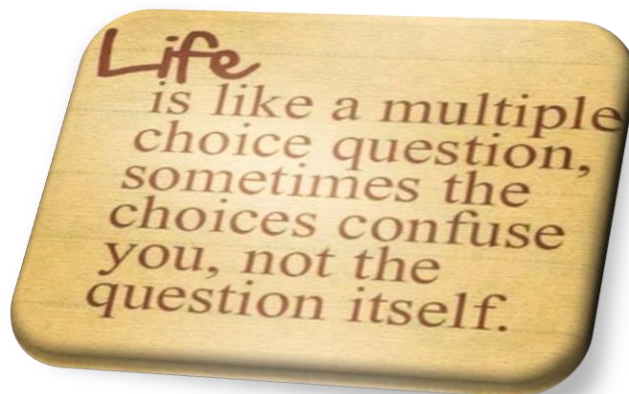
The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

Whether or not it's your first time hearing this story, it serves as an important reminder of the power we have over our experiences and emotions.



- Submitted by Anna Tremblay, OPC Administrative Assistant

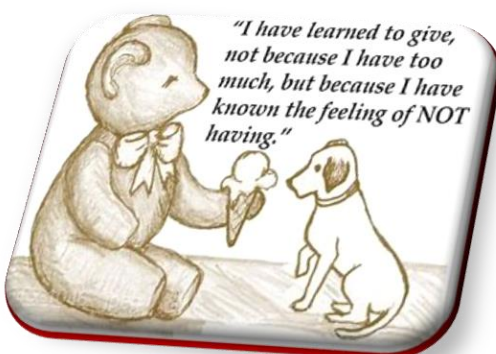
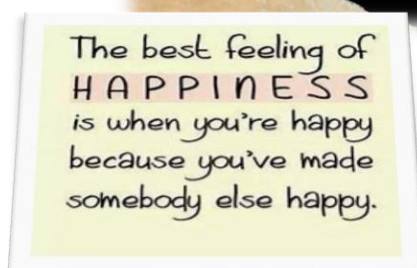
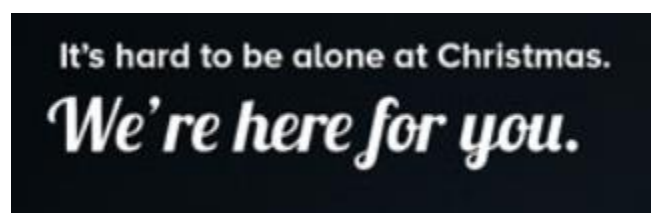


# Food for Thought

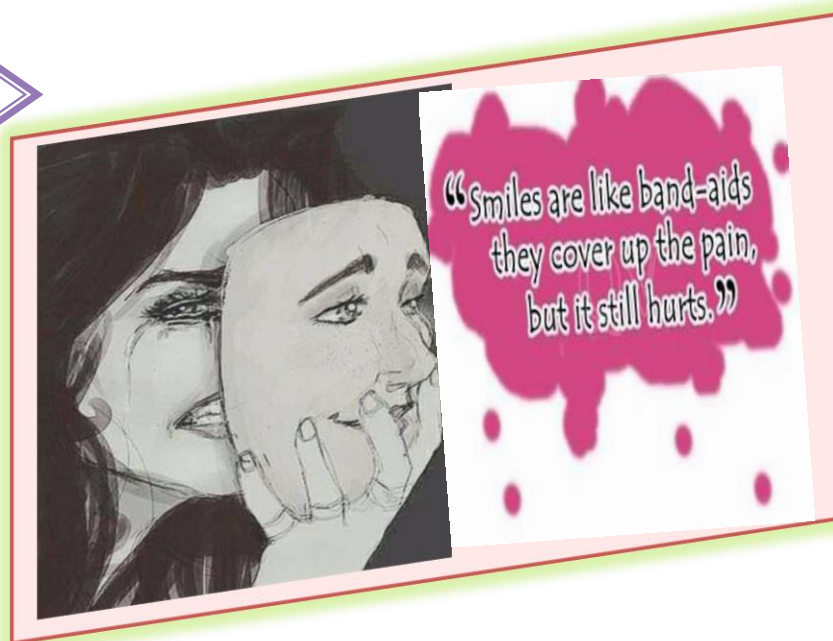
This is the time of the year when most of us reflect, how much we have given back to the community and this usually leads to the "Spirit of giving".

The spirit of giving shouldn't be seasonal, something to be put aside on the shelf until December rolls around again. If you truly want to have a heart for volunteerism there are 364 other days of the year and here are some things that can be done as a family too:

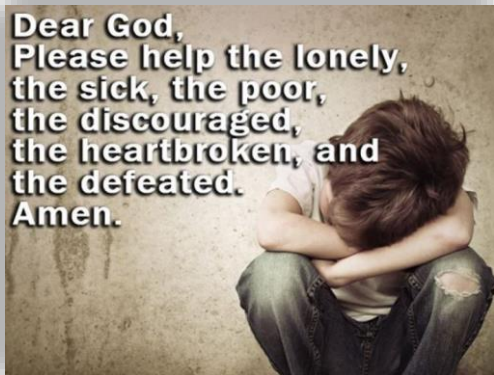
- ❖ Go caroling at seniors homes and shelters
- ❖ Donate to charities that help
- ❖ Join the Church and community centers that organize various programs
- ❖ Spend time with your family



Reach out to  
the lonely,  
they are out  
there....



Dear God,  
Please help the lonely,  
the sick, the poor,  
the discouraged,  
the heartbroken, and  
the defeated.  
Amen.



## Lonely People

What is life without a friend  
It's a highway with no end  
What's a child without a smile  
Come and listen for a while

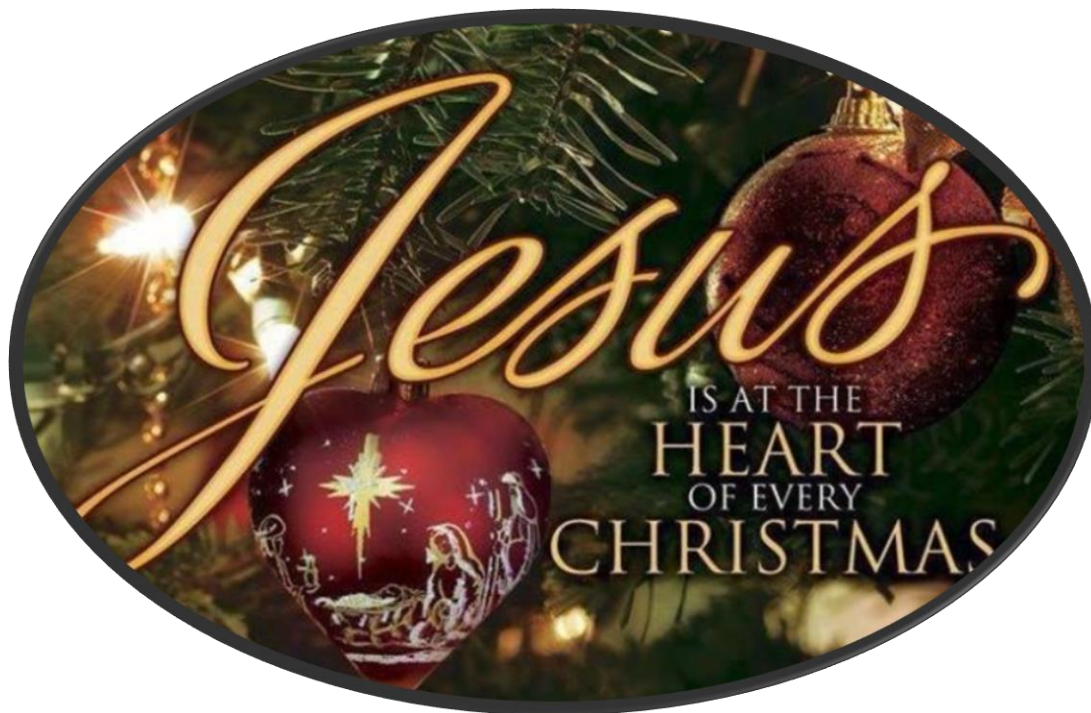
What is faith without believe  
Or a maple with no leaves  
A treasure island you can't find  
A great picture when you're blind



## God Is Familiar With All Our Ways

No Matter How Lonely  
You May Feel  
God Is Always With You





I wish you...  
Peace within your heart  
Love from family and friends  
Faith to guide your way  
Success in each facet of your life  
Heavenly Stars to wish upon  
And rainbows to let you know there is a tomorrow  
Merry Christmas

