



January 2019 Edition

Featuring the Diocese of St. Catharine and
OPC Organization Chairperson, Colleen Perry

"Care for Our Common Home"



Annie's Annotations

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Happy New Year! Winter has been so up and down in Eastern Ontario, yesterday it was 6 degrees today we are having a blizzard, it looks like a snow globe, so beautiful. I hope you are all safe and warm where you are living.

This January marked the beginning of our new national theme" *Care for our Common Home*. In Pope Francis' Encyclical, *Laudato Si*, he notes that strategies for a solution to environmental and social crises demand an integrated approach to combating poverty, restoring dignity to the excluded, and at the same time protecting nature (Francis 94).

Your work with the Homeless will dovetail perfectly into this new theme.

I encourage you to continue to serve these vulnerable individuals and families with our Warmth and Comfort projects. So many are feeling our support and love!



*I wish you many blessings and peace
in this New Year.*

Anne



ST. CATHARINES DIOCESAN COUNCIL

- submitted by Frances Murdaca, President, St Chatharines, Diocese

*The LORD bless you and keep you; the LORD make his face to shine upon you and be
gracious to you; the LORD lift up his countenance upon you, and give you peace.
(Numbers 6:22-26)*

6 Years of Service to God and Canada



A Blessed and Happy New Year to you all! 2018 was a time of celebration for the St. Catharines Diocese as we commemorated 60 years of service in The League as a Diocesan Council. Members came together on April 21st for an evening of faith, fun and fellowship with family and friends, to remember in gratitude 60 years of service to God and Canada. Our afternoon began with the celebration of Mass at the Cathedral of St. Catherine of Alexandria. His

Excellency Bishop Gerard P. Bergie was the celebrant at Mass along with the Spiritual Advisors of our Diocese concelebrating. A dinner and dance followed at Club Roma where certificates of congratulations were presented to our Council from National and Provincial Council. The evening of festivities was thoroughly enjoyed by all.

(Photo of Diocesan Executive at 60th Anniversary Celebration)

Warmth and Comfort Project



We continue to be the hands and feet of Jesus, serving our brothers and sisters in Christ by volunteering in soup kitchens, homeless shelters, and organizations, helping those less fortunate. As part of the Warmth and Comfort Project, many parish councils participated in the **Soctober** event where approximately 1,752 pairs of socks have been collected to date and donated to those in need. Also, at our Diocesan Meeting in November a food drive was held where canned meats were collected and donated to organizations within our Diocese who help feed the homeless and hungry in our community.

(Photo of Life Members, Wilma Vanderzwaag, Janice Deslauriers and Diocesan President, Frances Murdaca at Diocesan Food Drive)

A Christmas Carol

On December 12th, members helped put Ebenezer Scrooge in the Christmas spirit when they attended a night out to see the play "A Christmas Carol". This charming Christmas classic was brought to life in the historic Royal George Theatre in Niagara-on-the-Lake by Shaw Festival's world



class ensemble. The audience took part in and enjoyed caroling with the cast. Carols that were sung included 'O Come All Ye Faithful', 'Silent Night' and 'Joy to the World'. At the end of the play, CWL members in attendance went on stage for a photo op with Scrooge and some of the cast including Mrs. Cratchit and Mr. Hubble. As can be seen from the photo, it was certainly a fun night out which put everyone in the Christmas spirit even Scrooge!

(Photo of CWL members, Scrooge, Mrs. Hatchit and Mr. Hubble at the Royal George Theatre, Shaw Festival's play "A Christmas Carol")



Organization Chairperson – What an opportunity!

- Submitted by Colleen Perry, OPC Organization Chair



I am in my last year of my 2 year term as provincial organization chair and am often in awe of the opportunities provided to me to read about and experience the many aspects of the League and its members in Ontario. Annual reports are often viewed as mundane and trivial, but I get to see it from the other side. Reading the reports, all of them, gives me a chance to be a part of all the councils are doing at the grassroots. It is so exciting!

Anyone who knows me knows that I am a "cheerleader" for The League and all it does for our communities, our parishes and our own growth as women. I try to encourage all women I meet to join or renew. If you can't attend meetings, then become a member and be part of the biggest prayer circle in the country. Imagine over 82,000 women praying for you every day, who doesn't need that!!!

Interaction with other levels of the organization are always pleasant and rewarding.

Yes, being organization chair is a busy responsibility, but so worth the journey!



Today I was walking in the supermarket and suddenly I heard a noise of things breaking. I walked down the aisles and saw that some people were murmuring. When I walked down their aisle, I saw a group of people staring at them. An older lady had hit the shelf containing plates and glasses with her cart and many had fallen to the ground and broken. Kneeling on the floor embarrassed, the old lady was frantically picking up the shattered pieces, while her husband peeled off the bar code from each broken dish saying: "See!!! Now we will have to pay for all this." What a sad scene. Someone has a mishap, and all eyes were on her. When I knelt beside her to explain to her not to worry, a young man came and knelt beside us and said: "Leave it, we will pick this up. Let's get your information so you can go to the hospital and have that wound in your hand looked at." The lady looked at him, embarrassed, and said: "No. But I have to pay for all this." The young man said: "No ma'am, we have insurance for that kind of loss, and you do not have to pay anything." When the young man got up, I could see that he had the information for the supermarket manager and sent the customer to get checked out.

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Close your eyes, and imagine God doing the same for you!
Collect the pieces of your broken heart for all the blows that life has thrown at you. God will heal all your wounds and your sins and mistakes will be forgiven.
There is a warranty called grace, that when you recognize that you were wrong and you accept God as your only Saviour, the manager of the existence of the universe (GOD) will tell you: "Everything is already paid for . . . go on your way, go!"



- submitted by Anna Tremblay, Spiritual Development Chairperson

Epiphany Blessing



The story of the astrologers who travelled to the Christ Child by following a star has endless implications for those of us who live in this present age. For we, too, are seekers. We, too, travel by faith, not knowing how long or how far we must go before we encounter Christ, the One Love of our hearts. Like the Wise Ones, we see the Star, lose sight of the Star, find the Star again. Like them, we do not give up our desire to discover the One Love who waits to guide our way.

May you listen to your soul-stirrings urging you to leave the home of your satisfactions, to risk new discoveries by travelling into the "land of don't know."

May you allow yourself to be guided by the Star of Grace, with the assurance of an abiding faith, as you seek the path of spiritual growth.

May you be willing to journey with vulnerability in the land of darkness and obscurity when the way fills with uncertainty.

May you have the gift of discerning what draws you forward, and what leads you away, in seeking the One Love.

May you find inspiration, courage, and hope through your kinship with others who also journey by faith on the road of life.

May you have openness of mind and heart so that you recognize the divine Star in those whose demeanor conceals this light-filled love.

May you daily bring the gift of your truest self and offer this to the Revealer of Love, who knows the bounty of your virtues.

May you be filled with gratitude each time you discover the One Love in some aspect of your life.

May the joy that the Wise Travelers expressed upon discovering the Christ Child also dance within your heart.

Taken from *Prayer Seeds: A Gathering of Blessings, Reflections and Poems for Spiritual Growth* © 2017 by Joyce Rupp. Used by permission of Ave Maria Press^R, Inc. All rights reserved.

- Submitted by Anna Tremblay, Spiritual Development Chairperson

Care for our Common Home

January 1st, 2019 was the kickoff of a new national theme. National President Anne-Marie Gorman chose:

“Care for our Common Home”

The new logo is available at the following link on the national website

<https://cwl.ca/wp-content/uploads/2019/01/Care-for-Our-Common-Home-Colour.jpg>



As well, on the website, there is a PowerPoint presentation that can be presented to members at one of your first meetings back. Let us embrace this theme by beginning our meetings with this new prayer...

Prayer to Sustain

Lord, season after season,
You continue to renew the face of the earth,
“For from the greatness and beauty of created things
Comes a corresponding perception of their Creator.”
Teach us, Lord,
As members of The Catholic Women’s League of Canada,
To become attuned to our need to protect
The beauty of our common home.
May our efforts lead us to sustain its natural order,
So that, in the words of Pope Francis,
Our heritage is never “deprived of physical contact with nature.

- Submitted by Colleen Perry, OPC Organization Chair

Words from Blessed John Henry Newman

God has created me
To do Him some definite service.
He has committed some work to me
Which He has not committed to another.
I have my mission.
I may never know what it is in this life,
But I shall be told in the next.
I am a link in a chain,
A bond of connection between persons.
He has not created me for nothing.
I shall do good work.
I shall do his work.

- Blessed John Henry Newman

- submitted by Marie-Theresa Lamphier, Communication Chairperson.



"Warmth and Comfort" Project

October 1st to December 31st, 2018

Many councils collected socks, jars of peanut butter and boxes of crackers and gifted them to their local community help centres. The numbers are coming in and the results are being tabulated. The ladies are doing great work! Deadline for submission is January 15th, 2019. Check out #opccwlwarmthandcomfortproject for pictures already submitted.



Christian Family Life

Linda Squarzolo

1st Vice President/Christian Family Life Chair

During the Christmas Season many of the Holy Days are celebrations of family events. On Christmas we rejoice with the birth of Christ. January 1st we celebrate Mary, the Holy Mother of God. The Sunday, between these two holy days, is the Feast of the Holy Family, Jesus, Mary and Joseph. The Christmas Season ends with the Baptism of the Lord. We can all relate to these special times in our own lives. Can we follow the example given to us by the Holy Family and obediently accept God's plan for us?



Christian Family Life

Pope Francis' Prayer Intentions for January 2019

- Young People and the Example of Mary.

That young people, especially in Latin America follow the example of Mary and respond to the call of the Lord to communicate the joy of the gospel to the world



RESOLUTIONS TOPICS CURRENTLY BEING STUDIED BY DIOCESES

Use resolutions to "Educate, Engage, and Empower" your members.



NOTE: Rebecca McCarrell, London Diocesan President has taken on for her presidency the following slogan "Educate, Engage, Empower with a focus on the Environment". Rebecca has graciously allowed use of the 3 'E's to formulate a resolution's slogan.

KINGSTON: Pilot Project for delivery-care system for Talk Therapy

Paraphrased by OPC Resolutions Chair from information received



Talk Therapy includes cognitive behavior therapy (CBT), a successful evidence-based therapy for many mental health diagnoses. CBT focuses on changing negative thoughts and behaviours and learning coping strategies and especially helps individuals suffering from anxiety and depression. With successful implementation by other countries showing cost-effectiveness and efficiency, members are suggesting a similar regulatory framework in Ontario as the federal government through health accords with the provinces and territories, targets \$5 billion over 10 years for mental health and home care.

LONDON: Abortion and the Effects on Mental Health

It's been nearly five decades since abortion was legalized in Canada, ample time for statistics to be gathered from around the world that show the negative effects of abortion on the mental health of women, which include depression, suicide, and drug abuse. The numbers are in and it's time for Ontario Health to take note and warn women of these risks before they make such a life - changing decision. Without the facts, women are not able to make an informed choice. Women have a right to the information before an abortion is performed.

LONDON: Equal Access to Permanent Resident Status, an Amendment to the Express Entry System under the Immigration and Refugee Protection Act as it relates to Religious Workers



In order for Religious Workers to be able to receive permanent residency in Canada, they are seeking an exemption to the new Express Entry rules by the Canadian Government. With recent changes to the immigration regulations, specifically the Express Entry system, Religious Workers have had their applications for Permanent Residence rejected. The Comprehensive Ranking System that Canada has adopted to rank candidates has become a barrier to immigration for these religious workers applying to minister in Canada. The objective of Express Entry is to create efficiencies by making the submission of

News from other Dioceses

Corpus Christi CWL in the diocese of Thunder Bay, joined the city wide Baskets of Hope project and made up two kitchen baskets for Faye Peterson House. The parish response to Corpus Christi CWL weekend adult winter coat drive was overwhelming. Over **100 coats** were bagged and will be delivered to Grace Place and Assistive Clothing to help keep God's homeless children warm this winter.



Holy Canadian Martyrs, Combermere in the diocese of Pembroke

This is a picture of their early collection of foodstuffs for their local food bank. Their council decided to collect soup in place of socks. They are proud to say that for their small parish, the final tally filled **11 cardboard boxes!** They also collected through their donations \$195.00 for the Bancroft Pregnancy Care Centre.

The ladies are from L - R. Susi Emeneau, Sofia Segal, Dragi Andercheck, and Mary Yaraskavitch