



June 2019 Edition

Featuring the Diocese of Ottawa and
Spiritual Development Chairperson Anna Tremblay

"Care for our Common Home"

This Issue

Annie's Annotations.....	1-2
Fatima Prayers.....	2
Duck and the Devil.....	3
Ottawa Diocesan Council	4
Food for Thought	4
Awards & Recognition	5-7
News from London	7-8
Water Project.....	9
Ink Cartridge Challenge.....	10
Resolutions	11
Eye on Legislation	12
Euthanasia Deception	13
Father's Day Prayer	13
Acknowledgements	13
70 years of service	14



Annie's Annotations

Rejoice in the Lord always; again, I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God...

Philippians 4:4-9

Where has the time gone? These two years have flown by! Your efforts to assist and care for the homeless and less fortunate in our communities have had a huge impact on the citizens of Ontario. As you reflect on all you have accomplished think about how all these good works have impacted you.

Our new national theme, *Care for our Common Home*, challenges us to look closely at our daily lives and the consumption of the many things we take for granted such as clean drinking water. So many communities in Ontario do not share this privilege. We cannot afford to waste this valuable commodity.



In this final blog I wish to thank all of you for the impact you have had on me. When I named *Homelessness* as our provincial theme, I wasn't sure what it would look like but your ingenuity and creativity as you wholeheartedly embraced this theme have made me so proud to be your provincial president. I know that Jesus is smiling on each and every one of you for the love and assistance you have given his children in his name.

Hugs,

Anne

THE FIVE FATIMA PRAYERS

THE PARDON PRAYER

My God, I believe,
I adore, I hope and I love Thee!
I ask pardon for those who do not believe,
do not adore, do not hope and do not love Thee.
Amen.

THE ANGEL'S PRAYER

Most Holy Trinity –
Father, Son and Holy Spirit –
I adore Thee profoundly.
I offer Thee the most precious Body, Blood,
Soul and Divinity of Jesus Christ,
present in all the tabernacles of the world,
in reparation for the outrages, sacrileges,
and indifferences whereby He is offended.
And through the infinite merits
of His Most Sacred Heart
and the Immaculate Heart of Mary,
I beg of Thee the conversion
of poor sinners.
Amen.

THE ROSARY DECADE PRAYER

Oh My Jesus, forgive us our sins,
save us from the fires of Hell,
lead all souls to Heaven,
especially those
in most need
of Thy mercy.
Amen.

THE SACRIFICE PRAYER

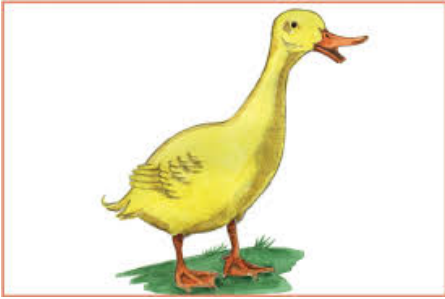
Oh my Jesus,
I offer this for love of Thee,
for the conversion of sinners,
and in reparation for the sins committed
against the Immaculate Heart of Mary.
Amen.

THE EUCHARISTIC PRAYER

Most Holy Trinity, I adore Thee!
My God, my God,
I love Thee in the
Most Blessed Sacrament.
Amen.

- Submitted by Anna Tremblay, Spiritual Development Chairperson

The Duck and the Devil



There was a little boy visiting his grandparents on their farm. He was given a slingshot to play with out in the woods. He practiced in the woods, but he could never hit the target. Getting a little discouraged, he headed back for dinner.

As he was walking back he saw Grandma's pet duck. Just out of impulse, he let the slingshot fly, hit the duck square in the head, and killed it. He was shocked and grieved. In a panic, he hid the dead duck in the wood pile, only to see

his sister watching! Sally had seen it all, but she said nothing.

After lunch the next day Grandma said, "Sally, let's wash the dishes." But Sally said, "Grandma, Johnny told me he wanted to help in the kitchen." Then she whispered to him, "Remember the duck?" So Johnny did the dishes.

Later that day, Grandpa asked if the children wanted to go fishing and Grandma said, "I'm sorry but I need Sally to help make supper." Sally just smiled and said, "Well that's all right because Johnny told me he wanted to help." She whispered again, "Remember the duck?"

So Sally went fishing and Johnny stayed to help.

After several days of Johnny doing both his chores and Sally's he finally couldn't stand it any longer. He came to Grandma and confessed that he had killed the duck. Grandma knelt down, gave him a hug, and said, "Sweetheart, I know. You see, I was standing at the window and I saw the whole thing. But because I love you, I forgave you. I was just wondering how long you would let Sally make a slave of you."

Thought for the day and every day thereafter: Whatever is in your past, whatever you have done -- and the devil keeps throwing it up in your face (lying, debt, fear, hatred, anger, unforgiveness, bitterness, etc.) whatever it is, you need to know that God was standing at the window and He saw the whole thing, He has seen your whole life. He wants you to know that He loves you and that you are forgiven. He's just wondering how long you will let the devil make a slave of you.

The great thing about God is that when you ask for forgiveness, He not only forgives you, but He forgets – It is by God's Grace and Mercy that we are saved.

- Submitted by Anna Tremblay, Spiritual Development Chairperson



Ottawa Diocesan Council



"Find Your Voice" Public Speaking Course

The Ottawa Diocesan Council dared to try something new and exciting. We held our first "Find Your Voice" Public Speaking Course on Saturday, February 23, 2019 at Annunciation of the Lord Parish. Seventeen women registered and two more walked in that morning for a total of 19.

The facilitators were Life Member Moira Matthews from Immaculate Heart of Mary Council and St. John the Apostle Council Spiritual Development Chairperson Claudette Joseph (bottom left). The workshop was a big "hit" and much appreciative gratitude goes out to the many hands who made it a success! There are leaders among us! Congratulations to all the participants!

- Submitted by: Lynn Lavictoire, Ottawa Diocesan Council President



A man asked a priest: "If God is everywhere, why do I have to go to church?"

The priest replied: "The whole atmosphere is filled with water; but when you want to drink, you have to go to a fountain or a well."

- Submitted by Anna Tremblay, Spiritual Development Chairperson

Awards and Recognition

Ottawa Diocesan Councils 2019

St. Patrick, Fallowfield:

Maple Leaf Pin	Barbara Byrne
Maple Leaf Pin	Nancy Gulley

Holy Spirit Council, Stittsville:

Maple Leaf Pin	Louise Beggs
Maple Leaf Pin	Ann Ryan
Maple Leaf Pin	Donella Gabriele

BELLELLE GUERIN AWARD

On May 4, 2019, at our Ottawa Diocesan Convention, which was held at Holy Spirit Parish, Stittsville, I was honored and thrilled to receive the Bellelle Guerin Award from my Council, Our Lady of Fatima, presented by Diocesan President Lynn Lavictoire and my Council



President Jean Anderson. This gesture of appreciation for my years in CWL and the work I had accomplished was humbling.

My involvement with the CWL started in 1970, just after my late husband and I were posted to Ottawa. I had no idea when I paid my membership on that evening (\$2.00) that almost 50 years later I would still be so involved with this wonderful organization. After four years, one as President, we moved to the military base in east-end Ottawa and for the next twenty years I was a part of the Military Vicariate/Ordinariate CWL. I served two terms as President at St Michael's and one term as Corresponding Secretary

at Provincial level. When the base Chapel closed in 1994, we had to surrender our charter as a CWL Council and I returned to civilian CWL. I was a member at different councils until 2003 when Our Lady of Fatima council at my parish was reactivated. I served in various positions and was President for two terms. I was elected to the Ottawa Diocesan Council

and served as Communications Chair and am currently starting my second term as Treasurer. I met some of my dearest friends through CWL. It has definitely been a wonderful experience! I owe a lot to the members of the CWL and especially to Life Member Edith Mockler who was always there from my first years with Mil Ord to encourage me, answer questions and provide advice right up to the present. It's been a great life and the CWL has been a wonderful part of it!

- Submitted, by: Diana Baines, Ottawa Diocesan Council Treasurer

Contribution to Catholic Education Award



Archbishop O'Brien, Ontario Provincial Council Spiritual Advisor, was honoured for the **"Contribution to Catholic Education Award"** as a result of his 12 years of episcopal ministry in the Archdiocese of Kingston where he supported positive relations between the Archdiocese, its pastoral offices, and the Board.

For information on the other awards please see the following:
http://www.togetherinfaith.ca/catholic_education_week_awards_deserving_recipients?utm_campaign=together_in_faith_june_news&utm_medium=email&utm_source=ocsta

- Submitted by Glenda Klein, Organization Sub-Committee Chairperson



Life Membership

Marie-Theresa Lamphier received her Life Membership at the London Diocesan CWL convention in Windsor. Congratulations Marie - Theresa. Your St. John Vianney sisters are proud of you!

- Submitted by Helen Biales, President, St. John Vianney Council



St. Peter's CWL, Goderich, ON, London Diocese



H.U.G. Project for Mother's Day

This is taken at the entrance of the Women's Shelter in Goderich for Mother's Day. It is a part of HUG initiative

(Pictures L-R Eileen Sleightholm and Naomi Paul)

Thank you to all who supported this project to help make Mother's Day a little brighter for the shelter. They were very appreciative!

- Submitted by; Denise Morris, Christian Family Life, London Diocesan Council

Holy Trinity Parish CWL in Woodstock London Diocese

From March 22 – April 21, 2019. **Holy Trinity CWL** council challenged the parish to conserve water in their households. Several strategies included turning off the tap while brushing teeth, taking shorter showers and filling a pitcher of water and storing it in the refrigerator rather than letting the tap run for a glass of cold water. We had 13 families submit an entry and an overwhelming 357,400 litres of water were estimated to be saved in the next year by carrying out these water saving actions.

Pictured is Carmen Velocci, Linda Ferraro and Frances Moxon.



- Submitted by Fatima Cabral, Ingersoll Regional Chairperson, London Diocese



St. John Vianney CWL, Windsor, ON, Diocese of London, hosted Kelly Franklin as a speaker on trafficking. Kelly presented information on how this is becoming the fastest growing crime in Canada. The 400 series highways are one of the main conduits for this crime. On July 30th a protest rally against this crime is being held at the ONroutes. The Diocesan CWL is encouraging as many CWL members as possible to participate at their nearest ONroute.

-(Pictured is Kelly Franklin and Diana Debergh)

- Submitted by Helen Biales, President, St. John Vianney

NATIONAL THEME 2019-2020
FOCUS FOR ONTARIO 2019: WATER



UPDATE - ONTARIO PROJECT KICK OFF

The reports received by May 31 are summarized below and demonstrate the impact small changes can have in our lives. All those reporting mentioned distributing the information and I am sure the majority of parishes shared information that raised awareness. Awareness leads to change so the objective of this project was accomplished thanks to everyone's efforts. If all members managed to save 100 gallons, the accumulated annual impact would be 4,400,000 gallons. Please continue to be aware of your water consumption. Stay tuned for the next phase of our project that will launch at the provincial convention in July. It will be communicated to all parishes immediately following the convention.

- Submitted by Colleen Martin, Provincial Resolutions Chair

SUMMARY OF REPORTS RECEIVED – ANNUAL SAVINGS

(Council name, location - # participants)

Holy Redeemer, Sudbury – 4 participants	8,780
Holy Trinity, Englehart - unknown	1,774
Holy Trinity, Woodstock – 13 families	357,400
Our Lady of Good Counsel, Deep River – 1 count (80 informed)	615
Our Lady of the Holy Rosary Council, Thorold - unknown	3,320
St. Alphonsus, Callander – 40 participants	29,200
Ste. Anne's Council, Tecumseh - unknown	25,000
St. Anthony of Padua, Timmins – 7 participants	43,602
St. John Divine, London – 6 participants	3,867
St. Mary's Council, Fort Frances – unknown	19,224
St. Mary's Council, Lindsay – 4 participants	30,124
St. Martin de Porres, Ottawa – 8 participants	13,026
St. Michael's Council, London – 13 participants	7,395
St. Michael's Council, Dresden - unknown	20,000
St. Thomas Aquinas, Wiarton - Awareness	

ANNUAL SAVINGS FOR COUNCILS REPORTING

545,327 GALLONS

INK AND TONER CARTRIDGE CHALLENGE

Nativity of Our Lord CWL council from Humber Valley Region in Toronto Diocese, sponsored an Ink and Toner Cartridge Drive on Sunday May 19th, 2019. This project was open to the entire parish. Flyers were hung on all the bulletin boards, an insert was added to the weekly parish bulletin and an announcement was made from the pulpit. Recycle bins were placed at the church entrances ready for drop offs.



Did You Know information flyers were also available at all the entrances.

Over 50 ink and toner cartridges were collected over the long May weekend along with four printers. These were all dropped off at the local Staples Depot for recycling. Research shows that 75% of empty cartridges in Canada are not recycled even though there are so many reuse and recycling options. Therefore, this project was successful not only for diverting these cartridges and printers to a landfill but most of all, it helped to raise awareness of this very common problem.

DID YOU KNOW?

- ❖ It may take between 450 and 1000 years for a printer cartridge to fully decompose in a landfill?
- ❖ 75% of empty cartridges in Canada are not recycled even though there are plenty of reuse and recycling options, many are free and easy to use.
- ❖ Research shows that 11 ink cartridges per second and one million toner cartridges per day are thrown out. That adds up to more than 375 million empty ink and toner cartridges are thrown out each year and most end up in landfills.
- ❖ Ink and toner cartridges are made up of several materials, of which most are chemicals that may have the potential to be damaging to you and the environment. Another damaging effect of not properly disposing of ink cartridges is that the toner (carbon black) has been classified as a potential carcinogenic by the International Agency on Research on Cancer.



- Submitted by Mary Capobianco, OPC Recording Secretary

THEREFORE BE IT RESOLVED

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

The Resolutions Review Committee met in Toronto May 27 to 29, 2019 to review and study resolutions gifted by 5 diocesan councils. The results are listed below.

One resolution was gifted by **Timmins** to be shared with the other 12 diocesan councils for information. It is regarding the use of Health and Physical Education Specialists in schools, which is a decision of local school boards.

One resolution was returned to **London** for further study. The Permanent Resident Status, an Amendment to the Express Entry System under the Immigration and Refugee Protection Act as it relates to religious workers is complex and a new agreement was signed between the federal government and Ontario, which may change what is requested to address this issue.

The resolutions with the following resolved clauses will be recommended for presentation at the Ontario provincial council (OPC) pre-convention meeting. Remember the clauses are draft until accepted by the OPC for presentation. Please study these clauses and do your own research so you are ready to debate whether the Ontario provincial council should accept the resolutions for action.

Do they align with Catholic teachings? Are the requests currently outstanding or are you aware there is already a response?

KINGSTON: urge the Ontario Government to fund and implement a psychotherapy pilot project for adults, that provides psychologists and other appropriately trained health care providers, to determine the viability of a long-term program

LONDON: urge the Ontario Government to require all referring and/or attending physicians to disclose the possible mental health risks that may follow an abortion procedure to each patient before the abortion procedure is performed

OTTAWA: ... urge the Ontario provincial government to advance the addition of 30,000 LTC beds from year 2030 to 2025

TORONTO: urge the federal government to support, sign and ratify the United Nations Treaty on the Prohibition of Nuclear Weapons, and be it further resolved, that this resolution be forwarded to national council of The Catholic Women's League of Canada for consideration at 99th annual convention assembled in August 2019.

Catholic Education Week is a time to celebrate the distinctiveness of a Catholic education and the beneficial impact of Catholic schools in communities across Ontario. This year, ALCDSB recognized the accomplishments of staff, students and community members who demonstrate outstanding service

- Submitted by Colleen Martin, OPC Resolution Chairperson

An "Eye on Legislation" ...

"Legislation affects everyone and everything we have and do."

(CWL Executive Handbook - May 2014)



As summer approaches and we see the abundance of God's creation, it reminded me of our theme, **Care for our Common Home**. I wish to highlight the Action Plans for a provincial and a national resolution (passed in 2018) relating to the environment.

ON.18.01 Develop National Standards for Levels of Pharmaceuticals in Canada's Drinking Water (for the full text ... go to

<http://www.cwl.on.ca/resolutions>)

Action Plan:

1. Write letters to the federal government requesting greater implementation of the awareness campaign on the proper disposal of pharmaceuticals.
2. Invite a guest speaker from Public Health to educate members on potential health risks from exposure to pharmaceuticals in drinking water.
3. Research the measures that are taken in your community for water treatment.
4. Continue to monitor this issue.

2018.02 Setting a Standard for Products Marketed as "Flushable"

(for the full text ... go to <https://cwl.ca/resolutions-by-year>)

Action Plan:

1. Write letters to the prime minister and the department of environment and natural resources with copies to your local member of parliament urging the federal government to establish a national standard of testing to be met by manufacturers of products marketed as "flushable".
2. Request an awareness campaign of the consequences of inappropriate disposal of products in our sewer system through municipal and provincial governments.
3. Hold a speaker presentation on the harmful effects of flushing so-called "flushable" products.
4. Monitor the federal government's response to the request contained in the resolution.

Make a note to discuss these at your meetings in the fall ... have a wonderful summer!

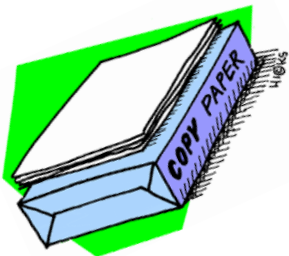
- Submitted by Legislation Chairperson Karen McDonald

Euthanasia Deception Documentary

Receive a free link to **the Euthanasia Deception** documentary by making a donation today!

The Euthanasia Deception documentary was seen world-wide. EPC will send you a link to the film with a donation. See link below.

http://www.epcc.ca/contact-us/donate/?utm_source=Euthanasia+Prevention+Coalition+Contacts&utm_campaign=9dd7b8d63



As this is the last issue of the ON-Line Newsletter during my term, I would like to **acknowledge and thank** those who have helped me with their wise suggestions and proof-reading skills. With much appreciation to Lisa Henry, Anna Tremblay and Mary Ellen Villeneuve....I could not have done it with you!

- Submitted by Marie-Theresa Lamphier, OPC Communication Chairperson

Marion Haramis Celebrates 70 Years of Service with CWL

Marion Haramis first joined the CWL in Maxville, as a junior member in 1949. Through the years she acted as President of parishes in Maxville, Renfrew and Cornwall, and as President of both the Alexandria-Cornwall and Pembroke dioceses. Marion considers her greatest achievement to be organizing weekly catechism classes for Catholic children in the public school system. "Stick with your faith," is the advice that Marion would like to convey to everyone today, "Without it, I would have nothing." The CWL thanks Marion for her many years of service, as she celebrates the momentous occasion of her 70th anniversary year.



Mrs. Marion Haramis with Rev. Kevin Maloney of St. Francis de Sales parish in Cornwall, Ontario

- Submitted by Rachel DeCuypere, Communication Chairperson, St. Francis de Sales, Cornwall, ON