



March 2019 Edition

Featuring the Diocese of Kingston and
Resolution Chairperson, Colleen Martin

"Care for our Common Home"



Annie's Annotations

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"Therefore, I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?"
Matthew 6:25-26

Lent is upon us! This is the season for examining our conscience, reflecting and preparing before the celebrations of Easter. The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.

From its start on Ash Wednesday until its conclusion on Easter Sunday, Lent has been a traditional time for fasting, giving something up or abstinence. Lent can also be a time for doing something extra for others, perhaps outside our normal comfort zone.

I encourage you to continue serving Jesus in the many homeless people you encounter, reach out and help. Lent is a perfect opportunity to help those less fortunate families and individuals. Remember the many faces of homelessness and make a difference in someone's life.



The Easter Triduum will have a greater joy for you this year when you have given to others instead of just giving up material items like coffee or chocolate. Many, many blessings will come your way.

Always give with a smile, happy Lent!

Anne

Image taken from Google images from St Andrew's Church, Chesterton



A Native American and his friend were walking through Times Square in midtown New York during lunch hour. The streets were filled with people. Cars were honking their horns, taxicabs were squealing around corners, sirens were wailing, and the sounds of the city were almost deafening. Suddenly, the Native American said, "I hear a cricket."

His friend said, "What? You must be crazy. You couldn't possibly hear a cricket in all this noise!"

"No, I'm sure of it," the Native American said, "I hear a cricket."

"That's crazy," his friend insisted.

The Native American listened carefully for a moment and then walked across the street to a big cement planter filled with shrubs. He looked under the branches and, sure enough, he found a small cricket. His friend was utterly amazed.

"That's incredible," his friend said. "You must have superhuman ears!"

"No," the Native American said. "My ears are no different from yours. It all depends on what you're listening for."

"But that can't be!" said the friend. "I could never hear a cricket in this noise."

"Yes, that's true," came the reply. "It depends on what is really important to you. Here, let me show you."

He reached into his pocket, pulled out a few coins, and discreetly dropped them on the sidewalk. Then, with the noise of the crowded street still blaring in their ears, they noticed every head within twenty feet turn and look to see if the money that had tinkled on the pavement was theirs.

"See what I mean?" asked the Native American. "It all depends on what's important to you."

By Sacinandana Swami

- Submitted by Anna Tremblay, Spiritual Development Chairperson

I Will, With God's Help...

My start with The Catholic Women's League of Canada (aka the League) came with a personal invitation from a parishioner after mass one Sunday morning. I responded that I wasn't sure why I wasn't already a member as my mother always was. I remember hoping with my inside head voice, that I would not be asked to assist in the kitchen, as I remember learning about service at my mother's knee, but I was never told of the wondrous work the League does beyond the parish.

It wasn't long before I was asked to assist with one of the executive positions - Recording Secretary. I remember how scared I was to take on this responsibility following after a woman who was a long-standing League member; however, she was a great mentor and very affirming. I went on to be Communications Chair, Christian Family Life Chair, Spiritual Development Chair and President at my parish. When invited to let my name stand for Diocesan Council elections, I said yes as required by my confirmation of my baptismal call. The League was my response to God's call.

Beginning in 2001, provincial convention road trips became an annual affair. First with my dear friend Sandra, who was Parish President during the same term as I, and then our good friend Liz joined us. We three musketeers were Diocesan President one after the other. I remember the awe I felt at that first convention as we gathered as members of our diocese, to encourage and support Past-Provincial President Joleene Kemp, prior to the election process. As we sang the traditional Thunder Bay blessing song and held our hands over her, a feeling of belonging overwhelmed me. Later I would have my turn to stand in that circle as I let my name stand for provincial council and my heart overflowed with God's blessings and the affirmation of my League sisters.

Not only at convention, but also through life experiences, when my sisters are there, I continue to experience these moments of blessing. An example, a meal to a very ill and discouraged brother-in-law experiencing lung cancer surgery in Winnipeg, Manitoba and many more, up until most recently, when it was a League sister who got my mother to church, when I was away with my husband for his heart surgery, and another League sister who sat with me in Toronto while he was in surgery.

God is good all the time! All the time God is good! I pray in gratitude daily for this wonderful spiritual family God called me to join through the voice of my League sister Linda. I am forever grateful for her gentle invitation to a woman she only knew from the pew. Think of the women you know in the pew, is there someone God is urging you to gently call!!

- Submitted by Colleen Martin, OPC Resolution Chairperson

Diocese of Kingston



In Westport, at **St Edward's parish**, Monica Scanlon celebrates her 95th Birthday in March 2018. Monica has been a member of their CWL council since 1946.

- Submitted by Carmel McCartney



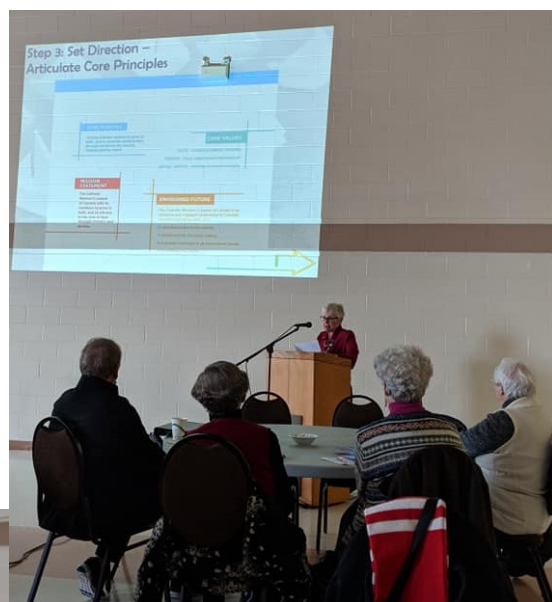
At **St Mark's in Prescott**, The Catholic Girl's League is very active in the community. Pictured here, the girls are visiting residents of The Mayfield Retirement Residence. They broke into 3 groups and covered as much of the home as possible. They were very well received and encouraged to return. The girls gave each resident a lamb doorknob hanger with a scripture excerpt from Psalm 100:3

- Submitted by Diane Jozefowicz

Kingston Fall Retreat

In the Kingston Diocese, we decided to combine our fall retreat with an information session. We started the day with our Spiritual Advisor Father Dale Wright, celebrating Mass. We then had a reflection session on 'Women in the Bible', led by our Spiritual Development chair, Margie Norwood. After lunch, our leaders presented The League's 5-Year Strategic Plan. We had an opportunity for questions, and it was well received. Great day well spent.

- Submitted by Lyne Tuepah



Warmth and Comfort Project

Catholic Women's League councils across the Kingston Diocese embraced the Warmth and Comfort project and took it even further. Along with answering the call of collecting socks, jars of peanut butter and boxes of crackers, they continued with their usual holiday projects. Many shelters and food banks were the beneficiaries across our area. Way to step up ladies!

- Submitted by Lyne Tuepah

Awards

Kingston Diocese



At the September general meeting at **Holy Rosary, Belleville**, Maureen Vincentine, our current Diocesan President (far right) and Margie Royle, Diocesan Past-President (2nd from the left), were presented with the **Maple Leaf Service Pin** by past pin recipients, Cecile Flynn and Marg Credico. Well-deserved ladies!

- Submitted by Margie Royle



St. Philip Neri–Toledo Dual Pins Awarded

Norma Donovan (center), pictured here with Spiritual Advisor Father Ben Ubanii and Past President Sylvia Garvin, was awarded the 65 Year Service Pin and the Maple Leaf Service Pin.

Norma Donovan from **St. Philip Neri, Toledo**, has served as a member of our council for 65 years. She has been a very active member still serving on the executive of our council as the Correspondence Secretary. She has served as President, Past-president and Secretary over the years. She is still present for all of our events and was recently seen, at the age of 92, washing dishes after a funeral lunch. Norma has encouraged her four daughters to be members and be active in the League. We are not only pleased to present her with her 65-year pin, but also to present her with the Maple Leaf Service pin. The Maple Leaf Service pin was introduced in 1971 for members who have served the League in an exceptional or meritorious manner. To receive this honour, the member must be nominated by her council, be an active League member and have performed outstanding League service over several years.

- Submitted by Linda Bisonette – President

Diocese of London

St. John Evangelist Church Woodslee, ON Presentation Of Maple Leaf Service Pins Oct. 21, 2018



Linda Bracken: Linda has been a member of the CWL for 42 years. During this time Linda has generously donated her talents as Treasurer as well as Eucharistic Minister, giving communion to our residents at Country Village Homes (Retirement Residence) and our church. Additionally, she also helps with organizing Rosemary's table at the bazaar. She is a very special person to all of us.

(Pictured L-R) Angelle Bisson president, Janice Hebert past president, Linda Bracken, Florence Rivest, Tina Bendigs

Florence Rivest: Flo, as we call her, has been with the CWL for a total of 20 years. During this time, Flo has been our Community Life Organizer for giving communion to the residents at Country Village Homes (Retirement Residence) and also visits them at times just to talk and make them feel good. She is also our Prayer Line convener. Anyone in our community who knows anyone that is sick or needs help can call Flo and from there

the prayers start at that time every day for them. Flo puts in a lot of hours in the hall and kitchen and obtains door prizes for our bazaar throughout the year. She is one of our very special ladies.

Tina Bendig: Tina has been a CWL member for 38 years. In these years Tina has been our Home Mission Convener but she is more than that. Tina, I think knows everybody in this community. It doesn't matter where this lady is, she talks to everyone and that is what it takes to be able to do the job she does. She makes sure that everyone is recognized on birthdays, anniversaries, and funerals. She is on the committee for the grieving, and very active in Hospice. She, with a few other members, has been responsible for making over 200 lap quilts for the hospice and also driving patients to appointments. In addition to actively volunteering with The Arthritis Society and The Kidney Foundation, she is a Eucharistic Minister at the parish and also Country Village Homes (Retirement Residence). And of course, you will always see her helping with bazaar, in the kitchen and the hall.

I want to thank these three ladies for being my CWL sisters. May our Lady of Good Counsel bless us all. Amen.

- Submitted by Angelle Bisson, President, St. John the Evangelist Council

Sacred Heart Catholic Women's League, Sarnia, Ontario



At Sacred Heart Church in Sarnia, we had the honour of presenting the Maple Leaf Service Pin to two outstanding members.

Anne Marie Parizeau received her Maple Leaf Service Pin at our Christmas banquet. Anne Marie leads our seasonal planter workshop. Gathered on her large driveway and in her spacious garage, we place soil in pots and fill them with evergreen cuttings and decorations and bows specially made by Anne Marie to complete the look. We then sell these beautiful arrangements at our Christmas Bazaar. They have graced many a winter lawn and many a front

porch. Anne Marie continues to fill special requests right up to Christmas. She also collaborates with another of our members to arrange beautiful gift baskets and hostess gifts, also sold at our bazaar. She has previously been Co-Treasurer of our council for several terms, participates in delivering Meals on Wheels, and assists in hosting funeral luncheons. Well done, Anne Marie!



At our June potluck, we gladly presented the Maple Leaf Service Pin to Marg Maheu. Marg organizes the Caring and Sharing Team of Sacred Heart Parish, a group of dedicated individuals who visit the homebound and nursing home residents, delivering cheer, Holy Communion, and prayer shawls. Part of the group's ministry is to assist at Masses celebrated in the nursing homes in our parish zone. Marg has been an extraordinary minister of communion at our weekend

masses for many decades. She sings in the choir for funerals and weekend Masses. Marg is also involved in the Refugee Committee that welcomes families to our community. She was instrumental in collecting household goods and in helping to set up the homes and apartments. Marg does it all very quietly. Well done, Marg!

- Submitted by Domenica Rastin



Our Lady of Mercy, Sarnia

(Pictured L-R) Elsie Seward - Membership Chairperson, Pat Sloan and Deacon Lyle LaLonge - Spiritual Director of Our Lady of Mercy CWL, Sarnia ON

The Maple Leaf Service pin was presented to Pat Sloan before mass at Our Lady of Mercy (OLM), Sarnia.

Pat has been a dedicated CWL member for over 25 years. She has held many positions in the League, and attends many CWL functions.

- Submitted by Phyllis Vanoverbeke
Chairperson OLM-CWL

Thunder Bay



On behalf of Provincial President Anne Madden, Thunder Bay Diocesan President, Mary Wilson (right) presented Joan Joubert (left) with a certificate on the 80th Anniversary of the Catholic Women's League council of **St. Patrick's Cathedral**. Bishop Colli celebrated the mass and brought congratulations on behalf of the Diocese. A reception was held in the Cathedral's hall after mass.

- Submitted by Mary Wilson, Diocesan President



Holy Water



"From long experience I have learned that there is nothing like holy water to put devils to flight and to prevent them from coming back again." —St Teresa of Avila

Holy water is a time-honoured sacramental that receives its power through the prayer and authority of the Church.

The Church's use of holy water dates back to the time of the Apostles. According to the "Apostolic Constitution," a document which is over fifteen centuries old, the precept of using holy water is attributed to the Apostle Matthew. St Justin (c. 100) and St Chrysostom (c. 349) mentioned the use of holy water in churches and believer's homes. Every time we bless ourselves with holy water, we are reminded that our souls have been washed and made pure by baptism. Holy water fonts in churches help us transition from the earthly world to the House of God: before we can enter the "Wedding Feast of the Lamb," it is necessary first to wash ourselves and put on the "wedding garment" so as to be admitted to the table.

There are many uses of holy water besides blessing oneself in church including blessing your home, spouse and children, work space including electronics, car, personal objects, pets, garden, the sick and the holy souls in purgatory.

Doctors of the Church like St Teresa of Avila agree that, when used devoutly and assuming a spirit of repentance, holy water obtains the forgiveness of venial sins and the temporal punishment due to sin. It also offers protection from evil spirits, mishaps, illness,

especially infectious diseases, storms, impending natural disasters and damage caused by them, and brings consolation to and mitigation of punishment for the holy souls. It provides actual grace for our soul and obtains the inspiration of the Holy Spirit, helping us to faithfully undertake the duties of our state in life.

“Ave Maria Centre of Peace. Reprinted with permission”

PRAYER

By this holy water and by Your Precious Blood, wash away all my sins,
O Lord, and relieve the souls in purgatory. Amen.

- Submitted by Anna Tremblay, Spiritual Development Chairperson



Ontario Provincial Convention – July 13th – 17th, 2019 Kingston, Ontario

Have you registered yet?

We are quite thrilled to present the 2019 Ontario Provincial Convention Package. Please review and send in your registration as soon as possible. We are looking forward to seeing you there! Details can be viewed on the website at:

<http://www.cwl.on.ca/sites/default/files/bulletin/1842.pdf>



RESOLUTIONS TOPIC UPDATE

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

This year the resolution process included a review by the Resolutions Reading Committee after submission of draft resolved clauses and works cited. To assist you in studying these topics in advance of the provincial convention, 1 or 2 websites are included after each resolution description. You may have to copy and paste the address into Google or whatever web browser you use. Happy reading!!



KINGSTON: Pilot Project for delivery-care system for Talk Therapy
Paraphrased by OPC Resolutions Chair from information received

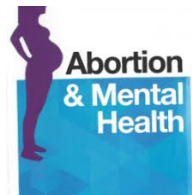
<https://www.nytimes.com/2017/07/24/health/england-mental-health-treatment-therapy.html>

http://www.cpa.ca/docs/File/Position/An_Imperative_for_Change.pdf

LONDON: Providing information to woman on the effects of abortion on mental health

<https://www.cpso.on.ca/Policies-Publications/Policy/Disclosure-of-Harm>

<https://www.deveber.org/2017/11/01/postabortion-grief-psychological-sequelae-of-induced-abortion/>



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

<http://laws.justice.gc.ca/eng/acts/i-2.5/>

<https://www.catholicregister.org/home/international/item/28559-foreign-nuns-priests-run-up-against-new-rules-that-have-denied-some-residency-in-canada>

TIMMINS: Qualified Physical and Music Educators in Ontario Schools
Paraphrased by OPC Resolutions Chair from information received

<https://peopleforeducation.ca/wp-content/uploads/2017/07/Tipsheet-Health-and-PhysEd-and-Daily-Physical-Activity.pdf>



TORONTO: Need for Canadian Research into short- and long-term side effects of the hormonal contraceptive pill

Paraphrased by OPC Resolutions Chair from information received

<https://www.webmd.com/sex/birth-control/news/20080118/birth-control-patch-stronger-warning>

https://www.thestar.com/life/health_wellness/2016/10/10/over-the-pill.html

TORONTO: Canadian Support for the UN Treaty on the Prohibition of Nuclear Weapons



<https://www.ncronline.org/news/vatican/pope-condemns-possession-nuclear-weapons-shift-churchs-acceptance-deterrence>

<http://www.icanw.org/the-facts/catastrophic-harm/a-diversion-of-public-resources/>

- Submitted by Colleen Martin, OPC Resolution Chairperson

World Water Day – March 22nd, 2019

What are your plans for reducing water consumption?



**In preparation for World Water Day
March 22, 2019**

**the CWL asks you to consider
the following:**

- Turn off the tap while brushing your teeth
- Turn off the tap while you scrub your hands
- Operate dishwasher and washer only when full
- Fix a leaky faucet
- Shorten the number of minutes for each shower
- Fill a pitcher with water and store in fridge so do not run water to cool
- Do not let the water run continuously to rinse dishes
- If washing dishes, put water in the sink rather than letting the tap run while washing
- Use biodegradable dish soap and then use dishwater for watering plants after competing dishwashing
- Collect rain water and/or melt snow to water plants



For more information visit <http://www.worldwaterday.org/>

- Prepared by Pro-Cathedral of the Assumption CWL Council, North Bay, Diocese of SSM



Movie/Popcorn Night

St. Mary's CWL in Fort Frances, Diocese of Thunder Bay, held a movie night to watch "White Mama", the story of an elderly woman who became homeless and was rescued by a youth whom she had grown to love.

Donations were made to the "Loaves & Fishes" Soup Kitchen and to the Family Resource Centre.



- Submitted by Linda Fleming,
Communication Chairperson, St.
Mary's CWL, Fort Frances



80th Birthday Wishes

CONGRATULATIONS to Dorothy Bechta on the occasion of her 80th birthday. Dorothy is treasurer for Thunder Bay diocese. President Mary Wilson presented a cake and best wishes on behalf of the elected officers at the spring meeting.

- Submitted by Mary Wilson, Diocesan President, Thunder Bay