



October 2019 Edition

Featuring the Diocese of Hamilton and
Legislation Chairperson Margie Royle

“Care for our Common Home”



Colleen's Communications

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As you are reading this communication you are probably getting ready to prepare for Thanksgiving. The weather here is cooler and the leaves have started that wonderful transition into the vibrant colours of fall. We have so much to be thankful for...

I am blessed with a loving family. I still have both my parents with me. My children and grandchildren enjoy a closeness that brings me great joy.

But not everyone is blessed in this way. Please keep those suffering from loneliness and depression in your thoughts and prayers this fall. There will be new initiatives starting soon, wonderful opportunities to learn and grow and to share our faith with our sisters in the League. Take advantage of those opportunities; attend your fall development days.

Enjoy the wonders of nature that God has gifted us with.

From my family to yours, may God bless you and your families and friends abundantly this Thanksgiving.

Yours in faith,

Colleen



VOTE!

Elections are fast approaching. Your vote matters!

"Our actions matter and so does our vote because it can turn our country's government towards greater justice. Our vote can lead to greater economic security and opportunity, or marginalization and hopelessness – for the people in Canada and our brothers and sisters around the world." (Novalis and Catholic Charities of the Archdiocese of Toronto)

Available through Novalis is an excellent booklet, For Heaven's Sake, Vote! prepared in partnership with the Archdiocese of Toronto. In this booklet, one can learn more about what the Catholic Church teaches about seven key topics: human dignity, poverty, homelessness, health care, Indigenous issues, newcomers and the environment, all very pertinent issues of The Catholic Women's League.

Make your voice heard! Exercise your privilege to vote! Make use of Advanced Polling days! Offer rides or babysitting for young mothers, the elderly or single parents.

OCTOBER 21, 2019, VOTE!

- Submitted by Margie Royle, Legislation Chairperson



Taken from "The Word among us" September's Issue:



Dear God,

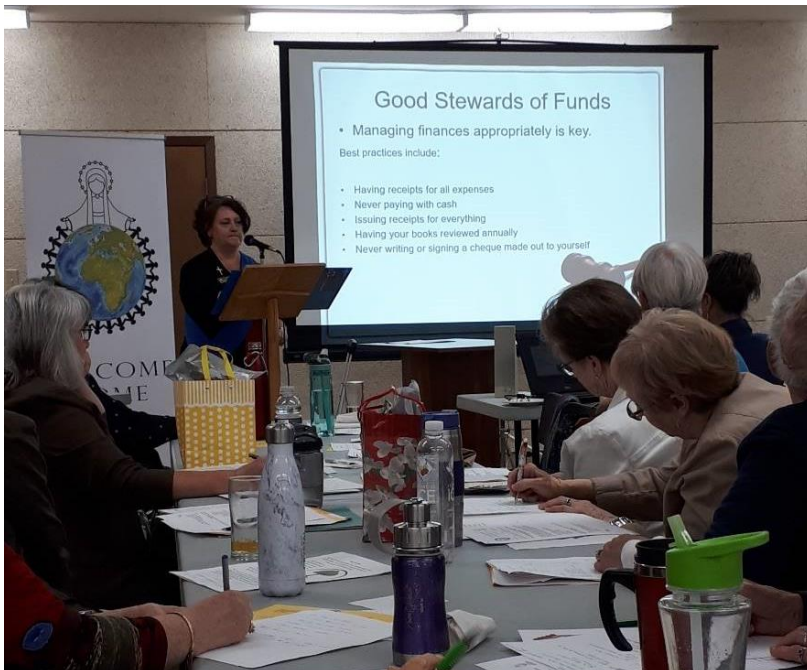
During this month, we pray that politicians, scientists, and economists would work together to protect the world's seas and oceans, which you have created.

Hamilton Diocesan Council



Installation of Officers - 99th Annual Diocesan Convention

President - Catherine Feren, President-Elect - Joyce Cotter, First Vice-President - Teresa DiFalco, Secretary - Laura Grint, Treasurer - Julia Calverley, Past-President/Historian - Joan Schurter, Standing Committee Chairwomen - Mary Clark, Diane Jones, Chris McKenzie, Camille Naranjit, Joanne Palmer



First Vice President Teresa DiFalco gave a presentation on governance at the fall regional meetings. The presentation stressed the importance of using of good business practices and the necessity of following the guidelines laid out in the Constitution and Bylaws and manuals of Policy and Procedure at all levels of the League.

Welcome Home – Hamilton Diocese Theme – 2019-2021

- Calling to mind the love and bond of sisterhood in the CWL league, in particular, within the Hamilton Diocese by creating a welcoming and safe environment for our members to thrive, feel valued and at home.
- Recognizing and acknowledging that many experience loneliness in a variety of ways:
 - Physical – being completely alone
 - Emotional - lack of a sense of purpose or belonging
 - Psychological - not having any secure or stable sense of self-worth or identity
 - Spiritual - not belonging to religious community; not having a sense of being loved by God
- Acknowledging that we are all God's daughters and we belong to one family through Christ and it is in this belonging that we are truly "home".
- Recognizing the need to take action in social justice to protect and advocate for God's creation of our Common Home, the earth that God created for humankind. In doing so, we are witnessing the love of God through ministry and service.
- Our Common Home, the earth, is sacred in that our Lord once walked upon it as fully human and fully divine. God commands us to respect and love His gift of life, each other and the earth.

Welcome Home Song

Welcome Home
You are my sister, you're my friend
Welcome Home
The love we share is heaven sent
We joined the League, cause we believe
In God, we're not alone
We'll grow in faith, make no mistake
This sisterhood is HOME
Welcome Home

Welcome Home
We pray to Mary everyday
Welcome Home
We serve our Lord in every way
We advocate to change the world
For justice, life and love
Protect the earth, a child's birth
A gift from up above
Welcome Home

A humble heart will keep us grounded
We shall never judge
Respect and caring
Support and sharing
A sisterhood of love

Welcome Home
Our motto, faith, fulfillment, fun
Welcome Home
It is through Christ that we are One
We joined the League, cause we believe
In God, we're not alone
We'll grown in faith, make no mistake
This sisterhood is HOME
Welcome Home

Music and Lyrics by Teresa M. DiFalco © 2019. All rights reserved
<https://drive.google.com/file/d/1WxCN6YN5si0OV5GTtDgjek6eIV9C12I8/view?usp=sharing> © 2019, All rights reserved

ST. JOSEPH, PORT ELGIN



St. Joseph Port Elgin Council raised \$2954.15 for the H.U.G. project. They prepared 55 Independent Grocery Bags for their women's shelter in Kincardine. Every bag held 11 toiletry items and a \$15 gift certificate from Tim Hortons. In addition, boxes of additional personal needs items were added by a parishioner's very generous employer, Loblaws.

ST. PATRICK, HAMILTON

Prayer shawls were blessed at their Our Lady of Good Counsel Mass. A dozen of these shawls were delivered to the long-term care facility Baywoods Place, which is across the street from St. Patrick Church.



ST. LOUIS, WATERLOO

Celebrating 95th Anniversary - 1924 – 2019



ST. RAPHAEL, BURLINGTON

2019 is a very special year for us as we celebrate 60 years as a Catholic Women's League Council! On Saturday April 27th we had a special Mass to mark our 60th Anniversary and after Mass a luncheon was held to gather and honour long-time members of 40+ years.

ST. FRANCIS XAVIER, STONEY CREEK



Seventy years ago, the Catholic Women's League was founded in our parish. We have had many events throughout this year. We have enjoyed a spring luncheon, an anniversary tea and Mass, and, lastly, a potluck/fashion show with the Knights of Columbus. We decided to have a quirky fashion show for entertainment, a fashion show playing on words so that if someone was wearing a 14-carat necklace, she actually had 14 carrots around her neck!

ST. MICHAEL, WATERLOO

At our June meeting we celebrated our sisterhood and friendships with a potluck, service pin celebration, Woman of the Year Award and Secret Pal reveal



BASILICA OF OUR LADY IMMACULATE, GUELPH



Ania, lay chaplain at the University of Guelph spoke regarding the environment on university campuses and the many difficult challenges facing Catholic students. They are forced to defend their faith, their morality, and their worldview in a toxic and unsafe environment. Catholic Women's League can support students through mentoring, cooking a meal, providing a safe space for faith discussions.

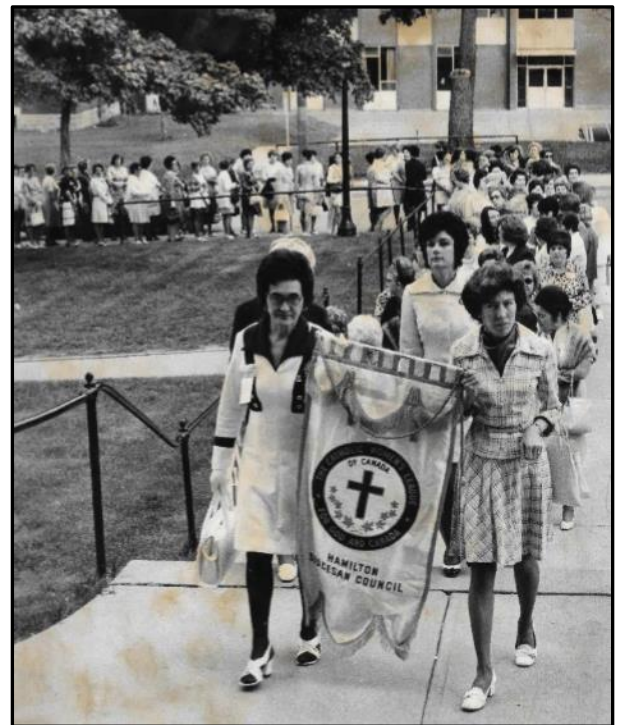
The Count Down Is On!

Are you ready? We have so many exciting events planned for 2020 as we celebrate 100 years in The Catholic Women's League of Canada in Hamilton Diocese. We invite you to participate in these upcoming festivities as we rejoice in our proud legacy, reflect on our history, and reminisce on our journey in the League.



Events Planned for 2020:

- Day of Prayer
- Candlelight Memorial Service
- Tree of Life
- Annual Convention
- Vocations Mass
- Day of Spirituality
- Anniversary Prayer Book
- Time capsule box



Members working together writing a prayer for the 100th Anniversary Prayer book.

LONELINESS

"Language...has created the word "loneliness" to express the pain of being alone.
And it has created the word "solitude" to express the glory of being alone"
- *Paul Johannes Tillich*

The three resolutions passed at our provincial convention, all hold within their depths, an element of loneliness as a possible cause or effect of the social situations to which we seek solutions. Clearly, as these resolutions suggest, loneliness is a serious issue among us.

So, just what is loneliness? A wonderful website I stumbled across (Eden Project Communities) in my search for answers, defines loneliness as a mismatch between the relationships we have and those we want. It is our internal trigger, letting us know it's time to seek company, just as hunger lets us know it's time to eat.

Many of us immediately think of the elderly when we consider loneliness, but the truth is, anyone at any age can be lonely – even busy people, even you – whether alone or in a group, at work or at home with family.

Loneliness harms us as individuals, as neighbourhoods and as communities. Research has shown that lacking social connections is as damaging to our health as smoking 15 cigarettes a day (Holt-Lunstad, 2015). A startling fact indeed!

Lonely people may feel excluded from the opportunities many of us take for granted. They may struggle with their sense of self-worth, lack confidence and have trust issues, making it difficult for them to embrace new opportunities and to meet new and different people in ordinary everyday situations.

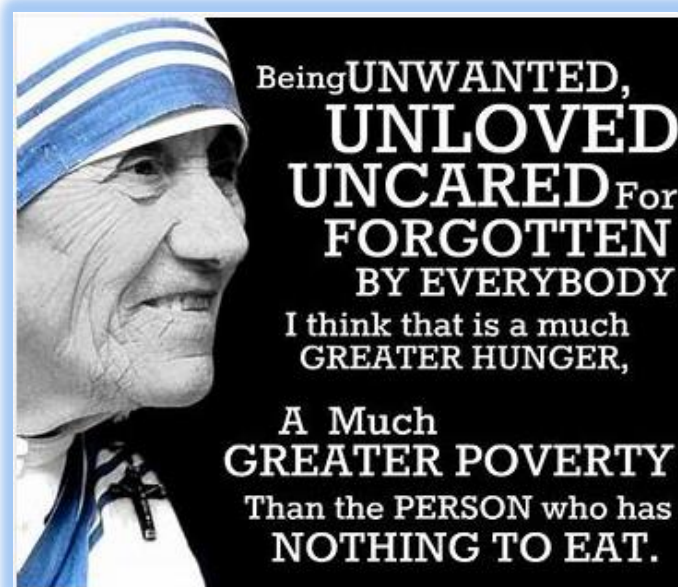
What can we do to enable ourselves and others to feel more supported and less alone?

- Start with your street — say hello when you see people and try to get to know your neighbours
- Take a look at the people around you where you live and work — what can you do to foster new friendships and be more inclusive?
- Smile at people you don't know
- Hold the door for someone
- Offer help to a new mother
- Watch for new faces/families in your church and take time to say hello
- Include your parish priest in social situations, especially in rural areas
- Offer rides to church or meetings
- Send a hand-written letter or card
- Lend a stranger a helping hand
- Say thank you --- and mean it
- Brainstorm with your council for other ideas --- and act upon them!

Loneliness can come and go, often taking us by surprise. Some suggestions if we find ourselves lonely:

- Look after yourself, both physically and mentally
- Smile and say hello, even when it's hard
- Ask for help from friends, family or professionals
- Talk about loneliness
- Don't give up: get out, get involved
- Give the gift of time: give someone a little extra time
- You are not alone — anyone can be lonely
- Make every contact and conversation count
- Loneliness can affect you, both physically and mentally
- Look out for opportunities to meet people and cultivate new friendships and social interactions
- Expect the best. Lonely people often expect rejection, so instead, focus on the positive
- Take care of yourself and of others and remember, we all have something to give.

- Submitted by Margie Royle, Legislation Chairperson





The art of Living:
The thought of Sant Kabir:
"When the wealth in the
house increases or when
water fills a boar – Throw it
out with both hands!"

Education and money are important but being part of an effort is what gives life meaning. Every hour you are on this earth is precious. There must be opportunities for you to feel you're contributing to enjoy life to the fullest.

— **Hazel McCallion** (ex-Mayor of Mississauga) at UTM speech in 2016

The secret of being
Happy
is accepting where
you are in life and
making the most
out of everyday.

"Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap"
(Luke 6:38)

Giving sets the blessing of God into motion in your life. When you give, you plant a seed. If you were to plant an apple seed, you wouldn't just grow one single fruit. No, that one seed grows into a tree that produces an abundance of apples! That's what happens with giving.

An "Eye on Education and Health" ...

"Support the National Bursary Fund and the Coady International Institute Fund. These funds assist League members or potential lay leaders from abroad to take courses which will prepare them to serve in their respective communities."

(CWL Executive Handbook - May 2014)

The National Bursary Fund **brochure** has a new look. Click here to have a peek:
<https://cwl.ca/wp-content/uploads/2019/09/312-National-Bursary-Fund-Brochure-2019.pdf>

The fund provides members with financial assistance while pursuing studies in **spiritual growth, adult faith formation, youth ministry, ministry to patients in palliative care, ministry to shut-ins, parliamentary procedure** and **literacy tutoring**. Through the generosity of members and donations from parish councils, the funds available have allowed for even more assistance to members.

Faith Anderson, National Chairperson of Education and Health, summarized the changes to the National Bursary Fund (highlighted in **bold**) as follows:

History and Purpose

- "The bursary fund is used to provide financial assistance to members needing it to pursue studies, courses, seminars, **conferences**, workshops and diploma/degree programs..."
- "The national bursary committee receives applications and administers the bursary annually. The value of the bursaries awarded depends on the interest generated from the fund **and donations received** in any given year..."

Criteria and Guidelines

1. In her third consecutive year of **membership** and any year thereafter, ...
3. **Courses, etc.** may be taken prior to bursary acceptance, ...
5. The applicant will provide acknowledgement of completion of the course, seminar, **conference**, workshop, diploma or degree programs ...
6. Applicants receiving an award may reapply for a maximum of three additional one-year periods. **The applications do not need to be in consecutive years.**

Application

3. Applications must be submitted to national office and postmarked by **May 15th**. To ensure that no oversight occurs, ...
5. The maximum bursary award is \$1,000 **per year per applicant for a maximum of \$4,000 over a member's lifetime.**
6. **Fax: (204) 927-2321** and E-mail: **communications@cwl.ca**

**** Please note applications must now be submitted to national office and postmarked by May 15th (not May 31st) and there is a new fax number and e-mail address.**

- Submitted by Education and Health Chairperson Karen McDonald

Awards and Recognition

Awards in Hamilton Diocese:

Life Members:

Ana Sousa received her Life Membership at the National Convention in August 2019. Ana received congratulations along with other new Life Members.



HOLY ROSARY, GUELPH



Magee McGuire, Past-President of Holy Rosary, Guelph received the Maple Leaf pin honouring her extensive community activism and her contributions to the Catholic Women's League at our June banquet

Holy Rosary, Guelph presented Barbara Webster with her 60-year pin and helped her to celebrate her 100th birthday at our June banquet. Shown in the photo are: Catherine Whyte, President, Barbara Webster, Magee McGuire, Past-President, Barbara Smith, Organization Chair.

Bonita Jones, Mary of the Assumption, Owen Sound was the recipient of the Frances Lovering Award at the 2019 Annual Diocesan Convention. Bonita has been a Catholic Women's League member for 25 years. She is involved not only with the League, but with her parish and community. Bonita is a kind, caring person who never complains and is supportive of all League or parish related events. Bonita always has a smile on her face and is a valuable member of our council. We are proud to know her.



CWL takes a vacation.....



Pictured here are (LtoR) Josie Schill (Fort Frances), Janice Krupa (St. Catharines), Pauline Krupa (Thunder Bay), Ethel O'Brien (Niagara Falls) on their recent cruise through Alaska. The Fabu4 were in awe of the majesty and beauty surrounding them daily. God is indeed a masterful artist! A wonderful time was had by all!



**True friends are the ones who make you
laugh a little louder than you meant to,
feel better than you did before you walked in the door,
become even more of who God says you really are.**

You have a very special place in my heart. Philippians 1:7

At Midland, Rosary Sunday on 7th September 2019.



Kate O'Quinn (Spiritual Chair-Toronto Diocese) Hilarion Mitchell (Toronto Diocese President), Anne Tremblay (OPC, Administrative Assistant), Anne Marie Martyniuk (Toronto Northern Regional Chair and Margaret Ann Jacob (Honorary Life Member/National Past President & Chairperson of Laws.



Thanksgiving Prayer

Heavenly Father, we thank You for all the good gifts you have bestowed on us.

We thank you for the food we eat, for the beauty of the seasons and for the wonders of your creation.

We thank you for our home, family, sisters in CWL and friends, especially for the presence of those gathered here, and ask you to bless and watch over us all.

We remember those who are hungry, lonely, sick and those who have gone to your heavenly home.

Above all, we thank You for the gift of your son, our Lord Jesus Christ. Amen!



October is the Month of the Rosary - Since 1571



The Rosary is such an important tool for prayer in our lives that the entire month of October has been dedicated to the Rosary.

The liturgical feast of Our Lady of the Rosary is celebrated every year on October 7th.

It was instituted to honor the Blessed Virgin Mary in gratitude for the protection that she gives the Church in answer to the praying of the Rosary by the faithful. In the month of October, let us consider this beautiful prayer of the Rosary as a means that we too can use in order to draw closer to Jesus and Mary by meditating on the great mysteries of our salvation.

Tradition holds that October has been celebrated as the month of the rosary since 1571, and the victory of the Catholic League (an alliance of Spain, Venice, the Papal States, Genoa, Savoy, and Malta) over the forces of the Ottoman Empire who were seeking to take over Italy in an effort to move into the heart of Europe. It was October 7, 1571 when the battle was fought, and the Catholic League was able to overcome the Ottoman forces.

Pope Pius XIII officially established October as the Month of the Rosary in the 1884. That year, he published *Superiore Anno*, an encyclical which was focused on recitation of the holy rosary. In it, he called for the entire Church to dedicate the whole of the month to the rosary and pray it daily.

Take a moment at the beginning of each decade to reflect on the mystery it represents. This may help you focus on the mystery itself and avoid distractions.

Invoke the Holy Spirit before praying the Rosary. Be sure to ask for the virtues / graces associated with each mystery.

There are still days left in the month....

Make a commitment to pray the Rosary daily! You'll be glad you did!

