



September 2019 Edition

Featuring the Diocese of Hearst and
Community Life Chairperson Mary Capobianco

"Care for our Common Home"



Colleen's Communications

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As I write this communication, I am overwhelmed with the beauty of a summer morning and the love of God. I am blessed with such an abundance. Life is so busy that we must take the small moments to reflect on all we have and open our hearts to the voice of the God who directs all our actions.

I have just returned from the national convention in Calgary. It was a joyous and spiritual event. I was proud to represent the over 42,000 members in Ontario. Eighty of your sisters joined me there and we look forward to the one hundredth anniversary in Montreal in 2020.

The fall meeting of the OPC executive will take place October 3-5 in Toronto for the sharing and exchange of ideas. I know that the officers and diocesan presidents are working hard putting together their action plans of how to share our provincial theme of loneliness. At one of the breakout sessions at the national convention Dr. Tim Harvie spoke about our relationships with God, the earth and our fellow humans. He asked us to think about how each one is separate yet connected. That interconnectedness can help us to understand not only our own relationships but how we respond to others.

May Our Lady of Good Counsel continue to guide us in all we do.

Yours in faith,

Colleen



Today

Today I will try to live through this day only,
and not tackle my whole life's problems at once.

Today I will be happy. Most people are just
as happy as they make up their minds to be.

Today I will be agreeable, I will speak softly,
look my best, be kind and considerate, neither
criticizing nor finding fault with anyone but myself.

Today I will be careful of my tongue if, I
cannot find something fine to say I will be silent,
for the spoken word, no matter how
much regretted, can never be recalled.

Today I will keep smiling. It takes seven
muscles to smile and eighty-four to frown!

Today everything I do will be done to the best
of my ability. It may not and probably will not
be the best it can be done, but it will be my best,
for "if you give to the world the best you have,
then the best will come back to you."

(Source Unknown)

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



*Happy is the man who finds wisdom and understanding for the
gain from it is better than gain from silver and profit better than
gold.*

- Proverbs 3:13,14

Hearst Diocesan Council



St. John the Baptist Council hosted the 93rd Annual Hearst-Moosonee Diocesan Convention in Longlac, Ontario May 3-5, 2019.

Women gathered from throughout the diocese: Cochrane, Chapleau, Hornepayne, Kapuskasing and Geraldton.

The theme: "Care for our Common Home," was the focus of the guest speaker, Evelyn Macron (1st session: Laudato Si; Our Point of Reference and 2nd session: 'Water entrusted to us as a gift: Being the Changes').



Catholic Women's League members from St. Theresa's Parish, Geraldton attended the Opening Mass at the 93rd Annual Hearst-Moosonee Diocesan Convention. Monica Boehner First Parish President, Marlene Pavletic Past Provincial President, and Lynn Olenik Parish President, the founding members for St. Theresa's Parish Council were in attendance.



Convention, May 2019

Father Praveen Kumar Sangabathuni, Diocesan Spiritual Advisor and Lynn Olenik Parish President St. Theresa's Parish Council, Geraldton, blessing and presenting Catholic Women's League membership pins to new members Lise Roy, and Madeleine Turbide at our June windup 2019.



On June 1st, 2019, Our Lady of Fatima Council in Cochrane, celebrated 65 years of dedication and service.

Members gathered at a local restaurant to enjoy a meal, fellowship, a game of Biblical trivia, and a special anniversary cake that was made by our President. Certificates of congratulations came from National and Provincial Councils.

We always need to celebrate the League and its members at any opportunity given. We are blessed!



Hearst-Moosonee Diocesan President Lorraine Cusson-Arnold participating in the 'Welcoming Waters Ritual', at the Provincial Convention held in Kingston, Ontario, July 2019.



Father Praveen Kumar Sangabathuni, Diocesan Spiritual Advisor, Hospice Northwest Volunteers, and Catholic Women's League members, celebrated the 12 Hours of Prayer for Palliative Care at St. Theresa's Parish, Geraldton.



The blessing of Prayer Shawls by Father Praveen Kumar Sangabathuni, Diocesan Spiritual Advisor was then presented to Dorothy Sullivan St. John the Baptist Council, Longlac; Mary Lou Doran St. Patrick's Council, Kapuskasing; Lurleen Blais Sacred Heart Council, Chapleau; and Evelina Marino St. Theresa's Council, Geraldton. The shawls were presented to the members by Lilliana McPherson, Longlac; Hazel Barbour, Kapuskasing; Lorraine Cusson-Arnold, Kapuskasing; Lynn Olenik, Geraldton; and Marlene Pavletic, Thunder Bay during the Hearst-Moosonee Diocesan Convention.

What Does Loneliness Look Like?

It is with the smallest of brushes that the artist paints the most exquisitely beautiful pictures.

- Saint Andre Bessette

As we start to explore the Ontario Council's focus on Loneliness, we may ask ourselves. What does loneliness look like? Reflecting on this question, I recalled a personal story of something that happened to me a few years ago. I am a lector at our parish and one Sunday as I was processing up the aisle, I happened to make eye contact with someone in the pews. The thought that I had not seen her at our meetings or at Mass, in a while went briefly through my mind. I nodded slightly and smiled and continued to walk down the aisle. After Mass, that person came up to me. She told me that she had been having a rough time; was having a particularly bad morning and although she had come to Mass that morning, she had been feeling quite overwhelmed and had a lot on her mind. She told me that when I smiled at her, she had suddenly totally relaxed and somehow believed that everything was going to be ok. She explained that for the first time in a very long time, she didn't feel like she was alone. Wow! All I did was smile. Such a little thing that cost me absolutely nothing and yet unknowingly had made a world of difference to her.

Now looking back, I realize that having not seen her in a while should have been a trigger to pick up the phone and simply check-in with her. I have all my excuses lined up; too busy, not enough time, promises of doing something soon and the list goes on.

So, I ask myself, what other signs are we ignoring?

Here are just a few thoughts of where we might look to deliver our own antidotes for loneliness.

- In the workplace - Is there someone in your office that always seems to keep to themselves always has coffee or lunch alone; doesn't participate in the office chatter? Perhaps that's their preference, but perhaps they are just shy and longing for someone to initiate the conversation. An invitation to join you for lunch may be all they need, to feel included. In your apartment building or neighbourhood - Is there someone who seems to spend a lot of time alone? You never see them speaking with anyone or they never have company over. Perhaps this is their choice, but maybe they are just waiting for someone they can call friend.
- Do you know a recently divorced or widowed person who may suddenly have a void in their lives? They need to know they aren't forgotten, not alone and most of all that someone cares. Their lives still matter.
- Those living with a chronic illness - Being limited in what you can do physically means that you often spend many hours alone. These people may also struggle to find someone to understand what they are going through. These people might be lonely, but I am betting they could do with a little help as well as company.
- People living away from home such as students or immigrants - Being separated from your family, loved ones and your childhood friends is really hard. Reaching out to them is as easy as an invitation to join a group or attend a community function.

- Self-employed people may spend hours alone and may miss having colleagues around. They may just need that human connection and an opportunity to talk.

The antidote to all these situations is very simple; take a few minutes of your time to become aware of those around you. Reach out and let them know that they are not alone and most of all that they matter.

Remember in all cases to be respectful of everyone's space. Don't judge or assume someone's situation. Being aware of those signs around us is all that is needed.

- Submitted by Mary Capobianco, Community Life Chairperson



Life is full of inconveniences; but even though we can't always control our circumstances, we can control our reactions to those circumstances.

Known fact.... "Life is 10% what happens to you and 90% how you respond."



"A homeless person should know that many souls feel utterly homeless in spite of living into the bodies of wealthy homeowners"
— **Munia Khan**

An "Eye on Education and Health"

*"The League's initial mandate was to help new citizens of Canada –
a country that is honoured as one of the best countries in which to live.
Health care and education are but two of the reasons
Canada is held in such high regard."*

(CWL Executive Handbook - May 2014)

With conventions complete, and as we gear up for the fall season that is approaching, I wanted to highlight the provincial resolutions, relating to **Education and Health**, that were passed at our convention in July 2019 in the beautiful City of Kingston.

ON.19.01 Psychotherapy Pilot Project for Adults

This resolution urges the Government of Ontario to fully fund and implement a community-based psychotherapy pilot project for adults, that provides psychologists and other appropriately trained health care providers, to determine the viability of a long-term program.

(for the full text ... go to <http://cwl.on.ca/sites/default/files/resolutions/1955.pdf>)

ON.19.02 Abortion and the Effects on Mental Health

This resolution urges the Government of Ontario to require all referring and/or attending medical professionals to disclose the mental health risks that may follow an abortion procedure to each patient well before the abortion procedure is performed.

(for the full text ... go to <http://cwl.on.ca/sites/default/files/resolutions/1934.pdf>)

ON.19.03 Long Term Care Beds in Ontario

This resolution urges the Government of Ontario to advance the addition of 30,000 LTC beds from year 2030 to 2025.

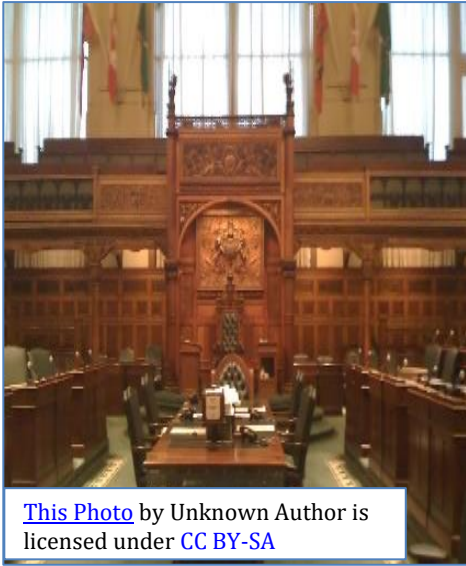
(for the full text ... go to <http://cwl.on.ca/sites/default/files/resolutions/1935.pdf>)

Why not highlight one or all these resolutions at your fall general meetings ... each one covers a very important topic and has an Action Plan to get members involved!

- Submitted by Karen McDonald, Education and Health Chairperson



RESOLUTIONS



THE ARCHDIOCESE OF TORONTO is hosting a Federal Election Debate from a Catholic Perspective on Thursday, October 3, 2019 at 7:30pm at:

John Bassett Theatre 255 Front St. W., Toronto. Hear the candidates from the major political parties discuss issues that matter to Catholics. The debate will be moderated by Don Newman, Veteran Political Journalist. Only 1000 free tickets will be available – contact:

www.archtoronto.org/election.

The event will be live streamed on the Archdiocese of Toronto website.

<https://www.archtoronto.org/> so that other parishes/dioceses will be able to view it.

There were 3 resolutions that were passed at the 72nd Annual Convention of the Ontario Provincial Council of The Catholic Women's League of Canada in Kingston from July 14-17, 2019. These resolutions stay in our province as they pertain to health issues, which are a provincial matter. The resolutions are:

- ON.19.01 Psychotherapy Pilot Project for Adults
Gifted by the Kingston Diocese
- ON.19.02 Abortion and the Effects of Mental Health
Gifted by the London Diocese
- ON.19.03 Long Term Care Beds in Ontario
Gifted by the Ottawa Diocese

Full information and action plans on these resolutions is on the Ontario Provincial Council website <http://cwl.on.ca/resolutions>

- Submitted by Wilma Vanderzwaag, 2nd Vice-President/Resolution Chairperson



St. Teresa's quotes (Mother Teresa)

"Spread love everywhere you go. Let no one ever come to you without leaving happier."

"Loneliness and the feeling of being unwanted is the most terrible poverty."

Awards and Recognition

Awards in Peterborough Diocese:

Maple Leaf Pin
Certificate of Merit

Carol Trimble
Carol Merritt

Also, Gloria Broad of St. Mary's, Lindsay was presented with her Maple Leaf Service Pin on June 13.



- Submitted by Glenda Klein, Communication Chairperson, Peterborough Diocese

Awards in London Diocese:

At the June General Meeting, 2 members received the Maple Leaf Service Pin Award at the Visitation Parish:

Nancy Sylvestre, a member since 1989, has been on the executive since 2009 and has served as Treasurer, Education & Health Chair, Co-President and is currently President. Nancy strives to support members of the Executive, especially those that are new to their roles with understanding, guidance and by providing CWL support documentation. She also co-ordinates Council activities such as, the Liturgy celebrations at the recent 2019 Diocesan convention, Lenten retreat, World Day of Prayer, Anointing of the Sick mass and luncheon and many other CWL events.

Barb Mailloux has been a member since 1985. She has held many positions on the Executive including President and Past President over the years. Her experience has been of great assistance to the Council, especially with elections and formation of Council Executives. Currently she assists by leading prayers for deceased members making each service unique to honour the dearly departed "CWL Sister". Barb's ability to bring the parish hall to life during the annual Autumn Fest Bazaar is beyond words, as each year she creates new and unique ways to celebrate the season and community life.

- Submitted by Denise Masse, Communication Chairperson, London Diocese



H.U.G. Project

The HUG project is ongoing...

The ladies of St. Dominic's Parish, Thunder Bay collected 87 purses and quilted bags filled with personal care items for women and children who are victims of domestic abuse, for the CWL H.U.G. Project. Clothing, toiletries, monetary donations and gift cards were also collected. The Fay Peterson Transition House for Women and Beendigen Inc. were grateful recipients of all these donations."

- Submitted by Maria Bertoldo, President, Thunder Bay Diocese.



Quote from Paige Dearth, Never Be Alone

"The worst poverty isn't about not having enough money to survive. Real poverty is when there is no one in the world who loves you. When there is no other human to make you feel like you matter. As if you aren't worth the air you breathe. Poverty of love is the worst thing you can be deprived of."



Members from the Ontario Province at National Convention, in Calgary, in August 2019.



Eight hundred forty-six members, spiritual advisors and guests attended the 99th Annual National Convention at the Hyatt Regency hotel. From across Canada.

Two resolutions were adopted by national council:

- ❖ Resolution 2019.01 Canada to Honour its Commitment to the United Nations Convention on the Rights of the Child urges the federal government "to honour its legal commitment to the United Nations Convention on the Rights of the Child by providing legal protection to children before birth."
- ❖ Resolution 2019.02 Canadian Support for the United Nations Treaty on the Prohibition of Nuclear Weapons urges the federal government "to support, sign and ratify the United Nations Treaty on the Prohibition of Nuclear Weapons."



Ontario members recipient of Life Membership at the National Convention:

Five new Life Members from Ontario were recognized. Congratulations to:

Anne Vincelli, Alexandria/Cornwall • Ana Sousa, Hamilton • Marie-Therese Lamphier, London • Anna Tremblay, Sault Ste Marie • Shirley Christo, Toronto.



President, Colleen Perry and President-Elect Linda Squarzolo did the rounds of dropping in at the Diocesan Dinner at National Convention: Here they are seen with the Toronto and Peterborough members.