



April 2020 Edition

Featuring the Diocese of Peterborough and
OPC Past President/Historian, Anne Madden

"Care for our Common Home"



Colleen's Communications

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April brings the signs of spring; the smell of the crocuses and budding of the trees. It is God's way of reminding us that each ending has a new beginning. For Catholics around the world, Holy week will be unlike any other in their lifetime. In the current crisis we have found ourselves reacquainting ourselves with solitude and isolation. We have found more time for prayer and reflection.

As many of you have heard, all diocesan, provincial and national conventions have been cancelled for 2020. The national board feels it is the best way to protect the health and safety of all members. Keep the decisionmakers in your prayers. They have reflected long and hard on these decisions and agonized over each one. The following is from the official response from the board.

"The board understands that these are difficult times that require difficult measures. We encourage you to remain hopeful, pray for those most affected by the pandemic, protect yourselves and know that "He's Got the Whole World in His Hands."

My hope is that you have had time to call family members and friends who need to hear our voices in their isolation. May you and your family be blessed as you celebrate the true meaning of Easter, from the reflection of Good Friday to the joy of Easter Sunday and the promise of eternal life. Best wishes to you this Easter. May your life be blessed with joy and prosperity.

Yours in faith,

Colleen

20 of the worst epidemic and pandemics in History



Our current COVID-19 pandemic is devastating to our everyday lives but not certainly a new occurrence. Our diligence in taking proper precautions can help to mitigate the impact this will have on our future. Throughout the course of history, disease outbreaks have ravaged humanity, sometimes changing the course of history and, at times, signaling the end of entire civilizations. Here are 20 of the worst epidemics and pandemics, dating from prehistoric to modern times.

1. Prehistoric epidemic: Circa 3000 B.C.

About 5,000 years ago, an epidemic wiped out a prehistoric village in China. The bodies of the dead were stuffed inside a house that was later burned down. No age group was spared, as the skeletons of juveniles, young adults and middle-age people were found inside the house.



2. Plague of Athens: 430 B.C.

Around 430 B.C., not long after a war between Athens and Sparta began, an epidemic ravaged the people of Athens and lasted for five years. Some estimates put the death toll as high as 100,000 people.

3. Antonine Plague: A.D. 165-180

When soldiers returned to the Roman Empire from campaigning, they brought back more than the spoils of victory. The Antonine Plague, which may have been smallpox, laid waste to the army and may have killed over 5 million people in the Roman empire.

4. Plague of Cyprian: A.D. 250-271

Named after St. Cyprian, a bishop of Carthage (a city in Tunisia) who described the epidemic as signaling the end of the world, the Plague of Cyprian is estimated to have killed 5,000 people a day in Rome alone.

5. Plague of Justinian: A.D. 541-542

The plague is named after the Byzantine Emperor Justinian (reigned A.D. 527-565). Under his reign, the Byzantine Empire reached its greatest extent, controlling territory that stretched from the Middle East to Western Europe.

6. The Black Death: 1346-1353

The Black Death traveled from Asia to Europe, leaving devastation in its wake. Some estimates suggest that it wiped out over half of Europe's population. It was caused by a strain of the bacterium *Yersinia pestis* that is likely extinct today and was spread by fleas on infected rodents. The bodies of victims were buried in mass graves.

7. Cocoliztli epidemic: 1545-1548

The infection that caused the cocoliztli epidemic was a form of viral hemorrhagic fever that killed 15 million inhabitants of Mexico and Central America. Among a population already weakened by extreme drought, the disease proved to be utterly catastrophic. "Cocoliztli" is the Aztec word for "pest."

8. American Plagues: 16th century

The American Plagues are a cluster of Eurasian diseases brought to the Americas by European explorers. These illnesses, including smallpox, contributed to the collapse of the Inca and Aztec civilizations. Some estimates suggest that 90% of the indigenous population in the Western Hemisphere was killed off.

9. Great Plague of London: 1665-1666

The Black Death's last major outbreak in Great Britain caused a mass exodus from London, led by King Charles II. The plague started in April 1665 and spread rapidly through the hot summer months. Fleas from plague-infected rodents were one of the main causes of transmission. By the time the plague ended, about 100,000 people, including 15% of the population of London, had died.



10. Great Plague of Marseille: 1720-1723

Historical records say that the Great Plague of Marseille started when a ship called Grand-Saint-Antoine docked in Marseille, France, carrying a cargo of goods from the eastern Mediterranean. Although the ship was quarantined, plague still got into the city, likely through fleas on plague-infected rodents. Plague spread quickly, and over the next three years, as many as 100,000 people may have died in Marseille and surrounding areas. It's estimated that up to 30% of the population of Marseille may have perished.

11. Russian plague: 1770-1772

In plague-ravaged Moscow, the terror of quarantined citizens erupted into violence. Riots spread through the city and culminated in the murder of Archbishop Ambrosius, who was encouraging crowds not to gather for worship. By the time the plague ended, as many as 100,000 people may have died.

12. Philadelphia yellow fever epidemic: 1793

The disease is carried and transmitted by mosquitoes, which experienced a population boom during the particularly hot and humid summer weather in Philadelphia that year. It wasn't until winter arrived — and the mosquitoes died out — that the epidemic finally stopped. By then, more than 5,000 people had died.

13. Flu pandemic: 1889-1890

In the modern industrial age, new transport links made it easier for influenza viruses to wreak havoc. In just a few months, the disease spanned the globe, killing 1 million people. It took just five weeks for the epidemic to reach peak mortality. The earliest cases were reported in Russia. The virus spread rapidly throughout St. Petersburg before it quickly made its way throughout Europe and the rest of the world, despite the fact that air travel didn't exist yet.

14. American polio epidemic: 1916

A polio epidemic that started in New York City caused 27,000 cases and 6,000 deaths in the United States. The disease mainly affects children and sometimes leaves survivors with permanent disabilities.

In 1916,
a **terrible disease**
ripped through
New York City.

15. Spanish Flu: 1918-1920

An estimated 500 million people from the South Seas to the North Pole fell victim to Spanish Flu. One-fifth of those died, with some indigenous communities pushed to the brink of extinction. The flu's spread and lethality were enhanced by the cramped conditions of soldiers and poor wartime nutrition that many people were experiencing during World War I.



16. Asian Flu: 1957-1958

The Asian Flu pandemic was another global showing for influenza. With its roots in China, the disease claimed more than 1 million lives. The virus that caused the pandemic was a blend of avian flu viruses.

17. AIDS pandemic and epidemic: 1981-present day

AIDS has claimed an estimated 35 million lives since it was first identified. HIV, which is the virus that causes AIDS, likely developed from a chimpanzee virus that transferred to humans in West Africa in the 1920s. The virus made its way around the world, and AIDS was a pandemic by the late 20th century.

18. H1N1 Swine Flu pandemic: 2009-2010

The 2009 swine flu pandemic was caused by a new strain of H1N1 that originated in Mexico in the spring of 2009 before spreading to the rest of the world. In one year, the virus infected as many as 1.4 billion people across the globe and killed between 151,700 and 575,400 people, according to the CDC.

19. West African Ebola epidemic: 2014-2016

Ebola ravaged West Africa between 2014 and 2016, with 28,600 reported cases and 11,325 deaths. The virus may have originated in bats.

20. Zika Virus epidemic: 2015-present day

The Zika virus is usually spread through mosquitoes of the *Aedes* genus, although it can also be sexually transmitted in humans.

Adapted from:

<https://www.livescience.com/worst-epidemics-and-pandemics-in-history.html>

.....Submitted by Anne Madden, OPC Past President/Historian



Peterborough Diocesan Council



Peterborough Diocesan Fall Meeting in Bracebridge:

Sister Grace (aka Spiritual Development Chair Donna Moore) came to bless each of us, to share fellowship and to sing and "Say a Little Prayer for You". She was accompanied in song by her backup choir from St. Mary's, Lindsay. The Loneliness theme and Come Holy Spirit workshops and brainstorming sessions were also on the agenda. The Loneliness Workshop asked the questions, "Who are the lonely?" and "What can we offer to do?" Responses were shared and appended to the minutes to give us ideas and help us take action. The Come Holy Spirit workshop asked, "How can I live with Patience?" and the other eight fruits of the



Holy Spirit. Past President Wendy Tedford spoke about 100th anniversary celebrations and the diocesan anniversary cookbook project requesting recipe submissions. A parish/diocesan "Find Your Voice" training was planned in Brighton for April 25.



St Paul's, Lakefield:

Our CWL continues to support Faith's Orphanage with donations of dresses, panties and monetary contributions to the building of wells and education. Some of our members were honoured to meet Faith and listen to her speak about the "homes" the children live in, their daily life, their education and how thankful she is for all donations.

In the photo with Faith are:

President Audrey von Bogen (R) and Ellen Kay

and Bernadette Caza, two of the ladies who sew many of the dresses we donate.

Each year we collect purses and provide them to places such as Cameron House and Crossroads. All purses include items such as toiletries, gloves, scarves, jewellery, notebooks and pens which our ladies and parishioners provide. This year we delivered 20 in June and 16 in December. We have a sorting and packing day and then deliver. The photo shows Fran Pereira and Maureen Tiesler with the 16 purses ready for delivery in December.





St. Michael's, Cobourg:

Carol Lawless who alongside Peterborough Diocesan President Paddy Fitzgerald-Nolan and Council President Lynda Macpherson, is proudly displaying her Bellelle Guerin pin and certificate.



St. Mary's, Lindsay:

In appreciation for the donation of two iPads for student use at St. Mary's School in Lindsay, President Lillian O'Connell accepts a Christmas planter from Vice-Principal Laura Carson at the school Christmas concert where the CWL also served Christmas tree brownies, fancy reindeer and melting snowmen cookies, watermelon Christmas trees and liquid refreshments.

Holy Angels, Brighton:

(L to R) Holy Angels Council members: Rose Goreski, Barbara Covert, President Pamela Bryson-Weaver. We were excited to present our League sister, Barbara Covert with a maple leaf service pin. Barbara joined the CWL in 1989 and always has a kind, humble and loving spirit with a beautiful smile to share with every person she meets. We all see her as a wonderful mentor.





St. Alphonsus Liguori, Wooler:

They celebrated their 80th anniversary June 2nd, 2019. Along with their parish, fellow sisters in the League and guests, the day began with Mass at 9 a.m. followed by a celebratory brunch. History and picture boards outlined the rich history of service to their community and parish. Their guest speaker was from Hospice Quinte. They were seven past presidents in

attendance, along with CWL members from Bowmanville, Brighton, Cobourg and Grafton. St. Alphonsus CWL has the distinction of having four past presidents from their council go on to become Peterborough diocesan presidents: Anne Korim, Ann Cowan, Margaret Van Meeuwen and Paddy Fitzgerald-Nolan.



Our Lady of Assumption's Otonabee / St. John the Evangelist Keene:

League members served meals at One Roof Community Centre in Peterborough. A meal of homemade soup, ham, homemade scalloped potatoes, vegetables, salad and desserts were served to 180 people who are experiencing homelessness or food insecurity. It is the 12th year that our League has cooked and served these meals. Members get a warm feeling and clients are very appreciative.



**St. Kateri Tekakwitha – Feast Day April 17
(1656-1680) Patron Saint of Ecology,
Environment and People in Exile**

Peterborough Diocesan CWL had planned to honour Canada's first Indigenous saint, St. Kateri, at their annual convention along with our national theme, Care for our Common Home and our provincial theme of loneliness. Kateri met the Jesuit missionaries at age 11 and later became a Catholic. As a migrant, she fled US to St. Francis Xavier Mission in Quebec, where she taught prayers to the children, and ministered to the elderly and the sick. She inspired others by her faith and holiness.

**Care for Our Common Home
with Intercessions to St. Kateri**

Heavenly Father, you have given us a magnificent home and invited us to be caretakers of this earth. We praise and thank you for this marvelous creation.

All: St. Kateri, show us how we can each do our part to ensure that the earth is safe for future generations.

Jesus, you speak of the power of your healing and life-giving waters.

All: St. Kateri, we seek your assistance to learn how to clean and heal our oceans, lakes and rivers.

Holy Spirit guide us in the use of the land you have gifted to us.

All: St. Kateri, help us to care for the soil which produces trees and plants, fruits and vegetables. Show us how to safely extract minerals without harm to any creature or to the environment.

O God, we look to the sky and breathe the air as we journey toward our heavenly home.

All: St. Kateri, teach us how and help us to eliminate the airborne chemicals and other impurities that damage our land and our people.

All: St. Kateri, let us follow your shining example and accept our environmental responsibility.

All: St. Kateri, help us to cultivate attitudes of attentiveness, openness, gratitude, joy and peace towards all as we care for our common home.

All this we ask in the name of Jesus. Amen.



Coronavirus Prayer Saint Corona protect us!

Saint Corona is invoked as patron saint
against plagues and epidemics.
Her feast day is celebrated on May 14.



In Anzù, Northern Italy, the hotbed of the Coronavirus in Europe, there is a basilica where the relics of Saint Victor and Saint Corona are being preserved since the 9th century. Saint Corona was only fifteen when she professed her Christian faith and was martyred, during the persecution of the Roman emperor Marcus Aurelius around 165 AD. According to the Roman Martyrology, this happened in Syria. Saint Corona is especially venerated in Austria and Bavaria as the patron saint against epidemics.

PRAYER TO ST. CORONA

Almighty God, who forgives the sins of your people
and heals all their faults,
whom we call our Lord and healer,
and has sent your beloved Son to bear our sickness,
look upon us who stand humbly before You.
We pray to You in this time of plague and need,
remember Your love and kindness that You have always shown
to Your people in times of tribulation.
Just as You graciously looked upon Aaron's atonement
and stopped the plague that broke out,
just as You accepted David's sacrifice
and commanded the destroying angel to withdraw his hand,
accept also today our prayer and sacrifice and show us mercy.
Keep this disease away from us, allow those affected to be healed,
protect those who have been preserved from it so far by Your goodness,
and do not let the plague spread any further.
Holy Mary, health of the sick, pray for us! Saint Corona pray for us!

Saint Sebastian, pray for us! Saint Roch pray for us!
Amen!

An "Eye on Education and Health"

"I implore you as prime minister to advocate for increased palliative care, mental health, disability support and counselling services rather than what is intended in Bill C-7."

(National President's letter to Prime Minister - March 4, 2020)

I bring the following information to your attention (*recognizing that the current health crisis will limit our involvement and change the way in which we participate*).



Fridays for Future

In August 2018, this movement began after a protest by Greta Thunberg, a Swedish teen, about a lack of action on the climate crisis. Demonstrations are held on Fridays by young activists trying to bring about renewed action on climate change. The next **Global Climate Strike** is **April 3, 2020**. With the onset of the COVID-19 virus, those who participate are asked to do so by **digital** protests to avoid gatherings.

Earth Day

Earth Day is **April 22, 2020** ... the 50th annual event ... the theme is **Climate Action**.



Hospice/Palliative Care

Councils are asked to 'participate' in the **12 Hours of Prayer for Palliative Care** initiative from **May 3 to 9, 2020** (National Hospice Palliative Care Week in Canada). We can participate through prayer and publicize it by telephone (call lists are handy to inform members or shut-in parishioners, so they feel included), email, text, tweet, Facebook. Ask members, parishioners, friends and co-workers to pray for its success.



"It has become more and more apparent that everybody has universal access to MAiD (medical assistance in dying) across Canada, but there is not universal funding for hospice and palliative care."

Sharon Baxter
(Executive Director - Canadian Hospice Palliative Care Association
The Catholic Register - December 13, 2019)

Bill C-7 – An Act to amend the Criminal Code (medical assistance in dying)

received First Reading on February 24, 2020. I encourage you to read it:

<https://www.parl.ca/DocumentViewer/en/43-1/bill/C-7/first-reading#ID0EBCBA>.

We should be concerned with its intent. The Summary of Bill C-7 begins as follows:

*"This enactment amends the Criminal Code to, among other things,
(a) **repeal** the provision that requires a person's natural death be reasonably foreseeable in order for them to be eligible for medical assistance in dying;"*

We must continue to advocate for good hospice palliative care. As we self-isolate in our homes, take time to draft letters to government. Understandably, the priority at the moment is the health and well-being of all citizens, however, through prayer and physical distancing the crisis will come to an end. At that point, we must be ready to let our politicians know that we disagree with the intent of Bill C-7.

Mental Health Week

Mental Health Week in Canada is **May 4 to 10, 2020**. A **postcard** is available on the national website (www.cwl.ca). Use these links to the two-sided postcard:



<https://www.cwl.ca/wp-content/uploads/2016/04/mental-health-postcard-1.pdf>

<https://www.cwl.ca/wp-content/uploads/2016/04/mental-health-postcard-2.pdf>

We pray for healing in the world through the intercession of our Lady of Good Counsel.

The following words from a favourite hymn of mine come to mind:

*"Be with me, Lord, when I am in trouble, be with me Lord, I pray.
No evil shall befall you, no pain come near,
for his angels stand close by your side,
guarding you always and bearing you gently,
watching over your life."
(Be with Me, Lord by Marty Haugen)*

.....Submitted by Karen McDonald, OPC Education and Health Chairperson



Let's Stay Connected!

Social Distancing is a phrase that most of us had not even heard of until recently. Now sadly, it is a phrase that will forever be associated with this epic time in our lives and will certainly never be forgotten.



According to Wikipedia the official definition of social distancing *is a set of infection control actions intended to stop or slow down the spread of a contagious disease.*

Along with the calls from most countries promoting social distancing, one important fact gets lost: There is a distinctive difference between *social distancing* and *physical distancing*. We are basically social beings and social distancing can carry a very heavy psychological price tag. This is true especially for people who already struggle with the emotional impact of loneliness.

Even the World Health Organization (WHO) recently started making the distinction between physical distancing and social distancing. They pointed out that although it's important to stay physically separated from each other, being together mentally is more vital than ever.

[Dr. Maria Van Kerkhove](#), an infectious disease epidemiologist and COVID-19 technical lead, recently stated that she and her colleagues are exchanging the phrase "social distancing" for "physical distancing" because while keeping physical distance from people is essential for mitigating the spread of COVID-19, that "doesn't mean that socially, we have to disconnect from our loved ones and from our family."

Although there hasn't been time to study the effects of social distancing related specifically to COVID-19, we do know the great impact of social isolation on mental and physical health. It's normal to feel stressed, scared and overwhelmed during this crisis but talking to people, supporting them can help you as much as them.

I have recently been gathering stories for the C.A.R.E. Connection project. It was wonderful and heartening to read all of the many initiatives that councils participate in with the sole purpose of helping the most vulnerable. At this time, I want to share one project in particular that I think is perfect for this time of social isolation.

I know of one council who is working on expanding their '3 in 1 Club'. To belong to this club, you need only to commit to calling 3 people that you would not normally already be in contact with on a weekly basis. It's interesting to note that this initiative was started prior to the COVID-19 spread and before social distancing became mandatory.



It would be wonderful if each council in Ontario considered starting a 3 in 1 Club in their own parishes. Some of you may already have a telephone tree in place, or email distribution lists or perhaps newsletters to keep your members in the loop. Won't you consider using one of these methods to start your own 3 in 1 Club? No Club membership fee or minimum purchase required. A simple project that can be done anywhere and anytime.

So let's all focus on reducing physical contact, while doing all that we can to maintain, as much as possible, the social connections that help us to thrive and stay healthy.

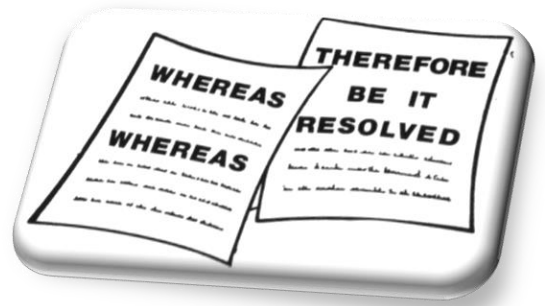
.....Submitted by Mary Capobianco, OPC Community Life Chairperson



Resolutions

These are strange times for us all! With everyone staying indoors and keeping a physical distance let's make the most of this time.

Let us write letters to our government representatives about our resolutions. Examples of letters for the 2019 resolutions were sent out to all Diocesan Council Presidents and Diocesan Resolution Chairs. Why not put pen to paper or sit at your laptop and do the action plans of our resolutions. When our members get in contact with MPPs or MPs depending on the resolution, they will know that The Catholic Women's League of Canada members want to make a difference and have our voices heard.



Each of us contacting our government representatives also helps the Ontario Provincial Council with their government visits—doors open because you have taken the time to write. Reach out to your president or resolution chair for copies of the sample letters to help you with this.

Due to the cancellation of all conventions, all resolution suggestions for 2020 will be put forward in 2021. Thank you to all the parish and diocesan councils for your understanding and support of this change.



Stay home and
stay healthy

.....Submitted by Wilma Vanderzwaag, OPC Resolutions Chairperson



Not the Lent of Our Choosing but the Lent We Have



There is an old Italian proverb which says that God writes straight with crooked lines. There are many crooked lines in our Lent this year. So, what is God saying?

We would certainly wish to have a “normal” Lent. We would like a Lent during which we could gather with our parish family and participate in the Eucharist and other Lenten devotions. We might be asking, “Why this Lent filled with fear and anxiety and separation? Why a Lent of crooked lines?”

Perhaps the straight line in all of this is that we have taken Lent for granted. Perhaps we have taken the opportunity to gather for Eucharist and other devotions for granted. Perhaps we need to learn again that there is nothing more integral to our lives than our connection to God and to one another.

I am not suggesting for one moment that God is responsible for this pandemic, but God can use events to teach us what is really essential in life. God, in the person of Jesus, took on humanity and walked with us in all of our fears, illnesses, sorrows, hopes, and joys. God, in the person of Jesus, ultimately identified with us in his death and crucifixion. God, in the person of Jesus, taught us that there is only one important reality in life, and that is connection to all and everything. God, in the person of Jesus, conquered death and is alive.

After this crisis is over, and it will be over, will we remember for longer than a day, longer than a week, or longer than a year, that God was walking with us, teaching us to stay connected? Will we remember the straight line which brought us back to God? Will we remember that God is a God of life and wants only blessings for us?

This is not the Lent of our choosing, but it is the Lent we have. It is a Lent to read the crooked lines and see the straight message of connection, love, and life.

By Tony Chezzi
Printed with permission

.....Submitted by Anna Tremblay, OPC Administrative Assistant





for

Thought

During this Pandemic,
one keeps hearing...
"Keep social
distancing"? OR should
it be "Physical
distancing?"

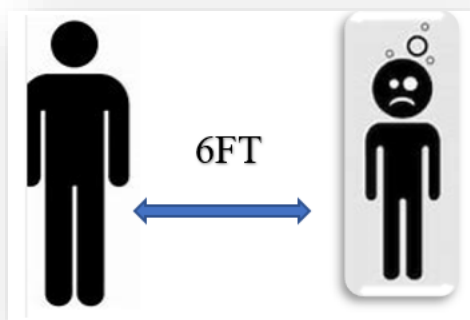


Social isolation can result in loneliness,
it can manifest in many ways.
When we are isolated, it can cause
mental anxiety, drain us physically.

Stay home, venture out only for urgent
needs (not wants).

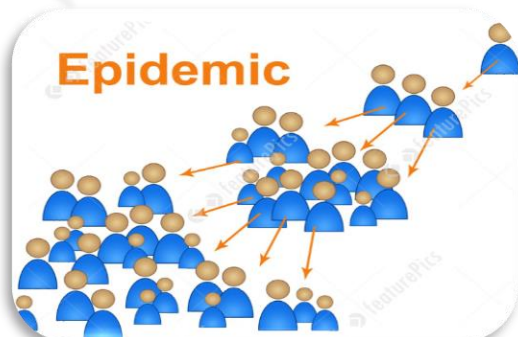
Looks for ways to keep oneself
occupied - manifest and find ways of
coping mechanisms to mitigate the
effects of loneliness and strive to stay
mentally and physical well.

Use technology to stay in touch.
Keep social/physical distancing when
standing in queue.



Stay in
your own
bubble

It takes just one person
to spread the virus





for

Thought

Is it, not right? The more you know the less you fear?

Stay informed (WHO), be aware of fake news and scammers.



World Health Organization



Epidemiology

Definition of epidemiological studies



Determinants

- * Physical
- * Biological
- * Social
- * Cultural
- * Behavioral





Stay safe

- ❖ Virtually stay in touch – use the power of technology
- ❖ Support each other, especially the introvert, they need help, also the extrovert as this is not normal for them.
- ❖ Be prepared – as we too are front liners – prioritize who we need to support.... help those organizations who are in need.
- ❖ Mental health...listening to all the news around you - people affected is on the rise and this triggers each one of us mentally. We just can't switch off the news, as we need to know what is happening and prepare ourselves.
- ❖ Self-assessment is necessary, if each one takes care of oneself, it gives a positive image of the world.



As we are at the tail-end of Lent, it is a season rich in symbols and meaning. Even though you are trying to stay at home because of the pandemic, here are some ways to help you and your family grow spiritually during Lent.

Do the virtual rosaries and join with others in prayers:

<https://www.youtube.com/watch?v=Xi3i5r9yhE>

<https://www.youtube.com/watch?v=gmzvvtuajIk>

There are online Masses one can attend:

<https://www.youtube.com/channel/UCi6JtCVy4XKu4BSG-AE2chg>

<https://www.ewtn.com/>

one can also check on Catholic Register and on YouTube.

These are challenging times, but no matter what comes our way, we can rely on Jesus' promise: "I am with you always"

(Matthew 28:20).

Our utmost thanks to the front lines workers during this pandemic, who put their own lives in jeopardy to ensure our health and well being....



Look forward to Easter...

