



December 2020 Edition

Featuring the Diocese of Alexandria-Cornwall and  
Organization Chair, Linda Squarzolo

## **"Care for our Common Home"**



## *Colleen's Communications*

*"And behold, I am with you always, to the end of the age." - Matthew 28:20*

Joyful Greetings to all,

I am truly blessed to be able to communicate with you each month.

Parish Council Presidents can expect to receive a package from national office in early December. The packages will be mailed December 9<sup>th</sup>. They will contain important documentation with proposed changes to the Constitution and Bylaws of the Catholic Women's League of Canada. Please ensure that your councils get an opportunity to discuss and decide how to vote on these issues. Ask questions if needed... but vote.

Advent is a new beginning. A season of joy and anticipation of the coming of our savior. We prepare in many ways, but mostly in prayer. This year our traditional gatherings will be difficult and mostly

impossible. We must make every effort to keep all members within our limited circles. Have you called a league sister this week just to check in? Have you offered to pick up groceries or go to the post office? An old-fashioned Christmas card is a great tool to touch base with isolated individuals who are feeling out of touch during the pandemic.

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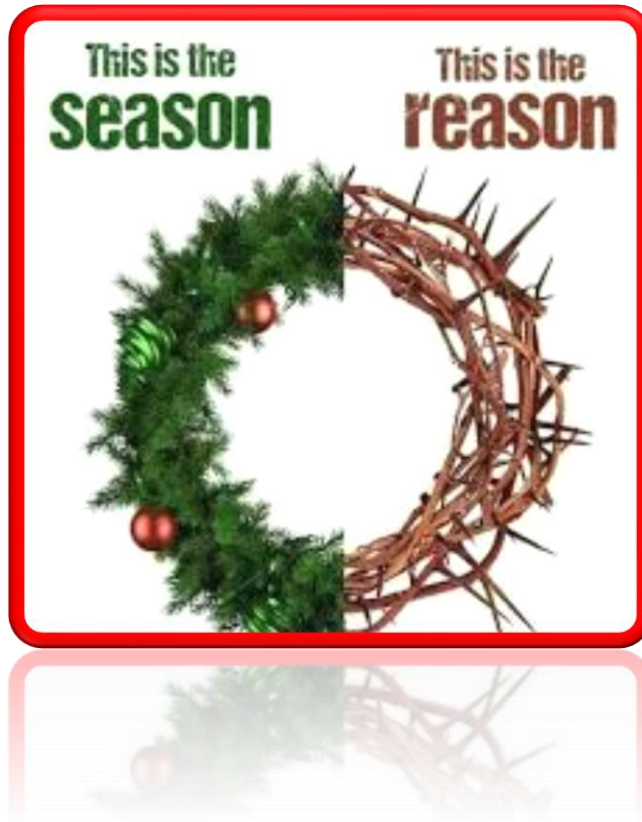
Loneliness and isolation are rampant during the holidays. May you have an opportunity to meet with family and friends wherever and whenever you can.

My wish for you is that you and yours have a joyous Christmas season and that you stay safe and healthy.

Until we meet again....

Yours in faith,

*Colleen Perry*



## Alexandria-Cornwall Diocesan Council

Greetings my friends, from the Eastern Part of the Province! I am sitting in my office looking at the snow falling and covering the fields and trees! Such beauty in our Province we live in! We get to experience 4 Seasons and the colors that comes from each one of them!

We are now approaching our 9<sup>th</sup> month of COVID-19! I remember first hearing about this strange Virus back in January and truly never believed it could have touched our lives so dramatically and for so long!

When Ann D'Souza reminded me that our Diocese was featured in December's newsletter, I could not help but think we have done Nothing!!!

Well, that is not true! Through all this our faith has grown, we've managed to support each other by prayer, by reaching out to members! I have learnt new ways of communicating that I never even thought I would need!

COVID-19 has taught so many that:

- ❖ We are social creatures and need human contact.
- ❖ Humans are very flexible and can learn to adapt.
- ❖ There are good people everywhere.
- ❖ Life is precious.

May the New Year bring us all together Safe and Well!

Lynn Pomainville, Alexandria-Cornwall Diocesan President!



Our Centenary Tree Planting Ceremony



Advent Retreat held at St. Francis de Sales Parish in Cornwall on Dec. 5<sup>th</sup>, 2019.  
Guest speaker Richard Murphy ordained permanent deacon on Aug. 10<sup>th</sup>, 2020.

Diocesan CWL is part of the Cornwall Service Club. Here are some members that took part in the Bowl-A-Thon at the Agora Centre in Cornwall on Jan. 26<sup>th</sup>, 2020.



A group of members at the Service Club Banquet celebrating the 100<sup>th</sup> anniversary of the Kinsmen Club at the Best Western Parkway in Cornwall on Feb. 20<sup>th</sup>, 2020.



Our February Executive Meeting 2020 held in the Parish of St. Andrews on the left and A Diocesan Activity for the Love of Chocolate event held in Cornwall on the right!



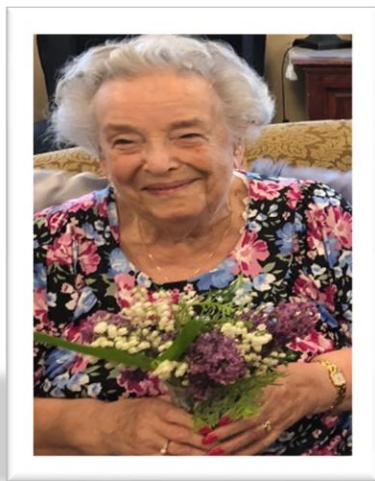
The Theme of Loneliness – A project from Diocesan Community Life Chair, Karen Quinn. Each council was designated a month to collect peanut butter, crackers, and canned beans to help the LAN Clinic in Cornwall. The recipients are patients that suffer from alcoholism, loneliness and/or mental health issues. These pictures were sent in from a few parish councils from the Diocese.



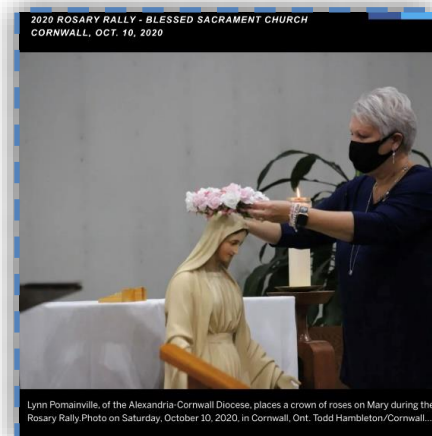
Installation of 9 new CWL members in February 2020 for St. James Council. (6 members in this pic!)



Emelda "Millie" Reid's 100<sup>th</sup> Birthday Party, held on her actual birthdate, Friday June 12<sup>th</sup> at the Palace Nursing Home in Alexandria, Ontario. Millie, is a 61 year CWL member, beloved by St. Finnan's Council for her wonderful personality, devout faith, and her enthusiastic spiritual and tangible support for her parish Council.



As President I was honored to Crown Mary during the Rosary Rally held at Blessed Sacrament Church.





Our Lady of Grace/St. Pius X Council:  
Donating to Senior Support Centre,  
photograph of the Ecumenical Social Event  
and foods collected for Lazarus House.



St. Peters keeping active with a Ceasar's Pizza Fundraiser and handing out bursaries!



## ORGANIZATION

This time of dealing with the COVID virus has provided many challenges. Because of measures to prevent the spread of the virus, lockdowns and social distancing, most councils have suspended meetings over the last several months. Some councils have found ways to follow the proper protocols and continue to conduct League business. These are some of the ways they found:



- ✦ By conducting discussions over video conferences, then met in person, briefly and with social distancing, to present and approve motions.
- ✦ By meeting in the church, where seats were already marked for social distancing.
- ✦ By holding a fund-raising dinner with pre-orders and curb-side pick-up.
- ✦ Although no meetings were held, councils kept in touch with members by telephone, email, teleconferencing or mailing newsletters and cards.

So many issues of concern have emerged. Although the disease is serious enough, social issues have developed like feelings of social isolation, mental health, the well-being of those in long-term care, job losses and the country's economy.

Today, make it your priority, to reach out to our CWL members and non-members, to let them know you are thinking about them and pray for all who are suffering in any way.

### **Recruit Members and Maintain Membership**

Membership drives are currently underway for 2021. Since it is presently difficult to do a membership drive in person, creative ways have been found. Since many parishes are keeping parishioners informed with church bulletins, here is a suggested message to the ladies of the parish:



*The Catholic Women's League of Canada unites Catholic women to grow in faith, and to promote social justice through service to the church, Canada and the world. Have you considered becoming a member? Contact (name) at (telephone number or email) for more information about the CWL and its activities in the parish.*

### **Leadership Development/League Resource Materials**

Members of the executive at all levels should be familiar with the information contained in the "Constitution and Bylaws", the "National Manual of Policy and Procedure", the "Executive Handbook" and "Leading the League". They can be accessed on the National Website or ordered from League supplies.

### **Life Membership**

Did you know that in Ontario there are approximately 120 life members? Each of them was nominated by a diocesan or provincial council because she was considered a knowledgeable member, who could serve on national committees and educate members in her local area.

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





## Used Stamps

With Christmas just around the corner, many of us will be receiving cards and letters. Used stamps are an easy way to help charities ... especially during this Covid-19 year when so many charities need extra help.

Once you are finished with the envelope, this is when you can save the stamp before throwing away the rest of the envelope.



Carefully cut around the stamp, leaving at least one inch on all four sides. Collectors like the stamp to be undamaged, and even check for the perforations (those frilly bits around the stamp edges!). Leaving one inch of paper around the stamp, ensures that the stamp is undamaged and therefore worth the most to the charity.

Save your stamps up in a bag by your desk or work area, and when it is full, you are ready to give/send them to your chosen charity.

We have two charities we'd like to recommend to you:

1. **Development and Peace:** Send your stamps to head office at 1425 René-Lévesque Blvd W 3rd Floor, Montreal, Quebec H3G 1T7. Simply mark "Used Stamps" on the outside of the envelope.
2. **The Redemptorists:** Send your stamps to Maureen Phillips, Redemptorist Stamp Burse, 4644 Willow Creek Drive, Mississauga, ON L5V 1L1

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### ***Canada Post kicks off the holiday season with release of 2020 Stamps***

This year's Christmas issue is inspired by traditional paintings of the Nativity. Along with the central figures of Mary, Joseph and the infant Jesus, the stamp also includes an ox and a donkey – two additions made popular by St. Francis of Assisi. Get yours early! Supplies are often limited.



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



## Whose Father, is He?

A beggar came asking for food. I told him to come around to the back door and asked him to sit on the floor while I went in to bring the leftover food.

I brought him food and said, let's pray.  
Now repeat after me, "Our FATHER in Heaven".  
He said, "Your Father in Heaven".  
I said "No, say OUR FATHER in Heaven".  
He again said, "Your Father in Heaven"!!!

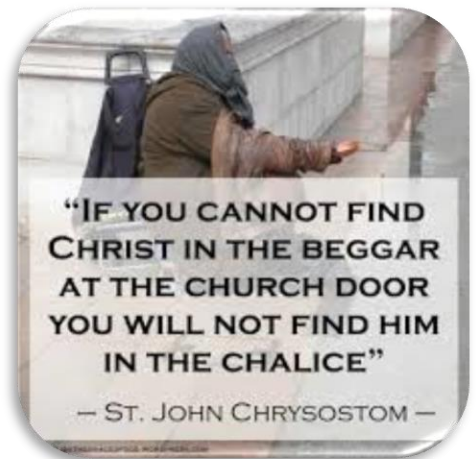
This extremely irritated me! I asked why do you say 'Your' father when I say 'Our' FATHER?

He said, "Sir, it's like this. If I say Our FATHER, then we both become brothers. If we are brothers, you would invite me in through the front door and not the back; you would ask me to sit at your dining table not on the floor; you also should not give me stale food! Sir, somehow it's not possible that we are sons of the same father"!

He may be your Father, but he can't be OUR father!

Whose FATHER, is He?

GOD becomes our FATHER when we treat one another as brothers and sisters.



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



## RESOLUTIONS



Thank you to the many members that have written letters regarding our Long-Term Care in Ontario. Please continue to watch that promises of change do come to this important issue. A special thank you to the members of St. John the Evangelist in the Toronto Diocese. They sent 322 letters to Merrilee Fullerton, Minister of Long-Term Care and Home Care. Awesome Job! I am keeping track of the number of letters sent, so Diocesan Resolution Chairs, be sure to send me your numbers from your Diocese.



**Reminder** — December 15-Diocesan Resolution Chairs to forward via email resolution topics to Ontario Provincial Resolutions Chair.

Advent is almost upon us in this very different year. Please think about the reason for the season and keep you and your family as safe and healthy as possible. I wish you all a very holy, joy-filled Christmas and a New Year filled with many wonderful blessings.



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





## CHRISTMAS IN OUR NEW REALITY



Christmas is a hard time for a lot of individuals normally; however, this year has multiplied the impact through the isolation and loss caused by COVID-19. It is usually a time with family and friends, moving from home to home, sharing gifts and good cheer.

As Christians, our family is broader than our blood relatives, at least it should be. We are all brothers and sisters in our Lord.

Politically the far right defiantly testify that 'we' cannot take away their rights by forcing masks, isolation, or other public health guidelines to fight the pandemic. It is difficult for Christians to understand this mentality, considering Jesus' instruction to love one another as I have loved you.

What would Jesus do in this time of pandemic? What will you do? Do you see a brother/sister suffering? In need of love or struggling with physical need?

The pandemic means we cannot gather but it does not mean we cannot continue to love and support one another. Drop off food still in packages freshly wiped with disinfectant, reach out with a card after cleaning your hands thoroughly, pick up the phone and touch base with someone you have not seen or heard from recently or maybe since the pandemic started.

During this Christmas season, gather those in your household and go Christmas caroling... a little music mixed with Christmas spirit brightens spirits and brings smiles to faces.

Whatever you do ... continue to love one another as I have loved you...

.....Submitted by Colleen Martin, OPC Christian Family Life Chair



# Food *for* Thought

This year has taken a toll on just about everyone. With anxiety and depression, the world can seem like a negative place.

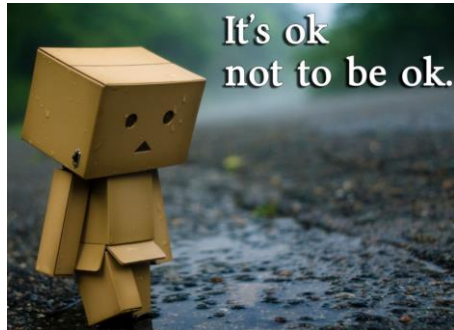


The world got smaller and smaller, confined at home.



Cool to know that by staying home, I am saving lives! More time with family 😊

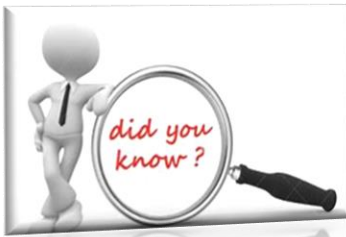
# Food for Thought



- Mental and emotional issues can feel shameful because you can't see them, but they are real.
- Pandemic loneliness is a pervasive issue that has been amplified through this pandemic. Whether you are living alone, or quarantining with family, loneliness can set in and take over our lives.

## Focus on your physical and mental wellbeing.

Managing Anxiety in challenging times. Our current reality is anxiety-provoking, and while we have little ability to change our reality, we have the power to change the way we perceive it and cope with it.



### Sleep:

It is not always easy to make time for your rest, but it's worth the effort. Not only does a good night's sleep help you feel refreshed, it's also key to recovering from stress and being better able to face the challenges of a new day.

### Eating:

Having a nutritious diet is one of the key building blocks to good health. It helps your body function properly, maintains your energy throughout the day, and makes it easier to manage a healthy weight.

## Take meetings outside!

Office workers who had exposure to natural light had **45 minutes MORE sleep** each night.







At this time of Advent, let us....



**Christmas** is the time to celebrate....  
Be mindful.....

As you celebrate, be mindful of what health officials have expressed on the concern about how our activities in the next several weeks will impact Covid-19. While many have sacrificed much this year, we need to remain vigilant in our upcoming activities to stay safe and well, to prevent an escalated surge, and to protect the state of our already-burdened healthcare systems. Follow the local guidance or regulations that you have received in your region.



## *A PRAYFUL WISH*

*As Christmas comes around this year  
To a world so broken and so scarred,  
May we see the Christ child's face  
in each tear-filled face and in each anxious smile.  
May this Christmas find us watching  
for Christ who will visit us,  
and may we find joy in giving  
more than in receiving,  
in loving more than in being loved  
and in selflessness rather than selfishness.*

*Merry Christmas to you and yours.*

