

January 2020 Edition

Featuring the Diocese of St. Catherine and OPC Resolution Chair Wilma Vanderzwaag

# "Care for our Common Home"



Greetings,

The daily reading for January 1<sup>st</sup>, Numbers 6:22-27, says: "The Lord spoke to Moses: Speak to Aaron and his sons saying, Thus you shall bless the children of Israel: You shall say to them, The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you and give you peace. So, they shall put my name on the children of Israel, and I will bless them."

I am humbled every day to be your provincial president. I am so proud of all you do in your homes, parishes, communities, province, country and internationally. There are so many issues that need our attention, especially in prayer; Care for our common home, palliative care, euthanasia, conscience rights for medical professionals, catholic education, homelessness, reconciliation, and loneliness.

As we enter a new decade let us continue to focus our efforts on being a voice for the voiceless and a hand that can reach out in compassion and love to all, no matter their situation. This is my blessing to all of you for 2020:

May you be open to the love of God; may you allow the Holy Spirit to work through you in all you do, and may you find peace. May our Lady of Good Counsel guide us all.

Yours in faith,

Colleen

January 2020 On-Line Newsletter

#### This Issue

Colleen's Communications 1
Resolution 2
Bible Brain Teaser3
St. Catharines Diocese4-9
God's Plan for all10
Education & Health11
Awards 12
Food for Thought13-16

# **Resolution Chair**

Most people fear death and taxes. I have spoken to many members and if you want to instill that same type of fear in a member of your CWL executive, you appoint them resolution chair! I share this fear with them and why is that? I believe it is a fear of the unknown. I readily admit to not having had much experience with a resolution or the process of bringing a resolution to life. Timing is everything and I am blessed to be the resolution chair at a time when things are changing with resolutions. The Ontario Provincial Council is hosting a weekend workshop to give us the opportunity to learn together and help each other understand the new process. Invited to participate in this workshop are all Diocesan Resolution Chairs, Diocesan Legislation Chairs and Diocesan President-Elects. This will take place in Toronto from Feb. 6-8, 2020. This will be a wonderful time for all of us to get to know each other better, to learn and to help each other—to connect. Our faith is the "heart" of the CWL, it is from our faith that all other actions begin. The resolutions brought forward, are one of the results of our faith—it is our faith in action. As the National Resolutions Chair, Cathy Bouchard states: "Resolutions of today become law tomorrow! Through the CWL, you can be part of the voice that speaks to government!"

#### **Loneliness Thought**

Andrew Wister, Director of Gerontology Research Centre, Simon Fraser University states for young people, "Ioneliness is often a product of the failed expectations of relationships". Facebook could be partly to blame, especially if people substitute online connections for actual relationships, he says. As well, Facebook can create the illusion that one has a large number of friends, when in truth many of these relationships are quite superficial. The social media platform may also induce a sense of failure when your friends' postings suggest that they are living much more interesting and exciting lives than you are. Talk and share face to face with the young people in your life.



Happy New Year, Wilma Vanderzwaag OPC Resolution Chair

# **Bible Brain Teaser**

I once made a remark about the hidden books of the Bible.



It was a lulu, kept people looking so hard for facts . . . and for others it was a revelation. Some were in a jam, especially since the names of the books were not capitalized. The truth finally struck home to numbers of readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some easy ones to spot. Others will require judges to help them. I will quickly admit, it usually takes a minister to find one of them and there will be lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how well you can compete.

Relax now for there are sixteen names of books of the Bible in this paragraph.

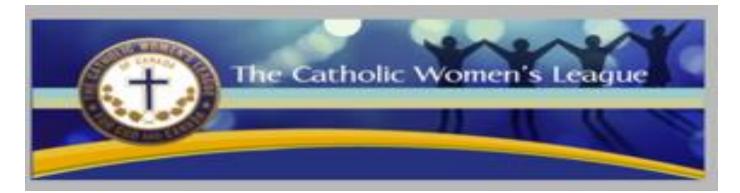
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- Submitted by Linda Squarzolo, President-Elect/Organization Chair





# St. Catharines Diocesan Council





My Dear Sisters in the League, I am honoured to represent the St. Catharines Diocesan Council of the Catholic Women's League of Canada as Diocesan President. The St Catharines Diocesan Council is made up of 33 parish councils, and is divided up into four regions, Haldimand, Niagara, St Catharines and Welland.

Throughout the next two years, with the guidance and support of Fr. Richard Kowalchuk, Diocesan Spiritual Advisor, we will continue to focus on our National theme Care for our Common Home as well as focus on the Provincial theme of loneliness.



Josie Rocca St Catharines Diocesan President

The provincial theme of loneliness was introduced to the Diocesan council at the September Meeting and each Region was assigned 1 of 4 tasks:



**Task Card 1**: Recruit Retain Remember: CWL membership is more than numbers,reach out to our members

Task Card 2: Loneliness is in our parishes, reach out to parishioners and CLERGY !!

Task Card 3: Make time to get your Family Members/ Friends out of the house...

Task Card 4: We all feel lonely at some point... do something for YOU!!

The St. Catharines Diocesan Council continues to carry out the Mission Statement of The Catholic Women's League of Canada calling its members to grow in faith, and to witness to the love of God through ministry and service.

On Saturday September 14<sup>th</sup> the 9<sup>th</sup> annual Diocesan Golf Tournament was held at Whisky Run Golf Club in Port Colborne; members came out to enjoy a great day on the green followed by a wonderful meal and time of fellowship. Thank you to Wilma Vanderzwaag, Diocesan Financial Advisor and Life Member and Shelley Tamas Life Member for organizing a most memorable day.



#### Fantastic *Fore!!!!!*

Donna Bitondo Welland Region Treasurer; Deedee Alexandre, Diocesan Second Vice President; Debbie Pine, Welland Region Chair and Josie Rocca, St. Catharines Diocesan President enjoy a day of golf at Whiskey Run.





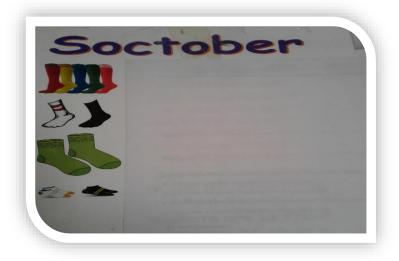
St. Catharines Diocesan Treasurer, Karen Hofstede presents Bishop Gerard Bergie with a cheque for \$1000.00 (proceeds from the golf tournament) for the St. Catharines Cathedral Restoration fund.

His Excellency Bishop Gerard Bergie, acknowledging and thanking the Catholic Women's League for all they do not only in the Diocese but across Canada



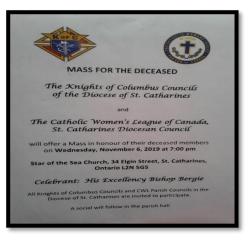
#### October.... Soctober...

CWL parish councils collected warm socks which were given to various organizations within the Diocese, The Hope Centre, (Welland) Port Cares (Port Colborne) St. Vincent de Paul conferences across the Diocese, that reach out to our brothers and sisters in need.



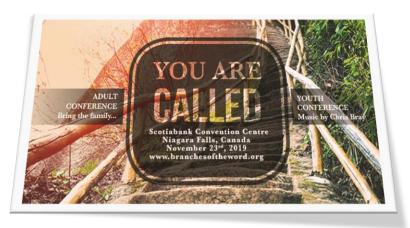
#### November... We Remember

On Wednesday November 6/19 St. Catharines Diocesan Council together with the Knights Of Columbus Councils of the Diocese of St. Catharine's offered a mass in honour of our deceased members. Bishop Gerard Bergie was the Celebrant at Star of the Sea Parish.



### Regenerate Conference: Saturday Nov. 23/19

Are you aware that as a baptized Catholic YOU have a calling (or a vocation) in life? This is YOUR unique purpose. Do you live with this purpose in mind? On Saturday, November 23<sup>rd</sup> members were invited to join Branches Catholic Ministries at the Scotiabank Convention Centre in Niagara Falls, Ontario as it hosted Regenerated 2019 with an urgent theme, "You Are Called". Keynote speakers such



as **Jackie Francois, Matthew Leonard** and others addressed the responsibility each of us has to discern this and how urgently we must heed the call.

The St. Catharines Diocesan Council was well represented at the conference... our display board was well received, and several ladies stopped to ask questions about the League and were all invited to "come, **join us."** 





he Catholic Women's League of Canada nniversary Certificate Presented toin grateful recognition of Council faithful service "For God and Canada".

The St. Catharines Diocesan Council congratulates the following parish councils who celebrated special anniversaries in 2019.

#### Haldimand Region

St. Helen, Beamsville, 60 years!! (Date of Charter Inception April 6, 1959) St. Michael Dunnville, 60 years!! (Date of Charter Inception October 13, 1959)

#### Welland Region

St. Alexander, Fonthill, 60 Years!! (Date of Charter Inception April 6, 1959) St. Andrew the Apostle, Welland, 60 Years!! (Date of Charter Inception, February 1, 1959) St. John Bosco, Port Colborne, 70 Years!! (Date of Charter Inception, January 8, 1949)



The St. Catharines Diocesan Council of the Catholic Women's League of Canada gives thanks for the following "stars" within our Diocese. Thank you for being who God called you to be in your shared leadership role in the vocational calling within the League, for the success of all our Sisters in the League...



**Betty Colaneri:** 

NATIONAL CHAIRPERSON OF LEGISLATION. St. Catharines Diocesan Life Member Liaison

**Lisa Fillingham**: Catholic Leadership foundation program, 2019 Program Cohort. STRATEGIC PLANNING COMMITTEE: Implementation Committee Marketing Working Group

Diocesan President Elect: Organization Standing Committee Chair.





Wilma Vanderzwaag:

ONTARIO PROVINCIAL COUNCIL 2<sup>ND</sup> Vice President/Resolutions Standing Committee Chair

Diocesan Financial Advisor

**Reverend Fr. Richard Kowalchuk** Diocesan Spiritual Advisor Extraordinaire



When people saw a barren woman in Sarah, God saw the mother of all nations.

When people saw a poor young shepherd in David, God saw a mighty King of Israel.

When people saw a poor prisoner in Joseph, God saw a powerful Minister of Egypt.







SO NEVER MIND WHAT People see in you. God has a perfect Plan for you.

- Submitted by Anna Tremblay, OPC Administrative Assistant



#### An "Eye on Education and Health"

"It is vitally important that we work for universal access and excellence of quality in the health care system. "

(CWL Executive Handbook - May 2014)

# NEWS FROM NATIONAL CHAIRPERSON OF EDUCATION AND HEALTH FAITH ANDERSON

**Advent Season – Care for Our Common Home this Christmas:** Along with the preparation and waiting, the exchange of gifts has become a traditional addition to the Christmas season. Gifts come with wrapping paper, tissue paper, gift bags, bows and ribbons. Each province sets its list of what is recyclable and what is not. Urge members to check with the recycling agent in their area to determine whether wrapping paper, bows, tissue paper, gift bags and ribbons can be placed in blue bins. Some alternatives to traditional wrapping materials include:

- Wrap a gift in a dishcloth, towel, reusable bag, reusable container or blanket for larger packages, making the wrap part of the present.
- Use brown packing paper to wrap gifts. This paper is recyclable. Children can decorate the wrap with candy canes, chocolates, drawings, etc.
- Gifts such as tickets to a movie, game or show give recipients an experience and a memory.

Members can do their part to ensure products are not good for the environment do not enter landfills. Please Care for Our Common Home this Christmas and keep the environment free from excess garbage.

**Bursary Certificate:** A new bursary certificate (#209) is available from National Office: <a href="https://cwl.ca/resources/200-series-certificates-and-pins/">https://cwl.ca/resources/200-series-certificates-and-pins/</a>

The certificate has a new look and it can be tailored to each parish, diocesan or provincial council's specific needs. It offers a uniform way of acknowledging the League's recognition of student accomplishments. Councils can request an electronic copy and hard copies can be purchased.

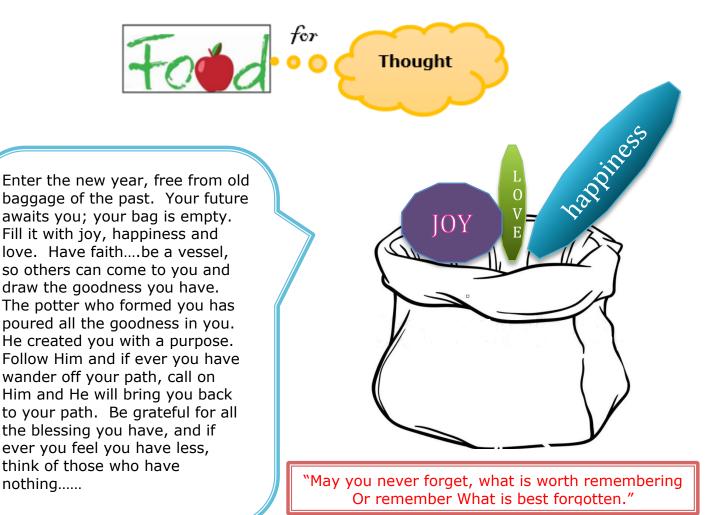
**Canadian Blood Services:** The League is a proud supporter of Canadian Blood Services -Partners for Life program. Is your council registered? Has it designated a specific number of donations for the year? Are members aware they can allocate blood donations to more than one organization? Councils are encouraged to register for the program under the League's unique partner ID (CATH011269). For more details, use this link: unique partner ID (CATH011269). For more details, use this link:

https://blood.ca/en/ways-donate/donate-partner?CloseMenu=&OpenDocument=

- Submitted by Karen McDonald, OPC Education and Health Chairperson

January 2020 On-Line Newsletter

	Toronto Diocese Maple Pin Service Award
North York Regior	n: Kay Booker - Blessed Trinity Council
Durham Region:	Iris McNulty - St. John the Evangelist Council Josephine Gangemi - St. Mary of the People Counc
Scarborough Regi	on: Elenor Rodrigom - St. Barnabas Council Sonia DaCosta-Spence - St. Bartholomew Council



LIVE like there is no tomorrow SING as if no one can hear LOVE like you have never been hurt DANCE as if no one is watching LAUGH like no one is listening



# Hugging is healthy.....

It helps the body's immune system.

It cures depression.

It reduces stress.

It's rejuvenating.

It has no unpleasant side effects.



It is all natural, it contains no chemicals, artificial ingredients, no pesticides, and no preservatives!

Hugging is practically perfect.

There are no parts to break down, no monthly payments, non-taxable, non-polluting, and of course... It's fully returnable!

# Remember, "A hug is the one present that's always worth giving!"





# Hugging is

The most beautiful form of communication that allows the other person to know beyond a doubt that they matter.

# Pope Francis Quotes – on the struggles with loneliness

Pope Francis has spoken on a variety of occasions about loneliness, what we should do when we're confronted with it; he said that the sadness we experience as human beings has many causes.

Pope Francis recognizes that the problem of pain from loneliness is widespread among young people in our world today, but he encourages us not to give in to despair. We should not dwell in the misery caused by our loneliness.

"The bitterest tears are those caused by human evil: the tears of those who have seen a loved one violently torn from them; the tears of grandparents, mothers and fathers, children; eyes that keep staring at the sunset and find it hard to see the dawn of a new day."

On one occasion, Pope Francis spoke about the emotional suffering with loneliness in our world. Pope Francis knows that loneliness and emotional suffering is widespread, we should turn to God for consolation.

- Pope Francis

- Pope Francis

"We need the mercy, the consolation that comes from the Lord. All of us need it. This is our poverty but also our grandeur: to plead for the consolation of God, who in his tenderness comes to wipe the tears from our eyes."



loneliness and emotional suffering are widespread today in all walks of life





#### Answers to Bible Brain Teaser ....from page #3

Mark, Luke, Kings, Acts, Revelation, James, Ruth, Numbers, Job, Amos, Esther, Judges, Titus, Lamentations, Hebrews, Peter



If you are feeling tired, let God carry you in His arms. He is our Father. Have a meaningful New Year!

God has been so good that we ended a year full of blessings. This New Year I know that the Supreme Being has laid special plans for each one of us. Happy New Year!

