



March 2020 Edition

Featuring the Diocese of Kingston and  
OPC Education & Health Chair, Karen McDonald

## **“Care for our Common Home”**



## *Colleen's Communications*

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Lenten Greetings,

As I write this communication, I am anticipating tonight's feast of pancakes and sausages. It will be a delicious treat before the fasting tomorrow. Lent always makes me aware of my personal longing for a closer relationship with God. Lent is a journey towards the renewal of our baptismal promises at Easter. It is a time of prayer, fasting and almsgiving.

For most of my life I gave up chocolate or wine or bread or something I really should not have had anyways...lol. A few years ago, I started adding something rather than taking something away. Here is a list of suggestions I got. Add one hour of silent adoration a day; one daily rosary; some family prayer time; one hour of reading (daily Lenten reflections are great for this); weekly confession; call a friend or family member just to chat – let them know you are thinking about them. My favourite, though, is to adopt a priest and pray for him every day. He does not even have to know about it!

February was a month of meetings and workshops. I am always rejuvenated by spending time with my CWL sisters. As we move into March it will be time to prepare for conventions at all levels. Invite a member who has never attended a convention to go with you. Open that door for her; show her the joy of our sisterhood at its best!

### **A Lenten Blessing**

May you live these Lenten days with Mary,  
in the joyful warm embrace of your Beloved Christ—  
knowing that your love, gratitude and service to others  
are sufficient to gladden His heart.

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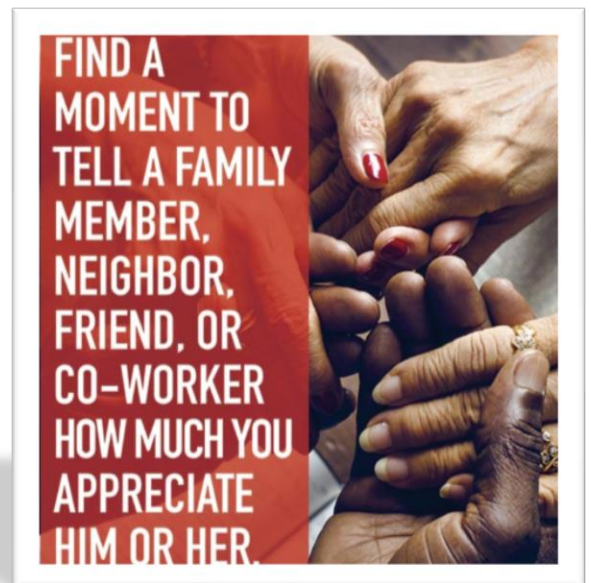
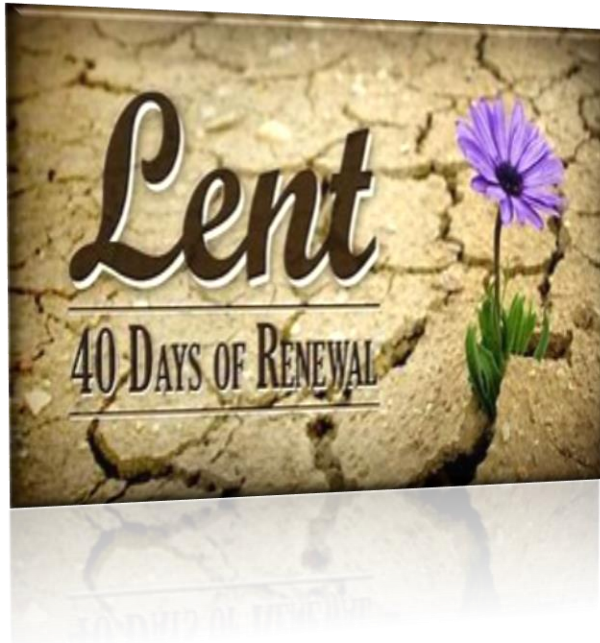
May you hear your Beloved Christ  
call you to come apart from daily routine sometime  
and rest a while alone with Him in a place apart—  
so that your spirit may be lit with the Resurrection-light  
of His radiant love and presence.

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May your heart be filled to over-flowing with Lenten-grace,  
so that your whole being may sing with new Alleluia-joy on Easter  
and everyday thereafter—until your eternal Alleluia  
with your Beloved Risen Christ, Forever  
Sr. Angelita Fenker

Yours in faith,

*Colleen*



## Kingston Diocesan Council

*"Do not lose heart, even if you should discover that you lack qualities necessary for the work to which you are called.*

*He who called you will not desert you, but the moment you are in need, he will stretch out his saving hand."*

**- St. Angela Merici**

Many of our sisters in The Catholic Women's League are struggling to keep their councils afloat with young mothers running in many directions and the others ageing. Kingston Diocese is proud of all the activities that are going on, and every member deserves a pat on her back for the amazing work that goes on in each council.

A Lenten luncheon was held for all denominations with the money going to a food bank; as well as a summer bake and yard sale to help the school kids. Food vouchers are given to the school principal and they distribute them to needy families at Christmas and throughout the year. Councils help in swimming, skating and any activities that a child may not have the funds to participate in. At spring, members receive their service awards and recognition pins. During the Feast of Our Lady of Good Counsel, gifts and a light lunch are given to the First Holy Communion and Confirmation children. On Mother's and Father's Day, gifts are given out.

Most of the parish councils hold Christmas bazaars and it is always a fun time visiting them all, and to get a good bargain.

Kingston Diocese is proud of all the councils in the diocese, with all the work they do - including:

- ❖ fundraising for Interval House
- ❖ Presentations on Human Trafficking
- ❖ Isolation and Depression
- ❖ Hug Centenary Project
- ❖ Kenya Help
- ❖ Honour guard at funeral Masses for deceased members
- ❖ Participation in Inter Faith Church World Day Prayer.



***Congratulations***  
*to our Kingston Diocesan  
President, Nancy Richer on  
receiving the League's Maple  
Leaf Service pin honour  
December 2, 2019  
Well deserved!*





CWL Breakfast

Donations to the needy:





## Helping Kenya Help

Once again, the ladies from St. Paul the Apostle CWL Tuesday Knitting group have come through big time for school age girls in Kenya.

Last year, Nancy Stevens, founder of Kenya Help, mentioned the real issues the girls have trying to attend school when they are menstruating, due to lack of proper protection. Disposable sanitary pads are not available and without something, they are forced to miss school – one week a month!

For the second year in a row, our knitting group made almost 100 reusable, washable sanitary pads for Nancy to deliver to the schoolgirls in Kenya. They were overjoyed to receive them! They will now be able to continue their education uninterrupted.

For more about Kenya Help, visit [kenyahelp.ca](http://kenyahelp.ca)



On September 13<sup>th</sup>, 2019, some sisters from the CWL Kingston Archdiocese surprised Father Dale by attending his Friday Mass in Gananoque. We went to recognize his 11th anniversary of his ordination to the priesthood with a Spiritual Bouquet. We are blessed to have him as CWL Diocesan Spiritual Advisor.



It was celebration all around.....Celebrating Carol Richer's 80<sup>th</sup> birthday.



Life Member Liaison  
- Carol Richer with  
other Life members  
from Kingston  
helping her  
celebrate her 80th  
birthday, on  
Saturday Feb 22.

Left to right: Nancy Richer, Diocesan President, Geraldine Canning, Catherine Lortie, Carol Richer, Anne Madden, Kathy Huffman and Past Diocesan President Maureen Vincentine



Also seen here with other members



Life members luncheon - Installation of St Mary's/St. Cecilia's Morrisburg/Iroquois

On February 15<sup>th</sup>, at the President's meeting, guest speaker Friar Ed DeBono, gave a presentation on St. Francis of Assisi, patron Saint of Ecology as well as Laudato Si. He had a copy of the Laudato Si' for all. It was very well appreciated and enjoyed by the Presidents.

check out:  
[www.faithcommongood.org](http://www.faithcommongood.org)  
[www.catholicclimatemanagmentglobal](http://www.catholicclimatemanagmentglobal)  
[www.jesuitforum.ca](http://www.jesuitforum.ca)

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

**"The environment needs protection and sustainable development."**

(CWL Executive Handbook - May 2014)



One of the tasks of the **Education and Health Standing Committee** is to study and promote ecologically sound practices.

**\* World Water Day** is celebrated annually on **March 22** \*

**\* Earth Day** is celebrated annually on **April 22** \*

In Communiqué #8 (December 17, 2019), National Sub-Committee Chair Rita Janes wrote, "the need for a sense of social justice in discussions on climate change is integrated throughout *Laudato Si*". Rita stated that while most Canadians are aware of the need to recycle, there is a bigger problem with regard to plastics. As members, we are asked to advocate for **less plastic packaging on products**.

Rita also reminded us of three issues to remain aware of in connection with **water** (the focus for the first year of our national theme):

- ❖ "The number of Indigenous communities that do not have, and have not had for years, access to clean drinking water. Immediate action is needed. This should not be happening in this wealthy country. Encourage councils to be leaders in advocating for and supporting action.
- ❖ Water is a fundamental human right; yet, Ontario continues to sell millions of litres of water to Nestlé, a corporation that sells bottled water. Poor people, who often may need it, cannot afford it. Groundwater is finite and climate change impacts this limited resource.
- ❖ The rise in water levels in coastal communities, British Columbia, Nova Scotia and Prince Edward Island, for example, by the melting of the Arctic glaciers and thawing permafrost as a result of climate warming, affects flooding of fertile land along the coastline. Rising waters have impacted many islands throughout the world. Evacuation has happened and, interestingly enough, many are poor communities where people cannot afford to move."



I encourage you to read this interesting article:

"Understanding plastic pollution in the Great Lakes" (Dr. Chelsea Rochman - Environmental Science and Engineering magazine on March 11, 2019)

<https://esemag.com/water/understanding-plastic-pollution-in-the-great-lakes/>

### **HOSPICE PALLIATIVE CARE**

**National Hospice Palliative Care Week is May 3-9, 2020**

Councils are asked to participate in the **12 Hours of Prayer for Palliative Care** initiative the week of May 3-9. Publicize it and ask parishioners to pray for its success (include those shut-in or homebound so that they feel included through prayer).



National Chairperson Faith Anderson advised that the League has developed a **palliative care postcard** (at [www.cwl.ca](http://www.cwl.ca) or use this link)

<https://cwl.ca/wp-content/uploads/2020/01/180-Palliative-Care-Postcard.pdf>

Print and make postcards available to sign and mail to the prime minister, federal and provincial ministers of health, and/or meet personally with local members of parliament and legislative assembly. Distribute the postcards during prayer services and to family, friends and co-workers, and ask your pastor for permission to have them available to sign before and after Mass during National Palliative Care Week. Consider a mass intention to recognize the need for hospice palliative care.

Faith Anderson also advises that we can look forward to a **Palliative Care Kit** that will be available on the national website for councils to download ... stay tuned!

### **NATIONAL BURSARY FUND**

#### ***Friendly Reminder:***

Applications to the National Bursary Fund (with supporting documentation) must be submitted to national office and postmarked **by May 15, 2020**.

Applications must be completed on the official form (at [www.cwl.ca](http://www.cwl.ca) or use this link):  
<https://cwl.ca/wp-content/uploads/2019/09/552-National-Bursary-Application-Form-2019.pdf>

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



## Bullying and Loneliness



***"Each of us deserves the freedom to pursue our own version of happiness.  
No one deserves to be bullied".***

.....Barack Obama

Bullying is unwanted, aggressive behavior that leads to intentionally and repeatedly making someone feel bad. Bullying is increasingly gaining attention as a cause for concern with our school children as it gains exposure and expands into social media.

Bullying affects everyone - the bully, the victim and those who witness the bullying. School children involved in any aspect of bullying may experience depression, anxiety, increased feelings of sadness and loneliness, health complaints and decreased academic achievement. Teens who are bullied are more likely to begin earlier use of alcohol, smoking cigarettes and make suicidal attempts. Cyberbullying (harassing others on the internet, particularly on social media sites) has been on the rise, especially amongst teenagers. It can include posting rumors, threats, sexual remarks, or sharing a victim's personal information.

University and college students typically experience enthusiasm and excitement when embarking on their journey to college or university, but we know bullying doesn't stop when high school ends. It can be just as destructive and harmful regardless of the age of those impacted. Sadly, most students do not seek help. They might feel they are lacking a trusted friend in their new surroundings leading to isolation. This can result in tragic consequences.

There are three types of bullying that typically impact children or young adults:

- **Verbal** – saying or writing mean things, teasing, name-calling, taunting, inappropriate sexual comments or threatening to cause harm.
- **Social** - hurting someone's reputation or relationships, leaving someone out on purpose, telling other children not to be their friends, spreading rumours about someone, or embarrassing someone in public.
- **Physical** - hurting a person's body or possessions, hitting, spitting, tripping, and breaking someone's things.

It is important to talk to children involved in any aspect of bullying. Signs that may indicate bullying is present include unexplained injuries, frequent headaches or stomachaches, difficulty in sleeping, declining grades, isolation or a sudden loss of friends.

Generally, children who are bullied have one or more of the following risk factors: perceived as weak or unable to defend themselves, lonely, depressed, anxious, or perceived as different from others, such as being overweight, wearing glasses and being new to the school.

Some children who bully others may be well connected to their peers, have social power and like to be in a position of authority. On the other hand, they may be more isolated from their peers, anxious or depressed, less involved in school or feel their peers are pressuring them.

They may have less parental involvement or be experiencing family issues at home. Bullies often think badly of others and have difficulty following rules.

Bullying can continue as we age and carry over to the workplace. Workplace bullying can result in negative outcomes such as anxiety, depression, burnouts, frustration, negative emotions at work and loneliness. Loneliness involves a deep sense of isolation and disconnection from others. People feel they have no one with whom to share their joys and hardships of life. When people feel they are in tune with others at work and feel they can count on them, bullying will not be experienced.

There are three types of workplace bullying:

- Work related (aggressive monitoring of your daily tasks)
- Person related (having allegations made against you)
- Physically intimidating (being shouted at or being a target of spontaneous anger)



Sometimes a person's talents or position in their workplace can make the bully feel threatened and that leads to harm, intimidation or harassment by the bully. Workplace friendships can prevent bullying. Positive relationships can help people feel protected.

Cyberbullying might impact seniors – online romance scams that prey on loneliness and that end with stealing money, scammers who send threatening emails asking for banking information, etc. They may be a target of phishing - someone who pretends to be a family member who has been in accident and needs money sent. They attempt to obtain sensitive information such as passwords, usernames and credit card information. Or how many receive phone calls saying you owe taxes and threaten to send the police? One should never send payment in the form of gift cards, iTunes cards, wire transfers etc.

Regardless of where bullying occurs, in school, the workplace or even social settings such as our faith communities; if you see something - do something about it - befriend a victim (start with a simple hello or invite them to sit with you), and stand up for them - speak up! No one should have to experience loneliness or bullying especially in settings filled with people. Our faith calls us to action. Do not be a bystander, a witness who stands by and watches, who videotapes it and makes it viral or someone who says and does nothing.

***"If you turn and face the other way when someone is being bullied,  
you might as well be the bully too".***

Unknown



The world may be a lonely place. Loneliness is driven by the fear of people; the fear that the closer we get to someone or the more we reveal ourselves to others the greater the chance we will be hurt. Victims of bullying want to be recognized and have someone somewhere call their name and let them know just how much they are valued. One friend may make a world of difference.



***"I've learned that people will forget what you said,  
people will forget what you did,  
but people will never forget how you made them feel."  
.....Maya Angelou***



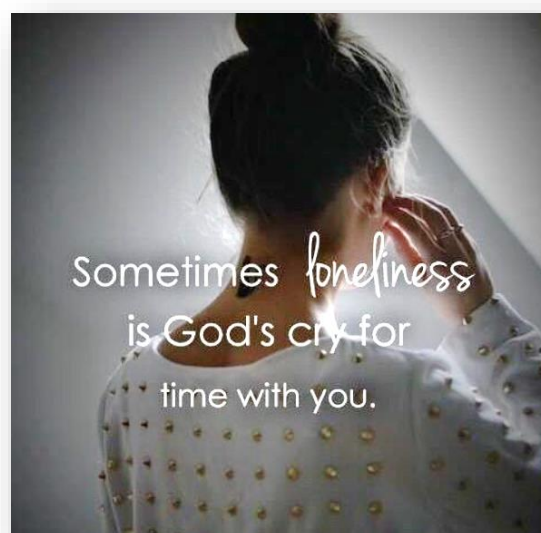
(Information retrieved from: [bullyingcanada.ca](http://bullyingcanada.ca); [bullyproofclassroom.com](http://bullyproofclassroom.com); [stopbullying.gov](http://stopbullying.gov); [therecoveryvillage.com](http://therecoveryvillage.com))

.....Submitted by Joan Schurter, OPC Education and Health Sub-Committee Member





"For the creation waits with eager longing for the revealing of the children of God" (Rom 8:19). Lent is a sacramental sign of this conversion. It invites Christians to embody the paschal mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving."





for

Thought

Spring 2020 starts on **Friday, March 20, 2020** and ends on **Saturday, June 20th, 2020**. Are you longing for Spring?

Spring is God's perfect timing for a spiritual spring cleaning, a season of renewal, came across these beautiful tweets....

- *Purge any old attitudes and allow yourself the freedom to move into a new season.*
  - *Clean out the cobwebs of negative thoughts.*
- *Take inventory of your spiritual routines and spruce them up as needed.*

Spring the season  
for rebirth, renewal  
and regrowth.

Let go and let God...



As children bring their broken toys, with tears for us to mend.  
I brought my broken dreams to God, because He was my friend.  
But then, instead of leaving Him, in peace, to work alone,  
I hung around and tried to help, with ways that were my own.  
At last, I snatched them back and cried,  
"How can you be so slow?"  
"My child, "He said, "what could I do? You never did let it go".

Author: Loretta P Burns



OPC Winter Meeting held in February, where we had to bid good-bye to four Diocesan Presidents, here is a collage of photographs....







Alexandria-Cornwall Executive meeting

