



ONTARIO PROVINCIAL COUNCIL
OF THE CATHOLIC WOMEN'S
LEAGUE OF CANADA

ON-LINE NEWSLETTER



May 2020 Edition

Featuring the Diocese of London and
OPC Spiritual Development Chair, Emma Rose Rayburn

"Care for our Common Home"



Colleen's Communications

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May is a month for celebrations. Spring is upon us and the earth begins its rejuvenation. May 2020 will be different than normal – a new normal, I suppose. We must continue to pray for the end of this devastating pandemic and for the safety of our loved ones and the world in general.

As we remain under self-isolation, we must not forget about those who still need our assistance. The current atmosphere lends itself to depression, loneliness, and suffering. Are we doing all we can to let people know that they are in our thoughts and prayers? Our prayerful support of those organizations we are involved with is still needed. Reach out to them – ask what we can do!

I received an email from our friends at Project Rachel. They offer accompaniment, counselling, personal presence and support, and other services at any time they are needed by

women or men. They also offer weekend retreats which provide opportunity for women who have suffered from an abortion experience to find healing, forgiveness, and reconciliation. The need for these women does not disappear under any circumstance. They need our continued support. You can find out more at www.stmarysrefuge.org.

As we celebrate the joy of Easter, the love of our mothers and the first long weekend of the summer season, may we continue to be guided by Our Lady of Good Counsel and the Holy Spirit as we journey together. Better times are ahead.

Be safe, be joyous; know that you are loved.

Yours in faith,

Colleen

And the People Stayed Home

And the people stayed home. And read books and listened and rested and exercised and made art and played games and learned new ways of being and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless and heartless ways, the earth began to heal.

And when the danger passed and the people joined together again, they grieved their losses and made new choices and dreamed new images and created new ways to live and heal the earth fully, as they had been healed.

~ Kitty O'Meara

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



London Diocesan Council

A Word from Our London Diocesan President, Rebecca McCarrell

“But those who trust in the Lord will find new strength.
They will soar high on wings like eagles.
They will run and not grow weary.
They will walk and not faint”
Isaiah 40:31

Our journey is similar to the journey of the Israelites, and like them, we must learn to trust in the Lord. This pandemic has put our world in a tailspin. And the London Diocese is no exception. However, our membership is keeping their trust in our Saviour and working to combat the loneliness and fear that others are feeling. Social distancing is the rule of the day. And we are all feeling a void as our churches are closed. The diocesan executive has been meeting since January via video conferencing. It took some time to get acclimated, but the meetings have become efficient and each person has their time to present. We like this better than conference calling as you can see each other's faces (and whatever else is in the background! LOL) ... just makes the meetings a little more personal.

Our diocese continues in a lockdown situation with all CWL events, meetings, and gatherings on hold until at least June 15, 2020. We look forward to celebrating our 100th Anniversary in the fall, if able.

Our blessings to each of you throughout Ontario! Keep Safe! Stay Well!

Rebecca McCarrell, President

Diocesan Lenten Retreat

On Saturday, February 29th about 75 faithful CWL members braved a wintry snowstorm to attend the London Diocesan Annual Lenten retreat. Our hosts were St. John the Divine Parish in London. Following mass, our facilitator, Bernardine Ketelaars, led us through the theme “Loneliness in Prayer”. We heard about St. Rita of Cascia, patron saint of loneliness and other Biblical people including Jesus who experienced doubt and loneliness. Our day of peace, relaxation and reflection was rewarded with a beautiful sunny day when we left the church.

Submitted by Mary Lappan, Second Vice President, Spiritual Development Chair

Mary Bannon 1st Vice President, Education and Health



ENVIRONMENT: Just a few words on our care of water. One of our global wounds is thirst – thirst for clean, drinkable water that will not spread disease and will not kill our children. Canada is magnificently rich in fresh water. Yet some of our industries have ruined whole rivers and threatened entire watersheds. For example, between 1962 and 1970, the Dryden Chemical Company in northern Ontario discharged an estimated 9,000 kg of mercury into the Wabigoon-English river system. The company was producing sodium hydroxide and chlorine to bleach paper at the nearby pulp and paper mill, owned by the same multinational. The mercury contaminated the fish and poisoned residents of two First Nations communities in the area. I especially want to commend and

congratulate St. John the Divine council, London for their dedication to our need for pure water and our use of it. They have shared a link to a video:

<https://wellingtonwaterwatchers.nationbuilder.com/saynotonestle>

Christian Family Life: Chairperson Denise Lalonde Morris:

This past year has been very rewarding to many of us in the London Diocese. We wrapped our arms around the HUG (Helping, Understanding and, Giving) project and hopefully brought many smiles to hundreds of persons with all our donations. We are currently requesting that our sisters reach out to our council members and their families to help however we can.

Community Life Chairperson: Mary Ann Horne-White:

Our theme this past year has been Loneliness. Our sisters in the league have reached out by phone and email. During the Covid-19, we are picking up groceries and supplies for those at risk. Remember to stay home and be safe.

Communication Chairperson: Denise Masse:

Communication is a vital part of our everyday life. Our interactions are important, and this time of COVID-19 just exemplifies our need to be connected. In our new "isolation" we obtain a better understanding of what those that are lonely are going through. The challenges for them are even greater now. A document was created with outreach ideas for the lonely and put on the website. The Diocese made a slideshow to reach out to members. Members have been encouraged in directives to reach out to the lonely in many ways.

St. Bernard of Clairvaux, Waterford - Tinie Klunder

For the past, several years during the Christmas season we have made up and delivered gift baskets to parishioners in the hospital, nursing homes and shut ins at home. This small gesture puts a smile on their faces, and they know that the parish community cares.

Corpus Christi Council Windsor, ON

On February 3rd at their general meeting, Corpus Christi CWL members from Windsor Region, wrote Valentine cards to the people living in the Victoria Nursing Home. The purpose of the activity was to convey well wishes and interest in their lives. The ladies decorated the cards with Valentine stickers inside and out. They were delivered to the nursing home for distribution.



Members of Corpus Christi hard at work

Reaching Out to Our Homebound CWL Sisters-Holy Trinity, Woodstock

The Holy Trinity Catholic Women's League council in Woodstock has been holding an annual Christmas cookie delivery to members who are homebound during the winter months. Members and parishioners are asked to bake cookies and treats. Then a small group comes together one evening and assembles the donated items into gift boxes with a lovely card. Members are identified who would benefit from the visit and then the group divides and conquers to distribute the goodies. On average 20 members are visited. This visit not only brings some lovely homemade cookie treats to be enjoyed over the holidays but also reminds our homebound members that they are not forgotten and still appreciated.



Huron Perth Regional Chairperson - Mary Barnes

Denise Lalonde Morris, Christian Family Life Chairperson is one of the St. Teresa of Calcutta Faith in Action Award Recipients of May 6, 2019. This award is presented by the Huron Perth Catholic District School Board for being an exemplary model of Catholic Service. The award was presented by Most Rev. Bishop Ronald Fabbro. Denise is a past Regional Chairperson for Huron Perth. The 16 Councils in Huron Perth congratulate Denise on her well-deserved award.

Back from L to R: Amy Cronin,
Fr. Clare Coleman, Angela Schuster,
Eileen Sleightholm, Chris Roehrig.
Front from L to R: Bishop Fabbro,
Denise Lalonde-Morris, Carla Mae
and Jim. Nyenhuis, Naomi Paul.



Sarnia Lambton of the London Diocese - Patricia Sloan

We have 12 Councils in Sarnia Lambton, six in the city of Sarnia and six in the County of Lambton. All Councils support their Churches and communities to combat loneliness. Our Councils support the Inn of the Good Shephard and St. Vincent de Paul by donating time, money and food to the food banks and soup kitchen. We have two annual food drives put on by the staff, students and parents at St. Patrick's High School. Many Councils especially now are calling family, neighbours and friends to touch base with them in these troubling times. Many reach out all year with cards and phone calls, visits to those in nursing homes, the home bound and those in hospital. This year we also supported the Mental Health Ward at Bluewater Health by donating art supplies and money for our teens who are struggling with loneliness. I am quite proud of all my Councils and the good work that they do for God and Country.

Essex Regional Chair, Rose Beneteau

How do we as Catholic Women of Canada make a difference in people's lives? By helping to feed the poor, many are volunteering at Gleaners, who send freeze-dried food all over the world. Serving hot meals for migrant workers, making many donations to St. Vincent de Paul Society and to the Downtown Mission are a variety of ways we feed the hungry.

The Welcome Centre for Women, Street Help, and the Bridge for Youth receive many socks, clothing and personal care products as a result of our yard sale and gently used purse drive. Spiritual works of mercy are promoted by visiting the sick and those in nursing homes or the hospital by bringing them cards and praying with them. Phone calls are always an added good touch. Many rosaries are given to patients in the hospital. Assisting at Hospice is another way we reach out and console those in pain-filled situations.

Good News Story from London, St. Martin's Council

Our council did a drive for St. Joseph's Hospitality Centre with great success. We had a drop off date at the church with social distancing. People drove up, left their donation on the steps and drove away. We then went to the steps and managed to fill an SUV with all the goods dropped off. We also received a sizable cash donation. Two of our parishioners delivered everything to St. Joseph's Hospitality Centre. We are continuing our phone chain calls to those without email just to say hello with great success - they are so happy to hear from us.

Spiritual Loneliness Lenten Retreat Day February 29, 2020

Dr. Bernadine Kettelaars, St. John the Divine Parish

By: Dorothy Solomon St. Michael's London

One definition of spiritual loneliness is the inability to find God in our prayer. It is not necessarily about being alone, rather feeling alone and isolated. You crave human contact but find it difficult to make a connection. You are waiting for God to answer a prayer and feel abandoned. This loss of intimate connection with others and with God is an inevitable part of everyone's story. Spiritual loneliness can be so deep that we do not even know how to pray. It raises those difficult questions "Who are you God? Are you even real? What if all this life is for nothing? What if at the end of my day God is not there? The Old Testament has many stories of our ancestor's experience of spiritual loneliness. Many women, especially who were barren, felt devastated. In the Jewish culture not bearing a son was considered a curse and the woman was isolated. Sarah mother of Isaac, Hannah mother of Samuel are just two who gave birth at an unexpected time and they became great leaders. Later in the New Testament Elizabeth gave birth to John the Baptist. Men too like King David experienced Spiritual loneliness and wrote many lamentation psalms we still pray today. We cry out in pain in our suffering, we lament, weep bitterly, "Where are you God?"

We are all united to some degree to the experience of spiritual loneliness. A feeling that no one could possibly understand me, and this impacts our personal life, family, social and church affiliations. It appears we no longer resonate with any of them, no matter how close they are to us. In a sense it is like Jesus in the desert for forty days of fasting, prayer and temptation. His three major temptations were to do with spiritual loneliness. "Turn these stones to bread and feed your hunger". Food, alcohol and drugs are often an escape from some deep sense of loss. Jesus said, "Man does not live on bread alone, but on the Word of God". We need spiritual reading to nourish our soul. "Bow down and worship me and all earthly kingdoms will be yours". Possessions do not fill the spiritual loneliness. These are another crutch we use to cover our deepest need to be in connection with God. God created us because he is love and love wants to share itself. Our hearts can only be filled by God. "Throw yourself off the temple and God's angels will catch you." Jesus told him, "No, do not test your God, but trust in his design". These temptations force us to look inside ourselves; because we are not satisfied, we are trained to look to outside help, counsellors, material possessions, other people, activity and pleasure seeking. These are only temporary relief. This is an opportunity, a gift although it feels uncomfortable, to look inside. Awaken us to the truth of who we are, child of God. It leads you to the desert places away from all our crutches. Spiritual loneliness, once it is named, means you are on the healing path.

Sometimes life is too comfortable, and we do not want to change. We need to practice looking at ourselves from God's perspective; created by him to be in complete union with him.

Some loneliness is derived from the feeling of the need to be different or special in order to fit in. On the other hand, some loneliness may be the opposite sense, questioning, "Why am I so different? I just want to fit in!" the great gift of recognizing and accepting that there is no other person in the universe likes me and I do belong because every created thing is unique. With this gift of a deep sense of self comes relief from isolation and loneliness.

Some people are so poor, all they have is money. Blessed are the poor in spirit, theirs is the kingdom of God. This means wading through loneliness, name our pain, name our longing for God. If pain is not transformed it is transmitted in hurtful ways to ourselves and others. Hurting people, hurt people. Persist in prayer, set aside daily time for you and God, he waits with outstretched arms. Jesus himself cried from the cross, "My God, my God why have you abandoned me?" This is prayer too.

Give yourself permission to doubt and feel loneliness. We are often unaware that we are thirsting for the One who waits for us, the only One who can fill the hole in our heart. God did not create cookie cutter people; each person's relationship with him is unique. God never stops claiming us for himself. This day is God's gift for you. What is he offering you? What is he asking of you? Make time for prayer to sit in silence with the One who waits for you and you do not have to say a word.

St. Rita of Corsica, Italy, is the Patroness of Spiritual Loneliness. She was very religious from an early age and only wanted to enter a convent. She was forced into marriage at the age of 12 and following her husband and sons' deaths she did enter a religious order. She bore the stigmata of a thorn in her forehead and suffered immensely but rejoiced in being able to share the pain of Jesus crucifixion.

Novena to pray for nine days.

O Patroness of those in need, St. Rita, whose pleadings before the Divine Lord are almost irresistible, who for your lavishness in gathering favors have been called the Advocate of the Hopeless and even Impossible; St. Rita, so humble, so pure, so mortified, so patient and of such compassionate love for the Crucified Jesus that you could obtain from Him whatever you ask, on account of which all confidently have recourse to you, expecting, if not always relief, at least comfort; be propitious to our petition, showing your power with God on behalf of this supplicant; be lavish to us, as you have been in so many wonderful cases, for the greater glory of God, for the spreading of your own devotion, and for the consolation of those who trust in God. We promise if our petition is granted, to glorify you by making known your favor, to bless and sing God's praises forever. Relying then upon your merits and power before the Sacred Heart of Jesus, we pray grant my request (state your specific request or intention) Amen.



The month of May is upon us and when we think May, we always think the month of Mary. We also think of Spring, warmer weather, trees budding and flowers sprouting - a rebirth! This year May 2020 is going to be no different; we are certainly going to see the rebirth of the earth and possibly the rebirth of a different kind. Covid-19 Pandemic has brought about some changes that many of us have not experienced before, the world has always been uncertain but as believers we trust in Jesus and as they say -we do what Catholics do best we pray. The month of May is full of great prayer intentions and of course being the Month of Mary the mother to us all we must include her in our prayer petitions. I found this article from the National Catholic Register about why May is the month of Mary and I loved the idea of honouring Mary by crowning her and I know that for me this is one of the highlights of our CWL Conventions. With all our conventions being cancelled I think this would be a great honour for us to bestow on our patroness. Here are a few snippets from the article, I have also included the link if you would like to read the article in full:

"But May altars and crowning aren't just "church" things. We can and should be doing the same in our homes. When we echo the customs and traditions of the Church in our homes - our domestic churches - we participate more fully in the life of the Church."

"Then, crown Mary. You can give her an actual or spiritual crown and you can make it a subtle gesture or ornate ceremony of your own device. The meaning is far more important than the action. You can do it in the beginning, at the end of May or anywhere in between."

..... quoted from article written by Marge Fenelon.



Link to article:

<https://www.ncregister.com/blog/mfenelon/why-is-may-the-month-of-mary>

Perhaps you can share your pictures with me of your Crowning of Mary and I can prepare something to share with all, so we can have a little piece of our convention with us to mark our 100th Anniversary. Please email me at emmasab@aol.com and write in the subject line Crowning of Mary, will wait anxiously for your email.

The Rosary is another awesome way to honour Mary, full of benefits:

"The Rosary is the most beautiful and the most rich in graces of all prayers; it is the prayer that touches most the Heart of the Mother of God...and if you wish peace to reign in your homes, recite the family Rosary." ~ **Pope Saint Pius X**



The first week of May is dedicated to Palliative Care and The Catholic Women's League has been very vigilant in praying for the respect of life from conception to natural death. Our 12 Hours of Prayer for Palliative Care May 4-10, 2020 was chosen to run simultaneously with National Hospice Palliative Care Week of the Canadian Hospice Palliative Care Association. Usually we would meet as a council or diocese and pray however this year that won't be possible but that can't stop us from praying - after all we are the women of The Catholic Women's League and we take our responsibilities very seriously. Our National Office has once again put together a wonderful kit for us - many great suggestions. If your members are active in social media, encourage them to share news of how they participated in this week with #12hoursofprayer, see the link below:

<https://cwl.ca/12-hours-of-prayer-for-palliative-care-2020/>

Please be aware that May 13, 2020, is WUCWO Day—the 110th anniversary of the World Union of Catholic Women's Organization. The prayer service, created by women of Latin America and the Caribbean, may be found at:

<https://wucwo.org/index.php/en/prayers/wucwo-annual-day-of-prayer> We encourage you to take part.

During these trying times I encourage all to put our trust in the Lord. Believing in the power of prayer (see my directive #5) and knowing that we are all missing our sisters in the league, I am hoping we can unite in prayer. I am proposing that we start our weeks off together with the rosary (Monday's at 9am) and then on Friday's at 3pm end our week with the Divine Mercy. We may not be able to meet face to face but if we meet in prayer and storm heaven with our thanks, praise and requests the tranquility of the Lord is sure to fall upon us. It is the new CWL holy hours.



.....Submitted by Emma Rose, OPC Spiritual Development Chairperson



Pope Francis reminds us, "***Let us not underestimate the power of so many voices united in prayer.***"

Prayer of Pope Francis to Mary for Help and Protection During the Coronavirus Pandemic.

O Mary, you always shine on our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm. You, Salvation of Your People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial. Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. **AMEN.**

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and Blessed Virgin. **AMEN.**



National Prayer for Canada

The prayer created by Rabbi Dr. Reuven P. Bulka and Ottawa Archbishop Terrence Prendergast is:

O God, we gather together separated by life-saving distancing, but united more than ever in spirit. We know we are in a war against COVID-19 together, and the more together we are, the better and stronger we will emerge.

We know the challenges are enormous, yet so are the opportunities; that whether we are in isolation with loved ones, or alone, we will have abundance of time.

We commit to using that time to the max, to help those in greater need in whatever way we can. We know we all have the opportunity, and time, to be life savers and life enhancers.

We give thanks for those who are on the front-line taking care of those who are not well. We give thanks for the researchers who are working at breakneck speed to find a cure and vaccine. We give thanks for our leaders, federal, provincial and local, for their dedication to all of us. We give thanks for the providers of our daily needs who go to work in spite of the risk. We give thanks for those who have ramped up their ability to produce life-saving supplies.

We pray for the well-being of all our life savers; for those who are not well, that they recover fully. For those enduring difficulty, that they may overcome their challenges. We pray that a cure and vaccine will soon be available, and that we all – family, friends, all Canadians, the entire world may be healed in body and spirit.

We ask you, O God, to bless our leaders, our front-line care givers, our life savers and life enhancers. We ask you, O God, to bless Canada, to bless the world, to bless everyone.

Amen.

RESOLUTIONS

What is happening in our long-term care homes is such a tragedy. As of April 24, 2020, of the 713 COVID-19 deaths in Ontario, 72% or 516 of those deaths, have occurred in long-term care facilities.

There are currently outbreaks in 132 nursing homes and there are outbreaks in 63 retirement homes. A long hard look into the long-term care homes is required when we get to the other side of this pandemic. While we are all self-isolating at home, PLEASE take the time to write a letter to each of the MPPs listed below about the long-term care homes. We have a resolution asking for more long-term care beds BUT before these are built, a complete review of how these homes are run is required to keep the residents safe and protected. What long-term care needs is funding for staff. Personal support workers and more registered nurses are required. It has also been noted that homes with single rooms only would have gone a long way towards changing the outcomes in some of the hardest hit homes. In our province, medical specialists were sent to long-term care homes to assist. This is an opportunity for their eyes to be opened to the requirements and difficulties the staff are required to deal with daily. They too can become advocates for change.



Minister of Health
Hon. Christine Elliott
Unit 22, 16635 Yonge St.
Newmarket, ON
L3X 1V6

Minister of Long-Term Care
Hon. Merilee Fullerton
Suite 100, 240 Michael Cowpland Dr.
Kanata, ON
K2M 1P6

Opposition Critics

Health Critic
Teresa J. Armstrong NDP
155 Clarke Rd.
London, ON
N5W 5C9

Home Care and Long-Term Care Critic
France Gelinac NDP
Hanmer Valley Shopping Centre
Suite 15, 5085 Hwy 69 N
Hanmer, ON P3P 1P7

Please write a letter to each of the above regarding our long-term care homes and the need to change how they are staffed and built so that there really is an IRON RING around these precious residents. When you write to each of these ministers and critics be sure to cc that you have sent letters to the 3 others as well. This will help to make sure they take notice. Be sure to ask an open-ended question in your letter so they are compelled to respond to you. You can ask a question like... Don't you agree that things need to change in our long-term care homes? Please let your Diocesan Resolution Chairs know if you receive a response. Thank you for helping some of our most vulnerable—they deserve our attention.



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



PRAYER DURING CORONAVIRUS PANDEMIC

O Clement, O Loving, O sweet Mother Mary,
We, your children of every nation,
Turn to you in this pandemic.
Our troubles are numerous; our fears are
great.
Grant that we might deposit them at your feet,
Take refuge in your Immaculate Heart,
And obtain peace, healing, rescue,
And timely help in all our needs.
You are our Mother.
Pray for us to your Son.
Amen.



This is from the website.... THE CATHOLIC COMPANY

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





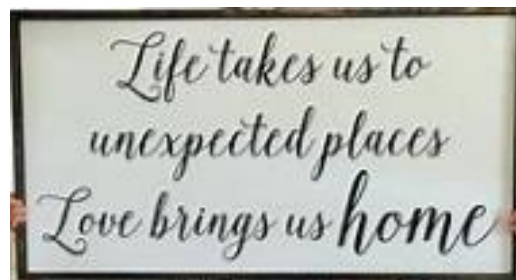
for

Thought



Do what you can.
Use what is in your hand.
Pray to the Man.
God will not do for you, what you
can do for yourself.
Home has become a sanctuary.

This crisis will not last forever.
We are in this together.
Let us have patience.





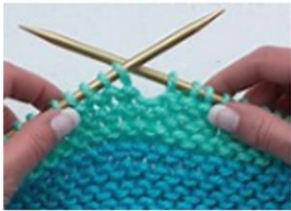
for

Thought

Be Creative.
Listen more.
Have fun doing things at home.
We are in this together.



KNITTING



CROCHET



QUILTING



Stay Fit & Healthy

All the photographs you had taken...

Create
a
Scrapbook
PAGE

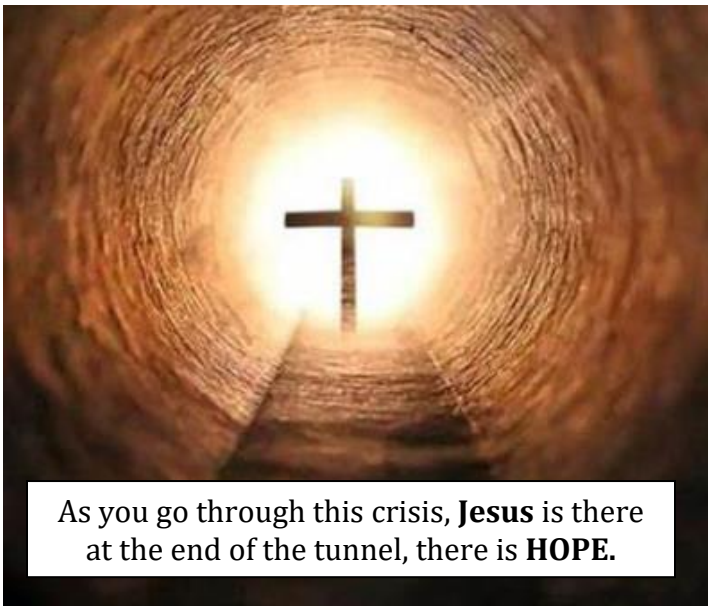


1. Sort Your Photos
2. Choose a Focal Point Photo
3. Choose Paper and Embellishments
4. Create a Background
5. Double Mat the Focal Point Photo
6. Group Mat the Supporting Photos
7. Add Photos
8. Add Journaling
9. Add Simple Embellishments

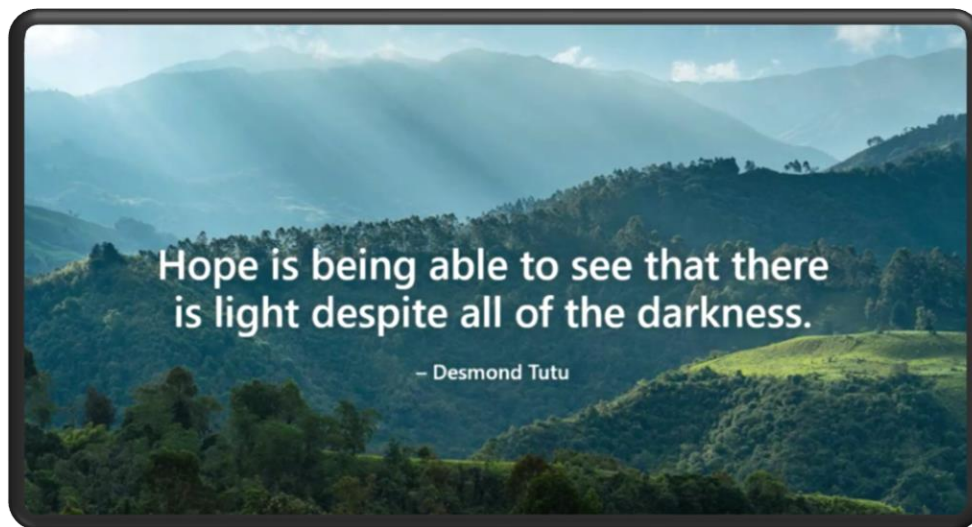
Quick and
Easy

Look at the positive side that Covid-19 brought along:

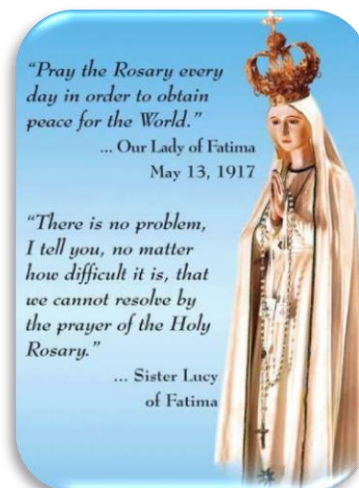
- ❖ Have seen more empathy, people reaching out, virtually either via phone call or face time via technology.
- ❖ Uplifting the unsung heroes who are working tirelessly "front line workers".
- ❖ It is awesome to see some of the workers being recognized "silent heroes" doing their job, keeps us fed and safe.
- ❖ When all this is over, do not tuck the lessons learnt on a shelf. Hope it has scarred you and make you realize that we are/were stopped in our track to pause - appreciate family, pray and reach out and appreciate the blessings in our lives.
- ❖ See things with new eyes, how important FAMILY is in our lives.
- ❖ Not to take anything for granted.



As you go through this crisis, **Jesus** is there at the end of the tunnel, there is **HOPE**.

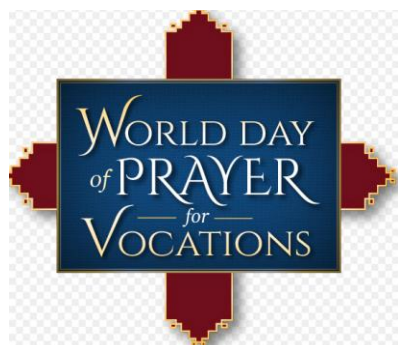


Some things to remember



World Day of Prayer for Vocations – MAY 3rd:

<https://www.vaticannews.va/en/pope/news/2020-03/pope-francis-sends-message-for-world-day-of-prayer-for-vocations.html>



Dear friends, on this day in particular, but also in the ordinary pastoral life of our communities, I ask the Church to continue to promote vocations. May she touch the hearts of the faithful and enable each of them to discover with gratitude God's call in their lives, to find courage to say "yes" to God, to overcome all weariness through faith in Christ, and to make of their lives a song of praise for God, for their brothers and sisters, and for the whole world. May the Virgin Mary accompany us and intercede for us.

--Pope Francis, World Day of Prayer for Vocations, 2020.

May 4-May 10 – Mental Health week / National Hospice Palliative Care Week

Check National website for prayers: <https://cwl.ca/12-hours-of-prayer-for-palliative-care-2020/>

Check this site : <https://www.yxebenefitsplan.ca/2020/04/16/2020-canadian-mental-health-week/>

Let's #GetReal about how we really feel. "Social distancing' is a misnomer: We should be physically distancing, but remain as social as ever "

– Margaret Eaton, national CEO of the Canadian Mental Health Association.



Mother's Day: Sunday, May 10th

Thank You for all that you do



March for Life May 10th – 14th:

Campaign Life will host a virtual March for Life. All events will be hosted on:

<https://marchforlife.ca/>

JOIN US FOR THE VIRTUAL NATIONAL
MARCH FOR LIFE FROM MAY 10-14,
2020

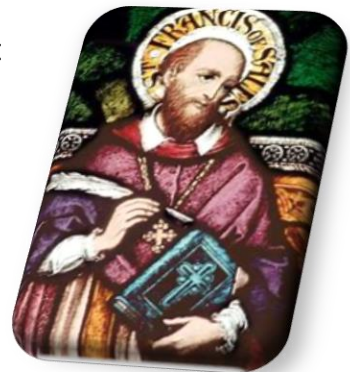


National Week for Life and the Family 2020.

The National Week for Life and the Family will be celebrated across Canada **10th to 17th May 2020**. Check this site: <https://www.colf.ca/en/in-action/item/301-national-week-for-life-and-the-family-2020>

World Communications Day will be celebrated **May 24** at the Vatican and in most dioceses. The papal message was released at the Vatican on Jan. 24th, the feast of St. Francis de Sales, patron saint of journalists.

Pope Pius XI proclaimed **St. Francis de Sales** as the **patron saint of writers** and journalists in 1923, because he used flyers and books to help guide people spiritually and convert Calvinists.



TORONTO DIOCESAN COUNCIL

One Hundred Years: Growing in Faith, Love and Service

A Prayer to celebrate the 100th Anniversary of the Catholic Women's League of Canada



Dear God, we give you thanks and praise for the gift of The Catholic Women's League of Canada, as we celebrate 100 years together as an organization within your Church! We thank you for the love and joy that the League brings, not only to its members, but to all the agencies and those less fortunate that we support.

May the Holy Spirit pour forth
Your love and grace into the
hearts of all who are celebrating this milestone Anniversary.
May Your Spirit be with us and inspire us as we plant a tree
in every diocese across Canada to celebrate our 'roots' from
the past century.



We pray, that as we continue to join together throughout the
year, to celebrate this joyous occasion, that You draw us ever
closer to You and to our Sisters in the League.

We thank you for the tremendous support of our Spiritual Advisors at all levels of the League.
We pray that you will continue to bless and keep them as they live and model their
commitment to the League.

We ask for your guidance as we begin our journey into the next century with our new
Strategic Plan. We know change is never easy, but necessary, to keep up with what is
happening in the League and in the world. Give us the strength, courage and knowledge to
see the Plan through to completion.

May the Catholic Women's League of Canada always proclaim love, peace and hope in Your
name. Grant that we remain a strong voice for women everywhere and that we continue
our wonderful work for God and Canada.

We pray, in Jesus name.
Amen

.....Submitted by Kate O'Quinn, Toronto Diocesan Spiritual Development Chairperson

(this prayer was written by Kate for this year's Toronto Diocese Convention)

