



September 2020 Edition

Featuring the Diocese of Pembroke and  
OPC Life Member Liaison, Jeannie Coleman

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



## *Colleen's Communications*

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God is good, all the time. All the time, God is good.

As I write this communication the weather has cooled to a balmy 25 and we are, hopefully, over the HOT, dry days that we here in Ottawa have experienced most of the summer. I am reminded that the generous harvests will soon be upon us and that the changing seasons only seem to intensify our love of the outdoors and all of God's creation.

What a lovely week it has been. I enjoyed the national summer speaker series so much. We are truly blessed to have such an amazing group of innovative women leading us. If you missed these presentations, they are now available on the national website soon.

As we all move through our recovery from this pandemic, my wish for you is that you find joy and peace in your activities. It may not be what it was before the virus, but

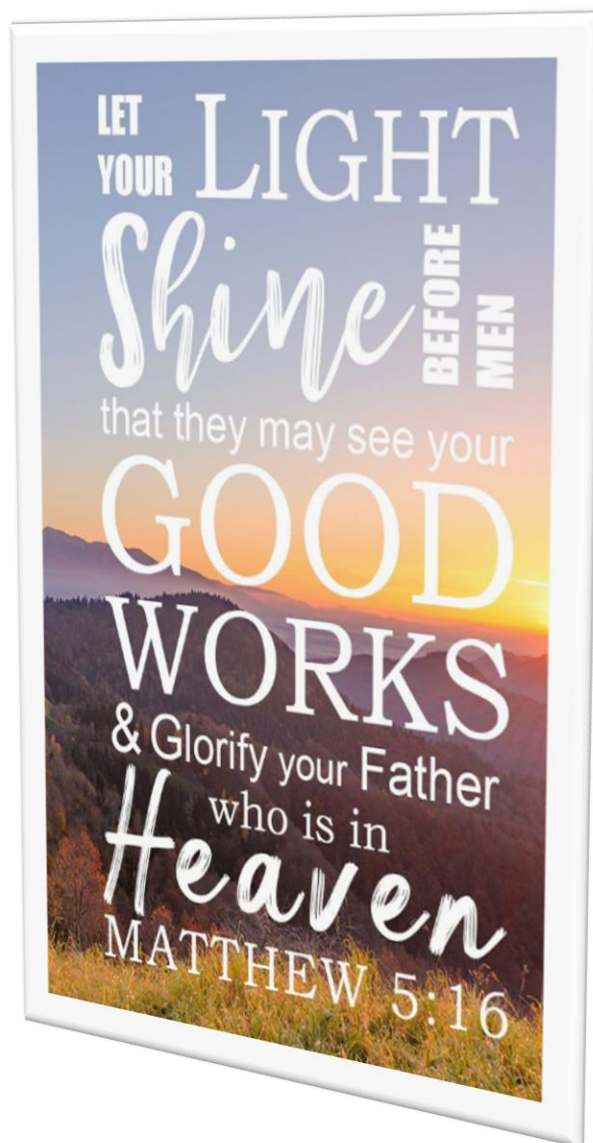
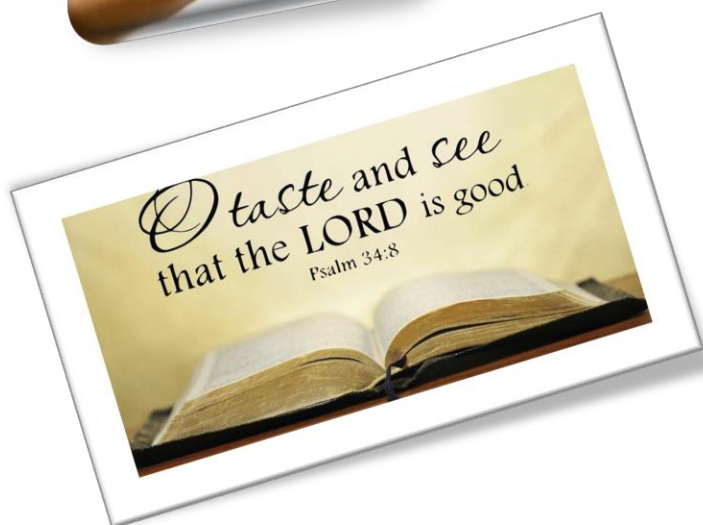
it will be as God's plan is for us all. Leave it in God's hands. He will show us what needs to be done and how to do it. I have heard incredible stories of survival amidst the loneliness of isolation. Many have found new, and old, ways of reaching out to those that need us. As well, we have learned to ask for help, to seek out a friend or colleague, who can help us through a bad day or just share some good news.

I have a new granddaughter. Freddie Mae Colleen Lockhart was born on July 28<sup>th</sup>, 2020 weighing 9lbs 7ozs and 22 inches long. She is a sweetie with strawberry blond hair and startling blue eyes. I thank God every day that my daughters and my grandchildren (all 7

of them) are in my "social bubble". They play a unique role in keeping my parents happy and not too isolated.

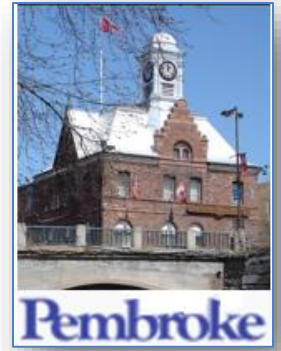
Until we meet again, know that you are always in my prayers.  
God is good, all the time. All the time, God is good.

Yours in faith,  
*Colleen*



## Pembroke Diocesan Council

CWL councils in the Pembroke Diocese remain strong and committed throughout this unusual time of COVID-19 pandemic. They have found ways to remain connected by telephone, zoom meetings and recently in small gatherings, wearing masks and practising physical distancing. Fundraising events have been cancelled, but this has helped them to see that CWL is more than fundraising. They have found more time for prayers, contemplation and connecting with one another. This time has given all to pause, to look at the world at what we do and develop new ways of living our lives for God and Canada.



CWL member, Pat Weller was presented with Life Membership. Pat has been a member of St. Michael's Parish, Douglas, for the past 28 years.

To commemorate the CWL's 100<sup>th</sup> anniversary, the Pembroke Diocesan CWL gathered at St. Francis Xavier Roman Catholic Church in Renfrew on July 29<sup>th</sup>, to dedicate their commemorative tree.



From left to right: Irene Perrault, T. Prince, Carmel Rumleskie, Pat Weller, Donna Provost, Sheila Bielawski, Elaine Turner, Joan Lemay, Fr. Kerry Brennan, Bev Drouin, Nancy Guyea. Angela McEachan and Irene Burchat.





**St Theresa's Parish Council**, in Temiscaming remained active in actions and prayers. Members living alone were called to chat, books and/or puzzles were delivered, groceries were picked up for some, others were taken shopping. Donations were made to the food bank and local church.

Keeping "Care for our Common Home" in mind, a small group of members collected trash to clean up the environment. A job well done! Trash picked up on the side of the road by Lynne Stymiest, Louise Rockburn and Terry Hodgson. (Masks were removed and remained silent until the photograph was taken).

**St. Michael's Parish Council**, in Douglas got creative during the pandemic and used new tools to serve and stay connected with members and parish community.

Member Angela McEachen sewed several hundred face masks.

Individually wrapped, they were set on her front porch for anyone passing by to take. Angela's daughter Teresa, also a CWL member, posted information on her Facebook page to let people know about the masks.



Duane Andrews held crowning of Mary ceremony in her own home. The statue was a gift from her late sister and the crown a souvenir from a family trip to New Orleans during Mardi Gras. The crown fitted perfectly on Mary's head almost as if it were meant to be. Duane's crowning service was accompanied by prayers and flowers and was shared with other members by email.

**St. Lawrence O'Toole Parish Council**, in Barry's Bay invited members and parishioners to donate to Bernadette McCann House in Pembroke.



The CWL had a wonderful surprise for Mary Yaraskavitch on her 85th birthday! 20 cars paraded to Mary's home outside Combermere. It was quite the spectacle with all the honking, balloons, banners, home-made signs as the cars made their way down the long drive to see her. Her son, Jerome, was prepared with a laundry basket to collect cards and presents as each carload stopped to congratulate Mary. She was taken completely by surprise and was thrilled to see them. In her home, she already had a collection of 79 cards, (now 105) which only reflects what an impact this truly unique and wonderful lady has had on her community and in the service of her parish.

**Immaculate Conception Parish Council** in Bryson, QC on June 12th held a tree planting ceremony. A red maple was planted on the grounds of the T.P. Tait pavilion.



**Our Lady of Mount Carmel Parish Council**, LaPasse, Ontario gathered outside at the Statue of the Blessed Virgin Mary and had a crowning of Mary service on the first Friday in May. Members and parishioners prayed the Rosary and Pope Francis' prayers were read.

Chalk River's Council President called each member to chat with them on Mother's Day.

**Our Lady of Fatima Parish Council,** (Renfrew) and local St. Joseph's High School offers a free monthly lunch to the Renfrew community. They welcome all to share in the delicious and balanced homemade meal prepared and served by the students under the guidance and assistance of teachers and CWL members. The spirit of friendship and community is enjoyed and appreciated by all.



**Our Lady of Good Counsel Parish Council,** Deep River used phones and email to check on members and the community who may be lonely or require assistance with delivery of groceries or other necessities. The North Renfrew Times was used to inform about drive through confessions, on-line masses, Catholic websites, the virtual March for Life, the Divine Mercy Novena, the on-line New Evangelization Summit. Secretary Coreen Alexander is pictured with donations to Bernadette McCann house.

The photo shows the Slight/Elgar Family baptism receiving a sacramental gift from St. Francis Xavier Parish CWL Council, Elaine Turner, Christian Family Life Chair on behalf of the local CWL Council.



***For everything there is a season and a time for every purpose under heaven"***  
***(Ecclesiastes 3:1)***







## Ontario Life Members for 2020

A big welcome to our four new Life Members for Ontario. With the cancellation of convention due to covid they will be installed at the next convention.



Sault Ste. Marie Diocese

**Karen McDonald** is a member of Our Lady of Hope Council in Sudbury, ON. She has worked as a legal assistant since 1990, the year she joined the CWL. When first elected to the Ontario Provincial Council, as Legislation Chairperson, Karen was part of the provincial delegation that visited the Legislature in 2018. She is presently Ontario's Provincial Education and Health Chairperson. Active in her parish and council, Karen has presented *Leadership and Public Speaking*, *CWL Jeopardy*, *Catch the Fire!* and *Knowing the League!* workshops. In 2020, Bishop Marcel Damphousse of the Diocese of Sault Ste. Marie invited Karen to represent the League on a new committee being formed entitled "*Catholic Connections*". Karen credits her grandmother and mother for her faith. She believes her greatest gifts are being able to communicate and to listen. Karen has encouraged many women to join the CWL and is blessed to serve through her League involvement.

**Joanna Sisk** has been a CWL member in good standing, at St. Ignatius the Martyr Parish, (Ottawa) since 1974. She served 14 years at diocesan level and a term (2017-2019) at Provincial level as community life chairperson. She was a coordinator and a facilitator for *Catch the Fire* workshops in the Ottawa Diocese (2014/2015). Her experience as an outreach nurse to the homeless helped her share awareness as guest speaker in Kingston, Alexandria-Cornwall, and Ottawa Dioceses. For several years, she was a team member of the diocesan executive who visited councils going through rough patches. Her sense of humour, common sense, creativity, enthusiasm for the League and persuasive nature were positive attributes, during these visits to councils and to the League. She co-created the provincial project "Warmth and Comfort" (2018/2019), which was very successful in collecting warm socks and food or gift cards, for the homeless. Her experiences have given her a good perspective on the importance of caring and nurturing others, an attribute she continues to share. She has shown this care and concern to many of her CWL sisters over the years and continues to be a mentor and friend to them. This is an important time in the League, and she is happy to be a Life member as the future unfolds.



Ottawa Diocese



*Peterborough Diocese*

**Wendy Tedford** became a CWL member with St. Joseph's Douro in 1999 after being approached in a dark parking lot after Mass one evening! The request came during a very difficult time and she certainly had no time to take on another project; however, they needed a secretary and as so many other stories go, you know the rest. Wendy really knew very little about the CWL however, in a very short time the knowledge began to grow. After her first president's meeting at the diocese level, which was mostly a listening meeting for her, she was drawn into yet another larger picture of the organization. A few years went by and the Diocese President at the time contacted her to consider the Communications Chair. Given she tends to be a little social and have some computer skills she replied that she would try it and from there she became hooked to the CWL picture. Conventions became the norm for spring and summer each year. Knowledge and skills grew, and she was so fortunate to be mentored by many great ladies and priests, at different levels. Throughout her CWL life, Wendy has been a single mother to two boys, 9 years apart. Her children have contributed to her many ideas and projects, spending many hours assisting her, and moving out of their space to accommodate CWL papers and projects. They of course believe she is crazy at times; however, they also respect the CWL life and understand how members get so involved and dedicated to CWL causes.

**Pat Weller** is an active member of St. Michael's Parish in Douglas, Ontario where she assists with the music ministry. She joined the CWL in Douglas in 1992 and has held positions at the parish level since 1993. At the urging of a Life Member, she let her name stand for diocesan council and was elected in 2011. She served as diocesan president from 2015-2017. At provincial level, she was a member of the Guidelines and Policy and Review Committee from 2017-2019 and is currently on her second term as sub-committee member for Christian Family Life. She has helped facilitate workshops in her diocese including *Catch the Fire!*, Strategic Planning and most recently one on plastic waste. Life lessons learned from the CWL are the template she strives to impart to members like giving, serving, realizing personal gifts and strengths, recognizing the worth of others and helping them see their gifts.



*Pembroke Diocese*



## **Celebrating 100<sup>th</sup> Year Centennial Of the Catholic Women's League at Holy Family Church, Thunder Bay, June 2020**



The Ladies of the Catholic Women's League Centennial Committee at Holy Family Church, Rosslyn Road, Thunder Bay created a Banner to commemorate the 100 Year Centennial of the Catholic Women's League. (1920-2020)

The Banner was placed at the front of our Church behind the award-winning Catholic Women's League Garden so that those driving by will be aware of the Catholic Women's League 100-year Centennial.

Father Jerin was very pleased to receive the Banner. It was presented to him by the Centennial Committee consisting of Mary Ann Menic (banner maker extraordinaire, (Armaline) Lolly Morgan, Father Jerin and Joanne Robin (President Holy Family Catholic Women's League). Our gratitude and thanks to Father Jerin, Mary Ann Menic, and Armaline (Lolly) Morgan.



## Toronto Diocesan Council Virtual Celebration

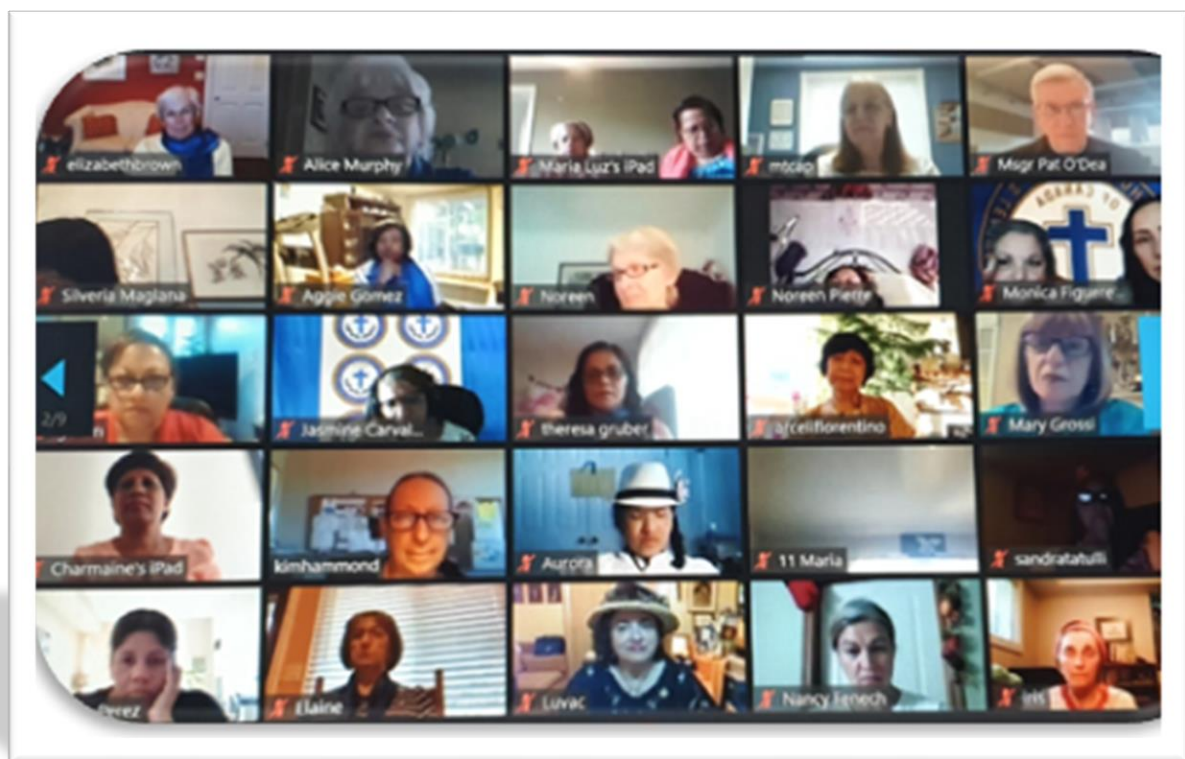
The virtual celebration was held on June 17, 2020 for the 100<sup>th</sup> anniversary of The Catholic Women's League of Canada. There were 230 members, spiritual advisors and life members present. Invited guests were Anne-Marie Gorman, honorary life members (Betty Ann Brown-Davidson and Margaret Ann Jacobs), Betty Colaneri and Diane Lemay, Chairperson, 2020 Montreal Convention Committee. His Eminence Thomas Cardinal Collins and Colleen Perry, OPC President sent in video greetings.

The celebration included a prayer service with thanksgiving prayers for the milestone events in the League. The social included greetings, cake cutting and dancing to the *Celebration* song.



Betty Colaneri, National 100<sup>th</sup> Anniversary Committee Chair

Members enjoying the virtual celebration:







As we are still going through the pandemic, build your own bubble of people. Better together. What we do will help one another.

## Better + Together

**Places are opening  
because of the economy.  
Not because it is safe.  
Keep that in mind.  
Wash your hands.  
Wear a mask.  
Keep social distance.  
Avoid crowds - Stay safe.  
Your Family needs you**



- ✚ Do not respond to emails or click on links, if you are not aware of the sender.
- ✚ The COVID-19 pandemic has been a breeding ground for phishing scams, skimming attacks and a host of other cybersecurity.
- ✚ With the sudden shift of workforces now working from home there is a rise in threats. Opportunistic cyber-criminals hoping to cash in on the situation.

# Food *for* Thought



We need to communicate; our creativity needs to flow out.... Lockdown has been a perfect storm for developing bad habits. The best solution is finding substitute routines that make us feel more hopeful and confident.

Fear of the unknown, the stress of being paused, learning how to juggle home and work life... all this led to some negative behavioural patterns. By finding positive substitutes to negative patterns, you will achieve more and be happier. Remember to take breaks.

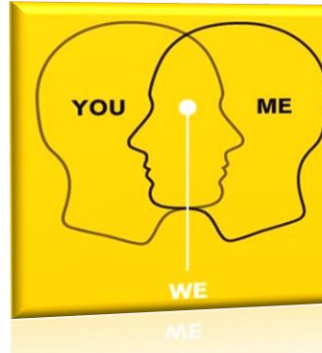


Close your eyes, breathe, focus, and re-live the beautiful holiday you had, an experience of happy memories, play calming music.....Let your imagination fly.....



Seeing with the **eyes** of another,  
Listening with the **ears** of another,  
And feeling with the **heart** of  
another.

**Empathy** should become more  
relevant in this new norm of life  
that each of us are going through,  
as the emotional challenges for all  
of us are many.



## FIRST PRAYER OF SEPTEMBER September 1, 2020

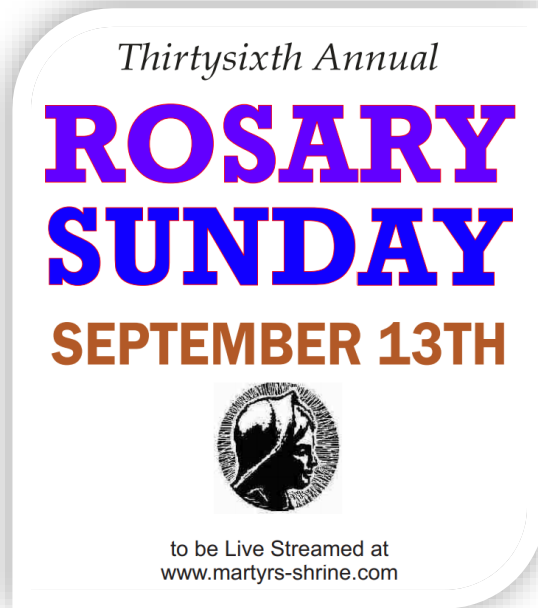
Dear Lord, Thank You for all the  
blessings you have showered upon us  
throughout the entire month of August.  
Thank You for protecting us and for all  
the lessons we learned. With the all ups  
and downs, good things or bad things  
that happened, we still praise You and  
Thank You. As we start this new month,  
please be with us. Guide us with Your  
Holy Spirit and keep us safe always. May  
this month will be filled with positive  
vibes, blessings and miracles. In Jesus  
Name, Amen!

ovina Jesus Divine Mercv





## **Things to remember:**



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## **Vatican publishes book containing Pope Francis's "lockdown" homilies**



## **Downloadable publication of Pope's prayers and homilies now available**

<https://www.vaticannews.va/en/vatican-city/news/2020-04/downloadable-publication-popes-prayers-and-homilies-now-avai.html>

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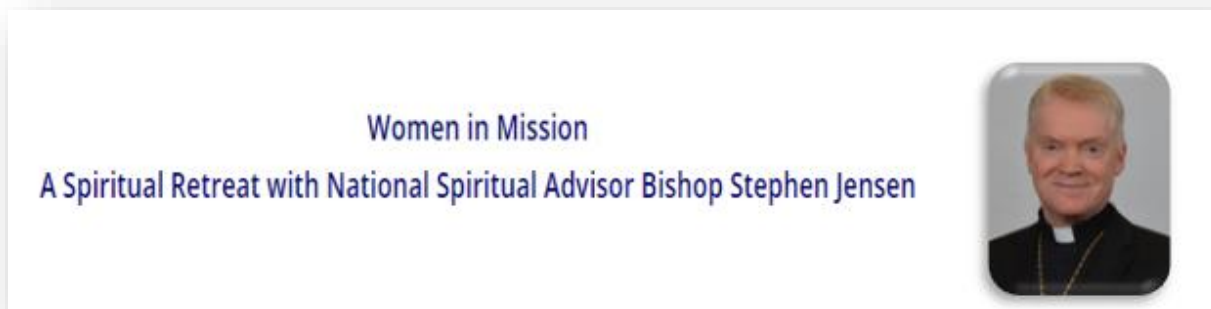
The League celebrates the first annual National Day of Prayer for Christians in the Holy Land. Encourage members to circle September 21<sup>st</sup> (also the International Day of Peace) on their calendar. With the current unrest in the Middle East and the devastation that occurred in Beirut, Lebanon, prayers for peace are greatly needed.

Due to the COVID-19 pandemic, members might not be able to celebrate the day of prayer as a council activity. Check the National website <https://cwl.ca/> for the directive dated August 27, 2020 from Marie Rackley Community Life Chairperson.

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Date: September 16, 2020

Time: 12:00pm CDT



Join members from across Canada for an online spiritual retreat. Go to the National website to Register <https://cwl.ca/> or click below: <https://register.gotowebinar.com/register/2279017533766156557>

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CATHOLIC MISSIONS IN CANADA

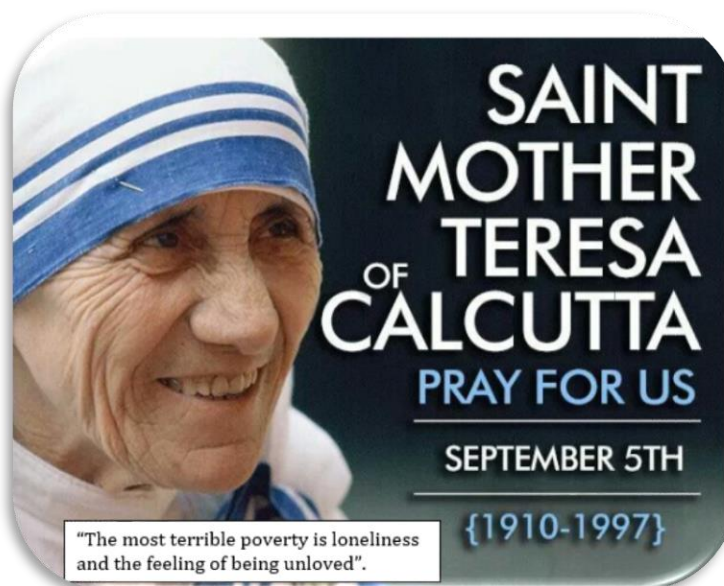
Date: October 1<sup>st</sup> – CWL Day of Prayer for Home Missions in Canada.

Plan special activities. Catholic Missions in Canada (CMIC), is need of prayers and assistance.

Some of the activities mentioned by Shari Guinta, 1<sup>st</sup> Vice President and Chair of the Standing Committee of Spiritual Development are:

- Create a special prayer for missions.
- Invite all members to say the Rosary at a specific time on October 1<sup>st</sup>.
- Contribute to a home mission, particularly CMIC.
- Participate in a project for home missions – collection of items that a mission may need in your area.
- Publicize what you do in your parish and be sure to report the activity in your yearend survey.





*'Works of love are works of peace.'*  
~ St. Teresa of Calcutta

<b>1910</b>	Born Aug. 26 in Macedonia
<b>1928</b>	Makes first vows with Loreto Sisters in Dublin
<b>1934</b>	Named principal of girls school in Kolkata
<b>1946</b>	Receives inner call to serve the poor
<b>1950</b>	Establishes Missionaries of Charity
<b>1952</b>	Opens home for dying destitute in Kolkata
<b>1965</b>	Receives pontifical approval for her order
<b>1971</b>	Receives first Pope John XXIII Peace Prize Establishes first U.S. foundation of her order
<b>1979</b>	Receives Nobel Peace Prize
<b>1990</b>	Resigns as head of order, but re-elected in unanimous vote
<b>1997</b>	Turns over leadership of order to Sister Nirmala Dies in Kolkata Sept. 5
<b>2003</b>	Beatified by Pope John Paul II
<b>2016</b>	Elevated to sainthood

**Prayer to  
Saint Teresa of Calcutta**

Loving Heavenly Father, You blessed Saint Teresa with gifts of love and compassion so she could spend her life in service for the poorest of the poor. May we imitate her examples of holiness by sharing our faith and reaching out to those in need.

O Saint Teresa of Calcutta, so compassionate were you toward the sick, the hungry and the unwanted. Your heroic virtues and the graceful faithfulness in which you lived as a servant of God are beautiful examples of your love and union with Him.

Help us to serve every person we meet with joy and a smile. Help us to be missionaries of Christ, our peace and our hope. Amen!

Feast Day September 5