



June 2021 Edition

Featuring the Ottawa Diocese and OPC Organization Chair, Linda Squarzolo

"Care for our Common Home"



Colleen's Communications

"Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead"

1 Peter 1:3

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What a joy filled spring we have been having here in Ottawa. This week the temperature will rise into the high twenties with little rain. I even have my flower garden planted already.

As The Catholic Women's League of Canada moves into the next year of the strategic plan there are many opportunities for members to get involved in the implementation process. Watch the national website for updates. We are a grassroots organization. The future is in our hands.

The decisions that are being asked of members by March 2022 are difficult but necessary. I would ask that you make an informed decision; prayerfully discerned with lots of discussion. Ask questions, get answers, share your research. Each member's input is valid. Vote with your conscience. Jesus said, *"Be not afraid"*.

One hundred and seven members have registered to attend the virtual provincial annual meeting of members to be held July 12th, 2021. Registration has now closed. Details to access the meeting and to cast votes will be emailed to those individuals soon.

There is sunshine over the horizon. This morning over 50% of Ontarians have received their first dose of vaccine. We are still under lockdown but there is light in our future. We may be able to gather next year. What a time that will be! Ottawa Diocesan Council has agreed to host us again so plan on attending in person!

Yours in faith,

Colleen Perry



The desert and the parched land will be glad; the wilderness will rejoice and blossom. Isaiah 35:1

For I will pour water on the thirsty land, and streams on the dry ground; I will pour out my Spirit on your offspring, and my blessing on your descendants. They will spring up like grass in a meadow, like poplar trees by flowing streams. Isaiah 44:3-4



Update on 2021 Ontario Provincial Annual Meeting of Members

This is the time of year that we are all looking forward to attending our own Diocesan conventions and the Ontario Provincial convention. We usually are making travel plans with other delegates, checking on hotel reservations and tour descriptions. Our bags are packed, and we are ready to go!

COVID changed that for another year BUT this year we are meeting virtually, or partially virtual, on Monday July 12th. I have set aside Tuesday, July 13th in the morning just in case we run out of time.

To meet our legal requirements there must be three delegates in the room. Due to current health restrictions, there will be three accredited delegates and myself together, meeting all physical distancing requirements at a business in Cornwall Ontario. The rest of the 104 members who have registered will be virtual via GoToMeeting. The voting system will be monitored by a moderator who will tabulate registration and voting results as the day goes on.

The opening mass will be live streamed from Notre Dame Cathedral Basilica in Ottawa on Sunday July 11th at 2:30pm. The link will be made available to all on the OPC homepage.

For those who have not registered I ask that you keep the Ontario Provincial Council in your prayers on July 12th. Your elected leadership has worked hard through this difficult time to keep our members informed. We all hope that you feel the sisterhood even though we cannot be together.

I pray that we will meet face to face next year in Ottawa. I miss all the hugs and smiles and laughter.

God bless you all. Be safe!

.....Submitted by Colleen Perry, Ontario Provincial President

Ottawa Diocesan Council

It's been just over a year now, that we have been thrust into a new reality for which we were unprepared for. This societal challenge has moved us into dimensions of knowledge we thought we didn't have. We are doing it ladies!

In Ottawa, our members have continued to serve their communities during the pandemic as best as possible. Councils have remained active. Members have taken the plunge in hosting diverse League activities and workshops. Inspired by the possibilities, members are learning new technologies that bring all of us together virtually. When we hear, "Oh, this is my first time using this type of technology. Isn't it wonderful? Teach me how this works." Zoom, GoToMeeting, Webinars, etc., gave us the ability to be present for each other, empowering us to remain connected as we continue to do Jesus' loving ministry.

Change, COVID-19, and its variants, compelled us to open ourselves up and broaden our perspectives on life leading us to find new ways of reaching out and interacting with our sisterhood, families and friends while staying healthy in the safety of our homes. We learned new and creative ways to move in a positive direction and embraced this change. Our weekly "CWL Wednesday!", fervent daily prayers, and outreach is still going strong. In fact, it has brought us closer together as sisters in the League and our members are to be commended!

We have also had to adapt and be flexible in planning our League activities. Our 2020-2021 Annual Meeting of Members (AMM) had to be postponed to the fall due to the province-wide partial shutdown in early April and the extended stay-at-home order still in effect as I write this article. The stay-at-home order prohibits any number of us from gathering indoors or outdoors unless with members of the same household. Going forward into June, we wanted our members to look forward to better days as the summer begins.

Along with this decision, sadly, the Ottawa Diocesan Council will no longer be hosting the 2021 Ontario Provincial AMM due to the ongoing pandemic as instructed by our Ontario Provincial President Colleen Perry. This news came with disappointment, but we were not totally surprised. The planning committee has been getting together for two years and each chairperson had adjusted their plans accordingly. I was really impressed with their ingenuity and utmost collaboration. However, there is good news. The Ottawa Diocesan Council will be hosting the 2022 Ontario Provincial Convention/AMM! This means, Ottawa is praying that we will see you all in person next year! It will be a celebratory momentous gathering of likeminded women – and all for God and Canada!

Our Lady of Good Counsel, *Pray for us.*

Love, Peace and Joy,
Lynn Lavictoire
President, Ottawa Diocesan Council
The Catholic Women's League of Canada

OTTAWA DIOCESAN COUNCIL ADVENT MASS

Hosted by Immaculate Heart of Mary Council

This last year our regular Advent Retreat could not be held. However, Immaculate Heart of Mary (IHM) Council found a way to bring us together for an Advent Mass on Saturday, November 28, 2020. Led by our Diocesan Spiritual Development Chair Janet Warren and organized by IHM council members, this was an opportunity to see a few of our members come out in joyful anticipation of the coming of Christ. As Pope Francis said, "Advent increases our hope, a hope which does not disappoint. The Lord never lets us down." This gathering, although small in number, was still a way to allow Christ's love to come into our hearts and lift us up in His joy. Members who attended the Advent Mass enjoyed it and some said they wouldn't miss it for anything!

The Mass was presided by Fr. Pierre Champoux who did a wonderful homily on the Symbols of Advent. A copy of this teaching was put in the Prayer Room of our diocesan website for everyone to read. Our Diocesan Spiritual Advisor Fr. Paul Gaudet could not be with us due to illness, and we missed his words of wisdom.



A big thank you goes out to all the ladies who helped organize this event, including our Diocesan Christian Family Life Chair Jennifer Jones who did the readings, and for being a big part of the one body of Christ as we began our journeys in Advent. Saint Josemaria Escriva said, "Advent is here. What a marvelous time in which to renew your desire, your nostalgia, your real longing for Christ to come – for him to come every day to your soul in the Eucharist."

Although IHM hosted this first COVID-19 CWL Advent Mass with joy, Council President Frances Murphy-Pike was unable to attend due to unfortunate circumstances but was with us in spirit. As our Life Member Liaison Moira Matthews expressed, "it was a very 'prayerful' Mass and fitting to our Advent journey."

LEAGUE DEVELOPMENT DAY, 2-PART SESSION

Hosted by the Ottawa Diocesan Council

Our League Development Day (LDD) 2-Part Session was successful. This was our first attempt at hosting a virtual event. These sessions were led by Professional Facilitator Leslie Giddings.



Our excitement grew when the registration had taken a turn as our event went viral. It seemed as though the Holy Spirit was at work and God was pointing us in a new direction. Were we nervous? Absolutely! Our sisters across the country showed us there was a thirst and a need to reach out to one another even virtually. We matter.

The LDD was held on Saturday, February 13 and 27, 2021. Both sessions were from 10:00 to 11:30am. Approximately 190 members attended both sessions. Since this was our first time, and first time virtually for many, it was definitely a learning experience.

Our facilitator, Leslie, inspired us with new concepts on diversity of talents, growth, hospitality, etc., and led us into a new way of thinking. The energy shone through the chat with such amazing speed! Just what we needed in the moment. If you want to see it again, the links to both sessions are available on the Ottawa diocesan website <https://ottawa.cwl.on.ca>.

Gratitude goes out to all the Ottawa Diocesan Officers for their support in this endeavor as we wanted to instill some sense of normalcy during the ongoing pandemic. Moreover, it was a way to be with you!

HAPPY 100TH ANNIVERSARY!

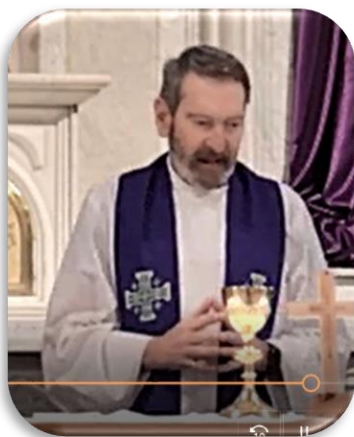
At our recent executive meeting held in May, it was decided that a tree would be planted to commemorate the League's 100th anniversary. Much discussion went into deciding where the tree would be planted. The Ottawa Diocesan Christian Family Life Chair Jennifer Jones took on this project. She recently received an email confirming that her request to have a tree planted at the new Archdiocesan Centre was approved. Details in the procedure of what comes next will follow in the next couple of months. A Canadian Maple will be planted, and a plaque will be made in honour of The Catholic Women's League of Canada for its 100th anniversary. Congratulations!



LENTEN MORNING OF REFLECTION Hosted by the Ottawa Diocesan Council

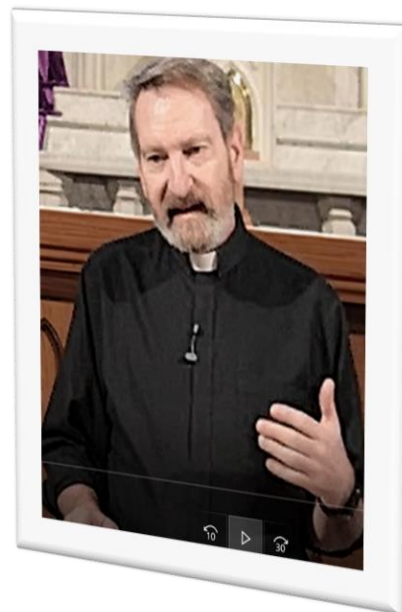
Our Lenten Morning of Reflection was held on Saturday, March 13, 2021, via Zoom.

The Ottawa Diocesan Council attempted to create an atmosphere that would remind us, somewhat, of how our morning would normally begin. It was also an opportunity to pause and reflect on our Lenten journey as we prepared for the celebration of the passion, death, and resurrection of our Lord at Easter. A journey that, when shared together, lightens our burdens, lifts our hearts, and helps us grow in God's love.



Our morning began at 9:00am with daily Mass at Holy Name of Mary Church in Almonte. This virtual Mass was presided by our Diocesan Spiritual Advisor Fr. Paul Gaudet. When Mass ended, we went for refreshments in the comfort of our homes. We were also able to take time and chat before we gathered again at 10:00am.

At that time, Fr. Paul Gaudet gave a reflective talk on "Our Biases." Afterwards, our Diocesan Spiritual Development Chair Janet Warren led us in prayer, in quiet time in virtual Adoration in Melbourne, Australia, breakout sessions, finishing the morning with the Stations of the Cross. With 70 members in attendance, it was nice that we could travel together as sisters in Christ even if it were only for a short time.



FEAST OF OUR LADY OF GOOD COUNSEL

Hosted by Annunciation of the Lord Council

Plans to celebrate the feast, of our patroness, Our Lady of Good Counsel, and memorial was organized by our Diocesan Spiritual Development Chair Janet Warren. The Eucharistic celebration was held on Monday, April 26, 2021, at 7:00pm. The Mass was livestreamed and received approximately 500 views between YouTube and Facebook.

Council President Michele Hundertmark and her members made this feast come alive with all who worked quietly in the background. It was these same ten people in attendance who made this feast memorable while keeping everyone safe.

Annunciation of the Lord Council Spiritual Advisor Fr. John Likozar CC celebrated the Mass. He led us in the liturgy and kindled our love for the Lord. Parish Council Presidents and their council members were invited to participate virtually. This invitation was also extended to the families of our deceased members.



The Mass was solemn, especially when our Diocesan President Lynn Lavictoire read all the names of our deceased members for 2019 and 2020. In the sanctuary, was the icon of Our Lady of Good Counsel that was donated to us by the Life Members to the Ottawa Diocesan Council on our 80th anniversary. The flowers in front of the altar represented each of our deceased sisters. There were eighty yellow and blue carnations. In addition to honouring our deceased members, we honoured all members who received service awards in 2019 and 2020. It was truly a beautiful celebration of the Eucharist.



AWARD - Life Member Joanna Sisk

In the morning of Monday, April 26, the feast day of our patroness, Our Lady of Good Counsel, the Ottawa Diocesan Council of The Catholic Women's League of Canada sent a bouquet of flowers to our new Life Member Joanna Sisk. This was to celebrate her award which she would have liked to be presented in person. Since we don't know when in-person meeting restrictions will be lifted, Joanna had asked for her award to be mailed to her. The diocesan council felt it wasn't enough of a celebration, so on the feast day, we sent her flowers. The bouquet was quite large, and Joanna was thrilled to have received it. She also wanted everyone to know that she was truly thankful for the gift. Congratulations Joanna!



REMEMBRANCE DAY 2020 - CWL *Lest We Forget*

.....by Lynn Lavictoire, President, Ottawa Diocesan CWL Council



On Wednesday, November 11, 2020, the *Lest We Forget* wreath from The Catholic Women's League of Canada was laid by a member of the Royal Canadian Legion as physical attendance restrictions were in place due to the pandemic. This would have been my third time laying down the wreath as a representative of the National Council of the CWL.

There is something really special that happens when attending in person. The emotions, the solemnity, the speakers, the ambiance, the veterans, the crowds, etc., all pull one into a place of remembrance. This year

the event was small and most people attended virtually. I visited the National War Memorial in the afternoon, carried all our members in my heart and prayed for love, peace and joy for all who love our country – for God and Canada.

THE CATHOLIC WOMEN'S LEAGUE OF CANADA
OTTAWA DIOCESAN COUNCIL

PRESENTS

ICONOGRAPHY

By Olenka Galadza



The Ottawa Diocesan Council is hosting a presentation on Iconography.

Our presenter, Olenka Galadza is a Ukrainian Catholic catechist, retired OCSB teacher, and life-long student of Byzantine iconography. Join us, and together, we will learn about the history, meaning, and interpretation of this spiritual art form. This event is free!

WHEN: Saturday, June 12, 2021

TIME: 2 :00 P.M. – 3 :00 P.M.

LOCATION: Via Zoom

REGISTRATION: Register in advance for this event:

https://us02web.zoom.us/meeting/register/tZUodOyprikrH9dQi05SwTCUsrYr2f4VRi_S

After registering, you will receive a confirmation email containing information about joining the meeting. Please come and join our virtual event 15 minutes before the presentation begins.

JOIN US, ALL ARE WELCOME TO ATTEND



2022 ONTARIO PROVINCIAL CONVENTION Hosted by the Ottawa Diocesan Council

As we say goodbye to the 2021 Ontario Provincial Convention Planning Committee, we say hello to the 2022 Ontario Convention Planning Committee as the Ottawa Diocesan Council of the Catholic Women's League were gifted and have welcomed another opportunity of hosting this event in keeping with the tradition of hosting the provincial convention in the hometown or city of the provincial president in her last year of office.

The members of the Ottawa Diocesan Council and the 2022 Ontario Provincial Convention Planning Committee look forward to starting afresh in the fall with new and former committee members. See you all in July 2022!

SAVE THE DATE: JULY 10-13, 2022.



Organization News

There are so many new and exciting events happening in the League and I am anxious to share them with you.

The **"Welcome Program"** was presented to the diocesan presidents and organization chairs. Many have already shared the information with their diocesan executives and parish presidents. Since it is a program developed under the "Strategic Plan", if any expenses are incurred to present the program, councils can apply for money from the national development fund. The program booklet is available on the provincial website cwl.on.ca



"Join" feature on the national website (cwl.ca) has been available for a few months. When on the national website, you will see a button inviting someone to join the League. She will be contacted and receive a letter of welcome. Her contact information will be shared with the diocesan and parish presidents-elect so they can also welcome her. What a wonderful way to encourage a new member!

"To Inspire" is a new feature on the national website (cwl.ca). If you have not yet checked out these videos, I encourage you to do so. One of my favourites, of course, is the one about the impact of CWL Resolutions. Take time to view them all. You will be "inspired"!

You will be hearing about other new programs, designed to encourage and educate members, as they become available.



Join [Join - The Catholic Women's League of Canada \(cwl.ca\)](http://cwl.ca)

To Inspire [To Inspire - The Catholic Women's League of Canada \(cwl.ca\)](http://cwl.ca)

I am anxiously waiting for my second dose of vaccine so my life can become more normal. Are you planning to be vaccinated?

Finally, the last year has been a challenge for everyone, and the League has also been affected. I urge you to stay strong, stay safe and reach out to other members. Many of our members are elderly and would welcome a call from their League sisters. Take time to make their day!

.....Submitted by Linda Squarzolo, OPC Organization Chair



What do you get for your membership in The Catholic Women's League of Canada?

I have been asked this question many times over the last few months as members discern the proposed increase in per capita fees. I want to share my thoughts.

When I joined the league in 2003, I wanted to improve my prayer life and receive spiritual development and guidance. I had never felt the joy of praying together with a group. I have experienced that many times since then. I have never felt the same thrill as I felt in Edmonton at the national convention when over 900 women stood and prayed together. My heart was filled, and my faith increased ten-fold.

I have made so many friends along my own short journey with the CWL. They rejuvenate me, they support me, and they make me laugh. My CWL sisters make my faith journey so rewarding and joyous, even when things are not so good.

When asked the title question, I can only respond with the following:

I get the spiritual development that I seek. I get the prayerful support of the over 75,000 members who pray for each other every day. I get the friendship and fellowship that comes with membership. I get a voice, at the community table, the municipal table, the provincial table, and the national table.

For me, that is priceless!

Each member must discern for herself. Does your membership help you in any way?

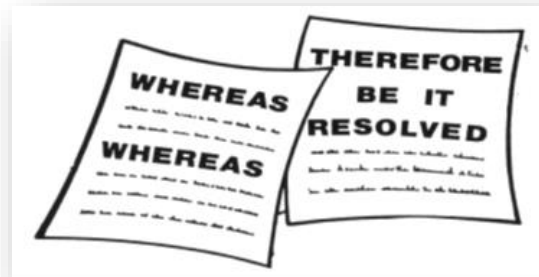
I say a resounding YES. Just like Our Blessed Mother, my answer will always be YES!

"Women instinctually know how to nourish each other, and just being with each other is restorative". ~~~~ By Tanja Taaljord.

.....Submitted by Colleen Perry, Ontario Provincial President



RESOLUTIONS



This pandemic has shown us many inadequacies in the way we care for the vulnerable members of society. Have you discussed some concerns with your sisters in the League? That is the start of a resolution, discussion and then deciding to act and create a resolution. Many members have noticed areas of concern but then are afraid to move forward. There is a fear and not knowing where to find back up material for a resolution. A great resource for finding reputable, Canadian information is your MP or MPP depending on the resolution. This is a wonderful way to become “known” to your MP or MPP. The more you are in contact with them, the more they understand your position and areas of concern. They can also put you in touch with the office of the Minister that your resolution topic would fall under. You can then email/call the office and ask where to find accurate and reputable information regarding your area of concern. Another great resource is the Opposition Critic’s office. So rather than just thinking about your idea for a resolution, why not take this step to reach out for assistance. Your resolution may be a wonderful benefit to many citizens of Ontario or the entire country. Our lockdown time is the perfect opportunity to begin a resolution—are you ready?

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



Reflections on the Pandemic

Who would have ever thought our world could ever be turned upside-down, and inside-out, as it has been by this COVID pandemic and now by all the variants? Eighteen months ago, we had never heard of this disease and didn't know such a thing existed. We mourn for those who have been lost to this disease and those who still suffer from its effects. We have been forced to make many changes in our lives to cope with the new reality of handwashing, mask-wearing, sanitizing and staying home.



In a recent article published in **Sudbury.com** (***Opinion: There are silver linings to the pandemic, if you just know where to look, April 14, 2021***), Geoffrey Loughheed wrote about the people who are selflessly helping others in various ways. I urge you to "Google" the article. It is uplifting and worth reading. It made me think about the silver linings I have experienced:

- ❖ Hearing about council presidents who made phone calls to every one of their council members.
- ❖ Seeing League members finding creative ways to continue their League work, in spite of the obstacles they face and sharing these ideas with others.
- ❖ Videoconferencing with League sisters across the province and across the country and making special connections with them.
- ❖ Being able to participate in liturgy online and, sometimes, in person.
- ❖ Having health-care workers, store clerks, delivery people and all the essential workers who continue to serve.
- ❖ Feeling the love of family, with their frequent phone calls, even if we can't visit in person and finding creative ways of celebrating special events.
- ❖ Having time to do crafts like embroidery and knitting and giving the products away as gifts. Every time my 1 ½ -year- old grandson puts on his mittens he states, "Gran made these."
- ❖ Who or what are your "silver linings"?

.....Submitted by Linda Squarzolo, OPC Organization Chair



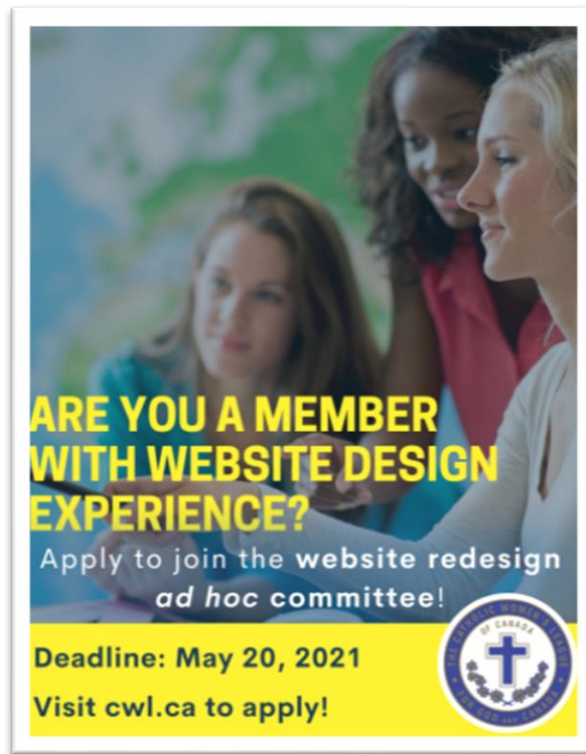
Did you know?

- You can request a congratulatory certificate and letter for councils celebrating a significant anniversary?
- Also available congratulatory certificate for individual members celebrating a significant birthday.

They can be requested through the Provincial President at presidentontario@gmail.com.

An ask from National

You may have seen the below request on the National website and on their Facebook.



The deadline has been extended. Take a look around in your council and do the following:

- 1) Reflect upon women in your sphere and discern whether there may be someone who would be qualified for the task. Then, please invite them to consider applying.
- 2) Reach out to your diocesan presidents (or parish councils) to ask them to please reach out to women who may qualify.

The redesign of the national website has been identified by many members as important. In order to move forward with this endeavour, they need to populate a committee of skilled women.

[Click here for more details](#)



Food *for* Thought

♥ Last month (May) was considered **mental health awareness**.

Taking care of ourselves should not be optional or assigned to one month in the calendar year, it should be every day, but sometimes it's easy to forget.



We can make a huge difference if we remind others too.
The advice to self and friends should be "the importance to listen when our body and mind give us the signals".



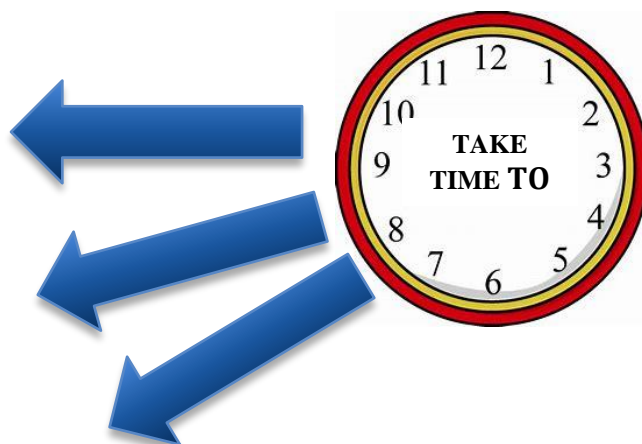
Mediate, relax.
Exercise, long walks.
Healthy eating



Positive thinking



Laugh, enough sleep!



The secret to living well and longer is, eat half, walk double, laugh triple and love without measure.
...*Tibetan Proverb.*

A question worth considering: What's in my cup?

**You are holding a cup of coffee
when someone comes along
and bumps into you or shakes your arm,
making you spill your coffee everywhere.**

Why did you spill the coffee?

'Because someone bumped into me!!!'

Wrong answer.

You spilled the coffee because there was coffee in your cup.

Had there been tea in the cup, you would have spilled tea.

Whatever is inside the cup is what will spill out.

Therefore, when life comes along and shakes you
(which WILL happen),
whatever is inside you will come out.
It's easy to fake it, until you get rattled.

So we have to ask ourselves... 'What's in my cup?'

When life gets tough, what spills over?

Joy, gratefulness, peace, and humility?

Anger, bitterness, harsh words, and reactions?

Life provides the cup, YOU choose how to fill it.

Today let's work towards filling our cups with gratitude,
forgiveness, joy, words of affirmation;
and kindness, gentleness and love for others.

Joyce Rupp, author of *The Cup of Our Life*

MINDJOURNAL

