



March 2021 Edition

Featuring the Kingston Diocese of and
OPC Treasurer, Marie-Theresa Lamphier

"Care for our Common Home"



Colleen's Communications

There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.

Ecclesiastes 3:1-8

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It is time; time to dust off the old and welcome the new; time to move forward in a world that has been devastated by illness; time to pray together and ask for the support of our patroness as we struggle to get back to a new normal; time to embrace change and allow the Holy Spirit to work within it!

March brings us into the middle weeks of the Lenten season. For several years now, rather than giving something up for lent, I have tried to give more. This year I want to try to pray more. I have the time, why not use it wisely. May your Lenten journey take you closer to God and give you peace.

As we focus on alleviating loneliness in our world, may you be granted the opportunities to reach out to other members who are suffering. Let us remind ourselves that we all struggle with loneliness and isolation from time to time. I find myself sending a lot more cards than I used to. It is so nice to receive the expressions of good health and friendship.

I want to take this opportunity to thank everyone for the many cards and emails I received during my long illness this fall and winter. I am on the mend and I attribute a lot of my recovery to the constant reminders of support and friendship I received. I miss you all desperately and I know that when we can be together in person my heart will be overflowing with joy.



Yours in faith,

Colleen Perry



Kingston Diocesan Council

It is an honour to represent the members of the Kingston Diocesan Council of the Catholic Women's League of Canada.

Kingston consists of three regions located between Morrisburg in the east to Trenton in the west and Carleton Place in the north. We have 43 councils that have worked hard this year despite the pandemic. They have continued to help organizations such as Birthright, Outreach to Homeless, Morningstar Mission's initiative Coldest Night of the Year, and many more. The parishes across the Archdiocese of Kingston rely on the help and support of their Catholic Women's League councils. It has always amazed me to see the League in action, and during this pandemic even more so. They reach out to those in need, either delivering meals to shut-ins to supporting the local high school retreat program by providing hot lunches.

The question to the presidents in the annual survey was "What three things are they most proud of in their council"; you see over and over the words: teamwork, pull together, willingness to help, and support of members, caring, spirituality and fellowship.

I could not be prouder to consider myself a member of this wonderful organization and part of the Kingston team. I would not have been able to continue as President without the help and support of the executive.

The items included in this month's newsletter show just a small part of who the Kingston Catholic Women are.

Nancy Richer
President, Kingston Diocesan Council



Pictured: (left to right, top to bottom) Mary Lou Hills, Maureen Vincentine, Lyne Tuepah, Karen Mulvihill, Jean Mulvihill, Nancy Richer, Shelly Murphy, Wilma Turcotte, Angela Town, Colleen Hill, Elizabeth Knudson

Catholic Women's League Members are women of action. They are champions of change and social justice. Our Kingston Diocesan Council is part of a sisterhood that is almost 2800 strong spread out over a vast territory.

During the past two years, the provincial theme was homelessness. Members of the Catholic Women's League in Ontario learned much about the issues facing the homeless and did much to help in our communities. League members across our region continue to focus on these issues and are finding creative ways to help the less fortunate in our communities.

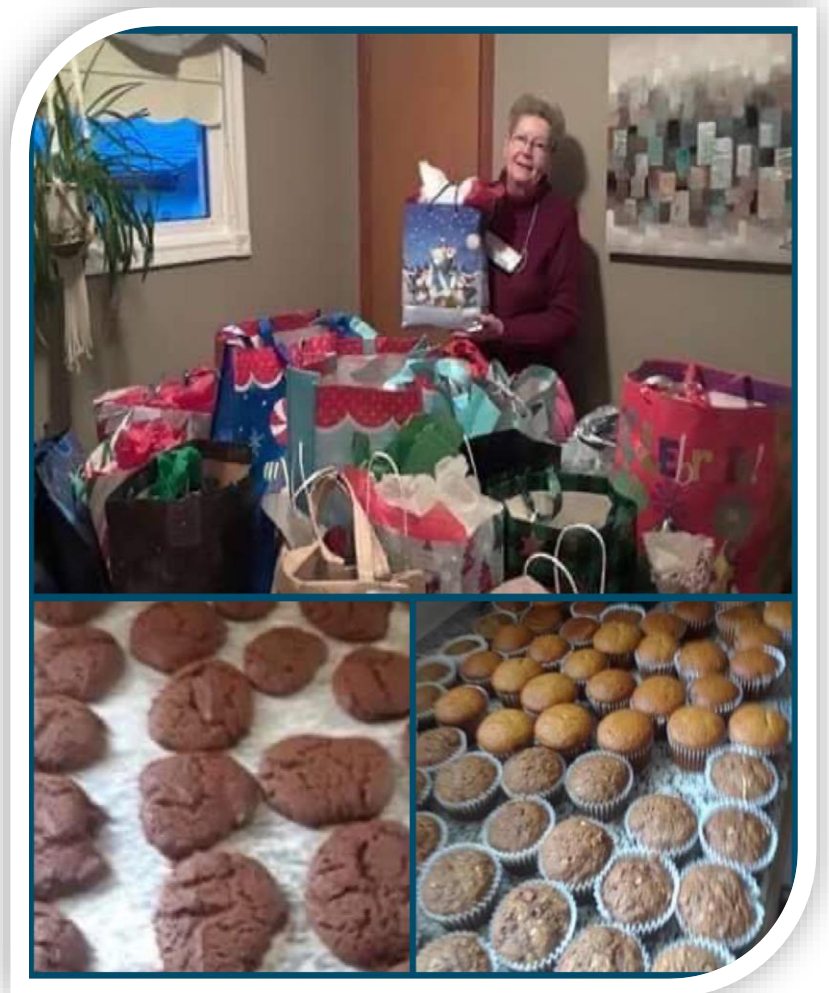
In the spring of 2020, a group in Belleville began serving meals at an outdoor venue to the homeless population.

Cecile Flynn, a member of Queen of the Most Holy Rosary Catholic Women's League, acted as liaison between council members and *The Not Alone Team Quinte*, to help with this endeavor.

Every Friday sandwiches, muffins, cookies, and entrees were prepared and delivered to her, where *The Not Alone Team Quinte*, picked up and distributed the donations to those in need.

Every Friday, men, women, and children received a hot meal, a dessert and sandwich. This continued until food could no longer be served due to restrictions. Members continued to help with money, food cards and clothing donations. At Christmas time, gift bags were collected and distributed.

Pictured: Cecile Flynn



With the restrictions that the pandemic brought, councils everywhere needed to rethink their fundraising activities. Blessed Sacrament Council in Amherstview held a Virtual Silent Auction to replace their annual bazaar. Members were engaged, providing items for the sale, and getting involved in the auction itself. The event was extremely successful and raised over \$2000. They proceeded to purchase gift cards through a program called FundScrip. A cheque was presented to Lionhearts, an organization that provides over 400 takeout meals three times a week in Amherstview.



Pictured: Donna Guiney, President, Barbara Larmondin, Community Life Chair, volunteers from Lionhearts.

Blessed Sacramento CWL council as well as parishioners collected personal hygiene kits for men and women and donated them to Kingston Street Mission and St Vincent de Paul Society in Kingston. They also provided handknit toques.

*Pictured:
Donna Guiney, President.*



Despite the lockdown, St Gregory the Great council in Picton showed us there are many ways to continue our CWL mission. Their president publishes a weekly newsletter which helps keep members up to date on the "latest news" and help enlist their assistance, all within Covid guidelines. Here is just a few of their activities:

In May, they had a crowning of Mary and a Living Rosary with members via Zoom at the request of the provincial council.



In June, an outdoor Mary's Way of the Cross-prayer session was held in support of persecuted Christians in the Middle East, at the request of CNEWA. Facemasks were removed just for the photo.

Pictured: members of St Gregory the Great council.



After Sunday mass, on two occasions, a bake sale was held on the lawn of the Church to support the parish's finances during Covid and for CMIC and CNEWA.

Pictured are some of the pies on their way to church. Highly successful event!

The local Hospital Auxiliary hosts an annual Festival of trees into which several of our members submitted decorated trees and Christmas themed arrangements to raise funds for the hospital.

Pictured: an antique prayer chair and nativity set.



Joining our sisters in Spirit in Windsor-Essex county, they promoted a Light Chain in memory of all the babies who died because of the lack of abortion laws in Canada.

Members wrote Christmas cards and Valentine greetings to their parish shut-in ladies. Well done ladies!

Pictured: Betty Anne Brown Davidson, President and Colleen Hill.



'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me' Matthew 25:40

Once again, this year, St. Patrick council in Napanee supported Morningstar Mission in the main fundraiser 'The Coldest Night of the Year'. Their team, called the St Pat's Pacers, participated in this 'virtual' walking event. Their CWL sisters in Centreville, Enterprise and Erinville also entered a team called Stone Mills RC Parishes. Much needed money was raised to help various charities that are serving people experiencing homelessness, hurt, and hunger.

Pictured: from St Patrick, Napanee Marilyn Murray, Cathy Whalen and daughter Megan Whalen; from St Anthony's, Centreville Susan Gustavel



The Kingston Diocesan CWL Officers Retreat went ahead last summer, with the appropriate precautions in place. Thanks to our Spiritual Advisor, Father Dale Wright, for allowing us to meet at his church, St John the Evangelist in Gananoque. We celebrated Mass, recited the rosary, participated in reflections on HOPE and found time for a little business. It was much needed time with our sisters and deeply appreciated.

Pictured: Father Dale Wright (left front to back) Nancy Richer, Karen Mulvihill, Margie Norwood, Colleen Hill, Mary Lou Hills (right front to back) Angela Town, Maureen Vincentine, Elizabeth Knudson, Wilma Turcotte



TREASURER

How does your council process membership during the pandemic?

Membership for The Catholic Women's League, whichever council you belong to, should be paid by the end of February. The fees to belong to such an organization is still much less than membership fees to the nurses, teachers, lawyers and even the Knights of Columbus organizations.

Currently during the pandemic, with limited amount of in-person contact, we are not always able to pay membership fees by cash or cheque. One of the methods that is becoming popular is E-transfer.

Many councils are already using that method. Things to consider if you are using e-transfer, from the sender as well as the recipient's perspective, are the following:

- ✓ The money should be sent to the parish councils' account and never to a personal account.
- ✓ The computer of the recipient should have a good anti-virus software and precautions should be taken with regards to any emails that are received.
- ✓ You need to have the correct email address.
- ✓ You should have a strong password and never share this password in any email etc.
- ✓ Sign up to have funds directly deposited into your bank account without having to answer a security question.
- ✓ The sender may be charged a fee depending on what kind of account they are using. It can be anywhere from \$.50 to \$1.50 and vary on the amount of the e-transfer.
- ✓ The recipient has up to 30 days to acknowledge receipt.
- ✓ Once sent you only have minutes before it can be cancelled (45 minutes)
- ✓ E-transfers can only be used to receive money for the council and not to send money, as two signatures are required.
- ✓ Fraud is not covered under the insurance that the League offers.

Some links to more information are as follows:

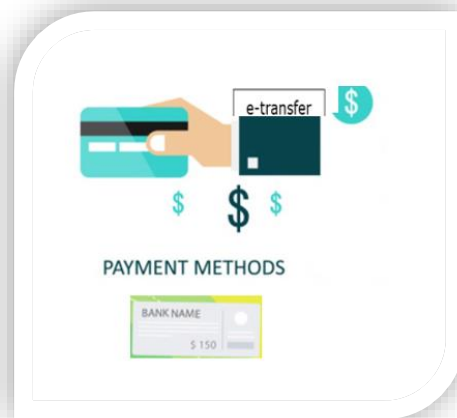
<https://blog.vancity.com/tips-for-protecting-e-transfer>

<https://www.cibc.com/en/privacy-security/banking-fraud/e-transfers.html>

<https://stories.td.com/ca/en/article/how-to-spot-a-scam-tips-on-preventing-e-transfer-fraud>

One must assess each method. If you take into consideration the cost of writing a cheque and the postage, it may be cheaper than e-transfer. However, the benefit of non-contact payment is by far the safest whichever method you use.

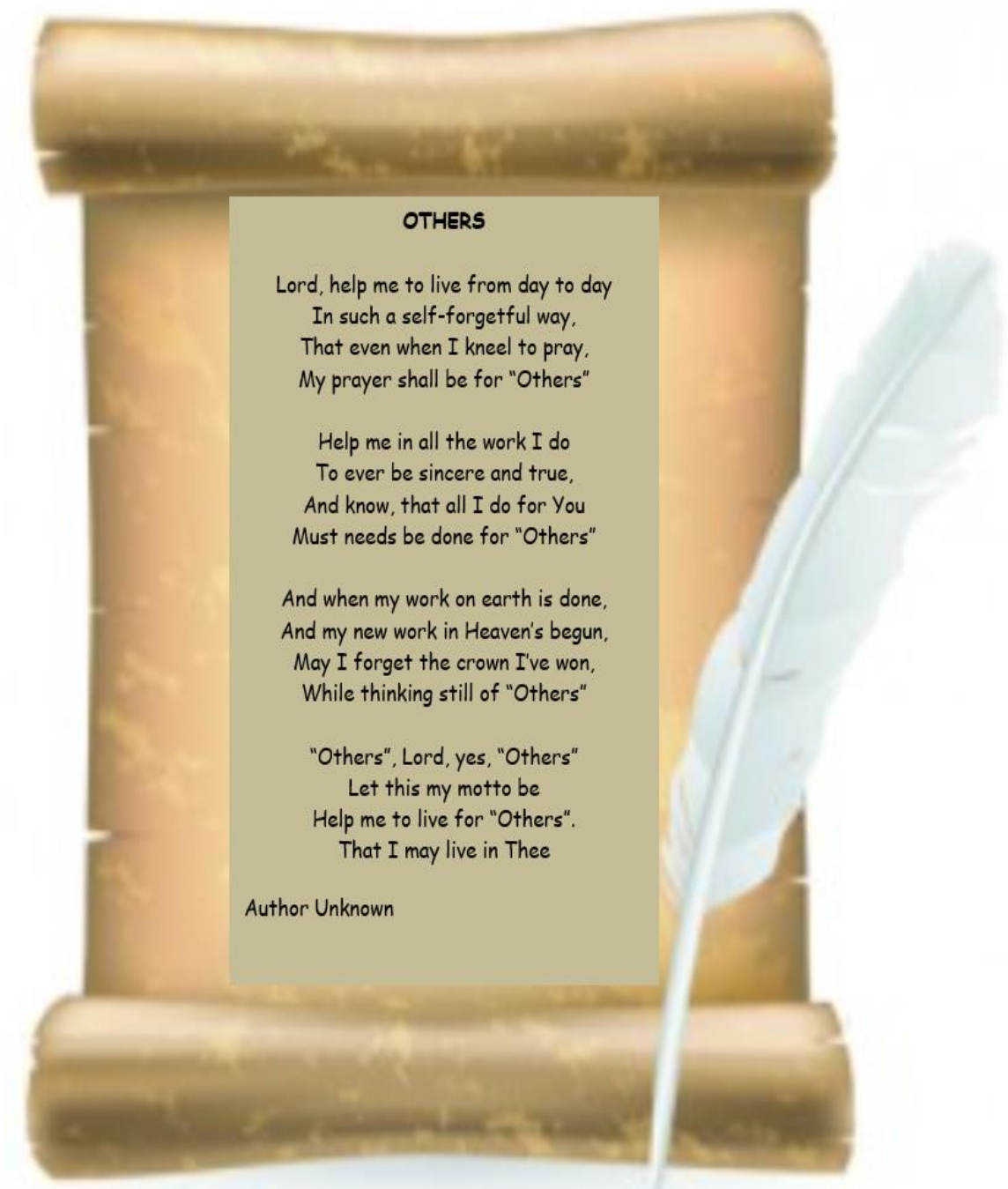
In all cases, practice safe measure at all time, which includes, frequent washing of hands, distancing of at least six feet and wearing a mask. Hopefully, the pandemic will move out of our lives and we can again begin to see each other soon!



As always, encourage members to pay their membership fees on a timely basis!

..... Submitted by Marie-Theresa Lamphier, Treasurer





OTHERS

Lord, help me to live from day to day
In such a self-forgetful way,
That even when I kneel to pray,
My prayer shall be for "Others"

Help me in all the work I do
To ever be sincere and true,
And know, that all I do for You
Must needs be done for "Others"

And when my work on earth is done,
And my new work in Heaven's begun,
May I forget the crown I've won,
While thinking still of "Others"

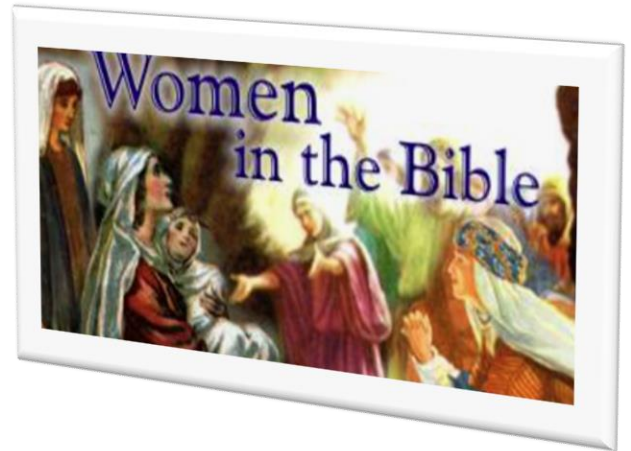
"Others", Lord, yes, "Others"
Let this my motto be
Help me to live for "Others".
That I may live in Thee

Author Unknown

..... Submitted by Patricia Rivest, Treasurer Sub-Committee



Women in the Bible Quiz



1. What prophetess led the women of Israel in a victory dance?
2. Who was the first shepherdess?
3. Who told Mary that her son was to be named Jesus?
4. The only female judge of Israel, she judged the tribes from under a palm tree. Her victory song is famous. Who was she?
5. What Jewish girl became queen of Persia?
6. What was the name of Sarah's Egyptian maid?
7. What wife of a palace official went to embalm the body of Jesus?
8. What Israelite woman lived in Moab but returned to Israel after her husbands' death?
9. Who plotted the execution of John the Baptist?
10. What was the occupation of the two women who disputed over a child and asked Solomon for a decision?
11. What shepherd girl became the much-loved wife of Jacob?
12. What book of the Bible mentions a virtuous woman who is more valuable than riches?
13. What two women witnessed Jesus' tears over their dead brother?
14. How long did cousins Mary and Elisabeth spend together during their pregnancies?
15. Where was Mary the last time she is mentioned in the New Testament?

This quiz was presented at one of our council meetings before the pandemic. Hope you have fun as you test your knowledge on the bible!

.....Submitted by Marie-Theresa Lamphier, Treasurer

Answers: page 20



ORGANIZATION

One of the duties assigned to the Organization Chair is leadership development and training.

Are you familiar with the **League Promise**? It can be found in the **Ceremonies Booklet** in the **Reception of New Members**.



League Promise

For the glory of God and the good of god's people,

I promise as a Catholic woman to honour, invoke, and imitate our patroness, Our Lady of Good Counsel.

I promise to be a loyal member of The Catholic Women's League of Canada and to promote its interest and growth in every way.

I promise to cooperate with officers in all programs under their direction and to conform to the best of my ability to the bylaws of the organization in all League activities.

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



A Loaf of Bread



On a cold January day evening in 1935, a trial was held in NYC. An old, tattered looking woman was on trial for stealing a loaf of bread. She looked sad and hidden under the sadness was shame.

The mayor of NYC, Fiorello LaGuardia, happened to be the judge that night. He asked her, "Did you steal the loaf of bread?" The woman lowered her head and said, "That's right, your honor, I did steal the bread."

The judge then asked, "What was your motive for stealing the bread? Were you hungry?"

Looking at the Judge, the woman said, "Yes, I was hungry, but I didn't steal the bread for myself. My son-in-law abandoned his family, my daughter fell sick, and their two children were starving; they hadn't eaten in days. I couldn't stand seeing them hungry; they are still so young."

By the time she finished speaking, the whole courtroom had fallen silent. The judge told the woman, "Everyone is equal under the law." "For stealing bread, you can choose to either pay a \$10 fine or go to prison for 10 days." "Judge I am willing to be punished for what I have done...but respectfully, if I had \$10, I wouldn't have stolen the bread. I am willing to go to jail. My only concern is who will take care of my daughter and grandchildren while I'm in jail?"

The Judge paused for a moment and leaned back in his chair. He then reached into his pocket, pulled out \$10 bill and held it up for the court to see. He said loudly, "With this \$10 note I will pay for your punishment, you are free to leave."

He turned to the people in the courtroom and proclaimed: "In addition, I charge each person in the court 50 cents as a penalty for the indifference and ignorance in this community. An old woman should not have to steal bread to feed her family. Mr. Bailiff, go collect the money and give it to the accused." Fifty cents each came from the owner of the grocery store where the woman stole the bread, as well as from a dozen other defendants awaiting trial, and several police officers. They all felt honored to contribute 50 cents and stood up to warmly applaud the verdict.

The next day, the story was featured in a NYC newspaper, which reported that \$47.50 had been given to the poor, accused woman. The judge's decision made a point of how complicit people had become in the suffering of others and how all are accountable in the crime. The message rippled throughout the city.

We are all connected in this world, if one suffers, so do we all. It is up to us to ensure that no person, family, or community goes unnoticed. It's easy for us to look after our own material benefits and not pay attention to the needs of others.

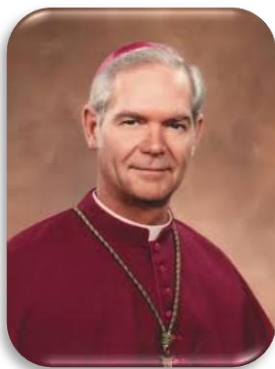


"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." Matthew 25.40

.....Submitted by Anna Tremblay, OPC Administrative Assistant



Bishop Bernard F. Pappin Bursary Fund



Unfortunately, the Ontario President did not receive any applications to the Bishop Bernard F. Pappin Bursary Fund for those entering or re-entering the seminary in the fall of 2021. Despite information shared with the seminaries, it seems the information did not reach the seminarians. This is where **you can help**

If you know of seminarians, please take time to provide them with the brochure which details the history, criteria, guidelines for administration and application. You can find it at the following link on the provincial website <https://cwl.on.ca/sites/default/files/resources/1588.pdf>.

Did you know? COLF is no more

The organization Catholic Organization for Life and Family was a go-to for important bulletins on issues related to the dignity of all life and of the family for many years. At a special meeting of the Board of Directors on November 7, 2020 a special motion was passed to disband as a not-for-profit as of December 31. The Canadian Conference of Catholic Bishops (CCCCB) have approved the creation of an office of and a standing committee for family and life to support this important area of Church life and announced it is up and running as of February 15, 2021. You can read the announcement of the new office here: <https://www.catholicregister.org/item/32740-bishops-launch-new-family-office>.



Recently, while surfing the web, I discovered the website <https://www.focusonthefamily.ca>. Since 1983, Focus on the Family Canada has offered help and encouragement to millions of families as they build their lives on the foundation of Jesus Christ. As a charitable organization, we are committed to strengthening Canadian families through trusted, Biblically based resources and programs, personal counselling, prayerful support, and much more. We aim to be *the* place Canadian families turn to for trusted help and encouragement!

..... Submitted by Colleen Martin, Christian Family Life Chair



YEAR OF SAINT JOSEPH



Pope Francis declared from December 8, 2020 to **December 8, 2021** (the Solemnity of the Immaculate Conception) – the Year of St. Joseph. This coincides with the 150th anniversary of Blessed Pope Pius IX's declaration of St Joseph as Patron of the Universal Church

19th March is the feast day of Saint Joseph's. One can say if there is a saint both more familiar and yet not mentioned much in the bible, but much is known of him through his actions, it's St. Joseph. He appears in the statues, in nativity scenes and in Christmas cards. There is not much that we know of his childhood or his upbringing and there is nothing quoted of what he spoke as his words are not documented. One can only see him as a silent effective head of the Holy Family, his work, dreams, and the care he took of Mother Mary and Jesus. Nevertheless, we can see the connection of his actions to our modern challenges in life.



Pope Francis also published an apostolic letter about St. Joseph, "*Patris Corde*," which means "With a Father's Loving Heart." In it, he names St. Joseph's many admirable qualities, worthy of imitation presently in this year and in the future.

St. Joseph is well known as the "Protector of the family" and with last year the impact on each of us trying to stay safe and protected with the deadly covid-19, it is so fitting to have Pope Francis declare this year as "the year of St. Joseph." In families forced to migrate either due to poverty or terrorism in their country, we precisely see thousands of Josephs in our time. By praying to him, he can help us to face these challenges with the steadfast faith and courage that he showed with his family.

He set out to go to Bethlehem with Mother Mary his pregnant wife, then we see him flee from Judea to Egypt - a 200-mile journey across a desolate desert to escape King Herod's rage who ordered the death of all the baby boys in the city, and later we see he takes his family to Jerusalem to celebrate the feast of Passover.



Matthew 2:13-15

At night, an angel appeared to Joseph in a dream.

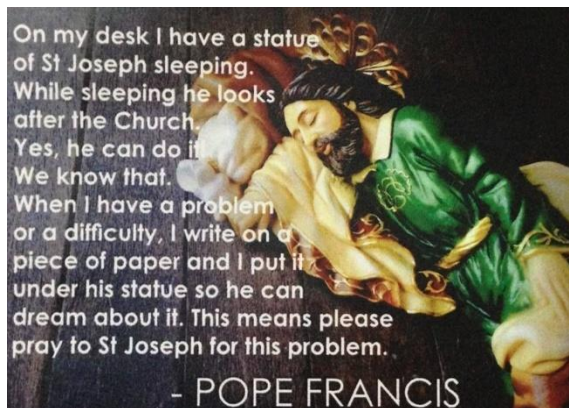
The angel said, "Take the child, and his mother and flee to Egypt because King Herod is looking for the child and wants to kill him. Stay in Egypt until I give you instruction on what to do next."

So, Joseph woke up early in the morning, and he took Mary and the baby Jesus and fled to Egypt.

When King Herod saw that the three wise men did not come back to him, he was very angry.

You find many baptized with his name having him as their patron saint. A patron to protect their child just as he had protected Mother Mary and Jesus. In moments of worry and uncertainty, Joseph holds onto faith, hope and trust as his example shows us to do the same.

One hears of miracles that he helps in selling their homes. The statue "Sleeping Joseph", St. Joseph received messages from God, who warned him about the danger posed by King Herod and entrusted him with loving and protecting Mary and the Baby Jesus.



St. Joseph listened to God's prompting and followed his commands trusting Him and stayed faithful in prayers even when his home and life was turned upside down. His love for Jesus and Mother Mary compelled him to keep trying. His steadfast love, trust and courage gave Jesus the foundation to grow and fulfill the will of the Father.

As Pope Francis tells us in *Patris Corde*, the proper mission of the saints is not only to obtain miracles and graces, but to intercede for us before God. Specifically, we can ask St. Joseph to intercede for us:

*Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.*

*Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy, and courage,
and defend us from every evil. Amen.*



..... Submitted by Ann D'Souza, Communications Chair



OPC Virtual Fall Meeting February 4th – 6th, 2021



Quiz Answers

1. Miriam (Exodus 15.20)	2. Rachael (Genesis 29.9)
3. Angel Gabriel ((Luke 1.30-31)	4. Deborah (Judges 4.4-5)
5. Esther (Esther 2.17)	6. Hagar (Genesis 16.1)
7. Joanna (Luke 24.10)	8. Ruth (1.22)
9. Herodia (Matthew 14.3-8)	10. Harlots (1 Kings 3.16)
11. Rachael (Genesis 29.15-23)	12. Proverbs ((Proverbs 31.10)
13. Mary & Martha (John 11- 35)	14. 3 months (Luke 1.56)
15. Upper Room (Acts 1.13-14	😊😊

International Women's Day is on March 8, 2021



*Make a difference, reach out to as many sisters as you can either by phone or an email.
The opportunities to make life better far outweighs anything that can be found in material possessions.*

