



## May 2021 Edition

Featuring the London Diocese and OPC Christian Family Life Chair, Colleen Martin

### "Care for our Common Home"



### *Colleen's Communications*

*"Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand"*

*Isaiah 41:10*

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Happy Easter everyone! May the joy of the celebration carry you through to Pentecost and beyond!

This is the normal time of CWL celebrations as well - the normal time of gathering for our diocesan conventions. As the pandemic continues a lot of diocesan conventions will be mostly virtual, with just enough in-person representation to satisfy our legal requirements as a not-for-profit organization. Enjoy that virtual celebration! Take the time to learn all you can and soak up the spiritual programs there to enrich you.

I want to encourage all members to take the time to learn more about the national instructed vote on proposed changes to the constitution and bylaws, the proposed increase in per capita fees and the proposed change to the League's

patroness. Instructed vote documents do not need to be sent to national office and your diocesan council until March 2022. Gather all the information you can, discuss the proposed changes and make an informed vote. Reach out to life members who could give some

insight on the proposed changes. Invite them to speak to your members. Hopefully, by year end, we will be able to meet in person. It makes that discussion so much easier.

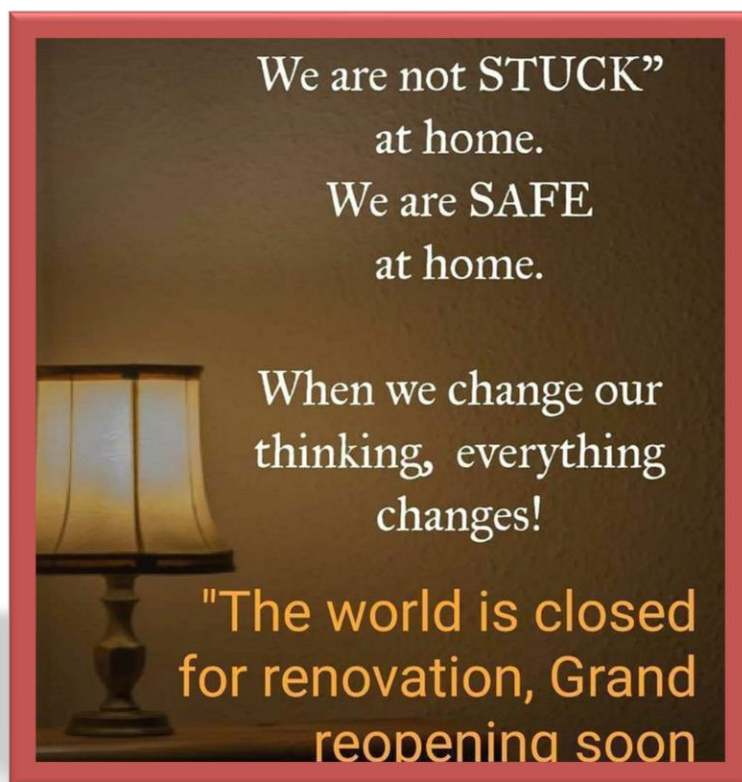
Please keep your diocesan executive in your prayers as they navigate through the constant changes in regulations to complete their tasks. They are an inspired group of dedicated women!

I pray for you all every day.

Keep safe!

Yours in faith,

*Colleen Perry*



# London Diocesan Council

## President's Report:

I love the song "Women of Faith" by Living Praise. The words to the chorus are, "We are women, women of faith, united in God's love, sisters in grace, looking to Jesus, to lead us each day, we are women, women of faith." I think that description embodies the Catholic Women's League.

I would like to introduce myself. My name is Theresa Ryan, and I am the new president of the London Diocesan C.W.L. I am a first-generation Canadian, wife, mother, and grandmother. I am the youngest of thirteen. I grew up on a dairy farm outside of Zurich in Huron County. My husband Francis and I will be married 45 years this year and that's how long I have been a member of the C.W.L. I had taken many of the positions on my parish council executive before finally taking on president in 2003. In 2006-2008 I took the position of Regional Chairperson, followed by thirteen more years on various positions on the diocesan executive.

Our diocese has just successfully held our AMM's online and what a success it was. We are blessed to have some remarkable women in our diocese, especially our Past President Rebecca McCarrell. She set up and hosted our AMM's online using the "go to meeting" application, patiently guided our voting and accredited delegates through all procedures.

We were then able to hold our election which was delayed already one year by the Covid-19 pandemic. We received many compliments on the voting procedure and how smooth and efficient it was. I am happy to report we have a full slate of officers.

Yes, we missed the Masses, comradery of our sisters, and the guest speakers etc. but we were able to conduct the business part so that we were in accordance with the "not for profit" act.

We were blessed to be able to present Life Membership to our sister Angela Pellerin. Unfortunately, there has been a moratorium placed on granting Life Membership, so Angela will be our last Life Member. I do hope this is lifted when the pandemic is over, and we are able to have conventions again. The women from our diocese who have become Life Members generally served 18-20 years on the diocesan executive and have been quite active and willing to help.

Giving my incoming president's speech, I was able to sit at my desk in the comfort of my home. No weak knees involved there, and nobody knows what I was wearing on my bottom half. I will probably be the only president from our diocese that can say that. While I haven't decided on a theme yet, I have set two goals, increase spirituality, and have fun. I look forward to the opportunities and challenges that the office of president holds.

Theresa Ryan,  
President, London Diocese

## Past President's Report:

I have been on a journey of 21 years on the London Diocesan Council to get to this point. April 20 and 21, 2021 I hosted our Annual Meeting of Members via GOTOMEETING including instructed voting for our elections via google forms. The reports from the membership showed how much they embraced the technology. There were glitches, there was a lot of work in the background, but all in all a great meeting. My theme for my 3 years was Educate, Engage and Empower. And I was able to go out of the presidency utilizing this scheme while teaching our membership how easy the meeting platform was to navigate. Many were thrilled that they could watch the results of the voting on screen as the polls were shown on screen. We had comments to do all voting this way in the future!

As with everyone in this great province, we have been dealing with the lockdown in most of our area for the majority of the past 14 months. Difficult decisions were made with the assistance of our Spiritual Advisor, Fr. Greg Bonin and our core committee. Hopefully soon the usual operations of the League can begin again.

Fr. Greg Bonin has completed 5 years as London Spiritual Advisor...he was the rock behind the scenes. His true love of his vocation, his sense of humour, and his genuine concern for all will be missed within the London Diocese! His successor is Fr. Paul Kim. We look forward to working with him over the next 5 years.

I will be taking some time to rest, revive, finally grieve the loss of my husband (it's been 3 years already in June) and heal. I look forward to my 1st great-grandson who is due May 1<sup>st</sup>. But...I also intend to continue my journey of being a Beatitude Woman for God, his people, and the League.

May Our Lady of Good Counsel continue to bless us and lead us through these times of change.

Rebecca McCarrell,  
Past President, London Diocese

## Christian Family Life Report:

Blessings for all! Here it is our 101st year! We have been locked in, locked out and locked up because of the Covid 19 pandemic. Activating the ministries of Christian Family Life are crucial to the survival of many. Have any of you not prayed, contacted M.P.'s, made phone calls or emailed friends and family to protect the Sanctity of Life, especially with the government passing Bill C-7 and now our Conscience Rights are under attack? Who can say our families, especially the Youth, big or small do not have Mental Health issues? Are you keeping in touch with separated, divorced and newly widowed? Reports about the increase of physical violence, drug and alcohol abuse and senior abandonment are heart wrenching. Last but not least, are you aware how the lack of priests and other religious are overwhelming the few who must administer the many?

The London Diocese has texted and emailed, and many picked up the old-fashioned phone and even sent a card by snail mail. Many of our councils embraced the Virtual World. Many have learned to Zoom, Go to Meeting, or use Microsoft team. Due to Wi-Fi, many hours of hard work, the great collaboration between Christian Family Life and Community Life, our regional chairpersons and the knowledge and guidance of Alex and Genevieve Schadenberg we held a two-session workshop on Compassionate Community Care. In the sessions we learned how to interact with the most vulnerable and were introduced to writing "My Story". The booklet you can use to help you compile your information is available from Alex when you decide to hold the workshops.

It is my hope that very, very soon we will be able to meet in our councils, at our Regional Day and at our newly named Annual Meeting of Members.

May Our Lady of Good Council Bless and keep you safe!

Please remember "Our Lord always has time for you, please make time for him!"

Yours Sincerely,

Denise Lalonde-Morris, London Diocese

### **Holy Name of Jesus, Essex** – Janice Rounding, President

In the fall, we planted a maple tree for the Centenary Project. It was donated by a local landscape company. We sent a Christmas message to all members on our email list, as well as an Easter message. Our shut-ins were given a card and Christmas tree ornament as we do every year.

We called all our members last spring/summer as the pandemic first locked us down. I have recently been calling our shut-ins just to see how they are doing and to let them know that we are praying for them.

We continue to send out our budgeted donations, albeit on a smaller scale in some cases due to the absence of fundraising last year.

We hope to be able to gather later in the spring, to adopt our 2021 budget and discuss a few things we have been holding on to since last spring. May Our Lady of Good Counsel continue to bless us and our families.



Janice Rounding, with the new tree!



### **Holy Angels - Terry Collins, President**

During the past year members of the CWL volunteered to clean our church in preparation for the reopening after the first lockdown. At Christmas they also helped decorate the Church.

We have lost three of our members and each time we gathered and formed socially distanced honour guards for our deceased members and their families.

Happy 102nd Birthday: Norma Roche, a member of Holy Angels CWL, celebrated her 102nd birthday on April 2 of this year. Norma has been a member for 61 years. Congratulations Norma!



### **Ste. Anne, Tecumseh - Annette Marier, President**

Our Council focus has been on continual communications with our members during the pandemic. At Christmas, we mailed out Christmas cards with a tea bag enclosed to all our members to commemorate our annual Advent Tea event. For Easter, we mailed a Thank You Prayer card; see picture.

We regularly send out emails to keep them informed of news and upcoming events.

The Prayer Shawl Ministry ladies have been very busy knitting and crocheting. They have gifted numerous shawls and lapghans to anyone needing prayers for themselves or loved ones during this difficult time; see picture at right. Father Rob Renaud at Ste. Anne's started a Grief Sharing Group and the members teamed up with him to distribute the shawls/lapghans to some of the participants.

Next year, the council will celebrate 100 years, plans are in the work for celebrations.



### **Huron-Perth - Mary Barnes, Regional Chair**

The theme of Christian Family Life was stressed as families pivoted from the usual in person get-togethers to virtual via Zoom or Go-To-Meetings or social distanced greetings. Warm weather allowed for getting outside more, waves to each other, a friendly hello. As the cold weather settled in phone calls, emails, cards, newsletters became the communication tools. Changing Covid restrictions at times encouraged and then discouraged progress in the fight to get back to normal. The availability of vaccines has increased hopes in the fight towards a normal lifestyle for all our families.

### **St. Martin of Tours CWL - Susan Coleman**

To embrace the values of Christian Family Life, the council is keeping members close with online, phone, and mail connections, as per covid-19 guidelines. The parish community came together as family and provided socks and pajamas for those in need in the community. During this unusual period of separation, the council prayed for all, as they worked together to get through these times, and look forward to getting back to regular events and more social contact as soon as possible.



### **Ingersoll - St. Cecilia**

Several members of St Cecilia CWL admire the red maple tree planted at the Lions Silver Lake Park. The tree was planted to commemorate the 100th anniversary of the Catholic Women's League of Canada. Special thanks to Roman from Eising Garden Centre.



### **Essex - Jeanne Lauzon, Regional Chair**

Christian Family Life covers many responsibilities.

- Marriage and families - Sanctity of life - Ministry to youth, widowed, disabled, separated, seniors divorced - Vocations.

Of all these, the widowed and seniors have suffered so much during this pandemic. They experienced a taste of what that first Easter was like. Frightened in their homes, like the followers of Jesus, they prayed to believe and hope for better days. Many of our sisters reached out with visits (when allowed) as well as with cards and phone calls. Hearing those beautiful voices brought so much joy to so many. Listening to their stories and saying prayers brightened up some of those lonely days.

When it is safe, when it is the most loving choice, looking forward for members to gather again at church and pray for the wonderful seniors and hopefully make a greater effort to visit and spend time with them.

### **St. Clement, McGregor - Diana Coyle, CWL President**

St. Clement CWL Council arranged Rosary Processions for its Parish on All Soul's Day and the Feast Day of the Immaculate Conception. It was our way of showing our Parish that we are alive and strong in faith.



### **Most Precious Blood, Windsor - Joan Jakubo**

Every Sunday, during the season of Lent, members of the CWL at Most Precious Blood, Windsor, held a zoom meeting to pray a scriptural rosary. This experience allowed members to share some faith-filled time as well as a time for social interaction.

### **St Simon and St Jude Parish, Belle River - Jackie Gomes, President**

Greetings to all our CWL sisters throughout the province of Ontario.

As we continue to navigate through all the challenges that the pandemic presents, we find ways of maintaining our support for our members and parish community. The usual social activities that cannot be undertaken at this time, have been replaced with friendship calls, this have allowed us to continue to share our love and support with our 209 members. A team of 13 ladies undertook this labour of love in March and April and together, we managed to reach almost all of them. Their responses were welcoming and brought them some joy.

Another benefit to this endeavour was the opportunity to create a spiritual bouquet for our pastor and spiritual advisor who will be leaving us in June. It was wonderful to be able to include all our members in this gift. I am sure Fr. Antony will be pleasantly surprised.

There are projects we plan to undertake when restrictions are lifted, and we can meet in person which include a tree planting. Until then, we continue to pray for an end to this pandemic and peace in all our hearts.

God Bless and keep you all in His Divine Providence. May Our Lady of Good Counsel continue to guide us and intercede for us.

### **Chatham-Kent Region - Mary Clare Latimer, Chatham-Kent Regional Chairperson**

The Chatham-Kent Region councils have continued to participate and/or support their parish Christian Family Life programs in a modified safe fashion over this past Covid year.

Many councils continued to support their parish sacramental programs financially and prayerfully; sent spiritual bouquets to their lonely members and/or overwrought parish priests and one council initiated "Prayer Angel" lines to pray for a grieving member and their immediate family.

The Chatham-Kent council members who virtually participated in the "Community Compassionate Care" program earlier this year, have ensuing member interest in the creation of a post-Covid community visitor squad throughout neighbouring communities, LTC and senior support facilities. Some councils chose to share the "Year of St. Joseph" prayer with members who were then instructed to share this prayer with other family and community members to afford them "protection" with instruction to keep passing along this prayer and its associated explanation about St. Joseph "faithful protector".

With time at home, many members knit, sewed, constructed, or gathered baby blankets for Refuge, leprosy wraps and blankets for Canadian Food for Children.

All councils reported increase in personal communication among members with regular phone checks or porch visits, newsletters, and notes of encouragement, some attached to spring seed packets as "tokens of hope" and an early Easter Resurrection reminder that "all are loved".



## London Diocese...Ontario Christian Family Life: (focus on Sept 2020-2021)

St. John the Divine CWL Environment Committee following the national theme "Care for Our Common Home" raised awareness for electricity usage, water consumption, plastic impacts, food awareness, clothing impacts as well as 'Do Actions' using CWL created and professional videos. This endeavor reached out to CWL and Knights of Columbus members to share with their families' environmental insights to show how we can care for one another by looking at our impacts on our world.

CWL only video links: [CWL Enviro Tips Electricity](#) , [CWL Enviro Tips Water](#) , [CWL Enviro Tips Plastic](#), [CWL Enviro Tips Food Waste](#) , [CWL Enviro Tips The Impacts of Fast Fashion](#)

To raise awareness to the broader audience short tips were published weekly in the parish bulletin. The yearly focuses beginning in 2019 were:



Enviro Tips",



"Tree Talk" and



"Life Support"



Due to the pandemic, the school program Faith in Action Teams (FIAT) was on hold.

St. John the Divine Loneliness Committee approached the Ontario Theme "Loneliness" with the logo 'Reach Out'. The strategy was education, prayer, and action. Education articles included statistics, risk factors, and recognizing loneliness in you & in others were published in the parish bulletin. Prayers for Christmas and pandemic were issued to CWL members. The initiative of the Pen pal program focuses on matching CWL members to share in telling their story in making a new CWL friendship. A dozen virtual 'Thinking of You' cards were provided to members to share with anyone they wish.



## **Sarnia Lambton - Pat Sloan, Regional Chairperson**

Oh, what a different world we live in today! The Pandemic has changed the way we do things. Our 12 Councils in the Sarnia Region were very supportive of our city and rural communities. Volunteering in our churches and communities was a way of life. Meetings, bazaars, teas, and potlucks we're the norm. How disappointing that we can no longer do these things. But wait—something wonderful is now the norm. Zoom, go to meetings and facetime are in our vocabulary and everyday life. The telephone has gained in popularity and emails are how we connect. We are connected to one another and more aware of what is going on around us. The pandemic has taught us to be patient— in how we shop, how we worship and how we wait to be vaccinated. We have really been put to the test this last year. However, this too shall pass and once again we will be able to meet in person, worship together and have fun with one another.

May Our Lady of Good Counsel keep us all safe in her loving arms.

## **Our Lady of the Atonement**

Without a doubt, this has been a most challenging year for all of us. However, our council has managed to accomplish some things throughout the past year even though we have not met in person since March of 2020. In February 2020, we held a joint executive meeting with our sister Council of St. John Vianney. We had identified several areas throughout the coming year that would have enabled us to conduct joint events.

The executive and membership have been meeting virtually to continue conducting business; communicating with all members via council newsletter and, calling members to touch base and let them know we were all thinking about them and praying for them. This we thought was especially important for the elderly and those living alone. This was so well received and appreciated by all of them.

We have continued to provide bursaries for school; gifts for grade 8 graduation classes; supported the parish Giving Tree efforts; supported our Save A Family Plan; revised our local council policy and procedures manual.

## **St. Michael's, Leamington - Mary Di Milo**

Council has been very active in carrying out various acts of service/charitable donations in the Parish and Community. Council is very fortunate to have enough funds to support the various activities: Donated \$1000 to Leamington Community Outreach for the homeless just before COVID struck. The council also donated \$3000 to update Parish technology to support live-streaming Masses/Bible Studies and various other live-streaming activities which many of our members participate in.

Some members sent thinking of you/encouragement cards to pregnant girls at Our Lady of Guadalupe House in Windsor at Christmas.

Some members regularly called and reached out to CWL members who are shut-ins or in long term care/retirement homes. Garden in front of our Church

The Council also donated \$500 and \$100 from a member towards the cost of sanitation fees to prepare a home for a refugee family of 8 that was sponsored by the Leamington Area Ecumenical Refugee Committee- LAERC. Donation was given to a young member of our Parish who is currently on a Mission trip in Peru.

"God is our refuge and strength; a very present help in trouble." Psalm 46:1

### **St. Michael's** - Dianne Kehoe, London Regional Chair

Not even a global pandemic is able to put a damper on the spirit and sisterhood shared by St. Michael's London Council. On March 15th they held a virtual St. Patrick's Day celebration, aka our Shenanigans party. Dressed in green and various paraphernalia, the guest list included member Olga and her young daughter and expanded as far as New Brunswick with member Marilyn's sister Dorothy able to join us via Zoom. The celebration began with prayer followed by an evening of fun. Played bingo, had a scavenger hunt and a game of trivia, sang along with SMUGLees, (St. Michael's Ukulele and Glee) and had some joke telling in between. Each time we get together even if only virtually, it is a blessing.



During the Pandemic, our ability to minister to each other and those in our community has been difficult. However, the twenty CWL Councils in the London Region of the Diocese of London have found creative ways to support those in their parish, council, and community. There were letter writing campaigns against MAID, Bill C-7 and Bill C-268 Conscience rights.

When churches were able to open to limited capacity, retreats were held and at the same time live streamed for those who were housebound, deepening our faith and helping us cope with the loneliness and isolation that Covid has brought.



Now, with the current province wide lockdown, we are having virtual Prayers for Palliative care. Councils are providing prayers for members who are praying at home throughout the day on May 8th. Handwritten cards and virtual cards are being sent to seniors, the lonely and the homebound. At the same time, we continue our fervent prayers that we will be able to meet again, masked and socially distanced in parks and gardens in the nicer weather this summer.

# Christian Family Life Chair

## Marriage and Family

The family is the basic cell of society. It is the cradle of life and love, the place in which the individual "is born" and "grows." (Christifideles Laici)

Struggles for children and couples are varied during this time of pandemic, resources from reputable health and social agencies are available online. A few are listed below:

- ❖ Ontario mental health supports
  - <https://ontario.cmha.ca/provincial-mental-health-supports/>
- ❖ Alberta Health Services - *Mental Health: Coping and Connection for Children & Families During COVID-19*
  - <https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpiip-disaster-pandemic-coping-for-children-families.pdf>
- ❖ CHEO – *Back to school during covid-19: tips for parents and caregivers*
  - <https://www.cheo.on.ca/en/resources-and-support/resources/P6225E.pdf>
- ❖ Marriage encounter includes an option for reference to virtual encounters
  - <https://marriageencounterec.com/about-marriage-encounter/>

## SANCTITY of LIFE

It is the belief of the League that the right to life is sacred from the moment of fertilization to natural death. Because all men, as children of God, possess a unique dignity, the Church with her social teaching is committed to defending and promoting this human dignity for all men in the social sphere.

YOUCAT SECTION 438 [Catechism 2419-2420, 2422-2423]

Online activities to support and educate on sanctity of life issues during COVID lockdown:

- ❖ [May 4, 2021 – 12 Hours of Prayer for Palliative Care](#)
  - <https://cwl.ca/12-hours-of-prayer-for-palliative-care-2021/>
- ❖ May 9 to 14, 2021 – March for Life
  - <https://marchforlife.ca/>
- ❖ Human Trafficking Services and Support in Ontario
  - <https://www.ontario.ca/page/human-trafficking-services-and-supports>
  - <http://helpingtraffickedpersons.org/>
- ❖ Sign for Help – be aware of this in your interaction with others.
  - <https://canadianwomen.org/signal-for-help/>
- ❖ Euthanasia prevention Coalition recently organized two webinars. Is your group interested in working with us to provide an online webinar? Email me at [alex@epcc.ca](mailto:alex@epcc.ca) or call 1-877-439-3348.



## MINISTRY to YOUTH

Young people are the church, the people of God. Youth today have much to share; an exchange of ideas between generations is a source of growth and renewal for all.

- ❖ Pray with young people with resources online or for the month of May pray a rosary for special intentions, e.g., end to COVID, dignity of all life, children, families.



- <https://www.catholicbishops.ie/2020/03/16/prayer-resources-for-use-during-the-coronavirus-pandemic/>
- ❖ Alpha Canada on-line – free resources and webinar series for youth 13 to 18
  - <https://alphacanada.org/alphayouthonline/>

### **Ministry with the Disabled**

The aim of each council is to create an attitude that regards disabled individuals not only as people to be loved and served, but as responsible partners in the church's mission.

- ❖ Conduct an accessibility audit of your parish to prepare for return to worship.
  - Are listening devices tied to the audio system available?
  - Are bathroom and other areas of the church and rectory accessible? Do elevators or lifts speak to people?
  - Is it possible to travel to your church with accessible public transit? Do you make that information available on your website?
  - Is signage available in brail?
  - Are your hospitality ministers trained on how to provide service to individuals with disabilities? Resources available
- <https://www.accessforward.ca/>

### **Other areas of the standing committee include Ministry to Seniors, Widowed, Separated and Divorced**

Seniors provide a gift to society of tradition and heritage acquired through a lifetime of experience.

By the sharing of their gifts in church and society, the widowed may find their personal fulfilment in reaching out to others.

Many single and divorced people face the responsibility of raising children alone. The need to express the message of hope by offering assistance can be very beneficial.

- ❖ Does your council and parish reach out to these various groups?
- ❖ Do you consider their needs in provision of programs and services from the parish?
- ❖ Reach out to your President or organization chair who would have copies of past reports or view the 2019 Annual Report on the provincial website
  - <https://www.cwl.on.ca/sites/default/files/resources/Annual%20Report%20Book%202019%20Provincial.pdf>

### **Vocations**

Vocations "are a gift of God" and "they are born in communities of faith..." (Ecclesia in America)

During COVID, isolation has been magnified for those who live alone. Many of our priests are in that exact situation. Consider ensuring a family in your parish is bubbling with the parish priest to bring him social interaction during the lockdowns.

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





## The Healing Power of Touch

The relationship with my mother-in-law has changed over the years. Our roles have switched in some ways. No longer is she the care giver, chief cook, and bottle washer, tending to her own children and then her grandchildren. Her days are now lived out in a nursing home, in a wheelchair, limited in her ability to perform the daily tasks that came to her as easily as her breathing. She has dementia and is now the care receiver.

Dementia puts individuals into their own little bubbles that are sometimes difficult to break open. In a pre-Covid world, a light touch on her arm or a gentle rub on her hand would be enough to light a spark, make a connection with her. As so many family members have found with loved ones in care homes, the physical distancing and inability to touch a loved one with a caress, a kiss, or a hug has been a most difficult experience. We are unable to make that connection and the bubble encasing our loved one becomes more pronounced.

As I reflect on the current situation, I have begun to wonder whether the need for touch my need as my mother-in-law's is as much. The following verse connects water and touch as two life giving forces, both working to heal a wounded soul and a wounded world; touch connected to our provincial theme of *Loneliness* and water to National's year two focus under *Care of Our Common Home*.

Nourished, like the life-giving water on a parched earth deprived of rain.

Nourished, like the life-giving water on a dry throat thirsting for relief.

So, to a person nourished by the sound of the human voice, responding to the words of a son, a daughter, a friend, or a care giver.

Nourished by the touch of a human hand gently caressing a hand, arm, face.

Recognizing the dignity of being alive, the person we have always known but now hidden in this shroud they call dementia.

Acknowledging the loneliness, the aloneness

Offering a healing presence

Just as water gives to the earth, to the thirsty person,

The parched earth, the body, revives.

So, the person revives by a small act of presence, human touch.

.....Submitted by Pat Weller, OPC Christian Family Life Sub-committee member  
St. Michael's Parish council in Douglas, Pembroke Diocese)



**A Tribute to a Friend**  
**Carol Richer**  
**February 19, 1940 - April 13, 2021**

Carol was my friend. From the moment we met there was a connection.

Carol passed away at home, peacefully, with her family around her.

Carol was born in Riverside, near Windsor, Ontario on February 19, 1940.

After high school, Carol went to Bulmer Business College then to Ontario Teacher's College in Toronto and took a position teaching in Ingersol Ontario and then in Emeryville, Ontario.

On July 2, 1960 she married Murray Richer at St. Simon & St. Jude Roman Catholic Church, Belle River, Ontario, and they started their married lives as a military couple living in Halifax NS. This was the beginning of their travels around North America; finally settling in Morrisburg Ontario where they lived for 44 years.

Carol had been a member of the Catholic Women's League for 57 years, during which time she has held all executive positions at the parish level and was presented with the Maple Leaf Service Pin by St. Mary's/St. Cecilia's Parish Council in 2006.

She has served on the Kingston Diocesan Council of the Catholic Women's League as Recording Secretary, First Vice President/ Organization Chairperson, President and Past President/Historian. She served three terms on the Ontario Provincial Council of the Catholic Women's League as Recording Secretary, as Chairperson of the Education and Health Standing Committee, and as Chairperson of the Legislation Standing Committee. Carol was honoured in 2013 by being awarded a Life Membership in the League. As provincial Education and Health Chairperson, Carol and her committee developed a new Education Pamphlet which was distributed throughout the province to reduce the stigma attached to Mental Illness. This led to her writing 'A Prayer for Those Living with Mental Illness'.

Carol will be missed by her family and friends and especially her many sisters in The Catholic Women's League of Canada across the entire country.

*Eternal rest grant unto them, O Lord, and let perpetual light  
shine upon them. May their souls and the souls of all  
the faithful departed, through the mercy of God, rest in  
peace.*



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



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



### **CHAIRPERSONS' PRAYER**

*Dear Lord, make me appreciative of the dignity of my standing committee and its many responsibilities. Never permit me to disgrace it by giving way to coldness, unkindness, or impatience. Please bear with my faults, looking only to my intention, which is to serve You in the person of each member of the Catholic Women's League. Increase my faith, bless my efforts and work "For God and Canada". Amen*

(CWL Executive Handbook - May 2014)

Here is a summary of information provided by National Chairperson Faith Anderson.

### **National Hospice Palliative Care Week - May 3 to 9, 2021**

Depending on pandemic restrictions, participation will vary. If members can meet in person, it could be held in the church (adhering to social distancing guidelines). Alternatively, 12 members could be asked to pray for one hour during that week, or a virtual event could be organized. Link to *12 Hours of Prayer* for Palliative Care Kit ... <https://cwl.ca/12-hours-of-prayer-for-palliative-care-2021/>

### **A Practical Discussion about Palliative Care in Canada**

The League is hosting a webinar on palliative care on **Saturday, May 8, 2021 from 11:00 a.m. to noon (CDT)** \* note time difference - **in Ontario (EST) it begins at noon.**

Register online on the national website ([www.cwl.ca](http://www.cwl.ca)). On the home page, scroll down to *Quick Links* to find the registration form. **Everyone is welcome to register!**

### **Mental Health Week - May 3 to 9, 2021**

The pandemic has created mental health issues for many due to isolation. Reaching out and offering assistance (if needed) to members is essential. Many councils meet virtually. Consider having a virtual guest speaker or utilizing the League's postcard.

### **Catholic Education Week**

In this time of pandemic, it is important to acknowledge our educational institutions. It is a difficult time for educators, and a show of appreciation would be welcomed. Students and parents have also had to adapt to different ways of learning.

Catholic Education Week is recognized at various times throughout the year in each province, with World Catholic Education Day held this year on May 13<sup>th</sup>.

### **CWL National Bursary Fund**

Applications must be submitted to national office and postmarked **by May 15, 2021**. Use this link: <https://cwl.ca/wp-content/uploads/2019/09/552-National-Bursary-Application-Form-2019.pdf>

..... Submitted by Karen Karen McDonald, Education and Health Chair



# **A Practical Discussion about Palliative Care**

## **Saturday, May 8, 2021**



The Catholic Women's League of Canada is pleased to offer a webinar session on palliative care during National Hospice and Palliative Care Week, May 3-9, 2021. Due to the passing of recent federal legislation that expands the availability of Canadians to access medical aid in dying, it is important to be educated about palliative care and how Catholics can maintain their faith beliefs respecting life from birth to natural death.



Simone Stenekes is a clinical nurse specialist with the palliative care program of the Winnipeg Regional Health Authority. Simone has been working in palliative care for over 21 years. In her current role Simone cares for patients and their families, acts as a resource to health care teams, provides education and also is involved in research.

Date: Saturday, May 8, 2021  
Time: 11:00 a.m. – noon CDT (Winnipeg)  
Presenter: Simone Stenekes, Clinical Nurse Specialist  
Topic: A Practical Discussion about Palliative Care in Canada

**REGISTER ONLINE THROUGH THE NATIONAL WEBSITE AT [cwl.ca](http://cwl.ca).**

This presentation is open to everyone, family, friends, co-workers. All are welcome.



## The Bummer Lamb



Every once in a while, an ewe will give birth to a lamb and reject it. There are many reasons she may do this. If the lamb is returned to the ewe, the mother may even kick the poor animal away. Once an ewe rejects one of her lambs, she will never change her mind.

These little lambs will hang their heads so low that it looks like something is wrong with its neck. Their spirit is broken.

These lambs are called "bummer lambs." Unless the shepherd intervenes, that lamb will die, rejected

and alone. So, do you know what the shepherd does?

He takes that rejected little one into his home, hand-feeds it and keep it warm by the fire. He will wrap it up with blankets and hold it to his chest so the bummer can hear his heartbeat. Once the lamb is strong enough, the shepherd will place it back in the field with the rest of the flock.

But that sheep never forgets how the shepherd cared for him when his mother rejected him. When the shepherd calls for the flock, guess who runs to him first?

That is right, the bummer sheep. He knows his voice intimately.

It is not that the bummer lamb is loved more, it just knows intimately the one who loves it. It's not that it is loved more, it just believes it because it has experienced that love one on one.

So many of us are bummer lambs, rejected and broken. But He is the Good Shepherd. He cares for our every need and holds us close to His heart so we can hear His heartbeat.

We may be broken but we are deeply loved by the Shepherd.

*"The Lord is my shepherd; I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long." ~ Psalm 23 (NRSV)*

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





Food

*for*

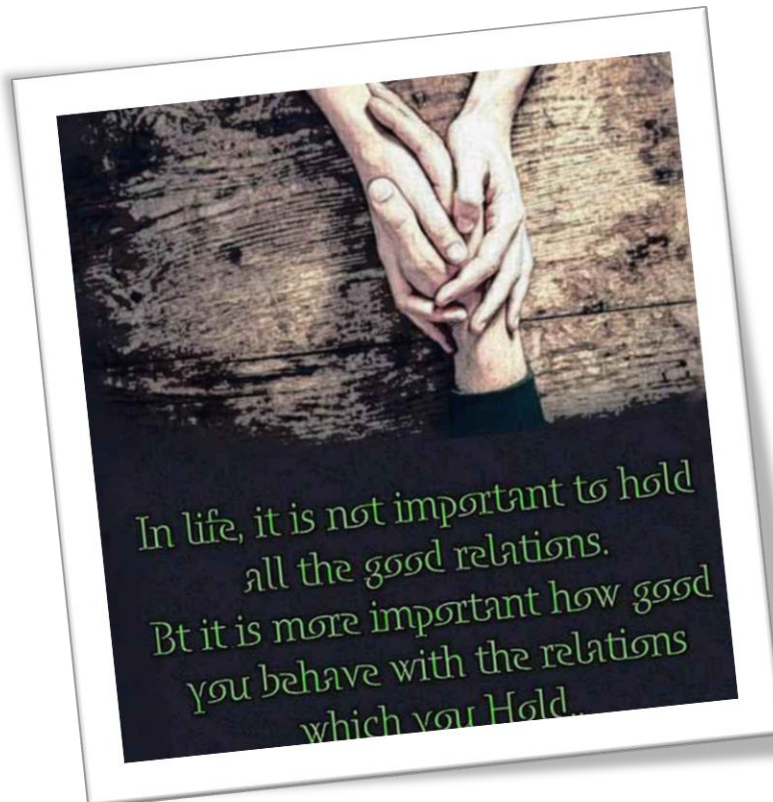


**Thought**



Stress is an everyday thing; it is part of everyday life. One needs to take stock of one's mental health, especially during this pandemic time.

- 🌸 Understand your current level of stress.
- 🌸 Invite friend, colleague, family over a “virtual coffee break”.
- 🌸 Spend time each day being fully present with another.
- 🌸 Spend time getting to know yourself. Have the “ME” time. Take care of yourself”.
- 🌸 Start small.





Did you know?

Hacking on average happens every 39 seconds. With all the lockdowns, our lives have become more technology dependent and it's often easy to forget about the security required to protect ourselves and our families from being hacked.



Tips:

1. Keep your devices updated.
2. Secure your personal accounts.
3. Only visit trusted sites.
4. Avoid oversharing – Hackers can use the information you share on social media, be aware of what you share.



This article came by my 'desk' and it really did resonate with what I am hearing and what many of us are feeling. Was really a good read. Last year it was about grief and loss, but this year - it's been tough to put a name to what we are feeling. Adam Grant says the word is Languishing. The article talks about how to get your flow back.

Below is the name of the article look it up:

**There's a Name for the Blah You're Feeling: It's Called Languishing.**

The neglected middle child of mental health can dull your motivation and focus — and it may be the dominant emotion of 2021.

\*\*\*\*\*

YOU WILL FACE STORMS IN  
YOUR LIFE, BUT YOU WILL BE  
VICTORIOUS IN THE END  
BECAUSE THE ONE WHO  
CREATED THIS UNIVERSE IS  
WITH YOU

## Remember:



**Catholic Education Week**

**May 2-7, 2021**



**March for Life – Ottawa**

**May 13, 2021**

The 2021 Canadian National March for Life will forge ahead this year in a “hybrid” format with both an in-person rally followed by a march in Ottawa on May 13, and a “full program of virtual events” to be held between May 9 and 16.

“On May 13, Canadians (if possible) will march peacefully on Parliament Hill and online to implore our leaders to enact laws that protect life from conception until natural death. Check link:

[2021 Canadian National March for Life on May 13 to be in-person and online | News | LifeSite \(lifesitenews.com\)](https://www.lifesitenews.com/news/2021-canadian-national-march-for-life-on-may-13-to-be-in-person-and-online/)



**World Communications Day May 16<sup>th</sup>**

World Communications Day has been celebrated annually since 1967 on the Sunday before Pentecost. World Communications Day was established by Pope Paul VI on May 7, 1967, .... “as an annual celebration that encourages us to reflect on the opportunities and challenges that the modern means of social communication (the press, motion pictures, radio, television and the internet) afford the Church to communicate the gospel message.”

Quote from [www.catholicireland.net/what-is-world-communications-day/](http://www.catholicireland.net/what-is-world-communications-day/)

[Messages World Communications Days | Francis \(vatican.va\)](https://www.vatican.va/holy_father/francis/messages/world-communications-days/messages_en.html)

