



September 2021 Edition

Featuring the Hearst Diocese and OPC Community Life Chair, Mary Capobianco

"Care for our Common Home"



Colleen's Communications

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Greetings to all,

I have just "returned" from the 101st National Annual Meeting of Members. There is so much good news to share! We have a new national executive team!

Congratulations to National President Fran Lucas, National President Elect Shari Guinta, National 1st Vice-President and Communications Chairperson Betty Colaneri,

National 2nd Vice-President and Spiritual Development Chairperson Cathy Bouchard,

National Secretary-Treasurer Marie Rackley, National Community Life Chairperson Faith Anderson,

National Legislation Chairperson Glenda Carson, National Resolutions Chairperson Rolande Chernichan,

National Christian Family Life Chairperson Dorothy Johansen and National Education and Health Chairperson Margaret Schwab.

Doreen Gowans will be the National Life Member Liaison for this term.

The new national theme is "***Catholic and Living It!***". The theme will run from January 1, 2022, to December 31, 2023. More details will be shared closer to year end.

The temporary national voluntary fund supporting Euthanasia Prevention Coalition has been extended to August 31, 2022. A new temporary voluntary fund has been established to support the CCCB in establishing a parish-based resource kit on palliative care. Contributions for these and all national voluntary funds can be made directly to national office and should be accompanied by the contribution form available on the national website <https://cwl.ca/wp-content/uploads/2020/11/513-National-Voluntary-Fund-Remittance-Form-2020.pdf>. (This form will soon be revised to include the extended and new voluntary funds). Thank you in advance for those councils who can make contributions. When making your donations please also remember the Ontario Provincial Council Bishop Pappin Bursary Fund. Contribution forms are available [here](#).

There are new workshops available on the national website to aid in welcoming new members, assist in orientation of leadership and embracing diversity in all councils.

The following are links to these tools:

Welcome Program: https://cwl.ca/sdm_downloads/welcome-program-video/

Executive Orientation: <https://cwl.ca/executive-orientation/>

Embracing Diversity: <https://cwl.ca/wp-content/uploads/2021/08/623-Embracing-Diversity-Tools-for-Council-Use.pdf>

The prime minister called an election yesterday. Be vigilant, find out how your perspective candidates would respond to your concerns. Challenge them to respond.

As we come back together, meeting face to face after many long months, I encourage you to take the time to educate yourself and your councils on the upcoming instructed vote. Each parish council president was sent an instructed vote package in December of 2020. The national board extended the timeframes on these instructed votes because public health restrictions made it impossible for members to meet face to face. Completed instructed vote forms ***must*** be completed and returned to national office by March 2022. The process for completing this instructed vote is detailed in the National Manual of Policy and Procedure Section 11, Amendments of Constitution and Bylaws, item 13, page 153.

May Our Lady of Good Counsel guide us all out of these turbulent times. Together we are stronger!

Be safe, be blessed and know you are loved unconditionally by our God.

Yours in faith,

Colleen Perry



Hearst Diocesan Council

My Dear Sisters in the League, I am honoured to represent Hearst Diocesan Council of the Catholic Women's League of Canada as Diocesan President.

Married to Don for 40 years, we were blessed with one daughter and one son, 6 amazing grandchildren, and most recently, 4 laying hens! I never would have guessed the last item would be part of our life!

I have served as Lector, Eucharistic Minister, and Parish decorator, Chair of the Parish Council, member of the Finance Committee, RCIA coordinator and instructor on the Parish Spiritual Education Team. I have worked as Parish Secretary for over 10 years. I am a founding member of our Parish's Hook and Needle Club. My CWL participation started over 35 years ago with some interruptions along the way due to family and work commitments. I regained my passion for the league over 10 years ago and have served as Spiritual Development Chair for the Parish and the Diocese, Communications Chair, Parish President and now I am starting as Diocesan President. I am a humbled recipient of the Maple Service Leaf Pin.

I am also an avid Rotarian and have just finished a three-year term as Assistant Governor.

I love to read and belong to a monthly book club. I love gardening, scrapbooking, journaling, and spending as much time as possible at our cottage with my husband and family.

Liz McInnis
Diocesan President
Hearst Moosonee Diocese



St. Patrick's Parish Council, Kapuskasing

A few of the CWL members from St. Patrick's Parish Council organized a Valentine's Tea:

Mary Lou Doran, Yvette Belec, Lorraine Cusson-Arnold- Diocesan President, Ita Sawyer, Liz McInnis- Parish President, and Hazel Barbour. The tea was a great success despite a snowstorm.



Life Member Liaison's Activity Report, by Dianne R. Denault

Hearst-Moosonee Diocesan Life Members: Marie DeBlois, Margaret Jones, Margarita LeFort, Gladys Gillissie, Verna Lynn Bergeron, Genevieve Sexton, Lynn Olenik, Dianne R. Denault.



- ✚ Many (100) emails to members requesting prayers for many of our members and their families and friends that were suffering from illness, newborn baby, cancer, death, many letters were sent to Marie DeBlois.
- ✚ Christmas wishes, birthday, get well and sympathy cards were sent.
- ✚ Provincial Life Members with Hearst-Moosonee Diocesan members and councils collected clothes, some were sorted and boxed in Cochrane and put on the train for Moosonee, Moose Factory, Attawapiskat and further north.
- ✚ Phone calls to Marie DeBlois, Donna Provost and Jeannie Coleman.
- ✚ Living rosary and World Day of Prayer.
- ✚ Workshop on Opioid and Fentanyl overdoses.
- ✚ Remembering June 6, 1944, Landing in Normandy.
- ✚ Provincial Resolution Chair has requested letters to be sent to Premier Ford regarding a public inquiry into Long Term Care in Ontario. If every Life Member sent a letter and help a Life Member unable to send one there would be at least one hundred letters mailed from Ontario.

God has surely chosen us to be the light in the world.

Operation North, by Lynn Olenik, Life Member

St. Theresa's Council in Geraldton adopted two grade four classes in Fort Hope as their Advent project.

Each child received mitts, a warm hat, pair of socks, Christmas ornament and some treats. Here are some of the students displaying their gifts. Their teacher Catherine St. Cyr expressed her gratitude for our generosity and doing God's work.



A Look at the Moosonee Side of our Diocese, by Lynn Olenik Life Member

On December 3, 1938, the area was established as the Apostolic Vicariate of Baie de James from the Diocese of Haileybury and Apostolic Vicariate of Northern Ontario.

On July 13, 1967 it was elevated to the Diocese of Moosonee. However, it lost the territory of the RC Diocese of Amos on the Quebec French side on May 13, 2007.

It was on December 3, 2018 that the suppressed territory was united into the Diocese of Hearst thus creating the Hearst/Moosonee Diocese. There are presently parishes in Attawapiskat, Fort Albany, Fort Hope, Fort Severn, Landsdowne House, Moosonee, Ogoki, Peawanuk and Pickle Lake.

It is encouraging to know that the Catholic Women's League of Canada had active councils in Moosonee, Fort Albany and Attawapiskat from 1977 until 1990

Under the direction of Mrs. Morgan, Mrs. Barron and Mrs. O'Connor, from the provincial council, the organizational meeting of Christ the King Council took place in Moosonee on November 3, 1977. There were 28 charter members in attendance for the election of officers. Their first meeting followed on November 26 as part of a Christmas Rummage Sale, raffles, bake sale, sewing centre and coffee shop. They raised about \$400. which was used to prepare Christmas packages for the needy.

During this period, representatives from the provincial council visited the three communities once a year for meetings, workshops and support. As the religious communities began leaving, interest weakened and by 1989 no fees were paid and the councils became in-active.

Pictured at right is Christ the King Cathedral in Moosonee and on the left is Holy Angels Church in Fort Albany. As of June 22, 2020, the cathedral will be referred to and called Minor Basilica. This honour was accomplished through the request of Bishop Robert Bourgon and granted by Pope Francis.





Above are two samples of the beautiful stained glass windows in the Minor Basilica, all depicting the indigenous perspective of religious events.

As the news of the amalgamation of the two dioceses began to be circulated , a project initiated through the spiritual development chairperson of the Hearst Diocese CWL Council was formulated. The "Sisters Together in Christ" project began to encourage a friendship, trust and bond between the women of both sections of this new diocese.

In 2019, three visits were made to Moosonee to provide workshops, prayer seivces, meetings, discussions, etc. Besides working directly with women, contact was also made with the Catholic School, Women's Shelter, Red Cross, seniors and general parishioners. Needed supplies for the church soup kitchen, school, and needy were also brought to the community. Clothes, food, school supplies and other articles were also sent by the winter road to the parishioners in Fort Albany.

A trip in June 2020 which was planned for our team members to visit both Moosonee and Fort Albany was unfortunately postponed due to the coronavirus.

With much prayer and encouragement, we hope to revitalize the CWL councils in this side of our diocese.

A group of parishioners with Father Paul and our team in the church.



St. Theresa's Parish Council, Geraldton

The Parish Council held an Advent Candlelight Service led by Father Gerard Legaspi, Parish Spiritual Advisor and Lynn Olenik, Parish President. St. John the Baptist Parish members, Longlac, joined in the celebration.

Refreshments were served and door prizes were given to lucky members. All members went home spiritually blessed and ready for the birth of Christ.



St. Theresa's Parish Council, Geraldton's new member Angelica Rodriguez Jacquez received her membership pin at CWL Mass on June 29, 2021. Angelica and husband Damien will be proud parents of a baby boy in September. Angelica received a Prayer Shawl and a blessing from Father Gerard Legaspi, Spiritual Advisor, her CWL sisters and friends.



St. John the Baptist Parish Council, Longlac's President Lilliana MacPherson teaching the Rosary to Our Lady of Fatima school students. Prior to COVID-19 CWL members participated in religious activities with the students.

Our Lady of Fatima Parish Council, Cochrane were active prior to COVID-19. CWL members delivered gifts to Villa Minto Long Term Care in January 2020. It brought joy and surprise to the residents following the Christmas season.



Food Insecurity – A Serious Problem

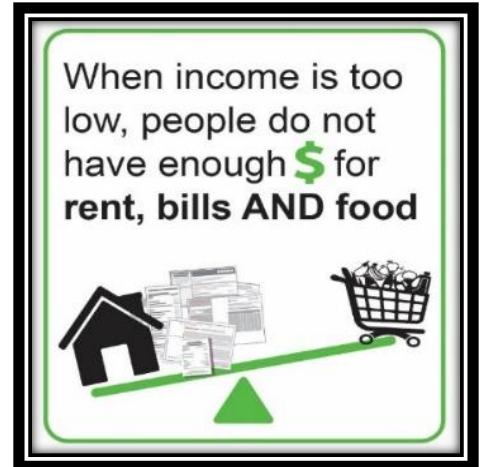
Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love.

— St. Therese of Lisieux

Food Insecurity is a serious problem in Ontario and across Canada. Food insecurity, also called household food insecurity is *the condition of not having access to sufficient food, or food of an adequate quality, to meet one's basic needs.*

Individuals and families living on low incomes struggle to pay the rent, other basic living costs (such as utilities, phone, childcare, medication, transportation) and simply don't have enough money left to buy FOOD.

In the recent *Hunger Report 2020* issued by Feed Ontario, as of 2018, over 13% of households in Ontario were considered food insecure. This represents 1.7 people or 1 in 8 Ontarians. It's important to note that this staggering number predates the COVID-19 pandemic. These statistics raise great concerns that more and more Ontarians are struggling to secure the food they need to live a healthy life. As well, studies show only 20% of households that experience food insecurity actually access food banks and 63% percent of families who are food insecure do have employment income.



Why does this matter? Food insecurity takes a serious toll on people's physical, mental and social health. Poor nutrition and increased stress can make food insecure households more vulnerable to disease. Adults in food insecure households are more likely to suffer from chronic conditions such as diabetes and high blood pressure, as well as mental health disorders such as mood disorders, anxiety, and depression. Children living in food insecure households are also more likely to have mental health issues such as hyperactivity and inattention. Research shows that experiences of food insecurity during childhood may have a serious and lasting impact on mental health as teenagers and young adults.

Food charities, such as food banks and soup kitchens, provide temporary relief for people who cannot afford to buy their own. However, they cannot continue to meet the demand that has only increased with the COVID-19 work stoppages and job losses. Obviously, food banks are providing a service that many rely on, but the problem is actually so much larger, that other solutions are needed. According to Mary Ellen Prange, a member of Ontario Dietitians in Public Health, food banks are "a short-term Band-Aid on a huge gaping wound". In fact, only one in four households that experience food insecurity actually use foodbanks. Further, research shows that there is no evidence that food charity is able to move households out of food security. Many food directors acknowledge that the people they serve, need more food than they can provide.

According to the *United Nations Human Right Council*, all humans have the right to adequate food. In a country as rich as Canada, everyone should be able to buy enough food. Despite extensive charitable efforts, millions of Canadians remain food insecure.



Research has shown that food insecurity can be reduced through public policies that improve financial circumstances of low-income households. Adequate incomes through the creation of jobs with livable wages, benefits as well as social assistance rates that reflect the true cost of living is needed so that everyone is able to buy enough food.

What can we do?

Be aware:

Learn more about why the problem of food insecurity is a serious health issue. Many resources are available on this subject simply by entering the words *food insecurity* on the internet.

Monitor the government's discussions about improving income policies. Are they addressing the food insecurity issue or does their legislation focus on food charity?

Spread the word:

Others may not be aware of how serious the problem of food insecurity is or may have misinformed ideas about food banks and the people who use them. Talking about this problem in your councils and parishes or whenever the opportunity arises helps to raise awareness of this serious problem.

The *Hunger Report 2020* concluded that "while the provincial and federal support has helped to ensure that food bank doors remained open, further public and social policies are needed to ensure every Ontarian is able to access sufficient income for their basic needs."

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



Organization News

New Ontario Life Members 2021



In The Catholic Women's League of Canada, the award of a Life Membership gives the recipient the honour of being named "a Life Member", a permanent place on the national council, voting privileges as an accredited delegate at all annual meetings, a voice in League affairs and eligibility for a national appointment

Life membership is not a reward for years of service or a retirement gift. The member must be nominated by a diocesan or provincial council and the recipient must meet certain criteria. The requirements to be met include serving as a diocesan president, having been a member for 10 years and serving on provincial council, as a member of the executive or on a sub-committee. In order to be awarded the Life Membership the member must be available and able to serve.

The following ladies have met the criteria and were awarded a Life Membership in 2021.

Angela Pellerin – London Diocese

Emma Rose Rayburn – Alexandria-Cornwall Diocese

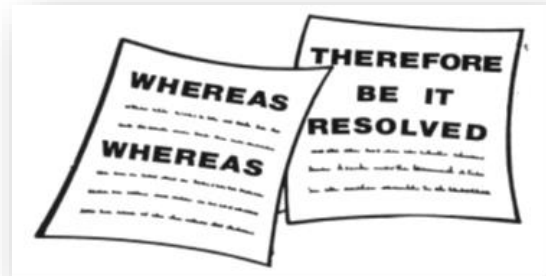
Lynne Rowlandson – Timmins Diocese

Alice Uvanile – Thunder Bay Diocese

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



RESOLUTIONS



Elections took place at the virtual National AMM on August 10, 2021.

Our new National Resolutions Chair is Rolande Chernichan from Manitoba.

Rolande has a lot of experience with resolutions and will be a great resource of information and guidance.

Thank you to Cathy Bouchard who was the National Resolutions Chair for the last three years. Cathy led with great enthusiasm, steered us all through a new resolution process and kept communicating with us all through the pandemic.

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



A WORD OF THANKS!

Good morning,

Over the years, many CWL across the province have been an incredible support to Save A Family Plan's Family Development & Community Development Programs.

COVID-19 has devastated India, especially families living in extreme poverty. A heartfelt thank you from Save A Family Plan to all the CWLs who have supported us recently, and in the past, to offer a pathway to recovery for the poorest of the poor. Together, we make great things possible!

Many blessings to all and the great work that you do. Your support over the years has brought hope, health, and happiness to many!

With Gratitude,

Marisa Thorburn
Executive Director
Save A Family Plan Canada
www.safp.org



“partnering with the poor for a just world”



An "Eye on Education and Health" ...

The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.

(Mission Statement)



During the 101st national annual meeting of members in August, elections were held, and we welcome **Margaret Schwab** (from Saskatchewan) as our new **National Education and Health Chairperson**. I look forward to working with Margaret in my role as Ontario Provincial Education and Health Chairperson.

Below is a summary of two items of information brought to our attention by the National Chairperson in her Communiqué #1 (I encourage you to read the entire communiqué found at <https://cwl.ca/communique-1-education-and-health/>).

Literacy and Continuing Education

Margaret advised us of a very interesting video provided by the Coady International Institute to the national annual meeting of members and encouraged parish councils to show it (found at youtu.be/G4Bm6QtA6CI) to members. She pointed out another program that might interest Canadians is the Indigenous Women in Community Leadership program, which is open to First Nations, Métis and Inuit women.

Environment

Margaret advised the League will soon be using a new national theme but reminded us that "caring for the environment should not be put away on a shelf. Members must always be diligent about what they do to the world around them. For example, the lack of clean water remains an issue in many communities and landfills are being used to the maximum. While recycling is improving, there is still a long way to go".

Canadian Federal Election

As you know, a federal election is being held on **Monday, September 20, 2021**.

There are many current issues pertaining to education and health to be aware of ... environment and climate change, recycling, bioethics, protection of freedom of conscience for healthcare professionals, quality palliative care, pro-life initiatives, adverse effects of COVID-19, mental health, opioid crisis ... to name just a few.



Consider the issues that are important to you, determine who the candidates are in your riding, google their websites and contact them to find out where they stand on the issues. If you have concerns, chances are they are on the minds of other citizens.

Pray for all candidates and citizens of Canada, that the Lord will guide our decisions with a spirit of justice and integrity for the benefit of this beautiful country!

.....Submitted by Karen McDonald, OPC Education and Health Chairperson



"I am a little pencil in the hand of a writing God who is sending a love letter to the world." – **Mother Teresa**

"Somewhere inside of all of us is the power to change the world".
– **Roald Dahl**

"Someone struggled for your right to vote. Use it" – **Susan B. Anthony**

"There's no such thing as a vote that doesn't matter. It all matters."
– **Barack Obama**

"The ballot is stronger than the bullet." – **Abraham Lincoln**

A prayer for Afghanistan

Father, You care deeply for the people affected by the war in Afghanistan. We pray for those who are in fear - bring peace and safety. We pray for those who are grieving - give comfort and hope. We pray for those who are injured - provide healing, care, and rest. We pray for those who are helping - supply strength, resources, and support. We pray for those who are leading - bestow your wisdom.

We trust in you, Lord. Amen



A nice prayer to pray with your children, grandchildren, nieces, nephews or with a school child you know.

back2school
prayer

"Dear Lord, use my eyes to *see* new friends.

Open my ears to *hear* my teacher.

Open my mind to *learn* new things.

Let my heart *remember* YOU are near when I'm afraid.

Help me to *love* others like you do.

I want to *shine* your light so bright in my school."

Amen.

© Courtney DeFeo

A nice prayer to pray with your children, grandchildren, nieces, nephews or with a school child you know.

COVID-19 SCHOOL

PRAYER GUIDE

Dear God, we pray for our...

STUDENTS, that You would ease their anxiety about being back in school amidst the pandemic. We pray for safety for those returning to in-person classes, and for the needed technology, discipline, and adult oversight for those learning online. Would you ensure that every child has enough to eat, a supportive network of friends and family, and perseverance to face every challenge with Your strength?

PARENTS AND CAREGIVERS, that You would grant them wisdom about which schooling option to choose. We pray for your provision physically, spiritually, emotionally, and financially. We pray for a support system that they can turn to when the challenges of life are overwhelming. We pray for churches and believers to surround local families with more prayer and support this year than ever before.

TEACHERS AND SCHOOL STAFF, that You would grant them supernatural peace and discernment. We pray for wisdom for school district leaders, and for the safety of every staff person on every school campus. May the community rally around our schools to provide the sanitization, supplies, and emotional support needed by our teachers and school staff so that they can educate our students effectively.

CHURCH VOLUNTEERS, that Your faithfulness and goodness would be evident through our actions as we love the students and school staff as You first loved us. Especially amidst this pandemic, grant us opportunities to develop meaningful relationships in safe ways, and may we strive to serve as Jesus did with grace and humility. We pray that students and teachers would see You through us.

In Jesus' name we pray, Amen.

P.S. Ask your school for specific prayer requests!



Dates to Remember 2021 from National Spiritual Development Chair, Cathy Bouchard

September 19	National Faith Day
September 21	National Day of Prayer for Christians in the Holy Land
October 1	National Day of Prayer for Canadian Home Missions



Awards and Recognition



Submitted by Linda Merrill, President of Our Lady of the Holy Rosary Catholic Women's League, Thorold, Ontario



Margaret Timmons
100 years young.

On June 16, 2021
Our Lady of the Holy Rosary
Parish Council
Thorold, Ontario

100

Anniversary

95 Years - Charter received May 21, 1926
Our Lady of the Holy Rosary Parish Council
Thorold, Ontario

Congratulations

Celebrating Denise Thompson's 100th birthday at Holy Name of Jesus, Timmins Diocese as well as her 60 years of CWL membership.

She also received congratulatory greetings from Justin Trudeau-Prime Minister of Canada, Doug Ford – Premier, Charlie Angus, John Vanthof, and the town of Kirkland Lake.



Left to right: Nick Sangiuliano - Theresa Sangiuliano - Emily Boisvert - Mary Rozich - Father Justin Dawson - Mary Culhane - Joan But.

Sitting - Denise Thompson is holding the Blessing from the Bishop. The blessing from the Pope is at her feet. Other greetings around her are from CWL Councils, National Office, Provincial and Timmins Diocese.

Presenting a Life Membership certificate and pin to Lynne Rowlandson, from Holy Trinity CWL council, Diocese of Timmins, Diocesan executive members: President, Annette Kelly, Organization Chairperson, Shirley Gravel (right) and Life Member Liaison, Anne Plaunt (left).



Mrs. Mary O'Connor, celebrating 62 years service, CWL Charter member of Holy Name of Jesus Parish , Kirkland Lake, Timmins Diocese.



Delores D'Andrea's 60th Anniversary in 2020 from Holy Name of Jesus CWL Council , Kirkland Lake, pictured here with Diocesan Past President, Audrey Shelton, Timmins Diocese.



Shari Guinta, National President-Elect



Betty Colaneri, National 1st Vice-President and Communications Chairperson



Imagine running a race between RELATIONSHIP AND FRIENDSHIP?
Who will win?



RESULT:

NONE will win, BECAUSE...
Friendship always compromises,
AND
Relationship always sacrifices.



Life is not a music player; one can listen to a favourite song. It is a radio; you must adjust yourself to every frequency and enjoy whatever comes in