



February 2022 Edition

Featuring the Thunder Bay Diocese and OPC Recording Secretary

CATHOLIC
and **LIVING IT!**



Colleen's Communications

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February, the month of cold temperatures and warm hearts.

The national initiative that we, in Ontario, are calling Sisters Calling Sisters, has been cancelled due to privacy concerns. I would like to offer a challenge to all members to touch base with all your sisters in your own parish councils. Many of the parish councils in Ontario are already doing a great job at keeping in touch with its members but we can always do better. Telephone, send cards, write letters... do whatever inspires you to let your sisters know you are thinking of them. It is amazing what a short conversation can do for our mental wellness! Thanks to the almost 80 volunteers who put their name forward to make the national calls. I am inspired!

The last line of the gospel this past weekend inspired me. Luke 4:21 states "... *Today this Scripture passage is fulfilled in your hearing.*" Are we listening? Have we opened our hearts to the word of God? I receive many correspondences from members across

the province expressing their dismay that their voices are not heard, even in their own councils. Be open to the Holy Spirit and the nudges He gives. My own experience is that

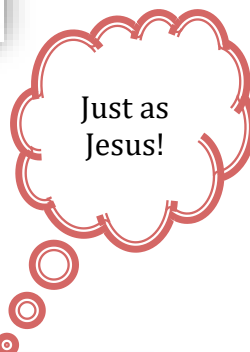
when members, all members, express their opinions or ask for assistance or reach out in any way, it comes from their heart. It is the Holy Spirit prompting us to listen.

Open our hearts, O Holy Spirit, and allow us to listen to our sisters with joy and gratitude. Help us to build a kinder and more compassionate world where all opinions are welcomed and encouraged.

May your journey into our most holy season be one of preparation and gratitude

Yours in faith,

Colleen Perry



Thunder Bay Diocesan Council

You are welcome to the CWL Diocese of Thunder Bay comprised of 24 councils and eight Life Members who mentor and share their knowledge of the League.

We are currently amidst times of fear, stress and overwhelm, but to see the stars we need darkness. In these times of darkness, we see the incredible kindness, compassion and empathy shown by our CWL sisters.

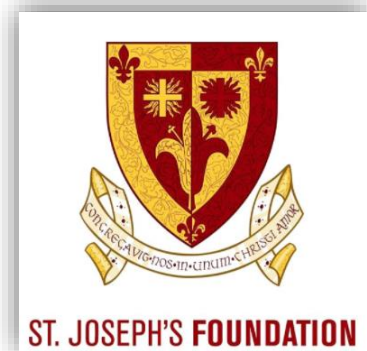
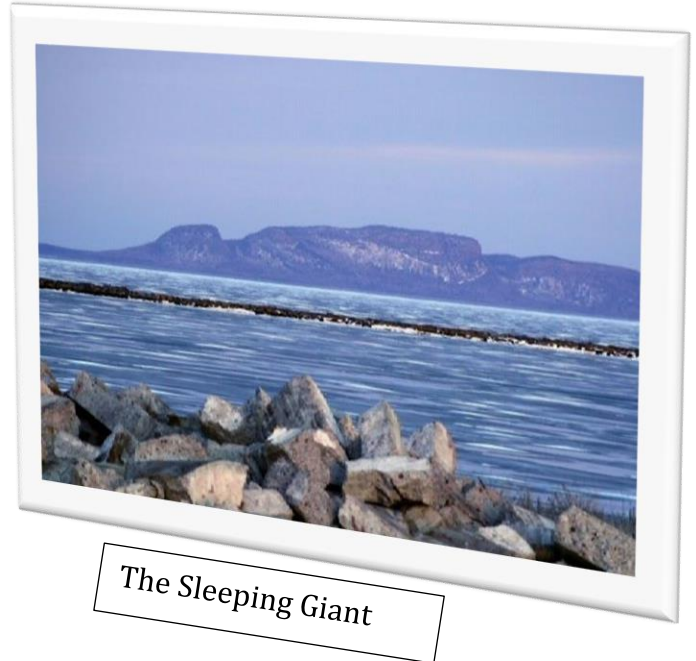
Whether it's a message for the elderly who are currently either self-isolating or on lockdown, a prayer for someone who is ill, or a message of hope for anyone who needs it, they are ever present and willing.

I am encouraged by the forward momentum of many councils who do not let setbacks deter their resolve. We are not alone...we are all in this together and together we will remain strong and continue to live our League's Mission.

Blessings
President, Maria Bertoldo

The Sisters of St. Joseph have played an incomparable role in the building up of the Church and the ministries of the Church.

Their first Canadian congregation was formed in 1851 in Toronto and soon spread to Hamilton, London and eventually to Prince Arthur's Landing in 1881, where they opened St. Andrew's School, the first Catholic School in Thunder Bay and a few years later, St. Joseph's Hospital in 1884. Other contributions to the community include St. Joseph's Manor, which eventually became St. Joseph's Heritage, Avila Centre, a children's daycare in First Nation's Pic River, St. Joseph's Hospital, the Sister Margaret Smith Treatment Centre for addictions, Sister Leila Greco Apartments for Seniors, the Hogarth Riverview Manor expansion, and the new east Wing of St. Joseph's Hospital.



Sister Roberta Derochie CSJ established the Dew Drop Inn in 1981 to assist the homeless, Sister Shirley Grexton CSJ worked in the Marriage Tribunal and later became Chancellor of the Diocese, Sister Alice Greer CSJ was the chaplain at Lakehead University for over 30 years, Sister Dolores Turgeon CSJ ministered to the elderly in hospitals and long-term care homes, Sister Stephanie Romiti CSJ worked for the Superior North Catholic District School Board as the Faith Formation Coordinator and Sister Cecily Hewitt CSJ served as the Watchkeeper at the Mission to Seafarers for sailors coming to the port at Thunder Bay. One hundred and forty years have passed since the sisters of St. Joseph arrived at Prince Arthur's Landing. These women of courage and foresight came to serve the people in God's name, in this remote area of Ontario and their ministries continue to thrive today.

"Over the course of human history trees appear both in myth and sacred stories. Scripture recalls many types of trees: oaks of righteousness, cedars of Lebanon, almond, fig and olive trees, a tree of life and a tree of knowledge, the trees at Mamre where God visited Abraham. Trees are a living metaphor for our own spiritual journeys. From seed to sapling to towering giants, rooted on earth, and reaching to the sky, they serve as home to any number of earthly creatures and micro systems. Indeed, trees inspire, delight, and serve as invaluable reminders of the order of things. Trees engage our imagination and offer joy to our spirits. We are just now discovering the enormous potential trees hold in healing and climate catastrophe. Scientists agree, reforestation and the planting of new trees is a critical climate change solution." –taken from the *Blessing of the Tree* service by Bishop Fred Colli.

The Diocesan Council of the Catholic Women's League were honored to plant a Snowbird Hawthorne Tree, on the grounds of the Pastoral Centre, in recognition of the 140 years of service of the sisters of St. Joseph in the Diocese of Thunder Bay.



Pictured are Dorothy Bechta, Diocesan Treasurer, President Maria Bertoldo and Secretary Joanne Scerba.

St. Agnes Parish Council:



2021 was another year of covid and lockdown but the St. Agnes council were grateful to honour Alice Uvanile as the newest Life Member and thank her for service to God and all her hard work and dedication to her sisters of the league.

They tried to jazz up their executive meetings with monthly goodie bags with the latest copies of CWL memos and "Catholic and Living It" information cards.

St. Agnes Bursary committee was busy over the summer reviewing worthy candidates to receive their annual award. They wished the lucky recipient Teresa Wenzell with blessings on her joining "Our Lady Seat of Wisdom" College in Barry's Bay.



Holy Angels Council, Schreiber

Just before Christmas, 36 Christmas gift bags were delivered to a local Long-term care facility by Holy Angels Council. Always a lovely way to spread Christmas cheer.



St. Mary's Council, Fort Frances

A Celebration of Christmas cheer:

Despite covid restrictions, St. Mary's CWL Council managed in December to celebrate Christmas and spread some Christmas cheer.

At the conclusion of the Christmas mass and general meeting, a special cake was shared, and gifts of carnations and evergreens were given to members and sent out to shut-ins. Christmas greeting cards and gifts were later delivered to the elderly and those in need of a kind greeting at the shut-ins.



Our Lady of the Way Council continued with the HUG Project in 2021. They put baskets at the back of the Church and encouraged all parishioners to donate warm mitts, hats, socks, and neck warmers. The collected items were then taken to the local Food Bank and made available to those in need.

Pictured with the donations are from left to right: Dianne Vandenbrand (CWL Past President and Secretary of the Food Bank Committee), Sandy Nielson (CWL President) and Ellen Chojko-Bolec (CWL President-Elect and President of the Food Bank Committee).



Holy Angels, Schreiber



Activities at Holy Angels included:

- Gnocchi making with President Angie Crupi's 90-year-old mother.
- CWL members cutting and packaging 150 trays of Christmas baking.
- Father Terry assisting at Christmas party.
- President Angie Crupi shown presenting a prayer shawl to a senior CWL member, Teresa DeLeo. She was thrilled to know it was blessed and prayed upon while being made.



RECORDING SECRETARY



The role of recording secretary is one that involves several tasks and skills. You must be SHARP when you are taking council minutes, knowing that they reflect the history of the council. Minutes are also a summary of the actions taken or to be taken by sisters of the League. The council relies on your minutes to be accurate communications.

What are SMART (accurate) minutes?

S is for Smart and Sharp

Minutes need to be to the point, concise, and not too short or too long. Include who was there, topics discussed, and the decisions made. Decisions are clear when resolutions or motions are marked as such.

M is for Mandatory

National and provincial legislation for every kind of organization requires minutes to be taken. Minutes are also a reflection of rules and regulations such as *Robert's Rules of Order*. Minutes are a permanent record and should be marked this way before archiving.

A is for Accurate

Listen carefully! Every sister will have a version of the story that reflects their perspective on an item. After debate and discussion are finished, it is the role of the secretary to ensure the official record reflects the consensus of the group. Giving feedback to the group about your notes for the purpose of clarification is recommended.

R is for Readable

Minutes need to be free of jargon, acronyms, and opinion in the text. Council members read the minutes but remember that historians will read the minutes you take 100 years from now. Note concise, key discussion, that will connect the motions or resolutions with the events in time. This provides clarity for future readers. Every motion should be able to stand alone, i.e., if taken by itself, it covers the details of who, what, why, how much, when, how and where as appropriate.

Don't be vague. Instead of "A budget was set for the project"; use "A budget of \$300 was set for the bazaar on November 28th".

T is for Technology

Technology is a way to get full value from your minutes and make them SMART. Send out your DRAFT minutes to all council members as soon as possible. This allows you to have input into the accuracy and readability of the minutes. Draft minutes also remind members of tasks to be completed prior to the next meeting. Software such as Zoom, and GoToMeeting allow the meeting to be taped for future reference. This is very helpful to ensure the accuracy of minutes. Technology allows us a smaller environmental print by limiting paper usage.

Tips from diocesan recording secretaries are shared with you for your consideration:

- Have two people that can help you with proofing minutes.
- Encourage executive members to give you a summary of their report prior to the meeting.
- Use the agenda to design a template that helps you to prepare for meetings that occur on a regular basis.
- Prepare minutes shortly after the meeting and share with the president for review.
- Prepare a list of members who attend the meeting on a regular basis with a place for a check mark that can be circulated at the time of the meeting as attendance. Add a date and a few lines for guests or additional members to add their names.
- Maintain minutes in a chronological order in a binder or folder for easy reference and bring the binder/folder to meetings as a reference.
- Keep both an electronic and a print copy of the minutes to avoid loss of information over time.
- Number the pages of the minutes to assist with references to the items in the minutes.
- Double check that you have dated the minutes and have the president sign off on the minutes once they are accepted by members attending the meeting.
- Keep a notebook for listing items that need to be addressed following the meeting.
- Keep a motion book separate of the minutes of the meetings. Note that motions made in meeting that are not in person should be listed as not ratified and maintained separately or in the motion book until they can be passed in an in-person meeting.
- Distribute the minutes electronically prior to the meeting allowing several days for feedback from participants prior to the next meeting, so if a change is needed, it can be researched and prepared.



Please acknowledge the work and support your council receives from your recording secretary. She has a job that is sometimes felt to be behind the scenes.

.....Submitted by Joanne Hough, OPC Recording Secretary



Organization

Membership

On January 10th the National Office unveiled new membership recruitment materials called **"What We Do"**. The products are available on the National website (cwl.ca) under To Organize, 300 Series Promotional Materials. The materials are free and can be downloaded. The poster can be displayed on a parish bulletin board and post cards and bookmarks can be distributed to members and potential members.

Since the month of February is the month of love, let us show our love to members. Let them know we are thinking of them; send them a "What We Do" post card or a valentine card; prepare a newsletter to be emailed or mailed to members. Members are more likely to renew if they feel included. Make sure to send per capita fees to the National Office by February 28, 2022.

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





What We Do



The blue swirls represent the Holy Spirit inspiring members as they start with prayer. The Holy Spirit flows throughout the image beginning with the sun rays and dove in the upper right corner, joining members because they have invited Him with arms open.

During business, members remain inspired to perform service for others by creating resolutions or monetary support from fundraising efforts. The papers floating away exemplify members do this for others, not for themselves.

After business, members relax and socialize. They reach out to other members, developing their relationships with them.

CHRISTIAN FAMILY LIFE

Read more on: FocusontheFamily.com The Heart of Raising Pro-Life Kids

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Overall, witness of moms and dads who are utterly and unequivocally committed to protecting human life from conception until natural death is required to raise pro-life kids. Below are four ways to teach your kids the Sanctity of Life.

1. Talk about abortion while ensuring age-appropriate themes. It helps if you are connected to a local pro-life organization or other supportive parents.
2. Practice care for the poor; it's important to care for babies and their moms before birth but equally important to continue to care for those humans until natural death.
3. Be a public witness who takes the conversation from inside the home to outside it.
4. Welcome life yourself, by accepting children graciously as a gift from God.

Read more on: McMasterOptimalAging.org/age-well

Stumbled upon this website, there are links to a wealth of information on the following topics:

- Supportive homes and communities
- Health care and health service delivery
- Autonomy and independence
- Cognitive health and dementia
- Mobility and transportation
- Healthy lifestyles and wellness
- Staying connected
- Financial wellness and employment

Read more on: GoodHousekeeping.com

Evidence-Backed Ways Parents Can Think Like a Teacher to Improve Virtual Learning

1. Create the best space possible so your child feels safe and comfortable. Some days let them make a throne of pillows on the bed to have a 'dress down' day.
2. Establish rules and goals; for example, younger children - stay in your assigned area with no more than two reminders and older children - ask your teen what will work so they are not scrolling on their phone while listening to the teacher on-line.
3. Rely on routines and systems to get and stay organized.
4. Try to make work meaningful by encouraging students to look for ways they can use the content in their personal lives. With a balance, you can also use your child's preferred activities as incentives to complete the work.
5. 'Catch' your kids being good, play to their strengths and yours. Different family members may be more equipped to assist with different aspects of learning.
6. Intertwine schoolwork with supportive relationships.
7. Growth mindset - when child struggles try, "Okay, so you don't get it **yet**, but what questions do we need to send to the teacher?"
8. Stay as positive as you can. Your children will mirror your actions and learn how to respond to life's challenges from you.

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

An "Eye on Education and Health"



"Palliative care is an approach that improves the quality of life of patients (adults and children) and their families who are facing problems associated with life-threatening illness. It prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual".

(Definition of Palliative Care - World Health Organization website)
<https://www.who.int/news-room/fact-sheets/detail/palliative-care>

I encourage members to read National Chairperson Margaret Schwab's latest Communiqué #4 found at <https://cwl.ca/wp-content/uploads/2022/01/20220110-Education-and-Health-Communique-04-website.pdf>. In it, she provided information on initiatives and resources that are available, three of which are summarized below.

Horizons of Hope: A Toolkit for Catholic Parishes on Palliative Care

This toolkit is available on the Canadian Conference of Catholic Bishops website (<https://www.cccb.ca/faith-moral-issues/suffering-and-end-of-life/horizons-of-hope-a-toolkit-for-catholic-parishes-on-palliative-care/>).

Margaret pointed out that the toolkit consists of an introduction, a facilitator's guide and four modules (each with a downloadable file and videos providing the theological/ethical and medical perspective):

1. Understanding the experience of dying & death
2. Discerning and making decisions at the end of life
3. Accompanying at the end of life
4. Supporting and integrating inside the wider community

Councils are encouraged to access this toolkit as a valuable resource for members.

Margaret also brought to our attention the fact that the CCCB's toolkit was approved as a **National Voluntary Fund** (in a temporary capacity) at the 2021 national annual meeting of members. This gives councils the opportunity to assist with the cost of producing this resource. Margaret confirmed that the fund has received \$550.00 in donations to date. Councils are encouraged to consider donating to this fund in 2022.

Coady International Institute

The Coady Institute is one of the League's permanent voluntary fund recipients and has partnered with the CWL since 1961.

Members are encouraged to read the message from Executive Director Gord Cunningham found at <https://coady.stfx.ca/annual-appeal-2021>.

Canadian Blood Services

Margaret reminded members about the League's commitment to Canadian Blood Services which is only 200 blood donations in the year 2022. Last year, the League did not meet that commitment.

Members, extended family members and friends can join by:

- a. setting up an account on blood.ca or the Give Blood application for Apple or Android.
- b. select "partners" from the menu.
- c. select "join team" and search "Your team's name" (a drop-down list will appear).
- d. select the team they wish to join.
- e. book their next appointment either through their team bookings or individually.

The **League Partner ID** with Canadian Blood Services is **CATH011269**.

We are encouraged to give blood and achieve our goal of 200 donations in 2022!

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



THE SILENT SERMON



A member of a certain church, who previously had been attending services regularly, suddenly stopped coming to church. After a few weeks, the Pastor decided to visit.

The Pastor found the man at home alone, sitting before a blazing fire. Guessing the reason for his Pastor's visit, the man welcomed him, led him to a comfortable chair near the fireplace and waited. The Pastor made himself at home but said nothing. In the grave silence, he contemplated the dance of the flames around the burning logs.

After some minutes, the Pastor took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then he sat back in his chair, still silent. The host watched all this in quiet contemplation. As the one lone ember's flame flickered and diminished, there was a momentary glow and then its fire was no more. Soon it was cold and lifeless.

The Pastor glanced at his watch and realized it was time to leave, he slowly stood up, picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow, once more with the light and warmth of the burning coals around it.

As the Pastor reached the door to leave, his host said with a tear running down his cheek, "Thank you so much for your visit and especially for the fiery sermon. I shall be back in church next Sunday."

We live in a world today which tries to say too much with too little. Consequently, few listen. Sometimes the best sermons are the ones left unspoken.

We need each other to keep the flame burning.

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



LEGISLATION

What is Legislation and What is its Purpose?

Legislation refers to written laws, often referred to as Acts or statutes, which are enacted by Parliament, the legislative arm of government. The main purpose is to transform policies relating to general or specific issues into legally defined rights and obligations, and to present measures to ensure the observance of such right and obligations.

How does the League get involved?

Our work begins when the League passes a resolution. Quoting the words of a past provincial legislation chairperson Karen McDonald from her Directive #1 of August 17, 2017:

"Once adopted (usually after months/years of research), they (resolutions) remain words on a paper unless we follow up to ensure that government enacts laws or makes changes that we request. Action plans are found at the bottom of each adopted resolution(s) posted on the provincial and national websites. Our task is ... to review the Action Plans and do the necessary follow up work to give life to the resolution(s). By doing this, we honour the work done by those who gifted us with the resolution(s)."

Part of the action plan may be to bring the resolution, or even our concerns to the government, lobby government, do a letter writing or postcard campaign. If we can convince member of parliament to act on it, he/she brings the issue forward to the government in the form of a bill (draft form).

Then What Happens?

The bill (draft form) can originate either in the House of Commons or in the Senate. To become law, the bill must be approved by both the House of Commons and the Senate, and by the Governor General of Canada (the Crown). Bills are discussed by members of both Houses during what is formally known as First Reading, Second Reading, and Third Reading, and are also submitted to a Parliamentary Committee for review. The Committee usually seeks out the views of interested parties, including the public. The final stage of the enactment of a bill is when it receives Royal Assent. The timing of Royal Assent is determined by the Leader of the Government in the House of Commons in consultation with the Leader of the Government in the Senate. An Act has the force of law upon Royal Assent, unless it is provided in the Act that it will come into force on a fixed date.

Interested in some bills? Here is a sampling. Have a Look at the 44th Parliament, 1st Session from November 22, 2021, to present date. Type "legislation at a glance" in your browser box and it will direct you to <https://www.parl.ca>

S-203 Federal Framework on Autism Spectrum Disorder
completed second reading in the Senate

S-210 Protecting Young Persons from Exposure to Pornography
completed second reading in the Senate

S-211 Protecting Young Persons from Exposure to Pornography Act
completed second reading in the Senate.

S-219 National Ribbon Skirt Day Act
completed second reading in the Senate.

S-233 National Framework for a Guaranteed Livable Basic Income Act
completed second reading in the Senate.

S234 An Act to amend the Canadian Environmental Protection Act, 1999
(Final disposal of plastic waste)
completed second reading in the Senate.

C-203 Soil Conservation Act
completed first reading in the House of Commons

C-208 Early Learning and Child Care Act
completed first reading in the House of Commons

C-212 School Food Program for Children Act
completed first reading in the House of Commons

Get moving...

If there is something that inspires you, get involved.

- Call your member of parliament or visit his/her constituency office.
- Write a letter to the prime minister or your premier, your minister of parliament, the minister involved in the issue.
- Names and addresses (e-mail or postal) can be found on the government websites.
- Remember, if you choose to use Canada Post to Ottawa or Queen's Park, postage is not necessary.

.....Submitted by Betsy Currier, OPC Legislation Chair





2022 PROVINCIAL CONVENTION UPDATE



Welcome to Ottawa

It is with great joy that the hosting Ottawa Diocesan Council extends a warm welcome to our League sisters from across the Province of Ontario for the 75th Ontario Provincial Council Annual Meeting of Members in July 2022. Many of us may already know the many and varied attractions of the National Capital Region, and for those of us who don't, will be pleasantly surprised by all that there is to see and do. Our members are eager to greet old friends and to make new ones as we come together to pray, conduct business, share ideas, and enjoy fellowship. May Our Lady of Good Counsel continue to guide and protect us during this challenging time.

Following our welcome, please see our convention fundraisers and our convention prayer for the success of this promising event! Mark your calendars for July 10-13, 2022. The Registration Package will be available on the Ontario Provincial website this month.

We look forward in hope to celebrating in person with our sisters and honouring our outgoing Ontario Provincial President Colleen Perry who is native to Ottawa.

Our Lady of Good Counsel, Pray for us.

The Ontario Provincial Convention Planning Committee

Catholic Women's League Ontario 2022 Provincial Convention Fundraiser



**Convention Sling Bag + Notebook
\$20.00 (plus shipping)**



**Rosary Bracelet with CWL Charm
\$30.00 (plus shipping)**



Handmaid Quilts for various prices

To purchase these items, please contact Sue Ann Soulliere at 613-979-5757 or email sueannsas@bell.net

More details can be found at
<https://ottawa.cwl.on.ca/OntarioProvincialConvention2022.html>

Prayer to Our Patroness, Our Lady of Good Counsel, for the 2022 Ontario CWL Convention

Dear Mother Mary...

As we continue to navigate the COVID restrictions and trials, we seek your aid as we develop and plan for the 2022 Ontario CWL Convention. COVID challenges the world, including every member of the Catholic Women's League of Canada.



Our convention theme is loneliness and COVID has confronted us all with this condition.

Some of us were able to endure this period of isolation, and for that we are grateful.

Many people of the world had their loneliness increase to a point of extreme mental distress.

As plans proceed for Convention 2022, we are mindful that loneliness exists everywhere.

We seek your help to make this convention a gathering where we help each other, support each other, and pray for each other, transforming loneliness to a time of rich solitude in faith.

As we pray our daily rosary, we ask you to intercede with your Son, so that all those entrusted with the planning of this convention will be inspired by your concerns for your son Jesus, and for his Church. We pray that, with your help, we will overcome any hurdles we may encounter, and that this convention will be, for all Ontario League members, an occasion for growth of our love for the League, for one another, and for God.

Amen

OPC SOCIAL JUSTICE AWARD

On the Fourth Sunday of Advent the 2021 Ontario Provincial Council Social Justice Award was presented to Penny Craig, Our Lady of the Atonement CWL Council, Windsor.

"For her many years of exemplary service as a member of the Society of St Vincent de Paul of Canada. She has served Christ and the needy with love, respect, justice and joy through the parish conference, at the Windsor Central Council and for many years she served on the National Council, including 6 years as the National President of the Society of St Vincent de Paul of Canada.

Penny is a born leader, she serves the Lord with her calm strength, positive attitude, gentle ways, and her strong faith, to do what is right and just in our communities. We were very pleased to present Penny with the Ontario Provincial Council of the Catholic Women's League of Canada's 2021 Social Justice Award. Congratulations!"

In a thank you card to the Ontario Provincial Council, Penny stated that *"I will share this with my teams that make social justice projects possible."*



Pictured from left to right are Penny Craig, Marie-Theresa Lamphier and Caroline Ngui.



Food *for* Thought

Our days are identical suitcases – all the same size – but some people can pack more into them than others.

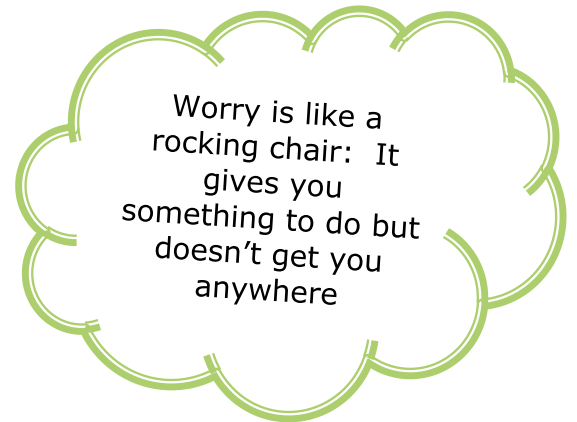


*"Be careful how you live, not as fools but as those who are wise. Make the most of every opportunity".
.....Ephesians 5:15-16*



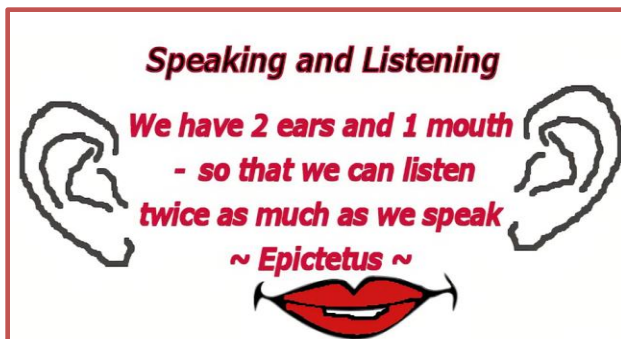
Pray first for those who are closest to you. Your own needs, of course, should be included, as well as those of your beloved family and friends.

"Your Father already knows your needs. He will give you all you need from day to day if you make the Kingdom of God your primary concern.



Give all your worries and cares to God, for He cares about what happens to you.
1 Peter 5:7

One of the foremost ways in which we show our interest in others is to ask questions, intently listen to their answers, and ask further questions based upon what they say.



Don't think only of your own good. Think of other Christians and what is best for them.
.....1 Corinthians 10:24