



March 2022 Edition

Featuring the Kingston and OPC Education and Health Chair

CATHOLIC
and **LIVING IT!**



Colleen's Communications

For I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.
Jeremiah 29:11

This Issue

Colleen's Communications	1-2
Kingston Diocese	3-8
An eye on Education	9-12
Christian Family Life	13
Community Life	14-16
Councils in Thunder Bay	17-18
Legislation	19
Family time for Lent	20
Prayer for Ukraine	21
Food for Thought	22-23

Lent is a time of preparation, a time of prayer, fasting and almsgiving. It is that time where we, as Catholics, look deep into ourselves and discern who we are and where our place is in the divine plan.

My focus during Lent has always been to find 20-30 minutes a day to be with God. I strive to listen in silence to His words so that I might hear His plans for me.

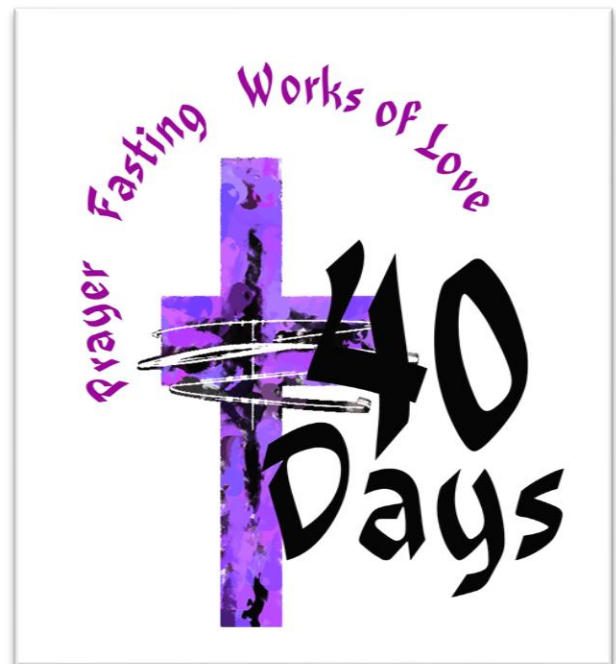
I grew up thinking that Lent was a time to give up chocolate or pop. A few years ago, I was introduced to the idea of "doing more" instead. I try to attend mass more often. I try to spend more time with my rosary. I try to be more kind. I try to be less judgmental. I try to be more loving.

Whatever your Lent looks like, I want to wish you a season of joy. May you be happy in your preparations for the Easter season and may you find peace in your discernment.

I pray for peace in Ukraine. I pray for peace in Canada. I pray for you, my sisters in The Catholic Women's League of Canada.

Yours in faith,

Colleen Perry



Kingston Diocesan Council

League members across our diocese continue to reach out, help others and be positive. As I come to the end of my three-year term, I think back over this time and realize I wouldn't have been able to continue without my sisters in the League!

"Sisterhood is the essence of all the wisdom of the ages, distilled into a single word. You cannot see sisterhood, neither can you hear it nor taste it. But you can feel it a hundred times a day. It is a pat on the back, a smile of encouragement. It's someone to share with, to celebrate your achievements." Anonymous

I am thankful for the dedicated and prayerful support during these past three years of our Spiritual Advisor Father Dale Wright as well as the executive officers. I personally thank Maureen Vincentine, Elizabeth Knudson, Lyne Tuepah, Jean Mulvihill, Mary Lou Hills, Wilma Turcotte, Colleen Hill, Margie Norwood, Karen Mulvihill, Angela Town, and Shelly Murphy.

Nancy Richer
Kingston Diocesan President

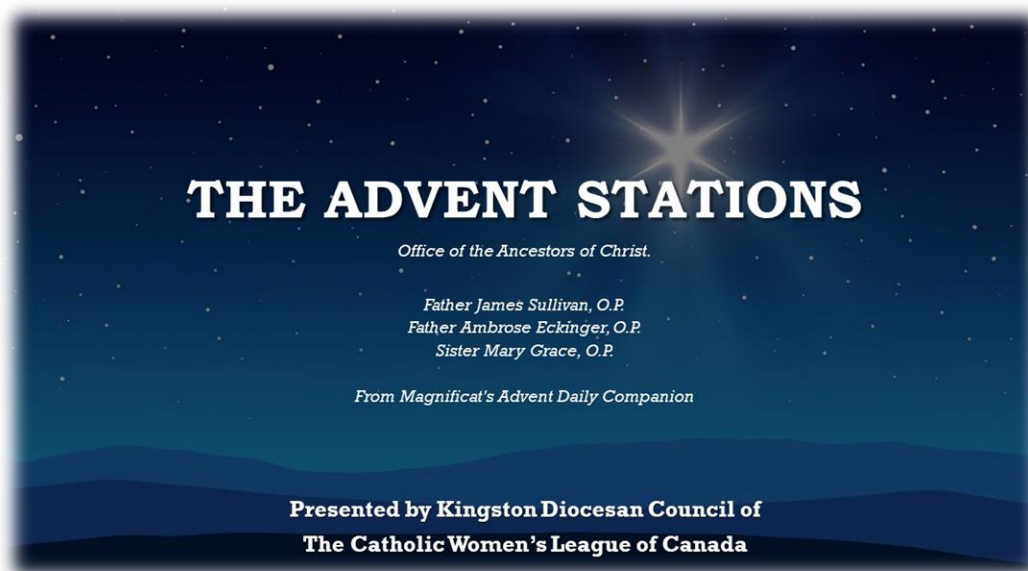
I wish to leave you with the following:

Sisters in Heart
We've shared so much laughter,
Shared so many tears.
We've a spiritual kinship
That grows stronger each year.
We're not sisters by birth,
But we've known from the start,
God put us together
To be sisters-in-heart.



Submitted by: Margie Norwood, Communication Chair
CWL Kingston Diocesan Council

The Diocesan Spiritual Development Chair, Lyne Tuepah, organized a ZOOM prayer services. They had the Stations of the Cross for seniors and for everyone during Lent and in December, they prayed the Advent Stations. They were all well attended, beautiful and spirit filled.



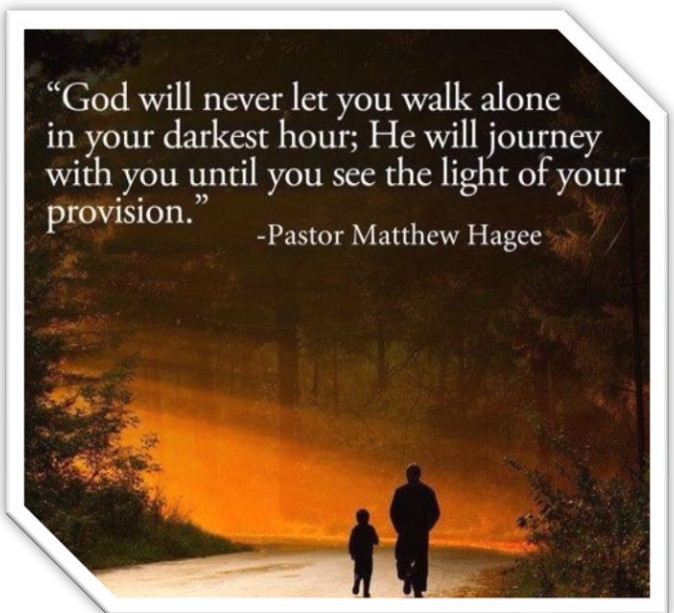
Life Members organized a Rosary Vigil for Carol Richer, on the eve of her funeral. It was very moving as Carol was a friend to all; always there to help. Many were able to attend her funeral and an Honour guard was performed as she went in and out of the Church.



In November, the Diocesan Executive had an in-person Presidents' meeting held inside St. John the Evangelist, parish of our Spiritual Advisor Father Dale Wright. With all safety precautions in place, it is so nice to see joy and peace in the eyes of our sister in the League.

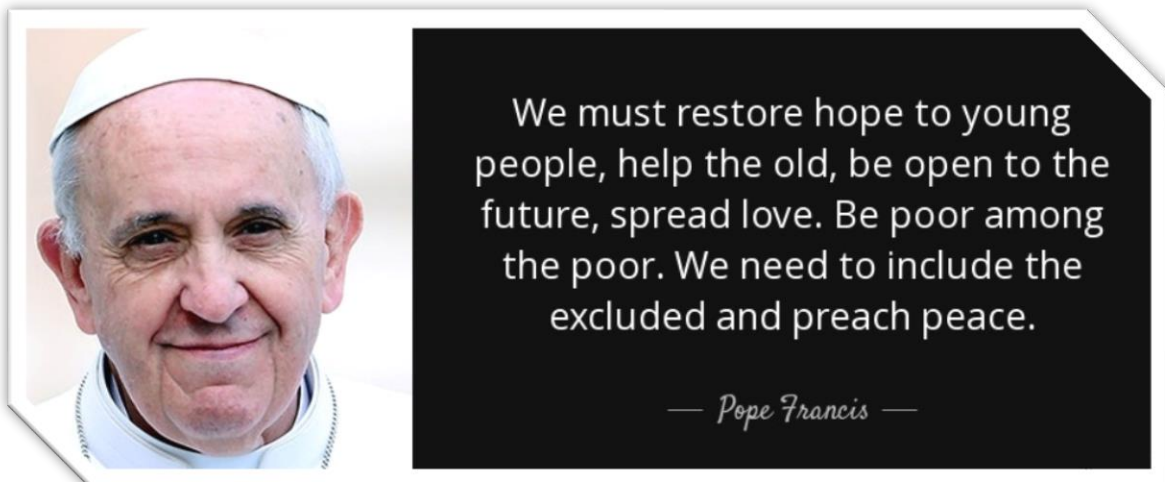
February 9th, a ZOOM Executive Officers' meeting was held discussing many upcoming events, especially the 100th Diocesan Convention coming up soon at end of April.

It seems like we are facing pressure from all sides, these days. But on the days that are overwhelming and we feel we cannot even pray, we just need to close our eyes and say "Jesus, I Love You" and know that thousands of ladies are praying for us. After calling some of the presidents, we knew that many are fighting battles of depression, cancer, etc. and they need our prayers daily.



Family is the key to the wellbeing and life of the Church; this is an excellent time to pray to Saint Joseph (Guardian of Families) to safeguard our families.

Another way we can journey with the Lord this winter is by participating in Synodal process. Check with your diocese on how you can include your voice. The ongoing Synod on Synodality is an opportunity to reflect on our walk with Christ and discern where the Holy Spirit is calling us in our families, parishes and our CWL.



Submitted by: Betty Anne Brown Davidson
Honourary Life Member and Parish President of St. Gregory the Great, Picton

Week of Prayer for Christian Unity (WPCU)

For eight days, guided by the Canadian resources as set out on the WPCU website, six of them (2 Catholics, an Anglican and 3 United church members) met on ZOOM every morning at 9:30 to pray and discuss their commonalities together. They had never done this before and each of them was pleased with the insights gained and friendships strengthened. Now, they are looking forward to the World Day of Prayer online service on March 4th.



We Pray for One Another

Each of the CWL members has been assigned a date in the month on which the other members have been invited to pray for her. A prayer card was made with this prayer on it with the days of the month on the reverse:

1st Jane Doe

2nd Suzy Q...

"Almighty and eternal God, source of all unity, who desires to be with us. I come to you in humble petition. I ask that you keep my beloved Sister-in-the-League _____ in your loving arms. May you bestow on her your gifts of love and mercy and keep her close to you. Keep her safe. Strengthen her faith and at the end of her journey on earth, bring her to eternal life with you.

As each of us strives to fulfill our CWL Mission – to grow in faith, and to witness to the love of God through ministry and service -accompany her on this mission and bring it to fruition through her, for the good of our Church and our country.

We ask this through the intercession of Our Lady of Good Counsel. Amen"





CELEBRATING 90

On November 27th, St. Gregory the Great CWL Council of Picton celebrated 90 years since being chartered in 1931.

We gathered for a luncheon at The View Restaurant at the Picton Golf Club, with Deacon Bill Gervais (formerly of our parish) as a presenter.

Maureen Vincentine, Past President of the Kingston Diocesan Council presented our President, Liz (Betty Ann) Brown with a certificate on this special occasion.

We shared memories and photos and memorabilia from our past and gave thanks for all members past and present.

The Tree Planting Continues...



As part of their 25th year of nurturing community members in Amherstview, members of Blessed Sacrament's CWL and Knights of Columbus members, gathered September 30th, first National Day of Truth & Reconciliation, to plant a tree in recognition that all lives matter.

Tree Planting in May
Blessings in November

St. Francis De Sales
CWL Parish Council

Nov 21, 2021
Three Sugar Maple trees were planted in commemoration of:
The 175th Anniversary of
St. Francis de Sales - Blessed Sacrament Parish
1846 - 2021
The Centenary of The Catholic Women's League of Canada
1920 - 2020
The 100th Anniversary of the organization of
St. Francis de Sales - Blessed Sacrament
Catholic Women's League Parish Council
October 12, 1921



Tree Planting Ceremony



CWL SISTERS WITH THEIR SPIRITUAL ADVISOR
FR. STEPHANE POULIOT
ST ANTHONY OF PADUA - CENTREVILLE

The Kingston Diocesan Council of The Catholic Women's League of Canada turns 100!

In 2022, we are celebrating our 100th anniversary as a council. Planning is underway for an 'in-person' convention, and we are so excited to gather once more. We will look back and reminisce about 100 years of fun, laughter, and service with our sisters in the League.



An "Eye on Education and Health"

*The League's initial mandate was to help new citizens of Canada –
a country that is honoured as one of the best countries in which to live.
Health care and education are but two of the reasons
Canada is held in such high regard."*



(CWL Executive Handbook – May 2014, page EDH-55)

The Education and Health Standing Committee is asked to focus on these topics:

- Catholic Education
 - (i) Catholic schools and catechesis
 - (ii) rites of Christian initiation
- literacy and continuing education
- scholarships and bursaries
- wellness and sickness/disease
- environment
- genetics

Three of the responsibilities of the Education and Health Standing Committee include:

1. studying and promoting ecologically sound practices.
2. encouraging members' involvement in organizations providing health care, palliative care, and crisis intervention; and,
3. encouraging members to take courses and to apply to the National Bursary Fund.

(CWL Executive Handbook – May 2014, pages EDH-55 & 56)

*** WORLD WATER DAY is on March 22, 2022 ***

(Celebrated annually to focus our attention on the global water crisis)

*** FRIDAYS FOR FUTURE is on March 25, 2022 ***

(Youth-led global climate movement celebrated annually)

*** EARTH DAY is on April 22, 2022 ***

(Celebrated annually to raise awareness about environmental protection)

Please *google* these worthwhile initiatives to learn more and help make a difference!

HOSPICE PALLIATIVE CARE

*** National Hospice Palliative Care Week is the first full week of May ***

Members are asked to participate in the **12 Hours of Prayer for Palliative Care** CWL initiative from **May 1 to 7, 2022**. ** More information is forthcoming from our national chairperson on the national website (www.cwl.ca).

Begin thinking of ways to **publicize** and to **participate** in this important initiative. We can ask our spiritual advisors, members (including those who are homebound), parishioners, family, friends, and co-workers to pray for its success ... and we can use calling lists or email, texting, tweeting and Facebook to get the word out.

The League has a **palliative care postcard** (available at www.cwl.ca or this link) <https://cwl.ca/wp-content/uploads/2020/01/180-Palliative-Care-Postcard.pdf>

Print and make postcards available to sign and mail to the prime minister, federal and provincial ministers of health, and/or meet personally with your local members of parliament or legislative assembly. Ask your pastor for permission to have the cards available before and after Mass during National Palliative Care Week. Distribute the postcards to family, friends and co-workers. Consider a mass intention to recognize the need for quality hospice palliative care.

*"For what matters at the end of life is not so much to add days to life,
but to **add life** to the remaining days."*

(Maison McCulloch Hospice brochure - Sudbury, ON)

NATIONAL BURSARY FUND

Applications to the National Bursary Fund (with supporting documentation – refer to the criteria) **must be submitted to national office and postmarked by May 15th**.

Applications must be completed on the official form ([use this link](https://cwl.ca/wp-content/uploads/2021/06/552-National-Bursary-Application-Form-2021.pdf)): <https://cwl.ca/wp-content/uploads/2021/06/552-National-Bursary-Application-Form-2021.pdf>

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



As the snow continues to fall, Spring might seem far off; however, as the month of May approaches, so does the League's annual **12 Hours of Prayer for Palliative Care** initiative during the week of **May 1st to 7th, 2022.**

Palliative care is defined as *"an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness through the prevention and early identification and impeccable assessment and treatment of pain and other problems psychosocial or spiritual"* (WHO 2002, page 83).

Catholics have been leaders in providing quality and compassionate health care in Canada not just for years but for centuries. In fact, ... "the first Hotel Dieu in New France was established in 1639 by 3 sisters of Augustines de la Miséricorde de Jésus in Québec City." By 1694, Hotel Dieu in Montréal had been constructed

(<https://www.thecanadianencyclopedia.ca/en/article/hospital>). In 2018, there were 30 Catholic healthcare facilities in Canada with a combined 353 palliative care beds (CCCB letter to Venetia Lawless - July 23, 2018 (https://www.cccb.ca/wp-content/uploads/2018/08/palliative_care_submission_for_health_canada_en.pdf)). This is a legacy requiring our continued support and prayers to ensure we can expand on the compassionate care patients who face life-threatening illness so desperately need.

If you or anyone you know is providing care for a loved one suffering with a critical condition, it can be overwhelming. Faith, prayer, and support are our strongest foundations to aid us on the journey. The ideal scenario would be for palliative care to begin alongside curative treatments soon after diagnosis of a condition that may be life-limiting (Dr. Pippa Hawley - head of Division of Palliative Care, University of British Columbia); however, three out of five Canadian primary care physicians do not feel well prepared to help people in need of palliative care (<https://www.cihi.ca/en/palliative-care-in-canada-inconsistent-patients-say>). This supportive care is not required to be provided strictly in the hospital, however. Many individuals, if given the opportunity and provided with the proper support, would prefer to receive care in their own home.

In 2019, Health Canada developed the Action Plan on Palliative Care which outlines a 5-year plan to address the issues surrounding the provision of quality care both in hospital and in the individual home

(<https://www.canada.ca/content/dam/hc-sc/documents/services/health-care-system/reports-publications/palliative-care/action-plan-palliative-care/action-plan-palliative-care-eng.pdf>)

The Canadian Conference of Catholic Bishops created *Horizons of Hope: a Toolkit for Catholic Parishes on Palliative Care* that offers support and guidance for those dealing with palliation and/or end of life decisions (<https://www.cccb.ca/faith-moral-issues/suffering-and-end-of-life/horizons-of-hope-a-toolkit-for-catholic-parishes-on-palliative-care/>).

12 Hours of Prayer for



As we approach the 3rd year of the pandemic, it has never been more important to pray for an increase in funding for palliative care and to support compassionate care of patients facing end-of-life care or requiring care for severe illness.

This May, we will take part in the **12 Hours of Prayer for Palliative Care**. Visit the national website (www.cwl.ca) for ideas on how to promote events in your parish (if restrictions permit) and remember, *"God has a weakness for the prayers of his people. Indeed, prayer is man's greatest power. Therefore, we must never tire of knocking at the door of God's heart and asking for help. For God is a relentless warrior when he is called upon to defend his people."* (Pope Francis – Nov. 16, 2013)

.....Submitted by Sonya Righi-Conlin (Education and Health Sub-Committee Member)



The power of prayer, support goes a long way



I used to believe that prayer
changes things, but now I know that
prayer changes us, and we change
things.

— Mother Teresa —

CHRISTIAN FAMILY LIFE

Saint Monica, Patron Saint of Mothers

How many of us, at one time or another, have prayed that our children open their minds and hearts to God's love and mercy amid the busyness and distractions of this world. The following is one of many prayers to Saint Monica, patron saint of mothers, whose persistent and patient prayers led to the conversion of her son St. Augustine.

Prayer to St. Monica for Protecting Our Children

Great St. Monica, patroness of all fathers and mothers, please take our children, especially those who have turned from the ways of God and His Church, under your protection. Let them always remain faithful to their baptismal vows. Give them the strength to walk always in the ways of the Lord, despite the temptations and false values they find in the world today.

Grant that they may share with you the joys of eternal life. Amen.

(Prayer from <https://christianapostles.com/st-monica/>)

Submitted by Pat Weller, Sub-committee member OPC CFL



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



COMMUNITY LIFE



*Our Journey of Healing and
Reconciliation ...
Learning, Listening and Actioning*

Welcome to the new Truth and Reconciliation page of the OPC Newsletter. Further to my last communique, this page replaces the T&R Bulletin. We want to use this section of the newsletter to share information, updates and to feature Truth & Reconciliation activities throughout our province.

We will still be relying on the members to send in their T&R events with photos, if possible, recommendations of favourite books and ideas for future articles. Most of all, we want to continue to keep those pathways for listening and learning open. Understanding our past, together we can do better in future.

Mary Capobianco, Truth and Reconciliation Working Group Chair

LAND ACKNOWLEDGEMENTS

I was recently asked for information about land acknowledgements. The questions mainly pertained to the why and how. Therefore, I thought it might be helpful if I shared some of these questions with you in case other councils have similar concerns.

What is land acknowledgement?

Land acknowledgements are an honest and historically accurate way to recognize the traditional First Nations, **Métis**, and Inuit territories of a place. All land acknowledgements have one goal and that is to recognize and respect the Indigenous Peoples as the original custodians of the land and territory and to commemorate their kinship to the land.

Why are land acknowledgements necessary?

Firstly, it might be helpful to recognize that land acknowledgements are not new and have been used at CWL meetings, conventions, and gatherings for the past several years. They were inspired by the *94 Calls-to-Action* published in the Truth and Reconciliation Commission of Canada report in 2015. They are a necessary first step toward honoring the original occupants of a place.

What is the League's position on land acknowledgements?

Another question that has often been asked, what is National's policy on this matter. In the *National Manual of Policy and Procedure*, Page 81 Meetings General, it states the following:

Councils at all levels should acknowledge territory before all meetings, conventions, and gatherings. i.e., "We acknowledge that we are on treaty (#) territory and the traditional homeland of the (insert 22 first nation) and the Métis nation, where applicable".

Therefore, this is a practice that should be followed at the start of all meetings.

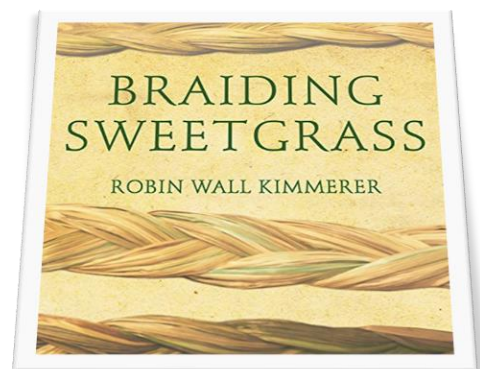
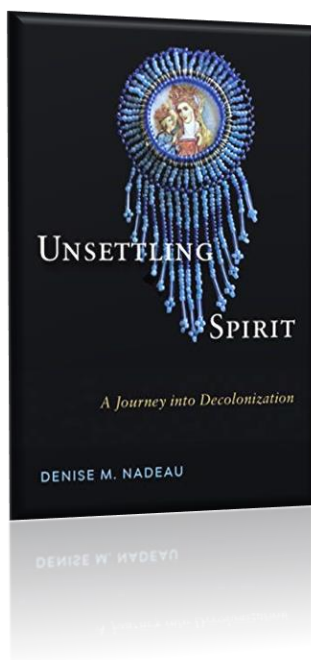
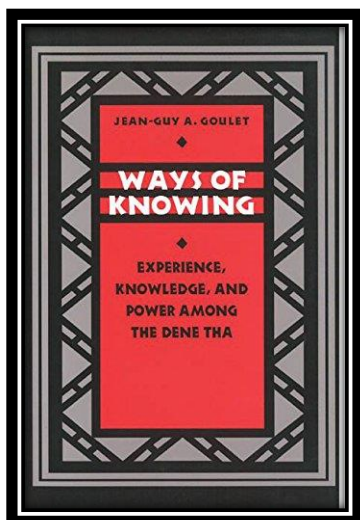
What version of land acknowledgement should we use?

Over the past few years, I have seen several versions of the land acknowledgement. Some are very specific to their territory and some more general depending on the attendees, especially now that we are hosting more far-reaching audiences via ZOOM etc.

There are many examples available online. Certainly, if one example speaks to you more than another, then feel free to adapt it for your group. Bottom-line, land acknowledgements are a starting place for change in how the land is seen and talked about.

And finally, we should all keep in mind that the ancestral traditional lands of the Indigenous Peoples' is a common home to everyone by virtue of the gracious gift of God Our Creator.

Book Recommendations



Please let us know if you have any book recommendations you would like to share.

Prayer for Tolerance, Forgiveness, Reconciliation

O God, Creator and Father of all,
with humility we your children acknowledge the relationship of all living things.
For this we thank you, we praise you and we worship you.

We call on you, Great Mystery, the Word made Flesh
– our teacher, prophet, and brother –
to open our hearts to all our brothers and sisters,
and with them to grow in the wisdom, honesty, courage and
respectfulness shown in The Sacred Teachings.

Give us the vision and honesty to recognize
that we are all brothers and sisters of one human family,
created and sustained by the One Creator.
As we deal with many challenges, may we never give way to fear and anger,
which can be the source of division and threat amongst peoples.

We look to how God always gives to us,
as a remedy for sins of prejudice and intolerance.
We see in God the Creator of all things,
One who always provides and is generous
– even given the abuses we have heaped on one another and on the earth.
We see in the Son, Jesus Christ
- the innocent Victim who pours His life blood out from the Cross for all peoples.

We see how the Holy Spirit is God's gift,
alive in our world
– inspiring vision and hope that we can have
the same mind and heart of God!

May Your Spirit bless the souls
who died at the Kamloops residential school
and all souls who died at residential schools.

May this same Spirit also bring blessing and healing
to all families and communities affected in any way by the schools.

O Creator, show us the way to healing,
forgiveness and reconciliation
and a renewed fellowship

from National Indigenous Peoples Day: 21 June 2021 – www.cccb.ca

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

News on councils from Thunder Bay Diocese...

St. Patrick's Cathedral, Thunder Bay

Members this past year have looked for opportunities to connect with their League sisters and parish community. Public Health protocols limited much of what could be done, but it did not stop them from thinking outside the box to stay connected and keep our profile alive.

Linda Bukovy shared with Msgr. Pat something she had discovered on her walking about. She pointed out that several national monuments located in our International Friendship Gardens on Victoria Avenue display Christian symbols. She shared photos of these symbols with Msgr and asked if he might like to use them in his weekly columns. It would be interesting to have their significance shared. Parishioners were then able to use this information and enjoy some fresh air walking around the Gardens. For those who were not able to walk about a virtual walk was almost as good. If you would like to do a virtual walk, about go to:

www.stpatrickscathedral.ca click on "This Weekend" and scroll down to number 7 Faith Symbols in the Friendship Gardens of Thunder Bay and enjoy.



The outreach team organized a monthly donation drive to support the Dew Drop Inn and RFDA, they opened it up to the whole parish. Each month a list of needed items was posted in the bulletin, bins were placed at the front entrance on the last Sunday of the month and donations were collected.

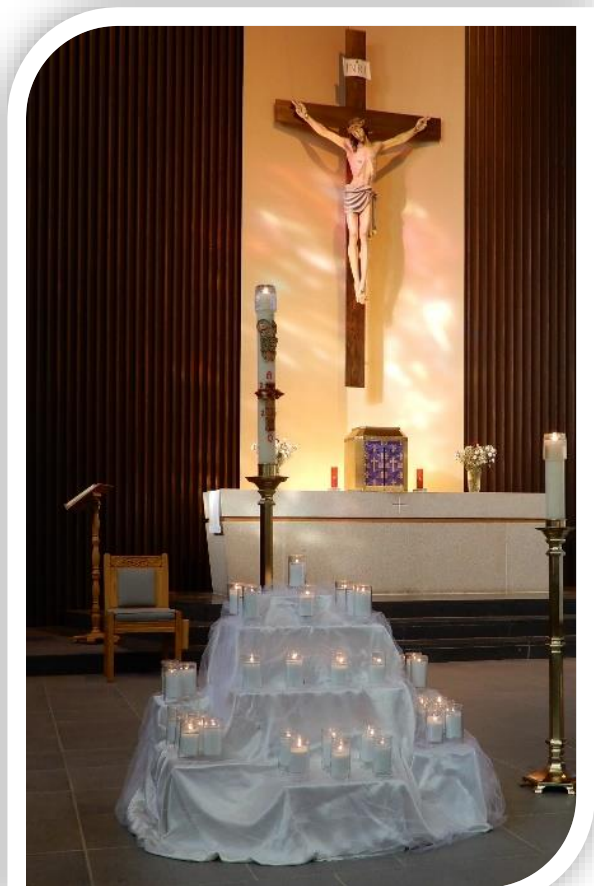
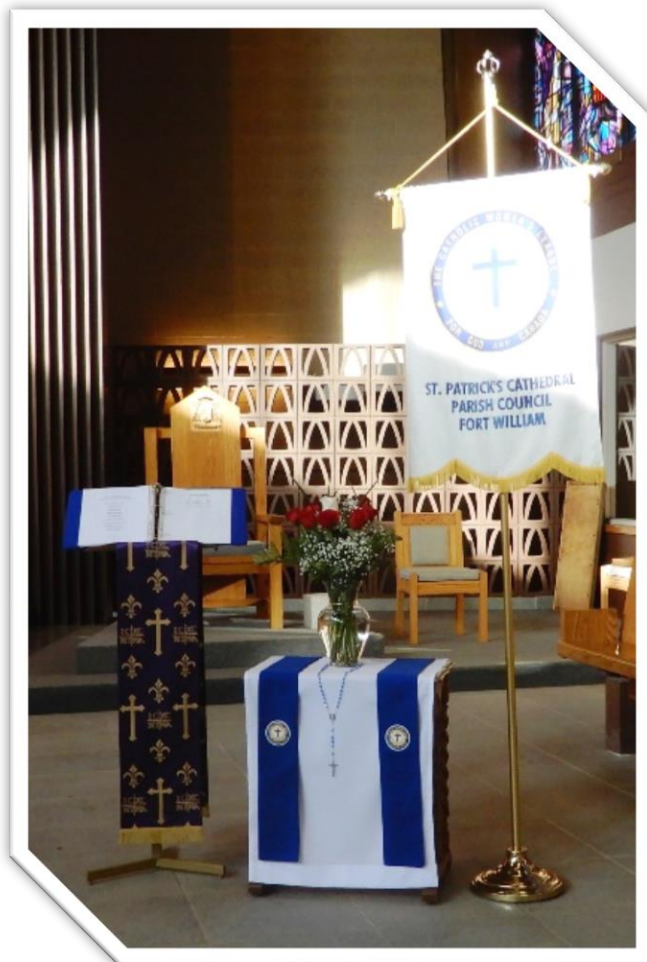


This dedicated group carefully sorted and dropped off to both organizations, this has become so successful that the team has agreed to continue for the year 2022.



One of the most important activities annually participated in is the celebration of our League sisters who have returned to their eternal home.

We worked with Msgr. Pat to incorporate our service with the parish service. Members and their families were able to remember and honour, sharing stories and building relationships.



Members are looking forward to 2022. They decided that we would gather and learn...our sessions will be held in the church and will be an opportunity to revisit some of the wonderful retreats that took place this past year as well as listen to guests whose stories will help us to continue to grow. The topics will be chosen by our members and all in the parish will be invited to attend. We will be embracing the new theme: CATHOLIC and LIVING IT!



LEGISLATION

Correction from the February newsletter Legislation submission



I'm so sorry, but I've learned something new!!!!

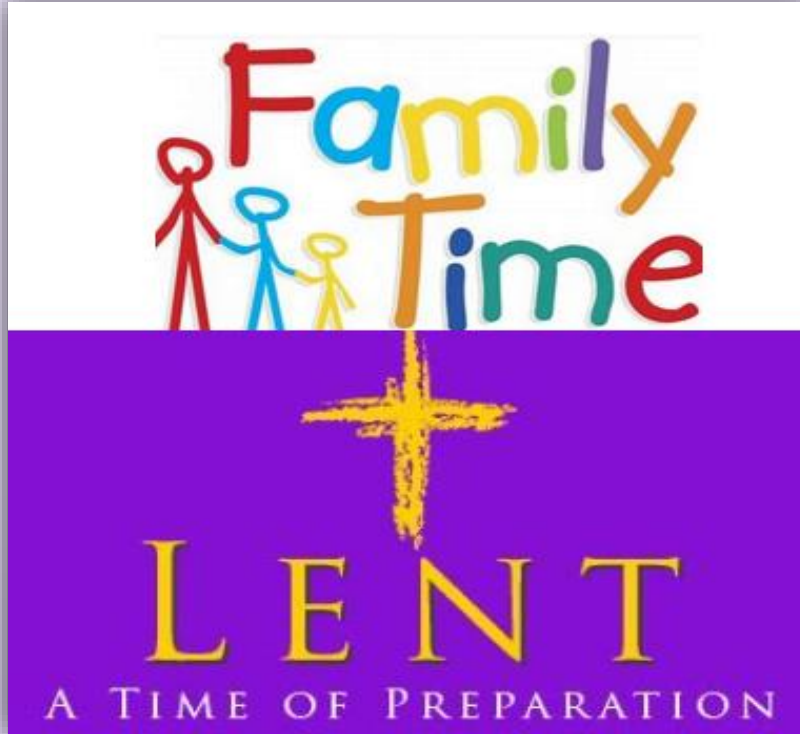
I encouraged you to write to your prime minister or your premier, your MP or MPP and wrote: "Remember, if you choose to use Canada Post to Ottawa or Queen's Park, **postage is not necessary**."

***Please note: Postage is necessary for letters to the Ontario Government at Queen's Park.**

My thanks to the member who kindly pointed this out through checking with her MPP constituency office.

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





Looking for a way for your family to connect spiritually during Lent? The Provincial Christian Family Life Chairperson, Colleen Martin, is hosting a *Family Time for Lent* Sundays at 3 pm from March 6 to April 17.

To receive the materials list for each Sunday, please send an email to cwlcfl@tbaytel.net

Families can be one unit or the joining of two or more households, children are not a necessity as we are all in God's family.

Please follow any COVID-19 guidelines for gathering in your region. Hope to see you there!!



"I would like to appeal to everyone, believers and non-believers alike. Jesus taught us that the diabolical evil of violence is answered with the weapons of God, with prayer and fasting...May the Queen of Peace preserve the world from the madness of war."

- Pope Francis
February 23rd, 2022

United in Prayer
#PrayforUkraine



for

Thought



"Life is like an ice cream.
Enjoy before it melts"



"If you want, you could find a million reasons to hate life and be angry at the world. Or if you want, you could find a million reasons to love life and be happy. Choose wisely."

CARI WELSH

www.lifesplesuresandstruggles.com

**LIFE'S SHORT
HEAVEN'S FOREVER.**
1 JOHN 2:16-17

Food for Thought



There are three things that will endure – faith, hope and love – and the greatest of these is love.

1 CORINTHIANS 13:3



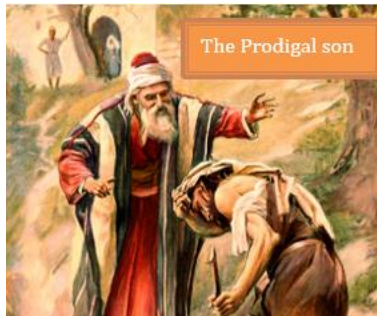
FAITH

Matthew 15:21-28

...“Woman, you have great faith!...”



The Prodigal son



HOPE

LOVE

“This woman is a sinner,” Jesus said, “And that is why she shows me great love.” Mary continued to cover Jesus’ feet with kisses. Then she dried them with her hair.

