



April 2022 Edition

Featuring the Peterborough Diocese and OPC Spiritual Development Chair

CATHOLIC
and **LIVING IT!**



Colleen's Communications



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Spring is here!

The Easter Triduum will begin on April 14. In my family Easter is a sacred time, time spent in church, in prayer and in reflection on our many blessings. We are all sinners in the constant search for forgiveness and love. May you all be blessed with faith and love this Easter season.

Thank you to all the parish councils who completed the national instructed vote by March 28th. It was interesting to hear of the ingenious ways in which we got together to take that vote. My hat is off to those who worked so hard.

COVID-19 has been with us for two years now. I am often asked, "How do we begin again?". I can offer this suggestion. Ask yourselves why you are members of this national organization. For many, myself included, we joined to strengthen our faith. We sought the closeness of sisters who had the same values and morals. We sought to be of service while growing in faith. We sought friendship and

support. As we begin again, start there. Have a council discussion on what each member wants to do. Pray together and move forward one step at a time. That step may be very

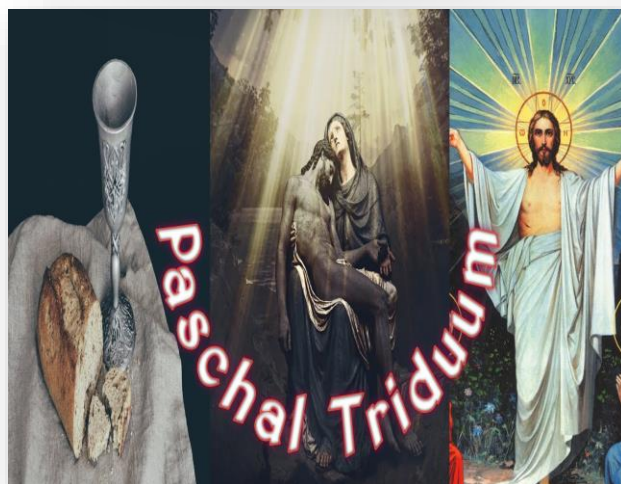
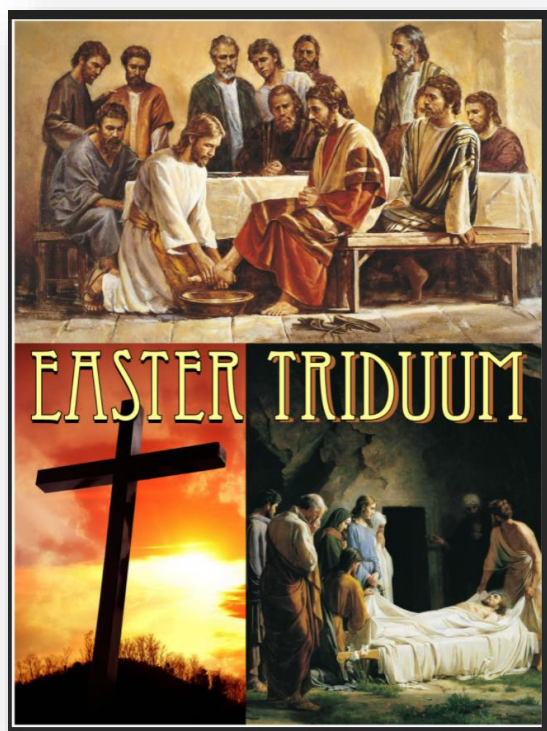
small, or it may be a giant step. Whatever the step is, make it and let your faith in the Holy Spirit and the guidance of Our Lady of Good Counsel lead each of us forward. There are no wrong paths to fulfillment, joy, and peace.



Pray for the people of Ukraine and the whole world as they fight for their homeland.

Yours in faith,

Colleen Perry



Peterborough Diocesan Council

Easter Greetings from Peterborough Diocese!

The geographic region of the Peterborough Diocese provides for a wide variety of intriguing members and councils we take pride in. We wish everyone a joyful and pleasant Easter season.



Our diocese has a new Spiritual Advisor, Father Roy Villas. Bishop Miehm appointed Fr. Roy to his 5-year term in September 2021. His first duty was to install the new officers at our Fall Meeting. He was welcomed with the CWL blessing at the Fall Meeting. Fr. Roy advised the ladies he is the better looking one of a set a twin and promised he will work hard in his new position and not marry during his term. As one can see, all will enjoy his humor. Father has been active through several ZOOM retreats and meetings.

Organization/Membership – Maria Fitzgerald and Madeline Pearson



The diocese presented the Welcome Program to most of their councils. They began in the north and worked their way down south, to continue the momentum of the implementation of the program and to strive to rebuild the membership numbers, which are still in decline. The Organization/Membership Committee with all diocesan officers, will spearhead a membership blitz between Sept. – Dec. 2022. The initiative will include weekly parish bulletin blitzes, Bishop Miehm's weekly "In the Vineyard", local

press, pulpit presentations, posters, advertisements etc. The renewal process has begun. The first pre-blitz step would be to strongly encourage members to advertise themselves by wearing their membership pin everywhere with pride.

As a result of the Welcome Program presentations to date, three councils are proud to have made Welcome Kits to present to their new members. The sky is the limit with this wonderful resource!

Despite Covid, councils presented 180 pins in 2021. Congratulations to all members!

The Parish Corner

Peterborough, Cathedral of St Peter in Chains – Colleen Allen

Like all councils, COVID led to the interruption of all the major fundraising, community activities, regular meetings, spiritual celebrations of the Cathedral CWL members. Despite setbacks, Cathedral members remained visible in the parish as:

- ✚ cantors, lectors, Diocesan live stream 5:00p.m. Saturday liturgy.
- ✚ many telephone calls of support to all members- particularly the shut-ins.

COVID -19 proved to be a tremendous opportunity for the Cathedral League to share with the needy of the community.

The Cathedral council was also an invisible partner within the City of Peterborough with wonderful organization.

CWL extended extraordinarily thanks to Delta Bingo and Gaming Centre, and their supporters, for providing opportunity to raise funds through volunteering at the bingo facility. Through involvement at the site, pre-Covid and from on-line bingo during COVID, the funds raised enabled the CWL to donate over \$10,000 to the following Community groups

- | | |
|----------------------------|--|
| ✚ One Roof | ✚ Campus Ministries |
| ✚ Kawartha Food Share | ✚ Crossroads, Peterborough |
| ✚ Catholic Mom's Group | ✚ Salvation Army Hamper Program |
| ✚ Cathedral Perpetual Fund | ✚ YES Shelter for Youth and Young Families |



CWL members Maria Fitzgerald, Pat Madill, and Mary Joan Jaynes, are seen presenting a cheque to Aaron McFadden during his one week of "Sleeping Out In The Cold", raising funds for the "YES", Youth and Young Families Emergency Shelter



Another donation from partnership was made to the Peterborough Pregnancy & Support Services with a cheque for \$1000.00. Pictured Helen de Luna, Collen Allen, Liz Wagar, Sharon LeBoubon, Catherine Robertson, Wendy Tedford, and Maria Fitzgerald



The Cathedral Council is also honoured, and extremely fortunate, to be one of the stops for the Our Lady of the Cape Pilgrim statue tour. The date is the 24th of May 2022, at the Cathedral. At the time of printing, the time has not been worked out, expected to hear soon. For more information you could contact Mary at ashtyror@gmail.com Kirkfield, St. John and Missions – Katie Probst.

To honour their mother and father, Cecil, and Claudette Watters, one of the long standing CWL members, their sons installed benches and a garden outside of one of the mission churches. It is always a welcoming gesture to remember loved ones.



The CWL council is rooted deeply in religious reflection. Pictured below is from a day of reflection on "Amoris Laetitia". Pictured left to right is Louise Sprager, Taunia Borsellino, Anne Gunnell, Fr. David West, Katie Probst, Ferrol O'Reilly, Mary Catherine Ramsden, Lois Baker, and Marie Squires.

They had a dedication to deceased members and their families. Families sponsored an angel with family names and placed them on the tree on the last Sunday in Advent. Marie Squires read a lovely poem first and then the names of the family members. Those in attendance placed the angels on the tree one at a time. It was very moving experience.

Pictured here are two of the three organizing ladies: Mary Squires, Lois Baker, and Susan DeGroot Kavanaugh.



Lakefield – St. Paul The Apostle – Bernadette Maloney

The 2 Lakefield ladies continue to make dresses for the orphanage with over 350 dresses, with matching panties, for the orphanage in Zambia, which are greatly appreciated. They have also completed "The Purses with a Purpose Campaign", which were filled with cosmetics, little gifts, toiletries, mittens etc. and taken to the shelter.

Pictured are: Audrey von Bogen, Cathy Praamsma, Carol Brewer, and Maureen Tiesler.

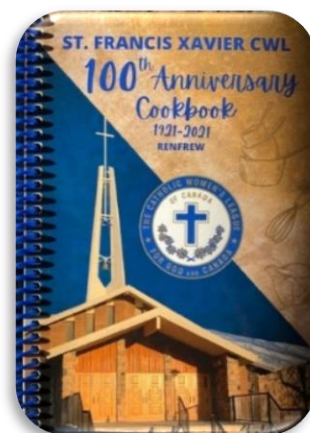


2021-St. Francis Xavier Parish CWL Council Celebrates 100th Year Anniversary

In 2021, Renfrew's St. Francis Xavier Parish CWL council celebrated 100th year milestone. Even though the 100th Anniversary occurred during the COVID19 pandemic they managed to hold small events to mark the occasion.

Life Member and CWL Historian, Mary Hass prepared "Historic Highlights" that were published in the parish bulletins, as well as reviewed at our monthly CWL virtual meetings.

In May, they published the "St. Francis Xavier CWL 100th Anniversary Cookbook 1921 – 2021" with close to 400 copies sold in their parish community. It was a very successful fundraiser for 2021.



To also mark the 100year anniversary, 54 yr member Angela McAdam prepared 20 posters commemorating events, past CWL members, fund raising occasions, and service events that occurred during the past 100 years. These posters were on display in the church from November through December.

Also, to commemorate the CWL's 100th Anniversary, a Time Capsule was prepared and filled with a copy of the 100th Anniversary Cookbook, the Historic Posters, a 2021 membership list, as well as the monthly Historic Highlights authored by Mary Hass. One hundred years from now the SFX CWL will be able to open and review items from the council.

When the COVID19 restrictions relaxed in November, they were able to celebrate members CWL Service Anniversaries by presenting 35 service pins, as well as Maple Leaf Service Pins to recipients Elaine Turner, Gladys Curry, Marilyn Campbell, and Mary Richards. Due to COVID-19 attendance was limited, the event was held in the church after Sunday morning mass on November 14, 2021.

To celebrate the four Maple Leaf Service Pin recipients, Past President and Life Member Mary Hass wrote a commemorate poem in their honour. (See Page 8). Mary Hass passed away on January 30th, 2021, with 49 years of CWL membership.

2021 – St. Francis Xavier CWL Service Pin Event



2021 – SFC – CWL Service Pin Award Ceremony held in the Parish Church – Nov. 14, 2021.



2021 – SFC – CWL Service Pin Award Ceremony held in the Parish Church – Nov. 14, 2021

2021- St. Francis Xavier - CWL Maple Leaf Service Pin Recipients



Joan Lemay (right) presents Mary Richards (left) with the Maple Service Leaf Pin.



Angela McAdam (left) presents Gladys Curry (right) with the Maple Service Leaf Pin.



2021 CWL President Shirley Ann Holley (right) presents Marilyn Campbell (left) with the Maple Leaf Service Pin.



Carol Sulpher (right) presents Elaine Turner (left) with the Maple Leaf Service Pin.



SFX - CWL 100th Anniversary Commemorative Posters



SFX - CWL 100th Anniversary Commemorative Posters

2021-CWL MAPLE LEAF SERVICE PIN TRIBUTE

The St. Francis Xavier CWL found its way
One hundred years ago and wanted to stay.
Parish families stood firm and strong.
Serving this church as the years passed along.

A thank you now for all your good will.
While a hundred years, our league did fill.
With prayers & faith, they made our league strong.
Proud we are of our league to belong.

Our Marilyn, born in Douglas, a voice to sing.
Her hands she places in many a thing.
Bake table at Tea and Talent and luncheons to nourish.
Everything she does, it's done in a flourish.

Our Gladys from the Palmer, she's just great.
To our meetings and functions, she remembers the date.
Gladys now sure, she spreads her good will.
Strong in church, community, and hospital still.

Our Mary from Ireland, to our parish she came.
A reader, a greeter, everyone knows her name.
Tea and Talent, Rummage sales, dishes galore.
With Mary's help, tasks were never a bore.

Our Elaine, a girl from the Mountain, she came.
Thorough reports are her claim to fame.
Her fancy sandwiches are her signature dish.
And many more years with her is our wish.

For a hundred years our council did strive.
Thanks for your support which makes it survive.
To serve God & Country, I know we'll succeed.
God Bless You, All: The Catholic Women's League.

Mary Hass - Past President & Life Member
Deceased January 30th, 2022

2022 – St. Francis Xavier – CWL Executive Team:

(Front row-left to right):

Elaine Turner – Christian Family Life, Rita Mears – Treasurer, Carol Sulpher – President, Father Brennan – Spiritual Advisor, Angela McAdam – Correspondence.

(Second row – left to right):

Margaret Legris – Organization, Joan Lemay – Resolutions & Legislation, Nancy Saumure – Education & Health, Margaret Maloney – Community Life, Shirley Ann Holley – Historian, Jane O’Gorman – Parish Activities, Johanna Mathieu – Secretary, Debbie Macdonald – Communications.



SFX - CWL Life Member Celebrates 75years of Service

In 2021, our longest SFX CWL member, Life Member Sylvia Smith achieved diamond anniversary status celebrating 75 years as a CWL member. Sylvia was a war bride who emigrated to Canada in 1946. Her journey from England took 7 to 8 days aboard the ship, Lady Nelson, a refurbished ship that had partially sunk during WWII. She arrived in Canada at Pier 21, Halifax Nova Scotia.



Interview with Life Member Sylvia Smith prepared by SFX CWL member Susan Ringrose - Submitted by Debbie Macdonald – SFX CWL - Communications

Her husband Harold was in the Canadian army in Britain when they met in 1944 and married in a small Catholic church. Sylvia was a convert to the Catholic faith. Arriving in Canada, their first posting was in Trenton Ontario, and from there they moved to Saint John N.B., where they later returned a second time. After Harold retired, they moved to Ottawa, and he joined the Federal Public Service.

Sylvia and Harold have four children: Brian of Renfrew, Debra Danis of Ottawa, Keith of Renfrew, and Glenn of Toronto. She also has two grandchildren and one great grandchild. Sylvia now resides with her son Brian in Renfrew, Ontario.



While they lived in Saint John N.B., Sylvia joined the Military Vicariate of the CWL, later integrating into the Ottawa Diocese of the CWL. During their time in Ottawa, Sylvia worked as a buyer for Women's Fashions at Caplan's in downtown Ottawa.

Sylvia's greatest contributions to the League occurred while she was a member of the St. Francis Xavier Parish in Renfrew:

- ❖ 1988 – 1991, served as President of the SFX Council
- ❖ 1995 – 1997, served as Diocesan President
- ❖ June 2002, received the Maple Leaf Service Pin
- ❖ National CWL Life Member
- ❖ Liaison for Life Members at National level
- ❖ 1997 & 2002, served as convenor of the CWL Tea & Talent Sale
- ❖ Instrumental in bringing the Boys Choir from St. Michael's School in Toronto in 1989 and again in 1993 for a Christmas Concert in St. Francis Xavier Church.
- ❖ 1990's, Breast Cancer Research Resolution team member. Resolution was adopted by the National Council of the CWL.
- ❖ Committee member of Atomic Energy Canada



Spiritual Development Chair

Happy Spring everyone! Spring is a time for renewal, rebirth, and rejuvenation. Although the roads are bumpy and the walking trails are muddy, I can sense a freshness in the air and finally, finally, I feel the familiar uplifting feeling of hope. The hope that Easter brings. We have had a couple of interesting years and the world is still in disarray. Knowing God is peace, and we continue to pray that His peace will prevail. This prayer is very powerful and is extremely relevant at this time.

THE PRAYER - HEAR MY VOICE, LORD FOR JUSTICE AND PEACE

(By Pope John-Paul II)

To you, Creator of nature and humanity, of truth and beauty, I pray:
Hear my voice, for it is the voice of the victims of all wars and violence among individuals and nations.

Hear my voice, for it is the voice of all children who suffer and who will suffer when people put their faith in weapons and war.

Hear my voice when I beg you to instill into the hearts of all human beings the vision of peace, the strength of justice and the joy of fellowship.

Hear my voice, for I speak for the multitudes in every country and in every period of history who do not want war and are ready to walk the road of peace.

Hear my voice and grant insight and strength so that we may always respond to hatred with love, to injustice with total dedication to justice, to need with the sharing of self, to war with peace.

O God, hear my voice, and grant to the world your everlasting peace. (Pope John Paul II at Hiroshima, Japan, 1981)

Lent is the time of year that can be considered a "spring training" for Catholics. Lent is an opportunity for us to imitate Christ by renewing our spiritual discipline prior to the glorious resurrection of our Lord on Easter. The ashes that launch this journey remind us of our own sinfulness and draw us into mourning for our Lord and the price He willingly paid for our salvation. It is an opportunity for renewal. This Lent has been a bit harder for me to stay focused, and the guilt was eating at me but then God always knows what we need, and he put this article in my path.

I must admit that this article really helped me with my Lenten penance.



6 Tips to Get You Through a Mid-Lent Slump

How is your Lent going? Great, or not so great? Feeling like it is a long way to Holy Week? Has your Lent felt like a complete disaster so far? Are you feeling a bit sick of it all? If your Lent has stalled- did you start with plans that were too much? Or did you

begin with no idea how to begin? Either way may mean things might have fizzled out halfway through. But fear not! Here are our 6 tips to help you reengage with Lent.

1) Practice Gratitude in the Moment

Whenever I want to start over, I always think: "I'll start over later, tomorrow, when I've got time to sit down and take stock and begin again." Inevitably, that moment never happens, because I don't make it happen. I don't start over in the heat of the battle. So, the battle never ends. If you feel like you're drifting through Lent, don't wait for the perfect time to restart. It won't happen- there isn't a perfect time. So, wherever you are, stop, give yourself a few spare minutes, and thank God for, say, ten things about your day or your life right now. Gratitude helps turn our hearts back to God when we don't know where to begin.

2) Ask Yourself What You Have Learnt So Far

When the road ahead looks long, it's easy to forget how far we've already come. So, ask yourself, what have you learnt so far this Lent? If the answer is 'nothing': ask yourself again! It doesn't have to be anything specifically Lent related. Maybe God has been working in your life in a way you didn't realize. Maybe there is something nagging you in the back of your mind that He wants you to look at. Or maybe you learnt something through what you have given up or taken up that has surprised you. Remind yourself why you started and rejoice in what you have learnt so far!

3) Enter the Desert: Give Yourself a Retreat

Not everyone is going to have the luxury of being able to go away on a retreat between now and Easter. But is there a day, half day, or even just an evening between now and then that you could turn into a mini retreat for yourself? If you have a busy family life, this may not be possible- or you might wish to include them in your plans too. Ideas could include: a special visit to Adoration, making time for Confession, going on a walk (without your headphones on) journaling, art, reading the Sunday gospel, spending some time in silence, and of course, prayer. Put all the distractions (TV, radio, internet, phone, music etc.) away for a set period and enter into some quality time with God.

4) Have a Movie Night

I know this may not be the most conventional way to re-engage with Lent, especially when it is so good to have some time away from the distractions of technology- but there are some plus sides too! Watching something- whether it's a movie about the Easter story (Jesus of Nazareth or The Passion of the Christ for example)- or some online talks or retreats ([The Wild Goose](https://www.wordonfire.org/) or Fr Robert Barron's excellent resources on <https://www.wordonfire.org/>) can be a powerful way to leave the lethargy behind. Whatever you watch, watch it actively, not passively, engage with the material, make notes if necessary and always follow it up with prayer time. If you're watching a movie on the Crucifixion of Christ, it's always good to reread the Gospel stories too. Movies can be a powerful way to imagine and feel exactly what it was like in the moment, but nothing is as powerful as simplicity of the words of the Gospel.

5) If You Didn't Start Lent with a Plan, Make One Now

Lent isn't meant to be a competition of who can give up the most or be the most holy. It is meant to be a time of renewal, of clearing out the junk in our lives and letting Springtime enter our hearts. But let us also not forget that it is a time of friendship, of walking with Christ through His time in the desert. So, when I say, 'make a plan' I don't mean, sit down and work out how you can cram in everything in the next few weeks. Instead, ask yourself, "how can I plan my day so that there is a way that I can best grow in time spent with Christ?". Are there distractions that you can cut down on? Is there an empty space in your day that you could spend it prayer? Could you put down your phone and engage in conversations more?

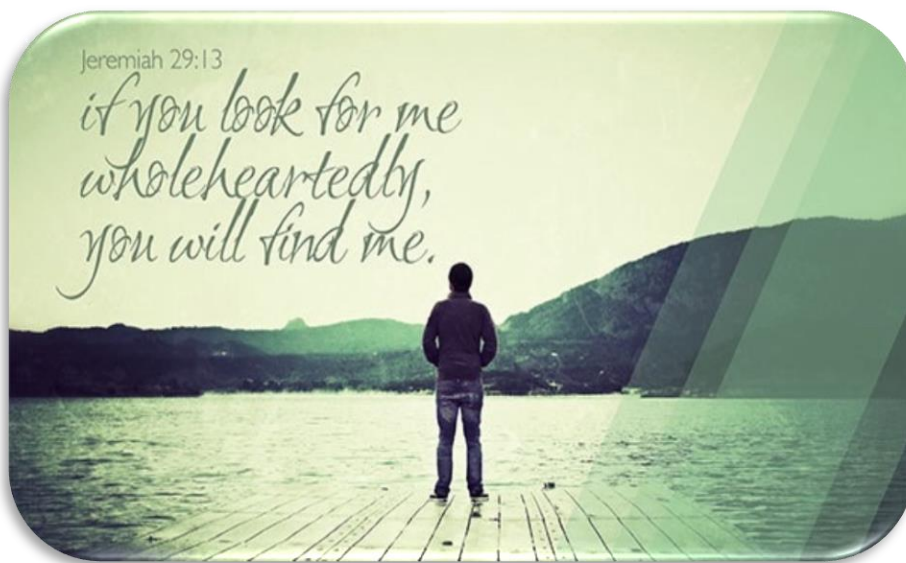
6) Finally, Just Walk Quietly and Humbly with Your God

As we get ever nearer to Holy Week, remember God wants us as much as we want Him. As good and wonderful all the extra things we may be doing or giving up for Lent are, remember to get to the heart of what this is. Read the Gospel passages of Christ's return to Jerusalem, the Last Supper, and the Way of the Cross. The words of Pope Francis in *Evangelii Gaudium* are beautiful here:

'Now is the time to say to Jesus: "Lord, I have let myself be deceived; in a thousand ways I have shunned your love, yet here I am once more, to renew my covenant with you. I need you. Save me once again, Lord, take me once more into your redeeming embrace". How good it feels to come back to him whenever we are lost!'

Come into Christ's embrace, and grow in His love, so that together, we can walk through the events of Holy Week with Him and rejoice with Him on the other side!

<https://catholic-link.org/6-tips-to-get-you-through-the-mid-lent-slump/>



We adore you, O Christ, and we praise you. Because by your holy cross you have redeemed the world.

Stations of the Cross

The First Station: Jesus is Condemned to Death

The Second Station: Jesus Carries the Cross

The Third Station: Jesus Falls for the First Time

The Fourth Station: Jesus Meets His Mother

The Fifth Station: Simon Helps Jesus Carry His Cross

The Sixth Station: Veronica Wipes the Face of Jesus

The Seventh Station: Jesus Falls a Second Time

The Eighth Station: Jesus Meets the Women of Jerusalem

The Ninth Station: Jesus Falls a Third Time

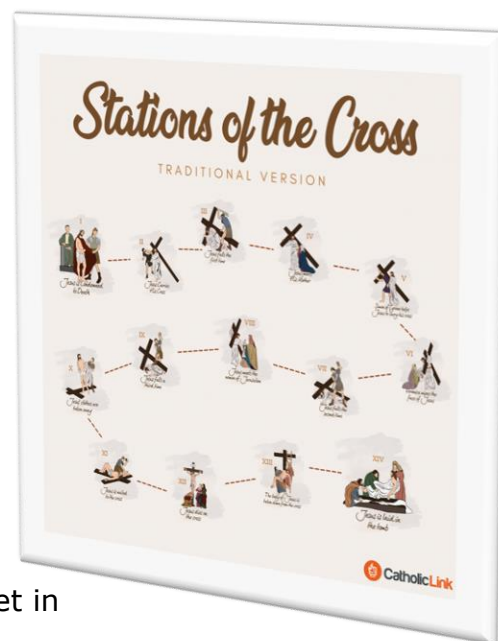
The Tenth Station: Jesus is Stripped of His Garments

The Eleventh Station: Jesus is Nailed to the Cross

The Twelfth Station: Jesus Dies on the Cross

Looking forward to celebrating the feast day of Our Lady of Good Counsel (April 26th) this year with our annual retreat – it feels like forever that we have been able to meet in person as a Diocese to celebrate and honour our Patroness.

Please find a Novena and a Litany for Our Lady of Good Counsel.



Novena to Our Lady of Good Counsel - April 18 - 26

Holy Virgin, moved by the painful uncertainty we experience in seeking and acquiring the true and the good, we cast ourselves at thy feet and invoke thee under the sweet title of Mother of Good Counsel. We beseech thee: come to our aid at this moment in our worldly sojourn when the double darkness of error and of evil plot our ruin by leading minds and hearts astray.

Seat of Wisdom and Star of the Sea, enlighten the victims of doubt and of error so that they may not be seduced by evil masquerading as good; strengthen them against the hostile and corrupting forces of passion and of sin.

Mother of Good Counsel, obtain for us our most urgent need.... **(Here mention your request)** and secure for us from thy Divine Son the love of virtue and the strength to choose, in doubtful and difficult situations, the course agreeable to our salvation.

Supported by thy hand we shall thus journey without harm along the paths taught us by the word and example of Jesus our Savior, following the Sun of Truth and Justice in freedom and safety across the battlefield of life under the guidance of thy maternal Star, until we come at length to the harbor of salvation to enjoy with thee unalloyed and everlasting peace. **Amen**



Litany to Our Lady of Good Counsel

Litany:

Lord, ***have mercy on us.***

Christ, ***have mercy on us.***

Lord, ***have mercy on us.***

Christ, ***hear us.***

Christ, ***graciously hear us.***

God the Father of Heaven, ***have mercy on us.***

God the Son, Redeemer of the world, ***have mercy on us.*** God the Holy Ghost, ***have mercy on us.***

Holy Trinity, One God, ***have mercy on us.***

Beloved Daughter of the Eternal Father, ***pray for us.*** August Mother of God the Son, ***pray for us.***

Blessed Spouse of God the Holy Ghost, ***pray for us.*** Living temple of the Holy Trinity, ***pray for us.***

Queen of Heaven and earth, ***pray for us.***

Seat of Divine Wisdom, ***pray for us.***

Depositary of the secrets of the Most High, ***pray for us.***

Virgin most prudent, ***pray for us.***

In our doubts and difficulties, ***pray for us.*** In our tribulations and anguish, ***pray for us.***

In our discouragements, ***pray for us.***

In perils and temptations, ***pray for us.***

In all our undertakings, ***pray for us.***

In all our needs, ***pray for us.***

At the hour of death, ***pray for us.***

By thine Immaculate Conception, ***pray for us.***

By thy happy nativity, ***pray for us.***

By thine admirable presentation, ***pray for us.***

By thy glorious Annunciation, ***pray for us.***

By thy charitable Visitation, ***pray for us.***

By thy Divine Maternity, ***pray for us.***

By thy holy Purification, ***pray for us.***

By the sorrows and anguish of thy maternal heart, ***pray for us.***

By thy precious death, ***pray for us.***

By thy triumphant Assumption, ***pray for us.***

Lamb of God, who takes away the sins of the world, ***Spare us, O Lord.***

Lamb of God, who takes away the sins of the world, ***Graciously hear us, O Lord.***

Lamb of God, who takes away the sins of the world, ***Have mercy on us.***

V. Pray for us, O holy Mother of God,

R. And obtain for us the gift of good counsel.

Let Us Pray:

V. Lord Jesus, Author, and Dispenser of all good, who in becoming incarnate in the womb of the Blessed Virgin hast communicated to her lights above those of all the Heavenly intelligences, grant that in honoring her under the title of Our Lady of Good Counsel, we may merit always to receive from her goodness counsels of wisdom and salvation, which will conduct us to the port of a blessed eternity.

R. Amen.

Pray for us, O Mother of Good Counsel in this century of confusion as atheistic materialism, spreads its tentacles over the entire free world!

Our Lady of Good Counsel, pray for us!

I wish to commend all the Spiritual Development Chairs across the Province, as I've read their reports and received their emails/directives and prayers over the past three years I can safely say that The Catholic Women's League of Canada, in the province of Ontario, has some of the most devout women that I have had the pleasure to grow with.

May the Good Lord bless and keep you.
May the Risen Lord bring us Peace. May His Love shine upon us, and may we share his light with all those we encounter. I look forward to seeing your beaming faces in person soon!



.....Submitted by Emma Rose Rayburn, OPC Development Chairperson

CHRISTIAN FAMILY LIFE

REMINDER - Family Time for Lent – Sundays at 3 pm for 45 minutes

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 and the zoom link, 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!!

Extinguishing Every Humans Right to Life



The deVeber Institute for Bioethics and Social Research facilitated a March lecture series. It was a three-night lecture series on palliative care in the face of *medical assistance in dying* (MAiD) and featured doctors, lawyers, and psychiatrists at the forefront of the conversation. Consider watching the recordings by clicking below:

<https://www.deveber.org/2022/02/14/march-lecture-series/> and then scroll down to the bottom of the page.

The points I personally took away, now imprinted on my consciousness are as follows along with the fact MAiD is medical assistance in suicide with lipstick on.

1. Capital punishment has not been allowed because the loss of even one innocent life would be too much, yet we are taking lives by the thousands with MAiD.
2. To be in favour of MAiD one must believe:
 - ✚ It is a societal good to kill another member of the human family.
 - ✚ Some lives are not worth living.
 - ✚ Killing is preferable to caring.
3. Facts about implementation of MAiD in Canada:
 - Fastest introduction and adoption of MAiD practices in the world
 - ✚ MAiD and Vancouver Island: 7% is the highest rate in the world
 - ✚ Only country in the world with no requirement that standard treatments be tried first
 - ✚ Palliative care, disability support, mental health services optional but MAiD is mandatory under federal legislation
 - ✚ MAiD for mental illness approved following 3 hours of debate in the House of Commons
 - ✚ Next up: Beginning 2023, offering death while people are on wait lists for mental health services

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



Legislation

The 25th National March for Life is scheduled for May 12, 2022, in Ottawa. Leading up to this are many events (films, round table discussions, Youth Summit, candlelight vigil, Mass). There may be a march in your own community or a protest/demonstration in which you can participate. Online, www.campaignlifecoalition.com has reading and actionable materials. It reminds us too that we should become aware of pro-life/pro-family candidates who may be running in the upcoming Ontario provincial election on June 2, 2022. How do your candidates value life through conception to natural death?

When we consider Bill C7 and euthanasia in general, we reflect on our Christian values and oppose any hastening of death. The Catholic Women's League Position Paper on Euthanasia and Assisted Suicide revised February 2006 and reviewed and reaffirmed by the national executive on October 3, 2014, provides the League's stance:

The League

- ❖ is opposed to any deliberate killing of another human being, including killing by way of euthanasia or assisted suicide or killing out of a spirit of compassion when someone's condition is judged to be terminal or lacking in quality of life
- ❖ believes that each member of society is unique, including the underprivileged, disabled, sick or infirm whose dignity needs to be honoured, respected, and protected
- ❖ urges adequate training of health care professionals in pain management
- ❖ supports all those in the health care profession who offer compassionate and competent palliative care services for the dying, their families and their friends encourage the formation of palliative care teams in all communities across Canada"



Please remind your MP that life matters! Make an appointment or a phone call. Sign a petition. Write a letter. We have a voice. Let's make it heard!

.....Submitted by Betsy Carrier, OPC Legislation Chairperson



COMMUNITY LIFE



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

Welcome back to the Truth and Reconciliation corner of the OPC Newsletter. We received a lot of positive feedback from last month's submission on Land Acknowledgements. Several councils said that they are now including land acknowledgements as part of their meetings. A couple of suggestions were made stressing the importance of creating your own land acknowledgement. Doing your own research to gain a better understanding of the basic elements can be a very helpful exercise. In this way, the words are more meaningful and may have more impact. It was even suggested that this work could be done by a sub-committee. This would certainly help people to learn more and embrace the ideals of Truth and Reconciliation.

Recently, Diversity Thunder Bay hosted a virtual presentation by Jody Wilson-Raybould. Ms. Wilson-Raybould **is** a former MP, BC provincial Crown prosecutor, and regional chief of the BC Assembly of First Nations. In her presentation she shared her views on Indigenous rights and reconciliation and covered many aspects including the question we all struggle with – "What should I be doing to advance reconciliation?". You can view her presentation here <https://www.youtube.com/watch?v=Idev7T8EQbM&t=1s>.

The OPC is blessed to have a section dedicated to Truth & Reconciliation resources on its website, LINKS, SPIRITUAL RESOURCES and UPCOMING EVENTS. I hope you will take some time to browse through the many sites listed. Videos, prayer services, learning guides and more. Learn about the work that other dioceses and provinces have been doing on Truth and Reconciliation. These sites are especially helpful if you are looking for ideas and inspiration for one of your council meetings or just looking to further your own personal growth.

National Indigenous Women's Resource Centre – March 22, 2022

INDIGENOUS WATER PROTECTORS: IN TRIBUTE TO WORLD WATER DAY

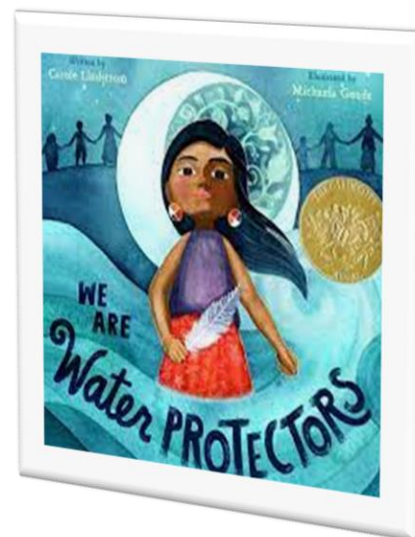
Written by Colleen Martin



World Water Day has been held every year since 1993 on March 22nd. World Water Day celebrates the importance of accessible fresh water and brings awareness to the 2 billion people living on this planet without access to safe water.

This year's event provided an opportunity to hear from three Indigenous Water Protectors Grandmother Mona Polacca (Hopi/Havasupai/Tewa) Chair of the International Council of the 13 Indigenous Grandmothers; Sharon Day (Ojibwe) artist, playwright, water walker and activist; and Elder Kathy Sanchez, Wan Povi (Po-Who-Tewa Women United call to action to end violence against women and girls and our Earth Mother. Geh-Owingeh),

It was interesting to listen to the descriptions of water from these very wise women. All emphasized that we all come from water. When we are born, water usually comes forth first and then our earthly vessel. This fact led to a discussion of the cycle of water which is necessary for all living things to survive. The flow of water starts from the highest of mountain peaks and flows down to the rivers and streams which flow into lakes and ultimately into the ocean. Evaporation raises the water to the air once again until it falls in the form of rain or other precipitation. Therefore, understanding watersheds and the protection of waterways is so important.



In addition to being sustenance, water is known to make us clean. Spiritual water cleans our soul and makes our way clear again. As we believe, God is in all of creation including water. These women talked about the importance of honouring Creator through the honouring of water. It is our fingertips, our fingerprints that hold our life experience, our personal experience and that when we see water, we should go to it and dip our fingers into it, put some on our face,

hug ourselves, thank God for bringing us water and through water life. Water is a blessing.

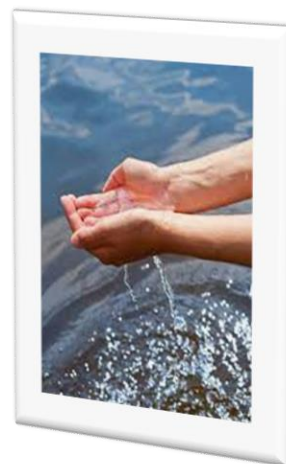
Finally, if you want to collect water to drink, for nourishment, from running water, always place the mouth of the vessel downstream to capture the flow of the water, the energy of the water. If one places the vessel upstream, as you dip, it will be fighting the flow of the water and the energy it contains

Bessing for the water – Starhawk

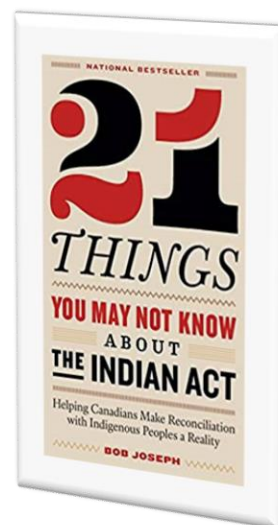
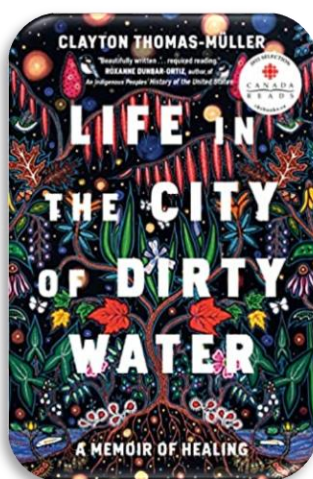
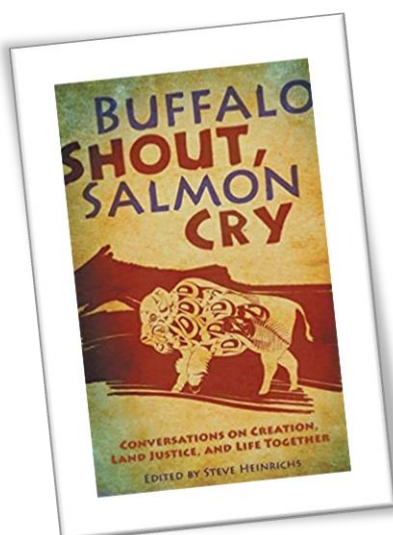
Praise and gratitude to the sacred waters of the world, to the oceans, the mother of life, the womb of the plant life that freshens our air with oxygen, the brew that is stirred by sunlight and the moon's gravity into the great currents and tides that move across the earth, circulating the means of life, bringing warmth to the frozen Arctic and cool, fresh winds to the tropics. We give thanks for the blessed clouds and the rain that brings the gift of life to the land, that eases the thirst of roots, that grows the trees and sustains life even in the dry desert. We give thanks for the springs that bring life-giving water up from the ground, for the small streams and creeks, for the mighty rivers. We

praise the beauty of water, the sparkle of the sunlight on a blue lake, the shimmer of moonlight on the ocean's waves, the white spray of the waterfall. We take delight in the sweet singing of the dancing stream and the roar of the river in the flood.

We ask help to know within ourselves all the powers of water: to wear down and to build up, to ebb and to flow, to nurture and to destroy, to merge and to separate. We know that water has great powers of healing and cleansing, and we also know that water is vulnerable to contamination and pollution. We ask for help in our work as healers, in our efforts to ensure that the waters of the world run clean and run free, that all the earth's children have the water they need to sustain abundance of life. Blessed be the water



Book Recommendations



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

Great Spirit Prayer

Oh, Great Spirit,

Whose voice I hear in the winds
and whose breath gives life to all the world.
Hear me! I need your strength and wisdom.
Let me walk in beauty, and make my eyes
ever hold the red and purple sunset.

Make my hands respect the things you have made
and my ears sharp to hear your voice.
Make me wise so that I may understand
the things you have taught my people.
Let me learn the lessons you have hidden
in every leaf and rock.

Help me remain calm and strong in the
face of all that comes towards me.
Help me find compassion without
empathy overwhelming me.

I seek strength, not to be greater than my brother,
but to fight my greatest enemy: myself.
Make me always ready to come to you
with clean hands and straight eyes.
So when life fades, as the fading sunset,
my spirit may come to you without shame.

*- Translated by Lakota Sioux Chief Yellow Lark in 1887
from Jesuitresource.org.*

Please feel free to share any other sites, prayers, or upcoming events
with us so that we can all continue our journey together.

.....Mary Capobianco, Truth, and Reconciliation Working Group



Resolutions



There are 4 resolutions that will be presented at Diocesan Council Conventions/Annual meetings.

Let us acknowledge the efforts of these parish councils and pray for the success of these resolutions.



.....Submitted by Wilma Vander, Resolution Chairperson



59th Annual World Day of Prayer for Vocations Sunday, May 8, 2022

The 59th Annual World Day of Prayer for Vocations will be held on Sunday, May 8, 2022. On this day the Church throughout the world prays for vocations. Below prayer is taken from the CCCB website for easy access. Additional resources for parishes, parish councils and families are available free to download, use and share or prayer cards can be reasonably purchased at <https://worlddayofprayerforvocations.com/vocation-bulletins/>

The Canadian Conference of Catholic Bishops suggests that you: encourage the young people in your life to be open to the call of God and consider a vocation to the priesthood or religious life; pray a rosary for more young men and women in your diocese to respond to God's call; and to pray for the priests (spiritual advisors) who have ministered to you throughout your life both living and dead.



WORKERS FOR THE HARVEST

God our Father,
You made each of us to use our gifts in the Body of Christ.
We ask that You inspire young people whom
You call to priesthood and consecrated life
to courageously follow Your will.
Send workers into Your great harvest
so that the Gospel is preached,
the poor are served with love,
the suffering are comforted,
and Your people are strengthened by the sacraments.
We ask this through Christ our Lord.

Amen

**"THE HARVEST IS PLENTIFUL, BUT THE LABOURERS ARE FEW; THEREFORE,
ASK THE LORD OF THE HARVEST TO SEND OUT LABOURERS INTO THE HARVEST. "**
LUKE 10:2 NRSV

.....Submitted by Shelley Tamas, sub-committee member, St. Catharine's Diocese



2022 Timmins Diocese's CWL Membership Anniversaries

Congratulations

Happy
Anniversary

Holy Name of Jesus

Joan Waldron	50 years
Lucy Mele	60 years
Ines Robazza	60 years

Holy Trinity

Diane LaCarte	50 years
Shirley Schaffner	60 years
Yvette Tucker	60 years

Our Mother of Perpetual Help

Denise Brennan	60 years
Theresa Willard	60 years
Jean Jackson	60 years

St Patrick

Wanda Paoletti	50 years
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Sacred Heart of Jesus

Anna Loreto	60 years
Elena Mascioli	60 years



St Anthony of Padua Council, Timmins Diocese :
Eileen Perrault celebrated her 85th year as a CWL member in 2021
She is holding her certificates from the Diocese Provincial and National.





for

Thought





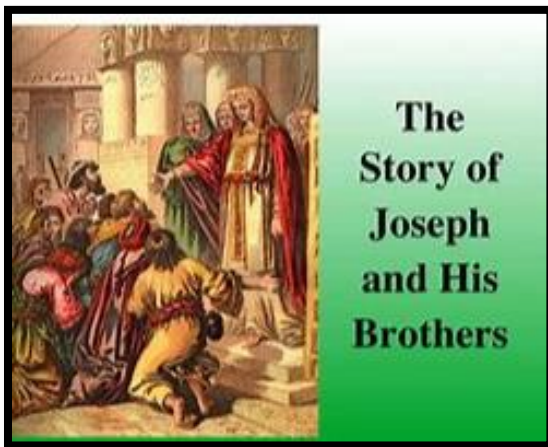
for

Thought

*To forgive is to set a prisoner free
and discover the prisoner was you.*

*"If you forgive those who sin
against you, your heavenly Father
will forgive you.*

....Matthew 6:14



The Truth About Forgiveness:

SET
YOURSELF
FREE

