



ONTARIO PROVINCIAL COUNCIL
OF THE CATHOLIC WOMEN'S
LEAGUE OF CANADA

ON-LINE NEWSLETTER



June 2022 Edition

Featuring the London Diocese and OPC Christian Family Life Chairperson

CATHOLIC
and **LIVING IT!**



Colleen's Communications

Greetings My Sisters,

This Issue

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Diocesan conventions are over. It is time to plant a new crop of executive councils, fill our hearts with new ideas and breathe in the good news of our faith. Our Lord has brought us through a difficult time and has shown us brilliance on the other side of the darkness.

The Ontario Provincial Convention is being held July 10-13 in Ottawa. We already have 100 people registered. I hope to double that before registration closes on June 1st.

I want to reiterate the vaccine policy associated with this convention. As part of your registration package, you will be asked to fill out and submit a COVID Protocol Form:

<https://cwl.on.ca/wp-content/uploads/2022/02/COVID-19-Protocol-Form.pdf>

We will also ask that masks be worn in all public places except when actively eating or drinking. Let's be mindful of those most vulnerable.

I want to take this opportunity to thank all members in Ontario for giving me the opportunity to serve along such a dedicated group of women. The provincial officers and diocesan presidents have been a joy. You have made my time as Ontario Provincial President one of the most memorable of my life. Thank you!

And now the work continues. I am ready to move this wonderful organization of sisters into the next century and beyond... are you?

Yours in faith,

Colleen Perry



London Diocesan Council

Greetings from the southwestern part of our wonderful province. London Diocese has the most southern part of the province and that of Canada as well. As I am writing this, we are just starting to experience some of the warm typical weather for our region. It is also a busy time for our farmers to get their crops planted. I don't know about you but there is something beautiful about seeing the new life poke through the ground and reach towards the sun. I feel the same way about our sisters in the League. We have had a time of dormancy because of covid, where we have been cautious and curtailed our activity to online meetings. We have started meeting in person again. We have held our Annual Meeting of Members online and I believe we are all anxious to get started albeit cautiously to do the work we have done in the past and look forward to what the future will hold with the outcome of the votes on the amendments to the constitution.



A council president from Huron-Perth came up with the following witticism, the first two letters of Covid (an acronym) are the first two letters of other words such as community, **co**mpassion, **co**-journeying, **co**mpanionship, co-operation, and **co**n tinuing words.

Our Diocese celebrated 100th anniversary in 2020. We had prayerbooks printed to give to each member that attended the convention. Of course, with the convention being cancelled in 2020 and online in 2021 and 2022 there came the problem of how to distribute them. We decided to give each council 10 prayerbooks and the leftovers for purchase, first come first served. We had 21 councils celebrating their 100th anniversary last year, what an accomplishment.

Membership has become one of the biggest obstacles to overcome since covid started – how do we collect memberships? One council formed a very active phone committee, and each member was either called directly or sent an email with instructions on where to drop off their membership fees. This allowed them to have conversations and complete wellness checks on their older members and some shut-ins. This gave their committee the opportunity to promote – “why you should be a member”, and they signed 4 new members under the age of 20.

We held our annual Diocesan Lenten retreat online which was a phenomenal success. Our members are getting more comfortable with these venues. An online legislation workshop was held and well attended. Our legislation chairperson said engaging our sister's interest in what Legislation is all about during a regular term is hard enough but enlisting their help during a Pandemic is a challenge. She never thought she would appreciate virtual meetings, but it was the only way she was able to present a Legislation Workshop this past February. Fortunately, National 1st vice Betty Colaneri had composed a workshop for us to deliver. There was a good turn out with many questions asked resulting in a resolution workshop being created and being presented this month in person. We hope that this will create an interest in Resolutions which had to be put on hold during covid. The Legislation workshop

is on the London Diocesan website and the Resolution Workshop will be added after it is presented in June.

Our legislation chairperson's hope is that everyone voted in this provincial election. There are several issues such as Euthanasia, MAID, Abortion and Catholic Education that need to be addressed. Please remember we must keep our issues in the politicians' minds, especially once they take a seat in parliament.

We were pleased to be able to present our bursaries as we had applicants for all three. Knowledge of bursaries available at every level needs to be promoted more.

Compassionate Community Care and "My Story"

Early 2020, our diocese began a journey with Compassionate Community Care and Alex Schadenberg. He stressed the importance of keeping in touch with those living alone and vulnerable in our communities. Seniors with health issues and no family close often feel lonely and depressed. We have visited our members in their homes, retirement, and extended care homes. All over the diocese, those we have seen have come alive with their memories. We were told what an excellent resource it would be to capture their stories for their own family members or for their CWL histories along with being a pleasant visit down memory lane for the interviewee.

One of our members, Betty Scherer emailed her story. She has been a CWL member for over 60 years and is 91 years young. She was a council president 1976-1978 and went on to be Windsor Regional Chairperson. She was also on the Diocesan Executive for eight years; as a chairperson, recording secretary, treasurer, and 1st vice president.

When we visited Betty to finish her story, she enjoyed talking about those days. She stressed the importance of keeping in touch with our members, especially those who are homebound.



Pictured above MaryAnn Horne-White, Diocesan Christian Family Life Chairperson, Betty Scherer and Jo-Anne Lortie Corpus Christi Windsor CWL president

We were saddened by the sudden death of Fr. Matthew George, a past CWL Diocesan Spiritual Advisor and strong advocate for the Catholic Women's League. The Huron Perth Catholic District School Board honoured Fr. Matt with the St Teresa of Calcutta Faith in Action award posthumously at their recent Mass and awards ceremony. Fr. Matt was nominated by the Lake Huron Catholic Family of Parishes.

Recipients of the St. Teresa of Calcutta, Faith in Action Awards 2022 Huron-Perth Catholic School Board

Left to right:

Deb McCarthy Dublin, Cathy Garrick Seaforth, Linda Hulshof Kinkora, CWL members and Fr. Matthew George former CWL Diocesan Spiritual Advisor awarded posthumously for his love of education. Half of the recipients of the award had ties to the CWL.



Our members across the diocese were involved with the spiritual bouquets being offered for Pope Francis and for Father Yvan Mathieu, S.M appointed auxiliary bishop who will be ordained June 13/2022 for the archdiocese of Ottawa-Cornwall.

Members participated in education about indigenous nations. Some took the course 'Indigenous Canada' with Dr. Paul L. Gareau from the University of Alberta. Others joined in the Truth, Reconciliation and Healing, 10 Speaker Series and Gatherings with the (London) Springbank Catholic Family of Parishes with Fr. Michael Bechard. We also had members take part in an **Indigenous Education Series Workshop on the Impacts of Colonization in Canada hosted by Hamilton Diocesan CWL.**

Remembering provincial theme of "Loneliness", one council used "Reach Out to End Loneliness", where they invited interested members to participate in a Pen Pal initiative. Twenty members joined. Some are still active with their new friend. Others met, engaged, and have moved on but are feeling enriched by the experience. One never knows who might have been touched in a significant way with a call, email, or conversation. Here is one person's experience "...due to the lock down earlier that year, I was feeling quite lonely and isolated. That is when I received the invitation to be a pen pal. It came at the perfect time. I am not surprised. God always knows when the perfect time is".

One of the councils had "Fun Nights" that they created via zoom which included singing led by their ukulele group of CWL members, trivia, bingo, word scramble, ice breakers, scavenger hunts and prizes. Learning to be "zoomer-boomers" was an interesting challenge. For the members who did not have internet access they did the phone tree.

A VERY SPECIAL EVENT took place in several locations in the diocese. The Marian Devotional Movement, which is visiting various dioceses in Canada in 2022 as it spearheads pilgrim statue tours of Our Lady of the Cape to provide opportunities for Canadians to venerate Canada's National Madonna, to promote consecration to the Immaculate Heart of Mary and to promote enrollment in the Confraternity of the Most Holy Rosary. It is the 75th Anniversary of its last Pilgrimage. In 1947, it travelled from Cape de la Madeleine, at Trois Riviere, Quebec to the Peace Fountain in Windsor, ON. This time it is being done in reverse.

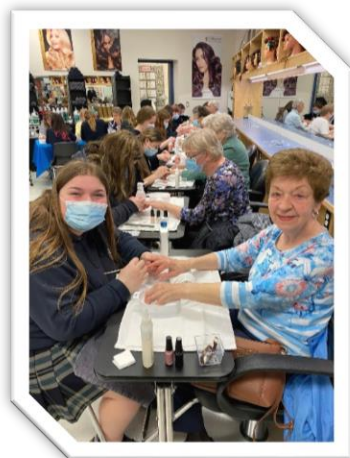
On May 1st, there was a wonderful presence of members at the opening ceremonies of the Our Lady of the Cape Pilgrim Statue Tours in Windsor, Ontario. Later that week, members participated in the crowning of Our Lady of the Cape at Ste. Anne's Church.



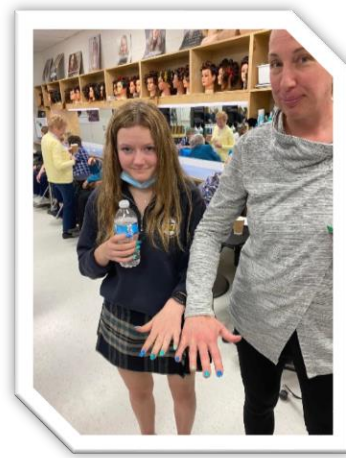
Members from St. Anne Tecumseh, Ontario



There was also a special celebration when the statue arrived at our diocesan shrine to Our Lady of the Rosary , May 15th, located in Merlin Ont. The CWL of Merlin have welcomed CWL members on the shrine day for the CWL since it was relocated there in 1998. This year our shrine day is July 27th.



One of our Kinkora member who is a teacher in cosmetology developed a special day that is held annually at St. Michael's Catholic High School, Stratford. Through "Loving Hands", they honour the Catholic Women's League of Canada! They use their hands to serve us! CWL members enjoyed a classic manicure, prayed with the students in their chapel and enjoyed some refreshments and fellowship.



On Sunday March 13, 2022, St Paul's Council, La Salle held a Maple Leaf Service Pin Presentation ceremony for Ann Domarchuk for her many years of exceptional service and dedication to the CWL. Father Dwayne Adam was very honoured to be included in this event.

From left to right as follows: Louise Robinet Past President , Brenda St. Germain member, Judy Benn President, Father Dwayne Adam, Spiritual Adviser, Ann Domarchuk, Maple Leaf Service pin recipient.



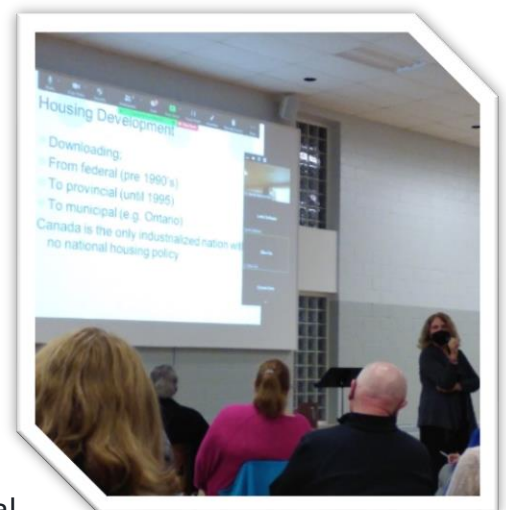
St. Clement CWL Council Mc Gregor, hosted a Divine Mercy Sunday Celebration for Central Essex Catholic Family of Parishes.

Pictured are Patricia Miller, Spiritual Development chairperson and Diane Coyle president.



St. Martin of Tours CWL London decided to make gift baskets for Mother's Day as a fundraiser. Our members were very generous with donations for the baskets, and we were able to gather in the parish hall to make 7 baskets – 3 personal care, 2 kitchen, 1 garden and 1 children's basket. This was a nice way for us to re-connect with each other and to put the theme "Catholic and Living It!" into practice.

On Monday May 2nd, St. Michael's London hosted Dr. Cheryl Forchuk, the Beryl and Richard Ivey Research Chair in Aging, Mental Health, Rehabilitation and Recovery for a presentation entitled "Homelessness In Our Midst: The Way Forward". The session was open to all parishioners, and invitations were also extended to neighbouring faith groups, local government representatives and other interested individuals. More than 40 people attended in person, with others participating via Zoom. Dr. Forchuk stressed that homelessness was a systemic problem, not a personal one and that solutions to homelessness were likewise systemic. For example, one strategy that she and her team developed helped to prevent homelessness for people being discharged from hospital by setting up financial and housing support directly within hospitals. Dr. Forchuk's talk was well received and followed by a lively session of questions from the audience.



St John the Divine Vegetable Garden 2021

In the spring of 2021, the CWL Environment Committee received approval to install a raised bed in the backyard of our church grounds. The goal was to keep it a manageable size and the food would be harvested for our St. Vincent de Paul to give to their clients. The parish caretaker was all in for building the raised bed. He designed the bed in the shape of a cross and made it high taking into consideration our old backs. He also solicited for donated supplies and provided a small donation to complete the bed. The past president's husband helped him in building the bed. The environment team then took over the seeding on the May long weekend with donated plants and seeds. Planted marigolds, climbing beans, peppers, tomatoes, cucumbers, collards, kale, lettuce, onions were planted. Our team of five gardeners encountered their first challenge when our plants began dying off. Between the cold, the rain and the soil, the wee garden needed help. With a topping of new soil and fertilizer the garden was brought back to good health. A weekly schedule for care was established with weekly email reports of garden activity, pictures of the weekly harvest and a trip to 30 Base Line became the routine from mid-August to mid-October. We installed a rain barrel, beat off Japanese beetles, installed a trellis for the climbing prolific beans and adjusted our harvest delivery from St. Vincent de Paul in the church to the 30 Base Line Community they served. The recipients of produce were greatly appreciative. Family members often found themselves drawn into our work in the garden. It's a new season so we are underway with our expanded 2022 garden! It's a gardener's delight to try something new each year!



St. John the Divine London Palliative Care week 2022

For Palliative Care week 2022, a small committee created an education series focused on the Caregiver. The information was distributed over the weekend with the National CWL recommended webinar. Prayers, video clips, a self-evaluation, newspaper stories, ideas to support a caregiver, along with the 12 hours of prayer day with mass, Exposition of the Eucharist rounded out the week's acknowledgment of palliative care.

Caregivers

"There are only four kinds of people in this world:
Those who have been caregivers,
Those who currently are caregivers,
Those who will be caregivers,
Those who will need caregivers".

Rosalyn Carter former First Lady of USA

Queen of Peace CWL , Sarnia

Their original plan was to have a one-time pierogi sale as a fundraiser for Ukraine. The day of their sale they had 2500 pierogi available for sale and 150 buyers. Everything sold within half an hour. Some people came to give donations, some to buy pierogi. They didn't want to send the people away empty handed. They made a quick decision and took orders. At the end of that event, they had \$3500 - profit from their sales and donations. When they counted pierogi orders, they almost had a heart attack. They had orders for 480 bags, 2 doz. each (11520 pierogi). After talking to their members, they decided to make pierogi every week till all the orders were fulfilled. It took 6 weeks to accomplish this task. Everyone was busy, some ladies made pierogi, some baked sweets and made coffee, some cooked lunches for us. Great teamwork! They received a lot of support from parishioners and people from Sarnia and Lambton County.

They also received donations from friends from Toronto, London, Ilderton. Words can't express our appreciation and gratitude to all the people standing behind their project. They wouldn't be able to achieve anything without all wonderful people they met. They have already sent \$15,900.00 to Poland, to the Ukrainian Center. They're still selling pierogi and when finished, will have sent a total of \$17,500.00. Joanne Kazanecki council president, when asked what perogies were made of said " flour, potatoes, cheese and a whole lot of love for the Ukraine"



St. Charles Garnier Council, Glencoe, Secretary Shirley Gilliland, issued a challenge to all CWL members based on our national theme "**Catholic and Living It,**" to be: "The Best-Version-Of-Ourselves". It is a call to Holiness. Christianity is incredibly practical. Everyday God invites us to improve on our former self. Be open to His grace, guidance, and constant invitation to transformation.

Everyday activities: caregiving, supporting a friend / neighbor, sleeping, eating, working, traveling, etc. All can be a form of prayer. By adding a special intention to a prayer, it can be a transforming – Holy moment and so becoming 'The Best Version- Of – Ourselves'.

Holy Angels CWL, St. Thomas, Ontario hosted a morning of reflection on February 12, 2022. Following all covid protocols there were about 46 people in-person and 20 people on-line for the presentation by Fr. Paul Kim, London Diocese CWL Spiritual Advisor on "Women in the Bible". It was an excellent morning enjoyed by all in attendance in-person and virtually. It has since been viewed by 90 people.

Some of our members attended the online New Year's fun night of Toronto diocese. One of our regions, Huron-Perth hosts a fun night every year, so they volunteered to host an online fun night. The theme was "Pretty In Pink" and members were encouraged to dress in pink and if comfortable join with others in their homes. It was a huge success. We had music, exercise, cooking demonstrations, funny skits and our spiritual advisor even wore a pink stole to give us his message. We even had an online painting session.

Sandra Cabbidu, St Michael's Bright's Grove was presented with the **Bellelle Guerin** award by Theresa Ryan (diocesan president) for her outstanding achievement as editor of the diocesan newsletter for 20 years among other things. Our executive wanted to present Sandra with this pin in 2020 at our anniversary celebration but it was cancelled as was the next convention, so we decided to surprise her at her own council meeting and presented it to a very well deserving and shocked recipient.



The 102nd Annual Meeting of Members was held online again this year. I thank all our members for their patience and look forward to meeting in person next year.

The London diocese are looking forward to what the future will bring especially concerning the proposed amendments to our constitution and the future of our Catholic Women's League.

.....Submitted by Theresa Ryan, President, London Diocese



CHRISTIAN FAMILY LIFE

When researching for presentations, directives and other communication related to Catholic faith, you may wish to reference the gift given the church by Pope Benedict XVI in 2010, *YOUCAT Youth Catechism of the Catholic Church*.

It says this about the place of family in God's plan of creation in instruction 368 [CCC 2201 – 2206, 2249]:

A man and a woman who are married to each other form, together with their children, a family. God wills that the love of the spouses, if possible, should produce children. These children, who are entrusted to the protection and care of their parents, have the same dignity as their parents.

Earlier in the YOUCAT instruction 68 [CCC 531-534, 564] connects family to community:

The fact that God in Jesus willed to be born into a human family and to grow up in it has made the family a place where God is present and a prototype of a helping community.

Finally, YOUCAT instruction 265 [CCC 1618 – 1620] acknowledges that not all are called to marriage:

Not everyone is called to marriage. Even people who live alone can have fulfillment in life. To many of them Jesus shows a special way; he invites them to remain unmarried "for the sake of the kingdom of heaven" (Mt 19:12).

The Christian Family Life Standing Committee facilitates members of the League recognition of all vocations and supporting those married, single, in religious life, senior, young, disabled, and widowed. See the personal thoughts below; her personal thoughts describe the care of Christian Family Life perfectly...

CWL Sisterhood and Caring from Conception to Natural Death

Submitted by Pat Weller, Provincial CFL Sub-Committee Member

In a past On-Line newsletter, a reflection was submitted on "The Healing Power of Touch". It was written considering pandemic restrictions and the difficulties in physically connecting with family and friends. It was written with my mother-in-law in mind and on her recent passing, my thoughts now turn in appreciation of my CWL sisters.

My windowsill is filled with cards. They are mostly from my sisters in the League, from my own parish council, from my diocesan sisters and from my sisters at the provincial level. It was awe-inspiring to my sister-in-law, who is not Catholic, to see the support and care from my CWL family because that is what we are – a family. We work together, pray together, play together, celebrate together, and mourn together.

It is members' mission to find faith-filled ways to comfort, console, care, and serve from conception to natural death. It is fixed in my mind how Bishop Gary Gordon (Victoria) described CWL members in his address at the 2015 National Convention in Vancouver. The

address is available through an audio clip on the national website here <https://cwl.ca/bishop-gary-gordon-podcast/>. He said we "ACT", that is, we accompany with compassion and tenderness. And that is exactly what we do.

We must remind ourselves and others of the immeasurable value of the CWL sisterhood in all stages of life from conception to natural death. Our faith anchors us, the Holy Spirit inspires us, and Our Lady of Good Counsel guides us as we walk on this earth as the hands, feet, and heart of Jesus.

Trinity Sunday – June 12

YOUCAT instruction 122 [CCC 758-781, 802-804]

No one gets to heaven by the asocial route. Someone who thinks only about himself only about himself and the salvation of his own soul is living a-socially. That is impossible both in heaven and on earth. God himself is not a-social; he is not a solidarity, self-sufficient being. The Triune God himself is "social", a communion, an eternal exchange of love. Patterned after God, man also is designed for relationship, exchange, sharing, and love. We are responsible for one another.

As Catholic faithful, we are responsible to build God's Kingdom here on earth in anticipation of joining His eternal kingdom one day. We must study the gospel and learn to pattern our actions after God, to live in relationship, exchange, sharing and love of all creation, including people, plants, and creatures.

Corpus Christi Sunday – June 19

YOUCAT instruction 208 [CCC 1322, 1324, 1409, 1413]

Holy Eucharist is the sacrament in which Jesus Christ gives his Body and Blood – himself-for us, so that we too might give ourselves to him in love and be united with Him in Holy Communion. In this way we are joined with the one Body of Christ, the Church.

...the celebration of the Eucharist is "the source and summit of the Christian life" (Second Vatican Council, Lumen gentium [LG], 11).

This day of celebration of the Eucharist is therefore an integral element of being part of Church and in communion with the Church which is our brothers and sisters. Living in communion with our brothers and sisters includes sharing in the sacrament of Mass and following Jesus' command to "Do this in remembrance of me" (1 Cor 11:24).

Father's Day – June 19

YOUCAT instruction 368 [CCC 2201 – 2206, 2249]

God himself, in the depths of the Trinity, is communion. In the human sphere, the family is the primordial image of communion. The family is the unique school of living in relationships... children experience heartfelt affection, mutual respect, and responsibility for one another.

Although fathers are immediately thought of as biological fathers, there are many types of fathers who pass through our lives giving the guidance we need at a particular time of living. Take time on Sunday June 19 to give thanks for your biological father, who literally

gave you your life; but also remember the other 'fathers' in your life. Reach out to thank them personally. That simple gesture may be exactly what someone needs in the moment they are living.

Pray both in thanksgiving for all the 'fathers' who have guided you and to ask God to remain with them and to continue to guide them in relationship with all of their 'children'; and, where there are severed relationships, ask God to provide courage and a nudge to the involved parties to reach out in love to one other. Amen.

Mary Ellen Villeneuve, Alexandria-Cornwall Christian Family Life Chair, shared their diocese had members attend the Pro-Life Rally in Ottawa. The pictures show some members at the closing mass for the 12-hour Zoom "Prayer for Hospice Palliative Care" day, and members *Catholic and Living It* at a bowling fundraiser for the Cornwall Service Club. One member has a particularly artistic husband, honoraria League member, who carved the watermelon for a center piece at the gathering after the closing mass... shout-out to Ivan Coleman. Make sure you zoom in to see the detail, amazing!



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



Legislation

Elections belong to the people. It's their decision. If they decide to turn their back on the fire and burn their behinds, then they will just have to sit on their blisters.

— **Abraham Lincoln**



Election Day in Ontario is Thursday, June 2, 2022.

Now's the time to do some research. Educate yourself; be aware of the issues. Determine who the candidates are in your area. Find out what each party's and candidate's election platform is. Is it consistent with our catholic teachings? Follow the media, read articles, talk to your candidate, ask questions. Make your voice heard in the upcoming provincial elections on June 2, 2022

Remember, voting is a right, a privilege, and a civic duty. As Abe says....it's our decision.

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



An "Eye on Education and Health"

"As proposals come forward for amending federal legislation to expand the availability of Canadians to access medical assistance in dying, it is important to be educated about palliative care and how Catholics can maintain their faith beliefs respecting life from birth to natural death."



(CWL national website – May 9, 2022)

I encourage you to read Communiqué #06 from National Chairperson Margaret Schwab found at <https://cwl.ca/wp-content/uploads/2022/05/20220510-Education-and-Health-Communique-06-website.pdf>.

Margaret reminded us that the webinar presented by Dr. Margaret Cottle entitled, "**Dignity Conserving Care: practical ways to accompany one another in faith, hope and love**" on May 7, 2022, was recorded and is available on the national website homepage (www.cwl.ca) to download and view.

I watched this 2nd annual webinar on **palliative care** sponsored by The Catholic Women's League of Canada, and it is well worth viewing.

Dr. Cottle is a palliative care physician working in home hospice programs and a clinical assistant professor who speaks internationally about end-of-life issues, palliative care and dignity conserving care. She provided useful information and insight concerning the topic of *dignity conserving care*.

Margaret stated that spring is good time to view the **Horizons of Hope: A Toolkit for Catholic Parishes on Palliative Care** on the Canadian Conference of Catholic Bishops website (or using this link): <https://www.cccb.ca/faith-moral-issues/suffering-and-end-of-life/horizons-of-hope-a-toolkit-for-catholic-parishes-on-palliative-care/>.

This toolkit is supported as a **National Voluntary Fund** giving councils and members the opportunity to assist with the cost of producing this resource.

Margaret reminded members about the League's commitment to Canadian Blood Services to provide 200 donations of blood in 2022. She noted a number of parish councils reported in their annual survey not knowing about this partnership. Let's spread the word so that we will achieve our 2022 goal!

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

Medical Assistance in Dying

The following information is found on the Government of Canada website at: <https://www.canada.ca/en/health-canada/services/medical-assistance-dying.html>)

- On March 17, 2021, the Government of Canada announced changes to Canada's medical assistance in dying (MAiD) law were officially in force, allowing a broader group of people to be eligible to request and receive MAiD.
- Health Canada is leading a process to amend the existing 2018 *Regulations for the Monitoring of Medical Assistance in Dying (SOR/2018-166)*. The proposed amendments were published in the *Canada Gazette, Part I* on May 21, 2022, **for a 30-day public comment period ending on June 21, 2022.**

The proposed regulatory amendments are found using this link:

<https://canadagazette.gc.ca/rp-pr/p1/2022/2022-05-21/html/reg1-eng.html>

- On May 13, 2022, the final report of the Expert Panel on MAiD and Mental Illness was tabled in Parliament. Read this report at: <https://www.canada.ca/en/health-canada/corporate/about-health-canada/public-engagement/external-advisory-bodies/expert-panel-maid-mental-illness/final-report-expert-panel-maid-mental-illness.html>

The Government of Canada website (updated May 24, 2022) states:

"The findings will assist the Government in developing its approach for safely providing access to MAiD for persons with a mental illness. Health professional regulatory bodies and associations who are already considering new guidance and resources for their members in anticipation of MAiD eligibility for persons with a mental illness by March 17, 2023, will also benefit from the Expert Panel's advice and recommendations."

"Canadians whose only medical condition is a mental illness, and who otherwise meet all eligibility criteria, will not be eligible for MAiD until March 17, 2023".

As I write this newsletter ... it is one week until the 2022 Ontario general election. We pray God's wisdom will guide those elected to serve as Members of the 43rd Parliament of Ontario as they make critical decisions for the most vulnerable in society regarding issues of: improved standards of care for long-term care residents, assisting the homeless, opioid crisis, eliminating human trafficking, protection for immigrants and refugees, reconciliation with Indigenous peoples, improving access to quality palliative care, protection from coercion of conscience for healthcare professionals ... just to name a few.

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

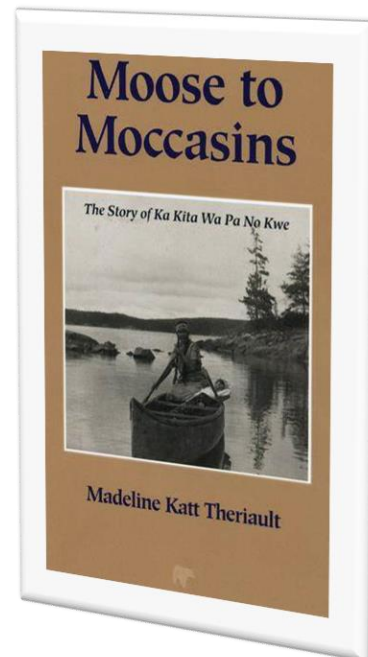
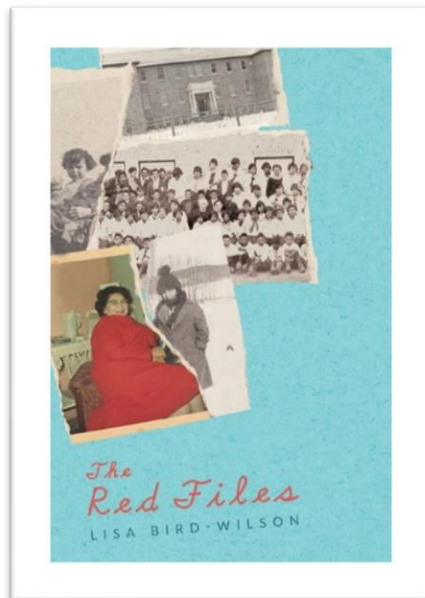
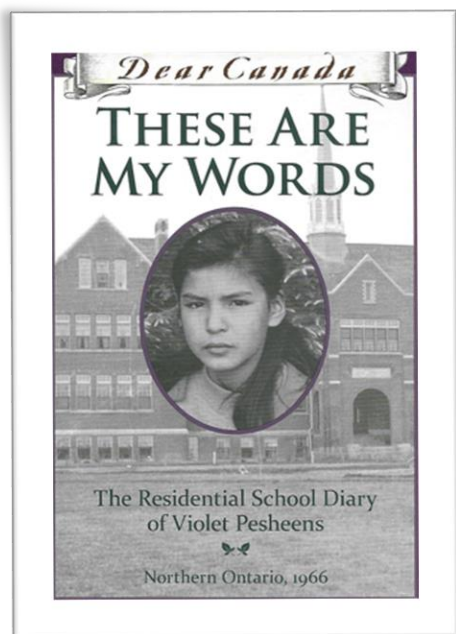
June 1st, 2022 is the start of National Indigenous History Month. This is the time to honour the history, heritage and diversity of Indigenous peoples in Canada and recognize the strength and resilience of these communities. It is a time of sharing and celebration for Indigenous peoples and the month culminates with National Indigenous Peoples Day on June 21st, which was created in 1996. This day was selected in conjunction with Indigenous communities and takes place around the summer solstice, which is the longest day of the year. The day itself is usually celebrated with **musical and dance performances, firework- displays, free concerts, and parades**. You can find out more about June 21st National Indigenous Peoples Day in Canada at <https://rcaanc-cirnac.gc.ca>.



The Vatican confirmed that Pope Francis will make a pastoral visit to Quebec City, Iqaluit, and Edmonton between July 24th and 29th. During this trip, Pope Francis is expected to personally apologize for the Catholic Church's role in running residential schools where many indigenous children were abused. Specific programming and events will be confirmed approximately six weeks prior to the Holy Father's arrival.

You can visit www.papalvisit.ca or www.visitepapale.ca for more information and to stay updated on the latest developments. Please continue to pray for the health of Pope Francis and for all those engaged in the ongoing healing and reconciliation journey.

Book Recommendations



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



PRAYERS FOR HEALING

Prayer for Truth and Reconciliation

O God,
Great Spirit and Creator,
We praise you for your gifts that surround us –
For the gift of the land that gives us food, shelter and water;
For the gift of the sun that gives warmth and light to all that grows;
For the gifts of the moon and stars which you have arranged for your
glory;
For the gifts of language and culture, through which your peoples praise
you,
and share the most deeply held values you have engraved on their
hearts.

Come upon us, O Divine Healer and open our eyes –
To the injustices brought against our Indigenous Peoples, their language
and culture
in Canada's Indian Residential Schools.
Give us repentant hearts –
That ache with sorrow for their violence against First Nations families and
their children.
Give us determined hearts –
That refuse to stand by when the dignity of our Indigenous brothers and
sisters is trampled. Give us healing hearts –
That beat with the drum of Jesus' Gospel, to defend and honour our
Indigenous neighbour, their language and way of life.
Give us flaming hearts –
That burn with love for you, who come to us
... in every human face
... in every language and culture
... in every gift of creation.

Make us stewards –
Of one another's dignity,
Of one another's safety,
Of one another's lands,
Of one another's right to a cultural identity:
... as unique peoples,
... as gifts to the human family,
... as your beloved children.

1/2

Prayer for Truth and Reconciliation

Pour out your healing love on all who suffered in Canada's Indian Residential Schools;

- on bodies, minds and spirits wounded through abuse,
- on hearts wounded through separation and disdain,
- on families wounded through trauma and anguish

that still torment over the course of generations.

Jesus – gentle Saviour, forgiving and humble of heart,

Good Shepherd, Divine Healer,

Great Lover of all peoples:

We offer you our sorrow

For the wrongs committed

Against our First Nations' children in Canada's Indian Residential Schools.

We offer you our desire

To walk with our First Nations brothers and sisters;

To journey with them

On the path of truth, healing and reconciliation,

As we share this earthly pilgrimage to our heavenly homeland,

Where every tear will be wiped away

And every sorrow will be turned to joy.

Give us one heart and one mind

To walk forward together along this path

In the love and strength of your Spirit,

In truth, reconciliation, and peace.

We make this prayer

In the power of your Most Holy Name.

Amen

*(Prayer of repentance and solidarity with Indigenous Peoples following
Canada's Truth & Reconciliation Commission)*

2/2

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



Retreat with Indigenous Elders

Submitted by Lynn Lavictoire, Ottawa Diocesan Past President

In late April-early May I was invited to participate in an Indigenous Retreat with Elders. This invitation was part of an ongoing partnership with Saint Paul University in Ottawa and the Kateri Native Ministry of Ottawa. The retreat was held in person at the Galilee Centre in Arnprior, Ontario. I was joined by 30 other students studying in the field of theology.

The retreat began with dinner, a Land Acknowledgment, a blessing, and a teaching by Elder Tom Dearhouse. He explained that their teachings are repetitious so there was no need to write notes. Although there was a slight moment of panic in me, I respected their oral traditions. Tom was right – listening is key to learning.

We sat in a circle that first night and the teaching began with Tom explaining the Sacred Fire and how it would be kept alive and watched over throughout our retreat. I asked him how the fire could be kept alive while we were inside. Tom answered, "I have my ways, and you'll see".

Each morning began with a Sunrise Ceremony at the Sacred Fire. We sat in a circle and Chief John Rice led us in teaching. We were also in the presence of the Executive Director Donna Naughton. After breakfast, our days began with the Traditional Opening by Feather Carriers John Rice and Erin Dixon. John led us in the Feather Carrier Teaching and an Elder's teaching. The days ended with reflection.

John led us in sharing circles and discussed topics of their traditions, culture, ceremonies, food, language and much more. He held open sharing discussion. A space was created for us to get to know one another which contributed to healing and reconciliation. John also had a good sense of humour.

I would like to share a few things I experienced that have touched me deeply in this retreat where the Elders wisdom and spirituality stirred an awakening of longing.

Remember the Sacred Fire? It was brought in the retreat house by lighting a candle with the Sacred Fire which was placed on the floor of the meeting room among items that were brought in reminding us of what is part of Indigenous culture and traditions. Each one of us was asked to spend an hour throughout the night with the Sacred Fire. Yes, I spent an hour in reflection and prayer.

The Sacred Fire



The Seven Stages of Life

One of the teachings that caught the attention of the students was the Seven Stages of Life:

1. The Good Life begins at birth where one is guided by their parents and learn through observation.
2. The Fast Life prepares one for vision quest and learning about each person's roles and responsibilities.
3. Wandering/Wondering Life is a period of questioning, challenges, and decisions.
4. The Stages of Truth guides one to their true gifts, strengths, and value system.
5. Planting/Planning is a time to decide what to do with the knowledge gained and how to accomplish one's goals.
6. Doing is practicing and implementing what one has learned and following the creator's plan.
7. An Elder teaches and passes on knowledge so that the spiritual side grows stronger.

Also notice that on the attached picture the edges don't meet. Those who go off the edge is because they never made it. Life took them down that path and there is no way back. The square at the top is the spiritual life.

One of the ceremonies we did included rocks. Each person would take a rock from a pile of rocks, hold it close to their chest, walk around the circle, and remember someone whose life was cut short, by suicide, or had been forgotten, not remembered, etc. On the floor were several layers of different coloured fabric where the rock was then placed. When I took my rock, I remembered my older brother, Paul, who never had a chance to live. My mother miscarried at six months. Now that my parents are gone, I'm not convinced anyone remembers Paul. I carried with me and prayed for all lives lost due to miscarriages.



These rocks were collected, and John led us in the ceremony of wrapping the rocks with the different coloured fabrics. Each colour was representative of a person's time in life. I was with the grandmothers' group and tied up the rocks with the fabric. Once all had a chance to participate, John tied up the rocks with two sticks. We then passed the bundle of rocks to each other forming a "moving" line all the way down to the river where our bundle of prayers was offered and placed in the water.

Overall, the retreat was an opportunity to **Listen and Learn** and journey with Indigenous Elders who were willing to teach us what they've lost and are trying to reclaim. There is also the wisdom of the oral traditions, the deep spirituality and strong connection with nature and the land. This experience has led me to believe that there is room for all of us to live united in this country and to bring about healing and reconciliation for a better vision of Canada.



Elder John Rice



THE RECONCILIATION TAPESTRY



On Saturday, April 23rd , 2022, at the Sault Ste. Marie Annual Diocesan Convention in North Bay, Ontario, Jackie Hookimaw-Witt and Norbert Witt were invited to share their presentation on the Reconciliation Tapestry to 115 delegates.

Jackie and Norbert are educators of the indigenous story, who are also Catholic, and have created a beautiful tapestry together with children from Attawapiskat with the hope of cultivating healing and dialogue between cultures. Jackie Hookimaw Witt, PhD, is from Attawapiskat, Ontario and is an educator, photographer, human rights activist, and chef-de-cuisine. Norbert Witt, PhD, is from Bavaria Germany and is a graphic artist, educator, and a retired university professor.



The tapestry was also developed as a teaching tool for younger children, dealing with the trauma of residential school, with the children being active in putting the story together, gluing felt figures and images they cut out on the textile banner.

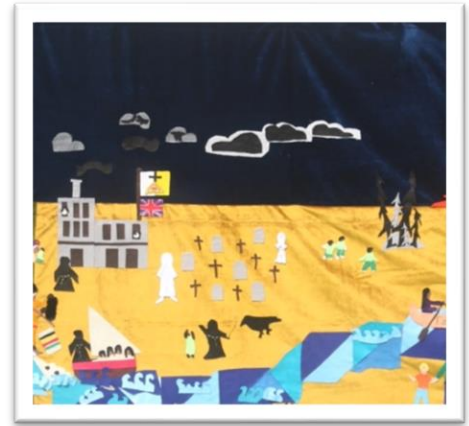
The tapestry depicts three time periods: Before Contact, Stolen Children and A New Beginning.



Before Contact: This part of the tapestry shows how, in the Cree sense, the world was order. People lived in harmony with creation, knowing that they were only one part of nature, not her rulers. Like in every human community, people loved their children, and they treated their environment in a way that the land can still provide for future.

Stolen Children: The dark sky shows that night has fallen. This represents the *Dark Times* for the Mushkegowuk, where

children were separated from their parents and people, and were brought to a Residential School by a Hudson's Bay Company ship. They were not allowed to speak their own language anymore, brothers and sisters were separated, and parents could not visit their children.



A New Beginning: The third part of the tapestry represents present and future, the process of reconciliation. Reconciliation is understood as an initiative by the victims, sharing their sorrows with those who oppressed them in the hope of starting a conversation, promoting compassion and understanding. The people are still *holding on* to the Cross and the Love it teaches, but they have not lost their spiritual traditions, and the symbols used (e.g. feather and drum) are similarly teaching the Love of God. The goal is living together and respecting each other. And that means that we (still outsiders)

understand the people's traditional spirituality as something that does not oppose our worldview or religion but is rather just a different expression of the same values we uphold.

Jackie and Norbert will continue to bring their presentation to CWL councils throughout the diocese of Sault Ste. Marie and invite dialogue to foster understanding and reconciliation with whomever they encounter.

.....Submitted by Lisa Henry, President, Sault Ste. Marie Diocesan Council

Photo Credit: Rob Ouellette – Sault Ste. Marie Diocesan Convention Photographer



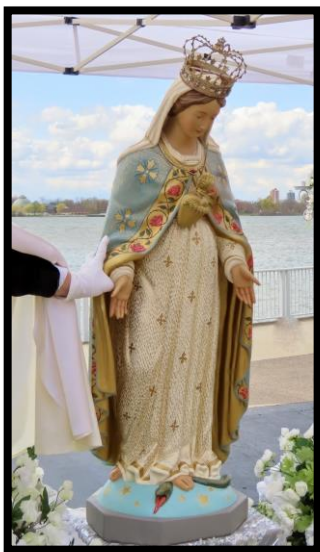
Maple Leaf Service Pin Award Presentation at the Ottawa AMM

At the recent 99th Ottawa Diocesan Council Annual Meeting of Members, the President, Lynn Lavictoire, was presented with the Maple Leaf Service Pin Award. Diana Baines, the Diocesan Treasurer made the presentation on behalf of all the officers. Lynn unexpectedly began her tenure on January 7, 2019, and dove right in. During the pandemic, she kept everyone together by learning about the new technologies and her "CWL Wednesday!" with a reflection on the day's Gospel reading that kept all members connected and updated on all League activities. Her leadership was commendable! The officers present in the photo are, from left to right, Catherine Gasper, Janet Warren, Lynn Lavictoire, Diana Baines, and Rosemary Fikis. On behalf of the whole executive: Congratulations Lynn!



*Submitted by: Ozelle Case
Ste. Anne's CWL Tecumseh, ON*

CWL Members from the Windsor-Lake St. Clair Catholic Family of Parishes (Ste. Anne's CWL, Tecumseh, ON; Good Shepherd CWL, Lakeshore, ON; St. Simon & St. Jude CWL, Belle River, ON) participated in the Opening Ceremonies of the Our Lady of the Cape Pilgrim Tour on May 1st, 2022.

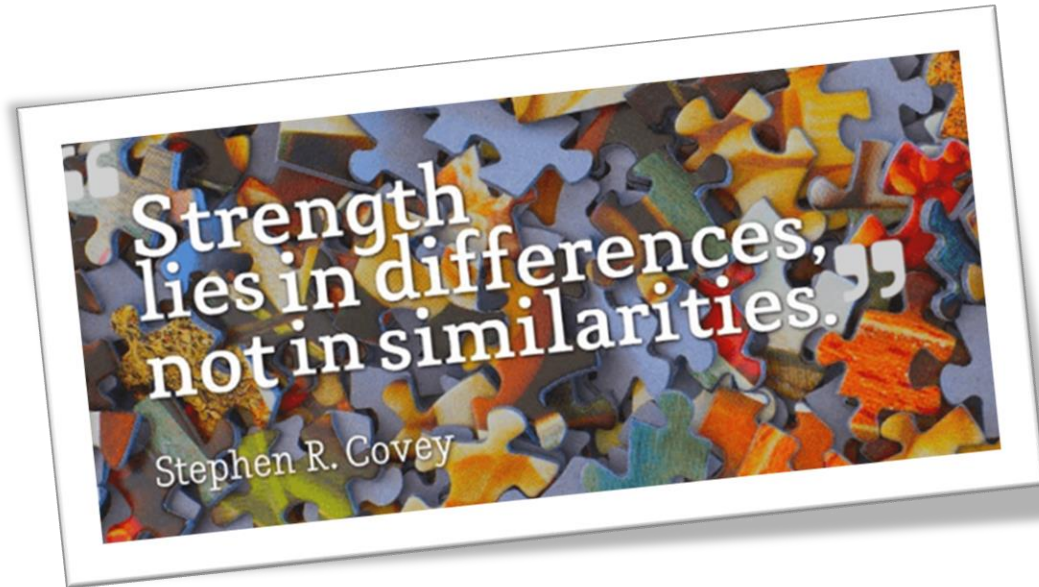


Photos from the Opening Ceremonies which took place at the Peace Fountain in Windsor, ON (you can see Detroit, Michigan, USA on the other side of the Detroit River in the photos). Photo credit: Paul McNamara



for

Thought

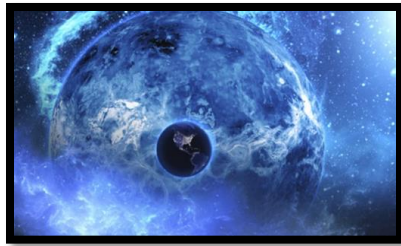


True religion with contentment is great wealth. After all, we didn't bring anything with us when we came into the world, and we certainly cannot carry anything with us when we die
~Timothy 6:6-7



The secret of contentment is the realization that life is a gift, not a right.

Food *for* Thought



We are living today in the culture of noise, accept the messiness in life, and work to make a better world.



Gifts and talents you have, how are you using them?
Use them for others, don't focus on what you are lacking, use what you have.



How much Time do you have?

Touch question to answer. None of us know.

So, make the most of the time you have.

Daily experience reminds us that life is very uncertain. No one is guaranteed how many years one would live. Hence, the logical conclusion is that each of us is living on "borrowed" time.

Action: Make each day count, strive to be a blessing for someone else!

Time goes by so fast, people come in and out of our lives, but one should never miss the opportunity to let them know how much they mean to you.

So, as I sign off my last ON-Line Newsletter as OPC Communication Chair - "Thank you". I had the most memorable time, thank you for touching my life in ways you never know, it was an honour and privilege to serve you.

I am very grateful for your love and for being a part of my CWL journey.

With lots of love &



Ann D'Souza, OPC Communication Chairperson

