



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

ON-LINE NEWSLETTER



September 2022 Edition

Featuring the Pembroke Diocese and OPC Life Member Liaison

CATHOLIC
and **LIVING IT!**



Linda's League Letters

My dear friends,

The month of September is a time of change. The days are getting shorter, temperatures are becoming cooler, children are returning to school and hopefully League activities will be beginning anew.

In July the Ontario Provincial Council held its first in-person convention since 2019. The 226 attendees enjoyed hearing officers' reports, listening to amazing guest speakers, approving two resolutions, and sharing friendship with League sisters. A new provincial executive was elected and installed.

In August, about 45 members from Ontario were part of the 462 attendees at the national convention in Kelowna, BC. Everyone was interested to learn the results of the instructed votes. Almost all the changes to the Constitution and Bylaws were approved, except the League patroness will continue to be Our Lady of Good

Counsel. The majority of provinces voted in favour of the per capita increase. I, personally, would pay any amount of money to be a member of this beloved

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League and the sisterhood it brings me. All changes come into effect January 1, 2023. More information about implementing the changes will be provided to everyone in the next few weeks. Watch for it!
Signing off for now.

Your League Sister,
Linda Squarzolo



BEE Symbolism



The bee was used as a symbol throughout history. The ancient Druids saw the bee as symbolizing the sun, the Goddess, celebration, and community. In Christian times, monks lived in beehive-shaped huts, which represented the aim of a harmonious community, which included oneself and God, but also others, as well. The bee is seen as a symbol of all of the attributes of Jesus Christ. He had a sweet and gentle character, yet his sting could pertain to acts of justice and His death on the cross.

Bees are important as pollinators of many plants. They hold the power of service. When they land on a flower to collect nectar, pollen attaches to their legs. The pollen is passed on to other flowers, creating the fertilization process. The movement from one plant to another represents the interconnectedness of all living things.

The bee is a good luck symbol of being productive in your work and in finding work that is fulfilling. All bees are productive, stay focused on what they are doing and do not get side-tracked from their goal. They remind us to slow down, smell the flowers and taste the sweet nectar of life.

St. John Chrysostom stated, "The bee is more honoured than other animals, not because she labours, but because she labours for others."

Go Make a Difference

The sub-theme for the next two years will be "Go Make a Difference".

Serval years ago, Linda and her husband went on a little vacation to Florida. They attended a Mass at a Corpus Christi Catholic Church in the Disney town of Celebration. The church was a smaller version of Orlando's Mary Queen of the Universe Basilica and National Shrine. When Mass began, the choir processed to the front with the clergy and led the congregation with this hymn. It inspired Linda then and she hope it inspires you.

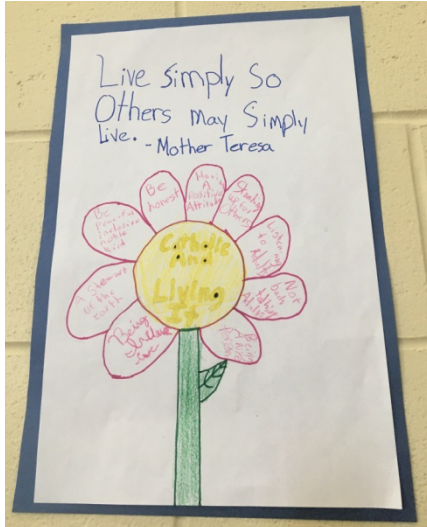
Click the link to hear Steve Angrisano's version.

<https://www.youtube.com/watch?v=EQJ4TLRy1KI>

Pembroke Diocese

Pembroke Diocese 101st Annual Meeting of Members on May 14, 2022

Close to 100 members from across the diocese gathered for a day of prayer, education, and companionship for the Pembroke Diocesan Annual Meeting of Members held in Renfrew. Hosted by St. Francis Xavier Parish Council, the walls of the parish hall were decorated with artwork from the local Catholic schools based on the National theme *Catholic and Living It!* A selection of diocesan history books were also on display, as were the commemorative posters prepared by St. Francis Xavier Council for their 100th anniversary celebrated in 2021.



This was the diocese's first in-person opportunity to make presentations to the four councils who celebrated 100th anniversaries in 2021. Diocesan President Joan Lemay presented 100th anniversary certificates to council presidents Karen McKibbon of St. Columbkille's Cathedral/Pembroke, Nancy Black of St. John Chrysostom/Arnprior, Colleen Prince of St. James the Less/Eganville, and Carol Sulpher of St. Francis Xavier/Renfrew.



Provincial President Colleen Perry engaged delegates with her presentation "CWL Renewal – Post Pandemic". Colleen's address gave a real picture of both the struggles and joys of life as a member of the League, her own reliance on prayer and the rosary for spiritual strength, and her utmost commitment to share her life as a League member with others.

Deep River Delegates at Annual Convention



Delegates from Our Lady of Good Counsel, Deep River, are all smiles as they gather for a photo at the 2022 Pembroke Diocesan Convention with their own council member, Annette Chaplin, the new Diocesan President (3rd from right). Also in the photo is Deep River member June West, Diocesan President from 2013-2015 (2nd from right).

Pembroke Diocesan Council New Executive (2022-2024)



From left are Retiring Past President and newly appointed Diocesan Life Member Liaison Carmel Rumleskie, Diocesan President Annette Chaplin, Past President Joan Lemay, Administrative Assistant Bev Drouin, Spiritual Development Margaret Maloney, Education and Health Louise Rockburn, Christian Family Life Donna Provost, Community Life Terry Hodgson, Communications Pat Weller and presiding over the Installation, Spiritual Advisor Fr. Michael Coyne. Missing from the photo are Treasurer Julie Mallory and Resolutions Irene Perrault.

Fr. Michael Coyne, Pembroke Diocesan Spiritual Advisor

Father Michael Coyne was welcomed as the new Diocesan Spiritual Advisor in the fall of 2020. Fr. Mike accepted the position less than three months after his ordination to the priesthood. One could say he has a history with the CWL as his mother is a long-time member of The Catholic Women's League and former executive officer of the Pembroke Diocesan Council. Fr. Mike was a recipient of the Bishop F. Pappin Memorial Bursary while attending seminary. He attended this year's provincial convention in Ottawa and was thankful to meet the other Spiritual Advisors and learn from their experiences.



Fr. Mike receives CWL Stole at the Fall 2021 Diocesan Meeting in Chalk River.

Our Lady of Perpetual Help, Braeside, Celebrates 100th Anniversary

Our Lady of Perpetual Help Council in Braeside celebrated its 100th anniversary on June 26, 2022. The day began with a mass celebrated by Bishop Guy Desrochers. Activities continued throughout the day with a lunch at noon and dinner in the evening. Guests for the dinner included former parish priests, Pembroke CWL Diocesan executive and current and past members of the parish council. In honour of the occasion, council members purchased a flowering crab apple tree. Names of the past 100 deceased members from the council were placed on the branches of their "Tree of Life". It was the centrepiece of the hall for the occasion and the tree was later planted on the church grounds.



Council President Marilyn Robertson holds the Papal Certificate presented by the Bishop. Beside Marilyn is her daughter Beth Delisle (Council Secretary), on the other side is Bishop Guy Desrochers, Carole Frood (Past President), and Rachel Burton (Carole's daughter and Council Treasurer). Behind them is the "Tree of Life". The photographer was Ellen Sawyer, Carole's other daughter and council member. Present, as well, was Marilyn's other daughter Theresa Whitwell who is also council member.

Our Lady of Good Counsel, Deep River, Hosts World Day of Prayer Service



Over 40 people from various Christian churches in Deep River and Chalk River joined in song and prayer for the annual World Day of Prayer (WDP) Service 2022 hosted by Our Lady of Good Counsel CWL in Deep River. This year's theme "I Know the Plans I Have for You" was brought to life with an interpretation of various elements taken from the WDP artwork and the accompanying prayer service. The rainbow, depicting God's arching love, is represented in each coloured banner flowing from one of seven candles which were lit in accordance with the order of the prayer service. At the top of each banner is a dove, representing peace, and a key word found in the prayer service to describe God. Everyone pictured above had a role to play during the service.

Diocesan Spring Meeting on Zoom

Diocesan Council have been holding their executive meetings on Zoom since June of 2020 but in order to reduce travel costs, avoid bad weather driving, and limit Covid transmission, the Diocesan Spring Meeting, open to members of all parish councils in the diocese and normally held in-person, was also held over Zoom. Plans are in place to hold future Spring meetings on Zoom. Fall Meetings, Days of Reflection, and Annual Meeting of Members will continue to be in-person gatherings. The diocesan council continues to work with parish councils to ensure every council is able to participate in these virtual meetings.

Our Lady of Sorrows, Petawawa, Award Service Pins at June Banquet



Pictured on the left, Our Lady of Sorrows Council President Joanne Jefferies presents her Great Aunt Jeanine Mohns with an 80 year pin. Jeanine's mother, Valerie Charette, and Joanne's Great Grandmother, was the charter president of the council. Pictured on the right is Joanne with Maple Leaf Service Pin recipient Julie Mallory, recognized for her dedication and commitment to the council. Along with the service to her own council, Julie is currently Treasurer on the Diocesan Council. There were 68 in attendance at the June banquet. It was the council's first opportunity in three years to gather together and celebrate their members' service.

St. Michael's, Douglas Serves Ice Cream to Parishioners

Parishioners enjoyed the great weather and some ice cream after Sunday mass on August 14. Although not visible in the photo, the resident rabbit and new pet of parish priest Fr. Michael Lund took a close second in entertaining the young and old alike. The ice cream treat, served by members of St. Michael's Council, was in thanks for the continued support of the parish toward the council's work and provided an opportunity to come together and rekindle connections after all of the restrictions imposed by the pandemic.



Members serve ice cream to parishioners after mass.

Holy Canadian Martyrs, Combermere Celebrate Members at Awards Night



Members of Holy Canadian Martyrs Council in Combermere gathered together on June 08, 2022 for the first time since Covid shut-downs. Service pins were awarded and a potluck supper completed the evening. Pins awarded ranged from one year to 50 years. To mark the occasion and share the council's activities and the joy and rewards of belonging to the League, a photo and article was published in the local newspaper, *The Valley Gazette*. The article not only highlighted the council's activities, but also important issues championed by members across the country such as the promotion of Palliative/Hospice Care and Protection of Conscience Rights for Health Care Professionals.

Delegates from Pembroke Diocese Attend Provincial Convention in Ottawa

It was a convention of firsts – first provincial convention for Annette Chaplin as Diocesan President, first provincial convention for Diocesan Spiritual Advisor Fr. Michael Coyne, first provincial convention for delegates Louise Rockburn and Lynne Stymiest from St. Theresa’s Council in Temiscaming, and first resolution (**ON.22.01 Improve Care in Long-Term Care Homes in Ontario**) from Pembroke Diocese to be presented and passed at the provincial level.



From left to right, Pembroke Diocesan delegates Joan Lemay (Past President), Maureen Brennan and Darlene Meleskie (members of Our Lady of Fatima Parish Council in Renfrew and part of the team who wrote the Resolution), and Fr. Michael Coyne (Diocesan Spiritual Advisor) discuss the resolution on Long Term Care brought to the floor by Pembroke Diocese at the Tuesday business session.



Members from Pembroke Diocese gather for a photo before the banquet. Included are Diocesan Spiritual Advisor Father Michael Coyne, current Diocesan President Annette Chaplin and former Diocesan Presidents Pat Weller, Irene Perrault, Donna Provost, Joan Lemay and Bev Drouin.

Pat Weller joined the other new Life Members in attendance, as they received a blessing from Archbishop Damphousse. Pat also had the privilege of joining the other new Life Members in bringing forward the gifts at the closing mass and concluded her appointment as Keeper of the Book of Life by processing the Book of Life to the prayer table during the service for the Crowning of Mary.



Pictured are new Life Members after their blessing. Left to right; Karen McDonald, Joanna Sisk, Wendy Tedford, Pat Weller and Emma Rose Rayburn.

Eganville Council Brings Travelling Mary to Local Schools



The idea to bring "Travelling Mary" to the local schools came from St. James the Less CWL council in Eganville. Fr. Ken O'Brien, parish priest, took time at a school mass, celebrated on May 05, to explain the purpose of "Travelling Mary" to students and teachers. "Travelling Mary" consists of a statue of Mary transported in her own suitcase as she travels between classrooms and between schools. A box of intentions and a book with prayers and suggestions on how to structure the prayer time also comes in the suitcase. The classroom teacher is free to choose how and when the class will spend daily time with Mary.

St. James' teacher and St. Michael's CWL member Erin Dick had Mary in her classroom in May. Erin said she and her students loved having Mary in the classroom and that it was a

beautiful idea. Her students wanted to decorate the space around Mary so they placed a vase of roses by the statue. "Travelling Mary" began her classroom travels at St. James Elementary School in Eganville and will journey to St. Michael's in Douglas and St. Andrew's in Killaloe sometime in the fall. It is the hope of the Eganville Council that "Travelling Mary" will eventually be shared by families of schools across the diocese in order for children to come to know and love Mary and carry this devotion with them throughout their lives.

Pembroke Diocese Represented at D&P 2022 Orientation Assembly

Catherine Kerr, President of Our Lady of Good Counsel CWL in Deep River and member of the Pembroke Diocesan Council of Development and Peace (D&P), travelled to Halifax in June as the D&P Diocesan Council's representative to the 2022 Orientation Assembly. Catherine reports there were a number of CWL members from across the country among the delegates including National Community Life Chair Faith Anderson. The Assembly brought together ideas gathered over the past year in order to give the organization direction and focus for the coming five years. An integral ecology as advanced by Pope Francis, walking together as a Church and as a local and a global community, and living by Catholic Social Teaching are some of the building blocks that help direct the work of Development and Peace. Since her return from Halifax, Catherine has been sharing her experiences and the important work of D&P. Pictured below are the delegates to the Assembly.



Corbeil President Celebrates Her 90th Birthday



Lorraine Crain, President of Sacred Heart of Jesus Council in Corbeil, celebrated her 90th birthday on Saturday August 20. She received birthday greetings from federal, provincial, and municipal officials and best wishes from friends, family, and her CWL sisters as they gathered to celebrate at the local community centre. Whether it's virtual or in-person and barring unforeseen circumstances, Lorraine and her CWL sisters from Corbeil are faithful attendees at all diocesan meetings and events.

St. John Chrysostom Council in Arnprior Keeps Busy Over the Past Year



St. John Chrysostom Council in Arnprior has been busy with a number of initiatives over the past year. A bench, marked with a commemorative plaque, was placed in the parish's cemetery in honour of the council's 100th anniversary in 2021. Plans are underway to plant a tree nearby. Members have begun making milk bag mats and hope to make more. A Magnolia tree was planted in the front lawn of the rectory as part of the National Centenary Project. The council held a successful Mother's Day raffle. The prize was a beautiful gift basket. The council's successful fundraisers and commitment to service has helped Arnprior collect 311 pounds of canned and dry food and over \$6000 for their local food bank as part of the National Community Life Food Bank Project. Their Food Bank Project ran from December 2021 to June 2022.

....Submitted by Diocesan President Annette Chaplin & Pat Weller, Pembroke Diocesan Council Communications Chair



Back to School Prayer

Dear Lord,
As students begin a new school year,
I pray that you will keep them in your care.
Send your Spirit to open their minds
to all that is true and beautiful and good
Help them to see the gifts and talents
you have given them and to use them well.
Help them to grow in knowledge and wisdom.
Help them to be kind to others
and lead others to be kind to them.
Give their teachers patience and understanding
and help them teach what is just and true.
Send your angels to guide and guard our
children and to keep them from all harm.
Open their young hearts to your presence
and enfold them in your peace and protection.
Hold them in the palm of your hand
and bring them home safely at day's end.
Amen.





SAVE THE DATE

July 9th – 12th, 2023

**Ontario Provincial Council
CWL Convention**

Hosted by: Alexandria-Cornwall Diocese



**Life Member Liaison
Michele(Shelley) Tamas**

**IN MEMORIUM
Dorothy Anne McGuigan
Past Provincial President and Life Member**



July 27, 1937 – July 13, 2022

Eternal rest grant unto her, O Lord, and let perpetual light shine upon her. May her soul and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

Dorothy served the League faithfully as Ontario Provincial Council President from July 2004 until July 2006. The theme of "ElderCare – A Gift to be Shared" was giftedly developed, under her direction, during this term of office.

We do want to offer family members and friends of Dorothy our heartfelt expression of sorrow. She will be missed.

It is our fervent hope and prayer that this lovely lady hears these words of our Lord at her reunion with Him:

"Well done, good and faithful servant... Enter into the joy of your master."

(Matt 25:21)

Life Member Liaison Michele(Shelley) Tamas

Introduction

I was appointed Life Member Liaison for Ontario Provincial Council following this year's Convention held in Ottawa. I have been a member of The Catholic Women's League of Canada for over 40 years and have served three terms as parish council president for St. Therese Parish Council, Port Colborne and two terms as diocesan president for the St. Catharines Diocesan Council. I was presented with Life Membership in 2012. I am currently a member of St. Andrew, Parish Council, Welland. I am pleased to make myself available for service with my counterparts: Elizabeth Bortolussi, Dianne Denault, Louise Gamelin, Karen Lawless, Kathleen Masse, Anne McKinnon, Anne Plaunt, Joanna Sisk, Ana Sousa, Stephanie Spinelli, Patricia Rivest, Carmel Rumleskie, Anne Vincelli, Diocesan Life Member Liaisons and Doreen Gowans, National Life Member Liaison. With God's help, I hope to make a difference as I live as faithful Catholic serving as the Ontario Provincial Life Member Liaison.

Newly Approved and Commissioned Ontario Life Members

Due to a moratorium on life members there were no new life members approved at the winter meeting of National Council this past year. Life members who met the criteria for Life Membership and were approved in 2020 and 2021 were commissioned in a special ceremony at the conclusion of the business session of the National Convention on Monday, August 15, 2022 Kelowna, British Columbia. Those approved for Life Membership in 2020 and 2021 include: Karen McDonald, Evelyn Meaney Mills, Angela Pellerin, Emma Rose Rayburn, Lynn Rowlandson, Joanna Sisk, Wendy Tedford, Alice Uvanile, and Patricia Weller. Ladies, I want you to know how happy we are for you and I congratulate you both on my behalf and that of the Life Members of Ontario. Thank you for your dedication to God and Canada and further commitment to service in the League. May God bless you abundantly as you accomplish His will for your lives.

Mentoring and Support

Parish council presidents know that life members are experienced, knowledgeable, committed representatives of the League who are willing to make themselves available for service when called upon. I encourage you to request support from them to resolve conflict (if necessary), present workshops, and/or for mentoring.

"Community Life News" ...

"Wherever there are people in need of food and drink, clothing, housing, medicine, employment, education; wherever (people) lack the facilities necessary for living a truly human life or are afflicted with serious distress or illness or suffer exile or imprisonment, there Christian charity should seek them out and find them, console them with great solicitude, and help them with appropriate relief. This obligation is imposed above all upon every prosperous nation and person."

(Decree on the Apostolate of the Laity - CWL Executive Handbook - May 2014)

This quotation was decreed by Pope Paul VI in 1965 and it remains relevant today.

The Community Life standing committee covers important areas of concern including:

- **dignity and rights of persons**
- **social and economic justice**
- **refugees, immigration and citizenship**
- **Canadian Catholic Organization for Development and Peace (CCODP)**
- **developing countries**

This standing committee is also blessed with the **OPC Truth and Reconciliation Working Group** established by the Ontario Provincial Council in 2021.



The main **goals** of this working group are **Learning, Listening, Actioning ... Working Our Way Towards Reconciliation**. There is a resource page on the provincial website (www.cwl.on.ca) to assist members in their journey toward reconciliation and understanding.

We will continue with a page(s) dedicated to **Truth and Reconciliation** in future newsletters. The T&R corner of the newsletter was created by my predecessor, Mary Capobianco, and her working group. It is excellent and it has been well received.

In order to share information and to feature activities throughout our province in the newsletter, we rely on members to submit T&R events and activities (with photos), favourite book(s) recommendations, upcoming webinars, and ideas for future articles. Of great importance, in a spirit of reconciliation, is our quest to keep the pathways for listening and learning open.

"When we know better, we can do better."

September 30th is National Day for Truth and Reconciliation and Orange Shirt Day in Canada. This day honours those children lost and the Survivors, their family and communities. We show our support by wearing orange to honour the children who survived residential schools and recall those who did not. It is an opportunity to raise awareness about the tragic legacy of residential schools and to honour the Survivors. Both are vital in the process of reconciliation and healing.

Let us devote time on September 30th as a means to achieving our goal of learning.

I encourage you to read National Community Life Chairperson Faith Anderson's latest Communiqué #10 written as Pope Francis began his journey of reconciliation.

<https://cwl.ca/wp-content/uploads/2022/07/20220727-Community-Life-communiqué-10-website.pdf>

Let us continue to pray for healing and reconciliation with our Indigenous sisters and brothers across Canada.

As we gear up for the fall season, I wish to highlight a resolution relating to *Community Life* that was adopted by national council in 102nd annual national convention held in Kelowna, B.C.

2022.01 Enact Federal Legislation to Reduce Food Loss and Waste

This resolution (submitted by Alberta MacKenzie Provincial Council), "... **urges the federal government to enact legislation to reduce food loss and waste in Canada's agri-food, industrial, commercial and institutional sectors.**"

(full text is found at: <https://cwl.ca/wp-content/uploads/2022/08/Resolution-2022.01-Enact-Federal-Legislation-to-Reduce-Food-Loss-Waste-Final.pdf>)

Members are asked to read the resolution and follow up on the Action Plan.

Familiarize your members with the resolution by presenting it at a general meeting. Hand out copies to members (since many do not have access to a computer). Perhaps they will take it home and share it with family and friends.

Invite a guest speaker to educate your members and raise awareness on these topics.

Resolutions are important ... with action, they become more than words on a page.

.....Submitted by Community Life Chairperson/
OPC Truth and Reconciliation Working Group Chairperson Karen McDonald

Appoint a committee to share the work of this Standing Committee. *

Boards of community organizations – a Christian presence in the board room.

Community-oriented organizations, such as Red Cross, Cancer Society, Hospital Auxiliaries, Homes for the Aged.

Development and Peace – remember the CWL 1% resolution.

Elections at all levels, candidate's meetings, transportation to the polls.

Foster and adoptive homes.

Gather gifts for hospitals and nursing homes at Christmas, Easter and patients' birthdays.

Human Rights.

Immigration receptions at Citizenship Courts for new Canadians.

Join with other churches in mutual community concerns.

Knit mittens and slippers for children in hospitals.

Lonely and shut-ins, senior citizens.

Meals on Wheels.

Needy parishioners should always find a helping hand.

Organize food drives, and collections of used eyeglasses for Developing Countries.

Provide transportation to hospitals and clinics for needy patients.

Questions, problems, answers and ideas should be thoroughly discussed at executive meetings (saves valuable time at general meetings). *

Rights of women, racial minorities.

Share in parish efforts towards Share Lent programs.

Take part in community studies for programs for seniors, refugees, and immigrants.

Understand your responsibilities by reading and studying annual reports of all levels, Newsletters, and Provincial and National directives. *

Volunteer for financial campaigns of non-profit organizations.

Welfare assistance and works of mercy.

Xpect to deepen your faith and prayer life through service to others. *

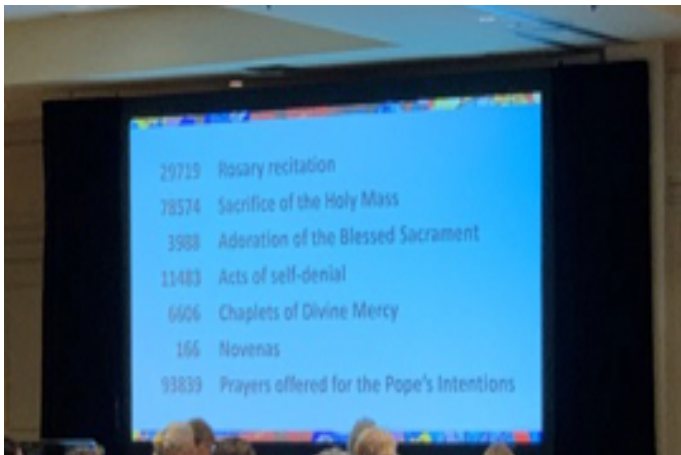
Younger members make excellent committee members. *

Zealously carry out the duties and responsibilities of this standing committee. *

(Source Unknown)

* All Standing Committees

.....Submitted by Karen McDonald, OPC Christian Family Life Chairperson



SPIRITUAL BOUQUET TO POPE FRANCIS

To the left is display from national convention of the results of offerings for Pope Francis. It is interesting to note that Ontario's contributions in the same order were; congratulations ladies!!!!

- 23,897 Rosaries
- 25,247 Masses
- 2,494 Adorations
- 852 Sacrifice/Service
- 5,421 Chaplets/Novenas
- 83,326 Other prayers/actions

Thank you to Colleen Martin for this fun fact!

Ottawa Diocesan Council

My Dear Sisters in the League, I am honoured to represent the Ottawa Diocesan and proud of all the great works our CWL members do!

The centenary committee encouraged members to acknowledge the work done since the pandemic began of all the essential workers, volunteers and so many others who have put their lives on the line to assist others and helped their communities. In the face of Covid, we were told to stay home but many essential workers did not have a choice: Nurses, Doctors, Paramedics, Police, volunteers, clergy, and many others went to work. We were grateful to all the essential workers and members of Church Community and some of their family members who kept us safe, and then able to attend masses. We truly appreciated and are humbled by their dedication.

At the National Convention, Betty Colaneri, Chairperson of the Centenary Committee presented a report on all the accomplishments across Canada from the Gratitude Project.

This project initiative and challenge was accepted by our Councils in the Ottawa Diocesan. A few examples follow.

St. Patrick's Fallowfield Catholic Women's League offered a Spiritual Bouquet to the following people and teams: Fr. Paul, Deacon Mark, Bill and Eileen Country, Andrew McWeeny, Kyla Armitage R.N, E.R. QCH, Lianne Labelle, R.N,TOH, Cathy Gasper, principal, Glenn Enright, R.N, Sunnybrook Hospital Toronto, CHEO Vaccine Clinic, QCH, The Ottawa Hospital.

Their photos were posted on our Gratitude poster at the back of the church.



Divine Infant Catholic Women's League had two masses offered for our frontline workers in gratitude for their hard work during the Covid-19 pandemic. One of the masses was on the Feast Day of St. Camillus July 18, 2022 and the other one was on the Feast Day for St. Catherine of Sienna April 29, 2022. CWL members came together and created beautiful gift baskets which were proudly delivered to The Madonna Care nursing home at the end of June 2022.



The Director of Care who accepted our baskets and distributed them to the dedicated staff who continue to work tirelessly.

75TH ONTARIO PROVINCIAL CONVENTION

The Ottawa Diocesan hosted the 75th Ontario Provincial Convention July 10-13, 2022. It was wonderful to finally be able to get together in person at a Provincial convention.

The events began on Saturday evening with dinner and show at O Canada, Eh and Sunday's bus tour of the city. The Sunday celebration of the opening Mass celebrated by Archbishop Marcel Damphousse at Notre Dame Cathedral Basilica was the perfect way to start our journey over the next few days.

Our guest speakers: Father Mark Slatter, Associate Professor, Saint Paul University on Loneliness and Father Daryold Winkler on "My Reconciliation Journey" provided us ideas to move forward in today's changing world.

We were blessed to have our National President, Fran Lucas attend and share her message and theme workshop on *Catholic and Living It*. As Fran said we all need to keep taking our "Vitamin CWL"!

Our newly elected Ontario Provincial President, Linda Squarzolo shared her theme; "Go Make a Difference" and symbol, "The Bee". We now have our directive for the next two years.

From the opening Mass, the crowning of Mary, engaging business sessions, reports from provincial chairs and diocesan presidents, guest speakers, presenting and approving a resolution to National and the election of our new Provincial Executive we celebrated our time together being proud members of the Catholic Women's League.

Our new Provincial Executive for 2022-2024



Newly Elected OPC Executive for 2022-2024



Paddy's Passion

I am so excited to be appointed as sub chair of communications, supporting and lending a hand to our communications chair Emma Rose. Over the next nineteen issues, I will bring to you my passions of helping others.

To my family I am known as the professional volunteer.

Let's get started ~ for the month of September have your parish collect gently used jogging pants.

Why? You ask, your local hospital could use them in the E.R. for patients to wear home.

If children jogging pants are donated, please donate to your local schools. Children often have unexpected incidents.

Jumping ahead to Oct. which is a time for thanksgiving, instead of decorating our alters in flowers.

Decorate with fresh vegetables, canning and food, which then can be donated to your local food banks, soup kitchens. Make your baskets colorful from your fall harvest.

Paddy Fitzgerald Nolan



10 Foods that look like the organs they benefit God's pharmacy is amazing

13 MAY 2020,
NISHA BAGHADIA



Foods that look like the organs they benefit

One of the most beautiful examples of the brilliance of God's creations can be found in nature. More specifically, the food we consume, which comes from nature, is, in many ways, God's blessings to humanity. Fruits and vegetables are universally known for the ways they benefit human health. And a diet rich in a variety of fruits and green, leafy vegetables is essential for the body to derive several nutrients that it needs for functioning optimally.

Sure, there is a wide variety of vegetables and fruits to choose from, and you could potentially include as many as possible for a diverse diet. But if you look a little closer, things get even more exciting. There are many foods in nature that appear to resemble the organs or body parts that they are beneficial for. It seems like God's way of telling us to consume these fruits and vegetables for their multiple health benefits to specific body parts. Read on to learn about ten foods that resemble the organs that they are good for.

1. Walnut = Brain

One of the most apparent resemblances between food and the human body can be seen in walnuts. The shape of a walnut, along with its many folds and wrinkles, looks uncannily similar to the human brain. And it's also the most important nut for brain health. Walnuts possess a significantly high concentration of DHA - an omega-3 fatty acid. This fatty acid is extremely helpful in protecting brain health and improving cognitive performance in newborns and adults, respectively.

2. Celery = Bones

You may have noticed that the stalks of a bunch of celery closely resemble our bones. But this is one food that has more in common with an organ than just appearance. The composition of celery contains 23% sodium, and so do our bones. Similarities aside, celery is particularly beneficial for bone health. The high calcium and manganese content in celery seeds help increase bone mineral density and bone structure for stronger, healthier bones.

3. Sweet Potato = Pancreas

Next on our list is a humble and unassuming vegetable found in most pantries - the sweet potato. It looks eerily similar to the pancreas, and for a good reason. It helps pancreatic health in various ways and is also a healthy food option in general. Our pancreas is responsible for breaking down food from the stomach and producing insulin to help balance the glucose and sugar levels in the body. Sweet potato is beneficial for diabetic people in particular, as it can adjust their glycemic index, and aid in pancreatic function.

4. Ginger = Stomach

This humble root closely resembles our main digestive organ - the stomach - and is known to aid in digestion, as it possesses several therapeutic properties. Ginger helps treat different stomach ailments, including morning sickness, motion sickness, colic, gas, diarrhea, irritable bowel syndrome, nausea, and more. It also helps slow down the growth of bowel tumors, helps cope with stomach cramps, gas, and strengthens the mucus layer of the stomach.

5. Red Wine = Blood

A tumbler of red wine can easily pass off as blood when you're trying to take your Halloween decorations to the next level. However, aside from looking like blood, red wine being rich in antioxidants and polyphenols has a host of benefits. It has blood-thinning properties that can help prevent blood clots. In the long run, this may protect against strokes and heart attacks. Just remember not to go overboard, moderation is key.

6. Carrot = Eyes

Yes, carrots look nothing like our eyes at first glance, they shouldn't be on this list. But if you slice one and take a closer look, the resemblance becomes more evident. A slice of a carrot looks much like the human eye, especially the patterns of lines radiating outwards, which resemble the iris and pupil. The orange color in this vegetable comes from beta-carotene, a plant chemical that promotes good eye health and protects vision. Our bodies turn beta-carotene to vitamin A which keeps our eyesight healthy and prevents the risk of cataracts.

7. Tomato = Heart

Just like the heart, a tomato is also red, but the similarity doesn't end there. The structure of a tomato, with four chambers inside, also resembles the heart. As for the benefits, tomatoes are a rich source of lycopene, an antioxidant that reduces the risk of heart disease. It also protects the cellular structures from free radical damage, which may lead to cancer. It also moderately helps treat high blood pressure and hypertension, keeping your heart strong and healthy.

8. Avocado = Uterus

If you look carefully, the shape of an avocado is similar to the female uterus. And better yet, this fruit is highly beneficial for womb health. Here's how. Avocados are rich in folic acid, which assists in lowering the risk of cervical dysplasia and preventing congenital disabilities. Doctors recommend folic acid during pregnancy and for women trying to get pregnant. Regular consumption of avocado can also help balance birth hormones and aid in the shedding of excess post-pregnancy weight in women.

9. Grapes = Lungs

A bunch of grapes and the alveoli in the lungs look alike. And for a good reason. Grapes are synonymous with good respiratory health. The seeds in grapes contain a chemical called proanthocyanidin, which offers relief from asthma triggered by allergies. Research shows that including grapes (especially red and purple grapes and berries) in your regular diet may help reduce the risk of emphysema and lung cancer. The antioxidant properties of grapes also protect the lungs against damage and keep them functioning correctly.

10. Onions = Body Cells

If you hate chopping onions because they make you cry, here's some information to cheer you up. Onions offer multiple nutritional benefits that are well worth the tears. Onions resemble the cells in our body and provide benefits at the cellular level as well. They can help clear waste material from the body cells, while the tears caused by chopping onions help wash the epithelial layers of the eyes.

That was our round-up of 10 foods that resemble the body parts that they are good for. Looking at these small miracles in nature can restore one's faith in a higher power that seems to be looking out for us in several unnoticed ways. These fruits and vegetables are just one of the so many things we have on earth that we can, and should, be grateful for. Next time you're out grocery shopping, or at the farmer's markets maybe you can use this perspective to have a more immersive and enjoyable experience. Try and see if you can discover more foods that have clues about their benefits hidden in their appearances.



BEE ALL GOD CREATED YOU TO BEE!



WELCOME TO LISA'S LIBRARY

Emma has asked me to be a sub chair for the Provincial Communications Chair. I was the St. Catharines Diocesan Communications Chair and am currently the Catholic Women's League Board of Director in charge of communications. My role is to help Emma wherever she needs it. Beginning this month, I will recommend books to read pertaining to the time of year, news situations, saints and at times, children book suggestions. This month we are beginning with something simple.

If you would like to share one of your favourite books or a review to one of our picks, please send an email to emmacwl4life@aol.com or lisafillinghamcwl@outlook.com.

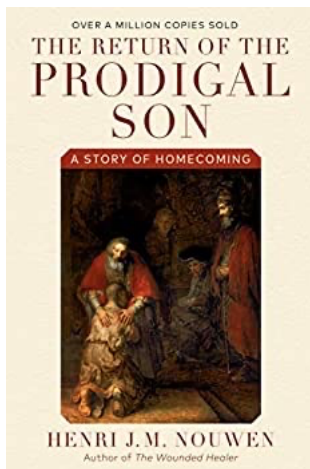
This month

The Return of the Prodigal Son by Henri Nouwen (available through Chapters and Amazon) is the recommended book for September. You may read on your own or join the Diocese of St. Catharines' book club. Where – On line via Zoom

When – Tuesday, September 20th

Portal opens at 6:45 and begins at 7.

Check the stcatharinescwl.ca website (under the Spiritual Tab) for the Zoom link closer to the date.



A chance encounter with a reproduction of Rembrandt's *The Return of the Prodigal Son* catapulted Henri Nouwen on a long spiritual adventure. Here he shares the deeply personal and resonant meditation that led him to discover the place within where God has chosen to dwell.

In seizing the inspiration that came to him through Rembrandt's depiction of the powerful Gospel story, Henri Nouwen probes the several movements of the parable: the younger son's return, the father's restoration of sonship, the elder son's vengefulness, and the father's compassion. In his reflection on Rembrandt in light of his own life journey, the author evokes a powerful drama of the parable in a rich, captivating way that is sure to reverberate in the hearts of readers. The themes of homecoming, affirmation, and reconciliation will be newly discovered by all who have known loneliness, dejection, jealousy, or anger. The challenge to love as the father and be loved as the son will be seen as the ultimate revelation of the parable known to Christians throughout time, and here represented with a vigor and power fresh for our times.

For all who ask, "Where has my struggle led me?" or for those "on the road" who have had the courage to embark on the journey but seek the illumination of a known way and safe passage, this work will inspire and guide each time it is read.



If you have news that you would like to share with your fellow sisters in the League, please pass it along to your parish president and feel free to "cc" me at emmacwl4life@aol.com

As the saying goes - NO NEWS LIKE GOOD NEWS!!

I'm happy to have a group of ladies who will be helping me to communicate with all you sisters across Ontario and beyond! Lisa Fillingham, Cathy McKinney, and Paddy Fitzgerald Nolan graciously accepted my invitation to be co-chairs. They are wonderful sisters in the league that are full of life and I'm sure will bring great ideas forward as to how we can keep the lines of communication open to all our sisters.

For those of you who are on facebook we do have a dedicated page for the OPC, please come and give us a like! And if you would like me to share something on the facebook page please email me! Make sure pictures are JPEG format 😊

<https://www.facebook.com/cwl.on.ca>

Don't forget to check out our website regularly at www.cwl.on.ca the OPC executive will be sharing all the pertaining information to their chair.

Looking forward to communicating with you!

...submitted by Emma Rose Rayburn OPC Communications Chair

