



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



ON-LINE NEWSLETTER

October 2022 Edition

Featuring the Timmins Diocese and OPC Legislation Chair

CATHOLIC
and **LIVING IT!**



Linda's League Letters

Dear friends,

October is already here! Did you know that the entire month of October is the "Month of the Holy Rosary"? I hope many League members will take up the

challenge to "Go Make a Difference!" by praying the rosary every day during this very special month. The actual feast day for the Holy Rosary is October 7th and October 13th was the final visit of Mary in Fatima, asking people to pray the rosary. I encourage you to pray the rosary as often as you can for peace wherever there is conflict in the world.

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Another important occasion this month is Thanksgiving, a day to offer our thanks to God for the many blessings we enjoy. I look forward to gathering my large family around the dinner table to celebrate this special day. During the last few years, my husband and I prepared the turkey dinner with all the trimmings and had each family pick up the food to take home. I hope your family, and mine, can gather with our loved ones and finally celebrate and give thanks together.

Wishing you many blessings. Your League Sister, *Linda*

Membership Fees

No one wants to pay more for anything but sometimes we know that we are getting value for our money and feel it is money well-spent. Have you ever bought an item of clothing, knowing it was worth the asking-price, because it was of great quality, was a timeless fashion and would serve you for years? Many see the Catholic Women's League in that way. When we pay our annual membership, we find quality, timeless rewards and are well-served.

As League members we are part of the largest of group of Catholic women in Canada, but also Catholic women in the world through WUCWO (World Union of Catholic Women's Organizations). All these women are our sisters and are offering their prayers for us. Our views are represented through resolutions, letters and visits to government. Collectively, we are a strong voice of thousands, rather the lone voice of one individual.

It has been 10 years since the National has increased their fees. In that time expenses have increased for the office, supplies, conventions, salaries, League promotion and the printing and mailing of the magazine. The only source of revenue for National is their portion of the membership fees (per capita) and membership has dropped by 12,000 in just the last three years! The Board of Directors has reduced expenses to save costs. One of them is by printing two issues of the League magazine and having the third issue on line. Other measures have also been implemented.

No further increases are expected in the near future by either national or provincial councils.

Councils can find ways to offset the membership increase. A council could hold a fund-raising event and supplement part of the membership costs. Another idea would be to offer an "adopt a member", where a well-to-do member adds an extra \$12 to her membership fee to help another who is unable to pay the increase. We need to be creative and positive.

Let us live our provincial theme, "Go Make a Difference!" in the lives of our League sisters.

Linda Squarzolo
Ontario Provincial President

CATHOLIC
and **LIVING IT!**

CORE VALUES

FAITH – following Catholic teaching
SERVICE – local, national and international
SOCIAL JUSTICE – actively involved in society

A good chocolate bar \$3+

A good bottle of wine \$20+

A good meal dining out \$40+

Membership in The Catholic Women's League = **PRICELESS**

"If you want to go fast, go alone; if you want to go far, go together". African Proverb

We are reminded that together we can make a difference



Daily Thanksgiving Prayer

Dear God,
Thank you for your amazing power and work in our lives, Thank you for your goodness and for your blessings over us. Thank you for your great love and care. Thank you for your sacrifice so that we might have freedom and life. Forgive us for when we don't thank you enough, for who you are, For all you do, for all that you've given.
Help us to set our eyes and our hearts on you afresh.
Renew our spirits, fill us with your peace and joy.
We love you and we need you, this day and every day.
We give you praise and thanks, for You alone are worthy!
In Jesus' Name. Amen



Timmins Diocese

Holy Trinity Parish, Englehart, ON, hosted a diocesan Spiritual Retreat, on September 24, 2022, to better educate members on the Indigenous Peoples of our area; their history, their spirituality, their ceremonial services, their smudging services, and the basic background for Catholics of the residential school system.

A Blanket Service was held to illustrate Indigenous history in Canada.



Presenters (left to right), Shirley Gravel, Sr. Margot Genier. The Blanket Exercise below



Holy Trinity CWL, Englehart, Celebrates 60 Years

Holy Trinity CWL, Englehart, celebrated 60 years of service to God and country. Many of the council's past parish presidents and past diocesan presidents were in attendance.

The members enjoyed a delicious meal prepared by the Knights of Columbus. The entertainment was a slide presentation featuring the council's past activities.



(Left to right) Organizers; Anne Plaunt (Life Member, Past Diocesan President), Marie Black (Past Diocesan President), Lynne Rowlandson (Life Member, Past Diocesan President, present Parish President), Frances Freeman (past Diocesan President).



Charter member, Yvette Tucker, was recognized for her 60 years of dedication to the CWL.

Gratitude Project

Holy Trinity Catholic Women's League, Timmins Diocese, Englehart, Ontario, promoted the Gratitude Project that was initiated by our National Council. It was decided to extend gratitude to our members to thank them for their continued support and maintaining their membership, especially during the pandemic. Each member received a Gratitude Bag which contained a thank you card, a newsletter, home made cookies, a tea bag and a Merci chocolate. A committee prepared and delivered the bags to all the members prior to the summer holidays of 2022. They were very well received.



Anne Plaunt, Frances Freeman, Marie Black, Lynne Rowlandson, Bernice Duncan, Shirley Gravel prepare the Gratitude Bags



Diocesan President and member of Holy Trinity CWL, Shirley Gravel, delivering a bag to Amalia Lavergne

St. Anthony of Padua in Timmins the 2022-2023 Executive



Front row left to right
Maureen Graham Szewczyk, Barb
Poulin, Colleen Landers President,
Suzanne Lemieux, Eileen Meunier

Back row left to right
Cristina Corbett, Shirley
Deleurant, Shelley Leclerc, Liz
McDonald

3rd Row Spiritual Advisor Father
Michael Omojola

Timmins Diocesan executive at their convention last April 2022.

Actually, it is only part of our executive because our diocese covers two Health Unit areas so, we had our convention at two locations due to Covid.

The ladies in this picture are:

Marie Black - Education & Health, Lynn Rowlandson – Organization, Anne Plaunt - Life Member Liaison, Yvette Van Lankveld - Spiritual Development, Shirley Gravel - President They are standing in front of the Memorial table with the names of the Timmins Diocesan CWL members who were deceased in 2021.

Those missing from the picture as they were in a different location are:

Peggy MacInnis Treasurer, Annette Kelly Past President, Armida Millions Secretary Colleen Landers Communication chair and Fr. John Lemire Diocesan Spiritual Advisor.



The Timmins Diocesan general meeting will be in October, and they promise to send us an updated photo of their executive. Stay tuned for the November newsletter!

Legislation Chair

What is Legislation?

The action of legislating:

specifically: the exercise of the power and function of making rules (such as laws) that have the force of authority by virtue of their promulgation by an official organization of a state or other organization (promulgate is to make known publicly)

No wonder our members shy away from Legislation!

But according to our Guidelines by Standing Committee Responsibilities per C&B, the Legislation chair comes under "Social Justice" chair/officer. So, we, as a group, can indeed "make a difference" by exercising our right to make changes to bring about social justice where we see the need.

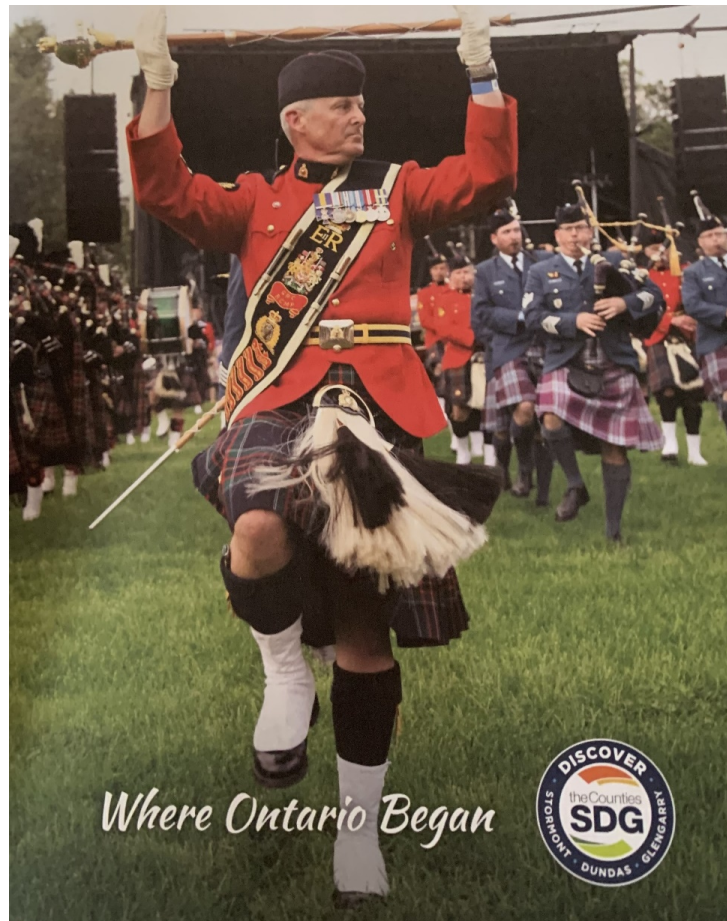
Reminder to look at the website for Personal Letter Writing Guide

- A letter represents 50 to 500 taxpayers who didn't bother to write **State clearly that you are writing as a private or concerned citizen.** Do not use your CWL council letterhead or the recipient might assume you are writing for the entire council letter head may only be used by an executive when wiring officially.

Legislation Directive #2 will have a sample letter regarding Resolutions ON.22.01 Improve Care in Long-term Care Homes and Forms and Address.

Let's continue to "bee" leaders in bringing about change to issues of concern, take a peek at our past legislation/resolutions that have made a difference. If you see an issue that still needs a nudge to the finishing line, encourage your council members to write letters to the appropriate government officials, i.e., municipal, provincial or federal.

...submitted by Joanna Sisk, Legislation Chair



SAVE THE DATE
July 9th - 12th, 2023
ONTARIO PROVINCIAL COUNCIL
CWL CONVENTION

Hosted by: Alexandria-Cornwall Diocese
Negotiations have begun with NAV CAN

Check out: <https://whereontariobegan.ca>



Spiritual Development

Wilma Vanderzwaag

In the month of October, we see many changes—the days get shorter, the leaves change colours, and the weather gets cooler. It is also the month in which we celebrate Thanksgiving. Let us set aside some time to reflect on the many blessings we have received and thank our Lord. We need to be grateful for all that we have—take time to foster an attitude of gratitude!

**See the goodness of our Father in the Autumn season fair,
In the colors that delight us
When there's beauty everywhere.
In the gold and crimson hillsides,
In each maple tree ablaze,
In bright goldenrod and asters Lining rustic country ways.**

**See the goodness of our Father
In the sky of sapphire-blue,
In the Autumn sun enhancing Every lovely thing in view.
See the goodness of our Father
In the beauty of the land,
In the lavish yield we gather, All provided by His hand.**

**See the goodness of our Father
In the Autumn season fair
For this wealth of Autumn blessings, We lift thankful hearts in prayer.**

written by Beverly J. Anderson



thankful
AND
blessed

Rosary Sunday held at Martyrs' Shrine in Midland (Sept, 11, 2022)
Celebrant and Homilist was Father Michael Knox, S.J. (director of the shrine)



**Above photo the people you may met in the parking lot!
Alice Warford, Anna Tremblay and Tracy MacInnis**

Left to Right:

Iris McNulty, Toronto Spiritual Development Chair

Sue Lubowitz, Toronto Diocesan President

Margaret Ann Jacobs, National Honorary Life Member

Anna Tremblay, OPC Recording Secretary

Dianne Hunter, Northern Region Chair, Toronto Diocese

Christian Family Life

Sub-Chairpersons: Angela Pellerin and Audrey Shelton

October We celebrate Thanksgiving.

The first nationwide Canadian Thanksgiving was celebrated in 1859, long before it became an official nationwide holiday in 1957. As Christians, Thanksgiving in Canada is religious for us and it's a day for our families to gather, spend time together, appreciate what we have, and give thanks and praise for all of our blessings.

Sanctity of Life

The prophetic papal encyclical Evangelium vitae (The Gospel of Life) was written by Pope St. John Paul II in 1995 to reaffirm the value and inviolability of every human life and to appeal to all people to respect, protect, love, and serve every human life.

The Gospel of Life is at the heart of Jesus' saving message to the world. Through the Incarnation and birth of Christ, God reveals to us the dignity of all human life. Human life, as a gift of God, is sacred and inviolable. Direct attacks on human life, such as abortion and euthanasia, are always unacceptable. Yet, sadly we see new and expanding threats to human life emerging on an alarming scale. These new threats to life are often justified, protected, and even promoted by our laws and culture. Not only must human life not be taken, but it must be protected with loving concern.

We have an opportunity to demonstrate our beliefs about the value and sacredness of life. Life Chain is a peaceful and prayerful public witness of pro-life individuals standing for 90 minutes praying for our nation and for an end to abortion. It is a visual statement of solidarity by the Christian community that abortion kills children and that the church supports the sanctity of human life from the moment of conception until natural death. Life Chain is held simultaneously in more than 200 locations across Canada each year. Please mark your calendar for Sunday, October 2, 2022 from 2- 3 pm in most locations. Life is precious - protect it.

Life Chain - Sunday, October 2nd

<https://www.campaignlifecoalition.com/life-chain>

Faith In Action Project – “Go Make a Difference!” - Vocations

Our provincial president Linda Squarzolo has asked each chairperson to develop a Faith into Action project that helps us to live her theme “Go Make a Difference!”

In the light of all the issues surrounding the church (abuse, indigenous issues, etc.) and recognizing that our priests, religious and deaconate must deal with personal stress related to same, I would like the focus for Christian Family Life Standing Committee to be directed towards “Vocations”

I would ask that each parish council consider doing 1 or 2 of the suggested actions listed in the Action Plan.

Action Plan:

1. Offer a Mass for the intentions of your pastor.
2. Offer a Mass for the intention for young persons to discern a vocation to the priesthood or persons in religious life.
3. Offer a Mass for the intentions of any/all persons in religious life.
3. Invite priests and religious to speak at your meetings on vocations.
4. Send a "thinking of you card" or a "thank you" to your pastor and/or persons in religious life.
5. Remember to congratulate them on their anniversaries. Some ideas include: send a card of congratulations, offer a Mass, have a "come and go", offer a spiritual bouquet.
6. Remember them on special occasions with a card/present: Christmas, Easter, etc.
7. Offer an invitation to your home for a meal or a visit.
8. Discuss vocations with your children, grandchildren and friends.
9. Donate to the Bishop F. Pappin Bursary Fund – Donations sent to provincial treasurer with the cheque made payable to the Ontario Provincial Council of The Catholic Women's League of Canada. Note Bishop Bernard F. Pappin Bursary in the memo line.
10. Share information about the Bishop Pappin Bursary Fund with your parish council.
11. Share information about the Bishop Pappin Bursary Fund with any seminarians you may know.
12. Adopt a seminarian or novitiate. Send him/her a card or note of encouragement during their studies. Send a Christmas card, invite them for a meal. Invite them to come to a meeting and speak about their journey.
13. Pray often for a specific priest or religious or any/all priests and persons in the religious life.
14. Pray for vocations.

PRAYER FOR VOCATIONS

Lord Jesus Christ, You took to Yourself a body and soul like ours, to teach us the glory of self-sacrifice and service. Mercifully instill in our hearts the desire to dedicate our lives to You. Give us priests and deacons to stand at the altar and to speak the words of the gospel; brothers and sisters to teach the young, nurse the sick and minister charity to all; lay people to imitate You in their hearts, families, work and community. Amen

Taken from League Prayers

.....Submitted by Betsy Currier, OPC Christian Family Life Chairperson

"Community Life News" ...

***"We can learn much from the Indigenous Peoples,
from their ability to listen attentively to God, to persons and to nature."***

(Pope Francis, Apostolic Journey to Canada, July 2022)

National Chairperson Faith Anderson used this quote in her latest Communiqué #11 (found at <https://cwl.ca/wp-content/uploads/2022/09/20220915-Community-Life-Communique-11.pdf>).



Faith commented on National Day for Truth and Reconciliation and Orange Shirt Day by saying,

"Each year September 30th is set aside to honour the children who never returned home and survivors of residential schools, as well as their families and communities—to observe this day is a vital component of the reconciliation process."

"Orange Shirt Day is also commemorated on September 30th, and individuals are encouraged to wear an orange shirt to promote the concept of "Every Child Matters."

The orange shirt has become a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations."

Faith offers other suggestions in Communiqué #11 for us to act upon year round.

If you haven't had an opportunity, we encourage you to access the page dedicated to **Truth and Reconciliation** on our provincial website (www.cwl.on.ca). Please share any activities and events that were held throughout our province (including photos, book recommendations, upcoming webinars, and ideas for future articles).

Our executive meetings were held in Toronto on September 30th. The provincial *team* was asked to wear something orange and we participated in a Reconciliation Rosary hosted by Provincial President-Elect Colleen Martin.

New brochures for Catholic Near East Welfare Association (**#350**) and Development and Peace—Caritas Canada (D&P)(**#352**) are available on the national website under *To Organize: 300 Series: Promotional Materials* ... check them out!

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

The Importance of Listening

(by Pat Weller Community Life Sub-committee member)

My sister and I spent what is looking like an annual trip to a nearby lake, to visit cousins on our mother's side of the family. It's a way to reconnect and catch up on family news that has accumulated over the past year.

Of course, we always come home with something that evokes further reflection. This time it came in a comment from our cousin's son. He listens and engages in the conversation, although it takes a bit more time for him to articulate his ideas. He's a baseball fan and was up on all of the recent trade activities with the Toronto Blue Jays. He also likes to keep up with some of the politics of the day and obviously watches Question Period when the federal house is in session. What he said and what struck me was his comment about what he liked about watching Question Period. He said he liked how the member asking the question was able to finish the question or comment uninterrupted before an answer was given back. Here is a young man who has the ability to discern the importance of listening and of being silent while the speaker has a chance to express his or her thoughts. As a person with Down Syndrome, he is all too aware of the challenges in having his own words heard. He, too, has thoughts that need to be heard and appreciated.

During our visit to the cottage, we were all engaged in telling our stories - sometimes in quick volley and sometimes over the voice of another. I'm hoping we gave Luke the time to express his thoughts to us. And I hope we paid enough attention to him when he did engage in conversation. When we headed home, we received a warm handshake and a big hug so I guess we were on the right track.

What began as a lesson for Communication has morphed into something much more expansive. Listening touches on most aspects of Community Life. Listening and letting voices be heard sits at the foundation of ensuring respect and dignity of all persons regardless of their race, religion, physical or mental abilities, and those living on the peripheries. Listening is one of the three basic goals of the Truth and Reconciliation Working Group - Learning, Listening, Actioning. Everyone deserves their voice to be heard but we can't hear those voices if we aren't listening and that requires both our silence and attention.



Tribute to Queen Elizabeth II

The Catholic Women's League of Canada joins with Canadians, the peoples of the United Kingdom and the Commonwealth in profound grief and sorrow at the death of Her Majesty the Queen.

Her Majesty was an inspiring example of dedication to duty, gracious leadership and steadfastness in her duties as a mother, grandmother, great-grandmother and monarch, all with dignity, integrity and humour.

Her love and admiration for Canada were most certainly reciprocated from coast to coast. Our thoughts and prayers are with the members of the Royal Family during this difficult time of mourning. We give thanks to God for Her Majesty and her life of service. Eternal rest grant unto her, O Lord, and let perpetual light shine upon her. May she be welcomed by the God she loved and hear the words, "well done, good and faithful servant."



...captured from the national website cwl.ca

May we keep King Charles III in our prayers that God may be ever present in his role as he carries out his duties.

God Save The King.



LEAGUE DEVELOPMENT ZOOMS

ALL WOMEN WELCOME!

All Sessions **WEDNESDAYS** from 8 pm to 9 pm EDT

CWL MEMBERS REGISTER FREE

NON-MEMBERS \$10

REGISTER AT preselectopc@tbaytel.net

Send your name, cwl parish council and the date(s) you wish to register for. The fee can be sent e-transfer to the same email.

Call (807) 628-3875 if you do not e-transfer.

2022

TOPICS

September 14	Ever have a computer question? Bring it on!
October 19	Looking for inspiration? A crawl through the web.
November 23	I am a member, so what? Explore your passion.
December 14	Open ... to be decided based on topic requests



2023

January 18	Goal setting made easy through prayer!
February 15	Everyone is a mentor! Are you?
March 22	Spring into leadership! Recognize your style!
April 19	Why did God give us personality and free will?
May 17	Public speaking? Not me! Yes you!!!!
June 14	Open ... to be decided based on topic requests

DATES ARE SUBJECT TO CHANGE keep an eye out for emails from preselectopc@tbaytel.net

FAITH, SERVICE AND SOCIAL JUSTICE

In 2021, The Catholic Women's League of Canada underwent a strategic renewal. The League reviewed the existing standing committees and reduced them to three to align with core values of faith, service and social justice.

The League's purpose is "uniting Catholic women to grow in faith, and to promote social justice through service to the church, Canada and the world." Through the core values of faith, service and social justice, members are called to live the Mission Statement to "grow in faith, and to witness to the love of God through ministry and service."

The envisioned future of the League is that through the work of these three standing committees, "The Catholic Women's League of Canada will become an inclusive and engaged community of Catholic women inspired by faith." The members will be vital participants in the church, valued partners for social justice, respected advocates at all government levels and connected to the world.

Faith (Hearts in Prayer) **"Uniting Catholic Women to Grow in Faith"**



Spiritual development is the essence of the Catholic Women's League. The League was established in 1920 as a lay organization of Catholic women who worked and advocated for social justice but who also valued their spiritual development. The League was officially recognized by the Canadian Conference of Catholic Bishops as a lay association of women in 1948.

Councils at all levels are encouraged to provide opportunities for members to experience spiritual growth through:

- ❖ Prayer: communal and individual (meaningful liturgies, spiritual programs, retreats, days of reflection, prayer with scripture)
- ❖ Recognizing the sanctity of life: "Respect for life and the dignity of the human person extends also to all God's creation, which is called to join with us in praising God" (St. Pope John Paul II, World Day of Peace Message, 1990). Members are called to be people of life (from conception to natural death) and for all life at all times.
- ❖ Study of Catholic teachings (papal documents, courses, programs, guest speakers, workshops, videos, subscriptions to Catholic newspapers, periodicals and other publications)
- ❖ Awareness of the role of women in the church (theology of all creation, call to evangelization, involvement in lay liturgical ministries, support of the missionary work of the church)
- ❖ Encouraging vocations (supporting parish priests, formation programs for young women and men, youth ministries)
- ❖ Ecumenism and interfaith endeavours (Week of Prayer for Christian Unity, World Day of Prayer)
- ❖ Study and implement the action plans of adopted resolutions that pertain to faith and the *Canadian Charter of Rights and Freedoms* (pro-life legislation, reproductive technology, euthanasia); circulating information that enhances church teachings.

Service (Hands That Share) “Service to the Church, Canada and the World”

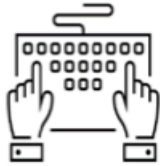


“Just as the Son of Man came not to be served but to serve, and to give his life as a ransom for many.” (Mt. 20:25). The Catholic Women’s League of Canada and its members provide service to those in need, their parish, their local community, the country and the world. The League Prayer includes the words, “... teach us to share with others at home and abroad...” The League is known and valued for this service. Individuals and councils address the corporal works of mercy.

Through service, members are encouraged to:

- ❖ Provide/coordinate volunteer activities/projects of the council in service of members, the parish or the community
- ❖ Develop services to help in the areas of homelessness, human trafficking, poverty, bullying, racism, etc.
- ❖ Support food banks and soup kitchens, serve funeral receptions
- ❖ Invite guest speakers to educate members about charitable needs in the local community, the country and abroad
- ❖ Educate members about issues relating to restrictions to providing service such as summer jobs applications, criteria restrictions for peaceful witnessing
- ❖ Study and implement the action plans of adopted resolutions that pertain to service

Social Justice (Minds That Dare) “Actively Involved in Society”



“The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord’s favour” Luke 4:18,19

In its envisioned future, The Catholic Women’s League of Canada sets out to be a respected advocate at all government levels. Social justice, as one of the three fundamental core values, is critical in supporting this endeavour and is vital to accomplishing several Objects of the League. Exemplifying the Christian ideals by upholding and defending Christian education and values, protecting the sanctity of human life, recognizing human dignity of all people and contributing to the understanding and growth of religious freedom are all foundational in achieving social justice. This is the core value that facilitates the League affecting change in areas like policies and legislation within various levels of government.

Through social justice endeavours, members will:

- ❖ Participate in activities that uphold the life and dignity of the human person
- ❖ Be mindful of the poor and vulnerable, show concern for their needs and advocate for their complete inclusion in society
- ❖ Become involved in advocating for the dignity of work and the rights of workers
- ❖ Recognize and uphold the principle that with rights come responsibilities
- ❖ Understand that we are one human family and are called to global solidarity as God’s people
- ❖ Promote peace in parishes, communities and elsewhere
- ❖ Demonstrate care for God’s creation
- ❖ Know the local, provincial and federal government representatives in their areas
- ❖ Keep informed on issues concerning the League
- ❖ Study and implement the action plans of adopted resolutions that pertain to social justice and the *Canadian Charter of Rights and Freedoms* (freedom of religion, end-of-life legislation, support for the vulnerable, etc.)
- ❖ Educate members and keep them informed of all relevant social justice issues

Guidelines by Standing Committee Responsibilities per C&B		
Responsibility	Current Chairperson	Future Chairperson/Officer
Spiritual growth of members	Spiritual development	Faith
Study of Catholic teachings	Spiritual development	Faith
Role of women in the church	Spiritual development	Faith
Evangelization and mission assistance	Spiritual development	Service
Lay ministries	Spiritual development	Faith
Ecumenism and inter-faith endeavours	Spiritual development	Faith
Recruit members and maintain membership	Organization	Vice-president
Leadership development	Organization	Vice-president
League resource material	Organization	Vice-president
Annual reports	Organization	Vice-president
Life membership	Organization	Vice-president
Marriage and family	Christian family life	Service
Sanctity of life	Christian family life	Faith
Ministry to various	Christian family life	Service
Vocations	Christian family life	Faith
Dignity and rights of persons	Community life	Social justice
Social and economic justice	Community life	Social justice
Refugees, immigration and citizenship	Community life	Service
Development and Peace	Community life	Service
Developing countries	Community life	Service
Catholic education	Education and health	Service
Literacy and continuing education	Education and health	Service
Scholarships and bursaries	Education and health	Service
Wellness and sickness/disease	Education and health	Service
Environment	Education and health	Social justice
Genetics	Education and health	Social justice
<i>The Canadian League</i> magazine	Communications	Secretary
Media for various	Communications	Secretary
Media relations	Communications	Secretary
Pornography	Communications	Service
Research and preparation of resolutions and briefs	Resolutions	Social justice
Study and implementation of resolutions	Resolutions	Social justice
Presentation of resolutions to government	Resolutions	Social justice
Monitor and study legislation	Legislation	Social justice
Preparation of briefs on proposed legislation	Legislation	Social justice
Liaison with pastoral councils	Parish activities	Service
Parish assistance	Parish activities	Service

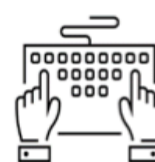
When in Doubt, Use Graphic Definitions of the Three Standing Committees



Faith
(hearts in prayer)



Service
(hands that share)



Social Justice
(minds that dare)

National Convention Report

By Mary Capobianco, Ontario Provincial Accredited Delegate

The beautiful Okanagan lakeside was the amazing setting for the much-anticipated 102nd National Convention. It was obvious from the moment of arrival that everyone was very excited to be meeting in person once again. Not only were delegates warmly greeted at the airport but throughout the following days. Those attending external events, organized for the Saturday and Sunday, expressed positive comments. Throughout the convention, everyone could see the planning committee's attention to the little details. Sunflowers, the official flower for Kelowna, were everywhere. A "Guess How Many Sunflowers at Convention" contest revealed that there were 620 in total. The opening mass was celebrated at the Immaculate Conception Parish on the Vigil of the Assumption of the Blessed Virgin Mary. The opening ceremonies were followed with a wine and cheese reception hosted by the Knights of Columbus.

Monday morning began with Archbishop Emeritus Martin Currie, former National Spiritual Advisor, celebrating mass on the Feast of the Assumption of the Blessed Virgin Mary. When the business sessions began, National President Fran Lucas' opening remarks included the focus on building relationships and making connections with old and new friends.

The Ribbons of Love initiative, with more than 1100 blue and yellow ribbons prepared by the provinces, was displayed in a huge heart shape at the back of the hall. Fran invited everyone to take two ribbons, one for themselves and one to gift to another. Greetings were given by representatives from World Union of Catholic Women (WUCWO), the national Ukrainian President and the Women's Inter-Church Council of Canada, the Euthanasia Prevention Coalition and Catholic Missions in Canada. The day continued with reports from the provincial presidents and national officers.

National President-Elect Shari Guinta outlined all the new resources available on the website, specifically mentioning The Joy of Leadership, the Welcome Program and Embracing Diversity. Shari also announced that the Life Membership moratorium has been lifted. Changes and more information will be communicated in September. Executive Director Kim Scammel, Executive Director detailed the roles and responsibilities of the National Office staff. Since Marie Rackley, National treasurer was unable to attend, Kim reviewed the financial reports. The amendment to increase the per capita vote was carried with a vote of 7 to 4. This increase will become effective January 2023. Marie Rackley will be providing "talking points" to help councils communicate the increase to their members.

During discussions, it was learned that Saskatchewan provincial council has developed training videos for spiritual advisors. These training resources will be shared with National Spiritual Advisor Bishop Jensen. The hope is that these resources will be adapted and made available for all.

The day ended with the commissioning ceremony of the 2020 and 2021 new life members.

On Monday evening members finally got to celebrate the 100th CWL Anniversary appropriately with a Roaring 20's themed dinner. Creative costumes, decorations, big band music and the official cake cutting all made for a fun-packed evening.

Tuesday began with mass, celebrated by National Spiritual Advisor Bishop Stephen Jensen. The collection of \$5,109.45 was divided between the CCCB Ukrainian Relief Fund and Rachel's Vineyard Retreat which offers post-abortion support.

Following the mass, Honorary Life Member Barbara Dowding presented "The Art of Accompaniment". Who better to accompany us than Jesus? She explored how to intentionally walk with someone, even someone you don't like and the freedom that comes when you truly listen. She pointed out that the League is connected to the past but with eyes on the future. The highlight of the presentation was the sharing of stories of accompaniment by Honorary Life Members. There was not a dry eye in the hall as they spoke about who had been there to accompany them and who had made a difference in their lives.

Points that resonated included:

- "How many times do you smile when you talk about the League?"
- HLM Marie Cameron's quote "If it's meant to be, then it's up to me!" and
- Mary, Our Blessed Mother, is our model for accompanying.

The afternoon speaker was Author Elizabeth Tomlin, the author of *Joyful Momentum, Growing Vibrant, Faith-Filled Women's Group*. Her presentation was also on accompaniment. She spoke about the importance of faith-based groups for women, the intrinsic need to share and be part of a community. Her presentation included many personal stories about her own experiences of accompaniment. She reviewed the Marks of Vocation; Certain, Joyful, Steadfast, Evangelistic and Sacrificial. She reminded us that our vocation is evangelistic by reaching out to someone and sacrificial when we refuse to quit because it's hard.

Wednesday began with the presentation "The League of the Future – Year 4" by National President-Elect Shari Guinta. Shari, along with the goal leads Christa Grillmaur, Jacqueline Nogier, Sr. Susan Scott and Sharon Cieben, gave a strategic planning progress report. Much work has been done and each presenter stressed the tools, resources, workshops and videos now available on the national website. In total there are 21 working groups, 84 members, who, to date, have logged 15,922 hours of work. National Community Life Chair Faith Anderson reported on the status of CWL projects and the many contributions from members. She reported that 36,378 lbs of food had been collected for food banks. Also of note, were the monetary presentations made to the voluntary funds: \$13,123.70 to Development and Peace, \$10,680.45 to CNEWA and approximately \$21K to Catholic Missions in Canada. The eleven applicants for the National Bursary received a total of \$7,900.

Faith also made reference to the new brochure for CNEWA (#350), available on the CWL website, and that the D&P brochure (#352) is currently under revision.

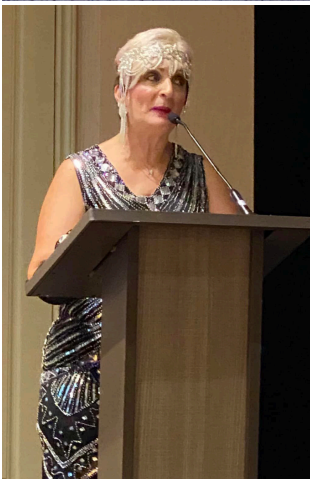
National Resolutions Chair Rolande Chernichan presented the resolution *Enact Federal Legislation to Reduce Food Loss and Waste* gifted by Alberta Mackenzie Provincial Council. After much discussion the resolution was adopted. The resolution *National Strategy to Address Loneliness*, gifted by Ontario Provincial Council, was forwarded to National Education and Health Chair Margaret Schwab to communicate and action this important topic.

All proposed amendments to the Constitution & Bylaws were approved with near unanimous votes, except for the change of Our Patroness, which was defeated 10 to 1.

Manitoba was the only province to vote in favour. All changes are effective January 1, 2023.

The 2023 National Convention will be an annual meeting of members, hosted by St. John, New Brunswick. The focus will be on two days of business sessions with reduced event activities and no keynote speakers. Attendance will be by invitation only and will include national officers, voting delegates, provincial and diocesan accredited delegates, honorary life members and life members.

The final registration report for the 102nd National CWL Convention included a total of 462 members in attendance.



New Councils Update

Sue Lubowitz Toronto Diocesan President

Toronto Diocesan Council is thrilled to let you know that we have two new councils in the diocesan family of councils: St. John of the Cross (Peel Region) and Blessed Frederic Ozanam (North York Region). The work on these 2 councils was interrupted by COVID in March 2020 but they (and we) persevered.

St. John of the Cross had their organization meeting on June 9th. The slate of officers included a new member who asked about membership through the national website. Many thanks to Kate O'Quinn, Organization Chair, the team from Peel (Andrea Tjioe, Aurora Chavez, Natalie Meier and Diana Gamboa) and Fr. Joyson George



Blessed Frederic Ozanam had their organization meeting on June 30th. Many thanks to the team from North York (Marg Arangio, Carmela Ientile, Elisabeth Quail and Ciscily Winkler) as well as Fr. Ricardo Davis and Kate O'Quinn.

The CWL will be instrumental at this parish in the building of a new church for the diocese.



On June 27th a New Member Ceremony at Sts. Peter and Paul was held (Peel Region). Madge Somasundaram and her council welcomed 24 members. Over the last 3 years this council has signed up over 90 new members and continues to be our largest council in Toronto Diocesan Council (and perhaps the country!!).



Before the ceremony, members gathered in their new "Mary Garden" inspired by the CWL Wednesday from May 2021. This council purchased a statue of Mary to place in the garden and has raised enough funds to purchase three benches to place around the garden. While there, we said the Rosary and even had a passerby join us.

Lord Jesus, bring peace to the world.
Lord, give us your peace.
Help all nations to work in harmony.
Lord, give us your peace.
Bless our country,
and help us work together for peace.
Lord, give us your peace.
Guide those who govern us,
and help them work for the good of all.
Lord, give us your peace.
Make us generous
in sharing our gifts with other people.
Lord, give us your peace.
Teach us to do your will,
and to grow in our service to others.
Lord, give us your peace.
Lord Jesus Christ,
look on the people of our land
and bless us all.
Help us to be brothers and sisters
to all the world
and to work for peace and love.
Be with us, Jesus, and bless Canada,
for you are our Lord and Saviour for ever.
Amen.



www.archtoronto.org



A Prayer for Food Justice

Lord Jesus,

You understand what it is like to be hungry.

Teach us to have grateful and generous hearts.

Forgive us when we make selfish choices
or remain silent in the face of injustice.

Lord Jesus,

You welcomed all to your table.

May we recognize our interconnectedness,
with our common home and our global neighbours,
so all are invited to share the feast.

Lord Jesus,

You come to us as bread and wine.

Fill us with your compassion.

Nourish us as we advocate for change,
and seek to make your Kingdom a reality in our world.

Amen.





Paddy's Passion

October has arrived, for this month let's share our harvest with those who can benefit it the most. Fill your baskets and place them on the altars for all to share.

Cooler weather is just around the corner, time to try on winter coats, if they don't fit donate, to "coats for kids and adults" located at OPP stations. Check your local papers for drop offs and places in need.

Start and collect mitts, hats and blankets and donate to shelters or your local OPP detachment.

Start a knitting group and knit scarfs and hats for the homeless.

School is back in, time to make our CWL known to our local Catholic schools, I have a great idea for grade 5 and 6 students. Pair each student up with a senior from your parish and or local nursing home. Let them become pen pals. Who doesn't enjoy getting mail?

Start a friendship program with our youth and lonely seniors. If you have a local nursing home within walking distance of your school, start a program of students visiting. The students can help write letters for seniors. They can sit and chat or play a game of checkers. My daughters did this for years in our local nursing home in Warkworth ON.

At the same time ask the school to donate drawings and pictures to decorate the halls and windows at your local nursing home. Brighten up the rooms of our seniors. I would love to look at a rainbow this time of year when the sun goes down early. How perfect it would be to see our youth talent used to make a senior smile.

As you can see my mind never stops, I have ideas swirling around in my head 24/7, so get ready!

Stay tune for November as I am so excited to share great Christmas ideas.

**Paddy Fitzgerald Nolan
Communications Sub-Committee**



WELCOME TO LISA'S LIBRARY



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.

Hope you enjoy this month's picks.

"Without love, deeds, even the most brilliant, count as nothing." St. Therese of Lisieux "the little flower"

October 1 is the Feast Day of St. Therese of Lisieux
In honour of this, here are the recommended books to read.

Children:

[The Little Flower: The Story of St. Thérèse of the Child Jesus](#)

Author: [Mary Fabyan Windeatt](#)

This book tells what happened to little Therese: It shows how Therese received a second mother when she lost her first mother, how she was teased at school, and how she was cured of being a crybaby. It tells about her mysterious illness, her miraculous cure, her First Holy Communion, the terrible criminal whose soul she won back for God, and what she decided to do when she grew up. All in all, here is the wonderful true story of what happened when little Therese Martin set out to become a saint.

Sold on [Amazon.ca](#)

Adults:

[Educational - Spiritual Childhood: The Spirituality Of St. Therese Of Lisieux](#)

Author: [Vernon Johnson](#)

Sold at: [amazon.ca](#)

About: St. Thérèse of Lisieux, now a Doctor of the Church, summarized her spirituality in these simple but profound words, "My Little Way is all love." Her complete and unshakable trust in the love of God our Father was the foundation of her spiritual life, a childlike relationship with our Creator that raised her to the heights of sanctity in only 24 years of life.

Sold at: [chapters.indigo.ca](#) and [amazon.ca](#)

Spiritual:

The St. Therese of Lisieux Prayer Book

Author: Virginia Hampton Wright

The wisdom of St. Thérèse of Lisieux--for all who want to pray

This warm, wise little book will help you to discover firsthand how to receive God's presence and love. You will:

- Walk with Thérèse through days of humility, suffering, beauty, and spiritual sensitivity.
- Discover how, through prayer and growing faith, you too can follow your own Little Way to authentic Christian experience

Sold at Indigo.ca and amazon.ca

Thanksgiving:

Children: I Am Thankful: A Thanksgiving Book for Kids

Author Sheri Wall

Thanksgiving books for kids teach us about coming together with our loved ones and to give thanks for all that we have. I Am Thankful is an adorable, rhyming standout in Thanksgiving books for kids that follows three different families as they celebrate this wonderful holiday with their own traditions, acts of kindness, and ways of giving back.

Sold at: indigo.ca and amazon.ca

Children's Craft for Thanksgiving: Make a tree from construction paper. Brown paper for the trunk, then hand tracings for leaves. Ask the children what they are thankful for daily or when they visit and fill the handprint/leaves with this information.



Catholic Prayer of Thanksgiving:

Good and gracious God, we give You thanks today, as we do all days, first and foremost for the gift of creation and the gift of life. We ask You to bless this food, that it may nourish us and sustain us, and strengthen our ability to do Your will.



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!! And your news can inspire us!

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! I realize a lot of dioceses and councils have their own facebook pages which is a great form of communication. However, we don't always get to see everything you all posted and as your sisters in the league we would love to share in your joys and be there for you in your tribulations.

If you would like me to share your news 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

