



November 2022 Edition

Featuring the Sault Ste Marie Diocese and OPC Communications Chair

CATHOLIC
and **LIVING IT!**



Linda's League Letters

Dear CWL Members,

November has always been a month of remembrance.

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On November 1st we celebrate All Saints' Day. What an example the saints gave in being "Catholic and Living it!" and "Go Make a Difference!" Do you have particular saints that you pray to for intercession? When I had cancer, more than 20 years ago, I prayed novenas and individual prayers to St. Teresa of Lisieux and St. Peregrine. My prayers for healing were answered. When I misplace my belongings, I always ask for help from St. Anthony of Padua. He seldom lets me down. Of course, as League members Our Lady of Good Counsel is there to support us.

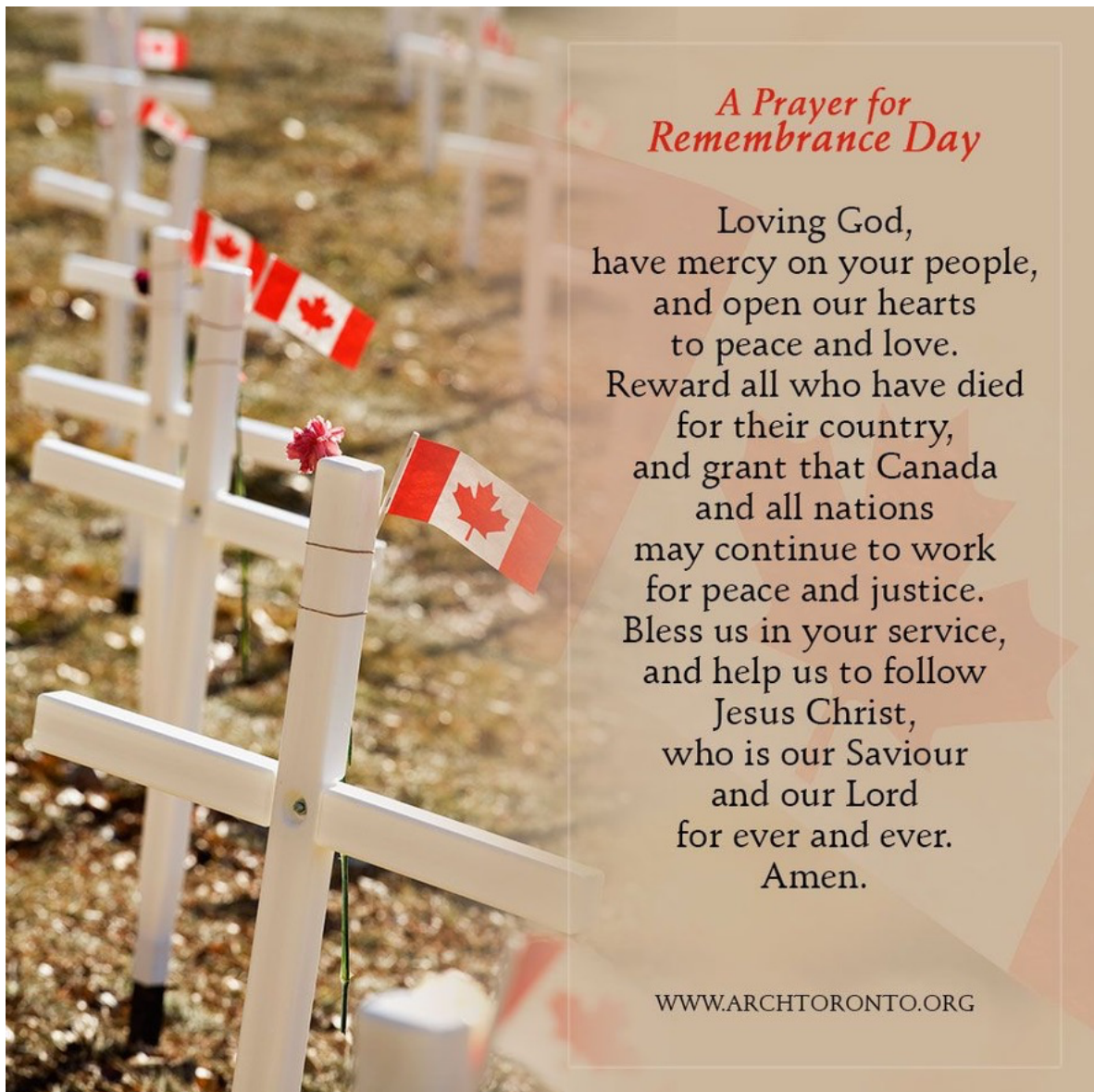
On All Souls' Day and throughout the month we remember our loved ones who have died. We think of them with fondness, offering prayers and masses for the repose of their souls. Many councils hold special ceremonies to honour deceased members, as well.

On November 11th, we take time to honour those who have given their lives in service to our country. Whether we attend a service in person, watch one on television or say a silent prayer, let us take time to remember them and be grateful for their service on our behalf.

In November several members of my family celebrate birthdays. I would like to offer my dear mom a Happy 95th Birthday!

May Our Lady of Good Counsel hold all of you in her loving care!

Bee prayerful,
Linda Squarzolo



Sault Ste. Marie Diocese

The CWL Develops Agile Minds: A Co-Convener's Story

Last year Leah Pierce reached the significant age of 55. She felt as though she had nothing left to learn and nothing left to give. However, as a member of the CWL and Co-convener of the Sault Ste. Marie Diocesan 100th annual convention in its 102nd year, she learned she had a great deal left to learn and even more to offer. Although it was their hope to host the convention in person in 2020 and 2021, an abundance of caution rightly prevailed and the convention was postponed – twice. Finally, in April of 2022, it happened! Over 100 women representing 30 councils from as far west as Sault Ste. Marie to as far east as Callander met in-person. For those not yet comfortable to meet in person, the entire weekend was live streamed on the SSM Diocesan of the CWL Facebook page. Blessed by highly dedicated and experienced conveners from four councils in the North Bay area, the 100th annual convention was indeed memorable!

Leah's message: The CWL develops agile minds. At an age when people have perfected their skills at work or are retired, the CWL offers an opportunity to exercise the mind, to maintain its agility, to learn and to grow. Like other muscles of the human body, without exercise the brain will atrophy and slow down, become less robust. The CWL challenged Leah as a Co-convener of a convention. She learned to fine tune her communications, leadership, and followership skills, remaining a life-long learner, being flexible and adaptable to a myriad of changes, and to dance, even when feet are screaming to stop!

At a time when the CWL is struggling with membership, Leah offers a piece of advice: consider the CWL as one of the best things to do to stave off senility, dementia, and boredom. The CWL is a drug-free solution to maintaining an agile mind. Another bonus? Meeting life-long friends and making incredible memories, while feeling great about yourself!



Reconciliation Tapestry

One of the many highlights of the Sault Ste. Marie Diocesan 100th Annual Convention was a presentation of a Reconciliation Tapestry by Jackie and Hookimaw-Witt and Norbert Witt. The tapestry 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. For the children, the tapestry showed a history of their community, symbolically told by the flow of the Attawapiskat River.

There are three time periods included in the tapestry, from left to right:

1. Before Contact: 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 generations. That meant that they showed respect to all life as they knew that all life depended on each other. Looking to the sky, one realizes however, that this time is coming to an end, symbolized by the sunset. At the border to the next time period one can see already what changes had come to the lives of the Mushkegowuk at the Attawapiskat River – there is a trapper from the Hudson's Bay company offering a blanket as exchange for furs, and a Cree couple is paddling down the rapids. Their canoe has an inscription in syllabics "where are our children?"

2. 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 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. Jackie's mother, Mary Louise Hookimaw, sneaks up to the school after her long canoe travel just to see her children. Her oldest daughter, Elizabeth, runs into her mother's arms. They both cry, but they have to be careful not to be detected, as parents were forbidden to come to the school during the school year. Other children are looking out of the building, sad. There is a ghostly cemetery by the school with the children who never returned home. Three boys are running away from the school towards oblivion, symbolized by the dark forest. Though the RCMP was looking for them they were never seen again. Their families were not notified until the end of the school year.

3. 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. It is important to understand the symbolism in the image that the parents are paddling into the sunrise with their children. Rather than seeing this as a new beginning, they experience this as a continuation of their lives as it is supposed to be, coming out of the Dark Times by their own strength and resilience. The symbolism in the last part of the tapestry can be the answer to the question "Where do we go from here". There is a sunrise, and the sun climbs to its zenith. So, there seems to be a brighter future. 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.



Sr. Pat Carter – Recipient of the OPC Social Justice Award

Pat Carter, CSJ is a disciple, a teacher and an advocate for the poor. She has been a Sister of St. Joseph for more than half of her life and loves to use words to inspire faith and laughter. She is a cantor at her parish of St. Jerome's in Sault Ste. Marie and, though a fairly new member in the Catholic Women's League at St. Jerome Parish, she has quickly become a mentor and a leader for our sisters in the League.

As St. Jerome's parish CWL recording secretary, she not only performs the duties of her role, but keeps the meetings interesting and entertaining with her quick wit and humour. As our Sault Ste. Marie Regional Spiritual Advisor, she prepares and delivers thought-provoking spiritual reflections that are enjoyed by all who participate. She has worked for social justice within the League as well as in her community and has a long, distinguished record of volunteerism. Her service before self attitude is truly evident in her spirit and actions. She has a strong voice for change and her influential leadership has helped advance the CWL's mission in the pursuit of social justice and priorities in very specific ways.

Pat entered the Congregation of the Sisters of St. Joseph of Sault Ste. Marie in 1983 and has been a teacher for 31 years. She taught at Mount St. Joseph College for 22 of those years. She served her Congregation as a Vocation Director from 1996-2005. Pat loves to teach people to pray and has introduced Christian Meditation to the Kindergarten to Grade 12 students in district schools. As Religious Education and Family Life Consultant, and Faith Animator in the Huron Superior Catholic District School Board she says her role is to help students to develop multicultural manners in matters of faith and culture – skills necessary to be global citizens. She explains, "In our Grade 10 religion program, for example, I tell students that they have two questions to answer: 'What kind of person am I becoming?' and 'What kind of person do I want to become?'"

In 2013, Pat was the first teacher from a Catholic school board, and the first teacher outside Toronto, to receive the Harmony Educator Award for her efforts to promote and enhance diversity, equity and inclusion in her classroom, her school, and community. The Harmony Movement is an educational non-profit that works across Ontario to address issues of racial discrimination and prejudice in Canadian society to promote awareness and challenge all forms of discrimination. "Many teachers in Northern Ontario Catholic school boards are doing the same great work," says Sister Pat. "I accept this award for all of us who try to bring equity and inclusive education policies to life for all students and colleagues."

In April, 2019, Pat was the recipient of United Way's Outstanding Volunteer Contribution Spirit Award. This award is presented in recognition of an individual volunteer who works diligently to engage employees by setting up workplace presentations, assisting with events and canvassing in their workplace.

Equally active in her community, with social justice organizations such as the Society of St. Vincent de Paul and L'Arche, Pat also works tirelessly to improve the lives of the poor by fundraising for the local soup kitchens and joining in a sidewalk sleepover to raise awareness of the hardships faced by the homeless in Sault Ste. Marie. The Coldest Night of the Year is a family-friendly walk to raise money for charities serving people experiencing homelessness, hurt and hunger. She has slept in a cardboard box for the **Great Soup Kitchen Sleepover** and brought her box with her to a regional CWL meeting in Sudbury where she spoke about the experience and encouraged us to take action to address homelessness in our communities.

She is equally instrumental in the Walk for Justice, an annual walk that facilitates learning about issues concerning developing world countries and about the work of the Catholic Organization for Development and Peace, which funds various projects to help people in such areas. She says, "As Catholics, we are required to respect all of God's creations, our planet among them. The Walk for Justice provides a visual exercise for our students to express, in a small way, what they have learned about the responsibility all of us have to be stewards of water. It is part of our calling, as Catholics, to assist people in need, wherever they are. Our annual Walk for Justice provides an ideal opportunity for our students to learn about the struggles people locally, nationally and globally,"

She is also deeply concerned about indigenous issues and works with others to promote education and action. At our 2019 Sault Ste. Marie Diocesan Convention she brought a team from the Huron-Superior District Catholic School Board and some First Nations elders to lead us in an interactive Kairos Blanket exercise which took participants on a journey through the history of Turtle Island, known as North America, through the eyes of Indigenous people. CWL members actively learned about trials suffered by our Indigenous brothers and sisters throughout our Canadian history. In relation to the issue around residential schools, she's taken to Twitter to make her feelings known because that's a social media platform that Pope Francis uses. From April 2017 onward she has tweeted that she is praying daily that Pope Francis will come to Canada to apologize to Indigenous who were forced to attend Residential schools, which he has done this year.

Pat's activism and hands-on involvement make her a valued resource for all who know her. She exemplifies our Catholic Women's League mission statement and lives it daily in her life. Pat's service to the CWL and her community has been nothing short of impressive and we can rest assured that her contributions will extend long into the future.

She is one of those people whose skill and dedication motivate those around her, raising the quality of effort and commitment in everyone she encounters.

Volunteering, commitment to social justice and serving her community is in her blood. She is indeed deserving of this distinction.



Presented to Sr. Pat Carter by OPC Christian Family Life Chair Betsy Currier

St. Peter the Apostle – Sudbury

On December 16, 2020, Marcelle Beaulieu was presented with a Maple Leaf Service Pin in front of a group of her peers at their annual service pin mass. According to the manual of policy and procedure, the Maple Leaf Service Pin is only given to members who have served the League in "an exceptional or meritorious manner".

Receiving this pin was a crowning achievement for Marcelle. Often she had seen other League members proudly displaying their special pin and she wondered if she was worthy of such an honour. It turned out that many people she has had the pleasure of knowing felt that she was indeed worthy. She didn't realize how much work and how many people were involved in obtaining this award for her. Father Francis, Anna Tremblay and Betsy Currier provided letters of support. Her daughter, Nicole, was certainly a moving force in this process. She wrote a beautiful history of Marcelle's years of service in the League, outlining many accomplishments. It was an overwhelming feeling to realize just how much her League Sisters believed in her!

She has enjoyed her years of service in the League. This Maple Leaf Service Pin reminds her that she needs to continue being a leader as well as a teacher for her League Sisters. They are experiencing difficult times as all continue to deal with declining membership. It

is up to each and every one to show others that they are women of faith and service working for social justice.

Marcelle's Maple Leaf Service Pin has a place of honour on her blue ribbon and wears it proudly.



They're back! Finally St. Peter the Apostle CWL were able to host their Annual Harvest Tea & Bazaar and what a wonderful success it turned out to be. After being away for three years, the crowd wasn't as large as in previous years but many parishioners and friends of the Catholic Women's League came out to support them. President, Christine Osborne, steered them through all of the challenges they encountered as they worked diligently to bring things together.

After several months of planning, they finally opened their doors to anxious customers. Father Francis blessed their work and the many volunteers, and prayed with them for a successful event. Many hands are required to put together such an event. Donations of prizes, food, knitting and sewing as well as items for a White Elephant corner were delivered. A Silent Auction was gifted with a beautiful quilt from Italy as well as other items of significant value. The beets, relish and apple jelly were in high demand and sold like hot cakes. A Donation Draw area was well-manned and the sales were on-going all day as shown by the number of tickets in the bags for their 100 prizes. This year, instead of the usual menu for the Tea Room, bakers made fresh buns served with homemade chilli and their favourite desert, a Nova Scotia cake topped with whipped cream. On a wet rainy day, the warm food was much appreciated.

Special thanks are extended to all convenors: Colleen Hutson in the Tea Room; Nella Verardi at the Bake Table; June Nunner and Lorena Armellini at the Knit & Sew area; Christine Miller and Rose Johnson took on the White Elephant corner and made a significant profit. Nicole Beaulieu, as treasurer, not only kept finances in line but also managed the Silent Auction corner. Marcelle Beaulieu and her great team of workers did an amazing job getting Donation Draw tickets out in circulation. What an amazing team of dedicated Catholic Women's League members! And, as always, they were supported by their parishioners and friends, and extend sincere thanks to them as well.



Sault Ste. Marie Diocesan Executive 2022-2024



Joy was on the agenda for the Sault Ste. Marie Diocesan Orientation Meeting on June 11th! Lisa Henry, their new Diocesan President, made enjoyment of the sisterhood of their executive a priority. They did some colouring, bubble blowing, and celebrating a beautiful spiritual program before getting down to diocesan business. They will continue with the theme of JOY for their term of office:

Jesus
Others
Yourself

St. Patrick – Sudbury



On May 18, 2021, Father Patrick Okenyi, S.M.A., Pastor of St. Patrick's Church blessed an Alberta Spruce tree that was graciously donated by Debbie Vendramin, St. Patrick's CWL Recording Secretary. The tree was planted at the church's main entrance to commemorate the 100th Anniversary of the CWL in Canada. Debbie and Angelika Beauchamp (Interim President at the time and photographer) were the only

CWL members present at this historic event because of COVID-19 restrictions. A plaque will be added to the site soon.

Pinning Ceremony with celebration of Mass with Fr. Patrick Okenyi was held on June 8th, 2022, with 27 CWL members receiving their service pins. CONGRATULATIONS LADIES!



Pictured L to R: Vilija Tassone (20 years), Angelika Beauchamp – President (20 years), Marilyn Lane (20 years), Betty Szilva (60 years), Eilish Todd (40 years), Theresa Pagnutti (10 years), Beverley Vaillant (20 years), Patricia LeMay (30 years), Fr. Patrick Okenyi – Spiritual Advisor, Eunice Belisle (20 years), Ingrid Wolfram (10 years), Cathy Hopper (20 years), Dina Bortolotto (40 years), Yovita Gwekwerere (10 years), and Ruth-Anne Ingram (20 years). Pin recipients unable to attend: Emily Donato (new), Yvonne Luoma (new), Maggie Remeikis (new), Maria Natalia Sepulveda (new), Colette Lafleur-Zaher (new), Bernie Violette (20 years), Evelyn Gionet (60 years), Lily Gionet (40 years), Frances Mei (60 years), Ines Fabbro (70 years) and Isabelle Fay (70 years). Honourary mention to Mildred Tina Kelly with 75 years of service.

St. Gerard Majella – Sault Ste. Marie



St. Gerard Majella CWL met for their June Dinner Meeting on Thursday, June 15 at North 82 to finally celebrate together! Some anniversary pins were presented, door prizes drawn by their own Father Charles Ngozi Abiamiri (SMMM) and a scrumptious meal had by all!

St. Alphonsus Liguori – Callander



In June, St. Alphonsus Liguori CWL held a potluck dinner to celebrate members receiving service awards. Joyce Lafontaine was honoured for her 50 years of service at the dinner, while Dorothy Orioux, also with 50 years of service, was unable to attend. Dorothy's daughter Gail received the service pin on behalf of her mother.

Their Council has been able to begin new activities and resume previously offered activities. Since May the CWL has been hosting "Coffee Sunday" once a month following Mass. The Council has returned to preparing and serving Funeral Lunches upon request. A community activity in the planning stages includes a Soup and Sandwich Luncheon and Bake Sale being held in November.

Holy Name of Jesus – North Bay

A POT LUCK AND AWARDS DINNER was held in June 30. CWL pins were presented, from 5-year pins to 70-year pins! Maple leaf pins were also presented to Nicole Charette and to Sue Robbins.

Their council was very active with the parish Covid team, greeting and counting those attending the Masses, ushering and sanitizing afterwards, etc. Despite the pandemic, a great many pairs of warm socks were collected at Christmas time to be given to the homeless and needy.

Their parish and CWL are represented on the "Compassionate Committee for The Homeless of North Bay". Their mission is to fight homelessness in North Bay. Approximately 300 "Backpacks of Love" and supplemental bags have been given to "boots on the ground" organizations for dispersal.

Their Parish is celebrating 75 years this year. Their members have been involved in organizing and participating in the various activities.

The 2022 Diocesan convention was held on North Bay in April. Their council was involved with the 3 other North Bay councils in the planning and performed the duties of hostessing during the convention as well.

Pictured below are left to right, Sue Robbins and Nicole Charette receiving their Maple Leaf pins from President, Frances Ann Malette



Holy Redeemer – Sudbury



Holy Redeemer, Sudbury celebrated their president, Elaine McDonald, receiving a Maple Leaf Service Pin at their awards ceremony in June.



CWL members Natalie Cresswell Szilva and her daughter, Kailene Szilva, and Lynda Joannis delivered personal care and toiletries to Ontario Aboriginal HIV/AIDS Strategy (Oahas) Sudbury Action Centre for Youth. These personal care items and toiletries were generously collected by the parishioners of Holy Redeemer, and Helping Hands volunteers.



Their council sent 8 members to the CWL Diocesan Convention in North Bay this past April, and their diocesan executive representation, Lorraine Greasley, that is a total of 9 members! This is a record for Holy Redeemer!!! A lot of fun was enjoyed by the group including this photo at the banquet being photo bombed by Patricia Delorme!

Our Lady of Hope – Sudbury

Our Lady of Hope parish in Sudbury is alive! Throughout COVID they seized opportunities to continue the works of the League, pornography hurts and palliative care post cards, no bake-bake sale to assist social services programs locally, monetary baby shower, food drives, phone committee made calls to members, thinking of you cards and Christmas cards were sent, and bi-annual newsletter continued to be produced.

While they were away from each other, they were still accumulating their years of service. Members were continuing to give in faith, service, and social justice. It was decided that the members would be recognized in a Service Pin ceremony. Years of Services presented were 70, 60, 50, 40, 25, and 10 to a total of 74 recipients. This in no way diminished the dedication of other members who were not receiving a service pin that evening as the ceremony prayer is inclusive of all, "We thank You loving God for calling us to share in Your mission. You have bestowed powerful gifts upon all members and empowered them to share in service through mutual support of one another."

The council continued to give back to their members. In June they organized a pizza and bocce night. Over 50 members attended and to support this event some of the diocesan council came to participate. Everyone was a winner that night as an opportunity was created to get reacquainted through conversation and fun. Their opening general meeting in September provided information from the instructed vote, service project and a games night social. The leader of the service project spoke about the background of her inspiration. The council, with the help of the parish, will collect warm clothing and blankets for the homeless in their area. They also decided to have a Thanksgiving food drive to replenish the pantry shelves at a local agency.

Our Lady of Hope council hopes to continue to build strength in the membership by providing opportunities to grow in faith, companionship, knowledge of the evolving League, doable service projects and social justice by offering fun and joy-filled meetings.



Service Pin Recipients



Games Night



Bocce!

St. Ambrose – Thessalon



On Monday, September 12, St. Ambrose President, Leah Carson, invited the Diocesan President and President-Elect to meet to discuss the new changes in the CWL and how the diocesan council might be of service to them in this time of transition. It was a wonderful opportunity to connect, help with solutions and be a part of their council journey. Leah proudly displayed the council minute book from 1960 when they first established their parish council.

Our Lady of Good Counsel – Sault Ste. Marie



On Tuesday, September 13th, Diocesan officers met with Our Lady of Good Counsel members to discuss ways of moving forward as a parish council. There was honest sharing, remembering the great value of the League for their parishioners, as well as the current challenges. Good suggestions were discussed with hope and prayers for the future of the League at Our Lady of Good Counsel!

St. Kevin – Val Therese

On Saturday, October 1st, St. Kevin's CWL Council held a rummage sale fundraiser with all proceeds going to St. Vincent de Paul.



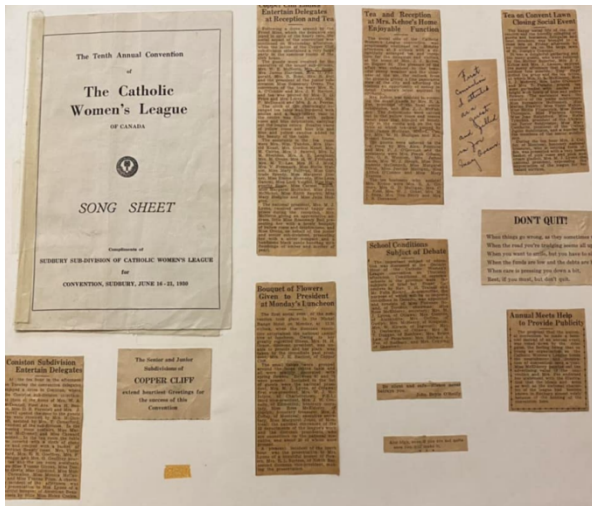
Sudbury Region Presidents Meeting

On Sunday, October 2nd, the Sudbury Regional Presidents meeting started with the ladies attending the Life Chain. Council Presidents then gathered with their President-Elects for the meeting at which time Diocesan Officers helped familiarize the presidents with the new changes in the League.



St. Stanislaus – Copper Cliff

On Monday, October 3rd, Diocesan Officers visited with Faye Wafer, President of St. Stanislaus. Faye shared one of the albums which displayed some wonderful history of her council! There's so much to be proud of. So many years of faithful service to God and Canada! It's so important to connect with the many Presidents and councils of our huge Diocese!



St. John the Evangelist – Garson

On Monday, October 3rd, Diocesan Officers were invited to the St. John the Evangelist Fall Meeting and Social to present information on the new changes taking place in the League. It was wonderful to share the new information and at the same time, hear all the ways this lovely council is bringing the three core values of Faith, Service and Social Justice to life.



St. Jerome – Sault Ste. Marie

St. Jerome parish council celebrated their 65th anniversary on October 12, 2022 with a celebratory mass and dinner at the parish. When the council applied for their charter in 1957, St. Jerome's was a small parish on Hugill St. and has long since relocated to Carmel Rd. where the CWL Council was a part of growing the parish with hands and hearts.

The celebratory evening started with a mass said by spiritual advisor Fr. Alex Saurianthadathil. Several other past spiritual advisors were special guests of the evening. The Sisters of St. Joseph have long supported our council and many of them were in attendance as well.

Lisa Henry, Sault Ste. Marie Diocesan President, presented Sandra Punch, council President, with a certificate honoring the 65 years of service. Cathy McKinney, Past Diocesan President, presented a certificate from the Provincial Council. Betsy Currier, Provincial Council member, presented the Provincial Social Justice Award to St. Jerome council member, Sr. Pat Carter of the Sisters of St. Joseph.

We are fortunate to have a council member who was involved in establishing the original charter in 1957. Ann Scarfone will receive her 65-year pin. Unfortunately, she was unable to attend due to health concerns, but we cherish her knowledge and service. There were many photo albums and archive materials from over the years that were available for review. Sr. Pat Carter finished off the evening with a fun and challenging trivia game concerning 1957.

Thank you to all who attended and to those who sent best wishes.



St James the Greater Parish - Blind River

St James the Greater Parish in Blind River will resume with their Christmas Cookie Walk. What is a "cookie walk"? Unlike bake sales that have items pre-packaged, you can choose the amount and variety of cookies. A member will box the cookies of your choice as you walk from table to table. This is just one of the many activities this council is looking forward to participating in. There are plans being made for pin presentations later this month.



St. Jude – Espanola

St. Jude parish council is getting back in action! Events planned:
Bake Sale - October 30, 2022 after our Sunday Masses
Mass for Deceased Members – November 2, 2022, 10:00 a.m.

St. Bernadette Parish - Elliot Lake

St. Bernadette Parish in Elliot Lake will be celebrating their 60th Anniversary in November. There will be five ladies with 60 years of service: Lillian Albert, Iona Major, Fernande Fern, Pat Laliberte-Martel and Catherine Sicoli. One with 50 years: Helen Rogers. One with 45 years: Lucille McLeod. One with 35 years: Patricia Turgeon, One with 25 years: Myrna Mercier. Four ladies with 20 years: Josephine Fransen, Heather Harwood, Mary Gour and Clea Sarich. One with 10 yrs Maria Clark and seven ladies with 5 yrs Janet Bastini, Vicky Cowdrey, Paulette D'Matto, Irene Nicholson, Adele Osborne, Ann Stalker, Susan Swan. These ladies have served many, many years with the CWL!

Communications Chair

The things I ponder...Upon receiving this new chair I thought it was called Communication Chair and then one day Madame President Linda sent something out and I saw that she put a "s" at the end of the word communication. So, I asked Linda am I technically called Communications Chair to which the reply is in the title above! This is where the pondering came in – what is the difference if any between the two words. Well guess what – there is!

"Ever wondered what is the difference between Communication and Communications? The obvious reason would be the letter "S" right? If only it was that easy. Believe or not, there is a big difference between the two words, and it is more than just a single letter.

Communication is how messages are received and interpreted. It is about forming relationships with others. A human element. Communication is something that we do on a daily basis.

Communications, on the other hand, is the distribution of the messages. It is a technical term that defines the act of mass communications. It is things such as radio transmissions and technology." By Dr. Wagner, an associate professor at Xavier University, Cincinnati Ohio

Who knew an "S" could make such a difference. Speaking of making a difference this definition(s) has made me really think about our mission as CWL members. We definitely communicate at meetings to those in attendance, but do we make sure our communications are heard!? As it isn't physically possible for all members to attend all meetings how do we reach out to them? Yes, many of us have facebook or email but what about those that don't? Do we send out a hard copy of the notes or minutes of our meetings to all our members? I feel that with more information sharing and inclusion by mail, email or a friendly phone call, our members who can't always be with us in person will have a greater sense of belonging. Also sharing such information with non-members may encourage them to find out more about our great league! Post a hard copy of minutes on your church bulletin board, slip a copy in your neighbours mailbox or hand them out at your next non CWL meeting!!

Did you know that there is a newsletter template you can download from National? Here is the link; https://cwl.ca/sdm_downloads/145-newsletter-template/

Go make a difference, we can make a difference. My hope is that you too will ponder... the more we know the more we can grow. Communication gives you the ability to transform lives as you transfer ideas from one soul to another.

...submitted by Emma Rose Rayburn, Communications 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>

Let's put the FUN in fundraising!

We do have a few fun ideas kicking around – starting this month we are hosting an Epicure fundraiser – we know it's a bit far for you all to participate in but it could be a good fundraising idea for your councils or dioceses – you should check it out as it is a Canadian company. Of course, if you wish to participate in our Epicure fundraiser please do –we can make it work!

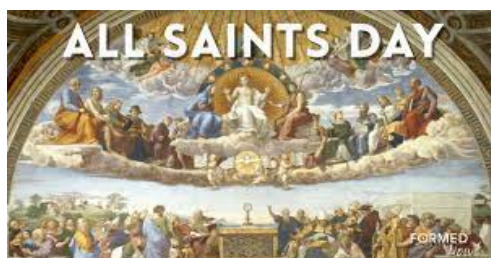
Please check out our Diocesan facebook page as details will be posted soon.

<https://www.facebook.com/profile.php?id=100064377774647>

STAY TUNED for December's FUN fundraiser – we will be making *Spirit's Bright* with Colaneri Wine - won't that be a delight!?



November Dates to Remember



All Saints' Day is celebrated on November 1st to remember all saints and martyrs during Christian history. It is followed by All Souls' Day on November 2nd to commemorate those who have passed within the faith.



November 11th Let us pray... Lord, many persons we know and love have served in our Armed Forces to help make the world a more peaceful place. We lift them up to you – those who have died and those still with us. May our prayer today help bring them and their loved ones comfort, peace and hope. We make this prayer to You in the name of Jesus, the Lord. Amen.

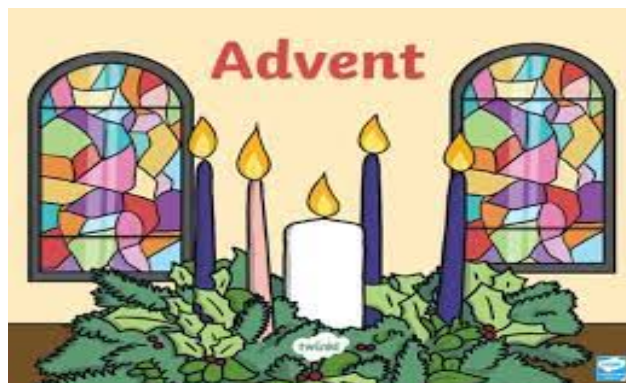
First Sunday November 27th

During Advent, we're invited to enter more frequently into silence, into prayer and reflection, into Scripture, and into the sacramental life of the Church, all to prepare for celebrating Christmas.

The Catechism of the Catholic Church says the goal of Advent is to make present for ourselves and our families the "ancient expectancy of the Messiah...by sharing in the long preparation for the Savior's first coming."

"Throughout Advent, we await the arrival of the Christ-light that will dispel darkness, and darkness shall not overcome this light. Through the Christmas miracle, we see that God came to all of us in Jesus. This Emmanuel, God-with-us, is a lamp unto our feet and light unto our path. In Jesus, God is our light and salvation. Of whom, or what, should we be afraid as we journey home together?" Michael Way Skinner

Holy Spirit, be a light unto my path. Guide me home to God so that I can be a beacon to all who need to find the path to righteousness and the comfort of God's care.



Ontario Provincial Spiritual Development Chair
Wilma Vanderzwaag

PARISH MISSION

WITH REDEMPTORIST

Fr. Eugene O'Reilly

DATE: _____ TIME: _____



You are all invited to this mission with Fr. Eugene O'Reilly, C.Ss.R. St. Finnan's Basilica starting on **Sunday, November 13th to Wednesday, November 16th, 7pm each evening.** We will be live streaming this event so you may all join us. Please subscribe to St. Finnan's You Tube Channel at https://www.youtube.com/channel/UCF5iF-wmvhJeQ-88fR_zkJw

Here are a few topics Fr. Eugene will be covering at this mission, Intimacy with God/self, Living the Reign of God Today, Beatitudes – Living the Values of Jesus Today and Discipleship. When I approached Fr. Eugene about doing a mission and mentioned that our theme is Catholic and Living it plus Go Make A Difference, he was excited by that and it looks like we are in for a treat! Fr. Eugene has a love for music, he is known for his teaching on joy and compassion, his touching stories and his humour. If you would like to read more about Fr. Eugene here is a link <https://redemptorists.ca/missions/>

For all our local members and their families, we hope to see you at the Basilica – let's give him a great welcome on behalf of Ottawa and Alexandria Cornwall Dioceses.

...Invite from Emma Rose Rayburn Communications Chair
& Wilma Vanderzwaag Spiritual Development Chair

"Community Life News" ...

***"I trust and pray that Christians and civil society in this land may grow in the ability to accept and respect the identity and the experience of the indigenous peoples.
It is my hope that concrete ways can be found to make those peoples better known and esteemed, so that all may learn to walk together.
For my part, I will continue to encourage the efforts of all Catholics to support the indigenous peoples."***

(Address of His Holiness Pope Francis in Maskwacis, Alberta - July 25, 2022)



The Ontario Provincial Council of The Catholic Women's League of Canada held its executive meetings in Toronto from September 29th to October 1st.

On September 30th, the provincial *team* wore orange to observe the National Day of Truth and Reconciliation and to honour the Survivors of the residential school system and commemorate those who did not return home.

The provincial executive gathered at 8:00 p.m. for a virtual **Reconciliation Rosary** prepared by Provincial President-Elect Colleen Martin. Bishop Colli (Thunder Bay Diocese) and Provincial Spiritual Advisor Bishop Dowd (Sault Ste. Marie Diocese) also joined us in reciting the rosary. There were approximately 60 participants.



National Community Life Chairperson Faith Anderson pointed out in her Memo to parish councils dated October 3, 2022:

"Searching the Internet for "Pope Francis' Visit to Canada" will produce many short videos that councils can use. National Day for Truth and Reconciliation is held each year on September 30th. Hopefully, councils took action to recognize this day, embracing the

healing process with Indigenous peoples in Canada. Planning ahead for next year is encouraged."

Councils are encouraged to put this on their agenda and budget for the New Year!

CWL National News

- **Food Bank Project**

Faith Anderson provided a final report on this project which began in September 2021 and ended in June 2022. What a success! It is remarkable to read how creative our councils are. The report can be found at this link: <https://cwl.ca/wp-content/uploads/2022/10/Food-Bank-Project-Final-Report-final.pdf>

- **Domestic Violence in Canada**

The month of **November** is **Domestic Violence Awareness Month in Canada**. Faith Anderson stated, *"The federal government website reports, "Family violence is considered to be any form of abuse, mistreatment or neglect that a child or adult experiences from a family member, or from someone with whom they have an intimate relationship."*

For further information on family violence, Faith referred us to <https://justice.gc.ca/eng/cj-jp/fv-vf/> and said that we can expect to hear of a webinar on domestic (family) violence in November that will be open to everyone.

- **Development and Peace – Caritas Canada (D&P)**

Also in Faith Anderson's memo of October 3, 2022, there is a wonderful update by Mary Nordick on Development and Peace. Here is an excerpt:

"... D&P provides humanitarian relief when war or natural disasters occur, for example, the war in Ukraine, sub-Saharan drought and famine in Africa and flooding in India. Such help is possible through generous support in Canada. The League strongly supports D&P through the 1% Program commitment. If your council temporarily withdrew support for D&P during past concerns from the Canadian Conference of Catholic Bishops, now is the time to renew that support. Its 2022 fall campaign is a continuation of last year's People and Planet First campaign and calls for action at home and abroad. A new campaign will be rolled out in the New Year in time for Share Lent.

The organization is celebrating 55 years of seeking justice and peace for all and recently appointed a new executive director, Carl Hetu, whom some of you may know from his work with CNEWA. After eight years, the projects supported by the 1% Program were reviewed and three projects in Afghanistan, Democratic Republic of the Congo and Niger and Burkina Faso were approved. A brochure (#352) outlining the projects is available on the national website (cwl.ca) and can be ordered from national office to share with members."

Submitted by 2nd V.P. & Community Life Chairperson/
OPC Truth and Reconciliation Working Group Chair Karen McDonald

**Toronto Diocese Catholic Women's League
Virtual Retreat
The Saints of Advent**



**Guides and Companions on the
Journey to Bethlehem**

7 p.m. Tuesday, November 22, 2022

To register: shailaflavy@gmail.com

By Nov. 18th, 2022

All women of the diocese are invited



Presented by Christine Way Skinner, B.A., M.Div, lay minister and doctoral student at Regis/St. Michaels' College at the Toronto School of Theology. Christine has authored a number of books for adults and children, including The Joy of Living the Faith and the Catholic Kids' Library Series.

Invitation to sisterhood ... a suggestion ...

1a : **the state of being a sister.** b : sisterly relationship. 2 : a community or society of sisters especially : a society of women in a religious order. 3 : the solidarity of women based on shared conditions, experiences, or concerns.



The story could end there but with membership in The Catholic Women's League of Canada there is even more. The state of being a sister is one aspect but the movement of faith in action is the ultimate aspect of the League.

CATHOLIC
and **LIVING IT!**

I challenge you to think of times you were proudest of your membership in the League when thinking of reaching out to invite others. Although it's wonderful to say you are part of a sisterhood, it is best to say you are part of a sisterhood making a difference. If you can, use an example that reaches beyond your community to emphasize the national aspect.

As an example:

Hi, my name is Colleen. I belong to the most amazing organization for women; I was wondering if you have heard of us. We are an amazing, empowering group of women living our faith and influencing the world one campaign at a time. I was particularly proud of our participation in the Care for Our Common Home campaign where everyone pledged to make small changes to positively impact our environment. Please think about joining us.

Next time you reach out to inform a woman why she should be part of this national organization consider including an example of one of those times when you felt the proudest and use the word 'we' to communicate belonging. If you have suggestions of past campaigns and specific impacts for others to consider, send them to preselectopc@tbaytel.net. Your suggestions will inform a specific set of tools being developed through the hard work of our Diocesan President-Elects and the Ontario Provincial Council (OPC). It will include a handout to accompany your invitation and it's coming very soon!!

...submitted by Colleen Martin, President-Elect, Organization Chair





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

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



The Catholic Women's League of Canada

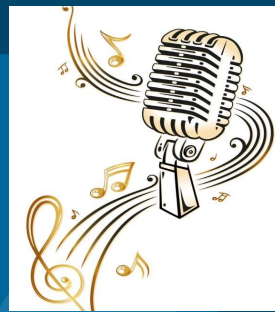
Toronto Diocesan Council Presents

Convention 2023 "Got Talent" Show

Two minute audition videos
are now being accepted.

Email your submissions on or
before January 31, 2023 to
Tracy MacInnis at:

t.macinnis60@gmail.com



Show Date is:
Monday, April 24,
2023

Show Time: 8:00 pm
Ajax Convention Centre

Only 8 acts will be chosen to participate in the show. Start practicing now and get your auditions in ASAP! Chosen participants will be notified by email.

Be sure to include your name, phone number and email address with audition.

At any given time, the urge to sing "The lion sleeps tonight" is just a whim away a whim away, a whim away, a whim away.



Shia LaBeouf's Salvific Journey

"I had a gun on the table. ... I didn't want to be alive anymore. ... [There was] shame like I had never experienced before, the kind of shame where you forget how to breathe."

These words are quoted from a young actor by the name of Shia LaBeouf. Many young people will know Shia from his role in the *Transformer* movie series and many television programs. On August 29, 2022 Bishop Robert Barron video taped an interview with Shia.

It was at this lowest moment, Shia was offered a part in an upcoming movie about the life of St. Pio. He was immersed in the Capuchin monastery in San Lorenzo in Santa Ynez, California, where he met and was befriended by the Capuchins. We can learn much from this interview and the nine speaking points that the blog written by Father Roger Landry discusses about our own "Salvific" journey as Catholics. In an article in National Catholic Register we are taken through the actor's journey from Judaism to Catholicism.

In the interview, Shia says that over time the preparation for the movie role became something more. He felt that he had to let go and let God. Thus began his journey into Catholicism.

Father Roger goes on to say in his blog post;

"There's much we can learn from his conversion story, especially the elements God used to lead him from a self-described infernal life, to being humble enough to repent, believe in and live the Gospel."

These are the nine ideas we can take away from this story of redemption;

1. Shia was drawn by the way that Catholic life is "full immersion. It involves reason, will and feelings."
2. Shia hungered for a sense of connection with like minded people. In the Capuchin order he found the "welcoming, down-to-earth, sincere fraternity" he longed for.
3. He was captivated by the traditional Latin Mass, which he needed to learn for the movie. "For him, pretending to celebrate it and attending it made him feel that "a secret" was being shared with him. It wasn't until he received his first Holy Communion he said "he could almost feel the physical effect and regeneration of entering into Christ's death and resurrection."
4. When examining his role for the movie, Shia was very intrigued by the number of Converted Catholics throughout history. One of the Capuchin Brothers' who spent many years in prison for heinous crimes "gave me permission to be as a sinner," it meant that there was hope for him, too.
5. LeBeouf had to learn to pray. The Capuchin brothers "explained how to handle quiet and pass from silence to loving thoughts and loving deeds,"

6. Shia longed to meet a masculine Jesus. Once again, the Capuchin Brothers taught him the difference between weakness and meekness of Jesus. “Meekness like Jesus showed throughout his life, is a summit of strength.”

7. He needed to find a purpose in life. We Catholics refer to a purpose as a vocation. When we discover our God given talents and how to employ them to build up God’s Kingdom, we have found our vocation/purpose.

8. Learning to accept our suffering as a gift. We learn from our mistakes and sins and ask for God’s mercy. Through this mercy, we are saved.

9. Finally, “All of these lessons were integrated, ninth, in St. Pio, whom LaBeouf came to know as “one of the most respected, beloved saints who ever graced the earth.” To immerse oneself in his life in the midst of his fellow Capuchins — trying to imitate the way he celebrated Mass, prayed, sought and dispensed God’s mercy, dealt with suffering and rejection, prayed from dawn to dusk, manfully challenged others to holiness, and lived his Capuchin vocation with immense faith, hope and charity — has been for LaBeouf a tremendous school that, likewise, “saved my life.”

In conclusion, Father Landry states; *“As we give God thanks for LaBeouf’s conversion and pray for his continued growth in the virtues of Catholic life, we similarly pray that his conversion might bring many others to the Catholic faith as well as help everyone in the Church to recognize the enduring attraction of the faith and the practices that make that beauty shine.”*

...Submitted by Cathy McKinney OPC Appointee Keeper of the Book of Life

“Joy, with peace, is
the sister of charity.
Serve the Lord
with laughter.”

- SAINT PADRE PIO





The Parts of Speech

Every name is called a **NOUN**,
As **field** and **fountain**, **street** and **town**;

In place of noun the **PRONOUN** stands
As **he** and **she** can clap their hands;

Th **ADJECTIVE** describes a thing,
As **magic** wand and **bridal** ring;

The **VERB** means action, something done –
To **read**, to **write**, to **jump**, to **run**;

How things are done, the **ADVERBS** tell,
As **quickly**, **slowly**, **badly**, **well**;

The **PREPOSITION** shows relation,
As **in** the street, or **at** the station;

CONJUNCTIONS join in many ways,
Sentences, words, **or** phrase **and** phrase;

The **INTERJECTION** cries out, 'Hark!
I need an exclamation mark!'

*Some stranger
somewhere still
remembers you
because you were
kind to them when
no one else was.*



MyPositiveOutlooks.com

You may not always see
the results of your
kindness, but every bit
of positive energy you
contribute to the
world makes it a better
place for us all.

Lisa Currie





Paddy's Passion

November is upon us, advent is approaching, time to open our hearts as we prepare to celebrate our Lord's birth.

I am thrilled to share with you all my favorite children's book I have used for years at Sunday school and the schools where I supplied at.

"A Stocking for Jesus" Written by Suzanne Middendorf Arruda and Illustrated by Betina Ogden.

I will share with you the back cover of the book.

A little girl, wondering why Jesus never gets a Christmas stocking, inspires her family to offer him gifts of love and kindness in honor of his birthday.

This charming picture book includes an actual punch-out stocking for Jesus. Also provided are symbolic "presents" on which you may record the acts of love and kindness your family will do for others in grateful celebration of Christ's birth. Begin a wonderful Christmas tradition A Stocking for Jesus!

For my students I purchase a plain stocking from the Dollar store, white glue and sparkles. Each student wrote the name **Jesus** on their stocking using the white glue, then they sprinkle the sparkles on the glue.

I heard only positive response how the stocking was used in their homes, their children would do good deeds for others, each deed or prayer you offer up is then written on a piece of paper and placed inside the stocking. This became a gift for Jesus to have on his birthday.

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Reverse advent calendar, if you start this on Sunday November 26<sup>th</sup> to Sunday December 18<sup>th</sup> this will give you time to donate your items to your local Legion, Food Bank, Salvation Army etc...

Place one empty box in the kitchen and one in the laundry room, each day from the first Sunday of advent till the 4<sup>th</sup> Sunday of advent place an item in the box.

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Christmas time is a time for joy, please remember this time of year is extremely hard for some families, children, our homeless and lonely people. Make each day count when you meet people during this busy season. A simple smile can go a long way, a word is simple as hello can make a person's day. God Bless you all and let's keep Jesus in our hearts this season and every day.

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.

Spiritual

Advent - Children's Book

24 Stories For Advent By Brigitte Weninger

Captivating short stories make each day of Advent a special treat and one's children will look forward to as they count down to Christmas. When Christmas is just around the corner, anything is possible...four elves work busily in the forest, Mother Holly covers the earth with snow and the children are waiting for the Christ Child. Brigitte Weninger accompanies us through the Advent season with 24 enchanting stories. A treasure for a very special time, beautifully illustrated by Eve Tharlet.

Purchase at: <https://www.chapters.indigo.ca> - On Line only (If ordered on line, you are still able to return to the store)

Advent Calendars are available at many stores; they are a great way to lead your children through the 24 days of Advent.

Adults

The Wonder of Advent - Bible Study Book with Video Access: Delighting in the Hope, Joy, Peace, and Love of Christmas By Lifeway Women

More than any other time of year, Christmas brings with it an undeniable sense of wonder and awe.

The Advent season gives us the opportunity to delight in the promises we celebrate at Christmas: the HOPE that Jesus will return and make all things new; the JOY that comes from worshipping Him today and for eternity; the PEACE we experience with God today and we long for our world to experience when it is redeemed; and the LOVE of a God who sacrificed His own Son to be in relationship with us.

In The Wonder of Advent, spend a week considering each of the themes of Advent—hope, joy, peace, and love. Each week you'll trace that theme throughout Scripture by looking at: 1) an Old Testament prophecy; 2) a scene from the Christmas story; 3) a moment from Jesus's earthly ministry; 4) a teaching of Jesus; and 5) a promise from Revelation. When your eyes are opened to these threads in Scripture, you'll stand in awe

of the glory and love of God, and you'll be motivated to share the wonder of Advent with the world.

Features:

- 4 weeks of personal study
- 4 devotional videos featuring music by Adrienne Camp, approximately 15 minutes per session, available via redemption code for individual video-streaming access, printed in Bible study book
- Leader helps for group discussion
- Beautiful full color interior to enhance your experience
- Specific Advent activities for kids, teens, and adults

Benefits:

- Be reminded of the hope, joy, peace, and love available in Jesus.
- Understand how Old Testament promises and New Testament events tell the full story of Jesus's first advent and look ahead to His return.
- Learn how to set your focus on the promise of Jesus's return and how God wants you to live in the meantime.

Video Sessions:

Session One: Hope (16:44)—Prepare your heart for the Advent season with a time of reflection on the theme of "hope." This video session includes worship with Adrienne Camp as she sings the classic Christmas hymn "O Holy Night," a Scripture reading and the lighting of the Advent wreath's hope candle, and a devotional teaching that reminds you of the hope you can have in the Lord because He always keeps His promises.

Session Two: Joy (14:21)—When you read the Christmas story in the Bible, you can't miss the joy of everyone who met Jesus. In this video session, joy is the focus with Adrienne Camp's rendition of "O Come All Ye Faithful" and a Scripture reading and the lighting of the Advent wreath's joy candle. In her teaching time, Adrienne explains that true joy comes when we put our trust in the Lord, when we choose to focus on who He is rather than how things are going in our lives.

Session Three: Peace (12:43)—Through His first Advent, Jesus made peace between God and His children possible, and when He returns, He will make peace the universal reality. This is the focus of the third week of Advent. Join Adrienne Camp in the singing of "O Come, O Come Emmanuel," a Scripture reading and the lighting of the Advent wreath's peace candle, and a time of teaching that anticipates the promise that with Jesus's return death, grief, crying, and pain will be no more.

Session Four: Love (15:17)—For the final week of Advent, join in a time of worship as Adrienne Camp performs "Silent Night." This video session also includes a Scripture reading and the lighting of the Advent wreath's love candle, and a devotional teaching

from Lifeway Women author Mary Wiley, who encourages you to see God's love for you in a fresh way this Christmas season as you reflect on the wondrous news of Jesus's birth and the anticipation of His return.

Purchase at [amazon.ca](https://www.amazon.ca)

Adults - A Journal for Prayer and Reflection

Behold: A Guided Advent Journal for Prayer and Meditation By Sr. Miriam James Heidland Solt

Let the Holy Family be your light through Advent as you receive the healing power of Christ. In this beautiful guided journal for prayer and meditation, Sr. Miriam James Heidland, SOLT--author of the bestselling book *Restore*--will walk with you as you explore familial wounds with the help of Jesus, Mary, and Joseph.

Behold features stunning original art by Josiah Henley of Heart of IESVS. Free weekly companion videos, a downloadable discussion guide, and other resources make this book perfect for parish-wide, individual, and book club use leading up to Christmas. Each week of Behold will focus on a different theme that you can connect to your life in a practical way:

Week one: Motherhood--Receive Mary as your mother and let her tender love soften your heart toward your earthly mother;

Week two: Fatherhood--Adopt Joseph as your father and embrace his loving strength as you seek healing in your relationship with your own father;

Week three: Childhood--Become childlike with Jesus and remember the core of who you are as you release your inner joy and playfulness; and

Week four: Stable--Restore peace and unity in your family and regain hope.

Each day you will journey deeper into the meaning of Advent with a meditation, reflection questions, a prayer, and journaling space.

Available for purchase at [amazon.ca](https://www.amazon.ca)

Waiting for Christ: Meditations for Advent and Christmas & The Essential Advent and Christmas Handbook

Blessed John Henry Newman was one of the most beloved and well-known preachers of his time. Originally an Anglican priest, Newman converted to Catholicism and became a Catholic priest and cardinal. Known for his beautiful prose and exultant preaching, Newman has long been a source of inspiration for those in the Church. In this new and compact compilation of his sermons, you're invited to journey with Bl. John Henry Newman through Advent into Christmas and Epiphany, meditating on the coming of Christ and the Christian life. Newman's masterful knowledge of the lives of the saints, Catholic doctrine, and, above all, Sacred Scripture, will help you immerse yourself in these liturgical seasons of waiting, wondering, and joy.

These beautiful meditations guide you through reflections on:

- Preparing for the Lord's coming at Christmas and the end of time
- Our dependence upon the Lord's goodness
- What happens when we do not seek truth
- Mary's role in salvation history
- God's call for each and every one of us to holiness
- Glorifying God in the world
- True joy
- Martyrdom, affliction, and consolation
- Love as the one thing needful

Waiting for Christ provides an opportunity to spend a few minutes with Bl. John Henry Newman and Christ every day of the Advent and Christmas seasons, preparing for the coming of the Lord.

[The Essential Advent and Christmas Handbook](#)

Advent and Christmas are for many people the most joyous time of year, a special opportunity for celebration, sharing, and family gatherings. More importantly, however, Advent is the season of preparation for the coming of Jesus Christ into the world, and Christmas is the celebration of His birth to the manifestation of the Word-Made-Flesh among us. Wait prayerfully for the Lord, and celebrate His coming at Christmas, with this comprehensive, easy-to-use volume as your daily companion.

This reader-friendly companion provides everything Catholics need for a richer experience of the Advent and Christmas seasons. Whether readers wish to follow a traditional, contemporary, or family program of devotion and prayer for Advent and Christmas, this all-in-one resource will be a treasured guidebook.

The Essential Advent and Christmas Handbook covers a wide range of topics including:

Morning and evening prayer services

A short history of Advent

The preparatory nature of Advent

Traditional hymns and symbols of Christmas

Traditional Christmas practices

A Christmas novena

Daily Christmas meditations

Family meal prayers for the holiday season

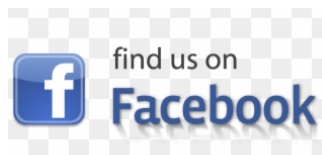
Purchase at catholiccompany.com

An Activity to share with your children:

<https://www.sarajcreations.com/2016/12/advent-wreath-rip-art-craft.html>



Instructions and what is needed to create this advent wreath is available at the above link. It is a simple craft to do with children and a perfect opportunity for discussion and preparation for the Birth of Our Saviour



For those of you who are on facebook we do have a dedicated page for the Ontario Provincial Council, 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 communications. 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! Emmacwl4life@aol.com. 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 there.

Looking forward to communicating with you and relaying the communications!

...submitted by Emma Rose Rayburn OPC Communications Chair



CATHOLIC
and **LIVING IT!**