



December 2022 Edition

Featuring the Alexandria Cornwall Diocese and OPC Organization Chair

CATHOLIC
and **LIVING IT!**



Linda's League Letters

Dear CWL Members,

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During the seasons of Advent and Christmas, we carry on traditions that our families have embraced throughout the years. As a first-generation Canadian of Croatian descent, I am always learning about customs of my ancestors. On St. Lucy's Day, December 13, it is a practice in Croatia and other European nations, to plant a small amount of wheat. The wheat grains are placed in a dish or plate of soil and watered. The container is kept in a warm spot and the soil moist, allowing the seeds to germinate. By Christmas the shoots will be several inches high, reminding us of the New Life born in Bethlehem. On Christmas Eve, as we celebrate the birth of the Christ Child, the plant will be tied with a ribbon and candles placed in the centre, symbolizing the "Light of Christ".

My wish for you is to have a blessed Advent and Christmas, surrounded by the love of family and friends, knowing you are loved by God and all your League sisters.

Merry Christmas
Linda Squarzolo

Tips on How to Grow your own Christmas Wheat

If you'd like to grow your own, you need just a few things, like a **little plastic cup or ramekin dish**, a **little dirt or potting soil**, about an inch deep, and **raw hard winter wheat seeds** enough to line your container. (I usually just grab some dirt from the garden or a planter outside I have and get about a cup of raw seeds at a grocery store that typically sells nuts and grains from bulk containers.)



Soaking the wheat seeds overnight can give them a nice head start, especially if you don't have a warm, sunny window to keep them in while they grow. Plant the seeds, lightly covered in damp soil, and **keep them very moist, but not drenched**. Don't let the seeds and soil dry out, especially as the seeds are germinating. They'll need more water as they grow, but usually I start with a few spoons of water a day to maintain even moisture.

It's a **great prayer activity for kids** to plant and watch the wheat grow, like a little image of themselves, that they can place next to baby Jesus on Christmas day, and one day envision being transformed into Him. Great First Communion meditation activity too.

A simple prayer as you water them and watch them grow can be, "**Lord help me to surrender my life into your hands and be renewed with Your Spirit.**" or, "**Help me to see that I am nothing without Your Love**" or, "**Help me to see You transforming me when I receive You in the Eucharist**" or, "**Help me trust that I can surrender my life to You completely.**"

If you miss the 13th, don't worry! Christmas is a 'season'. (*I actually plant several rounds to keep fresh shoots going throughout the traditional 40 days of Christmas feasting until the last Christmas feast day of The Presentation on the 2nd of February! And yes, I have my Christmas lights out that long!*) So you have time! And... you may even find 'wheat grass' sold in the produce section of your local grocery or health food store. If you can't find it but you see them selling other micro greens, just ask them about ordering 'wheat grass that is still growing' (vs. cut) and they might be able to order it for you for their next delivery. Then just display it in your favorite little planter in your nativity or on your table, and keep watering it. ;-)

Many blessings to you as you meditate on this special devotion.



**editor's note I was intrigued after reading Linda's message so I went goggling and this post popped up and I'm sure you will find it as interesting as I did.*

<https://www.christmasnovena.com/blog/a-st-lucys-christmas-wheat-meditationdec-13>

ALEXANDRIA CORNWALL DIOCESE

Dear Sisters in the League

It is hard to believe that we are near the end of November and Advent will be upon us when the newsletter comes to print. It is always a time for joy and hope.

As the year gradually opened up from the Covid pandemic protocol, the A-C Diocesan Council was pleased to hold meetings in person. Except for our first meeting in February held on ZOOM, our members looked forward to gathering in April for a Spring Retreat held at the historic St. Finnan's Basilica in Alexandria.

After three years, the members joined together for the 96th Annual Diocesan Convention on May 29th, 2022 at the Ramada in Cornwall. Starting off the day with O Canada, to the Crowning of Mary ceremony, and highlighted by the very moving and inspirational reports by the Diocesan Chairs and Parish Presidents on the theme "My Catholic Treasure". Then a Misconceptions Workshop was presented by Colleen Perry, Provincial President and Betty Colaneri, National Representative. We were pleased to host Archbishop Marcel Damphousse who expanded on the Papal Synod. Then off to Mass at St. Francis de Sales Church, reaffirming the executive, closing with a wonderful banquet. It was a great way to end the day. A Diocesan project of special prayers for Vocations came to fruition a few days later with the witness of three Priestly Ordinations. It was a beautiful ceremony. In July, the Provincial Convention in Ottawa, ON and in August, the National Convention in Kelowna, B.C., were back in person for the first time in three years. What a wonderful way to celebrate being together. On October 15th, there were two Rosary Rallies in our Diocese. At the Rally in Cornwall, the Indigenous women from St. Regis participated in reciting one decade and singing hymns in Mohawk. The Diocese is working on including and learning from our Indigenous neighbors.

The Diocesan Council is very excited and working hard towards welcoming everyone to our diocese next year in July for the Provincial Convention.

It is a joy to be back together in person. The amazing things that our small diocese has done through the year with helping the Food Banks, to reaching out to our sisters in the League, we are Making a Difference. Our Diocese has kept the faith and is continuing to do the works that we are called to do with Our Lady of Good Counsel watching over us. Wishing each and every one and your families a spirit filled Advent, a wonderful Christmas and all the best in the New Year.

Blessings,

Angela Gaudet

Alexandria-Cornwall Diocesan President

On May 31, 2022, three seminarians were ordained to the Priesthood on the Feast of The Visitation of the Blessed Virgin Mary by Most Rev. Marcel Damphousse (Ottawa-Cornwall). The Ordination took place at the Notre Dame Cathedral Basilica in Ottawa. Thank you to these young men for saying "Yes" to the call.

Pictured right to left- Archbishop Prendergast, Fr. Kevin Burgess, Fr. Marc Gaudet, Fr. Connor O'Hara, Archbishop Marcel Damphousse and Bishop Guy Desrochers.





Diocesan activities from sharing our treasures at convention to donating to Hospice, to Service Club Bowl-a-thon, to busing it to Ottawa for Provincial Convention we do all with great love. Catholic and Living It!

Our Lady of Grace/St. Pius X Council

AUG. 24, 2022 Preparing Strawberries for a Social at Our Lady of Good Counsel School. Service with a smile and maybe a bite or two of a strawberry!!



Our Lady of Grace was happy to welcome all the participants at their annual Rosary Rally. Shelley Bray & Marilynn Light organizers of Rosary Rally held on October 15th, 2022 (pictured on right)



CWL and Nigerian priests at the Canadian NIGERIAN RETREAT hosted by Father Augustine Obago, s.m.m.m. and Our Lady of Grace/St. Pius X and St. Bernard's CWL parish Councils OCT. 5, 2022.



St. Andrew's Council



From the sugar bush to breakfast gatherings St. Andrew's members have a great time socializing.

St. Andrew's CWL served soup at a Hunger Meal on Good Friday. Money raised for the Refugees from the Ukraine.



The council members made roses for Mother's Day. Money raised was given to the Mission in Toronto. The charity was started in Alexandria.



One of our CWL members participated in the Miss Canada competition held in Toronto. Congratulations Jillian for letting your beauty shine from inside out!



One of our members Francoise Crosby quilted the Catholic and Living It quilt. St. Andrew's Council president Linda Lynch was proud to be pictured with the Provincial President and Provincial Spiritual Advisor.

The quilt was displayed at the Ramada Inn at the Diocesan Convention and at the Provincial Convention in Ottawa.



Celebrated Father Louis 25th anniversary as a Priest. The CWL was pleased to provide decorations and snacks for all the parishioners.



The St. Andrew's celebrated fall with a potluck and pin distribution evening.

It is in the little things you do and say that make a difference. Go make a difference!!



A very Happy 95th Birthday to Life Member Edith MacPhail
May the blessings of the Lord be upon you.

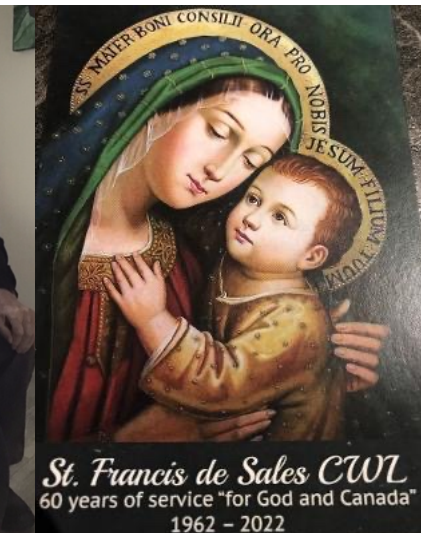


After 1 year, the women of the St. Bernard's CWL council in Finch, Ontario are still going strong. They gather monthly to make fresh fruit pies to sell to the parish on Pie Sunday. Not only do they raise money for their council and their works of charity, but they have the best time doing it. God is good!



I heard - it's easy as pie to have fun in the CWL!!

The St. Francis de Sales Council, in Cornwall celebrated the special occasion of their 60th anniversary with a mass followed by a potluck enjoyed by all. A bouquet of flowers was presented to the last original charter member, Mrs. Dorothy Healey.



With sisters from across the Diocese St. Francis de Sales Council honoured Msgr. Kevin Maloney on his 50th Anniversary of his Priestly Ordination.



St. Finnan's Council of The Catholic Women's League of Canada

St. Finnan's Council has had a busy year! It was an honour to host the Alexandria-Cornwall Diocesan Spring Retreat at St Finnan's Basilica in Alexandria on April 28th, 2022. 75 women from across the diocese attended Holy Hour, Mass celebrated by Diocesan Spiritual Advisor Fr. Augustine Obago, smmm, and an inspiring talk by Deacon Guy Coté. All nine Alexandria-Cornwall CWL Councils and the Diocesan Executive contributed to the bountiful lunch enjoyed during the lively social time following the Retreat.



So successful was the evening that Diocesan Past President Emma Rose Rayburn - also the Provincial Council's Spiritual Life Chair - requested that the closing Mass for the Ontario Provincial 12 Hours of Prayer for Palliative Care be held at St. Finnan Basilica the very next week. On May 5th, 2022, Ontario Provincial President Colleen Perry welcomed Archbishop Marcel Dampousse, who presided at the Mass. The celebration was livestreamed across the province.



St. Finnan's Parish Council continued its tradition of sending personalized Easter and Christmas cards with chocolate to 200 seniors in local nursing homes; supported a local food pantry; presented first Communion gifts, and sold Mother's Day roses. A new undertaking is our Prayer Shawl ministry. Hand-knit shawls and blankets were presented to several in the community in need of prayer.

What a treat it was to gather in person again for the Alexandria-Cornwall Diocesan Convention on May 29th! It was a beautiful time of prayer, education and celebration.

St. Finnan's CWL and Knights of Columbus Councils co-sponsored a commemorative plaque to hang in the basilica to honour the Sisters of Holy Cross' historic 166-year presence in Alexandria. The farewell Mass and lunch were a summer highlight.



Celebrating the Sisters of Holy Cross a true blessing to our whole Diocese.

Members gathered this fall for a Wine and Cheese in September; a Rosary for World Peace service in October; General Meetings in October and November; and a Mass for deceased CWL members. Projects included collecting Jell-O for Christmas food baskets, and Christmas outreach for our homebound members, for long-term care home residents, and for the parish school's students. As Advent begins, we look forward to sharing a traditional Christmas dinner with our neighbours, St. James' CWL Council; to our Cookies for Christmas fundraiser; and to the Diocesan Advent Retreat. We'll help plan Alexandria-Cornwall's final Diocesan Convention, and the Ontario Provincial CWL Convention in July.

We pray for a fruitful Advent and abundant blessings of the Christmas season for our League sisters in all nine of Alexandria-Cornwall parish councils, and for all those across the Province of Ontario.

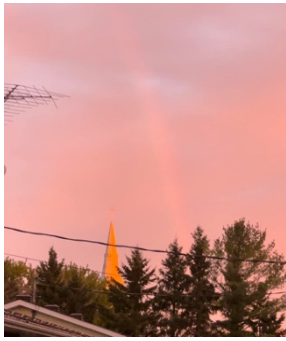


Sisters in the League and sisters by blood, Anne Gauthier and Frances O'Dair both received the Maple Leaf pin at St. Columban's Annual banquet in June. Presentation made by President Barbara Champagne.

ST PETER'S CATHOLIC WOMEN'S LEAGUE ROSARY RALLY took place at St Peter's grotto on October 15th. Thank you to everyone who participated most especially to our Pastor Fr. Matthew Brunet, our host Thom Racine and our friends from Akwesasne led by Bernice as we prayed to OUR LADY to help us make a difference in the world.



Bernadine Greffe was awarded the Bellelle Guerin Award at our Diocesan Advent Retreat at St. Andrew's Church-December 9th, 2021. Bernadine is pictured with her sisters from St. Peter's council.



Our Lady of the Angels in Moose Creek can use our prayers as they discern the faith of their beautiful Church. Here is a Facebook post from our sister Lynn Pomainville; As I have my morning coffee and I ponder all I understand about the faith of our beautiful church I looked over at the steeple as I do every morning! To my surprise a beautiful rainbow appeared! Picture may not do it justice!

*To our Sisters of Our Lady of the Angels and all the parishioners know that you all are in our prayers. 🙏



This group of lovely ladies are part of a monthly diocesan friendship luncheon group. Originally started out as past diocesan presidents and Life Members then with discernment realized the best way to mentor and grow in the league was to welcome all. We gather to celebrate friendship, birthdays, and our works in the league.



St. James Council is pleased each year that they have the opportunity to honour all those that have served and still serve our great country.
God keep our land glorious and free.

Our small community is tight knit, and it is with great joy and love we are able to help those in need. It was a nice gesture for Maxville Manor to post a thank you on their Facebook page, which read as follows; THANK YOU! to the Maxville CWL St. James Council for your generous donation which will provide each resident of Maxville Manor with a gift, as part of our Christmas celebrations this year.



Organization Standing Committee

"Holiness grows fast where there is kindness. I have never heard of kind souls going astray. The world is lost for want of sweetness and kindness."

Mother Teresa (*Do Something Beautiful for God*)

Organization is truly something beautiful with its responsibility to attract new members through a projection of all that is good within and surrounding The Catholic Women's League of Canada. Without even recognizing it, organization chairs are leading and mentoring by fulfilling the duties of the standing committee. Guaranteed when asked to let their name stand, most women said, "No not me." However, election after election we are witness to the wonderful transformation of these women into leaders who then invite other women forward. This is the reason for the success of the League over more than one hundred years. All the women saying yes, ringing down through the years.



The responsibilities for the Organization Chair were formerly included in the Executive Handbook which has been discontinued due to the new structure of the League accepted by motion at the annual meeting in August. Stay tuned for updates on new resources as they become available for who will lead the membership charge.

Leadership Zoom Development

These zoom sessions continue so please advertise on your social media and websites for each upcoming session. With the final draft of the tool kit, I will share these with short descriptions suitable for that purpose. There was confusion on the email address early on; please use preselectopc@tbaytel.net.

Annual Reports

If you are an active member, please reach out to be sure your council completes the annual report. **Your council may not have received the fall mailing and need to reach out to national.** The survey is much shorter this year and can be completed online or manually in one discussion. Strive to complete before the Christmas rush of activities.

Thank you all for your continued commitment to our beloved League both in the present and for the future. May Our Lady of Good Counsel continue to intercede for us, asking her Son to send us the gift of the Holy Spirit to ensure right guidance for all our thoughts, prayers, and activities.

Membership Recruitment and Retention

Membership is the responsibility of all of us. The diocesan president-elect/organization chairs and I have met twice this fall to share ideas on how to support membership recruitment and retention at the parish level... below is a sneak peek at resources coming soon ...

If It Is To Be,
It's Up To Me

An Infographic



This is an eye-catching visual representation of information (example to left). It can include a variety of different information regarding a product, business, or organization. Different content could appeal to different types of members, and at different levels of the League with provincial providing digital templates.

If you have suggestions share them through the contact us page on the provincial website www.cwl.on.ca.

Here are ideas we have discussed:

For those striving “to make a difference” ... number of pieces of legislation influenced, # of government meetings, social justice project impacts (wells, orphanages, malaria nets . what else?) .. Let’s delve into the history books and find some more ..

For those looking for social interaction and long-term friendships .. # of events hosted in a year, annual meetings at all levels, # of years of service of members (extracted from membership lists), formal networking opportunities if available

Suggestions for opening discussion and invitation

One of the things we talked about was a 2-minute elevator speech. The group who discussed this during our last call indicated there was just so much to consider, so many different avenues. Here is my thought, what if we develop some outlines for approaching members at different places in their lives. Each would end with ideas to share from the infographic and/or suggest handing out the info graphic. It could be different to approach a young mom versus a retired, mature woman versus a single woman versus someone you meet at a spiritually enriching event versus a young person ... thoughts? Stay tuned for these examples/suggestions to be part of the toolkit the Ontario Provincial Council will make available early next year.

Personal testimony keeps coming up in discussions on membership. I am challenging you each to share a personal CWL story of the impact of the League in your life through the contact us page on our website www.cwl.on.ca, and ask other members to do the same. These stories would be used to write **anonymous** short stories suitable for social media. The plan is to collaborate with Emma, provincial communications chair, for distribution on provincial social media and to diocesan communications chair for diocesan and parish social media.

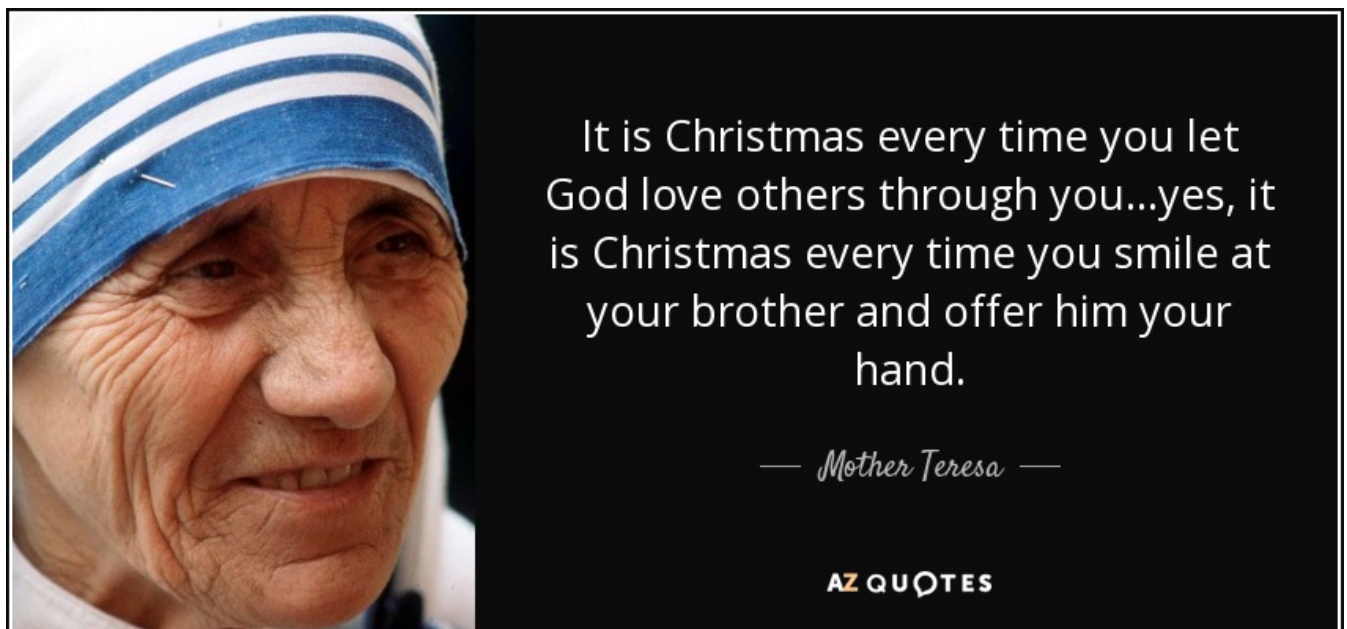
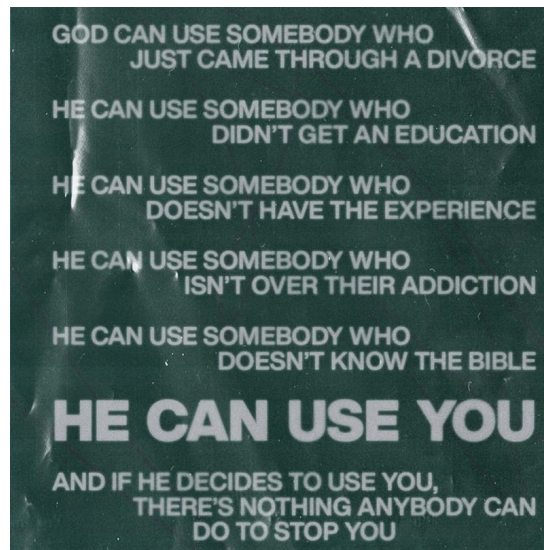
Youth and campus ministry/outreach

The plan is to brainstorm a specific strategy or strategies with simple suggestions for local engagement of youth. If you have ideas, you know what to do .. share them through the contact page on the website www.cwl.on.ca.

No-one left behind

The fact we are losing so many members is alarming. How do we engage with those who do not renew and with current members to stop this negative flow? Are you interested in working on this area of our strategy. If Holy Spirit is nudging you, please step forward, we need 2 or 3 people to meet a couple of times and brainstorm ideas.

..... Submitted by Colleen Martin, OPC 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

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

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

Hosted by: Alexandria-Cornwall Diocese

Mention to Santa you have been good all year and maybe he can gift you a t-shirt to wear at the convention!



We are excited to be offering our favourite accessory as one of our fundraising efforts – we never go to convention without packing one of our CWL t-shirts! The t-shirt is of high quality cotton in navy blue donning our CWL crest. 2 styles to choose from.

T-Shirt \$30 or Polo/Golf shirt \$50
Sizes available S-3XL

To order you may send an email to: actshirt2023@aol.com
We will receive payment by e-transfer or by cheque payable to CWL ON PROV CONVENTION 2023. Feel free to email us with inquires – or mailing address is
Auntie Em's Scrapbooking & Quilting
109 11th St. West Cornwall ON K6J 3A8
Please note that postage is not included and t-shirts will only be ordered upon receipt of payment. Thank you.

P.S. Keep an eye on our A/C Diocesan facebook page for some upcoming draws!

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

Merry Christmas



May you be filled with the wonder of Mary,
the obedience of Joseph,
the joy of the angels,
the eagerness of the shepherds,
the determination of the magi,
and the peace of the Christ child.
Almighty God, Father, Son and Holy Spirit
bless you now and forever.

Christmas Reflection:

When the song of the angels is stilled;
When the star in the sky is gone;
When the kings and priests are home;
When the shepherds are back with their flocks.....
The work of Christmas begins.....
To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among peoples.....
To make music in the heart!

Wilma Vanderzwaag
Ontario Provincial Council
Spiritual Development Chair

Christian Family Life

Sub-Chairpersons: Angela Pellerin and Audrey Shelton

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I was naked and you clothed me, I was sick and you looked after me, I was in prison and you visited me.....whatever you did for one of the least of these my brothers, you did for me." Mathew 25

Wishing you all a very blessed Advent. As we approach this giving season, let's remember not only our family members, but many others in our community in need of help.

The Christian Family Life standing committee is responsible for family and ministry to youth, seniors, single, widowed, divorced and separated. There are so many possible ways we can "Go Make a Difference" in their lives this Christmas season.

Get involved with organizations which help out.... Christmas Cheer, Operation Christmas Child (the Shoebox Project), St. Vincent's Place, Toys for Tots, the Salvation Army, to name but a few. I'm sure your city has lots from which to choose.

There are personal ways we can help too. Here are some ideas and I'm sure you can think of many more:

- Complete an advent calendar – fill a box with the items listed daily.
- Pick a donation tag from a Jesse tree.
- Volunteer in a soup kitchen.
- Visit a shut-in - a simple visit means so much to someone who is homebound. Share Christmas baking with them. What a wonderful gift!
- Send Christmas cards to residents in nursing homes – better still, hand deliver a card and stay for a cup of tea with them.
- Be there for someone who is alone or grieving. Even a simple phone call to a divorcee or a separated person lets them know that you are thinking of them
- Offer a ride to a senior to take them to a church service, Christmas shopping or to buy groceries.
- Invite someone who is alone over to your home for coffee and cookies. Invite someone who would be alone on Christmas day to enjoy dinner with you.

Merry Christmas to all!

.....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."***

(His Holiness Pope Francis – Twitter, July 2022)

This month, we wish to highlight the national resolutions under the Community Life Standing Committee (found at ... <https://cwl.ca/resolutions/by-position/#CL>).



2013.01 Building Relationships and Partnerships with Canada's Indigenous Peoples (gifted by New Brunswick Provincial Council)

The **Resolved** clauses asked, "That national council ... urge the current national executive to:

- Build relationships with indigenous women leaders
- Identify ideas and programs for members through the national standing committees on building or deepening relationships and partnerships with the indigenous peoples of Canada

and encourage all members to reach out to indigenous peoples in our communities".

The **Brief** states, "*Since 1951, the League has indicated its support for indigenous peoples with nine resolutions under the community life standing committee*".

(full text found at: <https://cwl.ca/resolution-2013-01-building-relationships-and-partnerships-with-canadas-indigenous-peoples/>)

2016.01 Equal Access to Permanent Resident Status, an Amendment to the Immigration and Refugee Protection Act (gifted by Ontario Provincial Council)

The **Resolved** clause asked, "That national council ... urge the federal government to amend the *Immigration and Refugee Protection Act* so that foreign workers may apply for permanent resident status regardless of occupational classification".

(full text found at: <https://www.cwl.ca/wp-content/uploads/2013/10/01-Ontario-Provincial-Council-Equal-Access-for-Permanent-Residence-an-Amendment-to-the-Immigration-Act.pdf>)



2017.01 Full Implementation of the Supreme Court Decision in *R. v. Gladue* for Indigenous Offenders (gifted by Ontario Provincial Council)

The **Resolved** clause asked, "That national council ... urge the federal government to fully implement the *R. v. Gladue* decision by directing the courts of Canada to ensure that Gladue reports are provided to all judges before sentencing Indigenous offenders."

(full text found at: <https://www.cwl.ca/wp-content/uploads/2013/10/Convention-2017.01-ON01-Gladue-Ontario-Provincial-Council-August-9-2.pdf>)

2018.01 Attestation Requirement on Canada Summer Jobs Program (gifted by B.C. & Yukon Provincial Council)

The **Resolved** clause asked, "That national council ... urge the federal government to remove the attestation for all future Canada Summer Jobs programs."

(full text found at: <https://cwl.ca/wp-content/uploads/2018/09/2018.01-final.pdf>)

2022.01 Enact Federal Legislation to Reduce Food Loss and Waste (gifted by Alberta MacKenzie Provincial Council)

The **Resolved** clause asked, "That national council ... urges the federal government to enact legislation to reduce food loss and waste in Canada's agri-food, industrial, commercial and institutional sectors."

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

In the New Year, choose one of these resolutions and discuss it with your sisters in the League at a general meeting. Or, invite a guest speaker to educate members on the topic and raise awareness. This may spark a letter-writing campaign.

Wishing all members a blessed Christmas!

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

SISTERS TOGETHER in CHRIST PROJECT

The Sisters Together in Christ project, was initiated in the Hearst/Moosonee Diocese in September of 2018 as a way to develop a bond and friendship with our sisters in the northern section of our new diocese. It has been a positive way of sharing and experiencing our spirituality, culture, social justice issues, talents and much more.

Our last visit took place over the June 10-13th weekend. Marlene Pavletic, a former member of our diocese and myself travelled to Moosonee aboard the Polar Bear Express on a beautiful spring day. The first evening, following mass, we were joined by some local women for tea, discussion and review of the weekend plans.

On Saturday morning we participated in a craft/food sale held in the parish hall. As a similar event had not taken place since the beginning of covid the vendors were kept busy especially a popular food vendor with her cheesecakes, cupcakes, bannock, nachos and much more. That evening we returned to the church for a crowning of Mary celebration.



Pictured above is elder Jeanne Tippeneskum, placing the crown of twelve stars on Mary's head. Roses were also added to represent CWL members, clergy, mothers and all parishioners. Following the celebration, we gathered in the hall to enjoy tea and goodies while watching the movie 'Fatima'.

On Sunday morning we attended the Sunday Mass, which is always a unique experience with the responses said in Cree and to view the incredible stain glass images. At the end of the mass five members were installed as new members of St. Theresa's Council in Geraldton. From left to right: Jeanne Tippeneskum, Lucy Desjardins, Lorraine Nakogee, Annie Gilles-Verner, Madeline Blundon(missing) Lynn Olenik, Marlene Pavletic and Father Paul in background.

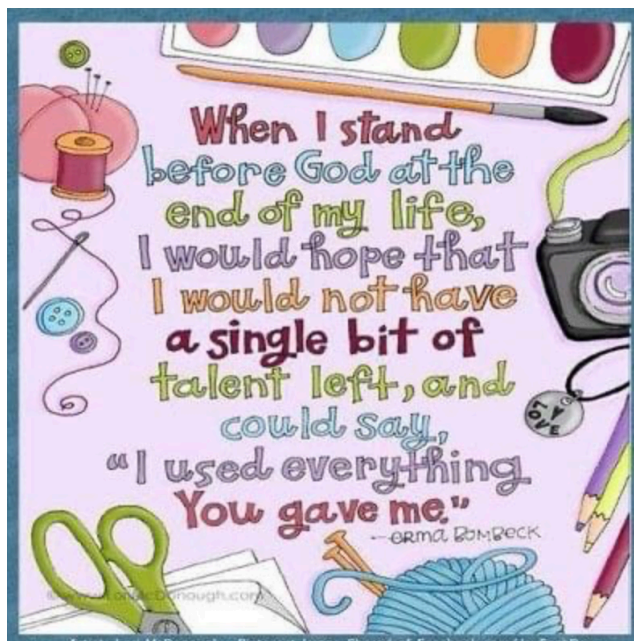


On Sunday afternoon we gathered again for crafts and discussion. We focused on the three aspects of the league...faith, service and social justice. We soon learned that these ladies were very active in the parish as lay ministers, music ministry, church decorating, assisting at funerals and the soup kitchen, etc. We discovered they had a great knowledge of the Bible and Catholic teachings, which was accredited to the Sisters of Charity and priests who held workshops in the past. The conversations were very informative and encouraging. It was inspiring to learn about the commitment, dedication and hard work these ladies demonstrate to keep their parish working smoothly while assisting Father Paul.

All the ladies returned on Monday to complete their craft projects and share in a spaghetti luncheon before we departed. And each lady went home with a door prize! It was a very pleasant weekend, rekindling friendships, sharing ideas and concerns, praying together and considering future plans.



Jeanne and Celine with their baskets.



TWINNING with our INDIGENOUS SISTERS

St. Theresa's Council in Geraldton has started a twinning project with our indigenous sisters in Aroland, a native reserve, 70 km north of our community. Our first visit took place on the evening of October 25th when ten of our members travelled to Immaculate Heart of Mary church to share a special candlelight rosary with the community. The intentions for each decade were designated for the elders, youth, families, and leaders of their town as well as for indigenous people throughout our diocese and country. As an added touch, a local parishioner, Angela Towedo, sang an Ojibway hymn and drummed between each decade. This was a wonderful way to begin a spiritual and cultural journey with our indigenous neighbours.



...submitted by Lynn Olenik, Life Member





Captured from National website... www.cwl.ca

Christmas Nativity Stamp Issue

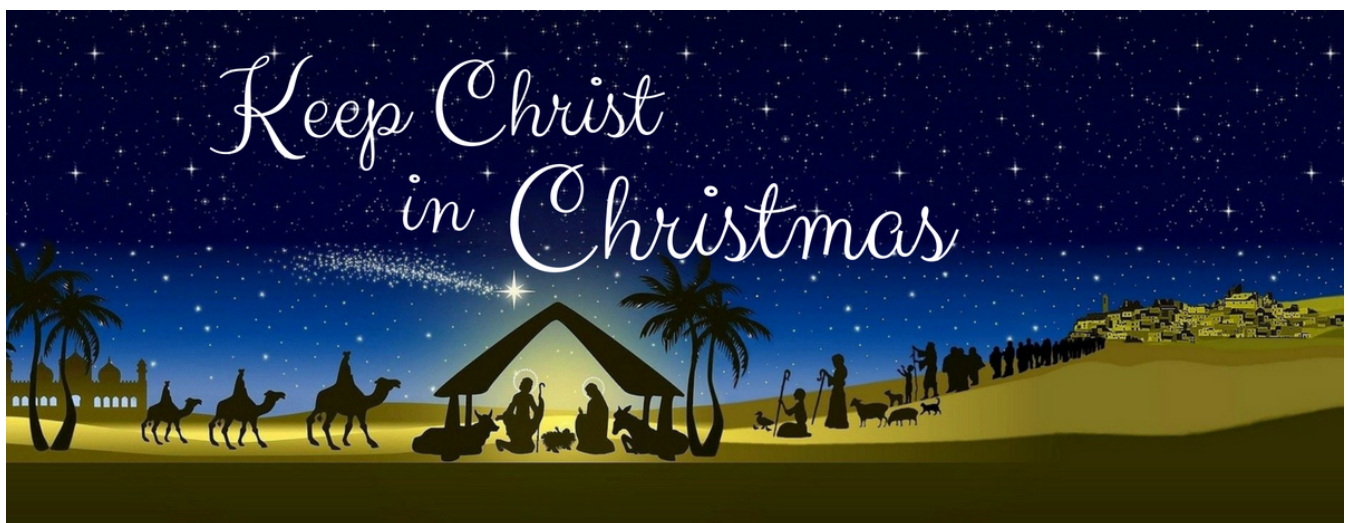
November 08, 2022

“Keep Christ in Christmas” (and all year long) with this booklet of 12 Permanent domestic rate stamps celebrating the Nativity. CWL members (and Councils) are encouraged to purchase them to ensure their continued production. Christian-themed stamps are an example of successful resolutions by the Catholic Women’s League of Canada. See our [Resolutions re: Christmas Postage Stamps](#) article for more information.

These stamps are available in outlets as well as through the Canada Post website link:

<https://store.canadapost-postescanada.ca/store-boutique/en/114210/p/christmas-nativity-permanent-domestic-rate-stamps-booklet-of-12>

Celebrate Christmas in 2022 with this booklet of domestic rate stamps from our Christmas Nativity stamp issue. This stamp issue features a creative rendering of the Nativity, with an emphasis on the star that led the Magi to the infant Jesus.



Ste. Anne's CWL Council (Tecumseh, ON) celebrated its 100th anniversary

On Sunday, September 25th, 2022, Ste. Anne's CWL Council (Tecumseh, ON) celebrated its 100th anniversary with a beautiful Mass at Ste. Anne's Church and an Honour Guard of Fourth Degree Knights of Columbus. The celebrant of the Mass was Ste. Anne's CWL Spiritual Advisor: Fr. Mark Poulin. There were many former Ste. Anne's CWL Spiritual Advisors in attendance as concelebrants of the Mass, including the current London Diocese CWL Spiritual Advisor: Fr. Paul Kim.

The Mass was followed by a delicious luncheon at Beach Grove Golf & Country Club in Tecumseh, ON. Representatives from Provincial, Diocesan and Regional CWL Councils were present as well as representatives from local CWL Councils.

It was a wonderful celebration! Many thanks to the Ste. Anne's CWL 100th Anniversary Planning Committee!

Photo credits: Paul McNamara





...submitted by Rebecca McCarrell
Past President, London Diocese



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

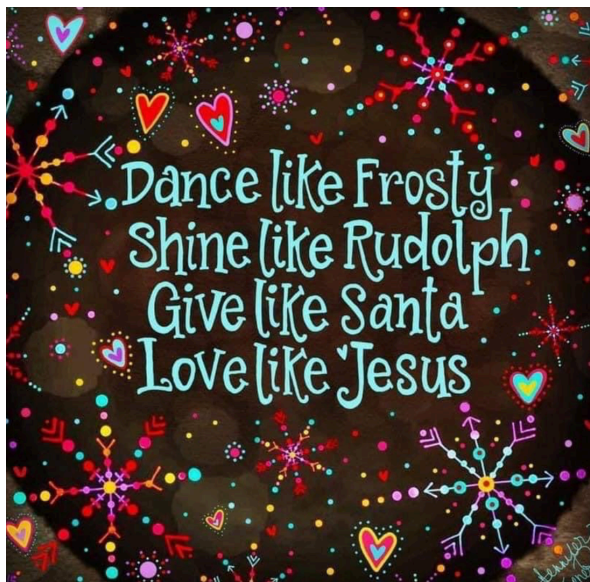


Show Date is:
Monday, April 24,
2023

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.



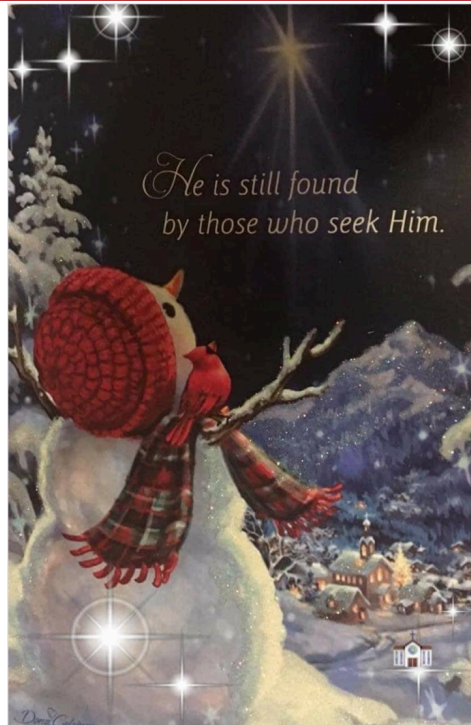


for

Thought

A Christmas Letter from Jesus

*When you look for me at Christmas,
You won't need a special star.
I'm no longer just in Bethlehem,
I'm right here where you are.
You may not be aware of me
amid the celebrations.
You'll have to look beyond the stores,
and all the decorations.
But if you take a moment
from your list of things to do,
To close your eyes and say a prayer,
I'm waiting here for you.
You're the one I want to be with,
You're the reason that I came!
And you'll find me in the stillness
Where I'm whispering your name.*



I would like to take this opportunity to share with you a couple of my favourite recipes! This casserole has become one of our favourite ways to consume our leftover turkey - #1 of course is a fresh bread turkey sandwich and then turkey pot pies. However one year I happened to google leftover turkey recipes and this one had popped up and we were pleasantly surprised! I hope you enjoy it too. Oh and the squares are awesome – I've never made them but I have certainly consumed my share of them – I like them with any of the fillings – raisins or chocolate chips are my top favs! ☺

Thanksgiving leftover turkey casserole recipe;

<https://www.hellmanns.com/us/en/recipes/thanksgiving-leftover-turkey-casserole-recipe.html>













CHRISTMAS BUTTERTART SQUARES

Brown Sugar Shortbread Bottom:-
3/4 cup butter
2 cups flour
1/2 cup packed brown sugar

Filling:-
4 eggs
2 & 1/2 cups packed brown sugar
1/4 cup melted butter
1 cup raisins or pecans or walnut or currants or chocolate chips or nothing, which is what I choose, whatever suits your family.
3 tbsp apple cider vinegar (white will work to)
1 tbsp vanilla
1 tbsp all-purpose flour

Mix the first three ingredients in a mixing bowl until crumbly. Press into greased 9"x13" pan that is lined with parchment paper, leaving the ends of the paper long enough to lift the squares out of the pan, to make it easier for cutting.
Bake the bottom at 350 degrees for 10-13 minutes (I baked mine for 13 minutes) or until light golden brown. Beat eggs, brown sugar and vinegar together with a whisk until well blended. Whisk in remaining ingredients. Mix well.
Pour over the base.
Bake 30 to 45 minutes or until set and golden. Let cool and cut into squares.

Christmas Countdown Kindness Calendar

1 COMPLIMENT A STRANGER	2 hold the door open for someone	3 e-mail encouraging words to a friend 	4 show off your best smile all day 	5 Volunteer
6 leave a great big tip! 	7 give someone a "just because" gift	8 help a friend wrap gifts 	9 * shower someone with compliments like confetti	10  donate to a shelter
11 Make cards for soldiers overseas	12 Donate used books to a library 	13 Leave some change in a vending machine 	14 take dinner to another family	15  go Christmas Caroling
16 give out free hugs	17 leave a kind note on the hood of a stranger's car	18 Pay for the car behind you in a drive thru line	19 Bring baked treats to your local police or fire station 	20 support local business
21 babysit for free	22 help a neighbor with lawn work	23 Help clean snow off cars 	24 Let someone skip ahead of you in line	25 keep acts of kindness going year-round!

SheLivesFree.com

I have just been introduced to this beautiful song by Micheal Card called Joseph's Song, I found it very thought provoking as it's not often we think about how Joseph may have felt.

Here is the link to the song:

https://music.youtube.com/watch?v=KT4VDAIaMwU&list=OLAK5uy_mULlq4tAHI2Ui7u55I1CijdQrQOYOWSlg

And here is a very powerful testimony to Joseph and all he did for us. This homily is well worth the read.

<https://d2y1pz2y630308.cloudfront.net/22107/documents/2019/12/Fourth Sunday of Advent - December 22 2019.pdf>





Paddy's Passion

Christmas is upon us, let us rejoice and shout for joy! Christmas is a hardship for many, so let's open our hearts to those in need.

In your churches there are so many ways to decorate your church with giving trees.

- 1) Fill the tree with mitts, hats, scarves and socks. Then donate to the homeless.
- 2) An angel tree with names of those in your parish who need a little gift at Christmas, have the families pick a tag, fill the tag and return with the gift
- 3) A Dove tree filled with those who need our prayers, from our loved one to our deceased.
- 4) For those who have lost a loved one this past year, donate a flower for the altar in their name.

It's getting cold outside; do you have an extra blanket you can donate. Instead of exchanging gifts at work donate a blanket, then donate it to your local shelter or OPP. Did you know the OPP carry with them blankets and coats throughout the cold months? Yes, they do and give out when needed to those they come across on their shifts.

Christmas is a very stressful time of year; how can we brighten someone else's day when we are running around. A smile goes along way. Say hello to those you meet. Most importantly, be kind to those who are working in retail. Fill your pockets full of mini candy canes and hand them out. Let's remember to prayer for our priests, especially the new priests who may be on their own in our beloved Canada for the first time away from their families. Our priests receive many calls asking for help this time of year. What can we do to help support our priests? Gift cards of gas, grocery stores, coffee shops.

We are in this together, and together we will make it an amazing Christmas for all, just like Jesus did the day he was born.

~~~~~  
~~Family night ~ Best movie ever for Christmas. **A Dog Named Christmas.**

A developmentally challenged young man with a penchant for caring for animals in need sets out to convince his family and their whole rural community to participate in a local shelter's inaugural. Adopt a Dog for Christmas program.

~~~~~  
~~God Bless you my beautiful ladies of the C.W.L. May you open your hearts and have it filled with love, joy and giving to others during this season of Hope. Merry Christmas. Love your sister Paddy

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.

Children:

Mortimer's Christmas Manger by Karma Wilson

This adorable, wee little mouse named Mortimer hears the Christmas story read and decides to give up his bed for the baby Jesus in the family nativity scene.

You may purchase at Amazon or Indigo

Mary, Did You Know?: The Story of God's Great Plan by Mark Lowry

One of the most popular Christmas songs of our time, "Mary, Did You Know?" has dramatically impacted the lives of countless listeners. Now families will experience the story as never before, as it's brought to life through resplendent illustrations, plus interpretive Scripture verses in easy-to-understand children's text.

The hearts of children and parents alike will be stirred by this wistful, insightful, and awe-inspiring narrative of the extraordinary life of Jesus. Mary, Did You Know? will give rich enjoyment to your family's "reading together" times, not just at Christmas, but any day of the year.

You may purchase at Amazon

Bright Christmas: An Angel Remembers by Andrew Clements

A poetic account of the Nativity is told from the viewpoint of an angel who sang during the evening and describes the preparations that went into making the earth ready for the special event.

You may purchase at Amazon

A Christmas Carol - Charles Dickens

This classic 1843 tale by Charles Dickens has all your favorite characters in their original telling: Scrooge, Tiny Tim, Bob Cratchit, and the rest. This beautiful hard cover edition includes the original illustrations, in full color, by John Leech. The cover is also very close to the original. All in all, if you want to read "A Christmas Carol" as nearly as it was when it was first written, this edition is for you.

You may purchase at Amazon, Indigo and BookOutlet.ca

Adults

Jesus Calling for Christmas - Sarah Young

Are the holidays too hectic? Take a few minutes to savor the season with this beautiful Christmas edition of "Jesus Calling" devotions, a perfect gift that includes 50 short selections along with festive and breathtaking imagery.

You may purchase at stcloudbookshop.com and Amazon

The Light of Christmas Morning by Susan Joy Bellavance

The best and most important gift we receive at Christmas is the infant Jesus, the true light of the world who refreshes hearts, revives souls, and restores hope.

The Light of Christmas Morning shares a heartwarming family tradition that honors the divine gift of the Savior — before the other gifts around the Christmas tree are opened. Filled with beautiful original artwork, this book celebrates family faith and holiday traditions while always keeping Christ Jesus at the center and capturing the tenderness and warmth of the home we long for at Christmas.

Sure to become a family favorite, this story will touch hearts, minds, and souls with the authentic embrace of Christmas.

You may purchase at Amazon and ChristianBook.com



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 at 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.

If you would like to post something in the newsletter please send an email to Madame President Linda Squarzolo presidentontario@gmail.com and cc myself at emmacwl4life@aol.com. We look forward to hearing from you.

...submitted by Emma Rose Rayburn OPC Communications Chair