



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



ON-LINE NEWSLETTER

January 2023 Edition

Featuring the St. Catharine Diocese and OPC Resolution Chair

CATHOLIC
and **LIVING IT!**



Linda's League Letters

This Issue

Linda's League Letter	1-2
St. Catharine Diocese	3-16
Resolutions Chair	17-18
Save the Date	20
Spiritual Development	21
Community Life News	22-23
Around the Province	24-31
Food for Thought	32-36

Dear CWL Members,

As we begin 2023, I would like to extend my personal wishes to you and your loved ones for a Happy New Year and a wonderful year ahead!

Being Canadians, January means settling in for the next few months of winter. I must confess that this is my least favourite season. If I could, I would escape to somewhere warm until spring. Instead, I hibernate inside with a hobby.

My time is often spent with a good book. I love historical fiction and just finished reading a book set during World War II. "Sisters of Night and Fog" by Erika Robuck tells the story of two women, Virginia and Violette, who were part of the Resistance in France. Although the book is fiction, the characters are real people and most of the events actually occurred.

At the end of the book the author offers her thoughts about the journeys of these two courageous women, saying,

“... showing the different ways that women, in particular, are called to serve. How each of us has a vocation, and we cannot have peace until we become who we are meant to be. Also, ultimately, they show us that none of us can operate alone. We are all called into a community of people working together for good.”

Although, we, as League members, are not asked to put our lives on the line for others. Our vocation is calling us to be a “community of people working together for good”. Let’s see how we can make a difference in 2023.

Bee-lieve in what you can accomplish!
Linda Squarzolo



The Diocese of St. Catharines

Blessed, as in all in Ontario, to be able to resume in person groups, come together for meetings and attend events, the Diocese was able to flourish again. Focusing on spiritual development and growth, our Spiritual Development Adviser, Fr Richard Kowalchuk and Spiritual Development Chair, Deedee Alexandre encouraged all events to include by the Rosary. The power of the Rosary and Our Blessed Virgin Mary should be the center of our faith.

The Catholic Connections newsletter was also started. It is combination of faith, current faith events and news, and what is happening with the parish CWL's. The newsletter is a plethora of information that is growing in popularity. Parishes also enjoyed Pin Recipient dinners, celebrating 2019, 2020, and 2021. Many pins across the Diocese were handed out and more women attended, eager to be with their sisters in the league and share the joy of accomplishment.

We also celebrated Mass of the Deceased honoring those sisters who passed away. Again, we had 3 years' of remembrances and though sad, honoring our deceased CWL members is important. We need to remember them and acknowledge their membership and love of the league.

In the end much was celebrated and accomplished with grateful hearts and the burden of the pandemic lifting.

St. Kevin, Welland

On Friday February 18 the St. Kevin Catholic Women's League held a Fish Fry Fundraiser. This was the first fundraiser since the beginning of co-vid. The CWL partnered with The Lunch Lady Kitchen to provide a take out fish fry dinner. The profits from this fundraiser will help to support community organizations as well as supporting the schools associated with Kevin Parish. In total 153 meals were served.





St. Thomas Aquinas, St. Catharines

In March, St. Thomas Aquinas held a special meeting with a plethora of information to educate and inform its members about the instructed vote. Many attended and were happy to be given a time to focus on these important issues.

St. Julia, St. Catharines - Sacred Fire: March 28, 2022

Our Lady of Guadalupe Circle is a coalition of Catholic organizations, including both The Catholic Women's League and St. Vincent de Paul of Canada, working to renew and foster relationships with Canada's Indigenous Peoples. The Circle invites us to pray for peace and reconciliation as the delegations from First Nations, Inuit and Metis meet with Pope Francis at the Vatican March 28 to April 1.

Sacred Fires will burn across the county on March 28 from 6 a.m. to 11 p.m. as Canadians come together in prayerful solidarity. St. Julia's Fire will burn from 11 a.m. to 1 p.m. on that day, the hours for fires in Ontario. All the Diocese was welcome to attend.

From Left: Diocesan President, Lisa Fillingham, St. Julia Parish President, Mary Joel Modolo and Fran Waterhouse



St. Joseph, Grimsby

The new executive had its Installation Ceremony on March 31!!! Congratulations to all. Fr Rico Passero and President, Joanne Vanderlaan welcomes the new executive

Congratulations to Sally Power For receiving her 55-year pin!



The Cathedral of St. Catharine of Alexandria - March 15-April 6/22

We were very happy to host a hot lunch during lent following the 12:10 mass. This fundraiser provided an opportunity for parishioners from the Cathedral and other parishes to come together for fellowship and to share a meal together.



The St. Catharines Diocesan Spiritual Development Adviser is Father Richard Kowalchuk. Father Richard is a strong supporter of the CWL both at his parish and at Diocesan. I asked Father to write a little bit about himself and the CWL.



I was ordained in May, 1995 which means that I have been a priest for 27 and a half years, seven of which have been spent at Star of the Sea. I enjoy my role as Diocesan spiritual advisor as it affords me an opportunity to delve more deeply into the workings of the Catholic Women's League, something I would have had only a surface notion about if serving only on the parish level. The

ladies' commitment to our faith builds me up and I am pleased to be able to offer them some encouragement and to offer some clarification about matters of faith and morality when the occasion arises. My role has not been onerous and has given more than it has required of me. Also, we have been blessed in this diocese with a succession of capable presidents who have been a pleasure to work with (they keep getting better and better :) I also appreciate the privilege of attending Provincial and National Conventions, courtesy of our diocesan council.

Father Richard is a blessing to all who know him!

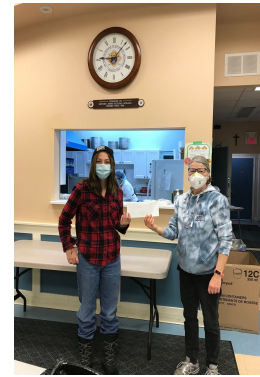
St. Thomas Aquinas, St. Catharines - During March, our SVDP and CWL hosted a well attended meeting on Housing and Eviction Prevention on Wed March 30.



On Thursday, March 31, St. Thomas Aquinas had a Day of Prayer for Peace in The Ukraine. Following 8 am Mass, exposition of the Blessed Sacrament and praying of The Rosary and Prayers for Peace in Ukraine, ending at 8 pm. We had anywhere from 2 to 14 people in prayer each hour.

Congratulations to Pearl Peritola, President of St. Thomas Aquinas, who was nominated by the Ozanam Center for her volunteer time and effort and then was awarded a plaque and recognized for her contribution. We are so proud of you!

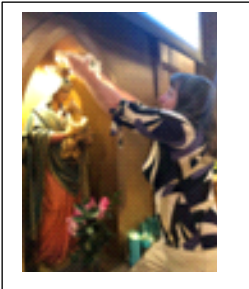
Pearl and her granddaughter working together



60th anniversary dinner for St Thomas Aquinas



May - The Crowning of Mary



Lorrie Mackenzie
St. Kevin President



St. Kevin CWL



Cathedral CWL



Star of the Sea
Mary Garden



St. Thomas
Aquinas

St. Thomas Aquinas praying at the Grotto behind their parish.



St. Michael, Fort Erie

A longstanding Catholic tradition, the May Crowning of Mary honours the Virgin Mary. A "May Crowning" is typically held, where Mary is presented with a floral crown. Recently, St. Michael's CWL honoured Mary as the mother of Christ, the most important woman in our Catholic faith. This year, to emphasize the importance of passing on our faith and traditions - 4 Generations carried the crown to place on our statue. This is CATHOLIC and LIVING IT !

Star of the Sea held a Mother's Day Tea for the first time. It was very successful and sold out. It will now be an annual event for all to enjoy!



The Diocesan CWL had its Installation Ceremony. Every chair received a prayer shawl crocheted by Lisa Fillingham, Diocesan President.



From left, Diocesan President Lisa Fillingham, Karen Hofstede, President - Elect, Deedee Alexandre, Dina Marchionda, Diane Szydowski and Cathy Crabbe, Past President Frances Murdaca

Diocesan Event - Held in May, Vance Badaway, MP for Niagara Centre, gave a talk on "Indigenous Peoples--Local to National Information" to the Diocese. It was very informative and a great deal was learned about what and how the government is working to aid with this relevant topic.

St. Patrick, St. Catharines - Three members were given their 50 year pin.



From Left: Rose Child, Fr Bevan and Doreen Tucker. Absent was Bette Muratori.

From Left: Doreen Tucker, Donnell Lucien, St. Patrick CWL Parish President and Rose Child.



The Cathedral of St. Catharine of Alexandria, St. Catharines June 9/22 Pot luck year end social was enjoyed by all and service pins were awarded to the following members; Rolande Hedden- 65 years, Linda Marie O'Hagan & Mary Onyskow - 50 years, Elise Mathie & Anne O'Brien - 35 years, Mary McDonnell - 25 years, Michelle Stewart - 15 years, Connie Buis & Nada Rodgers - 10 years, Dianne Heritz, Carrie Lee Bussi, Anne Marie White- 5 years, Vittoria Petruzzi & Gabriela Fagetan - Insignia pins.



Choose Life Dinner on June 4th was attended by Lisa Fillingham, Diocesan President and Deedee Alexandre, Spiritual Development Chair along with several other CWL members.

Star of the Sea celebrated their annual summer dinner and pin recipients at Mount Carmel, In Niagara Falls.

Pictured, 3 generations receiving their service pins, Linda Dirks, her mother Pat Waters and her daughter, Kate Palmer-Almond. Linda's great grandmother, Pat's Mother was Dorothea Cahill, a past Diocesan President.



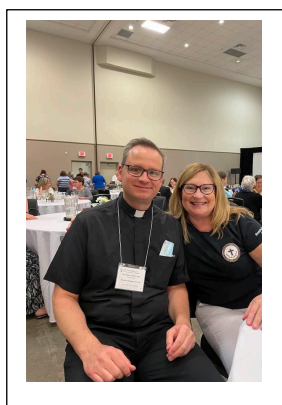
On Monday, June 27, the CWL women assembled at 11 a.m. at The Star of the Sea Parish and participated in the Roles and Responsibilities Activity led by Indigenous Advisor for the District School Board of Niagara, Sheila Maracle (first row, centre). Throughout the event, we learned a great deal & hope to have Sheila back to continue our education.



Our Lady of the Scapular, Niagara Falls

In the month of June, we were busy with a Potluck and Pin Presentation. We were also busy with the graduations of our 6 schools attached to Our Lady of the Scapular. We give scholarships to 5 elementary schools and one high school.

We also have monthly luncheons in the middle of each month. This month we were at Carolina Cellars. A wonderful way to stay connected and enjoy each other. These luncheons have been done for years and arranged different eating places. We also do Funeral Luncheons for our deceased Family Members and this month we did 3. The volunteers consist of CWL members and Parishioners. We are so blessed to continue this service.



In July, Diocesan President, Lisa Fillingham, Diocesan Spiritual Adviser, Fr Richard Kowalchuk and President Elect / Spiritual Development Chair, Deedee Alexandre attended the Ontario Provincial Convention in Ottawa. Others from the Diocese attended as well.

Fr Richard Kowalchuk and Diocesan President, Lisa Fillingham

Holy Rosary, Thorold
 Our Lady of the Holy Rosary Catholic Women's League highlights...
 White Elephant Fundraiser Sale - August 27 made the Thorold News for
 starting events that all can go to since the COVID restrictions.



Farewell reception for Fr. Kessete July 31 - pictured here.

CWL Years of Service Pins Mass & Presentation September 13th

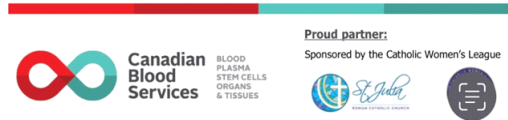
- 25 yrs. Veronica Bedard, Lena Mazzei, Antoinette Ruggi
- 40 yrs. Edda DalleSasse, Grace MacMillan
- 50 yrs. Anna Petrecca
- 60 yrs. Doris Miotto
- 70 yrs. Rosemary Gillan, Josephine Savoia

- 2022 recipients for 50 year pin Yolanda DalBianco and Betty Kloc
- 2022 recipient for 55 years Lottie Czapilicki (deceased months after the presentation)
- 2022 recipients for 60 years Livia Gallina and Margaret Styles



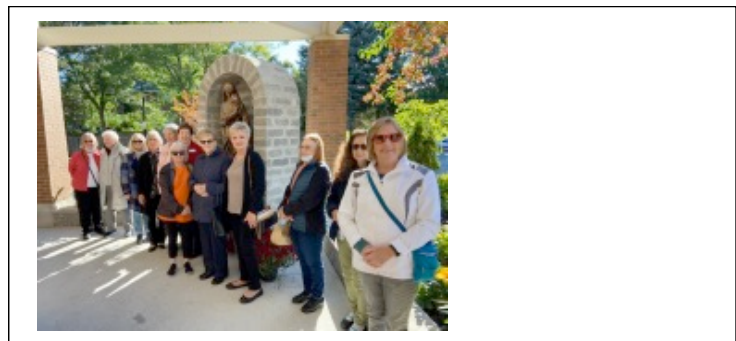
St. Julia, St. Catharines
 In September, St. Julia participated in a
 sponsored parish blood drive on Saturday,
 August 27. Thank you for giving the gift of life.

Tammy Maroudas and Mary Joel Modolo
 Canadian Blood Services and Mary Joel Modolo, St. Julia
 CWL President



**Truth and Reconciliation Day -
 September 30th**

St. Joseph, Grimsby
 St. Joseph attended morning Mass,
 followed by the Rosary at our
 beautiful grotto. The sun shone on us
 as we prayed for our indigenous
 brothers and sisters.



This spiritual development event was held at 11 a.m. at Queenston Heights Park at the
 Landscape of Nations Installation. Linda Dirks (Master of Theology) did an outstanding
 job leading the first part where she explained the history of Turtle Island as well as

other significant bits of information. Moving towards the granite stones, she had place items such as a bowl of water, a candle, a large amethyst rock, and etc. at each granite stone. Linda's focus was that the Indigenous and Catholic cultures have common ground. The second part was the recitation of the Rosary—Sorrowful Mysteries. Five ladies assisted in saying a decade each.



Ladies from the Cathedral



Turtle Island



Group Photo



St. Julia, St. Catharines

St. Julia's council, led by Geddie Pawloski with the help of Marion Frendo (both pictured) and Josie Eyeman, "The Euthanasia Deception ... explored". Fr Daniel Corso was our special guest.

St. Joseph, Grimsby purchased aprons from the Toronto Convention fund raiser. Hey good lookin' - what ya got cookin'?



Soctober - The Diocese collected 5932 pairs of socks!!!



Our Lady of the Scapular, Niagara Falls

This parish did a twist on Soctober changing it to Shoetober. The parish collected 540 pairs of shoes that were donated Sole for Souls. What a great idea and thinking outside the box!

St. Mary/St. Ann - Hagersville

Celebrated a living Rosary followed by a question-and-answer period with the Diocesan President, Lisa Fillingham. It was lovely to participate in such a spiritual event.



St. Kevin, Welland

Margaret Clark - 40 years, Maria Scapalleti - 40 Years, Regina Smith - 40 Years, me, Marilyn Toneguzzi - 40 years, Carol Gatt - 10 years, Marie Druiett - 50 Years



St. Mary of Assumption, St. Catharines

Earlier in the year, Frances Murdaca, Past Diocesan President brought forward something crucial to our faith that was missing. City Hall, without taking a vote, chose not to put up the Nativity Scene. Frances' awareness led to St. Mary of Assumption CWL taking on this resolution to bring back the Nativity Scene. Sharon Forgeron, President, wrote letters to all Christian parishes notifying them what had happened and asking for them to send City Hall letters. The CWL also did research to present a very well written, factual, and captivating report that was presented by Monique Finora. To our delight, the Nativity Scene was voted on 6 to 5 and is back up at City Hall. Frances being aware, St. Mary of Assumption willing to take this on and follow through, exemplified the power of the CWL. Thank you to all who worked on this and help make this resolution pass.



Keep Christ in Christmas



The Diocese celebrated the Mass of the Deceased in November at St. Alfred of Rome. This was in Honour of the CWL and Knights of Columbus members who have passed. This is the first Mass since COVID so 3 years of members were honored.



Spirituality remaining at the forefront, the Diocese opted to have an Advent Retreat which has not happened in many decades. Led by Deedee Alexandre, the topic was "Come away by yourselves to a desolate place and rest a while." St. Mark 6:31 Held at Mount Carmel, 75 women attended this event, which was followed by confession with Fr Richard Kowalchuk and Fr Daniel Corso, Mass and a luncheon. This will now be an annual event.



B A Z A A R S



Christmas Dinner

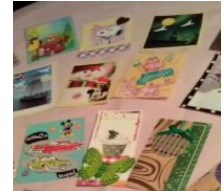
Four St. Catharines Parishes celebrated their Christmas Dinner together at St. John Ukrainian Catholic Church. It was very well attended by Star of the Sea, St. Alfred, The Cathedral and St. Thomas Aquinas.





Leona Dempsey (St. Alfred), Teresa Berardi (The Cathedral), Father Anton (St. John Ukrainian Catholic Parish), Pearl Peritola (St. Thomas Aquinas) and Connie Tracey (Star of the Sea)

Our Lady of the Holy Rosary CWL member Betty Ghiendoni (whose daughter is the current president, Linda Merrill) created 650 bookmarks for the children who attend Holy Rosary Catholic Elementary School. What a great idea to share our talents with our students!!!



St. Thomas Aquinas wanted to make Christmas special for the residents at Tufford Nursing Home. 31 Christmas cards and candy packages for the residents were given. We also have a Christmas card and box of chocolates for the Staff to thank them. We are still unable to resume our Eucharistic Ministry but try to let them know we think about them and pray for them



St. Thomas Aquinas also had a "Welcome Father Chad Grennan" luncheon and gifted Fr Chad and Deacon Jack Giroux with Christmas Cards. St. Thomas also had a roast beef dinner fund raiser while selling tickets for baskets. 65 people turned out to this event!



Star of the Sea, St. Catharines



Mary, Mother of God was the topic for the annual Advent retreat. Linda Dirks, spiritual development chair organized this well attended event. Mass was held first, then everyone who attended contributed a \$5. Tim Horton's card and pair of mitts that were put into bags to be handed out to those in need. The retreat followed.

Star of the Sea also made gifts baskets for the refugees at Chez Marie. For many years, Linda Dirks gets the list and one person takes a family and recruits others to help. All gifts are personalized to the specific family members, It is a great gift giving event making a family have a wonderful Christmas.



The Diocesan offered a group get together at the Shaw Festival for White Christmas. Fifty women went, some even came from the Alexandria-Cornwall Diocese to join friends for this special event. It was a great musical and enjoyed by all!

CWL Anniversaries

St. Michael, Fort Erie, February 8th , 1952

Star of the Sea - March 3, 1952

St. Joseph, Grimsby - March 24, 1952

St. Patrick, Niagara Falls - April 2, 1952

St. Patrick, Caledonia - May 7th , 1952

St. Mary/St. Ann - October 15, 1952

St. Thomas Aquinas - January 29th, 1962

70 Years

Teresa Howe, Mary Jane McIntee, Star of the Sea

Josephine Savoia and Rosemary Gillan, Holy Rosary

65 Years

Rolande Hedden, The Cathedral

Germaine Vanderlee, St. Alfred

Jo Baranek, Lois Wiley, Star of the Sea

Helen Hendriks, Teresita Sallafranque, St. Vincent de Paul

60 years

Laurie Turner, Irmgard Pietsch, Star of the Sea

Giselle Mills, St. Alexander

Doris Miotto, Holy Rosary

Helen Francavilla, Helen Hendriks, Pauline O'Gorman, St. Helen

Claire Beaudreau, St. Julia

Anna O'Brien, St. Vincent de Paul

55 Years

Dorothy McIntrye, Margaret Paroyan, Star of the Sea

Katie Eigner, Antonia VanHezewyk, St. Alexander

Lillian Salfi, St. Julia

Willie Van de Laar, St. Vincent de Paul

50 Years

Rose Child, Doreen Tucker, Bette Muratori - St. Patrick, St. Catharines
Linda Marie O'Hagan, Mary Onyskow - The Cathedral
Minda Reyes - Star of the Sea
Pat O'Shell, St. Mary/St. Ann
Patricia Knafelc, St. Alexander

20 Years

Anna Petrecca, Holy Rosary
Corrie Vriens, St. Vincent de Paul

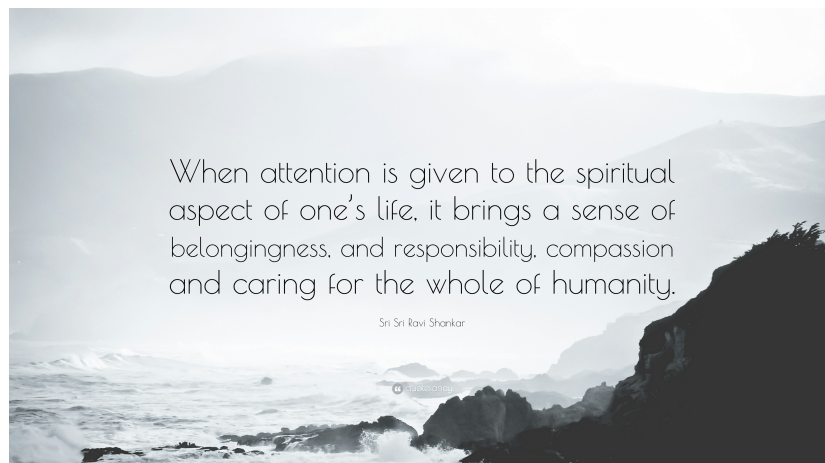
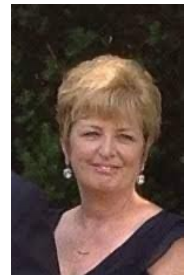


Maple Leaf Service Pins - Carol Kriski, Holy Rosary

Connie Tracey, Karla Gilmore, Karen Shakespeare-Eckstein and Linda Dirks, Star of the Sea



Our Diocese is also Blessed to have Betty Colaneri, National First Vice-President & Chairperson of Communications and Wilma VanderZwaag, Ontario Provincial First Vice-President & Spiritual Development Chair, representing us. We keep them in our prayers and thank them for saying "Yes"!



*****Introducing Deedee Alexandre, Book Club Discussion Facilitator*****

Emma asked me if I would run a book club. Our Diocese currently has one and it is run wonderfully by Deedee Alexandre. ALL are welcome to join in the St. Catharines CWL Book Club.

Introducing Deedee Alexandre



Deedee was born and raised in Niagara Falls. She received her sacraments from Our Lady of the Scapular and graduated from A.N. Myer Secondary School. She then attended and graduated from the University of Waterloo—with her Honours B.A. in history. She had a career as a secondary school history teacher.

Once she retired from teaching, she discovered her new-found artistic pastime painting with acrylic art. She was President of the St. Catharines Art Association in 2016-2017; in 2017-2018, she was a Board member at the Niagara Pumphouse Art Gallery in Niagara-on-the-Lake; and in 2018, she co-founded the Visual Artists of Welland organization and is currently the co-President.

Also, after retirement, she was able to become more active in the CWL. Holding a few chair positions at St. Alexander Church, she became President at St. Alexander Church between 2017-2019. She is currently the Spiritual Chair and President-elect of the Diocese of St. Catharines.

She is currently a Vice-President of the St. Catharines Serra Club. In November 2021, she took her Definitive Promise with the OCDS Carmelites in Hamilton; and is now a full-fledged lay Third Order Carmelite. Deedee lives in Welland and attends St. Alexander Church where she is a Hospitality and Eucharistic minister.

The St. Catharines Diocesan Book Club

Facilitator: Deedee Alexandre

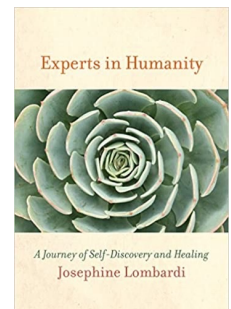
Book: Experts in Humanity by Josephine Lombardi

The book may be purchased at Chapters or Amazon

Starts: Tuesday January 10th

Portal opens at 6:45 pm and book club starts at 7 pm

Information to the link will be on www.stcatharinescwl.ca in the New Year



Please read pages 6 to 13 for this first night.

Resolutions Standing Committee

Be Not Afraid of Resolutions

The bible verse *Be not Afraid* is written to inspire us to have faith and courage against fear. Reading through the verse and recalling the words of the popular hymn with the same title, I began to think that we can also apply these words to ourselves when it comes to resolutions.

The dictionary definition of "resolution" *is the action of solving a problem, dispute, or contentious matter; An act of process or resolving something.* Over the years the League has had many concerns resolved by the resolutions process. Everyone agrees that this is indeed a very important part of the work that the League does. Why then, when members are asked, do they hesitate in accepting to chair the resolutions standing committee? The reply is usually "it's just too scary".

We know that not all resolutions presented to the Diocesan, Provincial and National Resolutions Committees come to the convention floor. Are the members, that have worked on resolutions that were not accepted, now afraid to use the resolutions process to bring other concerns to their sister members? It is understandable that no one likes to feel that their efforts were in vain.

However, ALL resolutions, whether they are presented to the convention delegates, or not, are useful in one way or another. They may be referred to the executive for their information and action or they may become subjects for articles in *The Canadian League*. Sometimes the resolutions are distributed to the appropriate committee chair and become information sent in a communique. The effort in preparing a resolution always has benefits and is not useless.

Consider also that by simply doing the research for a resolution, reading educational material, listening to knowledgeable speakers and contacting other informed persons results in well informed, educated and knowledgeable members.

So what else can we do to make this standing committee "less scary"? Education could be one possible solution. A few dioceses have reported recently holding resolutions workshops. This is a great way to review resource materials and build confidence by sharing knowledge and experience.

Working together is another confidence builder. Small resolutions committees at the parish level are especially helpful as this is where most resolutions originate. Sharing responsibility and working together on something would make it less "scary" and hopefully this would encourage more members to accept the challenge.

Sadly, the resolutions standing committee is most often the neglected committee in many parish councils and even in some dioceses. Councils assume that unless they have a resolution to prepare, a committee chair is not required. It is sometimes considered the least necessary position to fill.

Members should keep in mind that taking on this standing committee does not only involve the task of preparing new resolutions. It is critical to understand that the most important responsibility for resolutions is the members' follow-up to work on the action plans of past resolutions. Members working together, can achieve the goal of having a resolutions committee chair in every parish council.

Resolutions can be a powerful tool "*to infuse a Christian spirit into the temporal order*" (*Decree on the Apostolate of the Laity*)

My fellow sisters...*Be Not Afraid!*

Submitted by Mary Capobianco, OPC Resolutions 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.

2023

TOPICS

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



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

Great part about this t-shirt it is timeless perfect for all your functions as it dons the CWL crest – which is forever in style! Catholic and Living It!

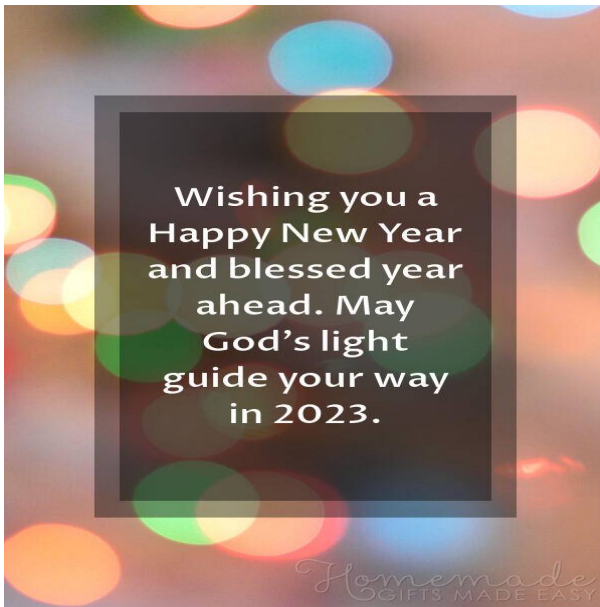
To order you may send an email to: actshirt2023@aol.com

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 our 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 for your understanding. If you are coming to the convention and think you would be interested in a tshirt or golf shirt or both please send us an email indicating the size you would like so we have enough in stock!

P.S. Keep an eye on our A/C Diocesan facebook page for some upcoming draws!
<https://www.facebook.com/profile.php?id=100064377774647>



You have come so far already, just think of how much you'll grow in the year to come!

Every year you make a resolution to change yourself. This year, make a resolution to be yourself.

A New Year's Prayer

Lord, You make all things new
You bring hope alive in our hearts
And cause our Spirits to be born again
Thank you for this new year
For all the potential it holds.
Come and kindle in us
A mighty flame
So that in our time, many will see the wonders of God
And live forever to praise Your glorious name.

- Author Unknown

Submitted by: Wilma Vanderzwaag
Ontario Provincial Spiritual Development Chair

"Community Life News" ...

*"The more we know and understand about human trafficking,
the more we can do to stop it.
Education is our greatest weapon in the prevention of human trafficking.
When we know who is most vulnerable and the signs to watch for,
we can all take steps to prevent it from happening.
Everyone plays a role in prevention.
Working together we can prevent human trafficking in communities across Canada".*

(Joy Smith Foundation website –
National Community Life Communiqué #12 – November 2, 2022)

Working Towards Freedom: Human Trafficking Study Guide

National Community Life Chairperson Faith Anderson referred to this guide in her Communiqué #13 after it was introduced in a webinar on human trafficking that many of us watched in November 2022. The guide follows a particular learning model ... **See, Learn, Pray, Act** ... and the link to it is: <https://rcav.org/aht/study-guide>

Faith provides these links with further information and statistics:

- Salt + Light Media video entitled, **Unbound: A Conversation Against Human Trafficking** (link is: <https://slmedia.org/blog/unbound-a-conversation-against-human-trafficking>).
- The Catholic Register (November 20, 2022) published an excellent article on the guide. View it at <https://www.catholicregister.org/item/34973-guide-brings-traffickingawareness-to-pews>

We encourage members to educate themselves on the topic of human trafficking which is prevalent in so many communities in Ontario and across Canada ... you may not be aware that human trafficking is taking place in your own city or town!

News from Development and Peace - Caritas Canada (D&P)

Also in Faith Anderson's December communiqué, we are asked this question: **Are You a Member of Development and Peace-Caritas Canada Yet?**

Faith states, *'Since 1967, many League members have heeded the call "to witness to the love of God through ministry and service" by supporting D&P. The joint 1% Program is built on the two organizations' shared principles. Women who are members of both organizations know that D&P's work rests on faith, service and social justice, the very pillars of the League. As the official development organization of the Canadian Catholic church, D&P is guided by Catholic social teaching.'*

We are being asked to **Join the Movement!** ...

"In its 55th anniversary year, D&P invites League members to join its movement. More than 11,000 D&P members live their faith through solidarity with less fortunate persons in the Global South. It is a community of Canadian Catholics that care about global justice, humanitarianism and development. A lifetime membership costs only \$10.00 and is free for persons under 35. As a bonus, sign up during the current membership drive (ends January 13th) to become eligible to win a free trip to Montreal to meet D&P partners from Honduras, Colombia and Cambodia. Members who sign up new recruits are also eligible for this draw. An online party on January 14th will be held to welcome all new members. It is an opportunity for councils and individual members to support D&P as a way to live the national theme, Catholic and Living It!"

The Fall Action Wrap-up 2022 Campaign Guidelines can be found at:
https://drive.google.com/file/d/1D0cffiIy8XC_NGeONNIZzUnOwGP_yvWY/view

News from Catholic Near East Welfare Association (CNEWA)

In her December communiqué, Faith Anderson brought news from Melodie Gabriel, CNEWA Development Officer, who shared a message with the League. *"Thank you for supporting the work of CNEWA during these challenging times in Ukraine, in the Holy Land and beyond. On December 25th, the international president of CNEWA, Msgr. Peter Vaccari, will be at Christmas midnight mass at the Church of the Nativity in Bethlehem. He will be offering up the intentions of all our donors..."*

In December, "CNEWA is also highlighting the needs of poor children in Syria affected by war this Christmas." Visit <https://cnewa.org/ca/campaigns/givingtuesday/>.

For recent updates from CNEWA, watch these videos from:

- the Holy Land (<https://www.youtube.com/watch?v=8iE0Uwe7bp8&t=91s>)
- Ukraine (<https://www.youtube.com/watch?v=I0rFQN36c6w&t=658s>)
- Ethiopia (<https://www.youtube.com/watch?v=Z55WqQGx0Tg&t=488s>)

(National Community Life Communiqué #13 – December 8, 2022
<https://cwl.ca/wp-content/uploads/2022/12/20221208-Community-Life-Communique-13-final.pdf>)

I wish all of our members and spiritual advisors a most blessed and Happy New Year! We are called to serve and there is much work to be done ... through prayer and with God's guidance and grace, we will continue to make a difference in 2023!

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

Pope Francis 2023 prayer intentions

JANUARY

For educators

We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all.

FEBRUARY

For parishes

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

MARCH

For victims of abuse

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.

APRIL

For a culture of peace and non violence

We pray for the spread of peace and non violence, by decreasing the use of weapons by States and citizens.

MAY

For church movements and groups

We pray that Church movements and groups may rediscover their mission of evangelization each day, placing their own charisms at the service of needs in the world.

JUNE

For the abolition of torture

We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.

JULY

For a Eucharistic life

We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.

AUGUST

For World Youth Day

We pray the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.

SEPTEMBER

For people living on the margins

We pray for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance.

OCTOBER

For the Synod

We pray for the Church, that she may adopt listening and dialogue as a lifestyle at every level, and allow herself to be guided by the Holy Spirit towards the peripheries of the world.

NOVEMBER

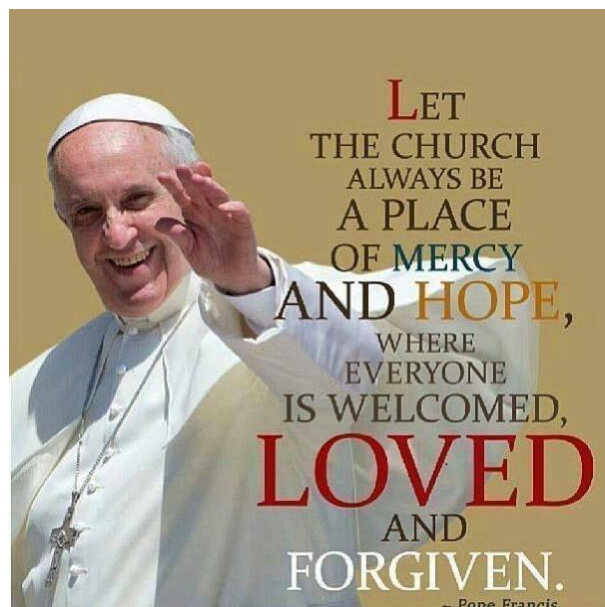
For the Pope

We pray for the Holy Father; as he fulfills his mission, may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit.

DECEMBER

For persons with disabilities

We pray that people living with disabilities may be at the centre of attention in society, and that institutions may offer inclusive programs which value their active participation.





Ontario Provincial Council Pin

To mark the milestone of the 70th anniversary of the Ontario Provincial Council in 2016, an OPC pin was introduced. This pin is available to all current and former OPC executive members (elected or appointed)

The pins are \$10.00 each (includes shipping and handling).

Application forms are available at:

<https://cwl.on.ca/wp-content/uploads/2021/05/Application-Form-for-OPC-Pin.pdf>



The Past-President

The Catholic Women's League is in flux. The crisis brought on by COVID-19, and the after effects, have had a ripple effect on members and councils. To add to that, the changes coming into effect from the strategic planning initiative, are causing some anxiety. The past president has a major role to play in offering guidance and support to her council.

The past president role is very multi-dimensional at all levels of the League. Some past presidents feel a void after all of the meetings, phone calls, directives, and general busyness of being the parish council president. However, having served as the council's president and previously held other executive positions, she has gained much knowledge of the League. She now can be a mentor and offer encouragement to the new executive.

The past president's role is very specific according to page 23 of the Constitution and Bylaws, 2013;

Section 7: Past President

The past president shall:

- (a) serve in a consultative capacity
- (b) be responsible for archives and history
- (c) facilitate the study and implementation of the *Constitution & Bylaws*
- (d) perform other duties as assigned by the president
- (e) be chairperson of laws at **national** level (Part XIII, Section 1(10))

- a) The past president is a valuable resource for others at the executive table. She has had experiences that have taught and helped on her League journey. She is there to serve as a consultant, remembering that every president is different and has her own ways of managing a meeting. There is a very delicate balance between mentoring and being over-bearing.
- b) Past presidents are in charge of the archives for their councils. That important task must be taken seriously by the past-president. The job does not have to be done by one person. There is no reason not have a sub-committee to help with archiving. The advantages are three-fold, giving other members a sense of purpose putting together photo albums or scrapbooks, pride in accomplishments as well as, a great hands-on teaching experience.
- c) Although the C&B is being revised, it is the past president's responsibility to ensure that any business portion of the meeting does not contravene the regulations. The format of League meetings is changing and everyone will need to adapt to the change.

Adopt the theme "JOY", Jesus, Others, Yourself. Embrace it! The attitude of the past president can be decisive for the tone of the meeting.

The role of the past president is about sharing knowledge about the League to help sister members grow and live out their Baptismal Promise.

Some past presidents think that once their term as president is complete, their time is done. When I became my parish council's past president, my mother, Life Member Rita Souliere, told me "Honey, you are never done!"

Submitted by:

Cathy McKinney, a proud past president (Sault Ste. Marie Diocesan Council)
Provincial Council - Keeper of the Book of Life

Alexandria-Cornwall Diocesan Advent Retreat

Our last Advent Retreat as the Diocese of Alexandria-Cornwall took place on Thursday, December 8th, 2022 at Our Lady of Grace Parish, Ingleside, Ontario. Approximately 65 members attended. It started off with the Rosary at 6:00 p.m., followed by Mass celebrated by Diocesan Spiritual Advisor Father Augustine Obago at 6:30 p.m. After mass, Angela Gaudet, Diocesan President read the treaty acknowledgement and welcomed everyone to the retreat, including Colleen Perry, Past Provincial President. Dana Fry, Diocesan Spiritual Chairperson gave us a spiritual reflection on the meaning of Advent and included the significance of each candle on the Advent Wreath. Inez Franklin, St. Finnan's President introduced our guest speaker for the evening. Father Marc Gaudet spoke about the Immaculate Conception. It was such an inspirational talk. Linda Rines, Diocesan Treasurer, thanked Father Marc for his words. Some announcements were made. Then prayer partners were picked for each of the councils to pray for in 2023. Dana Fry thanked Our Lady of Grace CWL council, including Parish President Carol Gould and Parish Spiritual Chairperson Marilyn Light and thanked Jennifer Buhr for the music. Dana wished each and everyone a Merry Christmas and reminded us that our next meeting will be on February 9th, 2023 by Zoom. More information to follow in the New Year. Father Marc Gaudet gave us the final blessing. Before we headed to the hall for refreshments, there was a group picture of everyone there to commemorate our last Advent Retreat as Alexandria-Cornwall. It was a beautiful evening.



May the Peace, Hope, Love and Joy of Advent forever rest in our hearts.

...submitted by Angela Gaudet,
Alexandria Cornwall Diocesan President

St. Michael's Council in Cobourg has spent most of the year celebrating our 100 th Anniversary! Events began in March serving a Lenten luncheon of soup and fresh bread to members of our League and parishioners and a high tea luncheon celebrating the feast of our Lady of Good Counsel in April. On the weekend of April



30th , May 1st , our council held a "PIES FOR MOMS" bake sale. The sale of over \$1,000. enabled our council to make a \$250. donation to Cornerstone Family Violence Prevention Centre and \$250. to Matercare. And at the end of May a bush was planted by our church sign to commemorate our anniversary. In June, a "Sunset Walk with Mary" prayer service was held in our local Ecology Garden. On July 2nd , members assisted the Sisters of St. Joseph celebrate their 100 th Anniversary at their retreat centre in Cobourg and later in the month we

hosted a special luncheon for our newly appointed parish Deacon Larry Judge and to celebrate Rob Vandenburg's appointment as a new Deacon. Pope Francis' visit to Canada and his reverence for St. Anne spurred us on to knit and donate 6 prayer shawls to residents at the Golden Plough. "Catholic and Living It" has also motivated us in promoting the League and we were most grateful for the Town of Cobourg to allow us to have a display table for a week in our Town Hall with 4 members taking daily turns in "manning the table".



These activities led us to our grand celebration on Sunday September 11th , with Mass celebrated by Bishop Miehm, and concelebrants Diocesan Spiritual Advisor Fr. Villas, our parish priest Fr. Okpataku, associate priest Fr. Market and Deacon Judge. Then off to a gala luncheon hosted by our co-chairs, Carol Lawless and Therese May. Shirley Christo from National was our guest speaker, pin presentations were handed out by Paddy Fitzgerald-Nolan, Provincial subchair-communications, and Helena Lessard, Diocesan President. Tributes from the Mayor, Knights of Columbus, CWL, and the Sisters of St. Joseph added much to our celebration. And yes, there was cake!



Over Thanksgiving weekend after each Mass, CWL members handed out special cookies to families in our parish in thanks for their continued support of our council over the past 100 years! And then we celebrated our Lady with a public outdoor Rosary Rally on Saturday Oct. 15th. On the weekend of December 3rd and 4th, we held our annual Christmas Bake Sale which had been on hiatus during COVID. Funds raised will go towards the Breakfast programs at our four local Catholic schools and other needy areas. On Tuesday December 13th Fr. Ante, Deacon Larry, CWL members and community folks celebrated together our annual Christmas party held at the Columbus Centre. It was a truly festive occasion which culminated the celebration of our



Submitted by Lynda MacPherson, Spiritual Development Chair, Peterborough Diocesan Council



Dear Lord:

Thank you for another year with you!

Thank you for the ups and downs this year.

Most importantly thank you for my health and

for taking care of my family.

As always, I put 2023 into your hands.

Thank you for all you do.

Amen

HAVE YOU SENT YOUR AUDITION IN YET!!



The Catholic Women's League of Canada

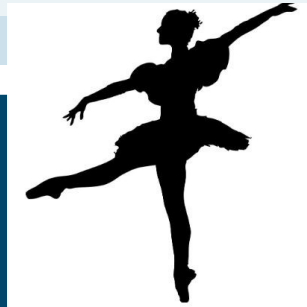
Toronto Diocesan Council Presents

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.



After just 3 masses our giving tree at St. John the Apostle church in Kingston ON, is full.

St. Peter's Council of Cornwall ON, each year delivers Christmas presents to the residents of Riverview Manor.





for



My Catholic New Year
Resolutions
for the year _____

1 Virtue I'd Like to Grow in _____

1 Sin I'd Like to Eliminate _____

1 Book of Scripture I'd Like to Read Through _____

1 Spiritual Book I'd Like to Read _____

1 Prayer I'd Like to Learn _____

1 Way to Improve My Sacramental Life _____

1 Saint I'd Like to Get to Know Better _____

Any Special Intentions for the Year _____



www.betterthaneden.com

If you would like a printable copy and to read some background here is the link <https://www.maryhaseltine.com/2015/11/catholic-new-years-resolutions-with.html>

SMART GOALS

SPECIFIC
Plan effectively with specific targets in mind.



MEASUREMENTABLE
Track your progress and reevaluate along the way.



ATTAINABLE
Set realistic goals that are challenging but achievable.



RELEVANT
Ensure the goal serves a relevant purpose.

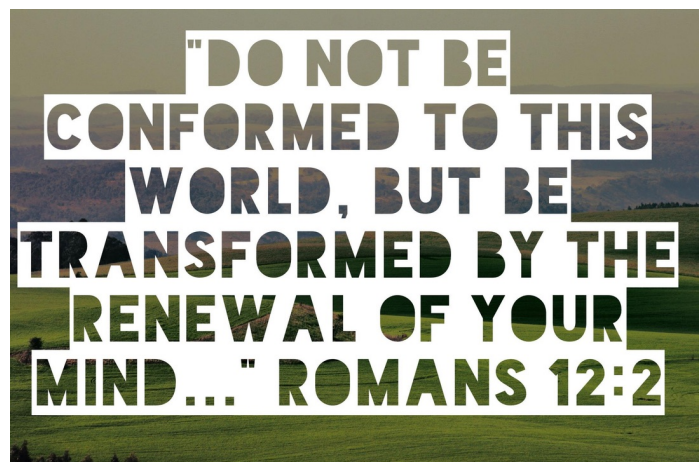


TIME
Specify a deadline, monitor progress and reevaluate.



As the New Year begins it seems so many people make resolutions and well sometimes they don't last or even start! But setting goals for me is more of an achievable task. It gives me a sense of accomplishment and motivation. For the past couple of years I've been printing this UFO Quilters Challenge list as I know many of us are crafters I thought maybe some of you would like to give this a try. The purpose of the list is you write down you 12 UFO's (unfinished objects) and then each month they (the website/facebook page all people quilt) pick a number, then you go to your UFO list and you find that project under that number and you work on that project for the month. Actually I print out a few of these lists each year not only for my quilting or crafting projects but for other things I would like to tackle for example clean the closet in the hallway, go thru my books and repurpose some, etc. So here's the link if you would like to play along; [https://www.allpeoplequilt.com/how-](https://www.allpeoplequilt.com/how-to-quilt/finishing/2023-ufo-challenge)

[to-quilt/finishing/2023-ufo-challenge](https://www.allpeoplequilt.com/how-to-quilt/finishing/2023-ufo-challenge)





Paddy's Passion

2023 is here! What will the new year look for you? What changes would you like to see? How can we make this a better place to live.

How can we grow in faith, with our families, our church and our communities. Most important is how we can grow within ourselves.

Let's start with a simple one, place a mason jar on your countertop, every Sunday place a reflection of your week on a slip of paper and place it inside the jar. At the end of year, you will have 52 reflections', take time now to read them.

Each day is a new beginning, you're in control of our life and your surroundings. Do you like what you are seeing? Or do we need to make adjustments? It's all up to you, only you can write your story. Let's make it the best it can be!

~~~~~

### **Items for shelters and homeless**

Did you know pillowcases are used to stuff their belongings in?

Curtains or Drapes make good wind blockers.

If you have suitcases or overnight bags you no longer use, please consider donating them to women's shelters.

Please consider donating to shelters or to our homeless before you donate to value village etc... After all you're giving it away for free anyways. Our homeless and shelters folks don't have money to go and make purchases at these stores.

I personally wish you a fantastic 2023, taking one day at a time, looking out for others and giving from your heart. A simple smile can brighten a day, and it costs nothing. A kind word to everyone you meet makes a difference.

Make 2023 Your year to Grow as a person!

**Editor's suggestion** – For you crafty people here's a video on how to use up your fabric stash and make pillowcases. <https://www.youtube.com/watch?v=C7yrDQ7G9so>



## WELCOME TO LISA'S LIBRARY



If you would like to share one of your favourite books or a review to one of our picks, we would love your feedback please send an email to [emmacw4life@aol.com](mailto:emmacw4life@aol.com) or [lisafillinghamcwl@outlook.com](mailto:lisafillinghamcwl@outlook.com).

### Children:

#### **Saint Valentine by Robert Sabuda**

How did Valentine's Day, one of our most popular holidays, begin?

It started in ancient Rome when a kind physician named Valentine took an interest in a young blind girl. With his healing skill and his deep faith, he restored her sight. What we now call Valentine's Day began when he sent the little girl a secret message, which she received after the Christian martyr was executed. For this tale rich in sentiment, master illustrator Robert Sabuda has created exquisite paper mosaics to suggest early Christian art that resonates with both subtlety and power.

[Chapters.ca](http://chapters.ca)

#### **God Gave Us Love (God Gave Us Series) Hardcover – by Lisa T. Bergren (Author), Laura J. Bryant (Illustrator)**

As Little Cub and Grampa Bear's fishing adventure is interrupted by mischievous otters, the young polar bear begins to question why we must love others... even the seemingly unlovable. In answering her questions, Grampa Bear gives tender explanations that teach Little Cub about the different kinds of love that is shared between families, friends, and mamas and papas. Grampa explains that all these kinds of love come from God and that it is important to love others because...

"Any time we show love, Little Cub, we're sharing a bit of his love."

This sweet tale will warm the hearts of young children as they learn about all the different sorts of love, while the gentle explanations of each provide a valuable opportunity to encourage children to share with others a "God-sized love."

[amazon.ca](http://amazon.ca) or [chapters.ca](http://chapters.ca)

### Adults:

#### **Loving Yourself For God's Sake, ADOLFO QUEZADA**

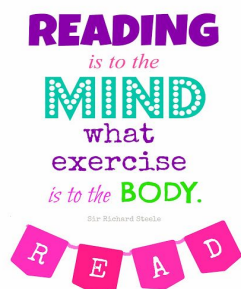
This exquisite book of meditations gently directs the reader to see the gift of self in an entirely new and beautiful light. It presents a spirituality of self-love not based on narcissism, but as a response to the divine invitation to self-nurturing. "My hope is that this book can serve to remind us that loving ourselves is the link between loving God and loving others, and it is for God's sake that we do all three."

<https://catholicbookpublishing.com/product/1306>

## You by Fulton Sheen

This book is all about you. Are you happy? Do you love yourself? Do you like the way you look? Did you ever wish you were somebody else? Are you happy with your age? Do you like yourself when you are irritable with others or give in to your passions? If you have answered any of these questions in the negative, don't lose heart. There is someone who does love you just as you are, in spite of all these things, someone who can make you happy and fulfill your deepest longings and desires. It is God you are looking for. Your unhappiness is not due to your want of fame, or fortune, or high position, or good looks or perfect health; it is due not to want of something outside you, but to a want of something inside you. Archbishop Sheen shows you how to find what you are really looking for and how to keep it.

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



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.

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

If you would like me to share your news on the facebook page please email me at [Emmacwl4life@aol.com](mailto:Emmacwl4life@aol.com). Make sure pictures are JPEG format ☺

Don't forget to check out our website regularly at [www.cwl.on.ca](http://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](mailto:presidentontario@gmail.com) and cc myself at [emmacwl4life@aol.com](mailto:emmacwl4life@aol.com). We look forward to hearing from you.

...submitted by Emma Rose Rayburn OPC Communications Chair