



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



ON-LINE NEWSLETTER

February 2023 Edition

Featuring the Thunder Bay Diocese and OPC Recording Secretary

CATHOLIC
and **LIVING IT!**



Linda's League Letters

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Dear League Members,

I enjoy going to the movies and recently saw "Mother Teresa: No Greater Love". This film tells the story of the life of St. Teresa of Calcutta, her work with the needy and how her missionary work continues today through the Missionaries of Charity.

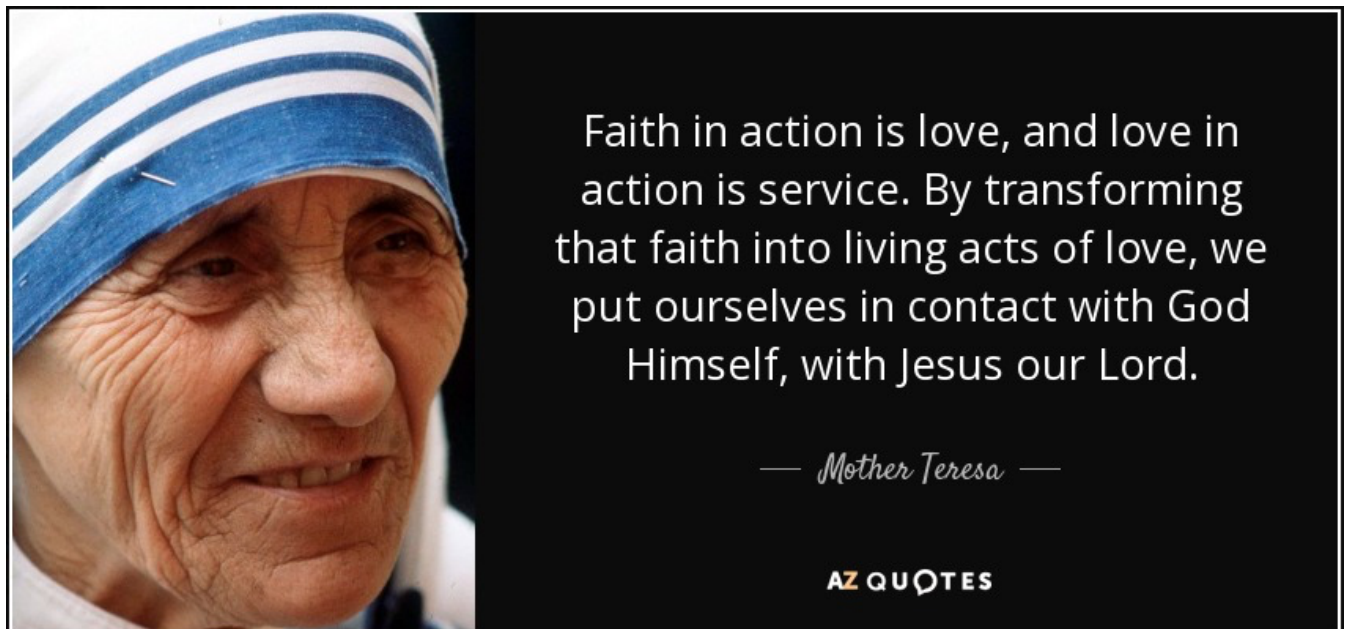
Anjeze Gonxhe Bojaxhiu was born in Macedonia on August 26, 1910. She joined the Loreto Sisters when she was 18. In 1946 she experienced a "call within a call" to travel to India and help the poorest of the poor. During her lifetime she established hospices to help the blind, disabled, lepers and orphans. She believed, "Every person is Christ for me." When people praised her accomplishments, she stated, "I am a pencil in the hand of God that he wrote love letters to the world with." Her Missionaries of Charity continue to help the less fortunate and have established over 700 houses around the world, called tabernacles for Christ. Following her death in 1997 Mother Teresa's private letters revealed that she felt abandoned by God.

Although suffering with this spiritual darkness, she was able to care for the most vulnerable throughout her life. St. Teresa of Calcutta was canonized September 4, 2016.

In her words, "We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."

May we BEE people who put love into all our actions.

Linda Squarzolo



Here is an awesome workshop on Two Feet of Love in Action from the United State Conference of Catholic Bishops (USCCB). I stayed up way past my bedtime reading this!

<https://www.usccb.org/about/justice-peace-and-human-development/upload/Two-Feet-of-Love-in-Action-Facilitator-s-Guide.pdf>



The Diocese of Thunder Bay

Celebration of Members at St. Mary's CWL, Fort Frances

Pope Francis said, *"Women make the world beautiful; they protect it and keep it alive. they bring the grace of renewal, the embrace of inclusion, and the courage to give of oneself."*

It is with appreciation that St. Mary's CWL Council welcomed new member Gail Beyak and presented 40 year pins to Evelyn Rawn and Kim LePine and a 50 year pin to Beatrice Lambert. The Maple Leaf pin for exemplary service was awarded to Evelyn Rawn for the many ministries and acts of kindness in which she has been involved for our council, our parish and the community. Praise God for the women of our parish who step forward in faith and action!



St. Peter, Thunder Bay



Although we were not as active as in past years we do have a few things to brag about. In the fall our council hosted the first "live" League Day in just over 3 years. Our day began with mass celebrated by Msgr. Stilla who gave an inspiring homily which set the tone for our day.

Over forty attended from across the diocese to learn more about Development and Peace and the new structure of the League.



In November we held our Memorial Mass to remember all the parishioners who passed away in 2022. A member from each family of the deceased lights a candle in memory of their loved one during the service.



Most recently our Spiritual Advisor, Father Joseph, celebrated his 25th anniversary of priestly ordination. The council presented him with flowers and a gift of money during the Pancake Breakfast hosted by the Knights of Columbus in his honour.





St. Louis Catholic Women's League (CWL) members invited their eastern neighbours, the Notre Dame CWL, to join St. Louis the evening of Dec. 5 to participate in a special league inspirational evening social featuring Karaoke and a Mexican Bingo concluding with a bountiful buffet. Instead of a gift exchange at St. Louis, members and the invited Kenora league contributed to the Spirit of Christmas theme by donating gifts of scarves, mitts, toques, socks and other warm, woolly outerwear to help the underprivileged in the area keep warm in the below zero winter months. Partaking of a vast selection of party fare to nicely round off the evening were Selena Tod (left), Paulette Fafard and Anna Wojtyniak. *PHOTOS BY RUTH BOWIEC*



A very special pre-Christmas event took place recently when the Notre Dame Catholic Women's League (CWL) staged an 'in the Spirit of Christmas' event by sharing the reason for the season. Notre Dame ladies hosted a successful fund-raising festive feast of a take-out turkey and trimmings dinner. Notre Dame donated proceeds from the dinner sale to the league's Kenora charities, The Jubilee Church, Salvation Army, Friendship Centre to name a few. In above photo is a picture of (from left) Mirko and Ethel Ljubic, Mike and Judy Imbeault, the Notre Dame turkey dinner chefs.

CATHOLIC WOMEN'S LEAGUE FESTIVITIES

Recording Secretary Chair

Tips for Taking Minutes



It's best to start writing minutes as soon as possible after the meeting. However transparent your notes seemed in the meeting, they won't be nearly as clear 24 hours later, and if you leave them for two weeks you will wonder whether that was actually you in the meeting.

Minutes should follow the order of the agenda. Even if someone revisited a particular topic later in the meeting, you should include that discussion under the original agenda item. Make sure that you include all the key points made in discussion, any decisions made and actions agreed, together with who is responsible for actions.

Minutes are almost always written in the past tense, and usually in the passive voice ("X set out that y needed to happen; it was agreed that Z would be responsible"). Use 'would' rather than 'will' for what is going to happen, especially with formal minutes.

It is a matter of style whether you use first names, titles plus surnames, or initials to refer to those speaking. Check with the chair, or look at past minutes to see what has been done before, and use the same approach consistently.

Checking and approving. It is always advisable to have one or two trusted people to check the minutes ... this is known as "proof reading". One of these people could be the chair, unless she has asked you to send them to someone else first. Once the minutes have been proof-read and approved by the chair, they can be circulated more widely to the attendees.

Note: Be aware that attendees may wish to correct any errors, and corrections will need to be incorporated in the next set of minutes.

For more detailed guidance, I recommend the following resources:

Resources: Good Gracious! Good Grammar! <https://cwl.on.ca/wp-content/uploads/2021/05/Good-Gracious-Good-Grammar.pdf>

Handbook for Secretaries: <https://cwl.ca/wp-content/uploads/2020/11/612-Handbook-for-Secretaries-2020.pdf>

Style Guide for Publications, #615, pages 144 – 146 of National Manual of Policy and Procedure: <https://cwl.ca/resources/600-series-manuals/>



Spiritual Development

It is the time of year when Christmas and New Year's celebrations are behind us, the weather changes and signs that Lent we be here soon. There is no better time to deepen one's faith than during Lent. These 40 days can be an incredibly rewarding time for our faith lives. Lent will begin on February 22, Ash Wednesday. The three pillars of Lent are prayer, fasting and almsgiving. We can draw closer to God by practicing these pillars. The days of Lent should be filled with reflection, service, and prayer.

Many diocesan and parish councils are hosting both in person and virtual retreats, days of reflection or prayers during Lent. Check out their websites or Facebook pages for more information as well as the Ontario Provincial Council website and Facebook page. Be a participant where you can. Try to be available to pray a little more often, attend a daily Mass, Holy Hour of Adoration or Stations of the Cross.

Lent seen as a time of spiritual renewal is summarized by Saint John Paul II below:

Here then is revealed the meaning and necessity of the Lenten season which, by its call to conversion, leads us through prayer, penance and acts of fraternal solidarity to renew or reinvigorate our friendship with Jesus in faith, to free ourselves from the deceptive promises of earthly happiness and once again to savour the harmony of the interior life in authentic love for Christ.

What are you setting out to do during the Lenten season to develop a closer relationship with God?

Wilma Vanderzwaag



"Community Life News" ...

*"Saint Josephine Bakhita intercede, we implore you,
for all those who are trapped in trafficking and slavery today.
May their captors let them go, and may this evil be erased from the face of the earth.
Once you regained your freedom, you did not let your suffering define your life.
You chose a path of kindness and generosity. Help those blinded by greed and lust who
trample the human rights and dignity of their brothers and sisters.
May we all follow your example of forgiveness and courage. Through Christ our Lord.
Amen"*

(*Working Towards Freedom* – Human Trafficking Study Guide, page 2)

International Day of Prayer and Awareness Against Human Trafficking **(February 8, 2023 – Theme: "Journeying in Dignity")**

St. Josephine Bakhita is the Patron Saint of Trafficked Survivors. Her Feast Day is February 8th which is also the *International Day of Prayer and Awareness Against Human Trafficking*. While human trafficking is a difficult subject and the statistics are alarming, we encourage you to read these documents to become more aware.

The ***Working Towards Freedom: Human Trafficking Study Guide*** (<https://rcdos.ca/wp-content/uploads/2022/09/AHT-booklet-Final.pdf>) I referred to in the January 2023 newsletter was in response to the Canadian Conference of Catholic Bishops' Pastoral Letter on human trafficking and sexual exploitation in Canada titled, ***"For Freedom Christ Has Set us Free"***. (<https://www.cccb.ca/wp-content/uploads/2021/11/CCCB-Human-Trafficking-Pastoral-Letter-2021-1.pdf>)



An article titled, ***"What Do Land Acknowledgements Really Mean?"*** was brought to my attention. It was published in *The Tyee* (an independent online news magazine in British Columbia) on September 12, 2022. It brings awareness to the purpose of **land acknowledgements** versus **territory acknowledgements**.

Here is the link: <https://thetyee.ca/Analysis/2022/09/12/What-Do-Land-Acknowledgements-Really-Mean/>

(*while the Ontario Provincial Council ('OPC') is committed to supporting Truth and Reconciliation, the posting of this article does not represent the OPC's support or agreement with any other articles published by The Tyee news*)

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

Coldest Night of the Year

***"The King will reply,
'Truly I tell you, whatever you did for one of the least of these
brothers and sisters of mine, you did for me.'"***

Matthew 25:40

The call to discipleship is a gift and a challenge. We are embarking on the season of Lent and a time to discern how we may make this time fruitful.

Our communities continue to experience homelessness and hunger. The Provincial Community Life Standing Committee would like to challenge members to consider the following initiative as part of your council's Lenten journey and experience.

The **Coldest Night of the Year (CNOY)** is a family-friendly walk to raise money for local charities serving people who are experiencing hurt, hunger, and homelessness. Join others on **February 25, 2023** – team up, fundraise, walk, and gather for good ... because 'it's cold out there'.

CNOY is a moment each year (since 2011) when tens of thousands of Canadians step outside the warmth and comfort of home to shine a light of welcome and compassion in their communities.

Options to participate:

- Register as a CWL Team! Each team that registers will select to walk for their local charity. The funds that your team raises go directly to that charity. <https://cnoy.org/register>
- Donate to your CWL Team for their charity
- Make a direct donation to CNOY at <https://cnoy.org/donate>
- The gift of your time is valuable. Volunteer opportunities are found on each CNOY charity site location <https://cnoy.org/locations>



**CNOY logo, information & links
used with permission*

If you are able to participate, please forward photos or a summary of your CNOY experience to Karen McDonald, OPC 2nd Vice President/Community Life Chairperson at opccommunitylife@gmail.com

***"So give alms those things that are within; and see,
everything will be clean for you." Luke 11-41***

Let's "Go Make a Difference"

(Submitted by Community Life Sub-committee member, Kathleen Niro)



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

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



FUNDRAISER ALERT



Alexandria Cornwall CWL Diocesan Fundrasier for the Ontario Provincial Convention 2023

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

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 only the CWL crest – which is forever in style and fashionable from coast to coast!!

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 inquiries – 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.

Local ladies you can etransfer or drop by the store (Tues-Sat) to pay and place your order!

Christian Family Life

As you are aware, the Christian Family Life Focus project is directed towards "Vocations". In light of that direction, our CFL subcommittee member Audrey Shelton has written up a project called "The Seven Sisters Apostolate" which could be an action easily done by members of any parish council. Please consider this in your 2023 planning.

Thanks to Audrey for bringing this to our attention.

The Seven Sisters Apostolate

By Audrey Shelton, subcommittee member of CFL

This Apostolate began in 2010 when Janette Howe began to pray more frequently for her pastor. She was praying one Holy Hour a week when it occurred to her that her pastor could benefit so much more if he was prayed for every day of the week. The Mission of the Seven Sisters Apostolate is "Committed prayerful support toward a parish pastor through the assurance of the offering of at least one Holy Hour every day of any given week for that pastor alone – a 'holy wasting', as it were, for the conversion and holiness of that particular priest." Seven Sisters Apostolate pamphlet.

The Apostolate is comprised of seven people who each have a specific day of the week in which they spend an hour in prayer for their pastor. There are usually a few others who are willing to pray the hour if one of the seven cannot. The Anchoress organizes and guides the group of seven. She communicates with their pastor and relates any specific intentions or needs he would like the group to pray for. The commitment to this Apostolate is for a one year period.

Additional groups of seven people from the same parish can pray for their bishop, associate or retired priests.

The hour is ideally prayed in the Presence of the Blessed Sacrament and is prayed strictly for the priest of the parish. This may be accomplished by praying the Rosary, Chaplet of Divine Mercy, Novenas such as to the Sacred Heart of Jesus and other Catholic Prayers. It is recommended that sometime during the hour a prayer be said that the priest may develop a deepening devotion to Mary.

This Apostolate is under the patronage of three saints; Madonna of the Grapes, St. John Vianney and St. Margaret Clitherow.

Priests who have had A Seven Sisters Apostolate in their parish have testified to many blessings arising from the daily Holy Hours and are very thankful for them. More information can be found at **sevensistersapostolate.org**.

If your parish organizes a Seven Sisters Apostolate, we would love to hear how you are progressing and what blessings have been realized through it. Contact Betsy Currier at cflopawl@gmail.com

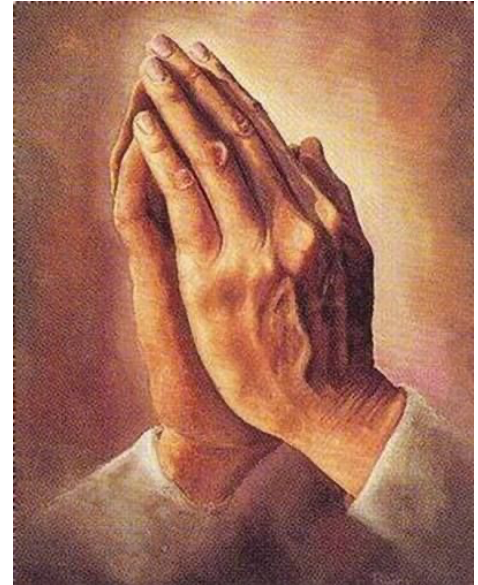
In strengthening the priest
You strengthen the whole Church....
Strengthen the priest and
You strengthen the whole foundation,
You strengthen everything in the Church

Fr. Gerald Fitzgerald, s.P.,
Founder of Handmaids of the Precious Blood

Prayer for Our Spiritual Leaders

Heavenly Father, You have created each of us to love You and Your people. You have chosen some to serve by responding to the particular call to priesthood and religious life. Send Your Holy Spirit to stir the hearts of those You have designed to follow this path of spiritual leadership.

May they seek your counsel daily, seeking your wisdom and guidance as they give spiritual guidance to others. Fill them with patience, peace, and joy for their work, remembering you are with them even when the work is hard, for you are faithful to equip those who obey your call.



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



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>



On November 10th the CWL General Meeting of Our Lady of Atonement Parish in Windsor was held. All women from the surrounding family of parishes were invited to attend a presentation by Mona Stonefish, Ogichidaakwe of the Anishinaabek Three Fires Confederacy.



Mona Stonefish is a Doctor of Traditional Medicine and an international activist for peace, women's and disability rights. She has dedicated her life to the pursuit of truth, bridging communities, advocating for human rights, restorative justice, and decolonial education. To celebrate her leadership, she received the 2016 Clark Award from the University of Windsor. In 2022 Mona Stonefish was honoured by Chief Charles Sampson and Council of Bkejwanong First Nation for her thriving and determination as a residential school survivor.

In her presentation, Mona shared her life experiences to help us better understand the truth of our history and what steps we can take to work towards Reconciliation.

Pictured above - President Penny Craig of Our Lady of the Atonement Parish in Windsor ON with Mona Stonefish



**The Catholic Women's League of Canada
Toronto Diocesan Council**

Development Day 2023

Theme: *Go Make a Difference*

Saturday, February 11, 2023

9:00 a.m. Live Stream Mass

Reverend Father Liborio Amaral

Toronto Diocesan Spiritual Advisor

Morning Keynote Speaker: Honorary Life Member Barbara Dowding

THE ART OF ACCOMPANIMENT



Afternoon Session (1:00 p.m.): THE BEATITUDES
Putting the Beatitudes into Action – To “*Go Make a Difference*”

In your Councils, Community, World

Presenters: TDC Standing Committee Chairs

Cost is a Suggested Donation:

\$10.00/Member or \$25.00/Council

RSVP: Shaila D'Souza: shailaflavy@gmail.com

Presidents, Please Register your Council on line

**Please send cheques, payable to Toronto Diocesan Catholic Women's League
to**

Shaila D'Souza, 35 Lilac Ave., Thornhill, ON L3T 5K1

Presidents, when submitting your RSVP, please provide the following information for each member attending from your Council.

Parish Council Name: _____

Region: _____

NAME	PHONE #	Email

For inquiries: Kate O’Quinn, Toronto Diocesan Organization Chair
kateoquinn@yahoo.ca

Development Day 2023

Program

- 9:00 a.m. Eucharistic Celebration (Live stream)
 Rev. Fr. Liborio Amaral
 Toronto Diocesan Spiritual Advisor
 St. Mary, Brampton
- 9:30 a.m. Coffee Break (In your own home)
- 9:50 a.m. Reconvene with Zoom Access
- 10:00 a.m. Welcome/Introductions/Gathering Prayer
- 10:20 a.m. Keynote Speaker, Honorary Life Member, Barbara Dowding
“The Art of Accompaniment”
 Includes: Toronto Diocese Life and Honorary Life Members sharing personal stories on who has accompanied/mentored them on their CWL journeys and Break-out room sharing
- 12:15 p.m. Lunch (In your own home)
- 1:00 p.m. *The Beatitudes: Putting the Beatitudes into Action to “Go Make a Difference”*
 Presenters – TDC Standing Committee Chairs and includes Break-out room sharing
- 2:30 p.m. Closing Remarks, Prayer

“The Beatitudes are in some sense the Christian’s calling card. They identify us as followers of Jesus. We are called to be blessed, to be followers of Jesus, to confront the troubles and anxieties of our age with the spirit and love of Jesus.”

Pope Francis

“GO MAKE A DIFFERENCE”

St Anthony CWL 45th Anniversary

St Anthony CWL in Brampton celebrated their 45th Anniversary on December 10th. This joyous event began with Mass at 11:00 a.m. celebrated by their pastor and spiritual advisor Father Joseph Pham.

After Mass guests were invited to join the members for lunch. As everyone entered the hall, they were greeted by the sounds of Steel Pan played by two CWL members.

Guests in attendance included Toronto Diocesan President Sue Lubowitz and Past President Hilarion Mitchell, as well as members of the Knights of Columbus, representatives from the Peel Region and members from sister parishes.

One highlight of the day was the presentation of a certificate marking the occasion to St. Anthony's President Augustina John. It will be displayed in a place of honour.

This successful event will be fondly remembered for years to come.



A Good News Story

Mary Jo Modolo, president of St. Julia CWL in St. Catharines, recognized that more parish women needed to join their council. After a conversation with their parish priest, Fr. Gregory Schmidt unwaveringly supported their efforts to speak from the pulpit, advertise in the bulletin and be at the entrances before and after church. The CWL was in everyone's mind for three months and they never deterred from their goal of attracting new members.

During the 11 am Mass on January 15th, the CWL welcomed their TWENTY EIGHT new members and four transfers. Following the Mass, everyone was invited to a reception.



Mary Jo and the St. Julia CWL are a great example of the Ontario Provincial theme, **Go Make a Difference!** Mary Jo saw a need, led by example, and encouraged a great participation from the CWL. Recruiting new members is important and St. Julia CWL is doing just that! Blessings to all for your work and dedication to our League.



Online Lenten Spiritual Reflection

Presented by Sault Ste. Marie Diocesan
Catholic Women's League



JOIN US AS WE PREPARE OUR HEARTS FOR LENT
May we be open to God's invitation during this
season of Lent and a renewed desire to live
an outward-looking, self-emptying, kind of love.



DATE: Sunday, February 19, 2023
TIME: 2:00 pm (EST)

MEETING LINK: <https://tinyurl.com/SSMCWL>



ALL ARE WELCOME!





Ash Wednesday 2023: The start of the Lenten season

<https://hallow.com/blog/ash-wednesday/>

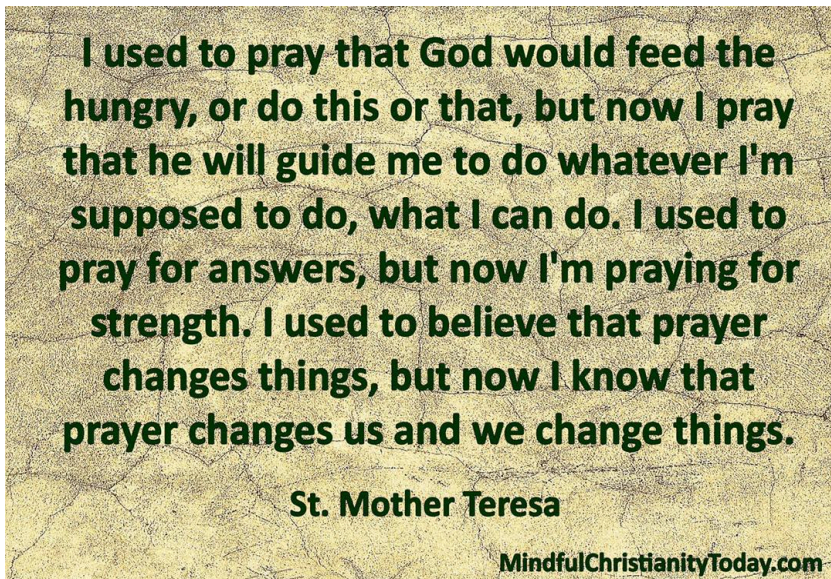
Preparing for a Good Lent Starts Now

https://media.ascensionpress.com/2020/02/06/preparing-for-a-good-lent-starts-now/?utm_campaign=gs-2020-10-16&utm_source=google&utm_medium=smart_campaign&gclid=Cj0KCQiAw80eBhCeARIsAGxWtUxyWV1X3Um0Qvd4Tala8Qd0vP-1ORrIMp3W8VprQt5LTJsFVvYMcTcaAsyMEALw_wcB

STATIONS OF THE CROSS FOR CHILDREN

A great resource for parents and grandparents to pray and play with their little loved ones.

<https://dmsbcatholic.com/wp-content/uploads/2020/04/Childrens-Stations-of-the-Cross-for-Coloring.pdf>



St. Valentine was a bishop, and is thought to have been a physician. He was arrested for giving aid to Christian prisoners awaiting martyrdom, and while imprisoned he converted the jailer by restoring sight to the jailer's daughter. St. Valentine refused to deny Christ before the Emperor Claudius in the year 280 and won the jeweled crown of martyrdom by his faithful witness. The feast of St. Valentine was first established in 496 by Pope Gelasius I.

Prayer to St. Valentine

O St. Valentine, lover of Christ and of the Church, we ask your intercession that we may learn how to love God above all things, and to selflessly love one another. O glorious St. Valentine, pray for us, that we too may have the steadfast faith of the martyrs.

© 2010 www.CatholicPrayerCards.org 1-888-244-2788
email: orders@CatholicPrayerCards.org Card #177



Paddy's Passion

The weather over Christmas in 2022 taught travelers a very valuable lesson, and that is to PREPARE for the weather.

As a volunteer for 15 years with Peterborough/ Northumberland Victim Services, I was taught by the finest OPP and Police in our area. We had an Inspector who believed in our program and would send the volunteers off to OPP headquarters in Barrie to attend several workshops on topics, such as human trafficking, internet exploration, suicides, homicides, home safety, VSS and the list goes on.

Over the next few months, I will share with you some tips and suggestions.

Items to have in your vehicle:

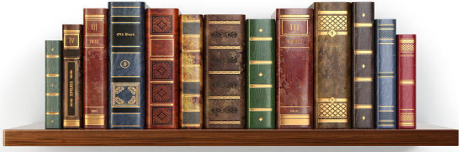
- Always keep a pair of sunglasses (yellow tint-based ones) in the car. Wear these glasses when it is raining or snowing.
- Safety car kit should include a candle in a glass jar, which you can use to heat your car for hours and wooden matches. Remember to open the window slightly when the candle is lit.
- Also have toilet paper, Kleenex, water, a granola bar or small chocolate bars, flashlight, spare flashlight batteries, mitts or gloves, scarf and toque, blanket, pillow and a good book.
- Paper and pen so you can leave a note for the police

It is also recommended that you never keep your phone charger plugged in when not in use.

Next month I will touch on women's safety when driving alone.

Paddy Fitzgerald Nolan
Communications Sub-Committee

WELCOME TO LISA'S LIBRARY



If you would like to share one of your favourite books or a review to one of our picks, we would love your feedback please send an email to emmacwl4life@aol.com or 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 or chapters.ca

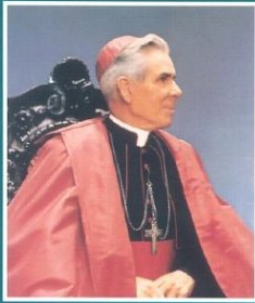
Adults:

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



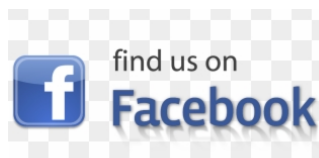
Fulton J. Sheen

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.

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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. Make sure pictures are JPEG format ☺

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