



March 2023 Edition

Featuring the Kingston Diocese and OPC Education and Health Chair

CATHOLIC
and **LIVING IT!**



Linda's League Letters

My dear League sisters,

Over recent months members have reached out to me expressing their concerns. Two issues have come up many times across the province. The first involves the number of directives, communiques and messages people are receiving. The second relates to the number of standing committees being reduced to only three and how all the work can be addressed by fewer officers. These are valid issues.

Let me offer a way to address these concerns by using the following analogy. We have all gone to buffet restaurants, especially before COVID. The long tables are laid out with bins and bins of food, each looking delicious and tempting. So many choices! My approach is to take a generous portion of my favourite foods and then maybe a spoonful of something I never tried before. What do you do?

When we receive messages from officers at other levels, I suggest that you read them to be informed. Next, decide, should you share the information, act

on it or file it away for future reference? Each council knows what they can and cannot do.

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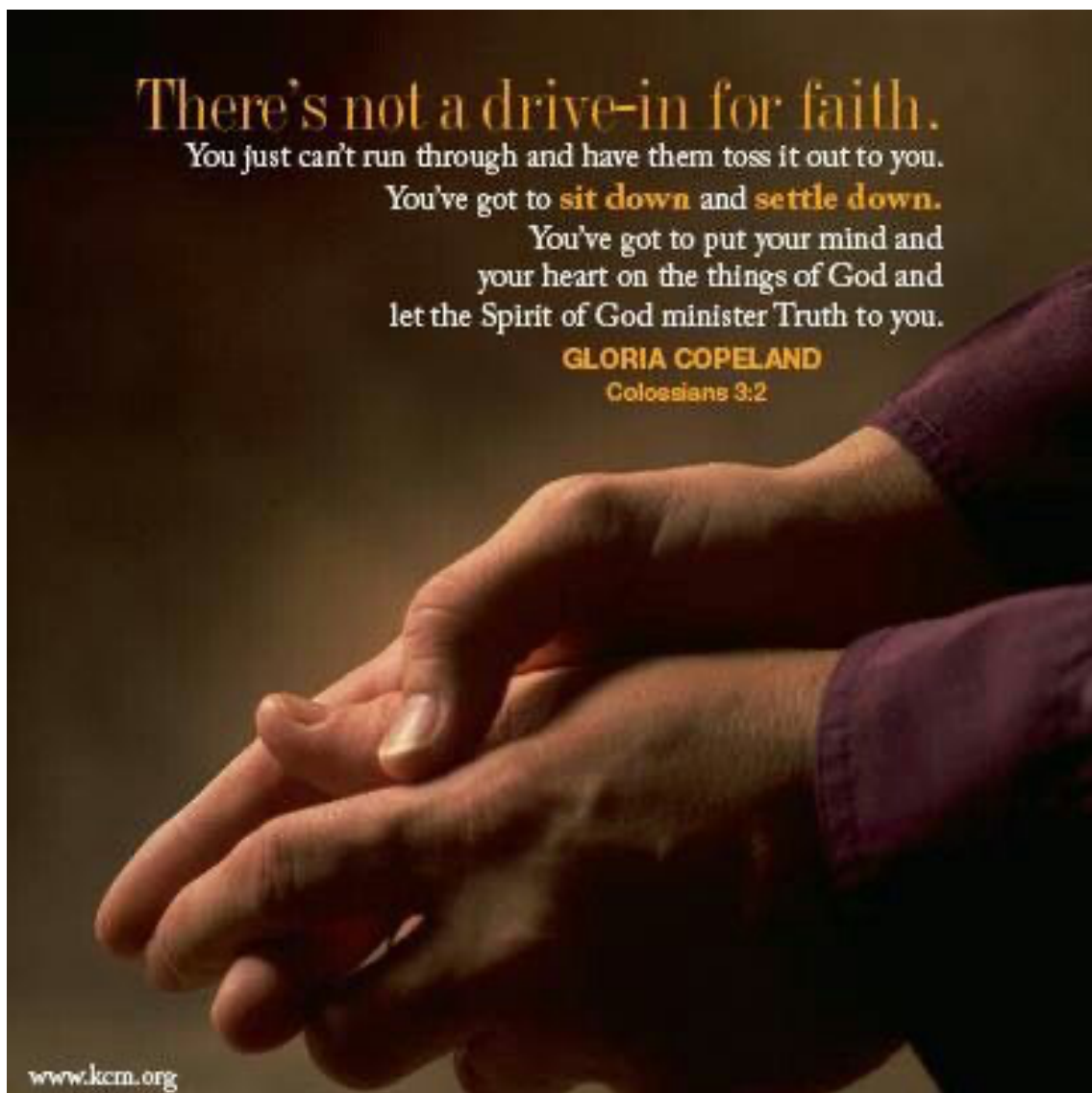
The same applies to the standing committees of Faith, Service and Social Justice. There is a whole smorgasbord of activities to choose from. What speaks to your members? What are their interests? What makes the best use of their gifts, talents and abilities? A council may choose only one activity under each pillar but may obtain spectacular results.

The buffet awaits but the choice is yours!

Bee Creative!



Linda Squarzolo, President
Ontario Provincial CWL



Kingston Diocesan Council of The Catholic Women's League of Canada

Over the last year, CWL members in the Kingston Archdiocese have embraced our Diocesan theme of: 'Reconnecting' as we all try to get back to the activities of the League, while respecting we are all doing so at our own pace. We have gradually emerged from our virtual meetings, although not completely, and we have had occasions to gather in person. What wonderful medicine for the soul it has been, seeing our sisters, taking time for socializing and actually hugging!

I was able to travel around to parish councils, meeting parish presidents for coffee and conversation, presenting anniversary certificates and assisting with questions and options to go forward with their struggling councils.

In this newsletter, we share a few examples of how we are working towards 'reconnecting'. We continue to ask Our Lady of Good Counsel to intercede in our efforts to keep growing stronger in our League adventures.

God bless, your sister in Christ,

Lyne Tuepah
President



Kingston Diocesan Council of The Catholic Women's League of Canada 2022 -2024

Pictured:

(back) Nancy Richer, Annette Meadows, Stephanie Spinelli, Mary Lou Hills, Angela Town, Bernadette Veitch, Colleen Hill

(front) Elizabeth Knudson, Fr. Stéphane Pouliot, Lyne Tuepah, Maureen Vincentine

**The Kingston Diocesan Council of
The Catholic Women's League of Canada turns 100!**



At our 2022 Convention, we celebrated our 100th anniversary as a council.

The time capsule, that was created and closed at our 90th, was opened by Life Member Kathy Huffman and President Nancy Richer



Fr. Dale Wright with
Maureen Vincentine (2017-2019),
Marge Royle (2015-2017) and
Nancy Richer (2019 – 2022)



Presentation of Certificates for councils celebrating centennial anniversaries.



New Executive: Fr. Stéphane Pouliot, Lyne Tuepah, Colleen Hills, Elizabeth Knudson, Angela Town, Mary Lou Hills and Nancy Richer



We will look back and reminisce on 100 years of fun, laughter and service with our sisters in the League.



Remembering Departed Sisters

On June 15 after a lengthy illness, Life Member Dorothy Meehan passed away. Many were able to attend her funeral and an Honour Guard was performed at the church.

Her smile and tireless dedication to the League will be greatly missed.

Kingston Diocesan Council WEBSITE Re-Launch

Thanks to the hard work of our newly appointed webmaster, Annette Meadows, our website is back up, functional and simply beautiful!

Check us out at www.kingston.cwl.on.ca



President's Fall Meeting 2022



More than 40 sisters gathered in person in October.
Fr. started our day with a reflection called:
'Our Baptismal Identity'.

Along with getting back to our regular business, Lyne Tuepah lead us through 'Eliminating Misconceptions about the League'.

Diocesan Spiritual Advisor, Fr. Stéphane Pouliot
Diocesan President, Lyne Tuepah

Diocesan Development Day 2022

On November 19th, the Kingston Diocesan officers presented
'Reconnect – Where Do We Go from Here'

workshop in four locations simultaneously across our vast archdiocese.

The content was taken from a new national resource called: The Joy of Leadership Through Engagement in Ministry - A practical guide for parish councils.

Members were asked to rethink about our council work as ministry work, to stop thinking that all members must attend monthly meetings in order to contribute, and to look for ways that non-elected members can take on responsibilities of leadership.

Mother nature decided to throw a curve into some travel plans that day preventing some members from attending. Our Diocesan President, Lyne Tuepah, offered an 'In case you missed it' representation over Zoom in January.



President's Winter Meeting 2023



In February, upwards of 50 members attended our Diocesan meeting including diocesan officers, Life Members as well as parish presidents who were encouraged to bring a member of their parish as a guest. The Kingston weather cooperated and provided a perfect travel day! We had time for spiritual growth, business planning and just as importantly, socializing and reconnecting.



Our Diocesan Spiritual Advisor, Fr. Stéphane Pouliot lead us in morning prayer then recommended a must read book: Finding True Happiness: Satisfying Our Restless Hearts by Fr. Robert Spitzer.

Our provincial president, Linda Squarzolo, joined us to present a National initiative workshop: Unity Outreach project.

Everyone had an opportunity to provide their feedback on their role as members of the Diocesan council.



Celebrations and Activities at Parish Level

St. Mary's - St. Cecilia, Morrisburg – Iroquois



(left)
Marg Zambon
was
presented
with a Maple
Leaf pin.

(right)
Life Member
Catherine
Lortie was
recognized
with a merit
certificate and
a 65 year pin.



Assumption of the Blessed Virgin, Erinsville

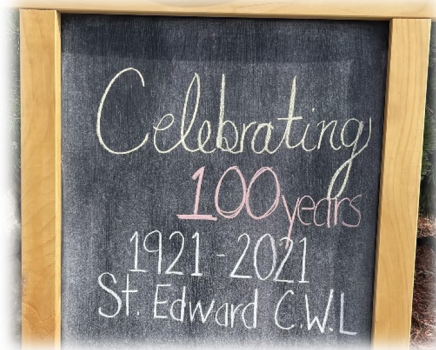


Members celebrate 90 years as a council



Diocesan President Lyne Tuepah
presents a congratulations
certificate to President Maureen
Gaffney

St. Edward the Confessor, Westport



Wonderful
celebration at the
popular 'The Cove'
in Westport.
Highlight was a
presentation
remembering
contributions from
every past
president, several
given by family
members.



Blessed Sacrament, Amherstview

In June 2022, Maple Leaf Service Pins were presented to Mary Lou Hills and Donna Guiney as well as many years of service pins.



St. John the Evangelist, Gananoque



On September 12th, St John the Evangelist CWL in Gananoque celebrated 90 years as a parish council starting with Mass celebrated by Fr. Dale Wright, followed by lunch and service pin presentations.

Diocesan president Lyne Tuepah was on hand to give a congratulatory certificate, presented to parish president, Johanne McReynolds.

St. Charles Borromeo, Read



On October 30, 2022, St. Charles had their first function since COVID – a successful soup luncheon to bring parishioners together.

St. Peter-in-Chains, Trenton

Members made up 35 Christmas gift bags for the young moms that use *The Pregnancy and Family Care Centre* in Quinte West.



Members baked various squares and cookies then were divided onto trays for parishioners who had pre-ordered, selling 25 trays!

Education & Health Standing Committee Chair

"At times like these, more than ever do we need the reasons of the heart, which alone can help us understand the mystery which embraces our loneliness."

Pope Francis

Loneliness and Social Isolation

References for this article are included in ON.22.02 [National Strategy to Address Loneliness](#) resolution.

We are now more aware that loneliness and social isolation is a lived reality for many youths, adults and seniors. Loneliness is a subjective feeling that social relationships are missing while social isolation is the objective state that connections to family, friends or the community is absent.



The risk factors or indicators that predisposes an individual to social isolation and loneliness include personal (i.e., age, single), health (i.e., disability, chronic illness, depression), social (i.e., living alone, low income) situational or environmental (i.e., lack of transportation, technology challenges), and the more risk factors, the higher their likelihood of experiencing social isolation or loneliness (RISE Spectrum HelpAge Canada, 2018).



Loneliness is considered the new health epidemic that manifests with mental health issues, depression, poor eating, increased chronic health issues, etc. Loneliness can have an equal or greater impact on public health than other more known risk factors such as smoking, obesity and substance abuse. Social isolation and loneliness often coexist.

Chronic loneliness can last for years and can hamper individuals from enjoying their life and can lead to an early death when not addressed. Decreasing social interaction with others impacts overall well being. The COVID-19 pandemic accelerated the digital transformation that was happening pre-pandemic. Technology can be a help and hindrance to those experiencing loneliness and social isolation.

The National Institute on Ageing (NIA) June 2022 recommends that the Canadian federal government create a national strategy to address this growing issue in older Canadians. Dr. Samir Sinha, for the NIA states that a national approach to social isolation and loneliness will raise awareness and create opportunities to develop best practices to support national, regional and local programming and interventions.

Go Make a Difference

The Angus Reid Institute, survey conducted with Cardus in April 2019, found that extreme social isolation and loneliness was reported by 23 percent of Canadians. In the same survey, they found that individuals supported by family and faith were less likely to feel isolated and lonely.

Catholic and Living It! As League members, it is our call to ***Go Make a Difference*** to address the loneliness epidemic which is not only a mental health or an elderly issue. Loneliness will continue to be a major public health issue given our aging population, changing family structure, the growing use of social media, new social patterns.

"The most terrible poverty is loneliness and the feeling of being unloved." Mother Teresa



Be a force of love!



League Resolutions

- ON.22.02 [National Strategy to Address Loneliness](#)
- ON.13.01 [Reduce the Stigma Attached to Mental Illness](#)
- 2005.09 [Support for Families Experiencing Perinatal Loss](#)
- 2004.06 [National Strategy for Suicide Prevention](#)
- 2001.01 [Quality End-Of-Life Care](#)

Organizations

Seniors/Youths

- [HelpAge Canada](#)
- [Centre for Addiction and Mental Health \(CAMH\)](#)
- [National Institute for Care of the Elderly \(NICE\)](#)
- [The National Institute on Ageing \(NIA\)](#)
- [Sheridan College Centre for Elder Research](#)
- [Kids Help Phone](#)
- [Ontario Federation of Indigenous Friendship Centres](#)
- [Catholic Family Services: \(check local area\)](#)
- [Covenant House Toronto](#)
- [Catholic Youth Organization \(CYO\)](#)



Standing Committee Chairs (Education and Health, Service, Social Justice)

- ❖ Recognize loneliness in yourself and others
- ❖ Explore and make members aware of services for seniors and youths in their municipality (i.e., home care, fall prevention, homemakers and nurse services, supportive services)
- ❖ Substitute screen time for green time with children and members
- ❖ Spend time with those that are terminally ill and near death
- ❖ Invite local health unit, CMAH, Catholic Family Services, etc. to speak
- ❖ Adopt a student from out of town, be a "mother" or grandmother
- ❖ Encourage the seniors to be pen pals with your local school
- ❖ Research impact of pharmacological and non-pharmacological medications that may help or hinder loneliness
- ❖ Monitor government activity on loneliness and social isolation at all levels (municipal, provincial and federal)

Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and bring me out of my distress.

Psalms 25:16

...Submitted by Hilarion Mitchell



ONTARIO PROVINCIAL COUNCIL
THE CATHOLIC WOMEN'S LEAGUE OF CANADA

UNLOCK THE
POTENTIAL
OF FOOD

THE EDUCATION AND HEALTH STANDING COMMITTEE
PRESENTS

MARCH IS NUTRITION MONTH

WED. MARCH 8, 2023 | 7:00 PM – 8:30 PM
ZOOM

Featured Topic: Prediabetes

- What is Prediabetes?
- Tests and Diagnosis
- Signs and Symptoms
- Metabolic Syndrome
- Risk Factors
- Treatment/Lifestyle Changes
- Prevention of Type 2 Diabetes

Speaker: Roshni John, Registered Dietitian
Registration Deadline: **Mon. March 6th**
Contact: Shaila D'Souza shailaflavy@gmail.com
Login details provided after registration.

Go Make a Difference
CATHOLIC
and **LIVING IT!**



MARCH IS NUTRITION MONTH

Linda Squarzolo, Ontario Provincial Council President selected **Go Make a Difference** as the theme during her 2022-2024 presidency. Linda asked the executive and diocesan presidents to select a project based on the theme to educate members. Hence, as the Education and Health Standing Committee Chair, this workshop is being presented see poster. Looking forward to seeing you and all members in attendance.



Spiritual Development

*"In prayer faith remains steadfast, in fastings life remains innocent,
In almsgiving the mind remains kind."*

Pope St. Leo the Great

There are many ways we can enhance our Lenten journey in the sisterhood of the League. Our National Council is offering two webinars in the month of March for our members. Here are the links and information to register:

Growing in Faith (Sat, March 18, 1:00 PM – 2:00 PM

CST): <https://attendee.gotowebinar.com/register/7777453101931786335>

Act Justly, Love Tenderly, Walk Humbly (Tue, March 28, 1:00 PM – 2:00 PM

CST): <https://attendee.gotowebinar.com/register/911720967579322965>

****Note-TIME CHANGE FOR OUR TIME ZONE-EST 2:00-3:00pm**

As Bishop Baron states in "The Pascal Mystery" from Word on Fire,
"In the season of Lent, we get in touch with our own sin, with what has produced a desert in us. We don't cover it up, make excuses for it, or dull our sensitivity to it; rather, following Jesus, we face down our own fears and temptations in the desert."

Almighty and ever living God,
you invite us deeper into your world, your people, your Lent.
May this time be one of outward focus;
seeking you in those we often ignore.
Help us live a Lent focused on freedom, generosity, and encounter.
Give us hearts hungry to serve you
and those who need what we have to give.

- Author Unknown



Submitted by: Wilma Vanderzwaag

"Community Life & Truth and Reconciliation News" ...

"Listening and dialogue are keys to building upon the relationships developed in recent months."

(Pastoral Letter to the People of God in Canada -
That We May Walk Together, February 8, 2023)



In her Communiqué #17, National Community Life Chairperson Faith Anderson advised that an *ad hoc* committee of national officers and Indigenous members has been formed to help deepen our relationships with Indigenous Catholic women.

"The committee wishes to gather information from members at large so it can recommend the necessary supports and resources to ensure Indigenous members are equally valued, respected, nurtured and able to fully participate in all League activities and projects, and to encourage them to take on leadership roles."

(National Community Life Communiqué #17 – February 14, 2023)

All League members are asked to **complete a survey by March 31st** which can be found at: <https://www.surveymonkey.com/r/CWLIndigenousSurvey>.

An article posted on the Archdiocese of Toronto website was brought to my attention by Toronto Diocesan Council President Sue Lubowitz. In reading the article, I learned that the Canadian Conference of Catholic Bishops had issued four pastoral letters, "... to advance the journey of healing, reconciliation and hope with Indigenous Peoples of this land." (*Canadian Bishops Release Pastoral Letters on Reconciliation with Indigenous Peoples* article - February 8, 2023)

The series of pastoral letters, **"That We May Walk Together"**, are addressed to the First Nations; the Inuit in Canada; the Métis; and the People of God in Canada.

The pastoral letters can be found using this link: <https://www.archtoronto.org/en/outreach/news/archdiocesan/canadian-bishops-release-pastoral-letters-on-reconciliation-with-indigenous-peoples2/?s=03> or the CCCB link: <https://www.cccb.ca/indigenous-peoples/that-we-may-walk-together-series-of-pastoral-letters-2023/>

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



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

March 13	Everyone is a mentor! Are you? (Repeat due to requests)
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





**April 19, 2023 – 8:00 pm to 9:00 pm
On ZOOM**

Why Did God give us free will and personality?

Please join us for prayer then sharing by our
Provincial Spiritual Advisor Bishop Dowd
followed by small group discussion.

ORGANIZATION CHALLENGE TIME!!

Okay ladies, it is time to get out and do some personal invites and to share stories. I would like to gather short stories on how women became involved and why they stayed involved in The Catholic Women's League of Canada. I want to share these stories anonymously through social media and our website to encourage other women to consider joining.

Make sure your story is told ...send it now to preselectopc@tbaytel.net.

I will be waiting in anticipation ...



**CATHOLIC
and LIVING IT!**

For invites, I challenge every member reading this article to invite one woman to join the League. Personal invites are best ... be brave go to a young woman in your parish and tell her we are Catholic and Living It!! to be a difference in the world! Then email me and let me know how it goes ... same email address as above ...

I will be waiting in anticipation!! *Colleen*





CATHOLIC WOMEN'S LEAGUE MEMBERS

You Are Invited!!!

76th Annual Provincial Convention

**This year's Annual Provincial Convention
will be held at the Cornwall Civic Complex,
100 Water Street East, Cornwall, ON.**

Saturday: Registration, Mini Tattoo

Sunday: Bus Tour of Cornwall, Resolutions
Dialogue, Opening Eucharistic Celebration

Monday: Morning Mass, Business Sessions,
Supplies/Vendors, Keynote Speaker, Good Things
Grow in Ontario Diocesan Dinner/Entertainment.

Tuesday: Business Sessions, Supplies/Vendors,
Reports, Guest Speaker, Banquet

Wednesday: Business Sessions,
Supplies/Vendors, Closing Eucharistic
Celebration, Closing Luncheon



**CATHOLIC
and LIVING IT!**

REGISTRATION CLOSES JUNE 1st, 2023

**Meals and activities are priced
individually.**

Make Hotel Reservations directly with the

Best Western at 613-932-0451

Super 8 at 613-932-8888

Comfort Inn at 613-937-0111

Ask your President for more details, or
visit <https://cwl.on.ca/>

**COME AND MAKE A DIFFERENCE
YOU CAN MAKE A DIFFERENCE**



Cornwall, Ontario July 8th – 12th, 2023



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!

**A note of thanks for your support – we greatly appreciate it!
Still lots of tshirts and polos for everyone!**



The Ontario Provincial Council
Of The Catholic Women's League of Canada

Invites you to celebrate the
10th Anniversary of the pontificate of
His Holiness, Pope Francis

Sunday, March 12, 2023
2:00 pm EST



To register to attend this virtual prayer service email:
preselectopc@tbaytel.net

More Tips for Taking Minutes (Part 1)

- Minutes are legal documents and the official and historical record of the actions of the organization. They are permanent records and should be kept in an official binder.
- Minutes should be brief and factual.
- Just take notes on actions – minutes should state what is done, not what is said.
- They should never include the secretary's opinion or judgment. They should not include details or flowery language.
- Accuracy is important, so if you are in doubt at all about a name, spelling, or the exact wording of a motion, stop the discussion and ask for clarification or read back what you wrote down to ensure that it is correct.
- Use a separate paragraph for each subject matter.
- Work off the agenda. Before the meeting, create a template for the minutes from the agenda so you do not have to take the time to type/write agenda items during the meeting.
- Have the agenda for the meeting and all background information pertaining to the meeting so you can refer back to this information during the meeting. The whole process can flow much more smoothly if the recording secretary has some knowledge of the subjects to be discussed.
- Sit as close as possible to the presiding officer. This makes it easier for the presiding officer to clarify any points that might have been made.
- Have a complete list of all attendees of the meeting. If this is not possible, have a sign in sheet or pass around a piece of paper for everyone to print his or her name.
- Do not deviate from the agenda. It is best to stick to the agenda as much as possible in order to keep all information on record.
- Number the pages as you go so you are not confused later. Remember, though, that the minute-taker is responsible for providing good flow. Do not force yourself to write the minutes in the actual chronological order of the discussion - it may not work.
- Record motions properly. A motion is a formal suggestion made by an attendee at the meeting that has been seconded by another attendee, and then passed by a vote. If the motion is not presented in writing, the recording secretary may need to restate a motion after a lengthy discussion. It is therefore very important to record these motions exactly as they have been stated. Record the person who made the original motion, the exact wording of the final motion, and whether the motion was approved or defeated. There is no need to record discussion, amendments, or the people who seconded the motion or suggested amendments.

See next months edition of ON-Line for *More Tips for Taking Minutes (Part 2)*.

<https://www.pta.org/docs/default-source/files/training/course-tools/meeting-minutes/note-taking-tips>

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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>



AROUND THE PROVINCE

St. Anthony of Padua CWL, Timmins ON

A. St. Anthony of Padua CWL are continually focusing on endeavors to "**Go Make a Difference**". These include projects on social isolation, care projects for the needy and homeless and many youth initiatives to increase CWL membership.

B. **Our project for Catholic Education Week** involves including Catholic school students in our diocesan convention to be held May 6 and 7th. Elementary school students are providing the placemats and centrepieces for tables at our luncheon. Students from the local Catholic Schools will set up and clean up the convention hall and provide entertainment.



C. Service Projects:

1. St Anthony of Padua CWL is consistently attempting to institute ways to increase our membership. Focus has been on involving our youth and, to date, we have enlisted one teen member.

2. A poster board informs members and parishioners of our activities and accomplishments. Presently members receive information via a monthly newsletter and information in the church bulletin.



3. The **Awards Service** recognizes service awards to our members, youngest and 65-year member and honours the service of deceased members



4. Over two years ago, a plan was implemented to reach out to our socially isolated members. Each month these members received a friendly phone call from a member. As well, at Christmas, Grade Three students from Pope Francis School sent artwork and messages for these members.





5. Assistance is given **new refugees** to our city.

6. Members have donated **wool and/or knitted toques, mitts or sweaters** for children in our schools. This project has been met with an overwhelming response and items not needed by these schools are distributed to the needy.



Submitted by,

Barbara Poulin,
Education and Health Chair
St. Anthony of Padua CWL
Timmins ON

Congratulations to Lakefield council on their successful and delicious spaghetti dinner. Pictured are Audrey von Bogen Past President Lakefield Council, Helena Lessard Peterborough Diocesan President, Bernadette Maloney President Lakefield Council.



Having fun certainly was not a chore!!

"The Service Clubs" of Cornwall meet 10 months of the year and discuss ways we work in our community together. This past Christmas in a combined effort we were able to provide a food basket for 1,450 families. We also share what each other's club have coming up so we may support each other's activities.

Every year in February the service club host a bowling fun day and this year 14 members of the Alexandria Cornwall Diocese were proud to represent the CWL. Next year we may need more than two lanes as we represent the diocese of Ottawa Cornwall.

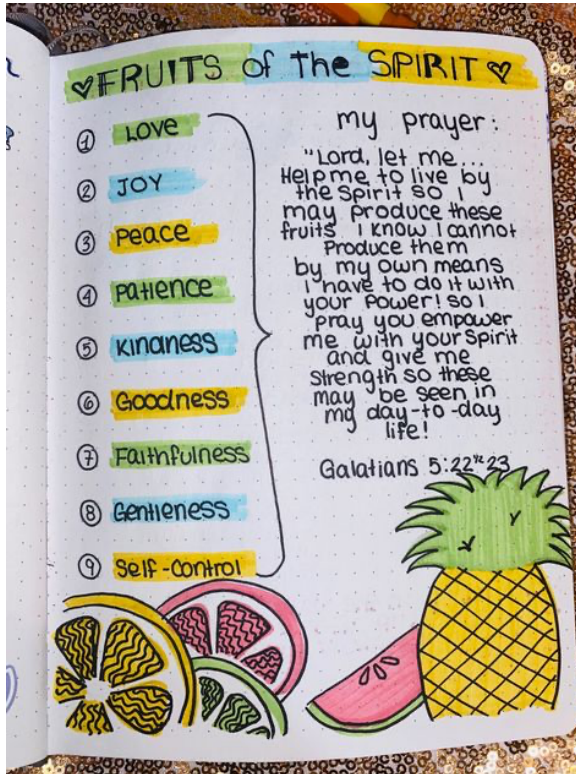


There are 14 clubs in the service club council. Pictured here are some of the clubs that took part on the Feb. 27th Bowling Fun Day! (The Catholic Women's League, The Legion, Rotary, Optimist Club of Cornwall and Lancaster and the Knights of Columbus).



for

Thought



What to Give Up:

A Lenten Reflection

- Give up complaining—focus on gratitude.
- Give up pessimism—become an optimist.
- Give up harsh judgments—think kindly thoughts.
- Give up worry—trust Divine Providence.
- Give up discouragement—be full of hope.
- Give up bitterness—turn to forgiveness.
- Give up hatred—return good for evil.
- Give up negativism—be positive.
- Give up anger—be more patient.
- Give up pettiness—become mature.
- Give up gloom—enjoy the beauty that is all around you.
- Give up jealousy—pray for trust.
- Give up gossiping—control your tongue.
- Give up sin—turn to virtue.
- Give up giving up—hang in there!

St. Patrick's Day, March 17



St Patrick Prayer!

As I arise today, may the strength of God pilot me,
 the power of God uphold me, the wisdom of God guide me.
 May the eye of God look before me, the ear of God hear me,
 the word of God speak for me.
 May the hand of God protect me, the way of God lie before me,
 the shield of God defend me, the host of God save me.
 May Christ shield me today.
 Christ with me, Christ before me, Christ behind me,
 Christ in me, Christ beneath me, Christ above me,
 Christ on my right, Christ on my left, Christ when I lie down,
 Christ when I sit, Christ when I stand, Christ in the heart of
 everyone who thinks of me, Christ in the mouth of everyone
 who speaks of me, Christ in every eye that sees me,
 Christ in every ear that hears me.
 Amen

Saint Patrick pray for us!



Paddy's Passion

Is your whole world in your purse? Let's always keep it safe.

Scams and robbery are on the increase, in stores and in parking lots.

1. In your vehicle always keep your purse behind your front seat, never on the passenger seat beside you. When you stop at a stop sign, a person can break your front window within 2 seconds, grab your purse and run.
2. When using public bathrooms, do not hang your purse on the back of the door unless the door hanger is halfway down the door. If the hanger is near the top and you hang your purse and while you are doing your business, a person can reach over grab your purse and be gone.
3. There is never a reason for you to carry your SIN card with you or your birth certificate so leave them safely at home.
4. Always photocopy all your credit cards, your health card, licenses and keep them safely at home in a safe. This will save you hours if you ever lose, misplace or have a card stolen.
5. When filling up with gas at the gas stations lock your doors, while you are busy pumping and distracted, it's easy for a person to open the door on the opposite side and grab whatever is inside. Your cell phone, money etc...
6. When loading your vehicle up with your shopping items do not leave your purse in the shopping cart and anyone walking by can just grab it. Go and place it in the car in the back seat and lock the door.
7. Always lock your vehicle while you are returning your shopping cart.
8. Sling bags are a new thing, because you now have your hands free. So you walk down the mall, your sling is over your shoulder, a person walks by with a knife or scissors cuts the strap and takes off running.
9. The new scam is people waiting in the parking lot willing to help you unload your items, why they are helping you when another person comes in and robs you. If you need help at Costco, there are several employees waiting to do so. In the malls if you need help ask a security guard to assist you.

Please always be aware of your surroundings, these are only tips, I am not saying you have to do it. I am just a sister looking out for my fellow sisters.

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:

An Easter Gift for Jesus – His Love Lifts Me Up by Susan Jones

It's time for the annual spring festival in the forest. The forest friends have a very big idea: to make a hot air balloon to celebrate! As each animal goes to work, they focus on making the balloon look very special and fancy on the outside. Disagreements pop up about how to make it the perfect balloon. But the real trouble comes when they forget to think beyond appearances—to the warmth it needs inside to soar high in the air.

An Easter Gift from Jesus is the follow-up to the heartwarming storybooks *A Birthday Party for Jesus*, *Everyone Is Invited to Christmas*, *A Christmas Pageant for Jesus*, and *An Easter Egg Hunt for Jesus*. Beautifully illustrated by Lee Holland, this picture book will offer young children a fun, relatable story of forest friends who realize that it's only through Jesus that we rise, and that we need His love to fill us up.

Amazon.ca

Jesus Calling – The Story of Easter by Sarah Young

Before the earth was formed, God had a plan to save us. Through the Old Testament prophets, God told about a Savior. And throughout Jesus' teachings and miracles, God revealed that Jesus, His Son, is the Savior! From the bestselling author of *Jesus Calling*® comes this beautiful picture book that teaches kids how Easter has always been a part of God's story and is a part of their own story today.

Vibrant illustrations, relevant Scripture verses, and rich reflections from Young's children's devotional combine to make a beautiful Easter book for children eager to know more about God's eternal love for them. Help your kids connect with God in a whole new way through *Jesus Calling*®. *The Story of Easter* and this closer look at how all of God's Word points us to His plan for Easter morning.

Amazon.ca

An Easter Egg Hunt for Jesus by Susan Jones

A quiet forest wakes up from its winter sleep. Buds blossom and trees stretch their branches—spring is here! All the animals are excited for the season of rebirth, because it means Easter is soon to come! Little Bunny and his friends get ready for the special and important day with an Easter egg hunt. But when Little Bunny makes a mistake that makes him think he's ruined all the fun, his friends and family come together to help him understand the meaning of Easter—a celebration of Jesus's resurrection and the new life He offers us.

An Easter Egg Hunt for Jesus features the same adorable forest creatures met in the heartwarming Christmas storybooks, *A Birthday Party for Jesus* and *Everyone Is Invited to Christmas*.

Beautifully illustrated by Lee Holland, this picture book will offer young children a fun, relatable story of a little rabbit who makes a mistake and learns how disappointment can transform into hope.
[Amazon.ca](#)

Adults:

Hope. Always.. Our Anchor in Life's Storms by Kris Frank

In *Hope Always*, Kris Frank, a popular Catholic speaker and youth minister, offers his down-to-earth and personal reflections on hope and how this crucial but often-misunderstood virtue can change our perspective on life's difficulties. Sharing stories from his own life, along with Scripture passages and theological commentary solidly grounded in Church teaching, Frank teaches by example, demonstrating how the practice of hope can help any person, in any state of life, and in any situation.

[Amazon.ca](#)

Habits for Holiness: Small Steps for Making Big Spiritual Progress Perfect by Fr Mark-Mary Ames

Fr. Mark-Mary, CFR, the Director of Communications for the Franciscan Friars of the Renewal and a regular Ascension Presents speaker, answers this question.

He takes 800 years of wisdom from the Franciscans and provides small and manageable steps that can lead anyone to great holiness. This book tackles topics that affect Catholics' everyday life!

While reading the book learn how;

To live within a family and create a Catholic culture in the family

To make prayer the center of your life

Contentment is needed for deep joy

Closely listening to others pulls you into the mystery of Christ

Recreation can foster growth

To turn the drudgery of work into the "altar of the desk"

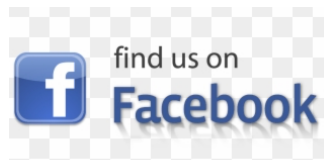
And so much more!

Giving our lives to the service of Christ is not just for the consecrated.

It is the call of every Catholic.

Little by little, we can all get heaven. Join Fr. Mark-Mary in *Habits for Holiness* to take the first small step toward sainthood!

[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. 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

