



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

ON-LINE NEWSLETTER



**April 2023 Edition**

Featuring the Peterborough Diocese and OPC Past President

**CATHOLIC**  
and **LIVING IT!**



*Linda's League Letters*

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My dear League sisters,

I was going to wait until May to share this information with you, but we often hear the comment that information was sent too late to act on it. So, I decided to tell you about this ahead of time.

It has been a recent tradition for provincial presidents to choose a symbol during their time as president. I chose the "bee" for the following reasons:

- The bee is seen as a symbol of all of the attributes of Jesus Christ. He had a sweet and gentle character, yet his sting could pertain to acts of justice and His death on the cross.
- As pollinators of many plants, bees hold the power of service. When they land on a flower to collect nectar, pollen attaches to their legs and is passed on to other flowers, creating the fertilization process. The bee represents the interconnectedness of all living things.

- The bee is a good luck symbol of being productive in one's work and in finding work that is fulfilling. All bees are productive, stay focused on what they are doing and do not get side-tracked from their goal. They remind us to slow down, smell the flowers and taste the sweet nectar of life.
- All worker bees are female.

St. John Chrysostom stated, "The bee is more honoured than other animals, not because she labours, but because she labours for others."

**Did you know that the United Nations has declared May 20<sup>th</sup> as "World Bee Day"?** This declaration came into existence in 2014 at the request of the Slovenian Beekeeper's Association.

The bee population is under threat and needs to be protected. As pollinators bees contribute to food and food security, sustainable agriculture, biodiversity and help revive forest cover. Three out of four crops, which produce fruit or seeds for human consumption, depend on pollinators like bees, birds and bats.

When planning for your meeting in May, raise the awareness of members and encourage them to:

- Learn about the importance of bees
- Encourage the preservation of old meadows
- Plant nectar-bearing flowers
- Bees are attracted to the colour blue, so plant rosemary and lavender
- Buy honey, wax and other hive products
- Change the kind of pesticides used to ones that are not harmful to bees
- Spray plants in early morning or late at night during calm conditions

Let's all raise the "buzz" for "World Bee Day".



Your League Sister.  
*Linda*

*Here is a link to help with learning more about the bees.*

<https://www.fao.org/world-bee-day/en/>



## Peterborough Diocesan Council of The Catholic Women's League of Canada

Peterborough Diocese has a geographical area comprising the Municipality of Clarington, five south western townships in the County of Haliburton, City of Kawartha Lakes, the Counties of Peterborough and Northumberland, and the Districts of Muskoka and Parry Sound. For the CWL in Peterborough Diocese, we currently have twenty-five parish councils and over thirteen hundred members. Our spiritual advisor is Father Roy Villas of Bracebridge.



We have struggled over the past two years, lost three parish councils and over three hundred members. CWL membership has declined similar to the decline in church attendance. Just as church members are hesitant to return, CWL councils are also hesitant about the future.

The members of the Peterborough Diocesan Council have experienced loss and change in a different way. By this I mean loss in the form of two life members, Erica Perk and Liz Condon within six months of each other, and spouses of officers Lynne Donnelly and Pamela Bryson-Weaver. Also currently, two spouses of officers Maria Fitzgerald and Lynda Macpherson have serious health issues. All of this is stressful and takes time to move forward.



Peterborough Diocesan Officers provided an honour guard for Life Member Erica Perk.



Pictured are life members of Peterborough Diocese along with diocesan officers and CWL members who were close friends with Life Member Erica Perk.

However, officers persevere; communicate about information received from other levels, review programs and materials about the changes in our League and find ways to inform and educate councils and members. For example, diocesan officers, over five sessions, completed thirteen presentations of executive training program sessions plus topics such as per capita fees, membership growth, euthanasia/assisted suicide/MAiD and human trafficking. We come away from these sessions feeling fulfilled.


From some meetings we come away with so much laughter. At this time, my throat is sore from talking and laughing so much. As some of you know, I do not talk a lot at meetings. However, at the last meeting, my internet failed me, I got kicked out of the meeting, and I had to text members. Maybe it was St. Isidore of Seville's way of saying "Click on the red button. Your meeting is finished." We made light of the situation. Thank you, Lord, for these fun times.

For CWL members in Peterborough Diocese, our days have been faith filled. We have wonderful spiritual programs in our meetings. We are blessed with marvelous prayers and information sent by email. At our retreats, we have been calmed then energized. We thank the Lord for the blessing of faith.

Taking the beauty of fun, faith and fulfillment juxtaposed by loss in different ways, CWL members of Peterborough Diocese come back to the theme, One Step, One Day, One Prayer at a Time. Regardless of what happens in our lives, good or bad, one takes these things step by step; one takes action within the current day, not the past nor the future; and one prays to God for change or to thank Him for one's blessings.

May Our Lady of Good Counsel guide you One Step,  
One Day, One Prayer at a Time.

Yours in Christ,

Helena Lessard   
President



The Peterborough Diocese has long awaited, due to COVID-19 delays, their 100<sup>th</sup> Anniversary celebrations, and once we began, we continued on. As with all celebrations, each council saluted their members in their own very special way. Councils celebrated mass, were encouraged by impressive homilies, presented awards and pins to well deserving members, displayed their history and certificates, listened to inspiring guest speakers, had sit down dinners and garden barbeques, and welcomed guests to their special celebrations.



Peterborough Cathedral



Cobourg



Norwood/Havelock



Lakefield



Kirkfield

### **ST. JOHN THE EVANGELIST AND MISSIONS, KIRKFIELD**

The 100<sup>th</sup> Anniversary of the dedication of St. Margaret Mary Mission church Coboconk, was celebrated in October 2022. Father Tom Lynch represented Bishop Miehm, celebrated Mass, and gave an inspiring homily. Certificates of Appreciation were presented to Frank and Ferrol O'Reilly who have been active parishioners for 20 plus years and Grace and Loretta Jamieson, whose family lived in Coboconk and worshipped at St. Margaret Mary's for 75 plus years.

After Mass, parishioners from our parish churches, and from area Christian churches, enjoyed a potluck dinner. A hymn sing followed, facilitated by Grace and Loretta at the Coboconk Lions Club Hall.



## ST. PAUL'S, LAKEFIELD

Maria Fitzgerald, President-Elect/Organization Chair entertained the crowd with a karaoke song at the Lakefield Spaghetti Dinner. Also pictured are Audrey von Bogen, Lakefield CWL Past President, Helena Lessard, Peterborough Diocesan CWL President and Bernadette Maloney, Lakefield CWL President.



## ST. MARTIN'S, ENNISMORE



St. Martin's Church in Ennismore is celebrating 100 years of our Church building in 2023. We are also celebrating 102 years of our CWL. We held a soup social in March where we presented several service pins from 5 years to 65 years and we had six past presidents in attendance. Everyone enjoyed being able to get together again. Madeline Cadigan who has been part of our parish for almost 90 years delivered insight as to how things were when she was young.

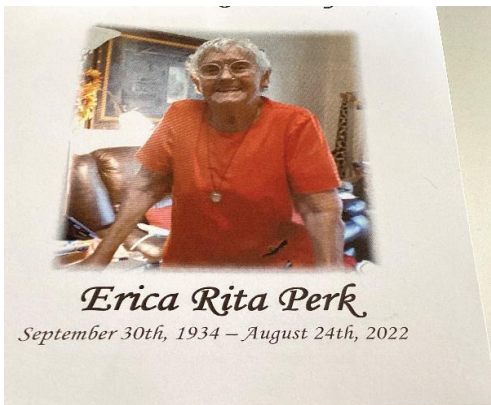


We also welcomed our new Parish Priest, Father Ante Market.



In the last few months, we have lost two of our Life Members – Erica Perk and Elizabeth Condon. These ladies were true and strong CWL members.

**Erica Rita Perk, Diocesan President 1992-94**



Erica Perk was the mother of three daughters and two sons, living in Peterborough, Ontario. She was president of St. Thomas More CWL in Millbrook, where she spent countless hours sewing, knitting, baking and helping at fundraising events. She held several positions on the diocesan executive before becoming diocesan president in 1992-94.

Erica became a Life Member in 2000. A very spiritual and prayerful woman, full of compassion and concern for all. She was on the convention committee of the Ontario Provincial CWL in 1996, hosted by Peterborough Diocese. She also facilitated a Leadership & Public speaking Course with Glenda Klein. She moved to a retirement home in Orangeville where she remained until her death.

**Margaret Elizabeth Condon, Diocesan President 1994-96**



Elizabeth Condon was born in Halifax, Nova Scotia and moved to New Brunswick where she spent most of her childhood. Moving to Peterborough, Ontario in 1955-56 was where she met her husband, Leonard, who was from Douro, and they raised four children, Jennifer, Jeff, Chris and Mike, five grandchildren plus two great grandchildren. Elizabeth (Liz) was a member of St. Anne’s Council, Peterborough becoming Diocesan President in 1994. She was a very active lady, encouraging her executive to keep up the good work of the CWL. At the 2000 Convention held in Peterborough, Liz was presented with her Life Member pin. She attended all the meetings she physically could and enjoyed meeting up with other life members at retreats and lunches.

Elizabeth’s grandmother, Alice Mary Hagen, was a noted artist and potter in Nova Scotia. She was instrumental in bringing CWL to Nova Scotia and in 1920-22 she was the first president of the Halifax diocese. There is a bursary in that diocese of \$500 presented to a CWL member to upgrade her education.

## I Remember, by Madeline Pearson, Life Member



Erica was born in Switzerland and came to Canada in her teens. She met and married Fred Perk, moved to a farm in Ida, and raised five children.

Erica joined the Millbrook Catholic Women's League and worked her way up through several positions to become the Parish President. In 1992, she became the Peterborough Diocesan President. I recall going to the National Convention in Sudbury with Erica. She packed her car with many of the necessities, for example an electric kettle and toaster. It was a pleasure to work and travel with Erica who was a proficient president. Erica excelled as a mentor to her fellow CWL sisters for she truly loved the League. Her wishes for all ladies to enjoy it, and move through the different positions, was always front and centre. Even though Erica had limited access to attending meetings and such in her later years, she stayed in touch with the different activities and policies, always asking questions to keep herself up to date.

Erica had two additional passions, the rosary and walking. She said the rosary several times a day. Even after her stroke, she insisted on forcing herself to walk. If the weather was inclement, she walked in the halls of her apartment building. She spent her final years in a senior's home in Orangeville near her daughter. Erica loved visits when we drove up to visit.

Erica was the true inspiration of what a CWL sister is and should be. Erica passed away in August of 2022.



Elizabeth was born in Halifax, Nova Scotia where she had deep roots in the Catholic Women's League. Her grandmother, Alice Mary Hagen, formed the first provincial CWL in Nova Scotia and became its first president. Her grandmother was also a sculptor. She made and hand-painted a set of dishes, which she donated to the League as a fundraiser. Elizabeth was proud to have a cup and saucer from this set and spoke of it often.

Elizabeth, at a young age, came to Peterborough where she met her husband Leonard and lived for many years in St. Anne's Parish, raising their four children. She joined the CWL and worked her way through several positions to become President and, in 1994, Elizabeth became the Diocesan President. Because Elizabeth didn't drive, she and I did a fair bit of travelling together. During her two years in office, she and I also flew to Winnipeg for a National Convention.

Elizabeth was a wonderful mentor to less experienced members, always willing to help out and share her skills. We were privileged to have Elizabeth as a member of St. Patrick's Kinmount CWL when the St. Anne's Council became inactive and folded. Elizabeth passed away in February of 2023.



## ST. JOSEPH'S, BOWMANVILLE

St. Joseph Catholic Church in Bowmanville, ON is celebrating its 90th Anniversary this year. Our church community and ministries are planning celebrations which include Luncheons, Breakfasts, BBQs, special Masses and more. These celebrations are led by our Parish Priest Father Craig Cruikshank. He works diligently with all our ministries, sharing ideas, encouraging and accommodating our plans. He attends all events providing his physical and technical support whenever it is needed, and believe me, he is needed.

Our CWL wishes to raise awareness of our parishioners of the services we provide to our community, events we host and increase participation and fellowship.

In March, we have done the following:

CWL Spring Luncheon - over 70 guests resulting in three new members.

Parish Pasta Dinner (shown below) - again, over 70 guests.



Our upcoming events include:

- June - Wine & Cheese - CWL/Church History 'Looking back' Fun session collecting and reviewing historical data
- September – Celebrate 90th Anniversary BBQ
- October – Applefest & Craft Sale
- October – Church 90th Anniversary Formal Dinner

## ST. PETER-IN-CHAINS, PETERBOROUGH

The Cathedral CWL holds a successful Phantom bake sale every year. It *promises* no baking, no calories, gluten free, nut free and lactose free desserts! Envelopes labeled CWL are placed in the pews for every Mass. Parishioners take envelopes home to return or place donations into the envelope and collection basket while at Mass. The treasurer collects envelopes from the Rectory to deposit. New envelopes are placed in the pews every weekend. Funds raised last year, 2022, totalled \$ 1,600.00.

## ST. MARY OF THE ASSUMPTION, HUNTSVILLE



Blessings of the living rosary group with our Interim priest Father Aji Sebastian.



Our February birthday celebrants. Seated Corrine Murdy 92. Elizabeth Janssen 93 years old.

## ST. MARY'S, LINDSAY

Our first Silent Auction was hosted with paintings donated by member Kathleen Leenders, three quilts, a suncatcher, several baskets and one wreath as prizes. Guest speaker for the luncheon was Jennifer Lopinski (far right) of A Place Called Home. The theme was "Colour my Home".



CWL participants in World Day of Prayer at The Salvation Army Community Church in Lindsay: Josette Chase (2<sup>nd</sup> from left), Shirley King (7<sup>th</sup> from right) and Glenda Klein (3<sup>rd</sup> from right).





(left) Bonnie Collins receives her 30-yr service pin from Organization Chair Gloria Broad.



(right) Our Game Night, organized by the CWL and Knights of Columbus, was a lot of fun. A soup and sandwich supper preceded the games and prizes.



Second Vice-President and Funeral Convener Marg Johansen receives her Maple Leaf Service Pin from President Glenda Klein at the annual general meeting.



President Glenda Klein presents the Maple Leaf Service Pin to Corresponding Secretary Josette Chase.

## ST. MICHAEL'S, COBOURG



St. Michael's celebrated their 100th anniversary. Bishop Miehm led members and parishioners in mass followed by a luncheon, awards and a guest speaker. Pictured at right are Paddy Fitzgerald-Nolan, Peterborough Diocesan Past President, Shirley Christo, guest speaker, and Helena Lessard, Peterborough Diocesan President.



At a general meeting in November, St. Michael's CWL, Cobourg, voted in their 2023-2024 executive. Cyndy Harper President, Susan Visneski Vice President, Rosemarie deLeon Secretary, Yvonne Trudell Treasurer, Nancy White Faith Chairperson, Gladys DeLong Magg Service Chairperson, Pat O'Ray Social Justice Chairperson, Carol Lawless and Therese May Past Presidents. The installation ceremony was at a mass in January with a reception afterwards.



On March 17, 2023, St. Michaels' CWL, Cobourg, celebrated their 2<sup>nd</sup> annual soup, buns and bread luncheon to celebrate St. Patrick's Day; with participants encouraged to wear their green, over 35 parishioners attended this event.

# Past President/Historian Chair

## The New Executive Structure and Elections

The national executive will transition to the new executive structure with the next national election in August 2023. At that time constitutional changes adopted at the 2022 national convention will be completed for the national team. The new structure will be as follows (taken from the *Constitution and Bylaws 2022*):

PART XI:

Officers Section 1:

Parish Officers

Officers at parish level shall be:

- president
- vice-president
- secretary
- treasurer
- past president
- chairpersons of standing committees (three: Faith, Service and Social Justice)

Once all councils have had their elections, all Levels of the organization will have the same executive members, although some positions may be combined like secretary-treasurer.

If your council held an election since August of 2023 then you have already instituted these changes. If not, then your council's next election should be completing this transition. Ontario Provincial Council will transition at its next election in July 2024.

Be sure that your council is following the *Constitution and Bylaws 2022* (Part XVI Section 1 page 35) for eligibility criteria and the *National Manual of Policy and Procedure* for the election register (Nominations and Elections page 102).

Remember that no one member carries the load alone! This new structure encourages participation and collaboration with all members. **Make it a joyful experience – Go Make a Difference!**

Article submitted by Colleen Perry, Ontario Provincial Past President 2022-2024

<https://cwl.ca/wp-content/uploads/2022/12/604-Constitution-Bylaws-2022.pdf>



## Did You Know?

Recently I had the opportunity to review a little bit of our provincial council history and I wanted to share a few tidbits.

- Our charter is dated the thirty-first day of January 1948 and signed by national president Cecilia Dundin.
- The first Ontario Provincial President was Mrs. W. Alexander Walker. The first provincial secretary was Miss. Catherine Toal.
- The first Ontario Provincial Convention was held at the King Edward Hotel,



FIRST ONTARIO PROVINCIAL CONVENTION  
CATHOLIC WOMEN'S LEAGUE OF CANADA  
KING EDWARD HOTEL, TORONTO, ONTARIO SEPTEMBER 1948

Msgr. Byrne  
Kingston

Bishop John C. Cody  
London

Father Brennan  
Ottawa

Mrs. P. J. McGarry  
Past Nat. Pres.

Miss Ishbel Hutton  
Treasurer

Miss Antoinette Bauer  
Vice President

Mrs. D. Alex Walker  
President

Miss Catherine Toal  
Secretary

Mrs. W. J. Dundin  
Nat. President

Toronto in September 1948.

Do you know the history of your council? Do you have pictures? Are there interesting facts you can share with your sisters across the province?

Send me your stories at [pastpresidentopc@gmail.com](mailto:pastpresidentopc@gmail.com). I would love to hear them and share them!

Embrace your history!

Article submitted by Colleen Perry, Ontario Provincial Past President 2022-2024





# Spiritual Development



God of heavenly wisdom,  
you have given us Mary, Mother of Jesus,  
to be our guide and counsellor.

Grant that we may always seek her motherly help in this life and so enjoy  
her blessed presence in the life to come.

O Mother of Good Counsel,

Patroness of the National Council of Catholic Women, Intercede for us,  
that we may be wise, courageous and loving leaders of the Church. Help us  
dear mother, to know the mind of Jesus, your Son. May the Holy Spirit,  
fill us with reverence for God's creation,  
and compassion for all God's children.

May our labours of love on earth  
enhance the reign of God;  
prepare us for the fullness of  
the world to come. Amen.

Join the televised Mass sponsored by The Catholic Women's League of Canada on  
April 26<sup>th</sup>, the feast of Our Lady of Good Counsel, in honour of our patroness. The  
Mass is televised by the National Catholic Broadcast Council. Check the website  
[info@ncbc.ca](mailto:info@ncbc.ca) for viewing times in your area. Betty Colaneri, National  
Communications Chair, will be Minister of the Word at this Mass.

**Let each parish council mark this date in some way to show our dedication to  
our patroness and pray that she continues to guide and counsel us.**

Wilma Vanderzwaag

## Meetings with Ontario Government 2023 Report



*From left to right: Colleen Martin, OPC Pres-Elect, Joanna Sisk, OPC Legislation Chair, MPP Kinga Surma, Minister of Infrastructure, Linda Squarzolo, OPC President, Honourable Raymond Cho, Minister Seniors and Accessibility and Mary Capobianco, OPC Resolutions Chair.*

I am happy to report that after 3 years we were finally able to meet with government once again. Although the meetings did not take place in the traditional manner with a visit to Queens Park, we were still very happy to receive invitations to connect. Linda Squarzolo, Ontario Provincial President, Colleen Martin, Ontario Provincial President-Elect, Joanna Sisk, Provincial Legislation Chair and Mary Capobianco, Provincial Resolution Chair attended these meetings.

On February 15<sup>th</sup>, we had the opportunity to meet virtually with Stakeholders and Policy Advisors from the office of the Honourable Michael Tibollo, Associate Minister of Mental Health and Addictions. We presented the resolution on loneliness (ON 22.02) and stressed the negative impact and increased risks of isolation and loneliness. The meeting had good interactive discussion with a great exchange of ideas. The government representatives recognized that loneliness and isolation was a very serious issue especially in light of the increasing number of teen suicides. They were very receptive of the many ideas put forward by the CWL team and promised to keep us abreast of any progress on initiatives addressing this issue.

On March 13<sup>th</sup>, we had the privilege of meeting in person with the Honourable Raymond Cho, Minister of Seniors and Accessibility. The meeting took place at the office of MPP Kinga Surma, Minister of Infrastructure.

Points of discussions and a sharing of information with Minister Cho and MPP Surma included the following:

- There is currently a comprehensive guide to programs and services for seniors available online. [www.ontario.ca/seniorsguide](http://www.ontario.ca/seniorsguide)  
We asked if it was possible to make this resource more readily available and especially for those without access to internet. After an exchange of ideas, it was agreed that both the government and CWL would communicate the existence of this resource. MPP Surma also agreed to share this information with her fellow MPPs and to include this in their constituents' home mailings.



- Minister Cho shared that there are over 300 *Senior Active Living Centre* programs across Ontario offering community programs for seniors. There are also community grants available for up to \$25,000.
- There is also a Senior Safety Line (SSL) available in different languages which is a 24/7 crisis and support line for seniors in Ontario who have experienced any type of abuse or neglect.
- We spoke about how important the ability to hear is for social inclusion. The loss of hearing often prevents seniors from social interaction and unfortunately the subsidy currently available for hearing aids falls far short of the actual cost.

Also, some medical supplies and equipment, particularly as they relate to diabetes and health alerts are costly and expending funds for the purchase of those items may preclude individuals from participating in other social activities. Once again good discussion and exchange of ideas followed. Recognizing that all suggestions and funding for all items cannot be accommodated, Minister Cho pointed out that these items mostly fall under the Ministry of Health. He suggested that the CWL write a letter to Sylvia Jones, Minister of Health to address these items and agreed to provide support in our letter writing efforts. This is something that CWL will be pursuing.

- Although resolution *Improve Care in Long-Term Care Homes* (ON22-01) did not fall under this ministry, the executive assistant for MPP Surma promised to personally deliver it to the Minister of Long-Term Care.
- It was also brought to Minister Cho and MPP Surma's attention that the government had previously seen Bill 104 to maintain a strategy to reduce impacts of mental health issues and loneliness had previously reached second reading in March 2022, but this had never become law. However, it would still be pertinent for the province to have a strategy.

At both meetings, we pointed out that although the resolution specifically requested action by the federal government to establish a national strategy, including a minister responsible for loneliness and establishment of a commission, there is still much that can be done under provincial jurisdiction to alleviate loneliness. We also stressed that studies indicate policy proposals need to be analyzed with a 'loneliness' lens which is possible at all levels of the government under various ministries and/or departments.

As much as the process for a successful resolution is long and entails a lot work and challenges, there is nothing more satisfying as the opportunity to speak with government about our concerns and the feeling that YES, together, *We Can Make A Difference!*

Submitted by: Mary Capobianco  
Ontario Provincial Resolutions Chairperson

## League Development Zooms Reach Milestone



Remember several years ago when one of our presidents was encouraging everyone to toot their horn? After all, who is going to toot it if we do not. Hence, this little notification for our on-line newsletter announcing this milestone.

The total number of members signing up and participating in the monthly League Development Zooms has surpassed 100!! Representing more than 40 parishes and 9 dioceses!!

The next zoom for this fall/winter offering will focus on Bishop Dowd's talk, Provincial Spiritual Advisor, "Why did God give us free will and personality?" If you have not signed up, there is still time before April 19, 8:00 pm EDST.

May's event is "Public Speaking, not me? Yes you!" May 17, 2023 8:00 PM EDST  
June event is reflective "Surrendering to God's Will – If He calls, Holy Spirit is there"

## What I have learned through my journey with The Catholic Women's League of Canada

Some women think differently ...

That is okay it is how we grow.

Some women do things differently ...

That is okay too as long as we are heading the right way.

Some women look different than me ...

That is wonderful it makes us beautiful.

Some women want to rush through life...

they miss so much; we can reach them.

Some women know how to savour every moment.

I've learned from them.

Some women never change ...

I pray for us.



**The most important life lesson is in recognizing we are all different; God made it that way for His divine purpose.** It may not be apparent to us at the time that there is a purpose; it may just frustrate us. However, we need to trust that we are all here for God's purpose, how can we work with that person who frustrates us despite our perceived effort to get along. Pray on it, are you doing all you can do? Are you doing WJWD? If all else fails, focus your efforts where she/he is not involved and pray for reconciliation if it is God's will... Amen.

...submitted by Colleen Martin, President Elect



# 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](mailto: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**

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April 19

Why did God give us personality and free will?

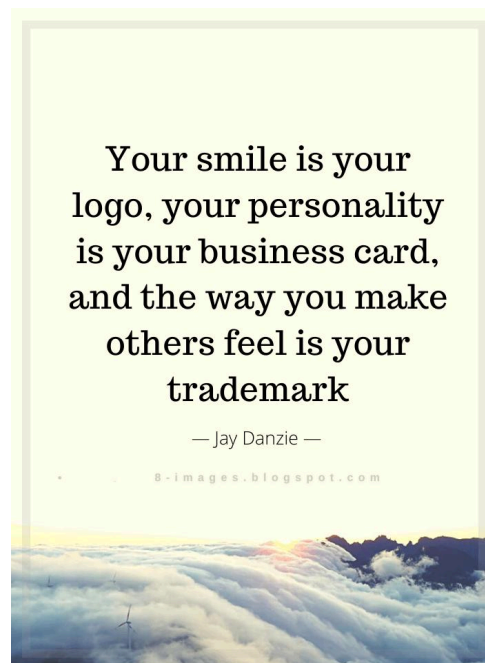
May 17

**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](mailto:preselectopc@tbaytel.net)





# CATHOLIC WOMEN'S LEAGUE MEMBERS You Are Invited!!! 76<sup>th</sup> 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 1<sup>st</sup>, 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 8<sup>th</sup> – 12<sup>th</sup>, 2023**

**ATT: CONVENTION GOERS!!  
CORNWALL HAS LIMITED HOTEL SPACE AVAILABLE.  
IT IS IMPORTANT THAT YOU BOOK YOUR ROOM  
AS SOON AS POSSIBLE!!  
WE HAVE SO MUCH FUN, FAITH AND FOOD  
PLANNED FOR YOU!**



**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](mailto: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 11<sup>th</sup> 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 t-shirts and polos for everyone!**



The results are in! The **Coldest Night of the Year** (CNOY) had a successful campaign on February 25, 2023, reaching 106% of their goal! This means \$12,743,708 (and climbing), surpassing the goal of \$12,000,000 across Canada!

CWL members from across the province participated as shown in the Challenge results (search 'CWL'). There were 6 teams registered and 27 walkers who identified themselves as CWL. Members also volunteered at the event.

Our members are doing good work in their communities and in ways that they are able. Being part of the CNOY, members continue to support the vulnerable, the homeless, the hungry and those who are struggling.

More information about the agencies that benefited from this year's event, from our members' participation, can be found at the following links. There is also a brief description of each one at [cnoy.org](http://cnoy.org) → search CWL → click on the orange circle with the arrow of chosen team → scroll down to the box stating "I'm fundraising for..." → click on the box → scroll through the page for description of the agency and many photos of this year's event.

**Open Arms Mission of Welland** <https://www.openarmsmissionwelland.com>

**Hamilton Mountain – Neighbour to Neighbour** <https://www.n2ncentre.com>

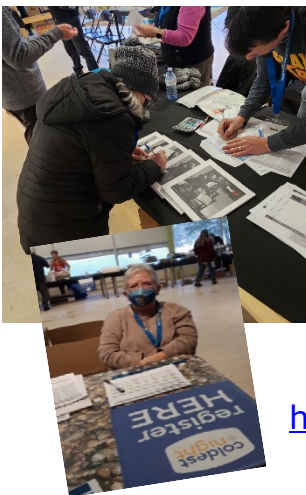
**Alliston S.H.I.F.T.** <http://www.shiftforgood.ca>

**Kenora Fellowship Centre** <https://fellowshipcentre.wixsite.com/kenora>

**Strathroy – 37 Frank Youth Centre, YFC Strathroy** <https://yfcstrathroy.com>

**Mississauga Meadowvale-The DAM (Develop, Assist, Mentor)** <https://www.thedam.org>

**Samaritan Centre, Sudbury** – no website, for description see <https://cnoy.org/location/sudbury>



<https://cnoy.org/tools/savethedate2024>



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

### **More Tips for Taking Minutes (Part 2)**

- Some organizations use motion sheets so all motions are written down; this is a best practice that is highly encouraged.
- Record final, amended motions. There is no need to include the discussion or amendments that do not pass.
- Motions that are withdrawn do not need to be recorded.
- If there is a program, record the program topic, type of presentation, names of participants, important points covered.
- Record announcements.
- Record the time of adjournment.
- Minutes should be signed by the secretary and dated.
- Prepare the minutes in the proper order as soon as possible following the meeting; forward a copy to the president for review.
- Present the minutes of the previous meeting at the following meeting. Minutes need to be approved before they are official. Once approved – even with amendments - record this at the bottom of the minutes, along with the date and your signature.
- Read Robert’s Rules of Order. This is an excellent tool to assist anyone taking minutes. It will help to familiarize you with the format for making, seconding, and amending motions.

#### **Minutes should include:**

- The kind of meeting (regular, special, adjourned regular or adjourned special).
- Name of the association or assembly (general, board of directors, etc.) • Date, time, and place of meeting.
- Time the meeting was called to order.
- Whether the regular presiding officer and secretary were present and the names of those who substituted in their absence.
- Quorum established.
- Approval of the minutes of previous meeting - either approved, or approved as corrected (a special meeting does not approve minutes).
- Summarized reports of officers and chairmen (important reports such as the budget or monthly treasurer’s reports should be attached to the minutes and included in the official book).
- All motions and the name of the person who made each motion (except those withdrawn).
- Unfinished business.
- New business.
- Announcements.
- Program information – just brief mention. Attach handouts if useful.
- Time of adjournment.
- Signature of the president and secretary.

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

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**...submitted by Anna Tremblay, Recording Secretary**

## AROUND THE PROVINCE

### World Day of Prayer Friday, March 3, 2023



Fr. Rob Rocheleau, Pat Lafontaine, Sylvia Deslippe, Barb Brazier, Helen Biales, Glenna Hemphill, Bea Taylor

On Friday, March 3rd, 2023, St. John Vianney CWL hosted the annual World Day of Prayer. The 2023 World Day of Prayer Service was written by Taiwan. Bea Taylor, Our Lady of Guadalupe CWL, has been the coordinator for this event in the East end of Windsor for over 15 years. As this is a nondenominational event, other area churches are also represented. A social was hosted by St. John Vianney CWL after the Service.



### Recycle and Reuse Program

This program started at Our Lady of the Visitation CWL Council at a meeting one evening back in 2012 and led by Sandra Blais, Parish President. The program has grown in the past eleven years, evolving from only the collection of milk bags into finding more items to collect and donate to other beneficiaries. At present collected are pop tabs, eyeglasses (prescription and sunglasses) and cases, fabric and notions, used postage stamps, dried up markers, pill bottles, bread tabs and of course the ever-popular colorful plastic milk bags keeping all out of the landfill sites. Over 600 sleeping mats; over 500 eyeglasses; many boxes of stamps; heavy bags of material; over 317 pounds of pop tabs; and boxes of bread tags.

There is no budget for the program nor is social media used it relies on the many volunteers. The beneficiaries of the program are: Canadian Food for Children, Miriam Care Centre, Clifford Bowey Public School, Victoria Quilts, Eco Equitables Inc. and Calgary Eyeglass Recycling Plant.



Our volunteers and partners include Schools, Women's Business groups, CWL councils, KofC councils, churches, Senior's clubs, City of Ottawa employees, religious charities, retired business organizations as well as individuals, family, friends, neighbors and communities outside of Ottawa. The founder of milkbagsunlimited.ca is a source of inspiration and support. The coordinator, Sandra Blais continually seeks out more designated collection sites, leading the teaching to weave, provides presentations/workshops and negotiates with drivers to take the items destined to the Canadian Food for Children's warehouse in Mississauga and local drivers to pick-up and drop-off items.



Recently, a miracle happened. A company spotted a request in a local paper for help in delivering the mats and has joined the team. The company is Brinks Armored Trucks, coining the phrase that "*Our mats are so valuable even Brinks is transporting them.*"

In 2015 Pope Francis released the Study Guide for Laudato Si'. encouraging all of us to respond to our environmental problems regarding 'Our Common Home'. Nobody can do everything, but everyone can do something and together we can "Make A Difference". Please spread the word.

Respectfully Submitted Sandra Blais, Coordinator Recycle and Reuse Program.



## **Ottawa Diocesan Events**

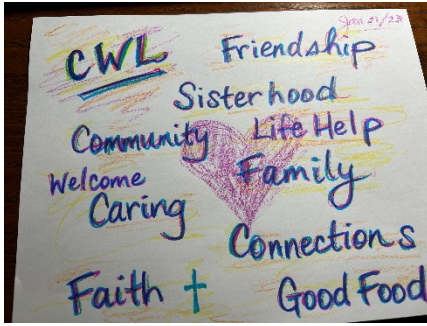
The Ottawa Diocesan have been 'Busy CWL Bees' making a difference.

### Virtual Workshop on Membership

The fall began with a Virtual Workshop on '*Membership- The Key for the future of our League.*' The importance of membership in the League remained front and centre this year. The workshop was interactive and provided members the opportunity to discuss strategies and ideas on how to recognize members and acknowledge their contributions of time and talent to increase their sense of belonging and connectedness. The conversations were insightful!

### CWL Synod Workshop

The Ottawa Diocesan had a Workshop on the '*CWL Synod*' on January 21, 2023, hosted by Our Lady of Fatima Parish. We began the morning with Mass and then returned to our inter child having fun drawing pictures and word art on *what membership to the CWL means to your faith journey.*



After sharing the drawing and word art discussions continued in smaller groups led by Facilitators. We then moved back to the larger group and shared the conversations. The morning was filled with spiritually and the ladies expressed their joy as members of the Catholic Women's League. We concluded with social time and a Potluck luncheon.

### League Development

On February 18, 2023 Divine Infant Parish hosted a League Development Morning. We began with a Prayer Service led by the diocesan followed by presentations on 'Wisdom Tables'. The presentations were offered by some of the diocesan Life Members. Colleen Perry Past Provincial President presented the chair of Service, Jane Munro presented the Chairs of Social Justice, Sharon St. Jean presented the Chair of Faith, Treasurer Chair was provided by Heather Sisk and Vice-President/Social Justice Chair was provided by Moira Matthews. After the presentations there was a question-and-answer session.



Members were provided copies of the presentations which were also shared electrically with Parish Presidents to send to all members. The many members who attended the 'Wisdom Tables' found it an excellent source of information.

The social time provided members the opportunity to connect with fellow sisters across the diocesan.

### Lenten Morning of Reflection

March 11, 2023 the diocesan led a Lenten Morning of Reflection hosted by St. John The Apostle. We invited our fellow sisters from Alexandria-Cornwall Diocese to join our Lenten spiritual time together. We began the morning with Mass celebrated by our Spiritual Advisor, Father Gerard Plant followed by the Stations of the Cross as seen through Mary's sorrowful heart. Before our guest speaker we had some social time, what a great opportunity for the members of both dioceses to share conversations over a tea or coffee!



Our noted guest speaker was Giovanna Mingarelli, the Canadian Chair and Chair Emeritus for Global Dignity, an International non-profit organization that empowers eight million people with dignity in 80 countries. Giovanna's topic was 'Kindness'. She discussed the ongoing #UniteKindness campaign, with a goal of empowering people to be kind. Giovanni is working with various religious leaders around the world to bring about 1 billion acts of kindness in three years. To date, the campaign has aggregated over 3.5 million acts of kindness around the world. Giovanna is hoping to meet with the Pope at the Vatican this fall.



A great time was had together in sisterhood!



That's some baptism! Catholic clergy take icy plunge into Ramsey – Way to go Bishop Dowd! Brrrr...



Read the article for the full details!

<https://www.sudbury.com/local-news/thats-some-baptism-catholic-clergy-take-icy-plunge-into-ramsey-6611973>



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

Education & Health Standing Committee  
for  
National Hospice Palliative Care Week  
(May 7-13, 2023)

Presents an Overview of

### THE CANADIAN CONFERENCE OF CATHOLIC BISHOPS HORIZONS OF HOPE

### TOOLKIT FOR PARISHES ON PALLIATIVE CARE

[To assist caregivers and family members facing a terminal illness to understand palliative care from theological, ethical and medical perspective]

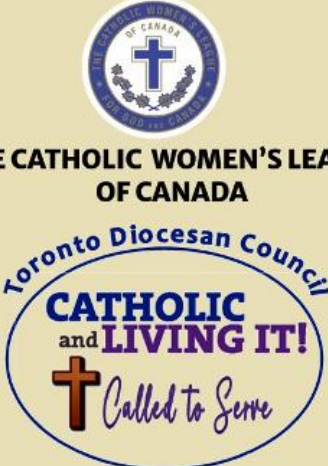
#### PRESENTERS

DR. MOIRA MCQUEEN, PHD  
SHIRLEY CHRISTO, MHSC, MED, PARISH NURSE

DATE: MONDAY MAY 8, 2023  
TIME: 7:00 PM – 9:00 PM  
LOCATION: ZOOM

REGISTRATION DEADLINE: SUN. MAY 7th  
CONTACT: SHAILA D'SOUZA [shailaflavy@gmail.com](mailto:shailaflavy@gmail.com)  
LOGIN DETAILS PROVIDED AFTER REGISTRATION

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




**THE CATHOLIC WOMEN'S LEAGUE  
OF CANADA**

Toronto Diocesan Council

**CATHOLIC  
and LIVING IT!**  
Called to Serve

**102nd Annual Convention**  
**April 24-25, 2023**

Ajax Convention Centre  
550 Beck Crescent, Ajax, ON L1Z1C9



**YOU'RE  
INVITED!**

**SAULT STE. MARIE DIOCESAN  
COUNCIL OF THE CATHOLIC  
WOMEN'S LEAGUE OF CANADA  
103RD ANNUAL CONVENTION**

**APRIL 21-23, 2023**  
**1696 Regent St.**  
**Holiday Inn, Sudbury**

**Register Today!**  
Registration packages are available  
from your council president or online  
at <https://ssmcwl.ca/events/>  
Deadline to register is: April 5, 2023



**SPEAKERS**



**Sister Bonnie MacLellan**  
General Superior,  
The Sisters of St. Joseph  
of Sault Ste. Marie



**Bishop Thomas Dowd**  
Bishop of the  
Diocese of Sault Ste. Marie &  
Ontario Provincial Spiritual Advisor



**Betty Colaneri**  
CWL National  
1st Vice-President &  
Communications Chairperson



**The Call of the Catechist Webinar Series**  
In March and April of 2023, the CCCB Office for Evangelization and Catechesis is hosting a webinar series, titled "The Call of the Catechist", inviting leaders of catechesis and evangelization to participate in a national discussion on the formation of catechists which will be of interest to those involved in catechesis and evangelization today. The three sessions of The Call of the Catechist webinar series will be:

1. Discerning Charisms — Sherry Weddell (1:00-2:30 pm EST, Tuesday 28 March)
2. The Spirituality of the Catechist — Sr. Janet Schaeffler, OP (1:00-2:30 pm EST, Tuesday 11 April)
3. Theological Reflection and the Catechist — Anne Walsh (1:00-2:30 pm EST, Tuesday 18 April)

All webinar sessions will be recorded and packaged with a reflection guide for later release.

If you wish to attend any of the webinar session or to be notified when session recordings are made available, please register now!

[https://cccb-ca.zoom.us/webinar/register/2916776042783/WN\\_Dhjog2k8R8i626WAcmCu1Q](https://cccb-ca.zoom.us/webinar/register/2916776042783/WN_Dhjog2k8R8i626WAcmCu1Q)

# ***BOOK STUDY INVITATION***



A **new** book study will start on **Wednesday, April 10, 2023.**  
The book is: **Praying with the Saints for the Holy Souls in Purgatory by Susan Tassone.**

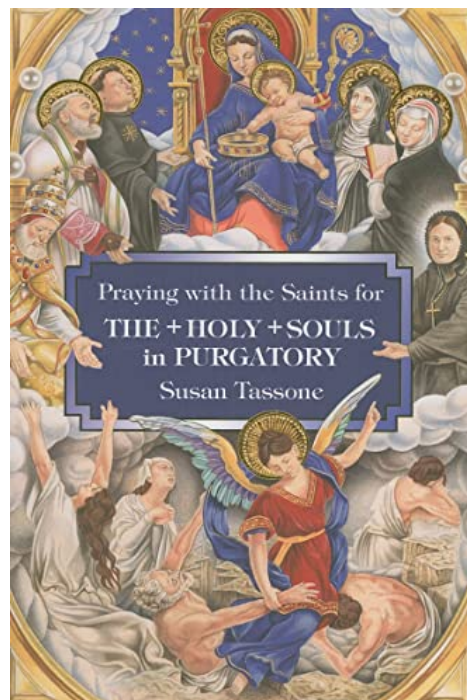
The book can be purchased through Amazon.

It's a very excellent book and it will only take 5-6 weeks to finish.

Sessions will be held on Zoom--see the recurring link below--on Wednesdays at 4 p.m. starting on April 12. Consider joining this discussion group; we read approximately 25 pages a week--usually fewer than that.

If you have any questions, please send an email to: [deedeealexandre321@gmail.com](mailto:deedeealexandre321@gmail.com) or phone me at 905-732-4782.

Deedee Alexandre





## break open the tomb

Lord of Easter's Promise,

I live in faith of the Resurrection,  
but such is the nature of my faith  
that so much of me remains entombed.  
Break open the tomb.

Where I've buried my compassion, break open the tomb.

Where I've buried my sense of mercy, break open the tomb.

Where I've buried my humility, break open the tomb.

Where I've buried my humanity, break open the tomb.

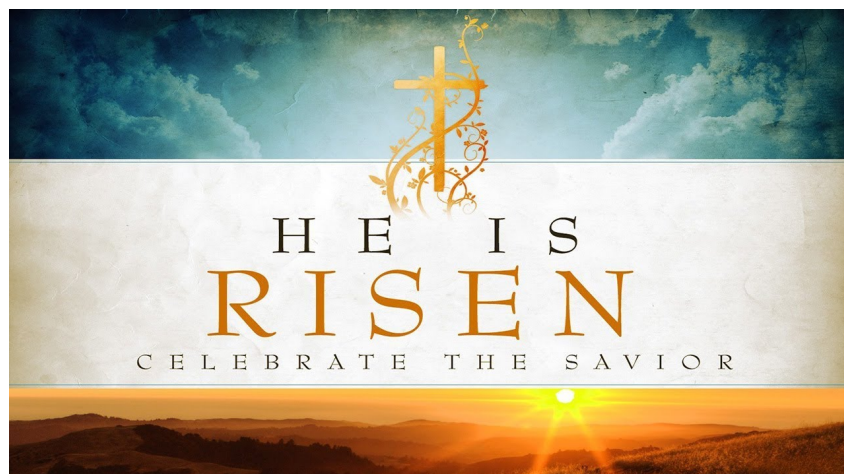
Where I've buried my love for my Heavenly Father, break open the tomb.

Where I've buried my sense of joy, break open the tomb.

Where I've buried my willingness to forgive, break open the tomb.

Lord, in you I've found a Savior no grave can withstand.  
Help me to roll away this stone  
And find the miracle of new life  
That I may live more fully in your saving grace.

Amen





## HOW TO MAKE EASTER BIRD NESTS COOKIES

This no-bake easy-to-make Chocolate Bird Nests recipe creates the cutest, sweet treat for spring and is a delicious Easter dessert. Kids will love helping in the kitchen and adding little candy eggs to the middle.

1. Melt the chocolate in the microwave on low power for 30-second intervals.  
**Pro Tip:** Stir in between each interval until the chocolate is fully melted.
2. Stir the peanut butter into the chocolate as soon as you take it out of the microwave.
3. Add the melted chocolate and peanut butter to the bowl of Rice Krispies and stir until cereal is fully coated.
4. Scoop the mixture into the prepared muffin tin so that cups are full.
5. Hollow out the center of each bird nest with a round measuring spoon.  
**Pro-Tip:** When you are forming the nests, make sure that the edges come up enough so that the eggs won't roll off the sides.
6. Place muffin tin in the fridge or freezer until the bird nests are hardened.
7. Place 3 Cadbury Mini Eggs in the center of each nest.
8. Enjoy!

### TIPS

- When you are forming the nests, make sure that the edges come up enough so that the eggs won't roll off the sides.
- For a richer taste, use dark chocolate chips.
- This recipe can easily work in a mini muffin tin as well.

### STORAGE TIPS

- **To Store:** Store the nests in an airtight container in the fridge for up to 1 week.
- **To Freeze:** Freeze in an airtight container for up to 1 month. Place in the fridge to defrost before serving.

### SUBSTITUTIONS AND ADDITIONS

- **Cereal Substitutes:** If you cannot find cocoa Rice Krispies, regular Rice Krispies or any puffed rice cereal will work just fine. I've also seen this recipe made with chow mein noodles, pretzels, potato sticks, and shredded wheat cereal.
- **Choose Your Candy:** Mini whopper eggs, jellybeans, Hershey's Candy-Coated Eggs, Reese's Peanut Butter Eggs, M&M's Peanut Butter Speckled Eggs, or M&M's Easter Peanut Chocolate Candies can be used instead of Cadbury milk chocolate eggs.
- **Change The Chocolate:** Feel free to use semi-sweet chocolate chips, dark chocolate chips, or even white chocolate chips if you prefer. Or you can leave out the peanut butter and use milk chocolate and butterscotch chips for a creamy and flavorful nest base. For a richer taste, use dark chocolate chips.



# make all things new

Lord of Easter,  
We thank you for the special gifts of  
grace you give to women  
The last witnesses to the Crucifixion  
The first witnesses to the Resurrection  
For in you, the last indeed become the first  
Making all things new.

And so we pray, Make all things new:

For the girl child, denied her birthright,  
❖ **Make all things new.**

For the school-aged girl, denied her  
education,  
❖ **Make all things new.**

For the child bride, denied her girlhood,  
❖ **Make all things new.**

For the victim of sexual exploitation,  
denied her dignity,  
❖ **Make all things new.**

For the enslaved or trafficked woman,  
denied her freedom,  
❖ **Make all things new.**

For the pregnant woman, denied access  
to care as she prepares to deliver her  
child,  
❖ **Make all things new.**

For the mother, denied an opportunity to  
feed her children,  
❖ **Make all things new.**

For the refugee woman, denied her  
home,  
❖ **Make all things new.**

For the sick woman, denied care for a  
treatable disease,  
❖ **Make all things new.**

For the woman threatened by war or  
disaster, denied safety,  
❖ **Make all things new.**

For the elderly woman, denied an  
honored place in society,  
**Make all things new.**

For the dying woman, denied a final  
stage in life worthy of her full  
human dignity,  
❖ **Make all things new.**

Lord, it was the love of your mother  
that opened the door for your  
coming into this world,  
Her blessed Yes allowing the Holy  
Spirit's work to be fulfilled  
And history was changed forever.  
May our hearts become like hers,  
That you may come among us anew.

And for this we pray,  
❖ **Make all things new.**

Amen.



## Easter Cupcakes

By Julie Filby

Read the story of Jesus' resurrection in the Gospel of Luke, followed by a sweet treat that serves as a reminder that Jesus is the light of the world—a light that can never be put out.

### For

Young Family

### Season

Spring, Easter Sunday

### Needed

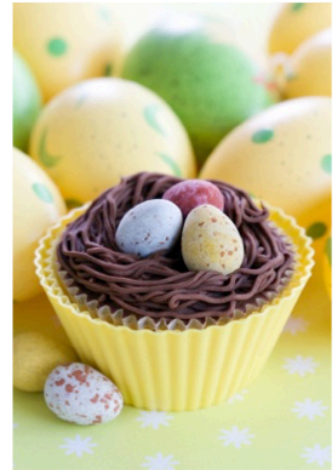
Bible (or refer to next page for text), cupcake, trick relighting candles, matches or lighter

### Prepare in Advance

- Make and decorate cupcakes (if time allows), or buy ready-made cupcakes
- Review Luke 24:1-12
- Review John 8:12

### Activity Plan

1. Say this prayer aloud to begin.  
*Dear Lord, open our ears and hearts to hear and understand the story of your resurrection. Thank you for being the light that leads us. Amen.*
2. Designate someone in your group to read Luke 24:1-12 aloud, the story of Jesus' resurrection. If there is a child (children) comfortable reading from the Bible, give them the honors.
3. Bring out a cupcake, with a candle, for each person.
4. Light the candles (consider turning off the lights for this, if it won't scare your children), and talk about how Jesus came to be the light of the world during his time on earth. In John 8:12, Jesus said: "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."
5. Turn the conversation to Good Friday. On the day Jesus died on the cross, it looked like that light had been blown out. Blow out the candles and wait quietly.
6. As the candles relight, celebrate! Nothing can ever snuff out Jesus as the light of the world. Just like the candle on your cupcake, his light came back and it's up to us to make sure it always burns brightly. Can others see the light of Christ in you?
7. Finish by singing "This Little Light of Mine" (dancing, while optional, is encouraged!).  
*This little light of mine,  
I'm gonna let it shine  
This little light of mine  
I'm gonna let it shine  
Let it shine, let it shine, let it shine.*



## The Resurrection of Jesus

### Luke 24:1-12

But at daybreak on the first day of the week they took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb; but when they entered, they did not find the body of the Lord Jesus.

While they were puzzling over this, behold, two men in dazzling garments appeared to them. They were terrified and bowed their faces to the ground.

They said to them, “Why do you seek the living among the dead? He is not here, but he has been raised. Remember what he said to you while he was still in Galilee, that the Son of Man must be handed over to sinners and be crucified, and rise on the third day.”

And they remembered his words.

Then they returned from the tomb and announced all these things to the eleven and to all the others.

The women were Mary Magdalene, Joanna, and Mary, the mother of James; the others who accompanied them also told this to the apostles, but their story seemed like nonsense and they did not believe them.

But Peter got up and ran to the tomb, bent down, and saw the burial cloths alone; then he went home amazed at what had happened.





## **Paddy's Passion**

Keeping safe for those traveling alone or with a sister.

- 1) Always back your vehicle in, it's easier and faster to leave if you have already backed in.
- 2) Do a walk around your vehicle, make sure your back up camera is clean, the new scam is criminals will put a piece of tape on your camera. You get ready to back up and your camera is fuzzy. So you open your door and walk back to wipe it off. Wait a minute did you leave your car running, did you lock your door, of course not you're only taking a look.
- 3) Check the tires as you walk around, is there an empty water bottle sitting on top of your tire, so when you back up, it sounds like you ran over something, so same as #2 you get out and take a look. Did you shut your car off to do so and lock the door.
- 4) Try to park under or as close as you can to lights.
- 5) If a panel van is parked beside you, and you get that funny gut feeling, go back in the mall or store and ask for security to walk you out to your vehicle. Believe me they are only too happy to help you.
- 6) If flyers are sitting on your window just under the wipers, do NOT use your bare hands to remove it. The scammers may have sprayed something on it, never ever put that piece of paper in your vehicle just in case it's been sprayed. Instead go get security to do it for you, as they will wear gloves to do so.
- 7) Hotel scams, once you arrive in your room, someone will call your room and say Ms. Your credit card didn't work, could you please read it off for me now. Never ever, simply reply I will be down in a few minutes and take care of it. Please do let the front desk know this happened, as this is a request the hotel will never ask for.
- 8) If a hotel clerk reads your room number out loud, refuse to take that room and ask for another room. Your room number is NOT to read out loud as you don't know who is listening or standing around.
- 9) Always keep your purse closes to your bed in the hotel
- 10) Never ever use the safe inside the hotel room, if you need to use a safe take, it to the front desk for their safe.

Oops my page is full, and I have so many more hotel tips, and home safety tips! If you ladies like these suggestions I will continue next month.

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](mailto:emmacwl4life@aol.com) or [lisafillinghamcwl@outlook.com](mailto:lisafillinghamcwl@outlook.com).

### Children:

#### [Thank You, God, For Mommy by Amy Parker](#)

Mommies do so much for us! It's time to thank God for the blessing they are. In this adorable board book a little panda thanks God for his wonderful mommy—a mommy who gives hugs and cuddles who takes great care of him, and most importantly, who offers love and guidance for her precious panda cub.

Thank You, God, for Mommy, And lullabies so sweet— The beating of her great big heart Sings me right to sleep.

The love and sacrifices of mothers everywhere will be celebrated by mother and child as they snuggle up together and say Thank You, God, for Mommy.

[amazon.ca](#), [chapters.ca](#)

#### [The Berenstain Bears Mother's Day Blessings by Mike Berenstain](#)

Mama Bear is the best mama in all of Bear Country and Brother, Sister, and Honey Bear know just what to do for her on Mother's Day. In this newest title in the Berenstain Bears Living Lights, The Berenstain Bears Mother's Day Blessings, join the Bear family and all of Bear Country as they spend Mother's Day together remembering just why our mothers are so special to all of us!

[chapters.ca](#), [amazon.ca](#)

### Adults:

#### [Prayers and Promises for Mothers – Broad Street Publishing Group LLC \(author\)](#)

Prayers & Promises for Mothers incorporates more than 70 themes that help you connect with your Creator in all the different areas of your life.

This beautifully designed book gives you easy access to God's promises about faithfulness, trust, wisdom, worth, beauty, strength, and much more, with uplifting prayers and journaling space for deeper reflection.

By staying connected to God, and believing the promises of his Word, you can live a fulfilling, blessed life in close relationship with your heavenly Father.

[amazon.ca](#), [chapters.ca](#)

[A Little God Time for Mothers. 365 Daily Devotions – Broad Street Publishing group LLC](#)

A little God time is what all mothers need but can rarely find in the craziness of everyday life. This daily devotional encourages mothers of all ages to carve out some time for the refreshment and renewal found in God's presence. When life demands your attention, find some time in your day to reflect on the God who truly desires to be with you.

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