



May 2023 Edition

Featuring the London Diocese and OPC Spiritual Development Chair

CATHOLIC
and **LIVING IT!**



Linda's League Letters

My Dear League Sisters,

In This Issue

Linda's League Letter	1-2
London Diocese	3-12
Spiritual Development Chair	13
Past President	14
Organization Chair	15
Community Life News	16-17
Convention News/Fundraiser	18
Around the Province	19-20
Food for Thought	21-26

Mother's Day is a day honouring motherhood. This special day was created by Anna Jarvis in 1908. In Canada the day is celebrated on the second Sunday in May. In Thailand, Mother's Day is celebrated in August, on the birthday of the queen. In Ethiopia families gather in the fall to sing songs and eat a large feast as part of a multi-day celebration honouring motherhood.

On Mother's Day families like to give their moms a day off from household chores and cooking. Can you remember some of the wonderful breakfasts in bed that you received? (And the mess in the kitchen you had to clean up afterwards?)

Traditionally, we shower our mothers with flowers and gifts on her special day. When my kids were little, they would ask what I wanted for Mother's Day. My response was always, "I want everyone to be good", and they usually were.

I am very fortunate because my 95-year-old mother is still a big part of my life. As a child she left Croatia, came to Canada, had to learn a new language and adapt to a new country. As a young woman she worked as a secretary, married and raised four children. My mom has

many talents that she has passed on to us. She loved to bake and is well-known for her cakes, pies, and cookies. When we were little, she often sewed matching dresses for her three daughters. Mom also shared her skills in knitting and embroidery with me, as well as her love for reading. How lucky am I to have had, and still have, such a wonderful mother!

To all the mothers, I wish you a special day, with much joy and many blessings!

Bee loving to all mothers,
Linda Squarzolo



A Mother's Love

There are times when only a mother's love
Can understand our tears,
Can soothe our disappoints
And calm all of our fears.
There are times when only a mother's love
Can share the joy we feel
When something we've dreamed about
Quite suddenly is real.
There are times when only a mother's faith
Can help us on life's way
And inspire in us the confidence
We need from day to day.
For a mother's heart and a mother's faith
And a mother's steadfast love
Were fashioned by the angels
And sent from God above.

- Author Unknown

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

Our diocese comprises southwestern Ontario and with the warmer weather the flowers are blooming all over. I love this time of year with its new promise for life and growth. As I write this, we are preparing for our first in person convention since 2019. The London Diocesan CWL convention will take place on April 24-26th in Sarnia at the Sunbridge Hotel and Convention Centre. We are trying something new for our diocese and I can't wait to hear the comments whether the members liked it or not. We have our first day as usual where we have our pre-convention meeting and the resolutions dialogue and opening Mass but the next day, we are not having any business done. We are just having speakers and a workshop. Of course, we will stop a little early so we can prepare for Mass and the banquet following. The next day we will do all the business. It has meant rethinking a lot of things "that we usually do" and trying to make something new work.

It is a bit sad in some ways as I leave office, I will also be leaving the old way behind. There will be five less positions on our executive and for the first time we have had trouble filling positions. I'm not sure of the reason why, but we had very few women let their name stand for office. I have thoroughly enjoyed my time as president. I regret that a good part of the time was during covid and we were limited as to what we could do. I will miss my time as president and also the time spent with fellow diocesan presidents. It is really surprising how much we teach each other and share when we are representing you at the provincial table. I look forward to what our president-elect will bring to our executive when she takes over as the leader.



Rest In Peace, Mary Jean Horne

We lost a very dear Life Member Mary Jean Horne, October 23, 2022. She was a dear friend and was a very big fan of the CWL. In her own words, "To me the League has helped me grow in faith. I have been truly blessed to meet so many wonderful and loving women from across the country. I have made many lifelong friendships. The League has taught me grace, confidence and courage. The League is part of me and each day I thank Our Lady of Good Counsel and God to be part of this wonderful group of women". Mary Jean was selfless in her dedication and support of her church and community. Rest in peace, dear friend.

We presented the Bishop John Michael Sherlock bursary to this year's seminarian recipient, Jeremy Chisholm. We hold our diocesan executive meetings at the seminary, so it was really handy for him to drop by for the presentation.

Pictured Jeremy Chisholm and Diocesan President Theresa Ryan





Modeling the shirts are Rebecca McCarrell Past Diocesan President, Denise Lalonde Morris 2nd vice, Theresa Ryan, Diocesan President. Profits from our sales of our new diocesan shirts are donated to the Diocesan Reserve Fund.

St Michael's Council, London hosted the Lenten Retreat

Attitude Action Afterward. These three words formed the theme for the London Diocesan CWL Lenten Retreat led by Fr. Jim Mockler on Saturday, February 25, as more than 100 women gathered to prepare for the next 40 days leading up to Easter. The retreat was hosted by our own St. Michael's Council in the parish hall and organized by London Diocesan CWL Spiritual Development Chair Joan Lobsinger, and her hardworking crew of volunteers.

CWL members braved the snowy weather to come from as far away as Windsor, Sarnia and Exeter and it's safe to say no one regretted making the trip. Joan's hospitality volunteers treated us to snacks and a wonderful lunch so that both our souls and our stomachs were nourished. At the end of the day, members showed their appreciation with a standing ovation for Fr. Jim and the traditional CWL blessing song in his honour. We all went off feeling well-prepared for the season of Lent.



On Tuesday, April 4th, we hosted local Pro-Life advocate and speaker, Maria McCann, for a workshop titled "Conversational Tools: Pro-Life 101 Dialogue Training." More than 40 members of the CWL and Kof C, as well as other visitors, attended this challenging and enjoyable session.

Lenten Retreat

We were excited to welcome Diocesan Archivist, Deb Majer, as our special guest speaker at our March meeting. Deb has a special interest in the history of the CWL in our diocese and was invited by her former grade six teacher, our council member Marilyn Morgan, to share her presentation “The Women, A Bishop and a Princess: A CWL Story.” Deb’s enthusiasm at relating this history was contagious, and by the end of the evening, we were inspired by our history and proud to be members of the CWL.



Dianne Kehoe London Regional Chair looks on at the interesting meeting with the guest archivist.

Rebecca McCarrell, Past President

As I end my 23-year tenure on the London Diocesan Council, I ponder all the valuable friends I’ve made and tools I’ve gained through this experience.

I journeyed from coast to coast, accompanied by my family and London colleagues. We’ve seen the wonders of Canada in the tours we took. We’ve eaten lobster in the east, crab and salmon in the west, beef in the prairies, and chicken everywhere. We’ve had maple sugar candy, maple syrup and in Niagara Falls and Ottawa was impressed with the O Canada, Eh! In Toronto Trinity was crowned the Green Knight’s Queen. These are some great memories.

Resolutions and Legislation were my draw to the Catholic Women’s League. I was fortunate to be part of several teams who researched, wrote, and presented resolutions to all levels of the league. Several have not only been implemented within the league but have gone on to both provincial and federal parliaments to change the laws.

I’ve met ladies who are now friends from across the country by sitting on committees, and sitting with people I don’t know whenever possible. These friends and colleagues have been my backbone several times throughout my life...with Most Precious Blood Council in Windsor, St. Francis Xavier Council in Tilbury, the London Diocesan Council, and the Ontario Provincial Council. When Buz went to his heavenly home, two weeks before the Ontario convention, I leaned on these ladies to carry me (and Trinity) through. A special shout out to Joan S, and Carmel R. And it is not just the ladies, but their husbands and our spiritual advisors who were there too! Thanks to Bruce Martin for taking Trinity under his wing!

I can’t emphasize enough the importance of mentorship. This is how we grow the League...but advising those after us and letting them shine. I’ve had great advice, encouragement, and assistance from the London Life Members. I send my love and thanks to each Life Member...you have touched my life in so many wonderful ways.

This is not farewell, but a note until we meet again.

May God bless you always, may our Lady of Good Counsel give you peace and sanctuary, and may you find The Catholic Women’s League of Canada the place for you!

100th Anniversary Council Celebration - Congratulations St. Anne's, Tecumseh!

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

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

It was a wonderful celebration! Many thanks to the Ste. Anne's CWL 100th Anniversary Planning Committee! Submitted by: Diane Gerard, President, St. Anne's CWL



Pic # 1 Certificate Presentation: Diane Gerard (President), Theresa Ryan (Diocesan President)

Pic #2 Executive: BACK ROW: Yvette Sauve, Jose Walton, Mary Blain MIDDLE ROW: Annette Marier (Past President) Catherine Zold, Halina Karpala, Paula Rorai FRONT ROW: Ozelle Case, Diane Gerard (President) Helga Mousseau

Photo credits: Paul McNamara

St. Patrick's Kinkora held a night of fun. We had many members that don't come out for regular meetings come join in the fun. We had wine & cheese and snacks. There was rock painting and a variety of bingo that was like a scavenger hunt. It was amazing to see some of the women dive for the item that was called. (All the items were placed in a blanket on the floor and when the item was called one member from each team tried to find that item) When the first team got a bingo they won. It was a huge success with many young women there.

Pictured here left to right Jackie Kolkman, Krista DeGroot, Nicole Van Herk, Kathryn De Jong





Some of the many rocks that were painted that night,



Blue Ladies from St. Peter's Goderich. They picked a Sunday to promote the CWL
1st Picture Diane Weber - By Laws; Father Steve - Spiritual Advisor, Joanne Doherty - Past President, Tracy van Diepen - President.

Blue Weekend: Over the past few months it has come to our attention that membership is down and some of our spiritual advisors need a gentle reminder of how important we are to running our parishes. After some discussion it was decided a Blue weekend was needed (our chosen diocesan colour). On no particular weekend our sisters in the league would attend Mass wearing some sort of apparel-t-shirts, scarves, sashes, pins or something blue that would show everyone who we are and just how many of us are in the parish and let anyone new to the parish know that we do exist and that they are more than welcome to join our council.

On the Mar. 25th weekend my home council, St. Peter's, Goderich, did just this. This turned out to be a weekend to celebrate our Lady as well as Solidarity Weekend.

Our parish priest was very receptive, we gained a few new members and we even sold 6 more t-shirts. This event took very little time to organize and we got wonderful results. Hope others will try this. Thanks to all. Denise Lalonde, 2nd-vice, Legislation Chair

London Region Submitted by Dianne Kehoe, London Regional Chairperson

We have enjoyed a wonderful first quarter of the year in the London Region with celebrations of faith, community, and learning. Some of the parishes in the region have held retreats, workshops and had speakers that have really highlighted our mission statement “the Catholic Women’s League calls its members to grow in faith, and to witness to the love of God through ministry and service.”. Debra Majer, the Diocesan Archivist presented - “A CWL Story”– “The Women, A Bishop and a Princess: A CWL Story”. There was a Termination of Life Workshop on how to communicate the pro-life position in a compassionate and compelling way. Guest speaker Maria McCann, a local pro-life advocate, has had hundreds of conversations about abortion and has spoken to many audiences about the issue. London Diocesan CWL Lenten Retreat led by Fr. Jim Mockler on February 25, was attended by more than 100 women to prepare for the 40 days leading up to Easter. It was truly a wonderful day.

Another parish is doing the Horizons of Hope: A toolkit for Catholic Parishes on Palliative Care from the CCCB which will culminate in 12 hours of prayer for Palliative Care.

We are preparing for our first in-person Annual Diocesan Convention since Covid and are happy to be reuniting with our CWL Sisters from across the Diocese. God is good!!

St George’s CWL Council, London held a retreat recently. Although attendance wasn't as high as we had hoped, 28 ladies attended. The session was opened with a reading about Mary. Marjorie handed out prayer stones. Each table discussed what the word on the stone meant to them personally. Some of the words were Hope, Change, Integrity, Faith, Trust, etc. There was a lot of audience participation regarding how Mary affected our lives or someone else's. The session ended with everyone forming a large circle to pray the rosary. Each person was designated to say one prayer and upon finishing we had to light a candle to the person who was next to pray. The retreat was very moving and enjoyed by those present.

Submitted by Mary Bannon London Incoming President

I thought about the swans in my hometown of Stratford when I found this ...

**Here is a blessing to wrap around you like the wings of a mother swan
enfolding her beloved cygnets within the warmth and shelter of her
welcome.**

May you be rooted and grounded in enduring love.

May you trust this essential core of goodness within you.

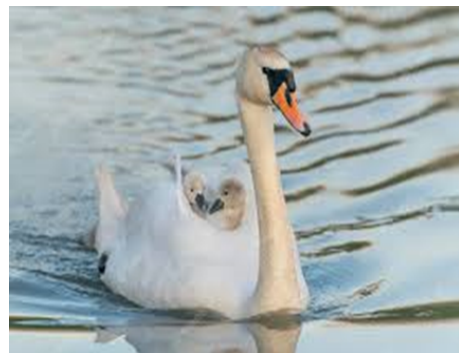
May you choose to be nurtured through times of stillness.

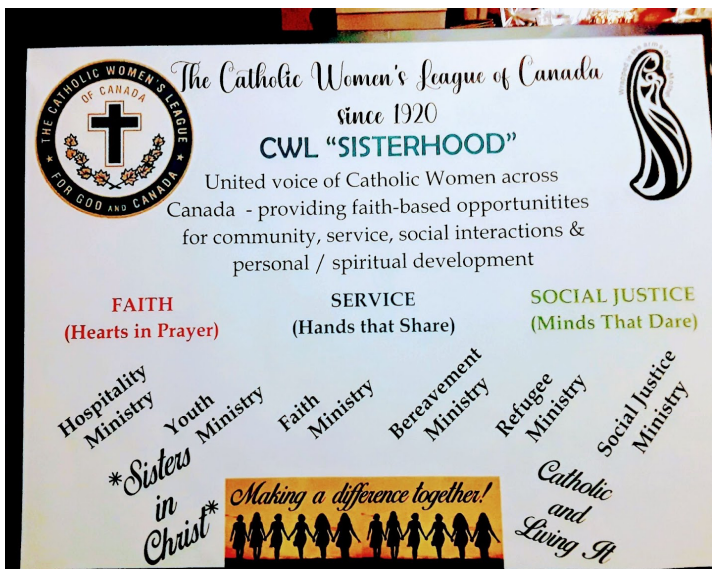
May this root of divinity strengthen and support you.

May you discover inner peace to carry you through travails.

May you return time and again to the Taproot of your life.

Joyce Rupp





This poster was made by Shirl Gillilan of St. Charles council, Glencoe to help foster the “sisterhood” of the CWL. A new promotional poster which we put together to ad in our 2023 Membership Campaign. I found it easier to sign up younger ladies who feel attending meetings is an issue due to busy lives.

So, by showing ladies, through the poster info, that they are already sharing their Faith & Service in our parish through the Youth / Faith Ministries, etc. which they are involved in. P.S. We have increased our 2023 Membership with - Transfers & new younger ladies. Sunday May 23, 2023, we are celebrating ' Our Lady of Good Counsel ' with Pastoral Blessings of our New Executives / Our Fellow ' Sisters in Christ ' who contribute toward our councils PILLARS of Faith, Service & Social Justice.

St. Peter's CWL, London– A Time for Reflection, Renewal and Hope

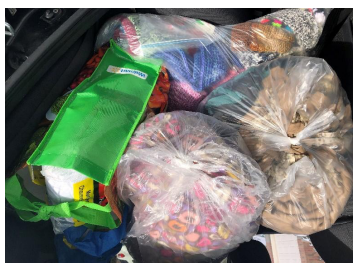
Greetings from St. Peter's CWL. As we continue our journey, it is a time for reflection, renewal and hope. When we think of Easter and many of God's blessings, we realize that there is no bigger blessing than our faith family. Because of Jesus rising from the dead, we can rise above all our challenges in life.

We started the 2023 recognizing the “**Women in Scripture**” and had the privilege of hearing Joan Bolt as our January guest speaker. She captured her audience with interesting facts, scripture passages and discussion for those who attended in person and on Zoom. The information that she revealed really encourages us to read and learn more about the women of the Bible.

In appreciation to our CWL members who are residing in **long term care and retirement facilities**, we have started the initiative of visiting the ladies on a monthly rotational basis. February's location was Maple View Terrace and in March we went to Henley Place. As visitors, we knew we didn't have COVID because we passed the Rapid Antigen test prior to entering Henley Place. The facility still has active screening to protect the residents and staff, which was reassuring that everyone's safety is important. The time was well-spent, conversing with our CWL ladies who have walked the path before us.

St. Peter's Lenten Lunches have returned. Homemade soups and sandwiches were enjoyed over fellowship in the Parish Centre following the Wednesday noon mass. The attendance has increased as the word got out that it was DELICIOUS! Thank you to all our volunteers and supporters.

World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice. Women gathered in St. Peter's Parish Centre on March 4 to watch World Day of Prayer via Zoom. There were more than 100 Zoom attendees across Canada present, plus participants from parts of the USA. Based on St. Paul's letter to the Ephesians, the theme of the worship service -- “I Have Heard About Your Faith” -- written by the World Day of Prayer Committee of Taiwan, is an invitation to active listening, which is the ground of our prayers. Following the example of the letter (1:15-19), where the author praises the church for their faith in Jesus and love toward all the saints, the worship service contextualized the witness of the saints with stories from Taiwan.



CWL Donations

Bags and bags of socks, blankets, hats, shawls were collected from our CWL members and delivered to 519 Pursuit to assist them in providing their service to community members facing poverty and homelessness.

Julie Sans, President, on behalf of the St. Peter's CWL Council

Ste. Anne CWL, Tecumseh, ON

Mar 3, 2023: On Ecumenical World Day of Prayer, we hosted a video presentation and invited various churches in our area. It was well-attended and so wonderful to meet together in-person again!



Lent 2023: This year's CWL Lenten Project was a collection of various baby items and monetary donations for Birthright of Windsor and Our Lady of Guadalupe Home of Windsor donated by Ste. Anne's Parishioners and CWL members. The photo below shows what we collected after only one week.

Congratulations Bishop Joseph Dabrowski

A Spiritual Bouquet from London Diocesan CWL

His Holiness, Pope Francis has appointed Bishop Joseph Dabrowski, C.S.M.A., as the 14th bishop of the Diocese of Charlottetown. Bishop-designate Dabrowski was until now, the Auxiliary Bishop of the Diocese of London. Our London Diocesan CWL sisters presented him with a spiritual bouquet at our diocesan convention held in Sarnia April 24th- 26th.

168	Mass Offerings	297	Communions
482	Rosary Recitation	90	Adoration of the Blessed Sacrament
158	Good Deeds or Sacrifices	157	Chaplets of Divine Mercy
655	Our Fathers	757	Hail Marys
91	Other Prayers	41	Novenas

May the blessings of the Lord be upon you.



Two members from **St. Michael's CWL, Ridgetown** worked diligently to prepare these pastries for snacks following a general meeting. They are called "Lemon-Ricotta & Zucchini Galettes". The members' love and dedication for CWL is apparent as the zucchini strips form CWL on each one. They were enjoyed by all!
Submitted by Sue Martens
Past President, Ridgetown ON

Our Lady of Atonement, Windsor

At the General Meeting of Our Lady of Atonement CWL Windsor on November 10th we invited all women from our family of parishes to attend a presentation by Mona Stonefish, Ogichidaakwe of the Anishinaabek Three Fires Confederacy.

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

Mona shared her life experiences to help us better understand the truth of our history and what steps we can take to work toward Reconciliation. Pictured Is Penny Craig and Mona Stonefish.



ST. MICHAEL'S BRIGHT'S GROVE, SARNIA This year, we did something different for Christmas – a baby shower for Jesus. Reflecting on the poverty and need surrounding the birth of Jesus, an invitation was extended to all members and parishioners to purchase generic baby items for Jesus' baby shower. The response was overwhelming. So many diapers, toiletries, clothes, blankets, and other necessities were collected. These items were then donated to our local Pro Life/Pregnancy Support agencies for babies and families in need. We have included a few photos of the items being delivered to Gianna Home for Life and Family (a home for women who are pregnant or have a young baby and need a safe place to live), the Sexual Assault Centre and the Pregnancy Options and Support Centre.



The December meeting of members of St. Michael Bright's Grove CWL always takes on a festive tone. The meeting includes a celebration of our faith and a short business meeting, along with a potluck dinner, singing and some festive cheer. We always end the year by reflecting on the donations made to charities in our community and further abroad. We were particularly happy to present Dr. Dan Vere with a cheque for our Youth Ministry and it's work with the young people in our Family of Parishes.

Corpus Christi Council, Windsor

Our ladies of Corpus Christi Council in Windsor have been quite busy since turning the calendar to 2023. Ongoing projects have included the “My Story” write-ups which are often highlighted in our newsletter as well as continuing our goal to connect with all members by phone to see how they are doing and if they have any concerns. Wool has been collected for a member who makes blankets, etc. to donate and presentations on “Truth & Reconciliation” have been well received. We are all hoping to be more fashionable now that we were involved in the “Bring a Scarf... Tie it On” meeting where a demo was given to show how to tie a scarf.

Milk bags and toiletries were collected for ‘Bridge Leamington Youth Centre’, which provides a safe place for youth ages 14-24 and offers assistance in health and education and also finding jobs. This was a joint project with the ‘Milk Bag Creative Group’ in Essex who turned the milk bags into totes.

On an individual note, one of our members, Scholastica Lyanga, was awarded the *Platinum Jubilee Pin and Certificate* in honour of the late Queen Elizabeth II for her dedication and support in her role as Project Manager with “Windsor Women Working with Immigrant Women”. Scholastica is a 46-year CWL member, former London Diocesan Executive member and will be celebrating 50 years in Canada in June 2023.



St. Patrick's Kinkora

On Sunday April 23rd 2023 St. Patrick's Council held their annual brunch which is open to all women & girls in the parish. It was well attended as usual. It was catered and served by our young very dapperly dressed K of C. It is always nice once a year to be waited on by them. Our guest speaker was Lilian Kluka who was the first female ship captain on the Great Lakes. Anniversary Pins were presented to some of the members and then they surprised their diocesan president with a very lovely spiritual bouquet.



Wilma Kolkman president St. Patrick's Council, Kinkora

Theresa Ryan diocesan president
but also a member of St. Patrick's.

The beginning of the Opening Mass
London Diocesan Convention in
Sarnia, April 24th.

Look who we saw at Zumba!



Spiritual Development

Change is happening! Change has been happening in The Catholic Women's League structures. Some councils have already changed to the 3-pillar structure—faith, service, and social justice. As members we realize the importance of our faith. Faith is the glue that keeps us together and functioning. Give this pillar of the new structures the attention and value in your councils that it requires. All councils should put the growth and enrichment of their members' faith journey at the forefront. This will ensure that your council will grow and flourish. Service and social justice flows from expressing our faith in action.

To help councils navigate the new structures, resources have been developed by the National Council. They can be found on the National website, cwl.ca under Resources 600 Series: Manuals. Here is the list:

A pamphlet has been created that gives an overview of the committees. (#627)

603 Ceremonies Booklet—Updated

613 Spiritual Advisor Handbook—Updated

614 Handbook for Chairpersons of Faith, Service and Social Justice

626 Prayers and Spiritual Programs

628 Prayer Service Planning Workshop with Power point

640 Toolkit for Faith with Power point

The handbook for the Faith Standing Committee is an excellent resource for the chairperson on this committee. According to the Constitution & Bylaws, chairpersons of faith shall evangelize, promote spiritual growth, and encourage members to:

- a) Pray, individually and communally.
- b) Uphold the sanctity of life.
- c) Study Catholic teachings
- d) Stress the importance of the role of women in the church.
- e) Foster vocations
- f) Advance ecumenical and interfaith endeavours

Faith Chairpersons at all levels need to have a committee. At the parish level at least one other member, possible co-chair to make sure that no one is overwhelmed. Each member on the committee would have different responsibilities that highlight their gifts and strengths. Some examples of responsibilities are, create liturgies, create programs educating members on the role of women in the church, report on initiatives regarding the sanctity of life, etc. Let us all embrace the changes and remember that we are all learning together--have patience! Give each other the time and space required to move forward with God's help.

*Blessings,
Wilma Vanderzwaag*



When I describe the CWL to friends and family who are not members or not Catholic I always include the “sisterhood”. Words never seem enough to express the strong bond felt instantly by members. My father passed away on April 9th, Easter Sunday. My sister said he waited until then so he could journey with Jesus directly to heaven. He was the epitome of a good and faithful servant. I received so many cards, massed intentions, prayers, phone calls and letters from members across the country. My family was overwhelmed. These acts of kindness, support and love are what this wonderful organization is all about. I want to share with you the poem that my brother read to conclude the eulogy at dad’s funeral.

“When I Die, Give Me Away”

(Epitaph)

by Merrit Malloy

When I die
Give what’s left of me away
To children
And old men that wait to die.

And if you need to cry,
Cry for your brother walking the street beside you.

And when you need me,
Put your arms around anyone
And give them what you need to give to me.

I want to leave you something,
Something better than words or sounds.

Look for me in the people I’ve known, or loved.
And if you cannot give me away,
At least let me live in your eyes,
And not in your mind.

You can love me most
By letting hands touch hands,
By letting bodies touch bodies,
And by letting go of children that need to be free.

Love doesn’t die, people do.
So, when all that’s left of me is love,
Give me away.

God bless each of you on your faith journey.

Sincerely, with much love and thanks,
Colleen Perry and family

League Development Zoom

Oh my gosh!!! Bishop Dowd's presentation in April was amazing!!! And I thank him for sharing his time and his gift of explanation in terms we can all relate to.

If you were unable to participate [click here](#) and use this passcode ?9p!i=N& to watch the recording. The topic was "Why did God give us free will and personality."

If you are able and wishing to attend the May and June sessions, please email me at preselectopc@tbaytel.net. It is a busy time with conventions and graduations so, if there is not enough availability, these sessions may be delayed to the fall. I will send a message to the email group a week in advance of each session to confirm whether that is the case.

May's event is "Public Speaking, not me? Yes you!" May 17, 2023 8:00 PM EDT

June's event is reflective "Surrendering to God's Will – If He calls, Holy Spirit is there." June 14, 2023 8:00PM EDT

Looking to the fall-winter-Spring offerings for development zooms

Ladies, these past 8 months of sharing were so inspiring to me, and many others have shared it was for them as well. Pray to Holy Spirit for inspiration and email me any ideas you have for the next schedule to preselectopc@tbaytel.net



Recruitment does not end with the annual membership drive!



Contrary to popular opinion, recruitment lasts all year. Here are a few things every member can do to assist with promoting the League in their ordinary everyday activities. Ordinary invitations can grow extraordinary relationships and future members.

1. Attending an appointment where there is a waiting room with reading material? Done with a previous issue of the League Magazine? Consider dropping one in the waiting room for others to see and make sure it has contact info for your parish or organization person.
2. Carry a welcome brochure (your council can order or create their own simple handout) in your purse with contact info. When something related to League activity comes up in conversation, offer the brochure so she can learn more.
3. See someone new to the parish at mass? Ask if they are new and looking to meet other women in the parish? Make sure she knows she is welcome at any meeting/event even if not a member. Offer a ride or to connect them to another member if they need one and you are unable to.

...submitted by Colleen Martin, President Elect

The Catholic Women's League of Canada
Community Life Standing Committee
KINDNESS ROCK PROJECT
Catholic and Living It!

Have you ever found a painted rock? I have, and it inspired this project. Last fall, when I was out for a walk in the nearby park, I noticed something shiny at the base of a bush. I was curious and found a rock with *peace* written on it. That was just the right message I was looking for. After being away for a month, I was struggling to come to terms with the deadlines and demands I was encountering, and I was feeling very stressed. Finding that rock was a message to stop and find peace—and it worked! If you find a rock, keep it for awhile and then place the rock for someone else to find.

People worldwide paint rocks and leave them in parks, on hiking trails and around their towns. The rocks can be left on the ground, under a bush, on top of another rock, on benches or walls and even in trees. People even take them on trips and leave them in different provinces or countries. You may want to write where it is from on the back of the rock.

The rocks can be as simple or as decorative as each person wants. There is no right or wrong way to paint the rocks. Paint the whole rock or just the front! Some people like to paint a word or phrase on the rock. One suggestion when using a phrase is to trace the rock's shape on paper, place the words on the paper to ensure the phrase fits, and then transfer it to the rock.

Share the Kindness Rock Project founder's video, *Megan Murphy's story of the Kindness Rock Project* with your council at thekindnessrocksproject.com/. The site also includes inspiration for painting rocks. For more information and inspiration, visit ilovepaintedrocks.com/2017/10/how-to-play-hide-and-seek-rock-game.html.

This initiative is intended to be a community project. Ask women in your parish to join, have fun and provide refreshments. The fun part is three steps: (1) Gather the rocks—a group of members can spend the day gathering rocks by rivers, streams, farm fields, etc. Have a picnic! A local landscaping company may have river rocks that could be used if needed. (2) Paint the rocks! (3) Take a rock and hide or place it in a spot of your choosing.

Supplies needed:

- Rocks: Smooth rocks are best—enough for each person to paint at least one rock (washed and dried).
- Paint: Use craft paint (perhaps six colours). The number of bottles will depend on the number of people participating.
- Brushes: Use decent quality paint brushes of various sizes from a craft or dollar store. Foam brushes can also be used to coat the rock and can be obtained from a hardware store.
- Markers: Sharpie markers can be used to do the lettering.
- Hairdryer: Use this to speed up the drying process.
- Paper: Bring paper for those who wish to include phrases on the rocks.
- Newspaper: Protect the tables from the paint by covering them with newspaper.
- Paper towel: Use paper towel to help clean the paint brushes when changing colours.
- Small bowl: Fill a small bowl with water to wash and rinse the paint brushes.
- Plate: Use a plate as a painter's palette and for mixing paint.

Inspirational Words:

Abundant	Courage	Heart	Reflect
Achieve	Create	Help	Remember
Balance	Dream	Hope	Resilience
Begin	Endurance	Imagine	Seek
Believe	Enjoy	Imagine	Seek
Blessed	Faith	Improve	Service
Blessings	Focus	Inspire	Simplify
Bold	Gain	Joy	Solve
Brave	Grace	Live	Stamina
Breathe	Grace	Love	Start
Centered	Grateful	Move	Strength
Chance	Gratitude	Patience	Try
Charity	Grow	Peace	Wish
Cherish	Happy	Possibility	Wonder
Confidence	Healthy	Pray	Worthy

No report is required, however, photographs of members collecting and painting rocks would be appreciated. As well, when posting photographs on social media please use the hashtag #cwlpaintedorcks. The photographs can be sent by June 30th to info@cwl.ca.

Feedback on the project would also be appreciated.

Enjoy!

Faith Anderson

Faith Anderson
National Chairperson of Community Life



Some rocks that were
painted with my
grandchildren of varying
ages.



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.

Please note that registration closes June 1st. We encourage you to book your hotel/accommodations quickly as Cornwall is experiencing a hotel room shortage.

To view the full invitation and the full details please click here [OPC Convention Invitation](#)

For just the necessary registration forms to mail or email back click here [Registration Forms](#)

Please reach out if you have any questions. We look forward to welcoming you! Good things grow in Ontario!!



INTRODUCING OUR LATEST FUNDRAISERS!

You will have a chance to get tickets at the convention! However, if you won't be able to wait that long or may not be able to attend the convention, please email us at actshirt2023@aol.com. This Truly Canadian Christmas Quilt will find it's new home on Tuesday, July 11th. Make sure you have a chance!

Picture frame \$20 easy access to photo – easy slip in and out!

Round key chains \$10 – available in wood, acrylic or leather

Motel style key chain \$12 -leather

Bookmarks \$10 – available in wood or leather

OH YES – we still have t-shirts and golf shirts! Please place your order by contacting us by the above email or you may call 613-938-4888 or 613-551-4040 – make sure to leave a message! Thank you all for your support.



Cornwall, Ontario July 8th – 12th, 2023

AROUND THE PROVINCE



Ann Kneale, turned 107 on April 10. We believe that she is the oldest CWL member nationally. May God continue to bless you.

Ann's special day turned into a week-long celebration. She enjoyed 3 dinners with family and friends.

...and her story continues...

Submitted by
Joanne Vander Laan
CWL President
St. Joseph Church, Grimsby, Ont.




All members are encouraged **to complete and submit no later than May 15, 2023.** The survey is a way of *Deepening Relationships with Indigenous Catholic Women*. As stated in the survey, the national executive is seeking ways to connect with our Indigenous CWL sisters. Once completed, surveys are to be sent to CWL national office in Winnipeg (councils may send completed surveys in bulk or members may send individually).

Here is the link to the survey [SURVEY-Deepening-Relationships-with-Indigenous-Catholic-Women](#)



The buzz is out there....

Karen McDonald, Ontario Prov. Convention Convener and Ann Koivu Co-Convener invite us to **BEE THERE** in Sudbury July 7-10 2024 for the Ontario provincial CWL Convention! 

We look forward to seeing their invitation at the upcoming Provincial Convention in Cornwall – looks like a fun one! Register for this year's convention is still open. Lots of fun, faith and friendship to be had!



HAPPY CONVENTION SEASON EVERYONE!!
CONGRATULATIONS TO YOU ALL ON THE HARD WORK YOU DO FOR GOD AND CANADA.

THANK YOU FOR SAYING YES AND SHARING YOUR TALENTS SO WILLINGLY.
MAY OUR LADY OF GOOD COUNSEL CONTINUE TO GUIDE US AND
BLESS US AND OUR WORKS. AMEN



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
LOGIN DETAILS PROVIDED AFTER REGISTRATION

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



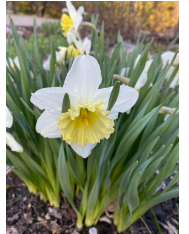
As May is the month of Mary let us explore the story of Our Lady of Knock shared by Santa.

PLEASE CLICK ON THE LINK AND ENJOY THE HISTORY AND SONG OF OUR LADY OF KNOCK.

[Lady of Knock](#)

Spring has Sprung as the saying goes! Oh, what an adventurous spring it has been from extremely early mild weather to an ice storm in mid-April!

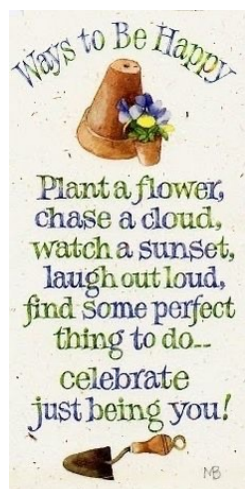
Spring seems to bring a rebirth to all of nature. The blossoms arrive, the yellow daffodils and tulips show their colors, and the trees begin to display the light green shades of new leaves. If you are like me, every day I take a walk about the flower beds to see what is popping up! Our gardens begin to show signs of new life as various flowers and vegetables rise from the soil. Spring means rebirth.




The garden stewards the story of spring, the resurrection story: What was dead comes back to life. The moment simply speaks to us of Jesus' resurrection. The bare plot turned vegetable crop shows us new birth and a living hope (1 Peter 1:3 – 4), a graphic and delicious account of death to life.

I love spring - I feel the beauty of my flower beds always bring me closer to God but oh those weeds can be a pain, however with the right tools you can restore beauty. I found this article which can help us with the weeds in our life, please click on the link and enjoy this short reflection.

FINDING GOD IN THE GARDEN [HTTPS://WWW.REBECCABARLOWJORDAN.COM/FINDING-GOD-IN-THE-GARDEN/](https://www.rebeccabarlowjordan.com/finding-god-in-the-garden/)



*One is never
Closer to God
Than in the Garden*



God's Garden

*The Lord God planted a garden
In the first white days of the world,
And He set there an angel warden
In a garment of light enfurled.
So near to the peace of Heaven,
That the hawk might nest with the wren,
For there in the cool of the even
God walked with the first of men.
And I dream that these garden-closes
With their shade and their sun-flecked sod
And their lilies and bowers of roses,
Were laid by the hand of God.
The kiss of the sun for pardon,
The song of the birds for mirth,—
One is nearer God's heart in a garden
Than anywhere else on earth.
For He broke it for us in a garden
Under the olive-trees
Where the angel of strength was the warden
And the soul of the world found ease.
Dorothy Frances Gurney*



"Kiss of the sun for pardon. Song of the birds for mirth. You're closer to God's heart in a garden than any place else on earth."



Paddy's Passion

Scam alerts

- Facebook scam, you hit share when you see a poor dog that has been injured. The next thing you know is your account is hacked. Be careful what you repost.
- Buying gift cards is the biggest issue at present time, the scammers have come into the store and place their bar code over the bar code on the gift card. The cashier scanned the bar code that is fake, the scammer just received the face value of the card. You go to use the gift card and the vendor will show you there was a fake code over top of the bar code. Try to buy gift cards that are surrounded by cardboard or that are in a case.
- QR code at the restaurant, DON'T do it, you scan the menu then, look how easy this is we can pay for our bill as well by scanning the QR code. The same as the gift cards, the scammers have placed their QR code over top. The scammer just received your dinner bill paid in full. The restaurant received nothing, and you will be paying again.
- If you purchase a fair bit online, get a credit card that is just used for those purchases, cap the card at \$500.00.
- You receive a call saying your relative is hurt outside of country, please send \$, follow the direction to your local western union and send money here. 1) no police, jail will ever call in the middle of the night. 2) if your relative is hurt outside the country your local police officers will come to your door. 3) if this happens to you speak to someone at your bank first before sending money.
- Do not give your credit card to anyone over the phone if they called you. Tell them you will be happy to call them back when you have time.
- Student loan forgiveness scam is a huge one right now, again no one is giving your student money.
- Check your credit card for every purchase. The new one here is you will see 1.39 and 1.79 this month and may not catch your eye. So, you pay the bill. Next month they increase it to 3.79 and 5.99 again you pay it. On the 3rd month it's now well into the hundreds, you try to argue with your credit card company, and they simply say, "Well you already paid a few purchases over the last couple of months. Why are you reporting it now." (I called my credit card on the first month for the 1.39 and the gentlemen on the phone said, "shred your credit card now" and he explained to me what happened) I was lucky. My husband was excited as it was my Costco card that I had to shred.
- Self-check yourself out at any store, never leave the store until you go over all the charges, too late once you have arrived home and realized you have been double charged or the sale price didn't come up.
- The same goes for all receipts, take 30 seconds before you leave the area and scan over your receipt.

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:

[Thank You, God, For Daddy Board book – Illustrated, May 9 2011 by Amy Parker \(Author\)](#)

This sweet book celebrates all the ways dad cares for his little one and encourages children to show gratitude and appreciation for their own father.

In this adorable rhyming story from bestselling author Amy Parker, a little lion cub thanks God for his wonderful daddy--a daddy who gives big hugs and piggyback rides; who protects, teaches, and plays; and who offers love, guidance, and encouragement.

Thank You, God, for Daddy helps children, ages 2 to 5, express gratitude for their father is perfect for read-aloud story time and bedtime routines makes a touching and budget-friendly Father's Day gift or dad's birthday gift from the kids.

Don't miss the other "Thank You" titles.

[Amazon.ca](#)

[The Berenstain Bears Father's Day Blessings by Michael Barenstain](#)

Brother, Sister, and Honey Bear are trying to plan something special for Father's Day, but what can they do for Papa Bear and Gramps? Putting aside their wants, the cubs come up with the perfect adventure to honor Papa and Gramps.

Papa Bear and Gramps are the best dads in Bear Country and the cubs want to show their love. Working together with Mama and Gran, a special fishing trip and picnic are planned for Father's Day. Will Papa and Gramps bring in a big catch of fish ... or will they catch something else even better? Join the *Berenstain Bears* as they explore the value of celebrating fathers in *The Berenstain Bears Father's Day Blessings*. Children will discover ways to implement traditional values and share God's goodness in Zonderkidz *The Berenstain Bears Living Lights™* series of books.

The Berenstain Bears Father's Day Blessings:

- Encourages age-appropriate discussions about honoring your father and celebrating others.
- An engaging story about learning to think about others and celebrate life's simple moments.
- Perfect for back-to-school reading, summer reading, birthday gifts, and holiday Gift-giving
- Perfect for early reader ages 4-8, reading out loud at home or in a classroom.

The Berenstain Bears Living Lights™ series:

- Features the hand-drawn artwork of the Berenstain family.
- Continues in the much-loved footsteps of Stan and Jan Berenstain with the Berenstain Bears series of books.
- Is part of one of the bestselling children's book series ever created, with more than 250 books published and nearly 300 million copies sold to date.

Look for additional inspirational children's picture books in *The Berenstain Bears Living Lights™* series.

Amazon.ca

Adults:

[Pocket Prayers for Dads: 40 Simple Prayers That Bring Strength and Faith by Max Lucado](#)

Dads wear many hats. From protector to playmate, confidante to counselor. No matter the role, families rely on dads to lead with strength and faith. And in *Pocket Prayers for Dads*, Max Lucado offers forty scriptures and guided prayers that will help dads do just that.

Amazon.ca

[Better Dads, Stronger Sons: How Fathers Can Guide Boys to Become Men of Character Paperback by Rick Johnson](#)

The relationship between a father and a son is like no other. Dads have a God-given role to protect and provide for their families, always striving to teach their sons the life skills they'll need to grow into honorable men. But many dads struggle with feelings of inadequacy regarding their fathering abilities. They want to be better dads.

In this insightful and practical book, Rick Johnson shows how fathers can be equipped and inspired to be positive role models for their sons. He stresses the significance of male bonding, discipline, and spiritual leadership; discusses important topics such as sexual purity, respect, and self-discipline; and reveals the top ten mistakes to avoid as a father.

From commitment and courage to honesty and humility, *Better Dads, Stronger Sons* helps men strive to be the dads God designed them to be--so their sons can grow to be everything they are meant to be.

Pray so big
and so often that
when God
meets you
at Heaven's gate,
he says with a
smile, "Kid,
you kept me
very busy."



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