



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



ON-LINE NEWSLETTER

June 2023 Edition

Featuring the Ottawa Archdiocese and OPC Christian Family Life Chair

CATHOLIC
and **LIVING IT!**



Linda's League Letters

My Dear League Sisters,

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In June most councils are winding down their activities, holding their final barbecue and looking forward to a restful summer. On the other hand, the provincial council is gearing up for a busy summer and hosting the Ontario Provincial Convention in July in Cornwall.

Have you ever attended a provincial convention? The first one I ever attended was in Toronto around 2005. I was so excited to be there and see the real League in action. Listening to reports given by the wise provincial officers, hearing interesting guest speakers and watching the resolution process take place. What a learning experience! I was inspired and have attended almost every provincial convention since then.

What are you doing from July 8th to 12th? I hope you are planning to be in Cornwall at the Convention Centre for the Ontario Provincial CWL Convention. It promises to be a good one. Father Eugene O'Reilly is the keynote speaker and his message will be given with word and song.

Come and meet National President Fran Lucas and hear about League initiatives at the national level. Planning is also underway to present workshops with interesting ideas and skills you can take home with you. Don't forget, conventions are also fun. You can attend the Mini Tattoo, take a bus or boat cruise and enjoy the entertainment in the evenings. For more information or registration forms go to cwl.on.ca

I look forward to meeting you and bee-ing with you. Please come and say hello.

Linda Squarzolo



**YOU CAN MAKE A DIFFERENCE
BY ATTENDING THE
PROVINCIAL CONVENTION.**

July 8-12, 2023

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

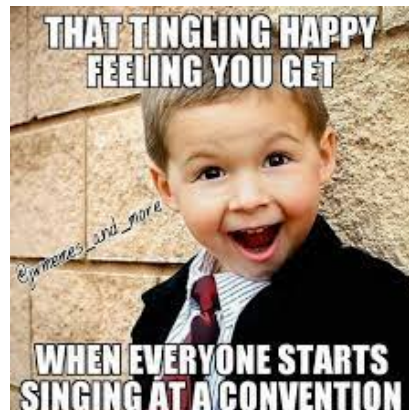
**To view the full invitation and
the full details please click here**

[OPC Convention Invitation](#)

**For just the necessary
registration forms to mail or
email back click here**

[Registration Forms](#)

**Don't let the June 1st deadline
fool you – we can still squeeze
more in! Our carter is so kind
but please register as soon as
possible!**



Is it just me??

Ottawa Archdiocesan Council of The Catholic Women's League of Canada

Nigeria IGBO Parish Council

The Igbo-Nigerian Community founded the Igbo Catholic Church Ottawa on February 28th, 2010. They began by holding monthly masses in their native Igbo language. They observed all the Catholic seasons and times, baptism, and funerals, etc but were missing being part of The Catholic Women's League of Canada (CWL).

Mrs. Bernadette Ojiaku, began to work for their parish ladies to become CWL members. Bernadette was a long serving member of Assumption and Good Shepherd parishes and understood the CWL.

In 2021 Bernadette contacted the President of the Ottawa Diocesan, Lynn Lavictoire. She was warmly received and guided through the process of setting up a CWL council. The current President of the Ottawa Diocesan, Claudette Langdon worked with Bernadette to have the Nigeria Igbo council formally established by national and they were inaugurated on October 7, 2022. The first CWL executive of the parish were installed with Bernadette as their President. They currently have 30 members!

Bernadette is an active CWL Parish President and has represented her parish in many of the league activities held in the Ottawa Diocesan.



On Mother's Day the Ottawa Diocesan Secretary, Catherine Gasper attended their meeting and provided the Unity Outreach Program. They also had a special visitor, Sister Nkechi from Holy Spirit Parish. Well done ladies!

Divine Infant Parish Council

One of our Parish Councils, Divine Infant loves to design their CWL Bulletin board with colourful art to showcase their special projects. What a way to show all the good works that The Catholic Women's League of Canada achieves!

We wanted to share a few of their board pictures...What a way to show how "To Make a Difference"!



Resurrection of Our Lord Parish Council

Submitted by Parish President Viola Tobin

In November 2022 we made the decision to come together and **reactivate our Council**, to give the next generation a chance to be part of an incredible organization. We have added new members, our total at present are 23 strong. We have one member receiving her 60 year pin and two receiving the Maple Leaf Pin for going above and beyond.

We are finding our way, mixing our more experienced members with our new. We are a work in progress; trying on new roles to see what feels right; exploring each other's strengths; exploring the different avenues, to discover where our energy is most beneficial in our community.

In the past several months we have held a bake sale, the proceeds of which were distributed among: a youth going to World Youth Day; our Parish and our Council. Bags of baked goods were given to seniors; a cognitively challenged man; a prayer group who were meeting that

evening at our parish and a couple of families with small children. We have held a successful food drive for the Ottawa Food Bank. We are continually offering Rosary/Divine Mercy kits, containing prayer cards and Rosary beads; prayer cards and pamphlets pertaining to the Eucharist and the importance of the Mass. We are now preparing for a Rummage sale at the end of April; A clergy Appreciation Dinner and a morning retreat in May concerning Faith; Forgiveness and Family.

Truly inspired by our Pope Francis we will try to live by his message for 2023: "To deepen our knowledge of the Master, to fully understand and embrace the mystery of His salvation, accomplished in total self-giving inspired by love." Spreading the Love of God to all humanity; by way of sharing; educating; freely giving; prayer; understanding and treating all with respect and dignity.

Our members are involved in different ministries in our parish; we visit the sick and shut ins; we bring Communion to those who cannot get to mass due to illness.



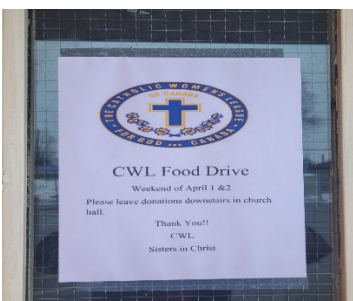
WE MADE A DIFFERENCE

Our parish and our Council at our successful bake sale.

Cards with Rosary beads were purchased for those children making First Communion and Confirmation.



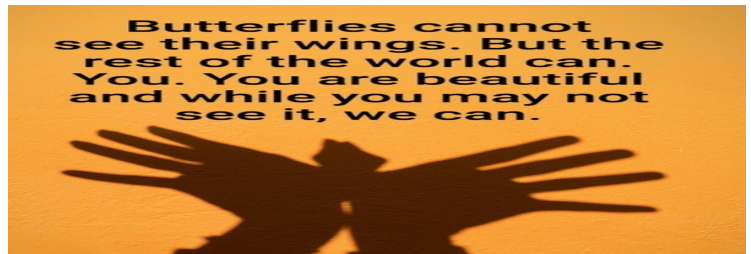
Pamphlets; Rosary/Divine Mercy with Rosary beads donated to our parish to share our Faith. Constantly needs refilling, good sign.



Successful Food Drive, for those in need.



Prayer shawls donated to our CWL sisters in Long Term Care. Spreading the love through sisterhood.



Examples of our COVID emails.

St. Leonard Parish

Submitted by Parish President Jane Brownrigg

The Ottawa CWL Diocese celebrated a Mass in honour of Our Lady of Good Counsel, on April 26, 2023, at St. Leonard's Church, Manotick, ON, hosted by St. Leonard's CWL. Father Gerard Plant, Pastor of St. Leonard's Parish and Ottawa Diocesan CWL Spiritual Advisor, was our celebrant.

At the opening of the Mass, the hymn "Our Lady of Good Counsel", was sung, as Council Presidents processed in, holding high their Councils' *Books of Life*, which contain the names of our CWL members who have passed away, but are not forgotten. We stand on the shoulders of these faithful women.

During the mass, CWL members who passed away in 2022, were honoured - family members or CWL Parish Council Presidents were invited to place a flower at the altar, as each

deceased member's name was read by Ottawa Diocesan President, Claudette Langdon. In addition, there were 32 votive candles lit, a symbol for each CWL member, who had passed away. Attendees were also given a Memorial Booklet.



The ceremony was both moving and spiritual.

After the Mass and ceremony there was a reception in the church hall.

The Ottawa Diocesan is celebrating 100 Years!

Submitted by Claudette Langdon, Ottawa Diocesan President

The Ottawa Diocesan Council of the Catholic Women's League of Canada was inaugurated in September of **1923** with the approbation and the blessing of His Excellency, the Most Reverend J.M. Emard., D.D. the Archbishop of Ottawa. The first Diocesan President was Mrs. M.J. Lyons and the first Spiritual Advisor was Canon J. Edgar Brennan.

Throughout the 100 years we had the honour of having 15 Diocesan Spiritual Advisors who provided us guidance. We also had 50 women shared their gifts with the Ottawa Diocesan Council since 1923, each as unique as the first.

We currently have 24 Parish Councils. Here are a few of the oldest parishes:

- **ST. CATHERINE OF SIENA**

The CWL began at St. Catherine's Parish, in Oct. 1925. (Charter # 334).

- **ST. IGNATIUS THE MARTYR**

On April 29, 1930, Charter #497 was issued to the CWL subdivision of St. Joan of Arc Parish, Overbrook.

- **ST. MARY'S (ALMONTE)**

St. Mary's Almonte CWL Council was founded on September 19th, 1937.

- **ST. PATRICK (FALLOWFIELD)**

St Patrick's Fallowfield Catholic Women's League was granted a Charter on Oct.7, 1944. First dues were 50 cents per member.

- **OUR LADY OF THE VISITATION**

The first Catholic Women's League Council #1771 formed in December 1954.

- **IMMACULATE HEART OF MARY**

The IHM CWL Council was organized on October 6th, 1958.

100th Annual Convention



Our 100th Annual Convention was held on May 13, 2023, hosted by St. Patrick's Parish (Fallowfield) with 97 members registered. We celebrated the spiritual and social joys of membership in The Catholic Women's League of Canada.

We had the honour of our Provincial President, Linda Squarzolo attend our last convention and provide provincial greetings.

Pictured: Joanna Sisk- Life Member Liaison/Provincial Legislation Standing Committee Chair, Linda Squarzolo, Provincial President and Claudette Langdon Ottawa Diocesan President.

We were also graced with ladies from the Alexandria-Cornwall Diocesan attending our convention.

To celebrate our 100 years, an Anniversary History Booklet was created detailing our history and that of our Parish Councils. Each member who attended was provided a copy of the booklet with a Medal of The Miraculous Medal Bookmarker.

We had two Guest Speaker throughout the day. The first guest speakers were Donna Naughton, an Indigenous Elder and Gerry Kelly, Manager of Spiritual Programs Galilee Centre. Their talk was entitled "Shadow of Wardship". They spoke about the history of the Indigenous People. Donna has many relatives who were survivors of the residential schools and it had a profound effect on her life. Their talk was very interesting and inspiring. Donna was given a beautiful stain glass feather gifted from Colleen Martin, Provincial President-Elect/Organization and a token of our appreciation.

The second speaker was Sarah Oswald of the Caldwell Family Centre. The theme of her talk was "In our Community, No One Goes Hungry". The Caldwell Family Centre operates in a large area of Ottawa and they provide food for their community and surrounding areas. The Caldwell Family Centre was the recipient of charitable donations collected and offered by members in attendance at the convention.

The Crowning of Mary, always a spiritual highlight was a wonderful ceremony with a special prayer service and flowers to honour our deceased sisters.

Parish Presidents provided an oral or a visual display to show how their Councils 'Made a Difference'. There were many beautiful visual displays, we are only showing a few.





Our Diocesan Officers reports were based on 'How they made a Difference in their positions'. Their work was invaluable to the success of our diocese.



Pictured: Life Member and Diocesan Treasurer, Shirley Bernier.

As Diocesan President I witnessed firsthand our members' faith, dedicated service and social justice work. Our diocesan members worked diligently responding to the provincial theme of 'Go Make a Difference'. They were productive CWL BEES! Their flights were spiritual! The reports and displays showed that they 'Made a Difference' They should be proud!

The Parish displays and reports also reflected parish work for the Standing Chairs of Faith, Service and Social Justice. The presentations highlighted their work and dedication.



St. Augustine tells us, "Because You have loved me, O Lord, You have made me lovable."

To honour our 100 years, we had displays to show our rich history with information found in the archives.



One item was a picture taken from the first Ottawa Annual Convention on the steps of the Fairmont Chateau Laurier!

The Ottawa Diocesan was gifted a resolution from Leonard's Parish Council: "Canada to Honour its Commitment to the UN 2030 Agenda, Number 6, for Sustainable Development to provide clean, accessible water for all First Nations." The motion to accept the resolution was passed and it will now go to Provincial for approval.

There was a tribute to our Life Members who are the 'jewels' our Diocesan.

Pictured is the Ottawa Diocesan Life Members with visiting Life Members who attended the convention...What gifts!



Pope Francis was quoted as follows: *"Women make the world beautiful; they protect it and keep it alive. They bring the grace of renewal, the embrace of inclusion, and the courage to give of oneself"*. Members lived this through their spirituality and actions.



Group Picture of Members in attendance.



Our banquet began with the colour party being piped in by Donald MacDonald. What lovely way to begin our Banquet!

Our Mistress of Ceremonies for the evening banquet was Joanna Sisk, Life Member Liaison, Provincial Legislation Standing Committee Chair and part-time Beekeeper!



Our special guests at the banquet were Provincial President, Linda Squarzolo and The Most Reverend Archbishop Damphousse of Ottawa-Cornwall.

After our dinner we were provided entertainment from one of our long serving CWL ladies acting as the First Ottawa Diocesan President, Mrs. M. Lyons. A presentation was made by our Life Member Liaison, Joanna Sisk on the fashions over the 100 years.

Our Honorary Life Member, Joan Chesser opened a Time Capsule with historical items and we concluded our celebration with a 100th Anniversary Cake celebration and music.

It was a wonderful way to end as the Ottawa Diocesan Council and embrace the future of the new Ottawa-Cornwall Diocesan Council! Exciting times are ahead!



100th Anniversary Tree Planted

The Ottawa Diocese planted a 100th Anniversary Tree at Hope Cemetery on a cold May 17, 2023 to honour our history!

Pictured: Shirley Bernier-Life Member, Evelyn Meaney-Life Member, Joanna Sisk Life Member Liaison and Claudette Langdon Ottawa Diocesan President.

May Our Lady of Good Counsel watch over us as we continue our service for 'God and Country'.

Christian Family Life

Chairperson: Betsy Currier
Sub-Chairpersons: Angela Pellerin and Audrey Shelton

Christian family life is all about living out our faith and Christian values. The Christian Family Life Standing Committee touches the lives of everyone: pre-born, youth, disabled, single, married, divorced, seniors, widowed, the elderly, the dying and also religious vocations.

The Three Pillars:

After diocesan annual meetings/conventions and elections in April/May (2023) some diocesan councils will have adopted the change to the structure of the executive council. They have already incorporated the three Pillars of Faith, Service and Social Justice. Others will wait until later - the national council (August 2023), the remainder of the diocesan councils (April/May 2024), and the provincial council (July 2024). With the standing committees changing to the three pillars, Christian Family Life responsibilities will be under Faith and Service as illustrated below:

| | |
|------------------------------------|---------|
| Sanctity of Life | Faith |
| Vocations | Faith |
| Marriage and Family | Service |
| Ministry to Youth | Service |
| Ministry to Seniors and Disabled | Service |
| Ministry to Widows | Service |
| Ministry to Separated and Divorced | Service |

Faith in Action Project – Go Make a Difference!

In the October newsletter issue, the Christian Family Life project focus was identified - directed towards **"Vocations"**.

Some actionable ideas were listed and each council was asked to do one or two. (Please refer to October 2022 newsletter for the list)

Update

Here's an update on the project and reports I've been receiving from councils all across our province.

- offered masses for spiritual advisors' intentions.
- invited their priest to speak at their meetings on vocations.
- discussed vocations with children, grandchildren, and friends.
- offered an invitation to the priest to their home for a meal or a visit.
- prayed for all priests and persons in the religious life.

- updated the list of clergy & religious and each received individual prayer cards, first distributed at a parish coffee hour sponsored by the CWL, and later by all parishioners (through requests via the parish bulletin and CWL newsletter.
- donated to Retirement Priest Fund, Seminarian Fund, Priests Education Fund, Bishop Bernard F. Pappin Memorial Fund to help priests and aspiring priests to continue to grow, nurture and support our Catholic faith.

Many councils have also focused on other responsibilities of Christian Family Life

- offering bereavement programs
- card ministries to seniors homebound or in nursing homes
- supporting young people and youth ministries within the parish
- financial support for youth attending World Youth Days
- making available brochures on separation and divorce

In response to the CFL Faith In Action - Go Make a Difference! CFL sub-committee Chairperson Audrey Shelton offered this from her parish.

Blessings through the Seven Sisters Apostolate

by Audrey Shelton, subcommittee member of CFL

Our CWL council instituted a Seven Sisters Apostolate in our parish during lent this year. The Apostolate is comprised of seven people who each have a specific day of the week in which they spend an hour in prayer for their pastor.

Every Thursday, I spend a Holy hour in my church praying for my priest. It sounds very simple but it is a sacrifice of time and one I am happy to make.

Although I am praying for my priest, I am finding many benefits for myself. Just spending an hour alone in God's holy house fills my soul with peace and joy. Praying the rosary for my pastor brings me closer to my priest, Mary and Jesus. Spending time in conversation with the Trinity and Mary is a blessing.

One of the other "seven sisters" told me "I find praying for Father so rewarding. Thank you for bringing this very special Apostolate to our attention."

Knowing that I have "sisters" also praying for Father during the week brings me comfort and a special closeness to them as well.

I start each week looking forward to this one hour and planning my week around it.

Although we cannot take credit for the good things that happen in our priest's life, it does make me happy when he has good news. I know that prayer is a powerful action and I am sure Mother Mary is listening as we pray for her special sons. She then brings our prayers to Jesus who in turn will take them to our Father in heaven. Who else deserves this special prayer time more than our parish shepherds do?

To learn more about the Seven Sisters Apostolate check out the website sevensistersapostolate.org.

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

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

Sanctity of Life

Canada ranks poorly for palliative services, scoring 22nd among 81 countries in 2021. Funding remains problematic, with many citizens needing help to access quality palliative or home care. The World Health Organization (WHO) describes palliative care as follows:

“Palliative care is an approach that improves the quality of life of patients (adults and children) and their families who are facing problems associated with life-threatening illness. It prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial, or spiritual.

Addressing suffering involves taking care of issues beyond physical symptoms. Palliative care uses a team approach to support patients and their caregivers. This includes addressing practical needs and providing bereavement counselling. It offers a support system to help patients live as actively as possible until death.

Palliative care is explicitly recognized under the human right to health.”

At the 2018 national convention, members passed resolution 2018.03 Legislate Designation of Hospice/Palliative Care Services in Facilities to Exclude Medical Assistance in Dying Legislation. Please take another look at the action Plan for this resolution. ACT!!!

Action Plan

1. Write to the prime minister, ministers of justice and health, and your member of parliament, urging the federal government to legislate designation of hospice/palliative care free from medical assistance in dying.
2. Educate members on keeping hospice and palliative care free from medical assistance in dying.
3. Where hospices are performing medical assistance in dying, withdraw all funding. Write to the board of directors of hospices stating the reason for the withdrawal of donations.
4. Monitor the federal government’s response to the request contained in the resolution.

The public needs to understand the practice of palliative care and how it is a viable, life-respecting option for MAiD, which the Canadian Conference of Catholic Bishops (CCCCB) describes as the intentional taking of human life and, as such, is “a grave and morally unjustifiable act.”

As members of the League one of our Objects of the League is to protect the sanctity of life. MAiD is in direct conflict with our personal moral values and our church’s beliefs. We need to bombard the government with our concerns. Pressure to further expand MAiD into more vulnerable populations resulted in Bill C-7 *An Act to amend the Criminal Code (medical assistance in dying)*, receiving royal assent in March 2021. This bill is a historic advance in expanding MAiD criteria and reducing safeguards. Those living with disabilities or mental illness (including emancipated minors) are all now considered candidates for euthanasia, even without a terminal illness. It seems that legislative Acts are being revised to readily and easily allow for more and more persons to use MAiD.

With your diocesan counterparts, please encourage members to communicate their opposition to all levels of government regarding the ever-expanding inclusion of MAiD to those most

vulnerable in society and request that the current legislative pause to include mental illness as criteria for MAiD be made permanent. Adequate educational opportunities and improvements to access palliative care services are essential.

On the other end of the life spectrum are the pre-born.
A statement from the Canadian Conference of Catholic Bishops (CCCCB)....

“From its very beginning, and throughout its history, the Catholic Church has consistently taught that human life is sacred, and derives its value not from any measure of “usefulness” but from its origin, hidden in the creative power of God, and from the eternal destiny to which it is directed. The intentional killing of innocent human beings at any stage of development is always gravely wrong. The life that begins at conception is that of a unique and irreplaceable human being; a life, like all others, at least in some measure dependent yet genetically distinct – a human life, full of potential.... It is our prayer that ... in the near future Canadian law will offer protection for the lives of the unborn.”

Statistics on abortion are staggering. Since its decriminalization in 1969, abortion has killed over 4 million preborn babies in Canada.

- An estimated 100,000 induced abortions are committed annually in Canada.
- Reliable abortion numbers are difficult to pin down. The Canadian Institute for Health Information (CIHI) reported 83,576 abortions in 2019. A pro-life advocate discovered through Freedom of Information requests, however, that the CIHI missed counting thousands of abortions in Ontario alone around the same time period.
- Reliable numbers are further complicated by the fact that while hospitals are required to report the number of abortions committed, such reporting is voluntary for private abortion facilities.
- CIHI statistics may not include chemical and out-of-province abortions.
- In Canada, 1 baby is aborted for every 4 born alive.
- Almost a third of Canadian women over 45 are post-abortive.

Prayer for the Protection of Human Life

Heavenly Father, Lord and Maker of all that is good, fill our hearts with joy before the wonders of Your creation. Open our eyes to the presence of Your beloved Son Jesus in all those we encounter and especially in the weakest and most vulnerable among us. Where we see life threatened, at its beginning or at its end, or by poverty and deprivation, inspire us with love and mercy, so that, empowered by Your Holy Spirit, we may work together to defend human dignity. Help us to build a culture of life: a culture in which each and every person is loved and valued as Your child, from conception to natural death, and in every circumstance of life. Amen. Mary, Mother of the living, pray for us!

Ministry to

Separated and Divorced

The League has a brochure, *Annulments Today—Merciful and Just* written in plain language and is available from the national website (cwl.ca under 300 series: promotional material) for distribution to members and possibly in your parish with the approval of your spiritual advisor. Please order these brochures from national office and put them in the women's washroom at the church and make them available in the vestibules.

Widowed

As members, we provide prayer and support to those grieving after the death of a loved one. We call, send cards, visit and sometimes gift the person with a prayer shawl. Most parish councils assist at funerals, providing funeral lunches. Offer an invitation to a widow to attend meetings and events. Some parish councils have bereavement programs that the widowed are encouraged to attend. Are there grief counseling programs in your parish such as Grief Journey (griefjourney.com) that you could share?

Disabled: (from Dorothy Johansen, National CFL Chairperson)

Bill C-295 *An Act to amend the Criminal Code (neglect of vulnerable adults)* has passed first reading. This enactment amends the *Criminal Code* to create an offence for long-term care facilities, their owners and managers to fail to provide necessities of life to residents of the facilities. If your members wish to contact their member of parliament and the minister of justice to make comments on this act, it would be appreciated.

Youth

Does your parish sponsor programs for youth or encourage them to share their gifts in ministry? In parishes, many young people provide assistance with the children's liturgy of the word and support summer camps, Catholic Christian Outreach and NET Ministries of Canada. Only a few of our councils in Ontario have a Catholic Girls' League. Perhaps you could encourage a young leader to begin one with the assistance of the parish CWL council. Our young are the future. We need to model good Catholic values to inspire them to become more vibrant participants in our parishes.

World Youth Day, a gathering of young people with Pope Francis, is in August 2023 in Lisbon Portugal. Please support any young person in your parish who wants to attend.

Seniors

National Senior's Day is October 1, 2023. Take this opportunity to spend time with a senior. They are a wealth of knowledge. Take time to visit, to listen to their stories, share a cup of tea. I encourage you to acknowledge seniors and their contributions to society and let them know how much they are appreciated.

MINISTRY TO SENIORS

by Angela Pellerin, subcommittee member of CFL

Our seniors are often overlooked in our busy lives, but they still have much to contribute to our church and society. What does your council do to recognize the seniors in your council/parish? They, especially those who have lost their spouse, can be very lonely.

A number of years ago, the CWL held workshops in Elder Abuse. I know as a facilitator I learnt a lot on this issue from those who attended the workshops I facilitated. This is still an issue in our society today. Do you know what to look for? Elder abuse can be physical, emotional, neglect, sexual, financial and abandonment. Some signs are:

- Seems depressed, confused or withdrawn.
- Isolated from friends and family.
- Has unexplained bruises, burns or scars.
- Appears dirty, underfed, dehydrated, over or undermedicated, or not receiving needed care for medical problems.
- Has bed sores or other preventable conditions.
- Recent changes in banking or spending patterns.

Do you know who to contact if you suspect someone is being abused? If there is an Adult Protective Services in your area, they may be able to help or you can contact the local police and ask for advice.

Now that we are able to get together again, let us watch over and protect our seniors.





Spiritual Development



The month of June is traditionally dedicated to the Sacred Heart of Jesus, the highest human expression of divine love. June 16th is the Solemnity of the Sacred Heart of Jesus.

Pope Francis states: "The purpose of devotion to the Sacred Heart of Jesus is to focus our hearts on receiving and returning His love with gratitude—with all of our heart, soul and strength—that He may be glorified." He goes on to say "In these days in which we prepare to celebrate the Solemnity of the Sacred Heart of Jesus, let us ask the Lord to make our hearts like His: humble, merciful and persevering in love, prayer and good works."

The beginnings of this devotion can be traced back to the Fathers of the Church including St. Ambrose, St. Jerome, St. Augustine, St. Irenaeus, St. Hippolytus of Rome and St. Justin Martyr. In the 11th century, this devotion was renewed in the writings of Benedictine and Cistercian monasteries. From the end of the 13th to 16th Centuries, the devotion continued to spread, but it mostly remained a private devotion.

The first liturgical feast of the Sacred Heart was celebrated in France in 1670 by St. John Eudes who had sought approval from the local Bishop. However, modern-day popularization of this devotion is linked to St. Margaret Mary Alacoque, a French nun who learned of the devotion from a series of apparitions of Jesus to her between 1673 and 1675.

Daily Devotion to the Sacred Heart

O most holy heart of Jesus, fountain of every blessing, I adore You, I love You, and with lively sorrow for my sins I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your will. Grant, good Jesus, that I may live in You and for You.



Prayer to St. Joseph for Travelers:

O St. Joseph, who accompanied Jesus and Mary in all their journeys, and who has been called the patron of all travelers, accompany us in this journey that we are about to undertake. Be our guide and our protector; watch over us; preserve us from all accidents and dangers to soul and body; support us in our fatigue and aid us to sanctify it by offering it to God. Make us ever mindful that we are strangers, sojourners here below; that heaven is our true home; and help us to persevere on the straight road that leads thereunto. We ask you specially to protect and aid us in the last great voyage from time to eternity, so that, under your guidance, we may reach the realm of happiness and glory, there to repose eternally with you in the company of Jesus and Mary. Amen.

Blessings,
Wilma Vanderzwaag



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
In Memoriam
Doris Labelle



We bid a sad farewell to Doris Labelle who passed away on March 1, 2023 at the age of 97. Doris was awarded the Ontario Social Justice Award in 2019. She was an amazing lady! At the age of 93, following a stroke, confined to a wheelchair and residing in assisted living, Doris continued her life-long quest for social justice. She was a well-known advocate for justice for seniors, personal support workers and veterans, initiating letter-writing campaigns and setting up petitions. Her funeral mass was celebrated on May 20 with many of her CWL sisters in attendance.



Rest in Peace, Doris.



"Welcome our new 16 members of St Joseph Highland Creek Parish Council at the Celebration of Our Lady of Good Counsel Feast Day, Mass at 7:00 pm, April 26, 2023, 7 pm, with Fr Francis Folleh, our Spiritual Advisor and Pastor.



Lucia Vacca is the recipient of the Patricia Beattie Auxiliary Level Mentoring Award, on Tuesday, April 25, 2023 at the 102nd Convention for the Diocese of Toronto, in recognition of her service and mentoring to League members by sharing her God-given gifts.

She has been a member of the CWL St Joseph Highland Creek Parish Council for over 27 years, having served at the Parish, Scarborough and Toronto Diocese levels.

18 members from the Parish celebrated this award with her at the Convention, with our Spiritual Advisor and Pastor, Fr Francis Folleh.



Submitted by Therese Baduria
President 2022-2023
CWL St Joseph Parish Council T071
200 Morrish Road, Scarborough, ON



Holy Trinity CWL– Timmins Diocese – Education Week Mass for Holy Family School, May 17,2023

Horizontal banners were displayed at the front of the church. Each student was given a body outline (3 different sizes on paper of various colours) and asked to name a gift/gifts they have received from God, eg. kind, generous, helpful, a good friend, patient, etc. Some students also decorated theirs. The figures were glued on the banners holding hands and a candle, surrounding the Education Week scripture verse and theme, We are Many, We are One. It illustrated that we are all different, but at the same time all members of the family of God because we are his children.



Pictured, left to right, Anne Plaunt, (Timmins Diocesan Life Member Liaison), Anne Bougie, (Holy Trinity CWL Faith Chairperson), Marie Black, (Timmins Diocesan Education and Health Chairperson).



Special music was prepared by the school using Jan Arden's song, "You've Got to Show a Little Kindness". It was sung at the end of Mass with the principal playing the piano and a group of students playing their ukuleles.



The CWL distributed homemade cookies at the end of Mass.



Our Mother of Perpetual Help – Timmins Diocese – workshop on Mary Our Lady of Good Counsel, and Loneliness



Audrey Shelton, president of Our Mother of Perpetual Help CWL council leads a workshop on Loneliness using the Resolution National Strategy to Address Loneliness and the Loneliness article written for the March ON Line newsletter.

Fr. Wayne Mills leads a reflection on the teachings and Dogmas of the Catholic Church concerning Mary as we celebrate the Feast of Our Lady of Good Counsel.



A group picture of those in attendance.

Holy Trinity CWL of the Timmins Diocese, Leads the Living Rosary at Holy Family School during Education Week



Anne Bougie, Holy Trinity CWL Faith Chairperson, prepares Holy Family school for the Living Rosary.



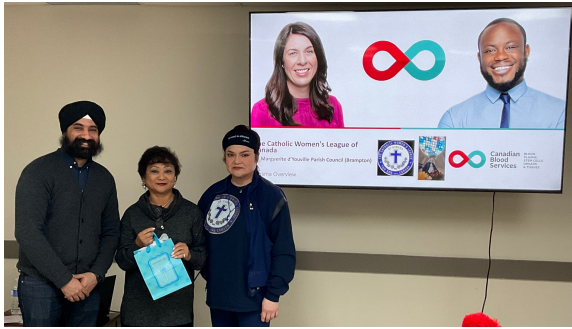
A senior student holds a statue of Mary, and leads the students to the gym where they will form a rosary.



CWL members said the Our Father and the Glory Be, and the students said the Hail Mary. The statue of the Blessed Virgin was passed on to the person on the right as each Hail Mary was said.



It's in you to give!



Parish (Toronto Diocese) held an awareness presentation at a general meeting. President Catherine Sanchez-Estuart is on the right in the picture. They were sparked by the Education and Health Directive #2 from provincial chair Hilarion Mitchell.

This initiative was reported to councils in the diocese in the May President's Update. After reading the update **St. Rose of Lima President, Liemy Tagsa**, remembered her desire to donate blood and was inspired to book an appointment. She described the whole experience as very faith filled. At the clinic she met a nurse who is very religious and who shared her experience and feelings. Not everyone can donate blood and Liemy realized that the ability to give blood is a something that Our Lord gifted to us. There is no cost to give blood and the number of people who are saved is countless. After this encounter she talked with the Scarborough Community Development Manager, Jennifer Mathieu who welcomed her questions and now hopes that a presentation can be done at the parish. Her whole morning experience was filled with the Holy Spirit's grace and guidance. Liemy is very touched that Our Lady of Good Counsel is using her as a CWL council president to share this very worthy endeavor to be "Catholic and living it". She is making a difference.



The League Partner ID with Canadian Blood Services is CATH011269.

"Members wishing to donate blood are to visit blood.ca/ and select ways-donate/partners-life/group-donations-and-pledge-based-partnerships. Members will need to complete the registration to set up a new donor account if they do not have one. Once the account is set up, then choose Partners for Life to join an existing team which is the "The Catholic Women's League of Canada." Ontario Education and Health Directive #2 (Jan. 3, 2023)

...Submitted by Sue Lubowitz



Summertime and the living is easy... I found some interesting (to me and I hope you!) articles that can enlighten our summer journey.

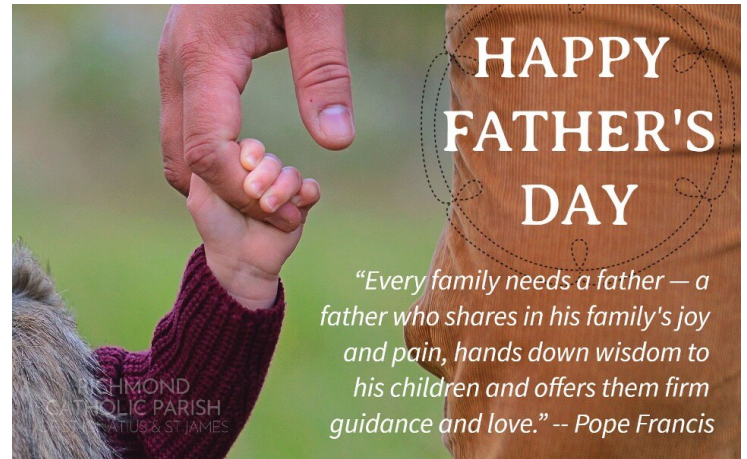
Soaking Up The Sun: 12 Things Every Catholic Should Try To Do This Summer - <https://catholic-link.org/12-things-every-catholic-should-try-to-do-this-summer/>

A Christian point of view on the meaning of summer - <https://busyblessedwomen.com/the-meaning-of-summer-season/>

A Summer bucket list for Catholic families - <https://www.catholicmom.com/articles/a-summer-bucket-list-for-catholic-families>

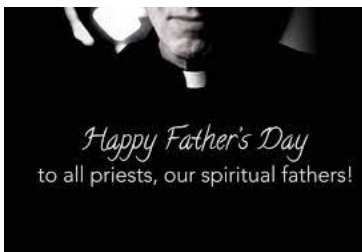
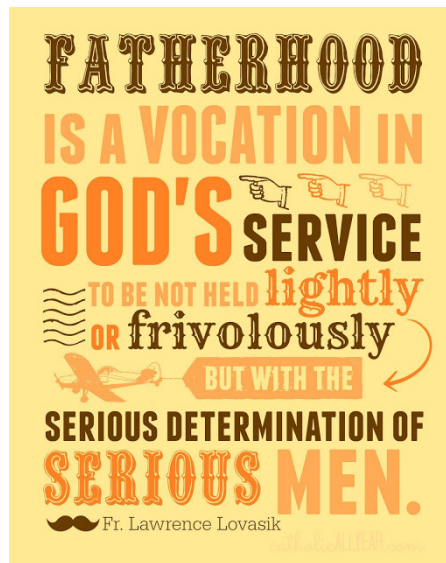
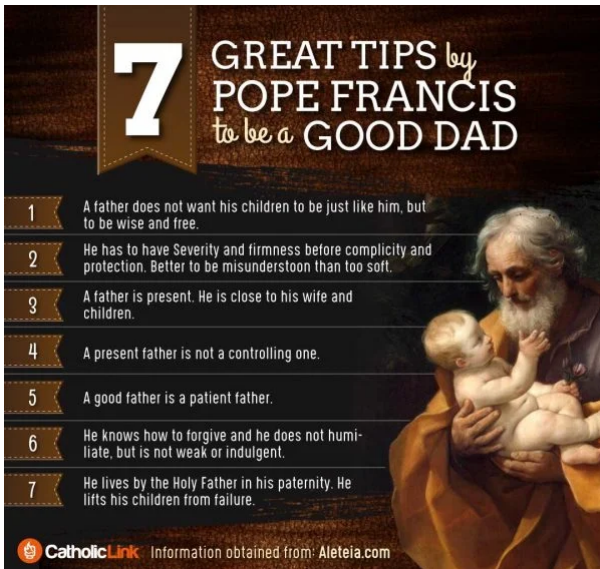
7 Ideas to make sure your summer vacation isn't a vacation from God - <https://catholic-link.org/7-ideas-to-make-sure-your-summer-vacation-isnt-a-vacation-from-god/>

June is not only the month of summer, but it is a time to celebrate our fathers!



Here is an article from a then young mother with some sage advice on letting your husband become a great Dad! <https://catholicallyear.com/blog/how-to-let-your-husband-be-great-dad/-c58256165492051414>

This commercial always makes me cry – Dad, I need you! https://catholic-link.org/calls-dad/page/2/?et_blog



Don't forget about our spiritual father's on June 18th!
<https://catholicexchange.com/thank-your-priest-this-fathers-day/>

Glory be to God the Father; all praise and glory be to our greatest father!

To him who sits on the throne...be praise and honour. Revelation 5:13



Paddy's Passion

In the winter we kept our friends on the street warm, in the summer we need to keep them cool.

Summer is on the way, so let's remember those living on the streets could use the following items. Hats, sunscreen, lip balm, reusable drinking cup, t shirts, bug spray or lotion, towels so they can take a swim. Clean out your closets and donate light weight jackets, rain coats, shorts, and short sleeve tops, bed sheets and pillowcases, socks etc...

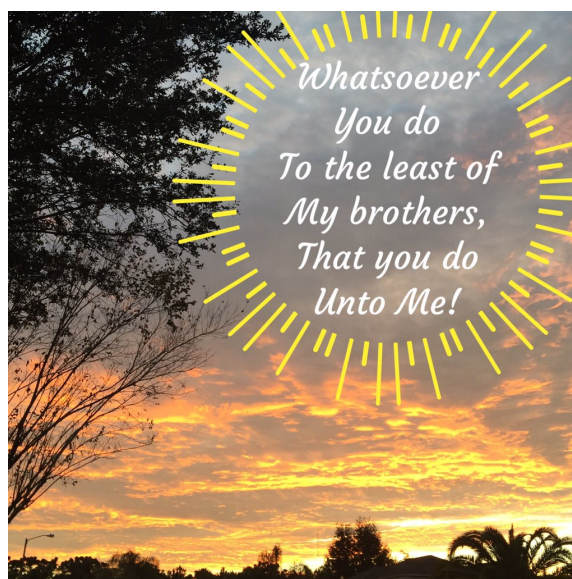
Year round you can always donate personal hygiene products, shaving cream, razors, combs, brushes, part bottles are accepted as well of shampoo, soap, face cloths.

If donating food remember to make sure the cans are pull tabs, donate single serving snacks.

After your church dinners or coffee Sunday, please consider donating the leftovers to the homeless and shelters. If you are allowed to do so, please put a notice in your church bulletins for the items listed above. If your parish is big, suggest families with last names starting with A to D please donate hygiene products, E to H donate single serving snacks. You can see where I am going with this.

We also don't know the circumstances that brought them to the streets, so when you see them smile and say a kind word or two. Have the children of your parish draw a picture or write a kind word down and place those items in the bags. Involve the whole parish and your community.

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:

13 Most Important Bible Lessons for Kids about God Paperback – Aug. 11 2011
by [Jody Brotsma](#) (Author), [Dave Thornton](#) (Author), [Courtney Walsh](#) (Author)

The number #1 cry of children's ministry leaders everywhere is the desire to teach kids the basics—the foundational truths of the Christian faith.

With the *13 Most Important Bible Lessons* series, you'll give kids a faith foundation that will last a lifetime and prepare them for a lifetime of spiritual maturity. This series offers kids' Bible lessons that prepare upper-elementary school kids to weather the storms of life with a strong spiritual base. This children's ministry resource not only gives children a solid understanding of their faith, it also equips their teachers to tackle the tough questions that inevitably arise.

Teach your children practical Bible lessons that will establish a solid footing to help them deal with the challenges of growing up while also growing in their faith and their Christian beliefs.

[Amazon.ca](#)

Found: Psalm 23 Board book – Illustrated, Feb. 21 2017
by [Sally Lloyd-Jones](#) (Author), [Jago](#) (Illustrator)

From the creators of the bestselling Jesus Storybook Bible—with over six million copies sold—comes Found, a board book retelling of Psalm 23 in child-friendly language that helps little ones know they are always cared for and protected by God. And the colorful, engaging illustrations of a shepherd with his sheep will hold your child's interest as you snuggle up and read together.

The Lord is my Shepherd. And I am his little lamb. Through words young kids can understand, and vibrant illustrations that pair perfectly with the text, your child can experience the comfort and security of Psalm 23. And the sturdy board book format makes it a story you can read together over and over again to encounter God's Never Stopping, Never Giving Up, Unbreaking, Always and Forever Love.

[Amazon.ca](#)

Adults:

Jane Austen's Genius Guide to Life: On Love, Friendship, and Becoming the Person God Created You to Be
Author: [Haley Stewart](#)

Popular Catholic podcaster Haley Stewart insists that there's no better life coach than nineteenth-century British novelist Jane Austen.

In this uniquely Catholic take, Stewart reveals Austen's thoughtful, deeply personal exploration of human relationships--including with God--through her six novels. Stewart's insights take you on a journey that is both literary and spiritual, revealing how Austen's characters and themes can lead to you to discover and become the person God has called you to be.

Stewart draws fascinating connections between Austen's novels and real life and introduces Austen as a capable life coach by how she guides her readers to understand virtue and vice through friendship, love, community, and God's grace. Austen's characters reveal how virtuous habits transform us and help us become who we were meant to be. Each chapter focuses on characters and virtues from a single novel:

Do you find yourself swayed by superficial charm and yearn to see others more clearly? Let Elizabeth Bennet teach you how to recognize substance in others and address the pride in your own heart through the cultivation of humility (Pride and Prejudice).

Are you stuck in selfishness that wounds others (and yourself)? Let Emma Woodhouse and George Knightley help you develop the compassion to see the world more clearly with the eyes of Christ (Emma).

Do you get swept away into poor choices due to a lack of self-control? Let the Dashwood sisters show you the virtue of temperance and guide you to embrace your God-given personality and temperament (Sense and Sensibility).

Do you have treasured ideals but struggle to live them out? Follow along with Edmund Bertram's journey toward constancy through the example of Fanny Price (Mansfield Park).

Have the disappointments of life grown resentment or bitterness in your heart? Be inspired by Anne Elliot's vulnerable fortitude in the storms of life (Persuasion).

Do you struggle to know what to do or who to believe in tricky situations? Join Catherine Morland in learning prudence to know and act on the truth (Northanger Abbey).

Whether you are already an Austen fan or are discovering her works for the first time, Stewart's infectious enthusiasm and captivating spiritual insights will have you digging in to experience firsthand the characters and stories that have captured imaginations in book and film for more than two centuries.

Story of the Trapp Family Singers by Maria Von Trapp

If you love *The Sound of Music* and haven't read the true story, this book is for you. Maria Von Trapp is an inspirational writer in her own right, having written multiple books about life and faith. To hear the story from her perspective is delightful.

With nearly 1,500 Broadway performances, six Tony Awards, more than three million albums sold, and five Academy Awards, *The Sound of Music*, based on the lives of Maria, the baron, and their singing children, is as familiar to most of us as our own family history. But much about the real-life woman and her family was left untold.

Here, Baroness Maria Augusta Trapp tells in her own beautiful, simple words the extraordinary story of her romance with the baron, their escape from Nazi-occupied Austria, and their life in America.

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.

For more beach reads, please check out:

<https://blessedissh.net/en-ca/blogs/blog/beach-reads-catholics>



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