



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



## ON-LINE NEWSLETTER

**October 2023 Edition**

Featuring the Hearst-Mosonee Diocese and OPC Legislation Chair

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



## *Linda's League Letters*

**My Dear League Sisters,**

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Thanksgiving is an annual holiday to celebrate the blessings received over the past year. The day was initially held in gratitude for safe journeys, peace and bountiful harvests. In Canada the earliest known thanksgiving celebration was held in 1578 when Martin Frobisher and his crew gave thanks for the safe passage of his expedition. Since 1957 Thanksgiving Day in Canada has been officially celebrated on the second Monday in October.

As we gather with our loved ones this Thanksgiving Day, let us express our gratitude for our many blessings. Let us also remember those less fortunate, who need our prayers and support, and to continue working to improve their lives by providing the services that they require and advocating for justice for all.

Happy Thanksgiving!

*Linda*  
Linda Squarzolo  
Ontario Provincial President



## I Am Thankful

RIGHT: I am thankful I can walk; there are those who have never taken their first step.

LEFT: I am thankful I can see the beauty all around me; there are those whose world is always dark.

RIGHT: I am thankful I can hear music playing; there are those whose entire lives have been spent in silence.

LEFT: I am thankful my heart can be broken; there are those who are so hardened, they cannot be touched.

RIGHT: I am thankful I can move about freely and express my beliefs; there are those who live in constant fear.

LEFT: I am thankful I have been loved; there are those for whom no one has ever cared.

RIGHT: I am thankful I can work; there are those who have to depend on others for even their most basic needs.

LEFT: I am thankful to wake-up in the morning and take a deep breath of fresh air; there are those who never got that far.

RIGHT: I am thankful for the opportunity to help others; there are those who have not been so abundantly blessed as I.

*Prayer Service from [www.cwl.ca](http://www.cwl.ca)*



## Hearst-Moosonee Diocese of The Catholic Women's League of Canada



The Hearst-Moosonee Diocesan Council held their Fall Executive meeting on September 16<sup>th</sup>. The new executive for 2023-2025 was officially established by Bishop Pierre-Olivier Tremblay as he celebrated the Installation of Officers Ceremony with the members. Bishop Tremblay thanked the Catholic Women's League for all that we do for Hearst-Moosonee Diocese and for the communities that we serve. Serve with joy, with a positive attitude and remember to reflect our Theme of Catholic and Living It!

Pictured above are the Members of the HMDC Executive and Parish Presidents with Bishop Tremblay.

Members of Our Lady of Fatima Council in Cochrane recently hosted a fund-raising event to help gather funds for bursaries for local students. They donned their CWL aprons and served "Walking Tacos" and brownies to patrons at a weekly community gathering. The group collected over \$300 for the bursaries and had so much fun preparing and serving the tacos.





Ten members of St. Theresa's Council in Geraldton accepted an invitation to visit from the ladies in Aroland, an Indigenous community 70 kms north. A beautiful supper was shared together, followed by a prayer service, "COMFORT-a SPIRITUAL PATHWAY." At their request, it focused on loss and grief whether loss through death, separation and divorce, incarceration, addiction, disease, and aging.

Each year in February, St. Theresa's Council in Geraldton, animates a friendship themed Sunday liturgy. The focus was 'Jesus is Our Friend'. Parishioners participated by placing silhouettes of people onto a poster with their thoughts on how they could be a Friend like Jesus. Refreshments and fellowship followed the Mass.



St. Theresa's Council in Geraldton June windup began with election of officers. This was followed by a mass, including the installation of the new executive, presentation of service pins as well as four certificates of gratitude and appreciation. Members then moved to the school gym where a lasagna supper was enjoyed. The evening ended with an entertaining two-bit auction. Faith, friendship and fun for all!

Pictured is president, Lynn Olenik presenting Genn Sexton with a certificate of appreciation and gratitude for her commitment and many acts of mercy.



## Saint Patrick Parish CWL - Kapuskasing



There is a rosary garden behind Saint Patrick Church in Kapuskasing, created in 2000, and on August 4<sup>th</sup>, the CWL participated in a ceremony to bless the newly added statues as well as do a walking rosary around the garden. The roses were in bloom and cake was served after the rosary. It was a special and spirit filled afternoon.

On the last Sunday of each month, the Saint Patrick Parish Council helps to celebrate the birthdays of parishioners of that month with a social after Sunday Mass. Cake, coffee and tea are served, and everyone is invited to take part as well as to sing happy birthday. This event will continue for the entire year.



## **Legislation / Social Justice Information for October 2023 Newsletter**

Greetings,

Congratulations to all who have worked on or are working on resolutions. Go Make a Difference!

**Resolution 2023.01 Combating Textile Waste in Canada** was adopted at the 103rd national annual meeting of members in Saint John, New Brunswick. This resolution addresses the concern that textile waste is for Canada. With your diocesan counterparts, please encourage members to reflect on following up on the action plan recommendations.

1. Raise awareness that could include inviting speakers, offering informative videos, holding workshops and providing resources to members, parishioners and the community at large.
2. Write letters to the Prime Minister and Minister of the Environment and Climate Change, with copies to local members of parliament urging the federal government to expand established subsidies aimed at reducing textile waste in Canada.

The Provincial Resolution Review Committee returned to the diocese the resolution topic "Canada to Honour its Commitment to the UN 2030 Agenda, Sustainable Development Goal: **Ensure availability of water and sanitation for all**, in order to provide clean accessible water for all First Nations". There is currently an existing and active resolution on file ON.11.01 which is addressing the same issue. OPC through the legislation chair, will raise awareness of existing action plan. Therefore, I am asking "could you live without clean water and sanitation?" If you answer no please take time to write to our Prime Minister, below is a sample letter and the brief that supports the letter.

### **Brief:**

We strongly support the overdue elimination of long-term and frequent short-term drinking water advisories in First Nations. In 2011, the CWL first introduced members to the recurring water advisories and health problems experienced as a result (CWL Ontario Resolutions, ON-11-01). Canada made a commitment at the United Nations to: "Ensure availability and sustainable management of water and sanitation for all" by the year 2030 (Employment and Social Development Canada, Canada takes action on the 2030 Agenda and the Sustainable Development Goals). In 2015, Prime Minister Justin Trudeau pledged to end all long-term drinking water advisories in First Nations by March 2021. However, that pledge was not met, and a new action plan was presented to Parliament May 2021, estimating that the federal government would not be able to eliminate all long-term drinking water advisories in First Nations until 2023-24. Furthermore, it would take until 2025-26 to ensure long-term solutions for a stable drinking water supply in some of the affected nations (Indigenous Services Canada). The federal government mandated Indigenous Services Canada (ISC) to resolve the problems for First Nations connected to public water treatment facilities, in collaboration with First Nations. Progress has been made on many fronts. Nevertheless, as of February 3, 2023, there remain 32 long-term advisories in 28 communities in the provinces. There are also 23 short-term drinking water advisories, lasting less than 12 months, as of March 26, 2023, in First Nation communities south of 60, excluding those in British Columbia region. Private wells are also excluded from these data. (Indigenous Services Canada, short and long-term drinking water advisories). Between 2016-17 and 2020-21, approximately \$3.3 billion was spent by ISC on First Nation water and wastewater. Nevertheless, this has not been enough. The Parliamentary Budget Office studied the issue of historical expenditures and planned spending (2016-17 to 2025-26) and found capital expenditures sufficient while operations and maintenance expenditures were expected to cover only "two thirds of funding needs" (Parliamentary Budget Office). The Auditor General's report

2021, also highlighted these deficits. The ISC 2021 audit report (ISC, Departmental Results Report 2020 - 2021) acknowledged these findings and showed work was being undertaken to correct these deficiencies.

Some First Nations took the federal government to court to seek compensation for being deprived of clean drinking water. Additional funding was ordered for 120 First Nations communities. \$6.0 billion was ordered to be spent at a rate of at least \$400 million per year on water and wastewater on First Nations. Also, \$1.5 billion will be paid in damages to approximately 142,000 Indigenous people who are eligible for compensation (12.22.2021, Settlement judgement, Court of Queen's Bench of Manitoba between the Tataskweyak Cree Nation and Attorney General of Canada dockets: CI19-01-24661 & T-1673-19).

## **Sample Letter**

Your Name  
Your Address  
City, Province, Postal Code

Date  
The Rt. Honourable Justin Trudeau  
Prime Minister of Canada  
House of Commons  
Ottawa, ON K1A 0A6

Dear Mr. Prime Minister,

Re: Canada's commitment to honour the UN 2030 Agenda, Sustainable Development, Goal 6: Ensure availability and sustainable management of water and sanitation for all, in order to provide clean, accessible water for all First Nations.

I am writing to express my concern regarding the ongoing problem of providing safe, potable water for all First Nations communities across the country. In 2015, Mr. Prime Minister, you pledged to end all long-term drinking water advisories in First Nations by March 2021. This pledge was not met, and to this date still has not been met. As a member of The Catholic Women's League of Canada, I was first introduced to the issue of recurring water advisories, and the health problems experienced, through a League resolution on the topic in 2011. The League continues to monitor the progress of the First Nations Water and Wastewater Action Plan and will continue to write letters to advocate for the very basic of needs, safe, clean water for our Indigenous brothers and sisters. I am aware that there are many problems that you and your government must contend with, but I am also very concerned. I urge your government to honour your commitment to the UN 2030 Agenda, Sustainable Development Goal 6 as outlined above.

What progress has been made and when can First Nations communities expect to have clean, safe water?

Respectfully yours,

Signature  
Your printed name

CC: Honourable Francis Scarpaleggia, MP  
Standing Committee Chair of Environment and Sustainable Development

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More information on writing letters is posted on the provincial website  
<https://cwl.on.cwl/forms>  
under convention workshops

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Joanna Sisk, Provincial Legislation Chair

## Jubilee 2025 | Pilgrims of Hope



Pope Francis has invited us to begin to prepare for *Jubilee 2025* by taking time to study the Four Constitutions of Vatican II. In particular, the Holy Father hopes that young people will experience the richness of the documents and grow in their appreciation of their importance to the Church today.

The Office for Evangelization and Catechesis invites you to participate in a webinar series on the Four Constitutions in November 2023.

**REGISTRATION OPEN**

Canadian Conference of Catholic Bishops

**WEBINAR SERIES**  
**THE FOUR CONSTITUTIONS OF**  
**Vatican II**

<b>7 NOVEMBER</b> <i>Sacrosanctum Concilium</i> <b>MSGR MURRAY KROETSCH</b>	<b>14 NOVEMBER</b> <i>Dei Verbum</i> <b>MOST REV. YVAN MATHIEU, SM</b>
<b>21 NOVEMBER</b> <i>Gaudium et Spes</i> <b>SR. DONNA GEERNAERT, SC</b>	<b>28 NOVEMBER</b> <i>Lumen Gentium</i> <b>DR. CATHERINE CLIFFORD</b>

**TUESDAYS IN NOVEMBER 2023 FROM 1:00-2:30 PM EST**  
**SIMULTANEOUS INTERPRETATION WILL BE AVAILABLE**

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

[https://cccb-ca.zoom.us/webinar/register/9416927172336/WN\\_Xf09Vsi\\_SjiiIwdLPzWMdQ#/registration](https://cccb-ca.zoom.us/webinar/register/9416927172336/WN_Xf09Vsi_SjiiIwdLPzWMdQ#/registration)  
(copy and paste link)

Also see online at [cccb.ca](http://cccb.ca)

Wilma Vanderzwaag  
Spiritual Development Chair

# Spiritual Development/Faith Pillar



## What is the Synod on Synodality?

The Synod on Synodality, initiated by Pope Francis in October 2021, is a multiyear, worldwide undertaking during which Catholics were asked to submit feedback to their local dioceses on the question “What steps does the Spirit invite us to take in order to grow in our ‘journeying together?’”

The Catholic Church’s massive synodal process has already undergone diocesan, national, and continental stages. It will culminate in two global assemblies at the Vatican. The first will take place Oct. 4–28 and the second in October 2024 to advise the pope on the topic “For a Synodal Church: Communion, Participation, Mission.”

## How Does the Synod on Synodality Differ From Past Synods of Bishops?

A synod is a meeting of bishops gathered to discuss a topic of theological or pastoral significance in order to prepare a document of advice or counsel to the pope.

For the first time, the Synod of Bishops in 2023 will include voting delegates who are not bishops. Nearly a third of the 364 voting delegates were chosen directly by the pope, including laypeople, priests, consecrated women, and deacons. Fifty-four voting members are women.

The latter part of the October gathering will focus on deciding the Church’s next steps and “the necessary in-depth theological and canonical studies in preparation” for a second assembly in October 2024.

In April a group of experts from the five continents met at the General Secretariat of the Synod to work and discern on the final seven documents of the Continental Synodal Assemblies. From this came a working instrument, *Instrumentum Laboris* (IL), for the first session of the XVI Ordinary General Assembly of the Synod of Bishops taking place **October 4-29, 2023** and the second session in October 2024. The text was presented at a press conference on June 20, 2023. The document is available on

[www.synod.va](http://www.synod.va).

The 56-page document is wide-ranging, with sections on justice and care for creation, ecumenism, promoting “the baptismal dignity of women,” and renewing church decision-making processes and structures to better share responsibility for the church’s mission among all its members. The insight that emerges is the idea of ‘conversation in the Spirit,’ a method of dialogue that, the synod document suggests, could become the model for co-responsible decision making between bishops and the members of their flock.

XVI ORDINARY GENERAL ASSEMBLY OF THE SYNOD OF BISHOPS

## INSTRUMENTUM LABORIS

For the First Session  
(October 2023)



How have you experienced  
**WALKING TOGETHER**  
 AS THE CHURCH?  
 CATHOLICCC.GA **SYNOD**

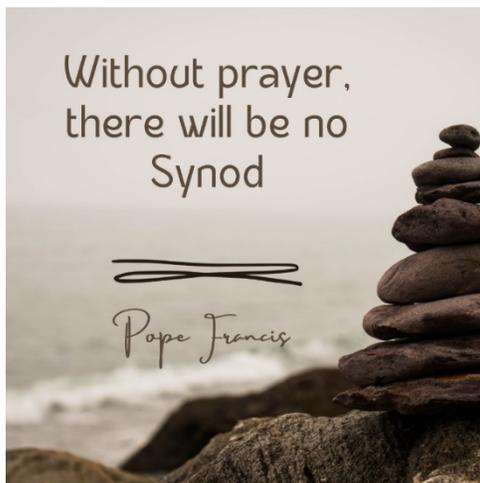


Prayer: attributed to St. Isidore of Seville (560-636), it has been traditionally used at Councils and Synods for hundreds of years. The version below was specifically designed for the Church's Synodal journey from 2021 to 2023.

**2021-2023 SYNOD ON SYNODALITY** **PRAYER**

We stand before You, Holy Spirit,  
 as we gather together in Your name.  
 With You alone to guide us,  
 make Yourself at home in our hearts;  
 Teach us the way we must go  
 and how we are to pursue it.  
 We are weak and sinful;  
 do not let us promote disorder.  
 Do not let ignorance lead us down the wrong path  
 nor partiality influence our actions.  
 Let us find in You our unity  
 so that we may journey together to eternal life  
 and not stray from the way of truth  
 and what is right.  
 All this we ask of You,  
 who are at work in every place and time,  
 in the communion of the Father and the Son,  
 forever and ever. Amen.

Let us all pray during the month of October for the meetings and that the Holy Spirit will guide all who are participating. Use the websites listed below or create your own. Let all parish councils pray for the Synod.



[Vatican launches prayer website 'to accompany' Synod on](https://www.catholicnewsagency.com/news/249337/vatican-launches-prayer-website-to-accompany-synod-on-synodality)

[www.catholicnewsagency.com/news/249337/vatican-launches-prayer-website-to-accompany-synod-on-synodality](https://www.catholicnewsagency.com/news/249337/vatican-launches-prayer-website-to-accompany-synod-on-synodality)

<https://together2023.net/>

<https://together2023.net/category/news-english/>

Wilma Vanderzwaag  
 Spiritual Development Chair

## Truth and Reconciliation

### **"The Scattering of Man: A Nation Forgotten In the name of Progress"**

is a documentary film telling the impact on the Tsay Key Dene Nation in Northern British Columbia caused by the building of the W.A.C. Bennett Dam and the subsequent flooding of the land in the 1960s.

The film includes archival and current film footage to help visualize the extent of the destruction caused by the dam. The Tsay Key Dene People tell the before and after story from their perspective. They were forced to move from their traditional lands, their cabins were burned, sacred sites and burial grounds were flooded, huge tracts of forest were bulldozed, hunting and trapping lands were flooded, fishing spots destroyed, and wildlife drowned or displaced.

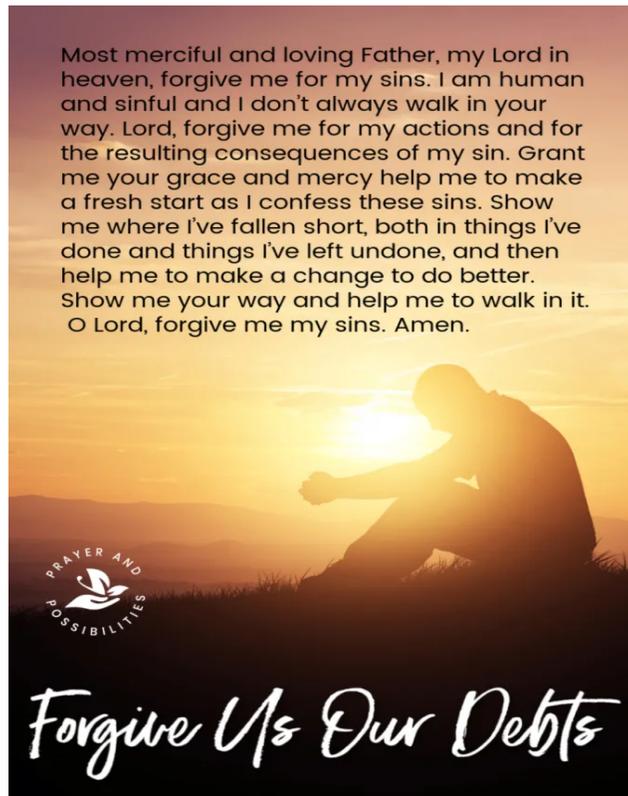
The community was never a part of the decision-making process in the planning of the dam. The dam was seen as an economic driver for the province.

There are so many lessons in reconciliation to be learned from this type of development – the need for consultation with, and involvement of, Indigenous communities, recognition of the peoples' deep connection to the land, and social and environmental impacts. Although the Tsay Keh Dene people have endured much, they have been tenacious in their efforts to return to their traditional lands, have been able to secure a permanent settlement there, and continue to be part of the land. However, their loss due to the flooding is still palpable as they tell their story.

Information on the documentary can be found at [THESCATTERINGOFMAN.COM](http://THESCATTERINGOFMAN.COM) or it can be streamed online at <https://gem.cbc.ca/dne-yiinjetl-the-scattering-of-man>

(Documentary length: 1:15:21)

Submitted by Pat Weller, Community Life sub-committee member



## What is Human Trafficking?

*"Human trafficking typically involves the use of force, fraud or coercion to exploit individuals and force them into providing labour or services, including sexual services, for the benefit of someone else."*

*The Canadian Centre to End Human Trafficking*

***Defend the weak and the fatherless;  
uphold the cause of the poor and the oppressed.  
Rescue the weak and the needy; deliver them from the hand of the wicked.  
Psalm 82:3-4***

**Pray:** Lord make my actions just.

**Act:** I will consider what it means for me concretely to "maintain the right of the lowly and the destitute," and act accordingly.

***The Catholic Prayer Bible, Lectio Devina Edition, NRSV, 1989***

We are often bombarded with information on topics that are large and seem beyond our reach to support; or we are not sure how we can support something that we may not fully understand; or we see it in our own communities; or it makes us uncomfortable. Human trafficking is one of those topics that can be intimidating.

Awareness about human trafficking is needed in all communities across Canada. Although it is more common in large urban centres, it is not limited to these centres.

The Canadian Centre to End Human Trafficking reported, in July 2023, the trends in Canada and the statistics of the Canadian Human Trafficking Hotline since its inception in 2019. The Hotline tracked the number of calls, identified human trafficking cases, and the fluctuation of cases per year. It supported 2,170 victims and survivors of human trafficking, which make up 37% of the callers. Another highlight from this report are the percentages of human trafficking across Canada. The Hotline revealed that Ontario had 67% of the calls.

<https://www.canadiancentretoendhumantrafficking.ca/human-trafficking-trends-in-canada-2019-2022/>

Other articles of interest as to action being taken.

<https://www.canadiancentretoendhumantrafficking.ca/2023-open-letter-to-the-minister-of-public-safety/>

<https://www.canadiancentretoendhumantrafficking.ca/advancing-policies-to-support-human-trafficking-survivors/>

The fact is, human trafficking exists and is closer to our homes than we may realize.

In addition to the above information, I had **two** experiences this past summer that offered me hope of a manageable opportunity to help victims of human trafficking.

The first was from the daughter of a soccer teammate. Last year, in grade nine, she had to choose from a list of topics for a health and well being project. She chose human trafficking (HT). This is my short exchange with her.

**Q:** What was the inspiration, intrigue, curiosity about this topic that made you choose this topic?

**A:** *I chose this topic because on social media I see lots of girls go missing to HT.*

**Q:** Did you know about HT before? from where?

**A:** *Yes, I knew of this before because girls have gone missing from Sudbury.*

**Q:** What resources did you use? How did you search for them? Were there challenges in getting the information?

**A:** *I used different websites on google then I put it into a website that tells me if it's a reliable source or not.*

**Q:** Tell me about the project, first thoughts, struggles, highlights; did you discover how people get into HT?

**A:** *Yes, I did discover how people get into HT. I didn't realize how many people are involved in HT.*

**Q:** What did you learn from the project? How has this affected you now?

**A:** *HT happens a lot. Lots of people don't realize when it's going to happen. So I learned that it can happen anywhere, at any time.*

**Q:** What do you want people to know about HT?

**A:** *It can happen to anyone, at any age. And anywhere, it's more common than people think.*

**Q:** Are you inspired, motivated to continue to act for the prevention of HT?

**A:** *Yes, I am motivated to prevent HT.*

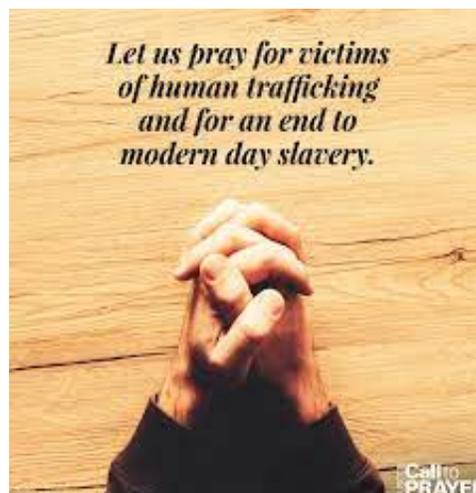
I received inspiration from this student knowing that some of our youth are aware that this is happening, they are seeing it on social media. We can support our youth by educating ourselves about human trafficking. Contact your local police department for information and invite a guest speaker to your council/parish. Reach out to schools in your area to offer to arrange for a guest speaker if this hasn't already been done.

The second opportunity happened in July when I arrived home after being away. Our local organization, *Angels of Hope Against Human Trafficking*, were assisting a survivor to get set up in her new home with her two children. They put out a call for household and appropriate children's items, and monetary donations to purchase a Walmart gift card. Their goal was achieved with support from the community at large.

***Learn to do good; seek justice, correct oppression;  
bring justice to the fatherless, and plead the widow's cause.***

***Isaiah 1:17***

Submitted by Kathleen Niro, Community Life sub-committee member.





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

**CWL Wednesday, October 11, 2023  
7:00 – 9:00 p.m.**

**Faith, Love and Loss**  
*Sustaining Hope amid Memory Loss  
and the Storms of Life*



**Presenters: Harry and Jennifer McAvoy**

*“The McAvoy’s story is a real-life story, giving us a glimpse into a health crisis where there has been no diagnosis, thus, no prognosis. They will share memorable moments, lessons learned and the faith and love that has sustained them.”*

**Register with Shaila D’Souza: [shailaflavy@gmail.com](mailto:shailaflavy@gmail.com)**

**By Monday, October 9, 2023**

**ALL WELCOME!!**



Tecumseh OPP was invited by the Catholic Women's League at Ste. Anne's Parish in the Town of Tecumseh on September 12th and held a fraud prevention presentation and information session.

Reminder: Do not open emails from people you don't know, secure your information with strong passwords and report fraudulent activity to your local police service.

Submitted by: Diane Gerard, Ste. Anne CWL President



Essex Regional CWL received a certificate from Essex MP Chris Lewis.



The certificate reads: "In acknowledgment and celebration for the amazing work you do and how you leave the world a better place than you found it. Your dedication is vital and does not go unnoticed."

Essex Regional CWL President Jeanne Lauzon and Essex MP Chris Lewis

Submitted by: Diane Gerard



## CWL Retreat and Workshop Day 2023



Three rural CWL councils hosted a Retreat and Workshop Day at St. Finnan's Basilica, Alexandria, on Saturday, September 23<sup>rd</sup>, 2023. Spiritual Advisor Rev. Jonathan Blake reminded members always to have an empty chair at their meeting table to represent both those for whom we pray, and Jesus, who is always with us. A time of Adoration preceded a prayer service, "Let There Be Peace on Earth, and Let it Begin with Me". Women from the host councils, St. James, Our Lady of the Angels and St. Finnan's, led the prayers.

Keynote speaker Betty Colaneri, National Council's Vice President, gave her first talk, "Catholic and Living It!". As sisters, rooted in prayer, we unite in ministry to live out God's call to serve. How? By empowering women to use their God-given gifts in espousing the League's mission, its core values and objectives, under the pillars of Faith, Service and Social Justice. Betty encouraged members to be living, joyful witnesses to our Catholic faith, and to see the world from a wider perspective.

In a lively Q and A, she related her own faith journey and the important role the CWL has played in developing it. Her travels for the League across Canada and internationally have given her a new appreciation for the scope of its sisterhood, and for God's creation. This summer, for example, she and her husband spent their personal vacation time touring their ancestral homeland in Italy before joining Canada's National CWL representatives at the 13<sup>th</sup> International Congress of the World Union of Catholic Women's Organizations (WUCWO) in Rome. Broad horizons, indeed!

After a bountiful lunch, Betty used props from her family's winery to illustrate her second talk, "The Lord's Vineyard". The Colaneri Estate winery was founded by her Italian immigrant parents-in-law, who together hand-tied 38 acres of vines on their farm. Betty and her sister, also of Italian parents, married Colaneri brothers. The business has grown and flourished, but family and faith are paramount.

Betty feels closest to God in the vineyard. Vines and wine are deeply scriptural. There are 205 references to vines and 521 to wine in the Bible! Comparing lyrical Scripture verses to the characteristics of viticulture and the poetic vocabulary of fine wines, Betty painted a vivid picture of how our living faith can be expressed through the cultivation of the vineyard and the fruits of the vintner's labour.



The host councils spent the final hour reviewing the new structure of the League and planning ways to adopt it. Betty answered questions and offered assurance that concerns would be brought to the attention of the National Council. The parish councils plan to look beyond their parish boundaries in the coming year; collaborating often to hear great speakers, to explore and pray for social justice issues, to take pilgrimages to local shrines, to share faith development opportunities, and to celebrate together for the sheer joy of being Catholic and Living It.



Her hosts presented Betty with a hand-knit prayer blanket. She and Wilma Vanderzwaag, Ontario Provincial Council's Faith Chairperson, had travelled together from Niagara-on-the-Lake, combining the Retreat Day with a visit with friends. A local artist commemorated their trip in a watercolour cartoon featuring Wilma and Betty in the Flintstone vehicle, heading east to Alexandria. Yaba daba doo!

It was an inspiring, uplifting day, one we will remember with gratitude and appreciation as we go forward in fruitful service for God and Canada.



...Submitted by Inez Franklin, St. Finnan's President, Ottawa Cornwall Diocese



W. P. Bennett

## 12 Inspiring Thanksgiving Quotes for Catholics to Share

### ***1) The secret of happiness is to live moment by moment and to thank God for what He is sending us every day in His goodness. — St. Gianna Molla***

Living moment by moment can be difficult. But if we live moment by moment we can begin to see how each moment, how each interaction, how each person in our lives is a gift from God and a gift worth giving thanks for. If we spend some time each day going over our day and thanking God for the gifts of that day we will find that it will become easier to identify the blessings from God when they occur.

### ***2) Enter his gates with thanksgiving, his courts with praise. Give thanks to him, bless his name... — Psalm 100:4***

We are given a command with how we are to come into the house of the Lord- with praise and thanksgiving. Do we come into God's house this way? Do we consciously give thanks as we come into the house of God for Mass? Give thanks not only for what has happened but that we are even able to be there?

### ***3) Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. — Philippians 4:6***

Do we pray by giving thanks? Or do we just ask God for things? Along with prayers of petition we are called to give thanks to God in our prayer. Again, take some time each day to think of what we need to give thanks to God for and make sure to take the time to actually give thanks for those things.

### ***4) O my God, let me remember with gratitude and confess to thee thy mercies toward me. — St. Augustine***

One of the things we should give thanks for is God's mercy. We are all in need of that mercy and if we need to begin someplace with thinking of things to give thanks for, follow St. Augustine's instruction and give thanks for the times God has been merciful towards us.

### ***5) Remember the past with gratitude. Live the present with enthusiasm. Look forward to the future with confidence. — St. Pope John Paul II***

Do we want a future that we can be confident in? St. Pope John Paul II gives us the formula to do so. Begin with thinking back on the past in gratitude. If we can do that we can then begin to see God's blessings in the present and see that he will continue to bless us and we will not only have gratitude but confidence in the future.

**6) Thank God ahead of time. —Blessed Solanus Casey**

We may look ahead to the future with confidence, but do we have enough confidence to thank God ahead of time for the blessings he will give us? If we can get to the point that we are giving God thanks ahead of time we begin to get to the point where we have abandoned ourselves to God's providence.

**7) Learn, too, to be grateful... — Colossians 3:16-17**

Gratitude, or giving thanks, is something that we have to learn how to do. Something we have to practice in order to get better at it. So why not start learning now, with simple things so that we can grow in it so that we can begin to inspire others to grow in gratitude.

**8) Give thanks to the Lord, for he is good. — Psalm 107:1**

Why give thanks to the Lord. Sure, because he gives us blessings and life but first of all because he is God. He is the most deserving of our thanks. This is not to say that we cannot give thanks to others for things, but God deserves thanks first and foremost in our lives.

**9) To be grateful is to recognize the Love of God in everything he has given us, and he has given us everything. — Thomas Merton**

As we learn to give thanks we also teach ourselves to recognize God's presence and love in our lives and how he continues to take care of those he loves. If we are worthy to be loved we are also worthy to be called to love as God loves- by allowing our thanks to grow into charity towards others.

**10) I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder. — G.K. Chesterton**

Thanks are the highest form of thought because they naturally lead our mind out of selfishness. For, if we give thanks to somebody that is not ourselves, we begin to see that we are not alone, that we are in need of others, that we are naturally made for communion with others; that there is something, namely God, worthy of giving thanks towards.

**11) Burn leavened bread as a thanksgiving sacrifice... — Amos 4:5**

Making a sacrifice of thanksgiving. Have you ever actually thought about this? That sometimes, especially when we don't want to give thanks, that giving thanks is actually a sacrifice that we make for somebody else's sake? Or for God's sake? That we offer our thanks as an offering to the Lord? Not just on the holiday, but every day?

**12) This is my body... — All Four Gospels and the Eucharistic Prayer**

What is the ultimate sacrifice of thanksgiving that we can offer to God? The bread and wine that we provide that has been blessed and broken and has become the Body and Blood of Jesus Christ. If ever we feel as though there is nothing to give thanks for, remember that we always need to give thanks for the greatest gift in the world, the gift of Jesus' body and blood given for us. It is not a coincidence that the word Eucharist means precisely Thanksgiving.

<https://www.coraevans.com/blog/article/12-inspiring-thanksgiving-quotes-for-catholics-to-share>

# Thanksgiving Blessing

Good and gracious God,  
As we gather together this Thanksgiving,  
we pause from the normal routines of our daily  
lives to give thanks and praise for the abundant  
blessings you have bestowed upon us.

You have entrusted us with the wonders  
of your creation and given us the freedoms  
and opportunities to creatively collaborate  
in your divine plan.

Bless all of us who gather here in your name.  
Give us the grace to be good stewards of your  
bounty, the courage to proclaim the Gospel  
in word and deed, and the wisdom to claim  
nothing for ourselves, but return all to You  
with increase.

Bless this food we are about to share  
and all those who brought it to our table.  
Bless our loved ones, family and friends  
who are not with us this day; and on those  
who travel, that they may reach their  
destinations safely.

And in a special way, bless those who are  
less fortunate than we are today.

Grant that we who are filled with Your  
abundance never close our hearts to those  
most in need of Your mercy, particularly the  
hungry, the homeless and the poor. We ask  
this through our Lord, Jesus Christ, your  
Son, who lives and reigns with You and the  
Holy Spirit, one God forever and ever.

Amen.

*“And whatever you do, in word or deed,  
do everything in the name of the Lord Jesus,*

*giving thanks*

*to God the Father through him.”*

**COLOSSIANS 3:17**



## **Paddy's Passion**

### **Home Security Tips**

I have been fully trained by O.P.P. in how to attend to your property and check it out and show you how to make it more secure.

Here are some tips.

- When you move to a new home, you should change or re key the locks immediately.
- Always keep your front door locked.
- Keep screen doors locked whenever your main door is open.
- Never ignore a knock on the door
- Garage doors leading directly into the home should be always kept lock, even when you are in the house.
- Chain locks are NOT recommended as security for doors, instead invest in a peephole which allows you to look out but does not allow the person to see inside.
- Limit the size of accessible window openings, if they are being used for ventilation at night install a securable window stop.
- Lock ladders to the house, fence or inside a shed or garage. Unlocked ladders can be used to gain entrance through a second story window.
- Be sure second story windows are closed and locked when you are not at home. Patio furniture has been used as a stepladder to gain access to upper levels of the home.
- Trim hedges below the window level to eliminate hiding spots for criminals.
- Make sure that the outside light is in good working order.
- Engrave an identifying mark on your property. This makes it easier for police to identify and harder for criminals to sell.
- Keep objects with sentimental value in a place no one would suspect when not in use.
- Take inventory of your property, use photos or video tape them.
- Always lock your vehicles, even when in the garage, so access cannot be gained by intruders.
- Keep your vehicle keys out of sight and in a location where no one would look for them.
- When you have new items like tv, computer etc, be sure to fold the cardboard box inside out before placing in the recycling. This means your new purchases won't be advertised to anyone on the street.
- Don't allow strangers into your home.
- Make sure that your home always looks live in (no newspaper piled up, or grass not cut, or walkway not shoveled out)
- When leaving a message on your phone do not leave a message you are not at home.

Paddy Fitzgerald Nolan  
Communications Sub-Committee

## WELCOME TO LISA'S LIBRARY



If you would like to share one of your favourite books or a review to one of our picks, we would love your feedback please send an email to [emmacwl4life@aol.com](mailto:emmacwl4life@aol.com) or [lisafillinghamcwl@outlook.com](mailto:lisafillinghamcwl@outlook.com).

September is World Alzheimer's Month

Adults:

Oct 1 – St. Therese of Lisieux

### **St. Therese of Lisieux rose novena the little flower prayer book: The Catholic novena prayer to saint Therese of Lisieux**

By Angelina Ainsley

Immerse yourself in the enchanting fragrance of faith and devotion with the St. Therese of Lisieux Rose Novena, a timeless prayer journey that blossoms like petals of hope. Embark on a spiritual odyssey guided by the Little Flower, whose tender intercession unfurls like delicate petals in the hands of heaven. 🌸

### **📖 The Little Flower Prayer Book: A Tapestry of Grace 📖**

Within these pages, discover a symphony of supplication woven with the threads of love, as you delve into the soul-stirring reflections and heartfelt invocations inspired by the life of St. Therese. Let each prayer be a petal of contemplation, as you are invited to witness the divine artistry that is interwoven into every moment of existence.

🌟 Experience a celestial harmony between words and devotion, a harmonious duet that reaches into the depths of the heart. Through the Rose Novena, St. Therese's presence becomes a fragrant cascade of blessings, guiding you along a sacred path of grace and growth. As you embrace the radiant wisdom of this luminous saint, allow her to inspire your own spiritual bouquet, an exquisite arrangement of faith, hope, and love.

Indigo.ca amazon.ca

Oct 4 – St. Francis of Assisi

### **The Good Man of Assisi**

Mary Coker Joslin

In this life of St. Francis of Assisi, simply and charmingly retold, is the classic story of the man who became a channel of God's peace to the world--its people and its creatures.

amazon.ca indigo.ca

Children:

St. Therese of Lisieux – October 1

## **The Little Flower: The Story of Saint Therese of the Child Jesus**

Mary Fabyan Windeatt

(This author writes children's book on saints. There are many well written ones to choose from)

"Papa, what's the new baby's name?" asked one of the Martin girls. Little Thérèse was "the baby" of the Martin family. She was also her Papa's "Little Queen." With her Mama, her Papa and her four big sisters to love her, Thérèse could have turned out to be a very spoiled little girl. And indeed, it is true that sometimes she was cross and naughty.

But Thérèse had hit upon a plan: she had decided to become a saint. To do this, she would love God every minute and would always say, "Yes" to whatever He asked of her.

Would this really make Thérèse into a saint? Wasn't it too easy? Or maybe it would sometimes be too hard? And wouldn't Therese forget about her plan as she grew older?

This book tells what happened to "Little" Thérèse: It shows how Thérèse received a second mother when she lost her first mother, how she was teased at school, and how she was cured of being a crybaby. It tells about her mysterious illness, her miraculous cure, her First Holy Communion, the terrible criminal whose soul she won back for God, and what she decided to do when she grew up.

All in all, here is the wonderful true story of what happened when little Thérèse Martin set out to become a saint.

[Amazon.ca](https://www.amazon.ca) [indigo.ca](https://www.indigo.ca)





For those of you who are on facebook we do have a dedicated page for the Ontario Provincial Council, please come and give us a like! I realize a lot of dioceses and councils have their own facebook pages which is a great form of communications. However, we don't always get to see everything you all posted and as your sisters in the league we would love to share in your joys and be there for you in your tribulations.

<https://www.facebook.com/cwl.on.ca>

If you would like me to share your news on the facebook page please email me at [Emmacwl4life@aol.com](mailto:Emmacwl4life@aol.com). Make sure pictures are JPEG format ☺

Don't forget to check out our website regularly at [www.cwl.on.ca](http://www.cwl.on.ca) the OPC executive will be sharing all the pertaining information to their chair there.

If you would like to post something in the newsletter please send an email to Madame President Linda Squarzolo [presidentontario@gmail.com](mailto:presidentontario@gmail.com) and cc myself at [emmacwl4life@aol.com](mailto:emmacwl4life@aol.com). We look forward to hearing from you.

...submitted by Emma Rose Rayburn OPC Communications Chair