



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



## ON-LINE NEWSLETTER

### November 2023 Edition

Featuring the Hamilton Diocese and OPC Administrative Assistant

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



## *Linda's League Letters*

### **My Dear League Sisters,**

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Food insecurity is becoming a major issue for more and more Canadians. Individuals, who have lived on the edge of poverty, on fixed incomes or social assistance, can no longer afford housing and food. The number of people seeking support from food banks has increased. Food Banks Canada shows the highest number of clients since it began collecting data in 1989. The high cost of living, driven by inflation, cause more Canadians to struggle to afford the basics like housing and food. Social assistance rates are so low that it is difficult for people to purchase food. There is a high level of need even among the working population. Although the government has met with grocery company CEOs to address the issue, the food prices remain high.

My friend told me about what she faced as a child. She grew up in a single-parent home. The family lived in poverty and food banks did not exist. In those days all school children went home for lunch. When she and her brother went home, their cupboards were bare. They just played at home until it was time to return to school without

having eaten. However, as an adult, she regularly donated to food banks because she knew what it was like to go without.

How can we "Make a Difference"?

Food banks are struggling to meet the needs of their clients. News stories often report on the empty shelves at the food banks because the larger number of people requiring help. Perhaps a council could hold a food drive or several throughout the year. If your parish gives food hampers at Christmas time, offer your support, either financially or in goods. As an individual, if you are able, consider donating to a food bank on an ongoing basis. The need is great.

As League members, we can pray for the less fortunate, provide service to those in need and advocate for change so all God's people can live in a just society.

*"Whatsoever you do to the least of my brothers, that you do unto Me."*

Let us **BEE** the hands of Christ in today's world!

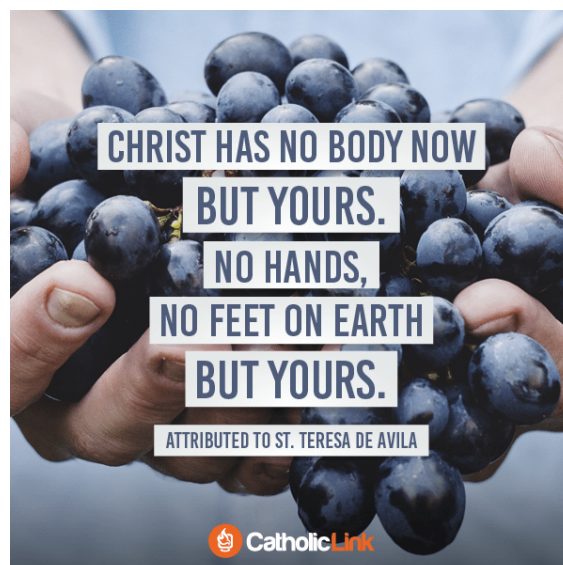
*Linda*

Linda Squarzolo  
Ontario Provincial President



**In 2022, 18.4% of people in the ten provinces lived in a food-insecure household. That amounts to 6.9 million people, including almost 1.8 million children, living in households that struggled to afford the food they need. This is a considerable increase from 2021 during a period of unprecedented inflation.**

**For the full article click; <https://proof.utoronto.ca/2023/new-data-on-household-food-insecurity-in-2022/>**



## Bill C-314

Bill C-314, the Mental Health Protection Act, was a private members bill sponsored by Hon. Ed Fast, MP. The bill was an amendment to the Criminal Code to remove mental illness as a reason for euthanasia.

On October 18, 2023 a vote was held in the House of Commons for Second Reading of this bill. Although it was defeated, the vote was close. 167 to 150, which indicates Canada's parliament is divided on this issue

The following letter was sent to Prime Minister Justin Trudeau on behalf of the CWL members in Ontario prior to the vote.

**ONTARIO PROVINCIAL COUNCIL**  
of  
**The Catholic Women's League of Canada**



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

Dear Mr. Prime Minister,

On behalf of the 31,000 members of The Catholic Women's League in the Province of Ontario, I write to you in support of private member's Bill C-314 An Act to Amend the Criminal Code, which would remove medical assistance in dying for persons suffering solely from mental illness.

Canadians suffering from mental illness should be encouraged to access support for their illness and the government must ensure that there are adequate programs in place.

Vulnerable Canadians should receive suicide prevention counselling.

Medical assistance in dying is not a solution for those suffering from a mental disorder. Bill C-314 should be referred to a parliamentary committee for further study following second reading. I look forward to your written response.

Respectfully,

*Linda Squarzolo*

Linda Squarzolo  
Ontario Provincial President  
The Catholic Women's League of Canada

## Hamilton Diocese of The Catholic Women's League of Canada



It was a proud moment for Hamilton Diocese, to witness Life Member Shari Guinta receiving her President's pin from National Past President and Chairperson of Laws Fran Lucas. As well as, an appointment of Most Reverend Wayne Lobsinger, Auxiliary Bishop of Hamilton as the National Spiritual Advisor of The Catholic Women's League of Canada for the next two years. What an overwhelming feeling of hope, as the executive members and Bishop Lobsinger made their promise and commitment

for God and Canada. What a wonderful gift having these very talented people as part of the National executive. We are so blessed!!

### **New Life Member**

Past President Joan Schurter received her Life Membership at the Hamilton Diocesan Convention in May. Pictured second from the left, Joan Schurter and the other new Life Members receive a blessing at the National Convention.



### **St. Luke Council, Hamilton**

Submitted by Secretary Nancy Morley

St. Luke's CWL, Hamilton held a Fall Food Drive for the Good Shepherd Centre, Hamilton. We were able to fill approximately 40 boxes of food. We were assisted by the Knights of Columbus and our parish community and thank them for their generosity.

Pictured are Mary Lou De Tina (Service), Sabrina Vazzoler (Secretary) and Nancy Morley (Secretary).





### **St. Boniface Council, Maryhill**

Submitted by Council President Frances Vegh

A Membership Service Pin Ceremony was held on June 13, 2023 at St. Boniface, Maryhill. Service pins were awarded to new members, and 25- & 50-year members.

### **St. John the Baptist Council, Burlington**

Members of St. John the Baptist Council, Burlington are proud of their ministry to the sick, liaison with the schools, and bursaries for high school students. The council supports local organizations such as the Good Shepherd and have even received an award for their service to the community.

### **Holy Family Parish Council, Hanover**

Submitted by Council Secretary Anne Gateman

With joy and delight, current and former members met together for a Sunday luncheon to celebrate 100<sup>th</sup> Anniversary on May 23, 2023. There were many smiles and hugs as women recognized and reconnected with old friends. Some travelling from a distance. Members and guests also attended from St. Francis Xavier Parish, Carlsruhe and St. Anne's Parish, Chesley.

The afternoon began with a catered lunch of fresh salads, breads, and meats. This was followed by ice cream and a delicious chocolate/vanilla cake beautifully decorated with the CWL colours and crest.

Fr. Romelito Guillen addressed the ladies with warm words of congratulations and support.

Life Member, Joan Schurter, and Diocesan Treasurer, Mary Clark, brought greetings from Diocesan President, Joyce Cotter, and presented a beautiful anniversary certificate, now hanging on the wall in the Lenhard Room.

Past Presidents in attendance were introduced along with their years of presidency, and a photo taken.

Laura Hergott, Holy Family Parish executive member, shared a wonderful commentary of her recent trip to Jamaica to assist with the poor. She displayed many colourful and heart-warming photos taken at the mission there.

Diana Snowden, former president, offered closing comments of warmth and support. The afternoon concluded at 3:00 pm with the prayer: Glory Be.



## St. Francis Xavier Council, Stoney Creek

Submitted by Acting Council President Francesca Simone



The Council of St. Francis Xavier, Stoney Creek welcomed ten new members in 2023. This was the result of outreach, planning interesting activities and an awareness of the League mission and Core Principles. Good job everyone!!

## St. Joseph Council, Cargill

Submitted by Council President Marlene Zettler

St. Joseph Council, Cargill held a bazaar in which proceeds went to the Food Bank, Youth Literacy Council, Pregnancy Centre, Hospice, Breakfast Club at School, Insurance for Church.



## Sacred Heart Parish Council, Teeswater

Submitted by Council President Jean Culliton

### Christmas Giving Project

We worked in collaboration with our two local elementary schools. Each school identified families that were in need of support at Christmas. The families remained anonymous to us. The schools provided us with information on the interests and sizes of the children, and with this information, parishioners purchased gifts for 9 children. Cash donations also allowed for the purchase of winter boots and a grocery gift card for each family for their Christmas meal. The school coordinated the delivery of the gifts to the families. This was a great example of working



with your local schools and making a difference in the lives of local families and ensuring the young children had a positive Christmas morning."

## Corpus Christi/Our Lady of Lourdes Councils, Hamilton

Vote to amalgamate between Corpus Christi Council, Hamilton and Our Lady of Lourdes Council to form the new St. Catherine of Siena Council, Hamilton.

Pictured are: Corpus Christi Council President Barbara Fanson and Our Lady of Lourdes Council President Marie Ssemanda



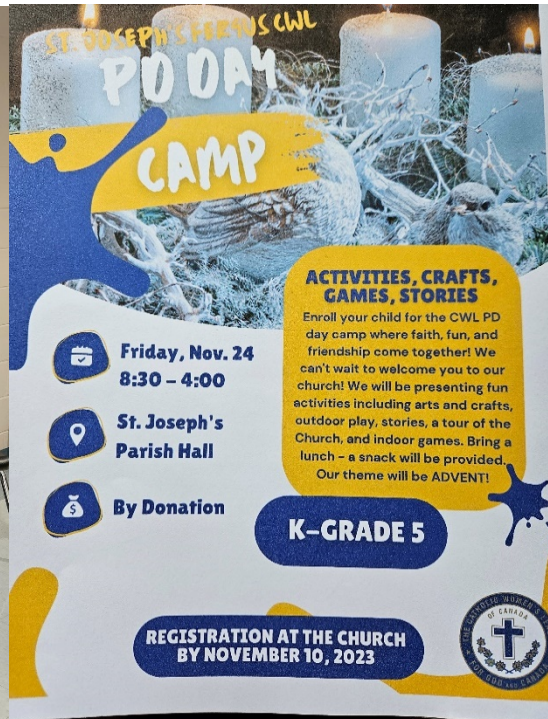
## St. Joseph Council, Fergus

Submitted by Council President Sue Beatty

Sadly missed is our Sister Anastasia Brohman from St. Joseph, Fergus who passed away on February 23, 2023. Stasia was a member of the League for 78 years and was in her 104<sup>th</sup> year when she passed. She had a beautiful spirit, a wonderful smile and was a humble servant of the League. May she by the grace of God rest in peace.



CWL members at St. Joseph's Parish in Fergus attended the Open House event at St. Joseph's Catholic School and presented the Principal with a cheque to be used for items that students need but may be lacking. Information about an upcoming CWL PD day camp for Kindergarten-Gr. 5 students was shared with parents. Registration forms were distributed at the Open House.



Pictured are St. Joseph Catholic School Principal Todd Goodwin, Council President Sue Beatty and Secretary Sherie Bowen.

## Holy Rosary Council, Guelph

Our Lady of Good Counsel Mass was held on April 26, 2023 at Holy Rosary, Guelph. Members from the Kitchener Region were invited to participate in this beautiful Mass. Pictured is member, Sylvia Zamin who had embroidered the picture of Mary and Jesus for her mother.



## St. Michael Council, Waterloo

Submitted by Council President Shani Pregelj

On June 12<sup>th</sup> the CWL members of St Michael Council, Waterloo gathered in the Parish hall for their annual Pot Luck and Service Pin celebration. There was a great turnout of members who enjoyed a meal together and an evening of fellowship and recognition. We handed out pins ranging from 5 to 80 years!

Pictured are Council President Shani Pregelj who was honoured to receive the Maple Leaf Service Pin and Mary D who received her 75 year service pin.

## St. Michael Council, Oakville

Members of St. Michael Council, Oakville enjoyed the Unity Outreach Project presentation. Members support their parish and formed a welcoming committee to invite parishioners back after COVID.



## St. Mark Council, Kitchener

The members of St. Mark Council, Kitchener share their gifts and talents by making prayer shawls, quilts for Alzheimer patients, selling flowers for Mother's Day or baking cheese balls for a fundraiser. They find fulfillment at their Lenten and advent retreats.





**Basilica of Our Lady Immaculate Council, Guelph**

Submitted by Council President Bernadette Best

On June 20, 2023 the council of Basilica of Our Lady Immaculate, Guelph had a membership pin presentation. The members were asked to bring along a friend and as a result two new members joined the council. Great idea!!

**St. Anthony Daniel Council, Kitchener**

The members of St. Anthony Daniel Council, Kitchener enjoyed the discussion at the Unity Outreach Project presentation. Many projects, prayers, ideas and suggestions were given for the future of the League. The Sisterhood was very supportive and connected throughout COVID.



**Immaculate Conception Council, Formosa**

Submitted by Council President Linda Freiburger  
Float for Homecoming Parade.



## **St. Aloysius Council, Kitchener**

Submitted by Council President Lorraine Jacks



Members enjoyed a Lenten retreat at St. Aloysius Council, Kitchener. The members are blessing Guest Speaker Sister Barbara Paleczny for a wonderful retreat. The presentation was called "Awaken Our Hearts".

## **St. Matthew Council, Oakville**

Great responses to questions from the Unity Outreach Project presentation. Members from St. Matthew Council, Oakville are great fundraisers and support many local charities.



## **St. Anthony of Padua Council, Kincardine**

Submitted by Council President Emily Lutz

In response to the call from our Diocesan Catholic Women's League for a Community Service Project for Youth last spring, St. Anthony of Padua CWL created a cursive handwriting club at the local elementary school of St. Anthony's. CWL Sisters, Parishioners and members of the community offer their time to run a voluntary "handwriting club" to students in Gr. 3-6 and in this club, the volunteers teach and support youth to learn this valuable skill that has not been included in the Ontario Curriculum as a separate subject since approximately 2005. The volunteers are an amazing, positive and encouraging group. There are many numerous benefits to learning cursive handwriting, including brain development and organizational skills and the preservation of family history. These children will be able to read their parent's and grandparent's cards, letters and handwritten recipes. It is important to encourage our youngsters to learn and retain these skills. One goal of this club is to help youth learn to sign their name. The "Thinking of You" CWL postcards were handed out at the last club meeting of the school year as a practical exercise.

The reinstating of mandatory cursive handwriting in the Ontario School curriculum this year starting in grade 3, arguably shows that this club has hit on a valuable skill on which to focus. Youth gain the foundations of handwriting skills, and further opportunities to practice and challenge themselves to their full potential with writing and reading skills.

St. Anthony of Padua CWL are immensely thankful for the school staff's help in creating and supporting this initiative. The club restarted Thursday October 5, 2023.

St. Anthony of Padua CWL would appreciate it if our sister Councils would support this initiative by handwriting a short note with a favourite Bible verse to provide our youth with handwriting examples to read. Also, the children will experience the joy of receiving a letter. Address letters to "CWL Handwriting Club Member" and mail to St. Anthony of Padua Parish in Kincardine.



Pictured are a few club volunteers (left to right): Kathy Milne-Day, Heather Baker, Nora Bamsey, Emily Lutz, Heather Finnie and Lillian Watterworth.



### **Holy Rosary Council, Milton**

The members of Holy Rosary Council, Milton had a lively discussion at the Unity Outreach Project presentation. The members were eager to share their knowledge, faith journey and goals. One member shared her gift of fishing with a great story.

### **Cathedral Basilica of Christ the King Council, Hamilton**

A CWL Council's Service Pin Ceremony was held at Cathedral Basilica of Christ the King Council, Hamilton in April 2023.

Pictured are members receiving their 25 year membership pin.



## Go Make A Difference "Community Service Project for the Youth"

ADOPT A SHELF



**Items Needed**  
Shampoo  
Conditioner  
Soap  
Deodorant  
Body Wash

HYGIENE PRODUCTS NEEDED!

**PERSONAL CARE DRIVE**



Mary Mother of God  
CWL Parish Council  
Oakville



Kerr Street Mission  
Oakville's Mission of Hope

Collecting from April 22-23



**Mary Mother of God Council, Oakville**

Submitted by  
Audrey Almeida



## **Holy Cross Council, Georgetown**

Members of Holy Cross Council, Georgetown had a wonderful turnout for the Unity Outreach Project presentation. Spiritual Advisor Father David Walter who attended the meeting, praised the members for their dedication and work for the parish and community.





**St. Basil Council, Brantford**

Members at St. Basil Council, Brantford were enthusiastic in responding to the Unity Outreach Project presentation questions. The council are just regrouping after COVID and have some great ideas for the future of their council.

**Our Lady of the Assumption Council, Stoney Creek**

The members participated in the Unity Outreach Project presentation. Their service to the parish, community and schools is phenomenal.



**Regina Mundi Council, Hamilton**

The members of Regina Mundi Council, Hamilton have many gifts and talents they have shared with the League. Sisterhood, support and spiritual are the driving force of this council. Wonderful!



**St. Gabriel Council, Burlington**

Members of St. Gabriel Council, Burlington were as welcoming and friendly as can be. Mentoring, encouragement, and support was something members were most proud of accomplishing.



**Blessed Sacrament Council, Kitchener**  
 Submitted by Council President Wendy Igor  
 Go Make a Difference – Community Service Project for the Youth

With assistance from some youth at our schools, the CWL is collecting in-kind donations for **YW Blockline Supportive Housing** at 1470 Blockline Rd. in Kitchener during the month of May!

*Items most in need include:  
 \* hygiene - brushes, combs, razors, shaving cream, deodorant, shampoo, conditioner, lotions\**

*This new development is a provides single women and mothers & children who have experienced chronic homelessness in our region with a comfortable, safe, and supportive 'place to call home'.*



**St. Peter & St. Paul Council, Durham**

Submitted by Council President Kathryn McManus

On Divine Mercy Sunday, April 16, 2023, the Divine Mercy tapestry displayed in St. Peter's Church in Durham was blessed by Father Grayson Hope. This beautiful image was donated by St. Peter & St. Paul's C.W.L. member, Marie Browne, who, unfortunately, passed away before this installation. An engraved plate is affixed to the stand, recognizing Marie's generous donation to promote Divine Mercy in our parish. The well-crafted base was made by parishioner Jim Sweeney.



**Sacred Heart Council, Mildmay**

Members of Sacred Heart Council, Mildmay held a delicious potluck supper before the Unity Outreach Project presentation. The members support their parish by decorating the parish for special Masses and offer financial donations through their decorating fund.

## **Sacred Heart Council, Paris**

Submitted by Council President Donna Campbell

Community Service for the Youth Project: Our Parish students are encouraged to take an active part in our Annual Christmas Tea & Bazaar. Some are available to help the night before setting up the hall. Putting up tables and chairs, setting out supplies for each booth.

These student learn the team work involved, what goes on behind the scenes to make our bazaar a success. When the hall is all set up and they see what was accomplished, we hope they feel proud of what they have done. Then of course we ask them to come back the next day to take everything down. On the day of the bazaar, students help with serving in our cafe or behind the tables, we even have some boys. The repeat helpers mentor the newbies, that way they both learn a new skill, self-esteem and how to work with others. The ones selling raffle tickets learning money skills, with no calculator.



Our goal is to let students know what the CWL does at the parish level, and to encourage them to take a leap of faith in themselves, not to be afraid to get involved everyone has skills. And trust that God is always at their side, all they have to do is call on him.



## **St. Agatha Council, St. Agatha**

Members of St. Agatha Council, St. Agatha gave great suggestions at the Unity Outreach Project presentation. The members are proud of their outreach to the parish, community and writing letters to the government.

## St. Agnes Council, Waterloo

Members of St. Agnes Council, Waterloo gave heartfelt answers at the Unity Outreach Project presentation. Leadership roles, member's participation and increasing membership were topics of discussion.

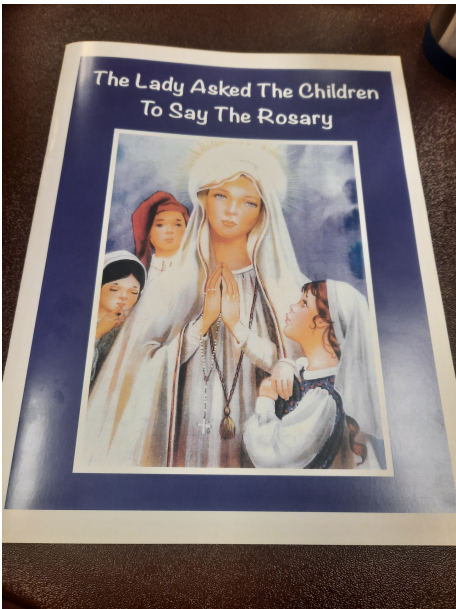


## St. Joseph Council, Brantford

Members of St. Joseph Council, Brantford were passionate about the League at the Unity Outreach Project presentation. The members support outreach for Meals on Wheels program, clothing drives for foodbank and keeping Polish traditions and culture alive in the parish.

## St. Mary of the Assumption Council, Owen Sound

Members of St. Mary of the Assumption Council, Owen Sound presented gifts of the Rosary and crosses for First Communion and Confirmation students. The members explain the Rosary, share a video and booklet and gift Rosaries to the students.







**Holy Rosary Council, Burlington**

Submitted by Council President  
Barbara MacIsaac

Members from Holy Rosary Council, Burlington along with Spiritual Advisor, Very Rev Monsignor Martin Vallely went on a bus trip to Martyr’s Shrine, Midland for Rosary Sunday on September 10, 2023. The Spirit of the council is one of joy, laughter, and sisterhood.

**Sacred Heart Council, Walkerton**

Submitted by Council President Debbie Hicks

The CWL ladies from Sacred Heart Council, Walkerton teamed up with a Grade 12 religion class from Sacred Heart High School in a project to provide for the homeless in Toronto. The CWL supplied the provisions for the 200 bagged lunches that were assembled by the youth in our kitchen. The students did their part by collecting clothing and blankets. The students then travelled to Toronto to distribute the bagged lunches, clothing and blankets. The students also made a video to advertise the project at their school. The Community Service Project for the Youth was a big eye opener to a lot of the students.



**St. Patrick Council, Cambridge**

Submitted by Council President  
Mary Ann Costa

Members of St. Patrick Council, Cambridge hosted a Mother’s Day Shower for Monica Place in Cambridge. Monica Place aids young women, between the ages of 16 to 24, who are expecting, or parenting a child under the age of three. It is a registered non-

profit, child and youth mental health agency, focused on the needs of young parents and their children. These young women benefit from individual planning, parenting support, and learn independent living skills. Members and parishioners gave generous donations of new baby and toddler items.

## **St. Louis Council, Waterloo**

Submitted by Council President Donna Herbstreit



Members from St. Louis Council, Waterloo are preparing for their 100<sup>th</sup> anniversary in 2024. These gifted and creative women have been donating prayer shawls blessed by their priest to their local hospital for over 16 years (1000+ shawls). These shawls are also worn by members for an honour guard at funerals.

## **St. Pius X Council, Brantford**

Submitted by Council President Pat McDougall

The council of St. Pius X, Brantford collected donations of socks, scarves, hats, and gloves over six weeks. Almost 400 winter wear items were collected and delivered to three different locations. Rosewood House which provides emergency shelter for individuals experiencing homelessness, the Leonard's Community Services which provides a safe and structured environment for young people between 15 and 17, and to Red Cross Society who support local families in need. This was their Make A Difference – Community Service Project for the Youth and the council plans to continue this project in future years.



## **St. John the Baptist Council, Kitchener**

Submitted by Council President Wende Bedirian

In June, the Council of St. John the Baptist, Kitchener hosted a Prom/Family dance to raise funds to support the mental health needs of youth at one of the Catholic high schools. Also 30 high school students participated in various ways at the Annual Cherry Park Festival which is run by one of the members of St. John Council, Kitchener.



### **St. Raphael Council, Burlington**

Members of St. Raphael Council, Burlington have put the FUN in FUND raising to support charities such as Canadian Food for Children, St. Vincent de Paul, Shifra Homes and Christmas Tree of Hope. Also their yearly "Women's Day of Reflection" has been well established for 10 years.

### **St. Mary Council, Brantford**

At every general meeting of St. Mary Council, Brantford, a collection of gifts or monetary donations are given in support of one of the local organizations. The collection of baby items was donated to Hope Pregnancy & Family Support Centre in Brantford.



### **St. Thomas Aquinas Council, Wiarton**

The members of St. Thomas Aquinas Council, Wiarton are welcoming to all parishioners but especially to tourists through the summer months. Their outreach to Girl Guides, local schools, hospice and community support is well known in the area.





**St. John Council, Glenelg**

Submitted by Council President Elly Pennings  
 Members of St. John Council, Glenelg received membership service pins in May but Joan O'Neill who was not able to attend, received her 60 year pin in September.

Pictured are Sheeva Wosnuk, Colleen Boer, Vicky Manion, Elly Pennings, Father Grayson Hope, Jean Wismayer, Kay McManus, Ingrid King, Cathy Aylott, Mary Manion, and Theresa Manion with Joan O'Neill in the front.

**St. Paul the Apostle Council, Burlington**

Members of St. Paul the Apostle Council, Burlington kept active throughout COVID supporting the members, executive and council. They find fulfillment in working together and using their gifts and talents.



**Holy Family Council, New Hamburg**

Members gather together with food, spiritual retreats and Mass before general meetings. They are very supportive of local charities and members make baby quilts for Catholic Missions in Canada and young families.



**St. Patrick Council, Hamilton**

Submitted by Council President Evelyn Shoemaker

At St. Patrick Council, Hamilton an Installation of Officers ceremony was held after the 11:30 am Mass, following by a meet and greet in the chapel room of the CWL. A draw was held for a free 2024 membership and the lucky winner was delighted to receive this great prize.

### **Our Lady of Mount Carmel Council, Freelon**

Members of Our Lady of Mount Carmel Council, Freelon are the only ministry in the parish. These dedicated women enjoy Mother/Daughter luncheons, hummers and strummers social, and Harvest auction. Their plant and flower sales allows them to donate to local charities.

### **St. Dominic Council, Oakville**

Submitted by Council President Wendy Rutherford

Members of St. Dominic Council, Oakville support the local community through donations, volunteering, and hosting events. A donation of \$1500 was given to De Mazenod Door from their soup/bun social.



### **St. Joseph, Patron of Canada Council, Acton**

The members of St. Joseph, Patron of Canada Council, Acton are fulfilled by preparing meals at deanery luncheons, volunteering at fall fairs and delivering flowers and Mass cards to the shut ins. Their community outreach through donations to pregnant moms, baby bottle campaign, diaper drive and blankets for group homes gathers the members together.

### **St. Mary of the Visitation Council, Cambridge**

Submitted by Council President Carol O'Brien



Members of St. Mary of the Visitation Council, Cambridge participated in Go Make A Difference – Community Service Project for the Youth. Donations were generously given by members and parishioners for Monica Place, a place that supports pregnant and parenting youth.

### **St. Margaret Mary Council, Hamilton**

Members of St. Margaret Mary Council, Hamilton share their gifts of knitting, sewing, craft making and arts with the council. Donations to charities such as Out of the Cold, Good Shepherd, fill purses for the vulnerable, Twinkle toes (socks and toiletries for the homeless), neighbour to neighbour food donation keep the members fulfilled.

## **St. Mary of the Purification Council, Mount Forest**

Dedicated members of St. Mary of the Purification Council, Mount Forest have been active for over 100 years in their parish and community. Their euchre parties, annual soup & sandwich and baby shower for Ramoth House gathers the members together.

## **St. Andrew Council, Oakville**

Submitted by Council President Yvette Vukanovich



In February, St. Andrew CWL and Spiritual Advisor Monsignor Con worked with the Principals of St. Luke and St. Vincent Elementary School students to write letters to the seniors (special person) in long-term care facilities. The CWL supplied sample templates of letters but encouraged the staff and students to design their own. The schools were given four weeks to prepare these letters and in early April they would be collected.

The council also partnered with Halton Alive a NFP group that promotes life through the power of education and support. Their vision statement is: Educate, Equip and connect.

Also for three Sundays, youth and members/parishioners gathered to create beautiful paper flowers for the seniors. The CWL purchased the supplies, advertised the event and a committee of eight women taught the youth how to create these various paper flowers.

Over 250 flowers were made and delivered to long-term care homes in Oakville: Churchill Place, The Kensington and Wyndham Manor along with approximately 160 letters. The Community Service Project for the Youth created community among the church and school.

## **St. Benedict Council, Milton**

Members of St. Benedict Council, Milton are known for their dedication, longevity and hospitality. Their Zumba nights, High Tea, International dinner and multicultural performances keep the members connected to the parish and community.



## **Blessed Sacrament Council, Burford**

Faith, friendship and ethnic cookouts keep the members of Blessed Sacrament Council, Burford involved in League activities. They hold a special Mass to celebrate Our Lady of Good Counsel.



**St. Joseph Council, Guelph**

This fun loving group of members from St. Joseph Council, Guelph gather together in the winter months for soup and bun after Sunday Mass. Their parish bazaar is known far and wide and many members share their time, talents and creative work to raise funds of \$10,000+ for their charitable work in the community.

**St. Mary Immaculate Council, Elora**

The members of St. Mary Immaculate Council, Elora are proud to be one of the founding councils of the League. Sisterhood, friendliness, and faith are the foundations of this council which supports organizations such as Michael House, Sponsor a Child, Right to Life and their parish.

**St. Lawrence Council, Hamilton**

Members of St. Lawrence Council, Hamilton was enthusiastic in sharing their events at the Unity Outreach Project presentation. Even without a full slate of officers, the council thrives and supports their parish, and community.



**St. Clement Council, Cambridge**

The members of St. Clement Council, Cambridge are in the process of preparing for their 100<sup>th</sup> Anniversary in 2024. This legacy of memories, sisterhood and advocating for social justice issues have bonded them together. The members are proud of their outreach to the parish & community through sock drive, nutrition and Baptismal team.



**St. Gregory the Great Council, Hamilton**

For the Community Service Project for the Youth, the Council of St. Gregory the Great, Hamilton involved the youth in their events. The outreach to the youth builds relationships, creates awareness of the League and partakes in sharing of our Catholic faith.




## St. Teresa of Avila Council, Elmira

The members of St. Teresa of Avila Council, Elmira celebrated their 70<sup>th</sup> Anniversary in June. Events of the council were Heavenly Eats Food trucks, Mother's Day Tea in a Box, Rosary Walk and Carmelite dinner.

## St. Mary Council, Kitchener

The members of St. Mary Council, Kitchener are supporting the parish with outreach to the homeless through "Tiny Home Take Out" program. Members give donations of food, volunteer their time or fundraise for this cause.

## Our Lady of Lourdes Council, Waterloo

**20 SEPT** HOSTED BY OLOL C.W.L. 

WOMEN'S **POTLUCK**

BRING A DISH TO SHARE!

FOOD & DRINK | AT 5:00 PM

OUR LADY OF LOURDES PARISH HALL

RSVP TO LOURDES WATERLOO CHURCH @ GMAIL.COM BY SEPT 15



FOR MORE INFORMATION CALL **PATRYCJA 519-886-0342**

Members of Our Lady of Lourdes Council, Waterloo shares their gifts and talents with the parish and community. They have a wonderful legacy that is recorded in their photo albums and archives.





## St. Augustine Parish Council, Dundas

Submitted by Council President Phyllis Missett

### THANKSGIVING PIE SALE

This is the third year that the St. Augustine Council, Dundas has organized a pie sale. A local bakery guarantees to provide one hundred pies. Parishioner pre-order and pre pay for the pies the weekend prior to Thanksgiving. The pies are picked up during the Thanksgiving weekend. At the same time, there are small floral arrangements and canned preserves for sale. Another successful pie sale fundraiser this year – all the pies sold.



### **REGIONAL MEETINGS**

Fall Regional Meetings were held throughout the Hamilton Diocese in September for Parish Councils to receive updated news and highlights of the League.

The North Regional meeting was held on September 9, 2023 at Immaculate Conception Council, Formosa. The day opened with the Liturgy of the Eucharist with concelebrants Diocesan Spiritual Advisor, Father D'Sa and Council Spiritual Advisor, Father Michael Anderson. Council Presidents shared reports on one of their successful fundraising events. Bake less bake sales seem to be very popular in the North. A presentation on League promotion was given by Diocesan President Joyce Cotter with a workshop on "Ideas for recruiting and participation of younger members".



The Kitchener Regional meeting was held at the Basilica of Our Lady Immaculate Council, Guelph on September 16, 2023. The Liturgy of the Eucharist with concelebrants Council Spiritual Advisor, Father Duffy and Diocesan Spiritual Advisor Father D'Sa began the day. Council Presidents reported on their successful fundraising activities. Issues with getting a lottery license in Kitchener Waterloo was discussed. Diocesan President Joyce Cotter gave

an update on the Unity Outreach Project actions with a presentation on League promotion. Workshops on "Ideas for recruiting younger members" and "Ideas/events for senior members" were given.

The Hamilton/Brant Regional meeting was held at St. Pius X Council, Brantford with St. Basil Council, Brantford and St. Mary Council, Brantford helping to host the meeting. The day began with the Liturgy of the Eucharist with concelebrants Diocesan Spiritual Advisor, Father D'Sa and Council Spiritual Advisor, Father Steve Murrin. A Leadership Development presentation and workshop was given by President-Elect & Organization Chair Teresa DiFalco and Hamilton/Brant Regional Chair Colleen Ionson.



## **Administrative Assistant**

Many councils now have an Administrative Assistant in lieu of a corresponding secretary. This newer position does take on some of the duties of the former position, but it also has other duties to work closely with the president.

This position supports the president. It is an appointed position.

I have found this position both satisfying and frustrating given the logistics of the Ontario Council. The members of the council are widespread and our in person meetings are either in Toronto or at the current convention site.

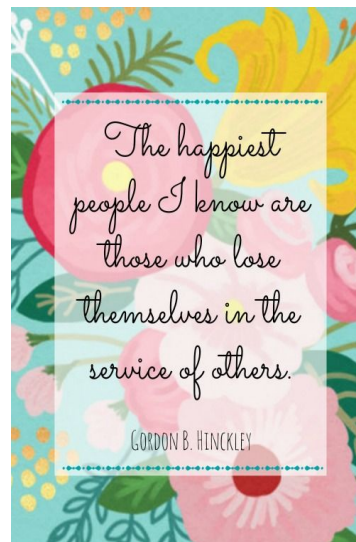
Correspondence is still a vital part of the position...answering inquiries, sending information, invitations, greetings, and any other correspondence requested by the president. The incoming and outgoing correspondence is recorded and shared with the membership for each meeting. Binders are kept with the cards, letters, information to pass around at the meetings. Other than official or important information that needs to be archived, the past 2 years plus your current term are kept on file. Correspondence older and not vitally important are shredded.

Meeting reports are gathered from each member of the provincial council, vetted with the president then combined and distributed to each member about 1 week before the meeting. This allows each member time to read the reports and have comments or questions prepared for the meeting. This assists in keeping the meeting moving in a timely fashion. At the meeting your report is presented in-line with the agenda.

You are the Hostess with the Mostess! Research is done on what type of food service is available for the in-person meeting, decided with the president what to provide, and order in advance. Beverages are purchased for the meetings and if at a hotel, have ice, glasses, plates, etc. delivered to the room....and don't forget the chairs...everyone needs a place to sit. Fortunately, at the provincial council, everyone assists in clean-up. This is time for fun and fellowship, it is an important part of getting to know each other. Although at the parish council level you might not do this monthly, once or twice a year for celebrations would be nice.

Collaboration with your president is a must. Enjoy your time in getting to know each other, planning new events, ideas, etc. and making the most of this position.

With blessings  
Rebecca McCarrell  
Provincial Council Administrative Assistant



**Blessed are you, happy are you, all you holy saints of God. Pray for us that we too, may someday be among God's holy ones. Amen.**

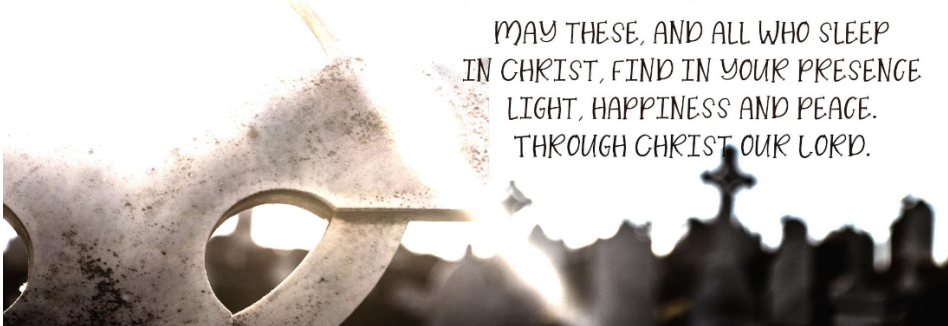


**All Saints Day** NOVEMBER 1

## *All Souls Day Prayer*

REMEMBER LORD, THOSE WHO HAVE DIED AND HAVE GONE  
BEFORE US MARKED WITH THE SIGN OF FAITH,  
ESPECIALLY THOSE FOR WHOM WE NOW PRAY.

MAY THESE, AND ALL WHO SLEEP  
IN CHRIST, FIND IN YOUR PRESENCE  
LIGHT, HAPPINESS AND PEACE.  
THROUGH CHRIST OUR LORD.



FOR THE SOULS IN PURGATORY

O Lord, who art ever merciful and bounteous with Thy gifts, look down upon the suffering souls in purgatory. Remember not their offenses and negligences, but be mindful of Thy loving mercy, which is from all eternity. Cleanse them of their sins and fulfill their ardent desires that they may be made worthy to behold Thee face to face in Thy glory. May they soon be united with Thee and hear those blessed words which will call them to their heavenly home: "Come, blessed of My Father, take possession of the kingdom prepared for you from the foundation of the world."



**ONTARIO PROVINCIAL COUNCIL**  
of  
**The Catholic Women's League of Canada**

**Along with our Provincial Spiritual Advisor and Diocesan  
Spiritual Advisors**

# **Invites You**



**To a Virtual Prayer Service for the  
intention of  
all our Spiritual Advisors, Priests  
and Vocations**

## **December 11, 2023**

## **7:00pm**

**Please register to attend using the link below:**

**<https://us06web.zoom.us/meeting/register/tZMvdOqurjovGNx1leK4M8Osjnf7cCW4gmuP>**

## 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

# Christian Family Life

Sub chairpersons: Angela Pellerin and Audrey Shelton

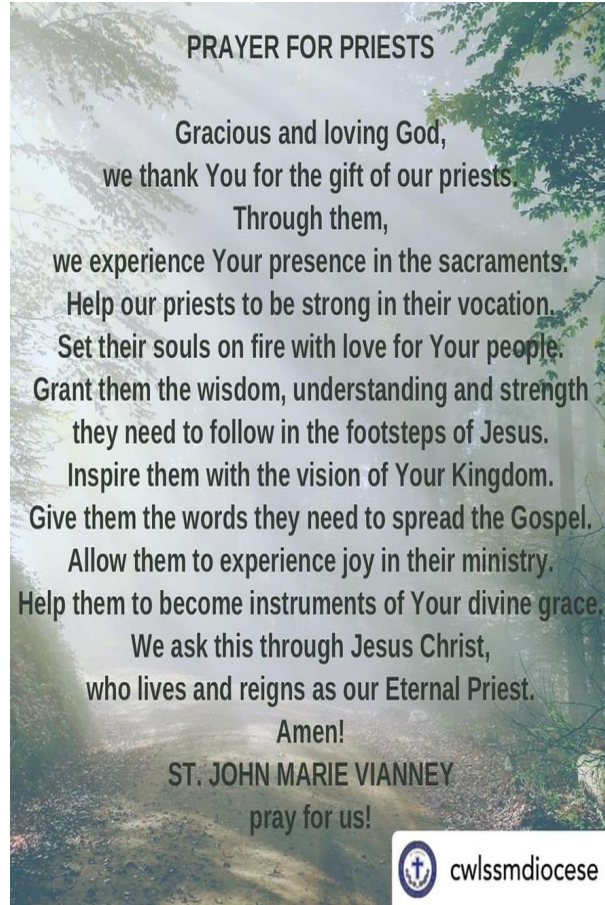
## Vocations

Our Christian Family Life Faith in Action – Go Make a Difference! Project over this 2-year term (ending in July 2024) is directed towards “Vocations”.

Friday, November 4<sup>th</sup> is the feast day of St. Charles Borromeo, the patron saint of bishops, catechists, cardinals, seminarians and spiritual leaders.

The Prayer for Priests here asks St. John Marie Vianney to pray for us. He is the patron saint of parish priests.

Does your council pray for its pastor or perhaps for the bishop of your diocese? Has your council offered a mass for someone who might need encouragement? Our priests need our prayers and support.



~~~~~

## Ministry to Families

A Project the help needy families.....

\* start this month so you can donate mid-December!!!

Advent will soon be upon us, December 3<sup>rd</sup>. One of the ways I like to celebrate the season of Advent is to do a Reverse Advent Calendar.

I usually do mine in the month of November, starting around mid-month, so I can donate it to a food bank in December prior to the Christmas season to help families over Christmas.

A Reverse Advent Calendar is a great way to show that Christmas is about giving as well as receiving. It works much like an advent calendar but each day, instead of getting an item, there is an item to donate – you simply fill a box full of much needed food, toiletries and household products, one item every day. Then it is gifted to a family in need at Christmas.

Here’s a couple of samples .... but you can put in anything you want.

## Reverse Advent Calendar

Each day add an item from this list to a box. After the holidays, donate the entire box to your local food pantry!

- December 1** - Box of healthy cereal
- December 2** - Peanut butter
- December 3** - Container of ground coffee
- December 4** - Toilet paper
- December 5** - Diapers and wipes
- December 6** - Women's period products
- December 7** - Dry pasta & jar of pasta sauce
- December 8** - Box of Crackers
- December 9** - Canned fish or chicken (ideally with a pop top)
- December 10** - Canned vegetables (ideally with a pop top)
- December 11** - Canned fruit (ideally with a pop top)
- December 12** - Dry spices/seasoning
- December 13** - Kids pantry snack items
- December 14** - Jars/pouches of baby food
- December 15** - Toothbrushes & toothpaste
- December 16** - Box of tea bags
- December 17** - Shampoo and conditioner
- December 18** - Deodorant
- December 19** - Jar of applesauce
- December 20** - Canned or powdered milk
- December 21** - Canned and dry soups
- December 22** - Baking mix that requires only water
- December 23** - Loaf of bread
- December 24** - Bag of oranges or apples

## REVERSE ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX.  
ON CHRISTMAS EVE DONATE THE CONTENTS TO A FOOD BANK.

- December 1 - box of cereal
- December 2 - peanut butter
- December 3 - stuffing mix
- December 4 - boxed potatoes
- December 5 - macaroni and cheese
- December 6 - canned fruit
- December 7 - canned tomatoes
- December 8 - canned tuna
- December 9 - dessert mix
- December 10 - jar of applesauce
- December 11 - canned sweet potatoes
- December 12 - cranberry sauce
- December 13 - canned beans
- December 14 - box of crackers
- December 15 - package of rice
- December 16 - package of oatmeal
- December 17 - package pasta
- December 18 - spaghetti sauce
- December 19 - chicken noodle soup
- December 20 - tomato soup
- December 21 - can corn
- December 22 - can mixed vegetables
- December 23 - can carrots
- December 24 - can green beans

PASSIONATEPENNYPINCHER.COM

The first Corporal Work of Mercy is to “feed the hungry”.

Please consider doing a reverse advent calendar and fill a box to help those in need!

.....Submitted by Betsy Currier, OPC Christian Family Life Chairperson



## Submitted by Colleen Martin, Organization/President Elect

### League Development Zooms Update 2023-2024

Just getting organized for the League Development Zoom schedule for the next several months. There will be a smattering of events each month on different days and at different times to hopefully allow more members to attend. Here's the offering for November:

*November 6 7:30 pm* Prayer in Community for one hour. We will begin with a prayer encouraging us to be open to the Holy Spirit's whisperings so to follow God's plan to make us the best version of ourselves. This will be followed by an opportunity to share in small groups our experiences of the Holy Spirit moving in our lives and different ways we personally practise being open. There will be sharing with the larger group and then closing prayer ending with a worship song. Hope to see many of you there.

*November 26 – December 1* Ontario Spiritual Advisor, His Excellency Bishop Thomas Dowd, hopes to offer a 6 night 'course' online using zoom. Watch for information when it is available. Register here: [https://us06web.zoom.us/meeting/register/tZMuceqsgzqiHdUF\\_dN-XCXLzfnJcqWz6c1x](https://us06web.zoom.us/meeting/register/tZMuceqsgzqiHdUF_dN-XCXLzfnJcqWz6c1x)

*December 4 7:30 pm* Prophetic Intercession: Have you heard this term before? It is a process to surrender to God in every aspect of our prayer. Pope Francis stated, in his Angelus address on July 2, 2023: "A prophet is a living sign who points God out to others, a prophet is a reflection of Christ's light on the path of his brothers and sisters." Then he invited everyone to ask themselves: "Do I live as a witness of Jesus? Do I bring a little bit of His light into the life of another person? Do I evaluate myself on this? What is my bearing witness like, what is my prophecy like?" .. come and join us to explore prophetic prayer and witness. Register here: <https://us06web.zoom.us/meeting/register/tZUoc-urrDIuGNtmilGsxNYcr6hmyqOOAKyz>

### Policies and Guideline Changes Reflecting the New Structure

Watch the website for a posting later this month on the changes being made to the structure of the Ontario Provincial Council. There will be time for your input before finalization in February 2024.

### NOTICE OF ANNUAL REPORT PROCESS AND TIMELINES

A memo was sent to all parish councils of The Catholic Women's League of Canada last week from national office staff regarding annual reports.

If you are President be sure you received the memo or, if you are not, check with your President to be sure she has received it.

### NOTE: The deadline for reports was moved back to December 15, 2023.

After this date the online survey will be closed and you will only have the option to send the report manually to your diocesan council for inclusion in the diocesan/provincial annual reports. Please make every effort to meet the deadline so your good works will be included in the national report. If you require assistance, please reach out to your diocesan organization Chair and/or myself, Colleen Martin, [preselectopc@tbaytel.net](mailto:preselectopc@tbaytel.net).

I am writing to give you a small report of the celebration that was held on Sunday, October 15th, 2023 at Sacred Heart Church in Cardinal on the remarkable occasion of our council's 95<sup>th</sup> anniversary.

Seventy-four CWL sisters, along with special guests and dignitaries were in attendance at this celebratory anniversary Mass, brunch, and pin ceremony. The ladies were treated to a delicious brunch of ham, scrambled eggs, hashbrowns, toast, fruit, juice, coffee and tea, cooked up and served to them by the members and friends of the Knights of Columbus, and a young teen working on her community service hours.

Father Charles, our Parish Priest, Annette Norton, our Council President, and members from Kingston Diocesan Council Karen Mulvihill (Resolutions Chairperson) and Stephanie Spinelli (Life Member Liaison) assisted Kingston League Council President Lyne Tuepah in cutting a special custom-made anniversary cake.

Town of Prescott Deputy Mayor Justin Kirkby and Township of Edwardsburg/ Cardinal Deputy Mayor Stephen Dillabough both brought greetings from their Councils and presented certificates of congratulation to the St. Mark CWL for our tremendous achievement, as did Diocesan President Lyne Tuepah. Lyne also assisted Annette Norton, Patricia Warren (St. Mark Organization Chair), Kathy Putman (Historian/Past President) and Father Charles in presenting the pins to 26 members, including two 70-year pins, one to Reta Gannon and one to Joan Fortier. There were many congratulations to all the ladies for their many years of dedicated service. Special prayer rocks with cards were given to all attendees, and long-time CWL member Ann Davy won a beautiful "Our Lady" blanket that was donated for the event by Our Community Life Chair Carolyn Wilson. We express our heartfelt thanks to all involved in planning, organizing and putting on this wonderful momentous event.

Submitted by

Linda Ludlow  
Recording Secretary, St. Mark Prescott CWL





November ON-Line Newsletter  
Submission from Hearst-Moosonee  
Diocese

Our Lady of Fatima Council has a member who is doing her part to "Make a Difference" for those in the community of Cochrane who need help putting healthy home-grown food on the table. Sylvie moved to Cochrane from Longlac approximately 5 years ago with her husband David. They bought a rural property and lovingly named it Hilltop Sanctuary. They have created a beautiful piece of paradise with 2 rescue horses, chickens and peacocks. They also have a massive garden that produces a multitude of vegetables. The bounty

that comes from the garden is shared with family and friends. Sylvie has created a "Blessings Box" placed at the end of her driveway and she puts excess veggies in the box. She invites anyone who needs something to take it. Some neighbours contribute their own harvested items to the box as well. There is a free-will donation box in the Blessings Box for monetary donations. At the end of the growing season Sylvie gives the money collected to the local Food Bank. Through her generosity Sylvie is feeding the hungry and "being the difference" to those in need.

Respectfully submitted by: Nancy Bouvier. Hearst-Moosonee Diocesan President



St Simon St Jude, Belle River- July 2023

Jackie Gomes, President



Summer 2023 is in full swing. Our council is also taking advantage of some relaxing time with activities, family and a variety of events in the parish family. On July 25<sup>th</sup>, seven of our members attended the annual CWL shrine day at St Patrick's in Merlin. It was a wonderful day of comraderie with sisters from manhy councils in the diocese. We enjoyed and benefitted spiritually from the Holy Mass, Holy Rosary and presentation on the Marian apparitions story of Fatima. Thank you to our Diocesan council for a beautiful and meaningful day.





\*Idea Credit to Tricia Anne Meyer article found on facebook and Instagram



So, I spoke to people getting food at a food bank and here are some things I learned from those in need:

1. Everyone donates Kraft Mac and Cheese in the box. They can rarely use it because it needs milk and butter which is hard to get from regular food banks.
2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.
3. Everyone donates pasta sauce and spaghetti noodles.
4. They cannot eat all the awesome canned veggies and soup unless you put a can opener in too or buy pop tops.
5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.
6. Spices or salt and pepper would be a real Christmas gift.
7. Tea bags and coffee make them feel like you care.
8. Sugar and flour are treats.
9. They fawn over fresh produce donated by farmers and grocery stores.
10. Seeds are cool in Spring and Summer because growing can be easy for some.
11. They rarely get fresh meat.
12. Tuna and crackers make a good lunch.
13. Hamburger Helper goes nowhere without ground beef.
14. They get lots of peanut butter and jelly but usually not sandwich bread.
15. Butter or margarine is nice too.
16. Eggs are a real commodity.
17. Cake mix and frosting makes it possible to make a child's birthday cake.
18. Dishwashing detergent is very expensive and is always appreciated.
19. Feminine hygiene products are a luxury and women will cry over that.
20. Everyone loves Stove Top Stuffing.

In all the years I have donated food at the Holidays, I bought what I thought they wanted, but have never asked. I am glad I did. If you are helping a Family this Christmas, maybe this can help you tailor it more. It does for me!

\*Editor's note – Hunger doesn't end after Christmas – help is needed year round!



## **Paddy's Passion**

### Facebook Scams

- A buyer or seller with a brand new profile or without a Facebook profile photo.
- A too-good-to-be-true price for a high-ticket item.
- A buyer wanting to pay by gift card or send you a prepaid shipping label.
- Friend requests from weird accounts.
- Marketplace listings that seem too good to be true.
- People who you've never met face-to-face asking you for money.
- People asking you for upfront fees in exchange for giving you a prize, loan, or something else you have "won".

### Part 2

When you see a photo of a dog that was found and the person posting says they can't find the owner and is looking for assistance, please tap on that person's profile photo and judge whether the post is legit. The same if it is a missing person, particularly a child or an elderly person with dementia, or just a great deal on renting or purchasing a home.

New scams include posting a pic of a child saying she is looking for her birth parents as well as a person celebrating their 100+ birthday and wanting to get shares to acknowledge it!

How can you tell?

Well, if the person is in some other part of the world and has no other posts, it's probably a scam. You can also do a search for the text, and you'll see it appears on other pages too!

1) the 'person's' profile is a PAGE

2) the 'about page' will show you it's a business page, how many administrators, etc - personal profiles do NOT have admins.

3) locations are #

4) if it's a legit missing senior, who drove off in his truck with his dear dog, there would be a silver alert or some kind of post from the police. Only share posts from law enforcement agencies or national alerts regarding missing people because they are confirmed legitimate

5) red flag number five, comments on the original post have been turned off. Why is this a red flag? Because if you are missing your loved one or your pet, would you not want someone to be able to comment?

6) the poster has only recently created the profile and has 0 friends

7) they usually ask you to “bump” the post Why would someone do this?

Because once you share their post, they can then change the post to anything they want. And suddenly you are advertising weight loss products, or sunglasses, or rallies for politics you are not supporting or to get you to directly message the original poster who then can hack into your Facebook. (Who knows with scammers these days!) We all have the sweetest intentions to reunite pets with their owners, but scam artists prey on this. Unless there is a specific location, or the person sharing has mutual friends with you, just keep scrolling.

**And never send money. EVER!!!**

Paddy Fitzgerald Nolan  
Communications Sub-Committee



<https://catholicworldmission.org/catholic-prayers-for-peace/>

Make praying for Peace part of your daily routine.  
The world needs our prayers.



## 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).

Adults:

### **Holiness and Living the Sacramental Life** **By Fr Philip-Michael Tangorra**

Just outside the realm of visibility, the sacraments of the Church lie ready to effect real change in our lives. We need only to let them in. In *Holiness and Living the Sacramental Life*, Fr. Philip-Michael Tangorra lays out the mystical and invisible realities that are present during the celebration of the sacraments and explains how they can lead us to living ever more in tune with God. Read how the sacraments aren't empty ceremonies, but rather powerful, effective signs that bring grace crashing through the cosmos and into our world. See how beauty—expressed in art, music, and architecture—can bring us deeper into the mysteries of God. Fr. Tangorra teaches the average Catholic how to abandon a lukewarm spirituality and start living a sacramental existence, allowing God to imbue life with a constant sense of union and communion with the divine.

Stpaulcenter.com

### **Jesus is the Gift: The Spirituality of Advent** **By Regis J Flaherty**

*Jesus is the Gift: The Spirituality of Advent and Christmas* explores the biblical characters that the Church presents in these liturgical seasons of grace. Author Regis Flaherty helps the reader to walk in their footsteps—to understand the themes of Advent and Christmas, to prepare for the coming of our Lord, and to embrace His plan for our lives. You'll find inspiration, opportunity, and impetus to prayer and conversion. This is a great book to help all Catholics prepare for and enter into Advent.

Stpaulcenter.com

Children:

### **Through the Year with Mary: Ponder and Pray Together with Children** **By Katherine Bogner**

For two-thousand years, Christians around the world have sought the Blessed Virgin Mary as a guide to growing closer to her Son, Jesus. Through Scripture, Catholic teaching, devotions, and countless works of art, we come to see Mary as our Mother, too.

*Through the Year with Mary* by Katherine Bogner brings together the Church's traditions in one place and provides a year-long plan for coming to know and love the Mother of God through

- Weekly passages from Scripture, saints, and scholars
- Reflections to nurture your understanding of Marian teaching and devotion

- Sacred art from around the world
- Marian prayers to teach you to grow closer to Jesus through Mary

This comprehensive resource will help adults and children alike to entrust themselves to the most loving Mother of Jesus

## **All about Advent & Christmas: Sharing the Seasons of Hope & Wonder with Children By Katherine Bogner**

*All about Advent & Christmas: Sharing the Seasons of Hope & Wonder with Children* is a resource unlike any other. Explore the rich traditions surrounding Christ's birth as you journey through Scripture to understand the story of salvation and discover the meaning behind many of our celebrations during Advent and Christmas.

Highlighting treasured customs from throughout Church history, *All about Advent & Christmas* features the stories of saints we celebrate throughout December and explains numerous other aspects of Catholic liturgy and teaching. With detailed illustrations to make the liturgical seasons come alive, *All about Advent & Christmas* will guide readers of all ages closer to the Savior whose birth we look to with joy.

*All purchases of All about Advent & Christmas include a digital bonus pack with a special clickable Advent Calendar for 2023, coloring pages, and Advent activities.*

Stpaulcenter.com



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. Please forward your post to me so we may share with the whole province!

<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