



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



ON-LINE NEWSLETTER

December 2023 Edition

Featuring the St. Catharines Diocese and OPC Organization Chair

CATHOLIC
and **LIVING IT!**



Linda's League Letters

My Dear League Sisters,

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December is a month that is associated with Advent as well as the preparation and celebration of Christmas. There are so many traditions that various countries and cultures continue to follow around the Christmas season.

As a first-generation Croatian Canadian, I love to find out about the Christmas traditions in the homeland of my parents and grandparents. Because 90% of the population is Christian, all celebrations relate to holy days. December 6th is the Feast of St. Nicholas (*Sveti Nikola*) and is the day that gifts are given. On December 13th, St. Lucy's Day (*Sveta Lucija*), wheat seeds are planted and sprout in time for Christmas. On Christmas Eve (*Badnjak*), the Christmas tree is decorated and the nativity scene (*Jalice*) is placed under it. The dining table is festively decorated and the meal consists of meat-free dishes. Christmas Day (*Bozic*) marks the first day of the twelve Days of Christmas, which continue to the Epiphany on January 6th.

On Christmas morning in Finland, the people eat a porridge made of rice and milk and topped with cinnamon, milk or butter. Whoever finds an almond inside their pudding is the "winner".

In Germany, when the Christmas tree is decorated, a pickle is hidden amongst the branches. Whichever child finds it, he or she receives an extra gift. Each home in Ireland has a tall red candle placed in the window as a symbol of welcome, warmth and shelter.

The Christmas Eve dinner in Poland does not begin until the first star appears in the sky. An extra place is always set at the table to welcome an uninvited guest.

Since Christmas falls in the summertime in New Zealand, their Christmas tree is the *pohutukawa* tree, which is in full bloom in December with bright red flowers.

In Italy Christmas is celebrated with the gathering of families and good food. However, it is not a day of gift-giving. An old woman, called *Belfana*, visits the children on the eve of January 5th, filling their stockings with candy and presents, if they have been good.

Christmas is not a national holiday in Japan because only 1% of the population is Christian. For many years their tradition is to feast on KFC (Kentucky Fried Chicken). On that day the line-ups for fried chicken are so long, some people even place their orders months in advance.

I hope you enjoy your Christmas celebrations whatever traditions you follow.

I would like to offer my special wishes to all of you and your loved ones for a Merry and Holy Christmas.

Sretan Bozic!
Feliz Natal!

Buon Natale!
God Jul!

Feliz Navidad!
Craciun Fericit!

Joyeux Noel!
Frohe Weihnachten!

Felicem Natalem Christi!

Your League Sister,
Linda

Linda Squarzolo
Ontario Provincial President



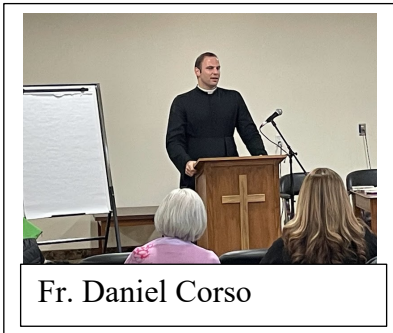
PEACE ON EARTH AND GOODWILL TO ALL

St. Catharines Diocese of The Catholic Women's League of Canada

The St. Catharines Diocese had another wonderful year filled with many worthy endeavours. All the parish CWL Councils should be proud of the wonderful accomplishments and the impact they have made on their communities. Our Diocese is also very proud and excited to congratulate Betty Colaneri, member of St. Thomas More, Niagara Falls, for being elected President-Elect of the National Council. Betty will be National President from August 2025 to August 2027. Our hearts are bursting with joy for Betty!!



In December 2022, Star of the Sea Parish had an Advent Retreat led by the Spiritual Development Chair, Linda Dirks. After the talk, the ladies went to the parish hall, where they created bags for the homeless (hats, mitts and a gift card from Tim Hortons) to be distributed at Out of the Cold. This is an annual event that is open to other parishes. It is a success every year and Linda is a very inspirational speaker.



Fr. Daniel Corso

The Lent Retreats, in February 2023, were held at Mount Carmel in Niagara Falls. Fr. Daniel Corso, who was ordained in May 2022, was the guest speaker. He spoke of his journey through the priesthood. The depth of his personal story combined with a story of a life-long friendship and the strength provided to Fr. Daniel from this friend truly reflected the meaning of Lent.



On April 10, 2023, CWL member Ann Kneale from St. Joseph Parish, Grimsby turned 107!

In April, the Diocesan Convention was held. It was wonderful to celebrate the CWL, Our Lady of Good Counsel, and be together. We were Blessed to have Bishop Gerard Begie speak on the Synod and Linda Dayler speak on Women in the Church. Colleen Martin, Ontario President-Elect was our Provincial guest. We are looking forward to 2024 Convention.



Deedee Alexandre, Theresa Murphy, Frances Murdaca, Lisa Fillingham, Dina Marchionda, Diane Szydlowski, Fr Richard Kowalchuk



Bishop Gerard Begie wearing his new Serra Club baseball cap



St. Julia parish after the Crowning of Mary



The Cathedral of St. Catherine of Alexandria

The Cathedral CWL held Rosary and Crowning of Mary on May 5th, followed by a reception in the parish hall. It was a wonderful gathering of faith and friendship.

The St. Kevin's CWL facilitated a session with St. Michael's Ukrainian Catholic Church in May with Fr. Jerry Lazoryk. Fr. Jerry spoke of the history of the church and the Greek Orthodox religion and compared both the Roman Catholic and Greek Catholic rites and practices. Fr. Jerry also took us behind the Royal Door into the sanctuary to explain all the prayers and consecration procedures. Twenty four ladies from various parishes who were not only educated but entertained by Fr. Jerry. After the session we all went out to break bread together and share lunch with Fr. Jerry.



Lorrie Rokoss, Bette Ann Gregory, Gemma Crescenzi



Teresa Havran, Ann Libertini, Elvie Naphin

At the final meeting in May, at the Crowning Mass the ladies gathered and took part in the Kindness Rock Project. The ladies chose words of inspiration to paint on the rocks and then decorated the rocks with bright colors and fancy designs. The rocks were then placed at various retirement and long term care homes in Welland to brighten the days of residents, visitors and staff. God Bless our ladies and may he shine upon them.



Helen Sivak, Anne Marie Ortenzi, Andrea Fortier



Respectfully submitted,
Lorrie MacKenzie



Barb Hendriks and her Daughter Caroline Van Ruyven

St. Helen, Beamsville

St. Helen CWL, celebrated their annual pin recipient with a High Tea at the Grand Oak in Vineland on June 20th. The ladies all wore fancy hats or tiaras and enjoyed tea and decadent desserts for a fun filled afternoon.



Past President, Piera Palmieri gives Dora Holubowsky her 60 year Pin



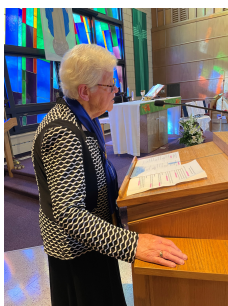
The Maple Leaf Service Pin recognizes a member who has served for at least 7 years, and whose contributions to make a difference and to represent the CWL in a shining light go above and beyond.

At the CWL General Meeting in September, Connie Tracey from Star of the Sea Parish, presented Lorraine Urquhart with the Maple Leaf Service Pin. Normally this would have been given at the June dinner, but Lorraine was unable to attend at that time.

Maple Leaf Service Pin Recipients 2023

Deedee Alexandre
 Angela VanKralingen
 Lorraine Urquhart
 Angela Chavez-Kovacs
 Joanne Young
 Christine Haymes

Mass of the Deceased – Bishop Gerard Bergie, Spiritual Adviser Fr. Richard Kowalchuk, CWL members and deceased member’s families attended Mass and a reception to honour members who have passed from November 2022 to November 2023. Over 100 people attended this spiritual remembrance to honour these ladies whose dedication, love of the league, and faith filled service will never be forgotten.



Mary Nan, Life Member and President of St. Therese of Lisieux reads the names of the deceased members from her parish.

Joanne Mammalo, Spiritual Development Chair places a rose for the members of Sacred Heart, Niagara Falls.



At the Mass of the Deceased, Bernadine Lutes, President of St. Stephen, Cayuga wore her CWL pashmina purchased from a National Convention Fundraiser. Wearing it, along her pins symbolized being embraced in the arms of fellow CWL members. It was a thoughtful way to choose an item that had meaning for all members across the country and incorporate it into her attire. Remembering more than local members who have passed is a testament to the love our members have for the sisterhood.



St. Julia celebrated their 55th anniversary! They have been inspirational to all parishes for the endeavours they undertake. Led by President, Mary Joel Modolo, 30 new memberships were attained this year!

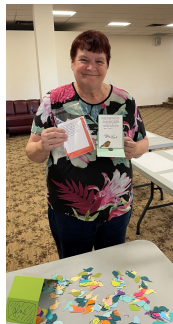
The CWL is collecting pop tabs for the April convention. March of Dimes is able to purchase a wheelchair with one million tabs. St. Julia asked their feeder high school, Denis Morris to participate. Here they are dropping off their collection to date at the parish!



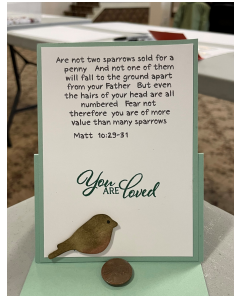
Advent Retreat – was held at Mount Carmel on Saturday November 11th and Thursday November 16th. Look to the Sparrow was the topic of guest speaker Linda Dirks (Master of Theology). Linda is currently the Spiritual Development (Faith) Chair at Star of the Sea Parish, in St. Catharines. After Linda’s presentation, an interactive event was held to create a stand-alone card that we could keep at home as a reminder of our self-worth and all the good we do. We celebrated Mass, visited Mount Carmel gift shop, and had a delicious lunch. A great spiritual growth initiative and preparation for the Advent Season.



Presenter, Linda Dirks



Eileen McAuliffe, creator
Of the card take away



The card created to take home



Women working on their card



JOAN MARIE BELL (nee Kavanaugh)
July 16th, 1937 - October 6th, 2023

Memoriam – Life Member, Joan Bell, St. Patrick Parish, Caledonia passed away October 6th, 2023.

Eternal rest grant unto her, O Lord. And let perpetual light shine upon her. May she rest in peace. Amen.

Meet and Greet – President-Elect Deedee Alexandre suggested we have a Meet and Greet in September with our members. Held at St. John Ukrainian Catholic Church, 175 members celebrated with dinner, dessert, prizes, comradery, and fun. Bishop Gerard Bergie, Father Richard Kowalchuk, Diocesan Spiritual Adviser and parish priests also attended. We also celebrated Betty Colaneri being nominated to President-Elect of the National CWL and gifted Betty with a spiritual bouquet.



Bishop Gerard Bergie, Diocesan President
Lisa Fillingham, President Elect
Deedee and Diocesan Spiritual Adviser, Fr. Richard Kowalchuk



Betty Colaneri, National President Elect holding the spiritual bouquet from the St. Catharines CWL members. Pictured with Bishop Bergie and Fr. Richard.



August – St. Joseph, Grimsby celebrated Marjorie Sicard’s 100th birthday on August 22, 2023



September 30th – Truth and Reconciliation was remembered with a prayer service led by Lorraine Urquhart at First Nations Peace Monument at Decew Falls. Linda Dirks (Master of Theology) wrote a prayer reflection. We are grateful they shared and led the Diocese on this important day.

Lorraine Urquhart and CWL Ladies from the Cathedral reflecting on the Prayer Service.



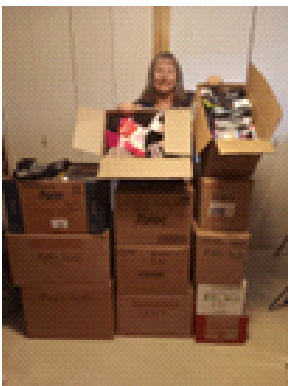
President Sabina Knight and Bishop Bergie admiring the beautifully framed Charter.

October 15th – St. Vincent de Paul, Niagara-on-the-Lake celebrated its 100-year anniversary. President Sabina Knight and the CWL members did a phenomenal job with the celebration. Bishop Gerard Bergie attended as well as 10 past presidents. Congratulations for 100 years of faith and service.



Ten past-presidents from the last 30 years attended the 100th anniversary celebrations of the Catholic Women’s League of St. Vincent de Paul parish. Front row, Marion Frendo, Anna O’Brien and Lina Pillitteri. Back row, Sabina Knight, Diane de Groot, Rita Van Noort, Betty Ann Asher, Maryann Larivee, Marion Battersby and Sally Harmer.

October 16th – St. Mary/St. Ann in Hagersville celebrated their 70th anniversary. President Janice Poirier was delighted to have over 70 women attend Mass and dinner to celebrate this event. Not all who attended were members, but the women of the parish wanted to be there to support their league. Future members we hope!



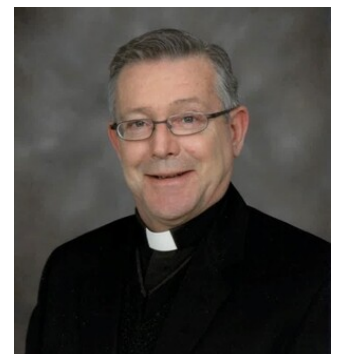
Soctober – An annual event for the CWL to participate in led to another year of donations to the homeless. The CWL collected over 4000 pairs of socks.

Lorrie MacKenzie, St. Kevin in Welland stands before the boxes of socks the CWL collected for October. 1,240 pairs of socks were distributed to the St. Vincent de Paul Society, the Hope Centre, the Toolbox of Niagara Project, and Harvest Kitchen. Due to the warm hearts of the Parish Community of St. Kevin, many individuals will have warm feet this winter.

Fr Charles Thomas Moser – May 17th, 1950 – November 23, 2023

Fr Moser served the Lord Jesus as a faithful priest for over 33 years and was called home to God peacefully surrounded by his family in faith.

Fr. Charles served as Diocesan Chaplain for the Catholic Women's League for the Diocese of St. Catharines. May he rest in the arms of our Lord. God grant him eternal rest.



ORGANIZATION / SPIRITUAL LEADERSHIP?

The first word that comes to mind for many after hearing "Organization Standing Committee" is likely membership. It was like that for me as well until I sat down to write this article. In fact, I typed into Google 'Father, I am looking for inspiration for a newsletter article on membership.' I received all kinds of links on writing an engaging, eye-catching, inspiring (and many more adjectives) newsletter article.

Then way down the page, a link caught my eye for *105 Best Inspirational Quotes and Positive Sayings for 2023*. I wasn't really looking for quotes or sayings but when Holy Spirit moves me, I click. The article began: *Finding motivation and inspiration to power through life's daily obstacles can be tough*. Isn't that an honest statement and isn't motivation and inspiration what you, as a member, are looking for in The Catholic Women's League of Canada? With the new pillars Faith, Service and Social Justice, the inspiration and motivation can come from all three areas depending upon the member's needs and leadership in her council.

With organization no longer a standing committee, the Vice-President is responsible for membership recruitment and maintenance, League development, leadership training, and annual reports. However, that does not mean the Vice-President does all of this alone. The new structure is about inviting members to assist to put all the pieces of the puzzle together as a team. To invite members where their gifts and talents are best-suited.



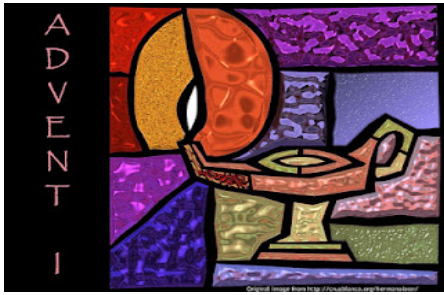
As Executive members, we must provide **spiritual leadership** for our members. From the International Institute for Spiritual Leadership website (<http://www.iispiritualleadership.com/spiritual-leadership-2>), *this involves intrinsically motivating and inspiring workers (in our case members) through hope/faith in a vision of service*. I encourage you to check out this website to read more. It relates the concept to a workplace, but you can easily think of the concepts in terms of the League. I would be interested to hear feedback from you on how the concept could assist in promoting members, please email me at preselectopc@tbaytel.net.

I believe the League, as stated at the website, *allows members to tap into both leaders and followers for spiritual well-being through calling (life has meaning and makes a difference) and membership (belonging)*. We are an organization that cares for each other and for creation not only internally but externally within our parish, our community, and the world; we truly strive to make a difference. How blessed we are to belong to such an amazing organization!!!

Submitted by Colleen Martin, OPC Organization Chair

| LEAGUE DEVELOPMENT ZOOMS | | | |
|--------------------------|-------------|--|---|
| Date | Time - EDST | Session Title | Presenter |
| Dec 4/23 | 7:00 PM | Exploring Prophetic Prayer | Colleen Martin, President-Elect OPC |
| Jan 10/24 | 7:30 PM | Values-based Time Management | Sue Lubowitz, President, Toronto Archdiocesan Council |
| Jan 22/24 | 7:00 PM | Pillars - So What?! | Colleen Martin, President-Elect OPC |
| Feb 19/24 | 7:30 PM | Calling all Members - to what? | Colleen Martin, President-Elect OPC |
| Mar 7/24 | 7:30 PM | What's your passion? | Colleen Martin, President-Elect OPC |
| Mar 18/24 | 7:00 PM | How is St. Patrick an example for Christians in today's world? | TBA |
| April 24/24 | 7:30 PM | What makes a team? | TBA |
| May 6/24 | 7:00 PM | Conflict Resolution | TBA |

Advent



Christmas, once again, surrounds us. Amid the commercialism, we are grateful for Advent to keep us focused on the holiness of the season. Advent is a time of hope, preparation, expectation, and celebration. Through acts of charity, Advent helps us to see beyond ourselves and seek Christ as our source of hope and joy. We give selflessly of ourselves as we respond to our baptismal call.

At Christmas, our hearts seem to naturally open to the poor and homeless. Homelessness, however, can be witnessed in a variety of ways. Opportunities to minister and be of service to the people of God, who may be experiencing a sense of displacement, cross our paths daily. Do you know someone, for example, whose home this Christmas will be very incomplete and painful because of the death of a spouse or child, or because of separation/divorce? Perhaps some homes will be incomplete because grown, adult children will be spending Christmas elsewhere for the first time, parents may have entered a nursing or retirement home, or a family member may be in the hospital. Some homes may have been destroyed in fires or floods and families have gathered in new surroundings without all the familiarity of treasured traditions and décor. Reaching out to these people with an invitation to go for a coffee and being available to simply listen, or perhaps sending a card or email acknowledging their changes and promising prayers can make a tremendous difference.

For thousands of people working in retail, the Christmas season can mean precious time away from their homes. Be a shopper who shows appreciation for their minimum wage efforts. Smile at them, thank them, and perhaps leave change to cover their next coffee break. It will warm both your heart and theirs, to witness the response. As people inspired by the Spirit, let us joyfully respond to God's call by being a witness of hope and celebration to all we meet during this holy season.



Christmas Dinner Prayer:

May you be filled with the wonder of Mary,
the obedience of Joseph,
the joy of the angels,
the eagerness of the shepherds,
the determination of the magi,
and the peace of the Christ child.
Almighty God, Father, Son and Holy Spirit
bless you now and forever.

Merry Christmas to you and your loved ones,
Wilma Vanderzwaag
Spiritual Development Chair



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?fbclid=IwAR06iGriNT5EgYzsu3KgTGozf7pTCqf_EXtKiR8_rTGT8lzuXo5PIJIHRs#/registration



"And she gave birth to her first-born son and wrapped him in bands of cloth, and laid him in a manger, because there was no room for them in the inn."

Luke 2:7

As the season of Advent begins, we start the time of waiting for the magnificent event of the birth of our Savior at Christmas. During this time we reflect, we pray and we give generously. In many parishes there are drives for food, warm clothing, turkeys, toys, hygiene items and preparation of Christmas baskets for shut-in parishioners. We feel **PEACE** in our hearts, we have been kind and each will be blessed.

The new year begins and deep winter sets in. The shelves at our local agencies, food banks and soup kitchens are becoming sparse. Many people are relying on these services and provisions for nutrition and to keep warm. Our communities continue to experience homelessness and hunger.

There is room to keep **HOPE** alive for those who are without shelter and food.

On February 24, 2024, the annual Coldest Night of the Year (CNOY) walk will take place across Canada. In Ontario, there are 94 locations hosting a CNOY event. Check out <https://cnoy.org/locations> for a location near you and find out how the funds raised will help your community.

CNOY is a moment each year (since 2011) when tens of thousands of Canadians step outside the warmth and comfort of home to shine a light of welcome and compassion in their communities.

The main in-person event is a family-friendly walk on designated routes of 2 km or 5 km. The offsite walk welcomes fundraisers who self-organize, walking any day in February on their favourite route.

100% of net proceeds stay local to support CNOY charity partners serving people who are experiencing hurt, hunger, and homelessness.

Options to participate:

- Register as a CWL Team! Experience a winter walk with **JOY**, together with your sisters. Each team that registers will select to walk for their local charity. The funds that your team raises go directly to that charity.

<https://cnoy.org/register>

- Donate to your CWL Team for their charity

- Make a direct donation to CNOY at <https://cnoy.org/donate>



- The gift of your time is valuable. Volunteer opportunities are found on each CNOY charity site location. This year, CNOY will be officially opening the volunteer area for signups starting in January 2024.



Join others on February 24, 2024 – team up, fundraise, walk, and gather for good ... because it's cold out there.

Forward photos or a summary of your CNOY experience to Karen McDonald, OPC 2nd Vice President/Community Life chairperson at opccommunitylife@gmail.com. Let's continue to '**Go Make a Difference**' and '**bee**' the difference in the lives of others who need our support and **LOVE!**

Jesus says, "**You shall love your neighbour as yourself.**"
Mark 12:31

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



Development and Peace

The Catholic Women's League and Development and Peace have had a long-standing relationship. D & P has been a voluntary fund at national for over fifty years and members are encouraged to support the 1% Program by donating a portion of our spending on personal expenses. Addressing issues of concern in the Global South fall under the Social Justice Pillar and support the efforts of Development and Peace.

The following is an article submitted by Catherine Kerr Pembroke Diocesan Development and Peace Chair and CWL President, Our Lady of Good Counsel Parish, Deep River.

What if a mining license was issued in a fraudulent manner to a disreputable mining company to operate in *Algonquin Park*, resulting in grave environmental damages and pollution? What would you do for your *Algonquin Park* and what would want the world to do?

Unfortunately, this type of fraud happens with alarming frequency in our world and in Honduras their *Algonquin Park*, the Montaña de Botaderos-Carlos Escaleras National Park is under attack by a disreputable mini company. The polluted river is the Guapinol River and the community of Tocoa has formed the Guapinol Resiste to protect their land and water against a government and a mining company that favours economic interests over the health of their citizens and their country's natural ecosystems. Community members have been unjustly imprisoned and murdered for their defence of their land and water.

Please help Development and Peace send a message to the Honduras Government that we are watching, and we are not impressed by signing this letter which will be presented to the Honduras Ambassador to Canada in the spring of 2024.

Find the letter at: <https://devp.org/en/campaign/stand-for-the-land/act/>



Hearts of the Diocese of London aka The Diocesan Executive.

1st row: Lori Alexander, Denise Morris, Mary Bannon, Denise Masse

2nd row: Theresa Ryan, Nelly Kelders, Fr. Paul Kim, Beatrice Taylor



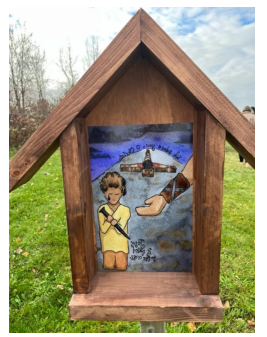
Did you get your League magazine?

Printed copies of the League magazine are sent out to all members. Please check to keep the contact information updated and sent to national. When Linda Squarzolo, Ontario Provincial President was in Winnipeg, and visited the national office, there were stacks of magazines that had been returned because of incorrect addresses. Although the numbers have not been completed for the fall issue, the spring issue had **670 returned magazines**. With the cost of postage, this represents a huge waste of money.

Let's make an effort to improve this.



Ottawa Cornwall Diocese St Peter's (Cornwall CWL Council) members say the rosary in the month of May and October, once a week on Thursdays with grade 7 and 8 students. Also, in the fall members and friends were invited to pray the Way of the Cross at the local Holy Trinity High School. The stations were made by the students, a beautiful reflection of their belief and dedication.





“Charted on November 5, 1953, CWL St Joseph Highland Creek Council in Scarborough, Ontario, celebrated our 70th Anniversary with Bishop Vincent Nguyen, Auxiliary Bishop of the Archdiocese of Toronto; Fr Francis Folleh, Spiritual Advisor, two past SA’s: Fr Oliver Iwuchukwu and Fr David Okenyi, Fr Arinze Onwuzulike, Associate Pastor, CWL TDC President, Sue Lubowitz, 15 Council Presidents, including Betty Anne Brown Davidson, Past National President of Canada, and about 120 members. After mass, we had our high tea luncheon and program in the hall. It was an amazing celebration. To God be the glory. ”

Timmins Diocesan CWL

Timmins Diocesan CWLs have been actively preparing for the Christmas season, in the hope of making a difference in the lives of those in their family, their parish, their community, and the world.



Plant Sale



Craft Sale



Bake Table

Holy Name of Jesus, Kirkland Lake had numerous goods available for the public to purchase; crafts, baking, and plants.



The ladies wrote a Christmas card to every member of the **Holy Trinity CWL, Englehart**. The card included a list of all the upcoming events.



Holy Trinity CWL, Englehart, invited Brittany, of Brittany's Beaded Dreams, (a member of the Alderville First Nation), to run a beaded Christmas ornament workshop. Members of the community and other CWL councils were invited to the workshop.



CWL members of **Our Mother of Perpetual Help, New Liskeard, and Holy Trinity, Englehart**, collect, loaded, and delivered items for Dr Simone; bedding, towels, hygiene products, toiletries, school supplies.



Holy Trinity, Englehart hosted a Friendship Bazaar. It featured a Tea, a Penny Sale, and a bake table.

The CWL councils of the Timmins Diocese strive to make a difference, not only during the Christmas season, but all through the year. We wish everyone throughout our province, a very blessed Christmas and a wonderful 2024.



If you have a subscription to Formed or are looking for a reason to sign up – they have 2 interesting Advent sessions coming up. Rooted: Rediscover the Jesse Tree This Advent and Drawing Closer to God: A Catholic Art Show for Kids. The link below will take you to their sign-up page and you can get more information.

https://daily.formed.org/advent?utm_campaign=aic-promo-content-advent-2023-email-1&utm_medium=email&_hsmi=281120895&_hsenc=p2ANqtz-ascvsXHcoU-Ni7BG1spj42IFnekXYTCz9DrnRM-8pYKC7oPntVoCLtWDU_HlkysAIvkgVAeGD0iTsA4mMn936GCSFA&utm_content=281120895&utm_sour



Here is another interesting reflections **12 Days of Christmas (12 days of reflections)**
<https://www.b-ing.org/thought/article.php?articleID=38>

I would like to share with you one of my favourite turkey leftover recipes I usually make these turkey pot pies first and then the casserole I shared with you last year!

This recipe is fool proof - <https://www.allrecipes.com/recipe/215447/dads-leftover-turkey-pot-pie/>



GIFTS THAT DON'T COST A CENT

- THE GIFT OF LISTENING**
Listen without interrupting.
- THE GIFT OF A SMILE**
Give a smile to those around you.
- THE GIFT OF LOVE**
Give a hug, a compliment or a loving detail.
- THE GIFT OF GRATITUDE**
Say "thank you" to the people in your life.
- THE GIFT OF FAVOR**
Every day try to do someone a favor.

4 SIMPLE WAYS TO LIVE UP CHRISTMAS

- GIVE AT LEAST ONE SPIRITUAL GIFT**
Give a spiritual gift (e.g. a book) to someone who needs it.
- ATTEND CHRISTMAS MASS**
Go to Mass to celebrate the Birth of our Lord! Invite your family to come as well.
- PRAY THE CHRISTMAS NOVENA**
It's a simple and beautiful way to prepare our hearts. Invite your family and friends to pray as well.
- LEAVE THE DECORATIONS UP UNTIL THE 10TH**
Christmas time doesn't end until January 10th, Feast of the Baptism of the Lord.

THE SYMBOLS OF CHRISTMAS

HISTORY

The Germans believed that the world was held in the branches of a tree called "god Odin." Each winter solstice, they worshipped the tree by decorating it with torches.

CHRISTIAN ORIGINS

It is said that St. Boniface knocked down the tree and planted a pine, symbol of God's everlasting love. He decorated it with apples (sin) and candles (the light of Christ).

THE CHRISTMAS TREE

EXPANSION

This tradition spread throughout Europe in the Middle Ages and, with the conquests and migration, arrived to America. Gradually, this tradition evolved.

NOWADAYS

Apples were replaced by spheres and the candles by lights, which represent the joy and light that Jesus brought to the world.

INFORMATION FROM CATHOLIC.NET



Paddy's Passion

Christmas is coming!

Christmas is coming and so is stress, so let's take care of ourselves.

The real day should be focused on the birth of our Lord. During advent we have four weeks to prepare our hearts and make room for Jesus our Saviour.

Burn out can happen before we know it, and we must also consider Christmas can be very lonely for some, especially if we have lost a loved one, our jobs, our health may be different than it was a year ago. This can be a new Christmas for you and your loved ones.

- Plan Ahead
- Be Realistic
- Stay Active
- Don't Worry
- Just say NO
- Set aside differences
- Acknowledge your feelings
- Eat well
- Keep in touch and reach out
- Take a break
- Talk about your feelings
- Accept who you are
- Drink sensibly
- Ask for help
- Do something You're good at
- Watch a movie
- Relax with a hot chocolate
- Bake some treats
- Tidy your homes and clean after the holidays
- Get enough sleep
- Go to Mass
- Sing Christmas Carol's
- Smile at everyone you meet

The old saying goes, you never know what another person is going through so a simple smile a kind word can make a difference in their lives.

Most importantly, wish everyone a **MERRY CHRISTMAS!**

Paddy Fitzgerald Nolan
Communications Sub-Committee



WELCOME TO LISA'S LIBRARY

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

Adults:

Walking with Mary: A Biblical Journey from Nazareth to the Cross

By [Edward Sri](#) (Author)

Mary appears only a few times in the Bible, but those few passages come at crucial moments. Catholics believe that Mary is the ever-virgin Mother of God, the Queen of Heaven and Earth. But she also was a human being--a woman who made a journey of faith through various trials and uncertainties and endured her share of suffering. Even with her unique graces and vocation, Mary remains a woman we can relate to and from whom we have much to learn.

[Amazon.ca](#)

The Advent of Christ: Scripture Reflections to Prepare for Christmas

By [Edward Sri](#)

Perhaps the Christmas story has become almost too familiar. A virgin giving birth. A child laid in a manger. Shepherds greeted by angels. The Christmas story has become so familiar that the profound, even shocking, nature of the incarnation might be overlooked. But what if we had never heard the story before? What if we were hearing it for the first time, like the first-century Jews? These events certainly would not be taken for granted--they would signal something new: the dawning of the long-awaited Messiah.

This Advent, put yourself in that ancient Jewish world. Containing an entry for each day of Advent and continuing through the Christmas season, Dr. Ted Sri will help you to discover spiritual treasures in the Gospels and gain a new understanding of the coming of Christ.

[Amazon.ca](#)

Holy Water: And Its Significance for Catholics

By [REV Henry Theiler](#)

Countless graces flow from the use of Holy Water -- but only if you use it properly.

Do you know how it can protect you from danger?

Or how it can deepen your prayers during Mass?

In clear, convincing language, Father Theiler lays out for Christians countless surprising, but long-forgotten truths about Holy Water, and explains the interior acts and dispositions that are necessary for this blessed gift of God to have the sanctifying effect our Lord intends for you.

Read these pages attentively; consider them thoughtfully; incorporate their truths and suggestions into your daily spiritual life. In these pages, you'll also learn:

- The time that God Himself commanded the use of Holy Water (Do you know where the Bible tells this story?)
- Why God chose water as the means to impart so many blessings - even before He created man and woman!
- What you should -- and should not -- expect from the graces confer.

[Amazon.ca](#)

Children:

Look!: A Child's Guide to Advent and Christmas

by [Laura Alary](#) (Author), [Ann Boyajian](#) (Author)

Look! A Child's Guide to Advent and Christmas presents Advent as special time for waiting and watching—paying attention—to the ways God comes to us.

Told from the point of a view of a child, the story weaves together familiar Advent traditions like the Jesse tree and the Advent wreath, biblical stories and characters, and reflections on what these stories call us to do and be.

This book reassures children of the presence of God in all times and places and invites them to become part of the holy work of making Christ present in the world.

[Amazon.ca](#)

The Christmas Baby Board book – Illustrated

by [Marion Dane Bauer](#) (Author), [Richard Cowdrey](#) (Illustrator)

This beautiful retelling of the Nativity story that celebrates the timeless joy of Christmas and of welcoming a new baby into the world is now available as a Classic Board Book!

Have you heard? A baby is coming! Our baby is here?

When Mary and Joseph's child was born, the good tidings spread from the animals in the manger, to the shepherds in the fields, to the kings in distant lands, and even to the angels in the heavens! Now every time a baby is born, we celebrate and people travel from far and wide to greet the new baby—because every new baby is a small miracle.

Filled with lyrical text and lush illustrations, this Classic Board Book is the perfect gift for baby's first Christmas!

[Amazon.ca](#)



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

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

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

...submitted by Emma Rose Rayburn OPC Communications Chair

