



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



## ON-LINE NEWSLETTER

### January 2024 Edition

Featuring the Kingston Diocese and OPC Resolution Chair

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



## *Linda's League Letters*

My Dear CWL Members,

Happy New Year 2024!

A few weeks ago I read an article in The Catholic Register (November 26, 2023) "Faith Offers a Boundless Gift to a Wounded World: Archbishop". This story reported on the annual Cardinal's Dinner which was held in Toronto. Archbishop Francis Leo spoke to the attendees and his message resonated with me,

personally, but it also reinforces our mission as members of The Catholic Women's League of Canada.

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*"... men and women of faith have a unique mission to accomplish ... Though eternal life is our ultimate goal, our faith is incarnational and thus engaged in this world and the impetus of why we must get involved, why we must care about the present world. We have a life-giving contribution to give. Faith gives purpose and hope to our lives and living in society. It encourages us to help each other, to love each other, to serve each other, to lift each other up. Our freedom of religion allows us to bring that influence for good into public life with generosity, respect, civility and courtesy, and doing*

*so, to be a positive influence in re-stitching the fabric of our tattered life in society.*

*... Our involvement needs to welcome the stranger and fight racism in its many forms; it must care for the environment and defend religious and other freedoms; it needs to promote a culture of encounter and of life, building a civilization of love while standing up for traditional moral values in keeping with natural law, rejecting dangerous ideologies and practices and striving for a healthy, virtuous, balanced and serene lifestyle."*

Since January is the time of making New Year's resolutions, Archbishop Leo's message gives us many ideas for what we can be striving to address, both personally and as League councils. How are we being of service to those in need? What ways do we welcome strangers (new members) to our meetings? Is our council a place of love or of conflict? What issues do we need to address? How can we "Make a Difference"?

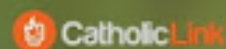
I hope 2024 will **BEE** a great year for all of you!



Blessings,  
Linda Squarzolo

**“Whenever you begin any  
good work you should first  
of all make a most pressing  
appeal to Christ our Lord to  
bring it to perfection.”**

**- St. Benedict**



## Kingston Diocesan Council of The Catholic Women's League of Canada

In 2023, we continued to focus on our diocesan theme of 'reconnect' by providing ways to deliver spiritual programs and educational opportunities. As a leadership group, we travelled to the 4 corners of our vast Archdiocese to offer occasions to gather in person with our sisters, sharing our experiences and extending ideas to try in local parish councils.

The following are a few highlights of our activities since we were last featured in March 2023. I hope you find some inspirations to take back to your own councils. Your sister in Christ,

*Lyne*

Lyne Tuepah  
President



*Kingston Diocesan Council of The Catholic Women's League of Canada  
Reaffirmation Ceremony April 2023*

*Pictured:*

*(back) Nancy Richer, Lyne Tuepah, Father Stéphane Pouliot, Karen Mulvihill, Angela Town  
(front) Annette Meadows, Colleen Hill, Bernadette Veitch, Elizabeth Knudson, Mary Lou Hill,  
Maureen Vincentine*



## Diocesan Spiritual Retreat

March 25, 2023

For our annual spiritual retreat, over 75 League sisters gathered at St Patrick's in Railton. Our Diocesan Spiritual Advisor, Father Stéphane, lead us on the Feast of the Annunciation in a 3 part '**Mary's Yes**' focused on Presence, Listening and Gratitude.

Their local Knights of Columbus served us a delicious lunch and morning refreshments.



## Sisters in Christ

In the spirit of 'Ecumenism', our council accepted invitations to attend neighbouring conventions. On April 19<sup>th</sup>, I participated in the United Church Women (UCW) Annual meeting and on May 3<sup>rd</sup>, I shared in the Anglican Church Women (ACW) Convention Day. They in turn accepted and joined us at our annual convention.

*Pictured: Cheryl Mound, **President, East Central Ontario Region UCW**; Maureen Sills, **President, ACW**; Lyne Tuepah, **President, Kingston Diocesan Council CWL***



## 101<sup>st</sup> Annual Diocesan Convention

April 29/30, 2023

This year, our annual convention welcomed 173 delegates and guests to the Quality Inn and Conference Centre in Kingston. The weekend was filled with opportunities for spiritual growth, education and sisterhood. Some highlights include Father Shawn Hughes of St. Mary's Cathedral providing a heartfelt presentation of the good works going on at St. Mary's Drop In & Warming Centres. A monetary and food donation was provided to assist in their efforts.



After a beautiful Crowning of Mary prayer service, we welcomed our key note speakers: Sister Rose Clare and Sister Philomena of the Queenship of Mary Community in Ottawa. Building on our National theme of 'Catholic and Living It!', the sisters described how the Eucharist, Mary and the Holy Spirit keep them rooted in their faith.

We remembered our Missing and Murdered Indigenous Sisters by exchanging a single earring for a little red dress with the name of a sister on it, while promising to pray for them; and concluded by praying as a group.

*(pictured: Sheila Way, Maureen Vincentine)*



Our Sunday session started with a wonderful Living Rosary for Peace, followed by a demonstration by 3 CWL angels showing us how our parish councils are 'Making a Difference', expressing our Provincial theme.

*Pictured:  
Annette Meadows,  
Archbishop Michael Mulhall*



The highlight of the weekend was the long awaited '100 Year Presentation' of our CWL Diocesan history, presented by our Life Members and Past Presidents. There were skits, props, laughter and learning. We were honoured to welcome the grandson and wife, as well as great-granddaughter of our very first Diocesan President, Mrs. Fergus J. O'Connor, as our guests to witness the show.



*Pictured: Life members Kathy Huffman, Geraldine Canning, Stephanie Spinelli*



The success of the event was made possible by the collaborated efforts of many councils working together.



*Pictured are a few of our wonderful hostesses:  
Cindy Mills, Nadia Gundert, Lucienne Coppens*

The weekend was truly a big step towards  
'Reconnecting' with our Sisters in the League.





## OPC Convention

In July, the Ontario Provincial Convention was held in Cornwall and many of our diocesan members made the trip.



A proud moment for our Kingston Archdiocese was Joanne Belanger, parish president of St James Minor in Stirling, winning the Provincial Social Justice Award.

*Pictured: Maureen Vincentine, Joanne Belanger, Lyne Tuepah*

## Unity Outreach

In May and June, we held several Unity Outreach sessions for all parish councils to attend. We gathered members questions and concerns, and got a feel for what was happening at the parish level.

In November, we held 'CWL Info Sessions' in 4 locations across the archdiocese to answer some of those questions. We reviewed 3 of the main topics brought up in the Outreach feedback: Promoting and Recruiting, New Executive Model and Simplifying Meetings. This information was well received and appreciated by all in attendance and the content was then made available on our website.

*Pictured: Presenters and participants from sessions in Napanee and Belleville*





## March for Life in Ottawa

Some of our sisters from Stone Mills township made the trip to Parliament Hill on May 4<sup>th</sup> for the annual March for Life. Thank you for your witness in this important message.

*Pictured: Maureen Gaffney, Angie Briceland, Carol Ann Hanna, Sue Boutillier, Susan Gustavel*



## Fall Presidents Meeting

In October, St Joseph in Kingston hosted the Fall Presidents meeting. Many were in attendance as Father Stéphane started us off with an overview of the four Vatican II Dogmatic Constitutions. He recommended 'Reclaiming Vatican II (What it (really) said, what it means, and how it calls us to renew the church)' by Fr. Blake Britton as a must read. We then discussed the outcome and next steps of the Unity Outreach feedback.

## Bazaars across the Archdiocese

*Pictured:*  
*St Anthony of Padua, Centreville*  
*St Mary's, Carleton Place*  
*St Paul the Apostle, Kingston*

## Parish Bazaars

Many of our parish councils were back at it with hosting annual Christmas Bazaars and raising much needed funds.



## Resolutions Standing Committee

### How Your New Year Resolutions Can Benefit Others

New Year's resolutions are a common practice for many people around the world. The dictionary defines *resolution* as "a firm decision to do or not to do something."

The tradition of making resolutions dates back over 4000 years. The Babylonians, who lived in what is now Iraq, celebrated the New Year during a 12-day festival called Akitu. During this festival, they would make promises to the gods to pay their debts and return borrowed farm equipment. The ancient Romans also made resolutions and eventually they shifted the timing to January 1<sup>st</sup> with the Julian calendar in 46 B.C.

This new year, as every year, millions of people will have made resolutions promising improvements in their lives. We and the whole world have all been through a lot in the last few years and it feels like the right time to refocus on the things that really matter. Let's use this time to *reset* and focus not only on resolutions that will benefit ourselves but on resolutions that will benefit others.

The following are some suggested resolutions taken in part from an article by *Jim Mayer, former executive director of Twin Lakes Senior Living Community.*

#### **8 Resolutions that Benefit Others:**

- Become a volunteer for a needy organization.
- Do something FOR someone every day (it can be something small)– without expecting anything in return.
- Listen to a friend about an issue that you have heard about many, many times before.
- Call someone (re-connect) that you have not talked with for a long time and just say hello.
- Perform random acts of kindness – anonymously.
- Meet new people. If you're staying at home most of the time, you're missing out on a lot of interesting opportunities to enjoy life and share your spirit with others.
- Become more polite. Good manners have always been an important part of a civilized society and you never know what kind of day that other person has had.
- Compliment someone every day: don't forget your spouse and family members.

Think of others when preparing your list of resolutions and resolve to try one of these positive changes. You will soon notice that doing for others makes you feel better and gives you a "purpose of life" that will keep improving you all year long.

Whatever your resolution may be, take that extra step and explore who else can benefit from the improvements you are making on yourself. You never know when a little action can end up making a big difference.

Submitted by Mary Capobianco, OPC Resolutions Chair



# I did it!

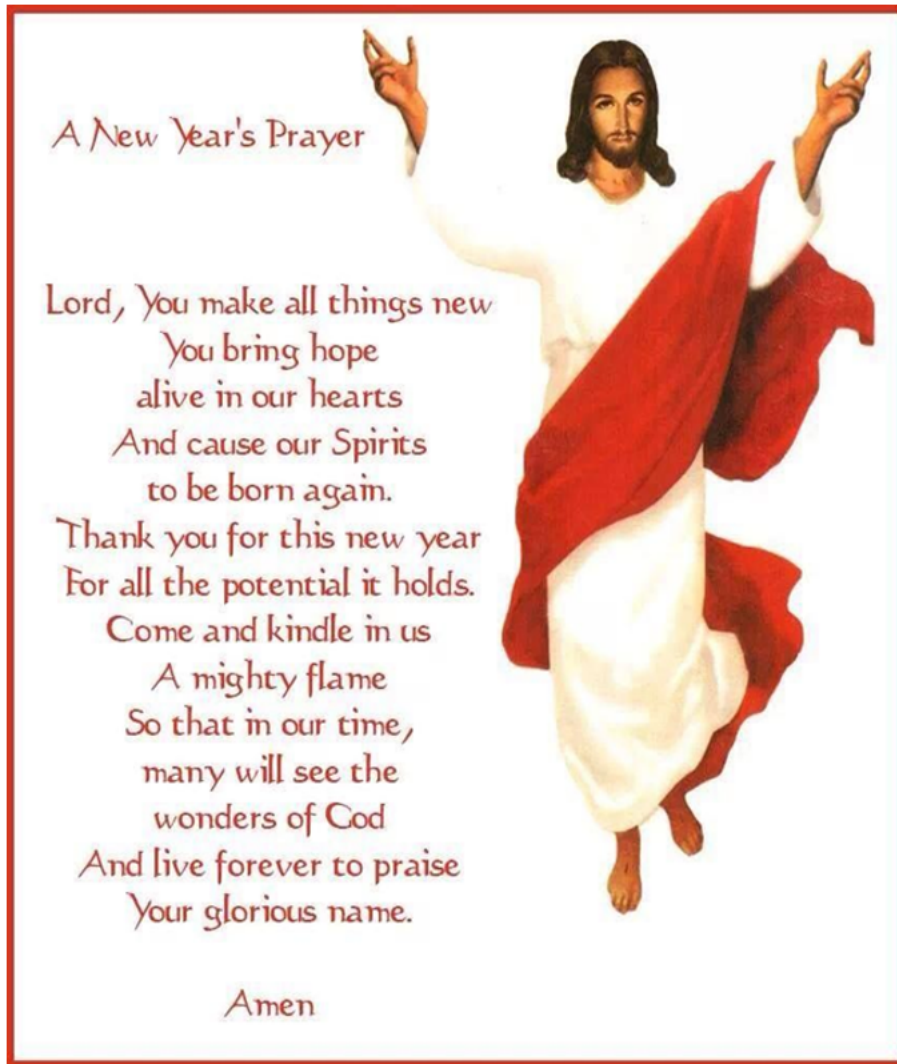
I can't believe I started a resolution on January 1, 2023, and I completed it on December 31, 2023. Typical for me is that no resolution lasts an entire year--until this one. What was the resolution? I completed reading and learning

about the Catechism of the Catholic Church with Fr. Mike Schmitz from Ascension. Each day-365 days-he read and went through sections of the Catechism and gave insightful explanations. It was such a learning and discerning experience for me. If I am perfectly honest, some days I was not listening and reading with 100% focus. This usually happened when I had to catch up a few days. I was away for a week with no internet access so when I came back that required some discipline to not give up or just skip to the present day. Other days dealt with very tough subjects and I would have to read the paragraphs over a second time, but I can say there were many more days with ah-ha moments. Fr. Mike didn't use a lot of theological language in his explanations and if he did he explained them at a level I could understand. I don't feel like an expert on the Catechism but I have a better grounding on my faith. When we were in Part Four on Christian Prayer, Fr. Mike suggested that every Catholic should read the Psalms. So starting now I plan to read a Psalm a day. There are 150 psalms in the bible. The Catechism of the Catholic Church calls prayer "a reciprocal call between God and the human family," (2591) and mentions the psalms as prayers that best illustrate how God calls each person into a mysterious encounter with him. The Book of Psalms is a book of prayers and also a book that shows us how to pray. Fr. Mike also did the Bible in a Year and it is available through Ascension media platforms. There are many more social media platforms to choose from and find the right one for you. I hope this will encourage you to start a resolution that will help you with your knowledge of our faith and deepen your relationship with our Lord.

"May the Light of God guide you and may His loving arms protect you in this new year."

Wilma Vanderzwaag  
Spiritual Development Chair

<https://www.youtube.com/@TheCatechismInAYear>



The Holy Father has asked that 2024 be year of prayer, as a preparatory year for the Jubilee. In preparation for the Jubilee, dioceses are invited to promote initiative to remind people of the centrality of both individual prayer and community prayer.

You can learn more at <https://aleteia.org/2023/11/12/2024-will-be-year-of-prayer-says-pope/>





**Concerned Lay Catholics**  
invites you to monthly conversations  
as we walk the path together towards a synodal church.

## **Nurturing Synodality Series** **On the Way To Here:** **Synodality and the Inner Journey**



If our hearts and spirits are not 'right' (i.e. not in communion with the Spirit of Jesus and our own deepest selves) then Synodality will not work. Pope Francis always says "Without prayer there can be no synodality." Join Phil and Margaret Small as they help us to explore the inner journey that is an essential dimension of synodality.

**with Margaret and Phil Small**

**January 7, 2024**

**from 3-4:30 ET (4 p.m. AT, 12 noon PT)**

If you would like to suggest a topic, send it to us at [concernedlaycatholics@gmail.ca](mailto:concernedlaycatholics@gmail.ca)



Or visit the events calendar on our website:  
<https://concernedlaycatholics.ca/>

# Pope Francis 2024 prayer intentions

## JANUARY

### **FOR THE GIFT OF DIVERSITY IN THE CHURCH**

We pray that the Holy Spirit may help us to recognise the gift of different charisms within the Christian community and to discover the richness of different traditions and rituals in the Catholic Church.

## FEBRUARY

### **FOR THE TERMINALLY ILL**

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

## MARCH

### **FOR THE NEW MARTYRS**

We pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm.

## APRIL

### **FOR THE ROLE OF WOMEN**

We pray that the dignity and immense value of women be recognised in every culture, and for the end of discrimination that they experience in different parts of the world.

## MAY

### **FOR THE FORMATION OF RELIGIOUS AND SEMINARIANS**

We pray that religious women and men, and seminarians, grow in their own vocations through their human, pastoral, spiritual and community formation, leading them to be credible witnesses to the Gospel.

## JUNE

### **FOR MIGRANTS FLEEING THEIR HOMES**

We pray that migrants fleeing from war or hunger, forced to undertake journeys full of danger and violence, find welcome and new opportunities in the countries that receive them.

## **JULY**

### **FOR THE PASTORAL CARE OF THE SICK**

We pray that the Sacrament of the Anointing of the Sick confer to those who receive it and their loved ones the power of the Lord and become ever more a visible sign of compassion and hope for all.

## **AUGUST**

### **FOR POLITICAL LEADERS**

We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their jobs.

## **SEPTEMBER**

### **FOR THE CRY OF THE EARTH**

We pray that each one of us will hear and take to heart the cry of the Earth and of victims of natural disasters and climactic change, and that all will undertake to personally care for the world in which we live.

## **OCTOBER**

### **FOR A SHARED MISSION**

We pray that the Church continue to sustain in all ways a Synodal lifestyle, as a sign of co-responsibility, promoting the participation, the communion and the mission shared among priests, religious and lay people.

## **NOVEMBER**

### **FOR ANYONE WHO HAS LOST A CHILD**

We pray that all parents who mourn the loss of a son or daughter find support in their community and receive peace and consolation from the Holy Spirit.

## **DECEMBER**

### **FOR PILGRIMS OF HOPE**

We pray that this Jubilee Year strengthen our faith, helping us to recognise the Risen Christ in our daily lives, and that it may transform us into pilgrims of Christian hope.



# **2024 ONTARIO PROVINCIAL CONVENTION**

**Updates from the 'Nickel Capital of the World'**



### **Opening Mass**

will be celebrated on July 7, 2024 at Our Lady of Hope Parish  
(591 Brennan Road, City of Greater Sudbury, ON)

### **Closing Mass**

will be celebrated on July 10, 2024 at Holy Redeemer Parish  
(1887 Bancroft Drive, City of Greater Sudbury, ON)

### **Convention Hotel**

Holiday Inn Sudbury  
(1696 Regent Street, City of Greater Sudbury, ON)

### **FUN FACTS:**

1. Greater Sudbury is geographically the largest city in Ontario and the most populous in Northern Ontario.
2. With nine operating mines, two mills, two smelters, and a nickel refinery, Sudbury is arguably the hard rock mining capital of the world.

(<https://discoversudbury.ca/about/sudbury-fun-facts/>)

3. The Ministry of Energy, Northern Development and Mines presents stories from the Sudbury area, where a meteorite impact 1.85 billion years ago resulted in rich nickel-copper ore deposits that have made the Greater Sudbury area world-famous.

(<https://discoversudbury.ca/about/sudbury-meteorite/>)

***You are invited ... plan to attend and experience northern hospitality!***

Submitted by Karen McDonald – Chairperson of 77<sup>th</sup> Ontario Provincial Convention



**Concerned Lay Catholics**  
invites you to monthly conversations  
as we walk the path together towards a synodal church.

## Nurturing Synodality

**Sundays from 3-4:30 ET (4 p.m. AT, 12 noon PT)**

**A different resource person or panel will get us started each month. Then we will all have an opportunity to share in the spirit of synodality.**

- |            |   |
|------------|---|
| November 5 | Reflections on our Time in Rome - Cathie Pead, Christine Way Skinner and Mark Guevarra        |
| December 3 | Synodality and Preaching in the Parish - Richard Shields                                      |
| January 7  | On the Way to Here: The Personal Spiritual Dimensions of Synodality - Phil and Margaret Small |
| February 4 | Why We Need a Synod in Canada - Fr. Bill Burke  |
| March 3    | Synodality and the Global Movement for Women's Equality - Mary Ellen Chown                    |
| April 7    | Synod on Synodality from an Ecumenical Perspective - Nicholas Jesson                          |
| May 5      | TBD   |

If you would like to suggest a topic, send it to us at [concernedlaycatholics@gmail.ca](mailto:concernedlaycatholics@gmail.ca)

**To register visit the events calendar on our website:**

**<https://concernedlaycatholics.ca/>**



## AROUND THE PROVINCE



### Ontario Provincial Council Pin

To mark the milestone of the 70<sup>th</sup> anniversary of the Ontario Provincial Council in 2016, an OPC pin was introduced. This pin is available to all current and former OPC executive members (elected or appointed)

The pins are \$10.00 each (includes shipping and handling).

Application forms are available at:

<https://cwl.on.ca/wp-content/uploads/2021/05/Application-Form-for-OPC-Pin.pdf>



On December 6th, the CWL Essex Regional Meeting was held at St. Simon and St. Jude Parish in Belle River. A great time was had by all: a productive meeting, a delicious luncheon and fun games!

We wish you and your loved ones a blessed Christmas and a joyous New Year!  
Ozelle Case  
Ste. Anne CWL, Tecumseh





## St. Mary's Council, Fort Frances

The theme for **World Day of the Poor 2023** was a passage from the Book of Tobit, "*Do not turn your face away from anyone who is poor.*" On November 18<sup>th</sup> & 19<sup>th</sup> St. Mary's CWL Council in Fort Francis collected food items for the food bank at the Salvation Army and to support a Cameroon immigrant who is seeking refugee status.

Pictured is a local family, immigrants from the Ukraine, who were given a cheque from the generous cash donations.

Mary Hendriks is the backbone of our CWL. She was our first President when our charter was reinstated in 2015. She held that position for 2 years then continued her duties as Past President for the following 2 years. She has chaired the Funeral and Fundraising Committees since that time to the present. She has, for a number of years, taken on all of the organization for funeral receptions, plant sales as well as numerous pizza fundraisers.

Mary is an extremely strong example of our core values of Faith, Service and Social Justice. She is our "go to" person who is more than willing to share her knowledge and expertise with all of us.

At our Christmas dinner we honoured Mary with the Maple Leaf Service pin for her outstanding contributions. May God bless you, Mary, for all that you have done and continue to do for our St. Joseph CWL. Congratulations!



Submitted by Joanne Vander Laan, St. Joseph CWL Grimsby, ON





St. Margaret's Parish hosted a 40th celebration of Father Donnelly's Ordination which was on December 16th and it was well attended by many appreciative parishioners. Here Bunny Dornan (far right) and Betty Beckingham help serve the cake for Father.

At our St. Margaret's CWL Christmas Social Luncheon, Carol Lavitski, Marguerite Morelato, and Rose Marie Doliska received their 40th, 50th, and 60th Catholic Women's League pins. Congratulations Ladies on your long service to our League.



The Christmas Luncheon Social was held on Sunday December 10th and enjoyed by 35 ladies in St. Margaret's Parish Hall. Past President Reindeer Marlene Pavletic, President Santa Lauri McFarlane, and Treasurer Reindeer Maureen Ahokas helped out with the fun and games.

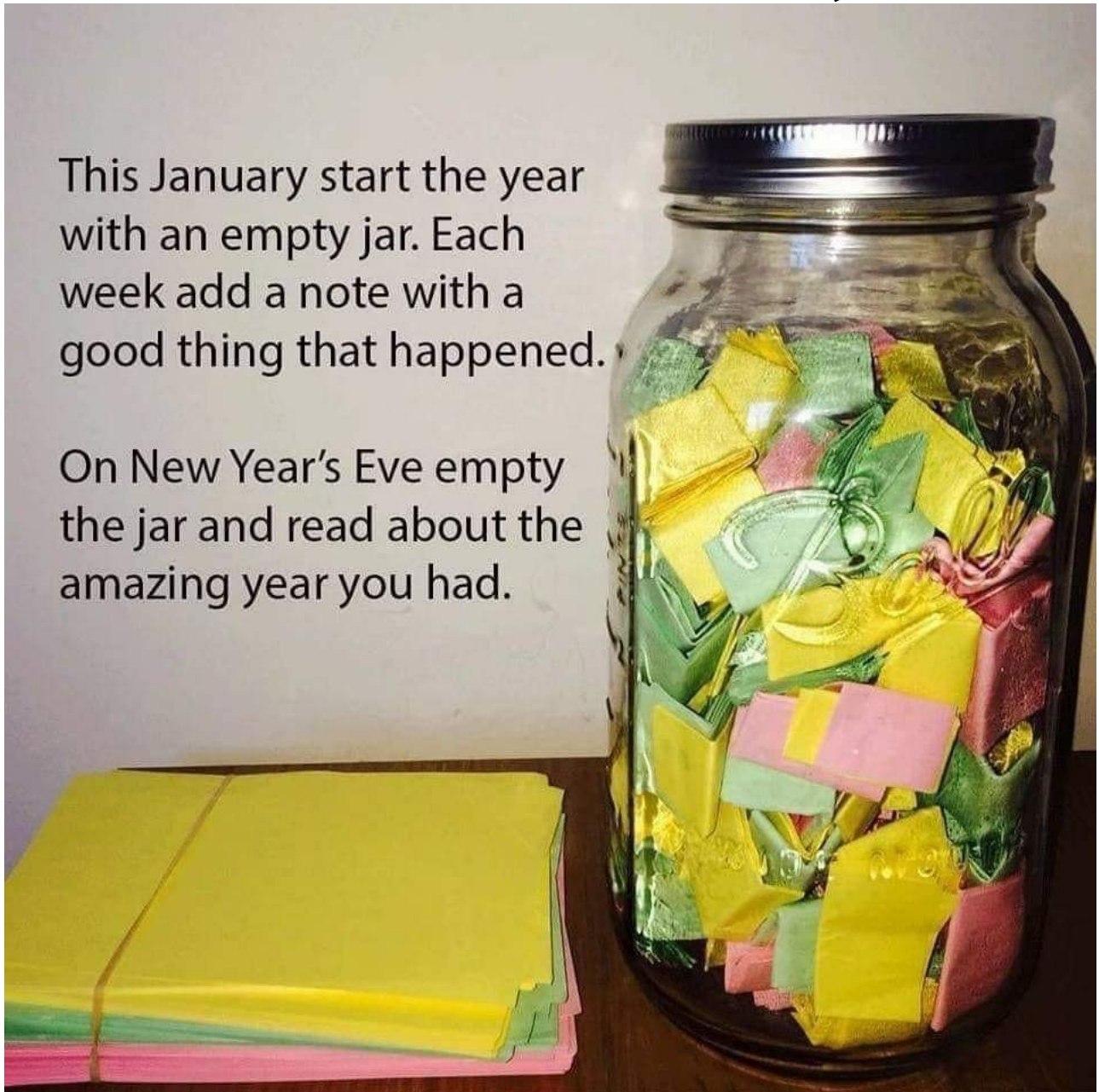
Submitted by  
Lauri McFarlane  
St Margaret's CWL president



## COUNT YOUR BLESSINGS JAR

This January start the year with an empty jar. Each week add a note with a good thing that happened.

On New Year's Eve empty the jar and read about the amazing year you had.



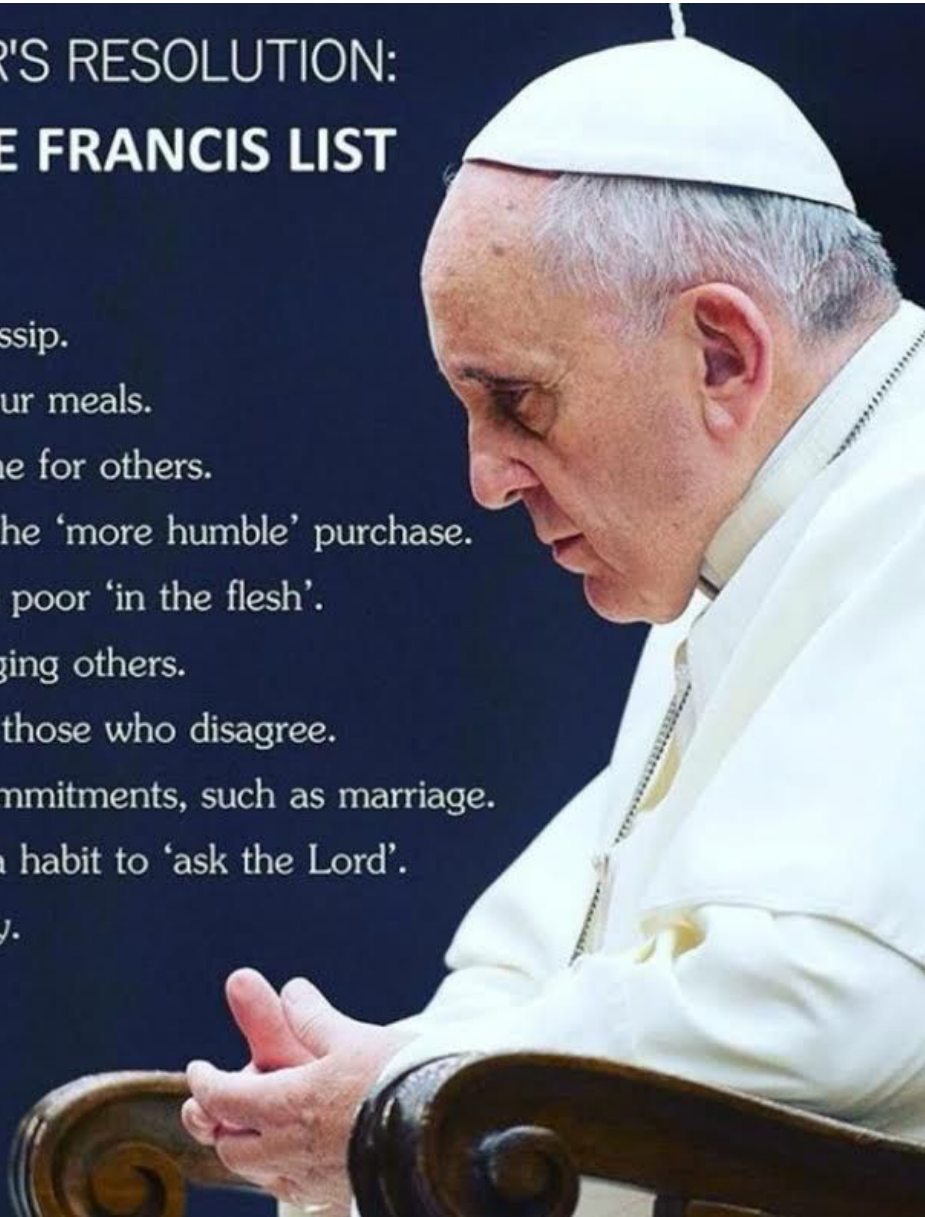


# NEW YEAR'S RESOLUTION: THE POPE FRANCIS LIST

1. Don't gossip.
2. Finish your meals.
3. Make time for others.
4. Choose the 'more humble' purchase.
5. Meet the poor 'in the flesh'.
6. Stop judging others.
7. Befriend those who disagree.
8. Make commitments, such as marriage.
9. Make it a habit to 'ask the Lord'.
10. Be happy.

*Paradome*

Credit: rappler/nbcnewsdotcom



## 8 NEW YEAR'S RESOLUTIONS FOR CATHOLICS

1. GROW YOUR MARIAN DEVOTION
2. DO SPIRITUAL READING
3. PRACTICE GOOD STEWARDSHIP
4. SHARE YOUR CATHOLIC FAITH
5. BRING BACK REGULAR PENANCES
6. GO AN EXTRA DAY TO MASS
7. PRAY THE ROSARY
8. PICK A SAINT BUDDY

**YOUCAT**  
PHILIPPINES



GOSH, THESE PANTS ARE TIGHT! I THINK I'VE JUST FIGURED OUT MY NEW YEAR'S RESOLUTION.

TO GO TO THE GYM MORE OFTEN?

NO, TO USE MORE ELASTIC.





10 simple spiritual resolutions for the new year by Fr. Edward Looney  
You make read the article here

<https://www.catholicdigest.com/amp/faith/spirituality/10-simple-spiritual-resolutions-for-the-new-year/>

In this journey called "Life", I've learned that God never consults our past to determine our future. The roads we take become learning experiences for growth and development, to bring us into our God given purpose.





## **Paddy's Passion**

2024 a new year, a new beginning, what are you planning on doing to make a difference in your life?

Adding more faith? live healthier? more family times? time each day for yourself?

Is your bucket list getting shorter or longer? Are you filling your bucket up every day with positive and letting the negative walk away?

How are you going to make a difference in 2024?

Let's take a walk down memory lane, do we welcome everyone to our church and parish family. Are we making new people feel welcome, are we listening to the needs of our new people? When we send out invitations to events do we include all the information, the correct address, time, and what is expected from you, such as potluck make it clear give small details.

In our communities how can we make a difference. I live in the country and once a week I see an elder gentleman walking his dog and at the same time he is picking up trash from the ditch. I often wonder how many people thank him. He is making such a difference.

Everyone seems to be in a rush but stop and smile and speak to those you meet. You may just make a difference in that person's life.

When you drop off items at the shelters or homes, start a conversation with the people living there, no you don't have to get personal, but you can ask them how they are feeling today, or what do they think about this crazy weather. There are lots of safe conversations you can have. You may be the only person they speak with today.

We were in a restaurant on Dec. 23rd for our daughter's birthday, the place was so busy, we received our menu and our drink order fast, but it was a good few minutes before the waitress could get to us, she apologized over and over again. I said to her breathe, take a minute, we can see it's busy and like most places you are short help. It's ok. After our lunch when giving us our bill she apologized again and thanked us for being so patient with her. It's not hard to be kind and patient. Put yourself in their shoes, the waitress/waiters, the store clerks and staff. Give the staff a complement. Make their day.

God made each one of us in HIS own image, so everyone you meet is special in God's image. It's never too late to make a difference, let 2024 be your YEAR!

Communication Sub Chair Paddy Fitzgerald Nolan

## 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).

Children/Teen:

### **Prove It! Catholic Teen Bible-NABRE Paperback** by [Amy Welborn M.A.](#)

Sometimes the answers aren't enough. Sometimes you want to know *why* they're the answers. Any Bible can answer questions. This is the one that explains why those answers *are* the answers. In twenty-five very compelling tabs spread throughout the Bible text, **Prove It! The Catholic Teen Bible** gives the why to the biggest questions of all. To the questions you've been asking your parents, your teachers, your friends ... yourself:

- What's life all about and where do I fit in?
- What's *my* life all about, and where do God, family, friends, and all the rest fit in?
- How do I know God even exists, and what do the life and death of Jesus have to do with me right here, right now?
- If God loves us all, why should I bother taking my Catholicism seriously?
- If all religions are pretty much the same, why be a Catholic at all?

Here is the inspired Word of God. Here is how to read the Bible -- how to understand, to "decode," what its authors were saying to their particular audiences thousands of years ago. And how to truly hear what the Holy Spirit is saying to you today about God, Jesus, Church, prayer, and ... you.

[Amazon.ca](#)

### **Youcat: Youth Catechism of the Catholic Church Paperback** by [Cardinal Christoph Schonborn](#)

*YOUCAT* is short for Youth Catechism of the Catholic Church, which is the official catechism for World Youth Day. Written for high-school age people and young adults, *YOUCAT* is an accessible, contemporary expression of the Catholic Faith. The popular format includes Questions-and-Answers, highly-readable commentary, margin pictures and illustrations, summary definitions of key terms, Bible citations, and quotes from the Saints and other great teachers. What's more, *YOUCAT* is keyed to the Catechism of the Catholic Faith, so people can go deeper. It explains:

- What Catholics believe (doctrine)
- How they celebrate the mysteries of the faith (sacraments)
- How Catholics are to live (moral life) How they should pray (prayer and spirituality)

The questions are direct and honest, even at times tough; the answers straightforward, relevant, and compelling. After the Bible, *YOUCAT* will likely become the go-to place for young people to



learn the truth about the Catholic faith. Pope Benedict XVI wrote the foreword; Cardinal Christoph Schoenborn, the editor of *YOUCAT* and the Archbishop of Vienna, Austria, wrote the afterword.  
Amazon.ca

Adults:

**A Catholic Woman's Book of Days**  
by [Amy Welborn M.A.](#)

Finding God Every Day

God is present to us in ways too numerous to count. Unfortunately, we are often so busy that we fail to recognize and respond to this active presence. *A Catholic Woman's Book of Days* offers daily meditations that clear a spiritual place--a time in our day when we can set our hearts on God. The meditations are brief, pointed, direct, and personal--and will connect you to God's word and the Catholic faith. While a number of successful devotionals for women have been published for the general Christian market, *A Catholic Woman's Book of Days* is the first resource in the Catholic market featuring daily devotions and prayers for women. Written by Amy Welborn, the devotional entries are pointed and brief, and help Catholic women connect their everyday concerns with God's Word in the context of their Catholic faith. Each entry is introduced by a Scripture verse and followed by a one-sentence prayer. These devotions and prayers are sure to provide Catholic women with a dose of God's grace each day of the year.

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**The Words We Pray: Discovering the Richness of Traditional Catholic Prayers Paperback**  
by [Amy Welborn M.A.](#)

Traditional prayer, often considered rote, tends to be neglected by people who claim to take their faith seriously. *In The Words We Pray*, author Amy Welborn offers an insightful exploration into 18 traditional prayers and the vital spiritual role each one can play.

This enchanting prayer book includes the history and traditional use of each prayer as well as personal anecdotes to show why the body of Catholic traditional prayers is "a treasure worth rediscovering." From the Psalms to traditional Marian prayers to the Lord's Prayer to Amen, the prayers explored in *The Words We Pray* are gifts from the past that can greatly benefit our spiritual life today.

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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

