



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

ON-LINE NEWSLETTER



March 2024 Edition

Featuring the Timmins Diocese and OPC Education and Health

CATHOLIC
and **LIVING IT!**



Linda's League Letters

My dear League sisters,

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I am a regular reader of The Catholic Register and always look forward to enjoying the thoughts expressed by Father Ron Rolheiser. In the edition of February 4, 2024 he mentioned that he is a member of the religious order the Missionary Oblates of Mary Immaculate founded by St. Eugene de Mazenod. Father Rolheiser explained about several aspects of St. Eugene's spirituality. The statement that resonated with me was:

"... what we dream alone remains a dream, what we dream with others can become a reality. In his view, compassion only becomes effective when it becomes collective, when it issues forth from a group rather than from just one individual. He believed that alone you can make a splash but not a difference. ...

"... if someone were to ask him: "What's the one single thing I might do to make a difference?" He would reply: Connect yourself with others of sincere will within community, around the person of Christ. Alone you cannot save the world. Together we can!"

Isn't that what we, as members of the League, are doing? A few years ago, I wrote letters to my member of parliament expressing my opposition to medical assistance in dying. I never received a response. Last fall I wrote a letter as the Ontario Provincial CWL President, representing 33,000 members, and I got a personal response from the Minister of Justice. Our voices were heard!

Let's continue to **BEE** a community of voices for social justice!

Linda Squarzolo, President
Ontario Provincial CWL



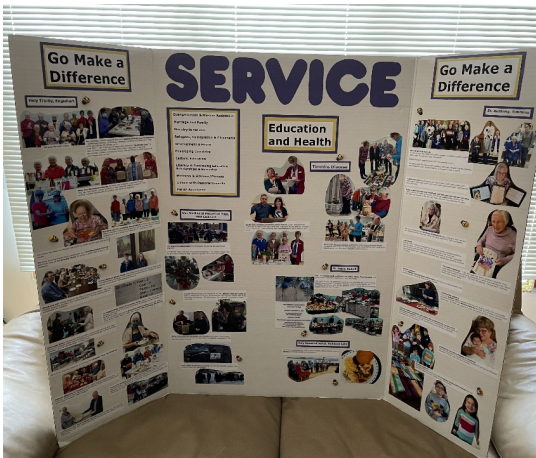
Timmins Diocesan Council of The Catholic Women's League of Canada

Diocesan Convention May 2023

The Timmins Diocesan Convention was hosted by St Anthony of Padua, Timmins. The provincial representative was President Linda Squarzolo.

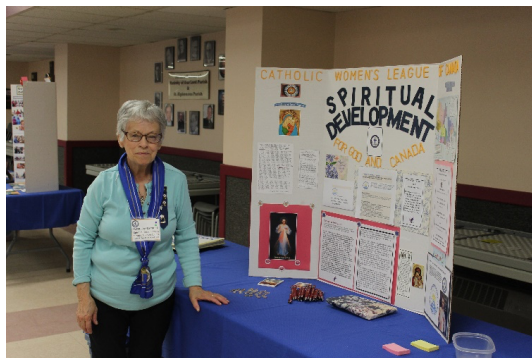


Pictured is Provincial President Linda with her two sisters; (left to right) Marg Johns President of Sacred Heart, Timmins; President Linda Squarzolo; Shirley Deleurant Secretary of St Anthony of Padua, Timmins.



Displays

Councils were asked by diocesan Education and Health Chair to submit photos, with a brief write up of council activities that illustrated the provincial theme, Go Make a Difference. These were displayed at the convention.



Yvette VanLankveld displayed the faith based activities of the Diocesan CWL councils.

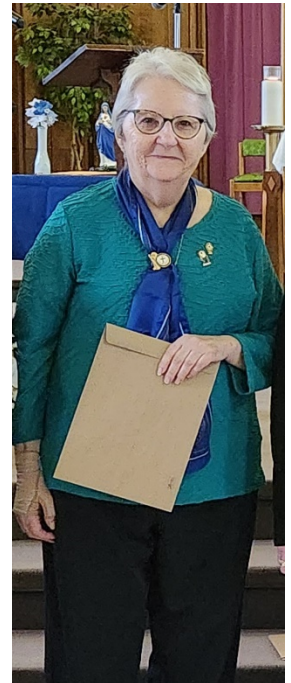


The Timmins Executive was reaffirmed at the conclusion of the convention, from left to right, Fr John Lemire (Spiritual Advisor), Audrey Shelton, Annette Kelly (Past President), Shirley Gravel (Diocesan President), Yvette VanLankveld (Spiritual Development), Colleen Landers (Communication), Lynne Rowlandson (Organization), Armida Millions (Secretary) Absent Marie Black (Education & Health), Peggy McInnis (Treasurer).

St. Anthony of Padua CWL, Timmins

Eileen Meunier Maple Leaf Pin for St. Anthony of Padua CWL

Eileen became a CWL member of St. Anthony of Padua CWL in Timmins in 2004 so at present has 20 years of service. She served as Cristian Family Life Chair from 2010- 2014, Spiritual Development Chair from 2015-2016, President from 2017-2021, Past President from 2022-2023. She has been active in her parish as lecturer, usher, sacristan, baptism preparation and service minster, and Eucharistic minister for many years. Eileen was awarded the Maple Leaf pin on Dec 10th 2023 as the first member of St Anthony of Padua CWL to be a recipient. This pin is awarded to a member for outstanding devotion to league work, extraordinary service to the league and parish life. In 2019 Eileen agreed to stay on for a second term as President as there was no other member that would step forward for the position and saved our CWL from having to fold. Congratulations Eileen & thank you for your service!





Service Pins Eileen Meunier 20-yrs, Shirley Deleurant 20-yrs, Annette Kelly 35-yrs, Irene Gregorcic 20-yrs, Marilyn Mc Alpine 40-yrs, Liz MacDonald 15-yrs, Peggy MacInnis 30-yrs, Agnes Okonmah 10-yrs Missing Doris Dumochel 10-yrs



2024-2025 St. Anthony of Padua CWL Executive: President Cristina Corbett, Past President Colleen Landers, Secretary Shirley Deleurant, Social Justice Chair Diane Armstrong Plouffe, Treasurer Annette Kelly, Missing Faith Chair Christine Duncan



Recipients of Certificates for Service to St Anthony of Padua CWL 2023: Doreen Gerbasi, Eileen Meunier, Colleen Landers, Barb Poulin, Liz MacDonald, Shelley Leclerc, Shirley Deleurant, Cristina Corbett, Missing Christine Duncan



Thank you to Spiritual Advisor Father John Lemire, Jake Gregorcic Deacon, and David Smith Deacon

Sacred Heart of Jesus – Timmins

Unity Outreach

Members met for the Unity Outreach project.



Council brings the social to their members



Sacred Heart CWL held a coffee social at St. Mary's Gardens which is an assisted living residence. They have members who live there, and unfortunately are not able to attend CWL parish functions...so they decided to bring the social to them. Anyone who wished to attend was welcome - CWL membership was not required. It was a great afternoon of companionship, coffee and cake.

Our Mother of Perpetual Help – New Liskeard



Our Mother of Perpetual Help CWL President, Audrey Shelton, accepts a certificate from Timmins Diocesan President Shirley Gravel. The council celebrated their 70th Anniversary as a council with a turkey supper and entertainment.

Incoming president, Connie Dancho Wight, cuts the cake she made to commemorate the anniversary.



Holy Name of Jesus – Kirkland Lake



The Holy Name CWL held a very successful Bazaar; they sold plants, baking, and crafts. The funds raised will be used to repair the church steeple.

President Karen MacGregor enlisted some potential CWL members to assist with a CWL project.



Holy Trinity -Englehart



Education Week

In response to a diocesan directive, Holy Trinity Council collaborated with Holy Family School to plan an activity to reflect the 2023 Education Week theme, *We are many. We are one.* Each student was given a cutout figure on which to write or draw their response to the theme, keeping in mind that we are all God's children, we all belong to His family and each of us is loved by God. The figures were attached to the banners and displayed in the church. The students also learned the Jan Arden song, *You've got to Show a Little Kindness*, which they sang at the end of Mass. As the students left the church, each received a cookie in thanks for their hard work and participation



Holy Family School in Englehart hosted a fall open house. Holy Trinity CWL displayed information about our parish and our council. Included were photos and lists of parish and council activities and accomplishments. Members were present to answer questions.

Fall Rummage Sale



The CWL members prepare for the Fall Rummage Sale. The community is very supportive. The items that were not purchased were donated to the Salvation Army and Thrift Store. Another Rummage Sale will take place in the spring.

Holy Trinity Reaffirmation

Holy Trinity CWL reaffirmation (left to right) Retiring Past President/Diocesan President Shirley Gravel, President Bernice Duncan, Past President Lynne Rolandson, Spiritual Advisor Fr Justin Dawson, Faith Chairperson Anne Bougie, Service Chairperson Marie Black, Treasurer Wilma Peeters



CWL Members visits Moosonee.

CWL members, Patricia Kloosterman(Toronto), Marlin Taylor(Toronto), Lynn Olinek (Hearst Moosonee), and Timmins Diocesan President Shirley Gravel, travelled to Moosonee. The ladies held a craft sale. The funds raised were donated to Christ the King Cathedral, and to the Hope for Honduras Fund. The CWL members taught a craft, had a prayer service for St. Kateri Tekakwitha, travelled to Moose Factory and attended a Truth and Reconciliation event. They were also able to see a demonstration of the Tamarack bird.



Stained glass windows from Christ the King Cathedral. All of the windows in the church are stained glass and reflect the Indigenous culture.

Indigenous Craft

An Indigenous artist from Brittany Beads was invited to give a workshop on beaded Christmas ornaments to CWL members, and to interested members of the community. The single ornament took hours to complete; the



attendees left the workshop with a great admiration for our Indigenous sisters who had moccasins, and mitts.





Christmas Potluck

Our Theme this year was to dress up as a favorite "Christmas Carol". We were asked if we could identify which carol members were dressed up as. This got a lot of laughs.

We were asked to bring a donation for the food bank, and that was greatly appreciated by our Food Bank.

Marie Black dressed to represent the carol, While Shepherds Watch Their Flocks



Claudette Black as Silent Night (Knight)



Frances Freeman as The Nut Cracker.

Traditionally, at the Christmas Potluck, membership anniversaries are acknowledged. Pictured, left to right is, President Bernice Duncan presenting Silvia Bos with her 40 year certificate and pin.



Memorial Service

In November all deceased CWL members of Holy Trinity Parish are honoured in a candle lighting service. Anne Bougie, Faith Chairperson, led the Memorial Service, A candle was lit for every deceased member.



Yvette Schaffner places a red rose in the vase in memory of deceased member, Shirley Schaffner. Traditionally, a rose is placed in the vase for each member that passed away that year.

Mary Queen of the World, Matheson



Ladies of the council met for the Unity Outreach project. Pictured are, from left to right are: Barbara Mattson, Anna Andrews (Parish President), Shirley Gravel (Diocesan President), and Marilynn Delaurier.

Mary Queen of the World parish held a Christmas bazaar on November 4th 2023. Evelyn Truax worked at selling tickets for the dime table and for

the door prize. Barbara Matheson and Viviane Vian worked at the craft table. Most of the members brought sandwiches or desserts. The Christmas bazaar was a great success.

Mission Work In Honduras

Members of councils in the Timmins Diocese, and the Hearst-Moosonee Diocese made monetary donations and donated materials for Honduras. Timmins Diocesan President Shirley Gravel, and past president of Hearst-Moosonee Diocese Lynn Olenik travelled to Honduras, February 6th – February 20th. This was Lynn's tenth trip to Honduras, and Shirley's first.

They attended the Centro de Notre Dame outdoor school Mass in El Progreso. There were 750 students in attendance. The school year begins in February. This was their first Mass of the school year.





Organized a candlelight Rosary Service in Lesperanza.

Delivered donated items to the Maternity House.



Assisted students with their homework at the Copprome orphanage.

Offered craft workshops in seven different locations.





Education & Health Standing Committee Chair

The new League theme is [Here I am Lord, send me](#) for 2024-2025 calls us to action. Shari Guinta, national president wrote in the [Canadian League, Winter 2024](#) issue that “mental health was chosen for the theme’s focus. The social and economic impacts of mental health are prevalent in all communities, including homelessness, violence, spousal abuse, job loss, and so much more. It touches all areas and levels of society.”

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. [World Health Organization \(WHO\)](#)

Nutrition and Mental Health

With March being Nutrition Month in Canada, and the League national theme, *Here I am Lord, send me*, focus on mental health, it is timely to address nutrition and mental health.



Food is a necessity of life as it provides the nutrients (vitamins and minerals) for our survival. The energy from food is needed for our body to grow, repair, and maintain body tissues and to regulate nutrients. Food is needed in the right quantity and variety as too much or too little affect our quality of life.

Research has shown a connection with the foods we eat and our mental health, feelings, behaviours and gut bacteria and mental health.

Below is summarized from the [Food & Your Mood: How Your Diet Could Affect Your Mental Health - The Oxford Center](#)

- **Serotonin:** Is a chemical in the brain that send messages from nerve cells through our body. It helps to regulate body functions such as mood, sleep, etc. Low amounts can lead to mood changes, depression, anxiety, memory issues, sleep problems, etc. Choose foods such as turkey, salmon, nuts, seeds, etc.
- **Blood Sugar:** Blood sugar, or blood glucose, the main sugar found in your body and is the main source of energy. Unstable amounts can energy levels, anxiety, tiredness. Ensure a balanced intake of healthy protein, fats, and carbohydrates.

- Omega-3 Fatty Acids: These healthy fats help to improve/regulate mood, reduced symptoms of depression. Food sources include salmon or sardines, beef liver, walnuts, chia seeds, and flax seeds.
- Gut Microbiota: These are the bacteria that lives in the digestive system and helps to harvest energy, digest food, immune defense. High fiber such as fruits, vegetables, and probiotic yogurt, etc.

Also see March 15, 2021: [Nutrition, Your Brain and Mental Health – The Latest Amazing Findings](#)

The [Canada's Food Guide Eat well. Live well](#)

key messages are:

- Be mindful of your eating habits. Take time to eat.
- Cook more often. ...
- Enjoy your food. ...
- Eat meals with others. ...
- Use food labels to understand what you are eating.
- Limit foods high in sodium, sugars, and/or saturated fats.
- Be aware of food marketing.



League Resolutions

Review the resolutions below as they have direct and direct impact on mental health, food access, health outcomes, etc.

[ON.14.01 | Mandatory Labelling of Genetically Modified Food Products](#)

[ON.13.01 | Reduce the Stigma Attached to Mental Illness](#)

[ON.11.02 | Limit the Sodium in our Food](#)

[ON.16.03 | Expand the Nutrition North Program](#)

You are what you eat so take the steps to choose the right foods to keep you physically and mentally well.

Submitted by Hilarion Mitchell, Education & Health Standing Committee Chair



PREPARING FOR THE DESERT HOW ARE YOU GOING TO LIVE LENT THIS YEAR?

Wilma Vanderzwaag
Spiritual Development Chair

WHAT IS KEEPING YOU FROM GOD?

What habits do I engage in that are destructive to my spiritual health?

To what material things am I too attached?

What areas in my life are unbalanced?

To what do I devote too much or not enough time?

PRAY... IN PERSON

- Attend daily Mass once a week
- Attend or pray the Stations of the Cross every Friday
- Invite a friend to attend Mass with you
- Go to confession
- Attend adoration of the Eucharist
- Pray the Rosary once a day
- Pray the Angelus every day at noon
- Pray the Chaplet of Divine Mercy

PRAY... BY THE BOOK

- Spend a few minutes with Scripture each day Suggested: Genesis, Proverbs, Isaiah, Letter to the Hebrews or the Gospel of St Mark
- Read the daily Mass readings
- Start a journal.
- Gratitude. Where I saw God today and give thanks
- Pray the Liturgy of the hours
- Read a spiritual autobiography (i.e., Augustine's Confessions, Story of a Soul, Journal of a Soul, Witness to Hope)
- Listen to a free Catholic audio book from Maria Lectrix.
- Study the life of a different saint each day.
- Start the Bible in Year podcast with Fr. Mike Schmitz.
- Read a Catholic classic.
- Read a story to a child.

PRAY... ONLINE...ON YOUR DEVICES

- Each morning, scroll through the contacts on your phone. Randomly stop and say a prayer for whichever person you land on
- Pray the Daily Examen <https://hallow.com/blog/how-to-pray-the-examen/>
- Join #Pray40 Lent Challenge
- Prayer Podcasts: Pray as you Go
- YouTube: Journey deeper the rosary is said 24/7
<https://www.youtube.com/live/JFMMt8sWpOM?feature=shared>

PRAY..... DAILY OR WEEKLY EMAIL

- SIGN UP FOR praymorenovenas.com
cccb.ca/lent
- LIVING LENT- loyolapress.com
- FORMED
- BISHOP BARON, WORD ON FIRE
- CHRISTIAN ART-WWW.CHRISTIAN.ART Founded by Fr. Patrick VanderVorst, R. C. Priest in the Diocese of Westminster, London
- Offers Daily Reflections on the Gospel paired with a work of art.

FR. MARK GORING, COMPANIONS OF THE CROSS R.C. PRIEST
WEBSITE: WWW.FRMARKGORING.COM
YOUTUBE: [HTTP://WWW.YOUTUBE.COM/@FRMARKGORING](http://WWW.YOUTUBE.COM/@FRMARKGORING)

CATHOLIC MINUTE
CATHOLIC SPEAKER, KEN YASINSKI AND HIS WIFE, JANELLE
WEBSITE: [HTTPS://WWW.CATHOLICSPEAKER.COM/](https://WWW.CATHOLICSPEAKER.COM/)
YOUTUBE: [HTTP://WWW.YOUTUBE.COM/@CATHOLICSPEAKER](http://WWW.YOUTUBE.COM/@CATHOLICSPEAKER)

ASCENSION PRESS
MOST NOTABLE PODCASTS ARE THE BIBLE IN A YEAR AND THE CATECHISM IN A YEAR NARRATED BY FR.MIKE SCHMITZ
WEBSITE: [HTTPS://ASCENSIONPRESS.COM](https://ASCENSIONPRESS.COM) SELECT FREE MEDIA IN THE TOOLBAR FOR MORE
YOUTUBE: [HTTP://WWW.YOUTUBE.COM/@ASCENSIONPRESENTS](http://WWW.YOUTUBE.COM/@ASCENSIONPRESENTS)
TFREE APP: AVAILABLE AT THE APPLE APP STORE OF GOOGLE PLAY STORE,
ASCENSION

GIVE THANKS

- Each week, write a letter of thanks to a different member of the clergy, beginning with your bishop and parish priest.
- Each week write a thank-you note to someone.
- Find the psalms of thanksgiving or praise in the Bible and pray them.

Prayer for the Lenten Journey

Grant, almighty God through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects.

Through Our Lord Jesus Christ your Son who lives and reigns with you forever. Amen.



Did you miss the last Zoom League Development series - What community really means to you and other members of the League. Here is your opportunity you can listen to it by following the link. Or if you would like to listen to it again...

https://us06web.zoom.us/rec/share/iTQpJIb8Fw_6CO_jGJqR6V87X1otF9rOVqQ8FyiVjw_5rWEsWiHwA4biF4Ng3A3X.Jw2qGW_yQeqrngiW

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ORGANIZATION / PILLARS OF THE COMMUNITY

FAITH – SERVICE – SOCIAL JUSTICE

The three pillars of faith, service and social justice reflect the core values of the Catholic Women's League through which members seek to live out the Mission Statement of being called to "grow in faith, and to witness to the love of God through ministry and service."

The strength of the League is that although it is a national organization, each parish council is unique and is uniquely able to address the needs of its own members and community. Their interest and needs will reflect their local situation.

Excerpt from *Handbook for Chairpersons of Faith, Service and Social Justice*

<https://www.cwl.ca/wp-content/uploads/2024/01/614-Handbook-for-Chairpersons-2022.pdf>

The simpler structure with 3 pillars describing all that the League entails does not mean less people do more work!

Instead, as a council, invite your members' input to determine topics and/or activities of importance as you begin each year. Once this is completed, pillar teams need to be established who gather and decide on how they will bring the pillar alive for their council during the year. Each active member should decide their pillar belonging by deciding where they feel the strongest emotions and pull to action. One council reported putting up three signs and asking members to stand at the word(s) that spoke loudest to them which was a simple way to establish the teams.

Many members have expressed concern at less standing chair positions with the same amount of work. However, under the new structure each pillar requires a passionate team to facilitate and action discussions; the chair is really a facilitator, leader, coordinator. Different members of the team can lead different activities or facilitate a gathering or consider a buddy system to support mentoring.

In follow up to the recent workshop on pillars, one member sent an email asking, "Did you really say, we used to make reports for every standing committee at every meeting?" A bit of a sick feeling in the pit of my stomach as I thought ... did I say something I shouldn't have? It was confirmed with our national vice-president, at a meeting of provincial vice-presidents later in the month, I did not.

Having a local focus and flavour means changing from ...

The President planning a **meeting** under the old structure by completing with current date and information a standard agenda that always included: opening prayer, welcome, minutes, financial report, a report from each standing committee, old business, new business, other items from membership, formal adjournment and closing prayer. Each standing committee was expected and often reminded at an Executive meeting to bring a report.

to plan a **gathering** under the new structure, the President asks a question something like: *What is relevant to our members, at this time, in this place?*

Today's answer should still include prayer to open and close the gathering as our faith is the core of our mission, although food runs a close second ☺.

Other statements that may be included in the answer:

- Sharing in a call to action from national/provincial/diocesan on an issue as identified by a pillar team or your Executive as relevant.
- Opportunity for members to discuss or plan or complete an activity identified by members as important for the current year.
- a financial report if your members chose to hear an update at every gathering; however, they may choose to receive a copy or to have the ability to occasionally pick up a copy from a standard location in the church.
- a speaker/activity suggested by the members on a topic chosen by members.

The president does not organize every gathering herself; instead, she may start every gathering with comments but often would then defer to a member or group of members who expressed interest in the topic or activity and volunteered to lead it.

Hopefully the difference between the old and new is becoming a little clearer to you. It is not the President and her executive's responsibility to plan every meeting, and every gathering does not need to be a formal meeting. All positions facilitate and are not responsible to fulfill the mission statement alone.

I also hear some members say the Executive is not filtering all information to the members. I encourage all members to embrace website Wednesdays. This is a long-standing initiative to encourage regular check-in at national www.cwl.ca, provincial www.cwl.on.ca and local/diocesan websites.

Please remember the use of teams is not just encouraged, it is essential to the future of your council and the League as a whole. Members need to be encouraged to express their wishes and needs then to have opportunity to engage as their life circumstances allow. Live out your Catholic faith and support the efforts of all members across Canada though membership in The Catholic Women's League of Canada. Together we can **Bee the Difference!!!**

Upcoming League Development Zooms:

Want to see something on a particular topic, email preselectopc@tbaytel.net

Date	Time - EDST	Session Title	Presenter
Mar 7/24	7:30 PM	What's your passion?	Colleen Martin, Pres-Elect OPC
Mar 18/24	7:00 PM	How is St. Patrick an example for Christians in today's world?	Colleen Martin, Pres-Elect OPC
April 24/24	7:30 PM	What makes a team?	Colleen Martin, Pres-Elect OPC
May 6/24	7:00 PM	Conflict Resolution	Lisa Henry, President, Sault Ste. Marie Diocesan Council
May 14/24	7:00 PM	Holy Spirit and Mary	Iris McNulty, Spiritual Chair, Toronto Archdiocesan Council

Submitted by Colleen Martin Organization Chair/President Elect



**MEMBERS and SPIRITUAL ADVISORS ...
YOU ARE INVITED!!**

***JOIN US IN SUDBURY ...
HOME OF THE BIG NICKEL AND MUCH MORE!***



WE LOOK FORWARD TO YOU **BEE-ING** HERE



Registration forms can be found here.
<https://cwl.on.ca/wp-content/uploads/2024/02/Information-and-Registration-Package-77th-Ontario-Provincial-Convention.pdf>

AROUND THE PROVINCE



St. Peter's Council in the city of Cornwall of the Diocese of Ottawa Cornwall celebrated their 70th Anniversary. Congratulations and may the good Lord continue to bless you all and your works.

St. Basil's CWL Council in Ottawa, ON has 6 new members, bringing their total membership to a record 56. Their new executive was installed on February 10th and are pictured holding candles in front of the new members. From left to right: Elizabeth Larmont Elliot (Past President), Judy Young (Service), Michelle Tracy (President), Divina Hogan (Faith) and Catherine Casserly (Treasurer).



Notre Dame Parish, Kenora was gifted with this young lady at our meeting this month. She is excited that her membership was paid by the Thunder Bay Diocesan President and is willing to help and serve the League.

Edna was the Hall manager and member of the CWL her whole adult life and she was devoted to the whole community. She worked as the school custodian, loving the children, managing our hall. Seeing it through many renovations until the day she went to the hospital. She held executive positions on the CWL council, being our Hall convenor, planning for funeral luncheons, community events, renting to public for weddings, showers, Guides, Brownies, Wild game dinners, New Year's Eve parties, K of C functions, Sacramental Celebrations, etc. etc. etc. Her shoes are hard to fill, and her heart was so big! she is irreplaceable.... but we have hope for the future of our beautiful hall. This plaque was installed earlier this year outside the kitchen in memory of her dedication.

EDNA CHEVALIER



January 2023

The community and parishioners of St John the Evangelist Parish are forever grateful to Edna for her 45+ years of service as Hall Manager.

Edna's service and dedication will continue to inspire future generations.

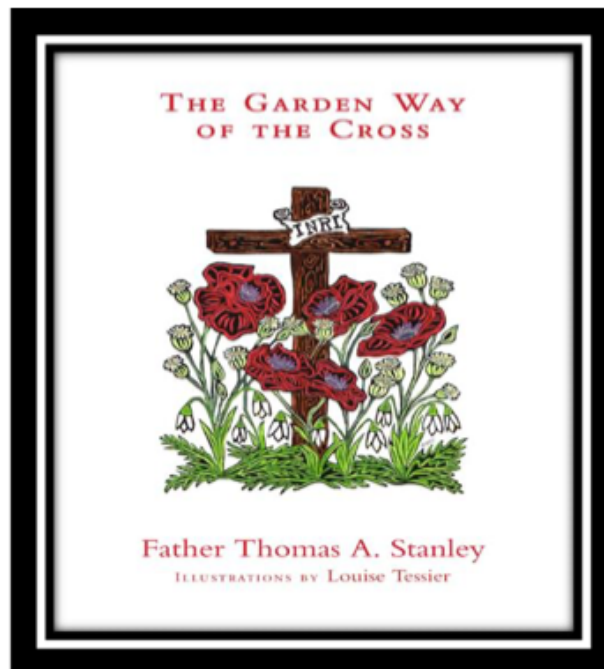


**The Catholic Women's League of Canada
Toronto Diocesan Council**

CWL Wednesday, March 20, 2024

7:00 – 8:30 p.m.

The Garden Way of The Cross



Presenters: Kate O'Quinn, TDC President-Elect/Organization Chair
Iris McNulty, TDC Spiritual Development Chair

Join us for this Lenten Service, as we pray the Stations of the Cross, "journeying along the botanical path with Jesus"

Register with Shaila D'Souza: shailaflavy@gmail.com

By Tuesday, March 19, 2024



Our newly Installed Officers for 2024-2025 at Mary Immaculate Parish, London
 From left Deb Pero Service Pillar, Lori Alexander Organization, Gail Adams Faith Pillar, Gwen O'Connor Admin Assistant/Communication, Brother Doss Velanganni Spiritual Advisor, Ann Andreica President, Kathy Furlong Secretary, Sandra Cruz Treasurer and Nora Groshok Social Justice Pillar.

“The Service Clubs” of Cornwall and area meet 10 months of the year and discuss ways we work in our community together. This past Christmas in a combined effort we were able to provide a food basket for 1,500 families. We also share what each other’s club have coming up so we may support each other’s activities.

Every year in February the service club host a bowling fun day and this year 2 lanes of members of the Ottawa Cornwall Archdiocese were proud to represent the CWL. Having fun certainly was not a chore!!



There are 14 clubs in the service club council.

The Service Club for the next four years; with the Executive taking a new position every year. Angela came on as Treasurer for the 1st year, then Secretary, 1st Vice and then President. So in four years Angela will be the President and we will be hosting the dinner for her as outgoing President. The Mayor of Cornwall was there to swear them in and there was an excellent large

group of CWL Members present at the dinner.

**Frances O'Dair
Receives Bellelle Guerin Award**

The **Bellelle Guerin Award** was introduced in 2007 for members who do not qualify for life membership and who demonstrate love of the League and an availability and willingness to continue to serve. The nominee must be an exemplary member of the League, serving at more than one level.

Frances has been a member of St. Columban Council for more than 34 years serving in a variety of offices. In recent years, she was responsible for organizing and raising funds for diocesan events. Her love for the League continues to be evident through her words and actions. At the Christmas 2023 Pot Luck, St. Columban Parish Council presented her with the Bellelle Guerin Award. May she wear this very deserving award with pride and the blessings of our Council.



**Marilyn-Wylie Brown
Receives Maple Leaf Service Pin**

The **Maple Leaf Service Pin** was introduced in 1971 for members who have served the League in an exceptional or meritorious manner. As a retired school teacher, Marilyn never lost her love for children of all ages. She continues her outreach to students preparing for first communion and organizing school Masses at our parish. Her work is a model for outstanding League service, and continues to inspire all of us. At our annual fall dinner hosted by the Council, Valerie Rowe, Council President was pleased to present the Maple Leaf Service Pin to Marilyn-Wylie Brown.

**St. Columban Council
Cornwall, Ontario
Archdiocese of Ottawa Cornwall**

St. John the Baptist Amherstburg Diocese of London

December Social



Rose Shaw presenting Isabelle Bastien with her 10 year pin

Members Mary Jane Murphy, June McManamy, and Donna Gibb, Bernadette O'Mahony (pinning ceremony)

Member Diane Baker and Past President Rose Beneteau (pinning ceremony)



Members Bernadette O'Mahony, Judith Rocheleau, Sharon Barron, Michelle Schroeder delivering items collected from council for Hiatus House



St John the Baptist Amherstburg council held our Lenten Stations of the Cross

St. Martin of Tours Church – CWL Toronto Diocese

Membership Drive at St. Martin of Tours Parish Council is usually scheduled on a hosted Coffee Sunday in November. A picture collage was created to show the various activities of our CWL Council and pamphlets were handed to prospective members. We had the reception of 14 new members, with a celebrated Mass on January 31, 2024. An Orientation and Welcoming of New Members was held on February 17, 2024 and "New Member's Kit" containing welcome letters from presidents from National, OPC and Parish Council, C & B copy, and various League prayer cards, were handed out. New members were so engaged and shared their stories on how and why they joined the Catholic Women's League.



Submitted by: Lawina L. Notario, CWL Council President, St. Martin of Tours Parish

Loretto Sisters

The Institute of the Blessed Virgin Mary (IBVM) is a worldwide religious community of Catholic women dedicated to serving God by responding to the needs of God's people. Although education was its primary work, Loretto Sisters now serve in a wide variety of educational, pastoral, and social ministries. They continue to follow the path envisioned by Mary Ward, foundress, working for **freedom**, **justice**, and **sincerity** in our times.

Our Mission

We are women called by God to a life of prayer and service, committed to enriching the lives of God's people, especially women, and to the promotion of justice, peace and integrity of creation.

ST. COLUMBAN PARISH COUNCIL Cornwall, ON

At a general meeting of St. Columban Parish Council, the members gathered to celebrate Wendy Ip. Wendy is discerning a strong call to a life as a religious sister. She will be joining the IBVM community in Toronto on February 12, 2024, where she will continue her volunteer work with United Nations Women, faith development, and studies in theology. The IBVM community has already extended such a warm welcome to her, and IBVM leadership has asked her to join them in the annual United Nations Commission on the Status of Women held at the United Nations Headquarters in New York in March. Our members are grateful to have had her as a member of our parish council and church community. We wish her well and may God bless her on her journey to serve his people.



St. James CWL Council (Maxville of Ottawa-Cornwall Diocese) donated a basket full of goodies to celebrate Family Day.



And the winner is...Fr Gilles! He put his ticket aside and...Let's try this again...congratulations to Margaret Cotnam - who shared her Tim's gift card with Fr Gilles and then Fr Gilles treated Fr Jon to lunch before heading to see Mary Poppins! The gift that keeps on giving...all proceeds (\$535) of your generosity will be donated to Baldwin House. (Women's Shelter)





Social Media

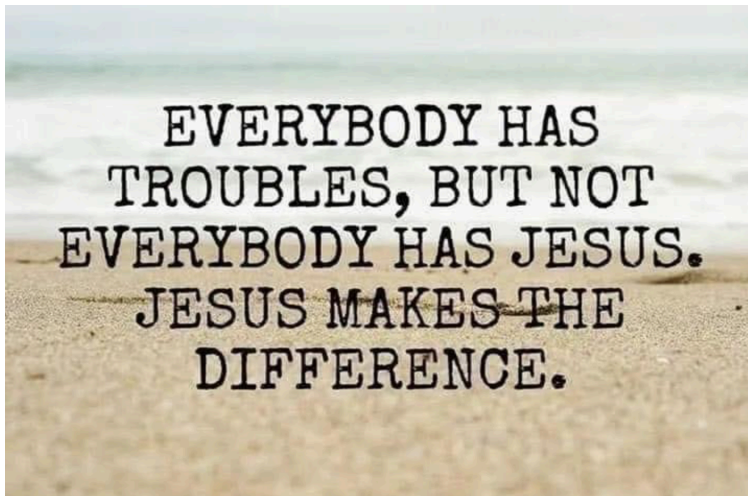
Wednesday, January 24, 2024

Today, on the liturgical memorial of Saint Francis de Sales, and with the approval of the Permanent Council, the Episcopal Commission for Justice and Peace of the Canadian Conference of Catholic Bishops (CCCCB) releases its Pastoral Letter on the use of social media titled: “Let Your Speech Always Be Gracious.”

Acknowledging the prominent role social media has come to play at an individual and societal level, this timely Pastoral Letter considers the benefits and dangers of social media from the perspective of Catholic Social Teaching. It provides tools for moral reflection and self-examination, and suggests seven commitments by which to be guided for a more ethical use of social media:

- check for accuracy
- seek greater perspective
- value human dignity
- bring curiosity into the conversation
- distinguish between intention and impact
- privilege “in real life” encounters
- tend to our time spent online

The [Pastoral Letter](#) concludes with Discussion Questions to stimulate deeper reflection individually or in group settings.





Paddy's Passion

Lost or Stolen Identification

All pieces of stolen or lost identification should be reported to your local police service.

- Your birth certificate is the most important piece of identification to replace first since it will be needed to obtain your other lost/stolen documents. Office of the Registrar General 1-800-461-2156
- Driver's License, to replace this document you will need two pieces of identification are required, one piece with your signature.
- Health Card, can only be done in person at your nearest Service Ontario office
- Bank/Credit Cards, notify your bank or credit company immediately to cancel and obtain a replacement card. Be sure to change your PIN number.

BANK	VISA/MASTER CARD	BANK CARD	AMERICA EXPRESS
CIBC	1-800-663-4575	1-800-465-2422	
Royal Bank RBC	1-800-263-1811	1-800-769-2511	
American Express			1-800-668-2639
TD Canada Trust	1-800-983-8472	1-800-983-2265	
Bank of Montreal BMO	1-800-361-3361	1-800-361-3361	
Scotia Bank	1-800-387-6556	1-800-267-1234	
National Bank	1-800-361-5483	1-888-483-5628	

Paddy Fitzgerald Nolan
Communications Sub-Committee

WELCOME TO LISA'S LIBRARY



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

Children:

Little Colt's Palm Sunday Paperback
by [Michelle Medlock Adams](#) (Author)

Here is the story of the little colt who carried Jesus on his triumphant entry into Jerusalem. Told from the perspective of the colt, the story begins with Mama Colt explaining who Jesus is, then moves through Jesus' triumphant entry into Jerusalem amid the cheering throngs of his followers. While often included as part of the Easter story, this is a unique approach to the story of Palm Sunday. Paperback, 9 x 9, 32 pages, ages 4 to 8
[Amazon.ca](#)

Benjamin's Box: The Story of the Resurrection Eggs Hardcover – Picture Book, February 5, 2008
by [Melody Carlson](#) (Author), [Jack Stockman](#) (Illustrator)

Are you looking for the perfect Easter picture book and a way to engage your children with the biblical story of Holy Week in a way they'll remember? Learn about Jesus along with Benjamin as he follows Jesus through Jerusalem to find out who this man really is. When Jesus comes to Jerusalem, Benjamin first thinks he is a teacher, then a king. But as he follows Jesus throughout the week, filling his wooden box with special treasures along the way, he finally learns the REAL good news—Jesus is all about love.

Benjamin's Box: The Story of the Resurrection Eggs is:

- For ages 4–8
- Beautifully illustrated, making this a book something to treasure.
- Perfect for small group or individual reading experiences
- Ideal to use alongside Family Life's Resurrection Eggs® or alone as a meaningful look at Jesus' ministry and sacrifice.

Benjamin's Box: The Story of the Resurrection Eggs brings the story of Jesus' time in Jerusalem, his death, and resurrection to life for readers young and old.

[Amazon.ca](#)

Adults:

The Five Wounds

by Kirstin Valdez Quade

Jesuit Media Lab Book Club Feature

It's Holy Week in the small town of Las Penas, New Mexico, and thirty-three-year-old unemployed Amadeo Padilla has been given the part of Jesus in the Good Friday procession. He is preparing feverishly for this role when his fifteen-year-old daughter Angel shows up pregnant on his doorstep and disrupts his plans for personal redemption. With weeks to go until her due date, tough, ebullient Angel has fled her mother's house, setting her life on a startling new path. Vivid, tender, funny, and beautifully rendered, *The Five Wounds* spans the baby's first year as five generations of the Padilla family converge: Amadeo's mother, Yolanda, reeling from a recent discovery; Angel's mother, Marissa, whom Angel isn't speaking to; and disapproving Tíve, Yolanda's uncle and keeper of the family's history. Each brings expectations that Amadeo, who often solves his problems with a beer in his hand, doesn't think he can live up to.

amazon.ca chapters.ca

Come Forth: The Promise of Jesus's Greatest Miracle

by [James Martin](#) (Author)

“James Martin—arguably our greatest writer-priest—has penned a genius meditation on the Raising of Lazarus. I came away with a renewed hope that grace alone can call me out of whatever tomb I’ve buried myself in.” —Mary Karr, author of *The Liar’s Club* and *Lit: A Memoir*

One of America’s most beloved spiritual leaders and the *New York Times* bestselling author of *The Jesuit Guide to (Almost) Everything* and *Learning to Pray* examines one of the most intriguing events in the New Testament—the story of Jesus raising Lazarus from the dead—and explains its significance for us today.

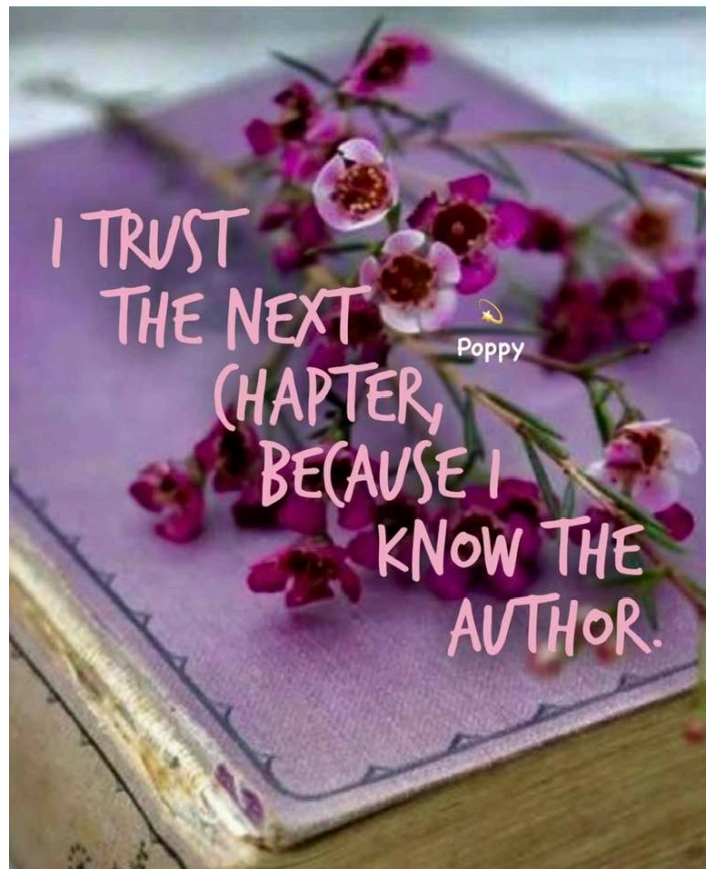
In this wise and compassionate book, Father James Martin, SJ explores the story of Jesus’s greatest miracle—the raising of Lazarus from the dead—and what Jesus means when he calls each of us to “come forth.” Meditatively and carefully, Martin leads us verse by verse, offering profound reflections on Jesus’s lessons on love, family, sadness, frustration, fear, anger, freedom, and joy. *Come Forth* combines:

- Compelling analysis of the biblical text
- Insights about the historical setting of the story
- Spiritual lessons for today’s readers
- Meditations on Lazarus in art and the larger culture
- Stories from Martin’s travels through the Holy Land

As he explores these strands in depth, Martin helps us let go of the limiting beliefs that prevent us from experiencing God’s presence in our lives. We need only to open ourselves to the transformative story of Lazarus and trust that God can use it to free us to experience, like Lazarus, new life.

amazon.ca chapters.ca

Website to review: <https://www.elizabethclareblog.com/33-simple-meatless-meals-for-lent/>



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

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

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

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

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

...submitted by Emma Rose Rayburn OPC Communications Chair