



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



ON-LINE NEWSLETTER

May 2024 Edition

Featuring the Thunder Bay Diocese and OPC Spiritual Development

Here I Am Lord, Send Me
Isaiah 6:8



Linda's League Letters

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My Dear League Sisters,

I am writing this message to you as I sit in the airport waiting for my flights back to Sudbury. So far this week I had the pleasure of attending diocesan conventions in St. Catharines and Thunder Bay. Over the next few weeks provincial officers and I will travel to every diocese in the province to attend their conventions. What a great experience we are having travelling this province from north to south and from east to west. The scenery is beautiful and wonderful people are truly amazing.

During the months of April and May all diocesan councils in Ontario will hold their diocesan conventions. These conventions are wonderful experiences. Members from across the diocese have the opportunity to gather together, meet League sisters, share ideas and develop bonds of friendship that will last for a very long time.

Conventions are important because they provide opportunities to educate and inform the delegates. Guest speakers are chosen to make attendees aware issues of concern and develop new skills. The gatherings for Mass and prayer services enhance the faith of the participants.

All CWL members need to experience League conventions. Parish councils often hold fund-raising events. After each of these events, 10% of the profits should be set aside and ear-marked for member development and to pay for their attendance at conventions. Many may want to attend conventions, but the costs involved may be a barrier for some.

People often question why conventions are held every year. The Catholic Women's League of Canada is a not-for-profit organization. As such, it must abide by government regulations which dictate that annual meetings of members must be held every year.

I hope you plan to attend your diocesan convention this year. **MAY-BEE** I will see you there. Please come and say "Hello".

Blessings,



Linda Squarzolo, President
Ontario Provincial CWL

**DON'T DELAY - REGISTER TODAY - DEADLINE IS
APPROACHING AND WE WANT TO SEE YOU!**

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



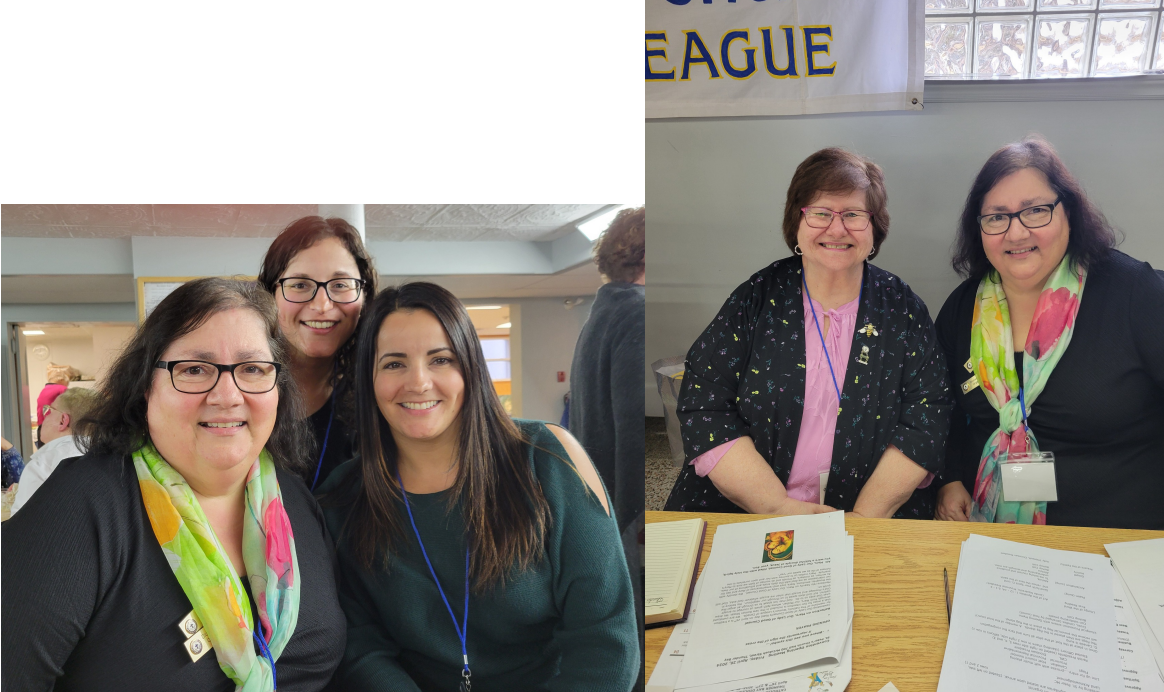
THUNDER BAY DIOCESE

How can anyone say conventions aren't good for you?? Look at all the happy faces at the 71st Thunder Bay Diocesan Convention!





Father O'Reilly always a crowd pleaser! The Joy of our Risen Lord shines through. 😊





We are proud to announce that Cathy Carlino was installed as the President of the CWL Dioceses of Thunder Bay and will be leading a wonderful team of women from across the region.

Congratulations to Cathy on her election, I know Thunder Bay Diocese will be in for a treat!! P.S. When you are cooking, I'm expecting an invitation!!

...Submitted by Emma Rose Rayburn, OPC Communications Chair

Spiritual Development Chair

FAITH

*We are an Easter People
song.*



and Hallelujah is our

This year all our councils will be implementing the

The faith pillar is to help members deepen their faith through the League. On the National website(cwl.ca) under the heading Resources are Manuals. #614 is the Handbook for Chairpersons of Faith, Service and Social Justice. An excellent resource to help guide you in the changes under this pillar. In the handbook are suggestions for ways to assist our members on their faith journey:

- Introduce members to a variety of forms of prayer, organize retreats, host evenings of reflection, develop spiritual programs, etc.
- Uphold sanctity of life through prayer, and service and social justice initiatives that the council is focusing on.
- Study Catholic teachings, especially those related to service and social justice initiatives that the council is focusing on.
- Develop awareness of the role of laity in the church.
- Support and encourage participation in Catholic religious education programs for children, lay ministries, sacramental preparation programs, Rite of Christian Initiation programs, etc.
- Support Catholic education, where available.
- Support vocations (singlehood, marriage, priesthood, women religious, formation programs, youth ministries).
- Encourage engagement in ecumenical and interfaith endeavours (Week of Prayer for Christian Unity, World Day of Prayer).
- Organize/support a variety of faith services in parish (Way of the Cross, Advent retreat evening, living rosary, choir, etc.).
- Study and implement the action plans of related adopted resolutions.

across the province
new chairpersons.

Looking over this list of suggestions, it becomes clear that the chairperson needs to be the "lead" and invite some members to help with this pillar. Is there someone in your council who is involved in one or more of these suggestions through their participation in Serra, RCIA, the Catholic School Board, retreat houses, prayer group, to name a few. Invite them to be part of your team and let them organize an event or program that they are interested in and would be comfortable leading. What a wonderful opportunity for all the parish councils to see the many gifts of our members and how together we help our sisters in the League on their faith journey.

Wilma Vanderzwaag

The Ontario Provincial Council
of The Catholic Women's League of
Canada

Invites You

To Join Us for an Evening
With Our Spiritual Advisor
The Most Rev. Bishop Thomas Dowd
and the Rosary



May 22, 2024
7:00pm

Please register at:

<https://us06web.zoom.us/meeting/register/tZwvd-6sqz0vG9T8BjxYtN8tbD6hxBOThwf4>

AROUND THE PROVINCE

St. Paul the Apostle (Alliston) CWL Council 60th Anniversary Tea

A wonderful turnout of women from the parish came together on Saturday, April 20 to celebrate the council's 60th anniversary.

Council President, Martha Whelton, welcomed all gathered. Guests who brought congratulations were Mr. Richard Norcross, Mayor of New Tecumseth, Mr. Richard Defaria, Grand Knight of the Knights of Columbus, and Reverend Father Larry Leger, Spiritual Advisor for Northern Region in the Toronto Diocesan Council.

Toronto Diocesan Council President, Sue Lubowitz presented the council with their 60th Anniversary Certificate as well as the Anniversary Certificate from Ontario Provincial Council. Sue also read the letter of best wishes from Provincial President Linda Squarzolo.

In attendance among the guests were two of the original founding members of the council: Mary Lynch and Rita Vandervoort. They received Certificates of Merit from the council. The Maple Leaf Service pin for extraordinary service was presented to Rita by Diocesan President Sue Lubowitz. Rita's daughters and family were also present.

An array of council memorabilia was available for viewing. Guests were entertained during their meal by the musical renditions of the St. Thomas Aquinas Secondary School Choir who also led everyone at the beginning of the afternoon in the singing of "O Canada".



St. Anthony of Padua Timmins

The "Maple Leaf Service" pin was introduced in 1971 for CWL members who have served the League in an exceptional or meritorious manner. This pin must be ordered by a council as a presentation item. It is the responsibility of the council to determine criteria for the awarding of the pin. The criteria include:

- be an active League member for a minimum length of service of seven to 10 years.
- have performed specific outstanding League service on a one-time basis or over several years

This month, I would like to highlight Peggy MacInnis in my history report. She is a 30-year CWL member and will be awarded the CWL Maple Leaf award in December 2024.

Peggy joined the CWL in 1977 at the age of 17 in Orillia Ontario. She has been a member of 3 CWL councils: Orillia, Nipawin Saskatchewan, and Timmins. When she moved to Manitouwadge, there was no CWL in that community, however she did belong to The Catholic Women Society at her church there for 15 years. She has held the positions of President for 2-terms, Past President, Treasurer, Spiritual Development & Health and Education Chairs. She presently holds the position of Treasurer on Timmins Diocesan CWL. She is active in her parish St. Anthony of Padua where she sat on the Parish Council and is an usher and Eucharistic minister. Peggy's service to St. Antony of Padua CWL and her parish is the reason for her nomination for the CWL Maple Leaf award of Service.

Thank you, Peggy for all you have done and do for the Catholic Women's League.





St. Anthony of Padua March 2024

A free membership luncheon was held at St. Anthony of Padua Cathedral Hall to bring members together and thank our 70 members for 2024 for paying their membership. A general meeting was also held.

Membership Luncheon Feb 11th 2024



Father John Lemire, Shelley Leclerc
Carol Quinn, Mia Corbett, Grace Corbett-Edna Boutista, (new member) Andrea Villeneuve





Colleen Landers, Shirley Deleurant, Peggy MacInnis (left picture)

Marjorie Dubeau, Eileen Meunier, Rebecca Lamoureux (New Member)



St. James Council, Maxville ON of Ottawa Cornwall Diocese was pleased to see this beautiful Thank You! From the Maxville Manor Foundation on facebook. The council gifted their proceed from their Easter basket draw to their local nursing home. Quote from the article; "Each day our staff serve with their hearts and today, we thank you for giving with yours."



Getting older is always easier with friends by your side. Members of the Ottawa Cornwall Diocese meet once a month at the Best Western in Cornwall for a "Friendship Luncheon" and celebrate the member(s) who may be celebrating a birthday that month. It's a great way to stay connected with our sisters in the league from different councils.



The Lifelong Value of Investing Time in Friends and Family

Make it a point to schedule regular activities with your family and friends so that you do not accidentally let life get in the way.





Jean Barton turns 100 years of age!

On April 13, 2024, a celebration was held to honour Jean Barton on her 100th birthday. Jean was a member of the Holy Spirit Parish Catholic Women’s League in Stittsville, Ontario, from the time it was established in 2010. Over the years Jean was a member of the Executive and was always a strong supporter of our Council. In honour of Jean’s 100th birthday, members of the Holy Spirit Parish CWL presented Jean with a spiritual bouquet. Monsignor Muldoon, our Spiritual Advisor, also offered a special blessing for Jean.

Attached is a picture of Jean at her birthday celebration, a picture of Jean with members of the Holy Spirit Parish CWL who attended the celebration, and a picture of Monsignor Muldoon giving a special blessing to Jean.





PLANT YOUR SPIRITUAL GARDEN

(A further update courtesy of Ally Maddox and Teddi Treybig)

GARDENING GOD'S WAY

Plant three rows of peas:

Peace of mind
Peace of heart
Peace of soul

Plant four rows of squash:

Squash gossip
Squash indifference
Squash grumbling
Squash selfishness

Plant four rows of lettuce:

Lettuce be faithful
Lettuce be kind
Lettuce be obedient
Lettuce really love one another

No garden without turnips:

Turnip for meetings
Turnip for service
Turnip to help one another

Water freely with patience and cultivate with love.

There is much fruit in your garden
Because you reap what you sow.

To conclude our garden we must have thyme:

Thyme for God
Thyme for study
Thyme for prayer



Planting a Spiritual Garden: Three Ways to Help Others Grow in Faith

catechistsjourney.loyolapress.com/2015/05/planting-a-spiritual-garden-three-ways-to-help-others-grow-in-faith

Julianne Stanz May 20, 2015



Spring has finally arrived after another harsh winter in Green Bay. As I turn my attention to my garden, I marvel at the hardiness of the tulips I planted before the ground hardened in the fall. Their bright green sprouts remind me that spring is a time for new life and growth.

Helping others cultivate their own spiritual garden is one of the most rewarding aspects of ministry; it is also one of the most difficult. There are times when God gives you clear signs that faith is sprouting in a person's spiritual life. There are also times when nothing seems to grow—it's like a garden that does not produce anything. Just like gardening, you have to till the soil of faith so that the Holy Spirit can produce good fruit. And tilling is hard work.

Here are three ways you can help till the soil of faith in others (and yourself) to make it a garden where the Holy Spirit can grow and flourish.

1. **Sow.** In the parable of the sower (Matthew 13:1–9), Jesus reminds us that the farmer scattered seed indiscriminately. Some of the seeds ended up taking root in

fertile soil, others were eaten by birds, and some fell on rocky ground. But the sower was relentless in his work—he kept on sowing and scattering seeds everywhere he could. Jesus tells us that the seeds that fell on good soil produced a bumper crop: “a hundred or sixty or thirtyfold” of what was sown. We need to remember that when we scatter the seed, we need to be generous.

2. **Grow.** During the winter months, the earth seems silent because there is an absence of vegetation. We mistakenly believe that nothing is growing or moving. We get excited when we see the first shoots of green popping up from the earth. But the tulip bulbs in my garden pushed through the darkness of the earth during the depths of winter. Even though I could not see it, it was growing. Growth—especially growth in the spiritual life—often happens in the unseen, silent recesses of the heart. You may not always see progress in another person’s spiritual life (or even your own), but that does not mean that the shoots of new life are not working their way toward the surface, ready to burst forth. We need to be patient.
3. **Go.** Just as squirrels and other rodents can dig up the tulip bulbs in my garden, inertia and complacency threaten spiritual growth. In *The Joy of the Gospel*, Pope Francis warns against a “tomb psychology” which slowly transforms “Christians into mummies in a museum.” The key to a person’s spiritual growth is that he or she keeps walking toward Christ, no matter how small the steps may be. As ministers, we need to walk with them.

We are all called to scatter the seeds of the Gospel as best as we can. But unlike planting tulip bulbs, spreading Gospel seeds cannot be done in a planned or perfect way. Tending a spiritual garden is messy and requires a lot of work. Some of the seeds that we scatter will take root in a heart that is disposed to hearing what we have to say. Other seeds will fall to the ground unnoticed. And still others will yield a crop that far surpasses what we could ever imagine. We must always remember that the true gardener is the Holy Spirit. We are just an instrument of God; all we can do is help others cultivate their own spiritual gardens and watch those shoots of new life appear.

What have you found to be the best ways to “seed” the Gospel in the hearts of those to whom you minister?

When have you seen a shoot of new life emerge?



About Julianne Stanz [80 Articles](#)

Julianne Stanz is the Director of Outreach for Evangelization and Discipleship at Loyola Press and a consultant to the USCCB Committee on Catechesis and Evangelization. She served previously as Director of Discipleship and Leadership Development for the Diocese of Green Bay. Julianne infuses her talks, retreats, and seminars with humor, passion, and insights from her life in Ireland. A popular speaker, storyteller, and author, Julianne is married with three children and spends her time reading, writing, teaching, and collecting beach glass. She is the author of *Start with Jesus: How Everyday Disciples Will Renew the Church*, *Developing Disciples of Christ*, *Braving the Thin Places*, and co-author, with Joe Paprocki, of *The Catechist’s Backpack*.



Paddy's Passion

Go Make a Difference, starts with YOU taking care of yourself and MAKING a Difference in your life first. It needs to start with YOU!

- 1. Breakfast in bed.** You don't need someone to bring it to you—just make it and then curl back up with your pillow and covers.
- 2. Cuddling in bed in the morning.** A body pillow isn't quite the same as someone you love, but sometimes it just feels good to hold something in your arms.
- 3. A smile from a stranger;** give one and you may get one. No, you will get one back!
- 4. Children playing,** reminding you to be joyful. Take in a rainbow, the noise of children playing in the park.
- 5. A small gesture of kindness** from someone who loves you. The remote control your husband handed over—now that's love.
- 6. Your music,** when you want it. Download your favourite tunes. When my children were young every Saturday morning, we put on music to clean the house, the girls still laugh when they hear one of those songs.
- 7. An outdoor lunch or tea/coffee on your porch.** Nothing invigorates a day like the feeling of sunlight on your face.
- 8. Five minutes of deep breathing,** I have started doing this and at the same time say God is GOOD...all the Time, All the Time....God is GOOD.
- 9. An embrace that lasts just a little longer than usual.** Give someone a long hug today!
- 10. A small victory.** Can you fix something today, finish a task you have put off.
- 11. A small change to your routine** to make your day feel exciting, a walk, a movie or read a book.
- 12. An opportunity to be creative.** Don't wait for one—make one. Start a journal or a scrapbook or get creative a routine task at work to make it more exciting.
- 13. A snack or beverage you savor.** You know how that girl in the commercial seems to get way too much pleasure from a foamy latte she made at home? That girl could be you. Be a kid again and spray the cool whip right into your mouth.
- 14. The moment after the rain stops.** Everything smells clean, fresh, and revitalized.
- 15. A deep stretch.** The benefits of loosening your muscles exceed enhanced relaxation. Dance for 10 minutes with no one watching.
- 16. A beautiful sunset or sunrise.** Nothing is more inspirational that tuning into nature's majesty.

- 17. Playing a game you loved as a child.** Catching a ball, a game of cards, kick the can.
- 18. An extra half-hour of sleep.** Hit the sack a little earlier one night and see how this changes your day.
- 19. A spa-like shower experience.** Wash away your troubles and worries.
- 20. A thoughtful question from a friend.** When she asks, “What’s your favorite childhood memory?” she’s trying to learn what makes you happy. How beautiful that she cares to know.
- 21. Fresh fruit, bite** into it and really enjoy it and think about what your eating.
- 22. A five-minute massage.** Ask your husband/wife/boyfriend/girlfriend to trade. Or if you’re single, get a spa pedicure in one of those amazing massage chairs. I enjoy sitting peacefully in my hot tub and listening to sounds around me, sometimes its birds, cows and dogs or children playing all in a distance.
- 23. A phone conversation,** check in with a sister from the league
- 24. Ten minutes with an animal.** Petting an animal is quite meditative. I wouldn’t be here today without my Citori.
- 25. Receiving a hand-written letter.** Become a pen pal—even if it’s to someone you know in person—so you can both give and receive non-e-communication.
- 26. A sweater straight from the dryer on a cold day.** If you can push a button, this simple pleasure can be yours at any time. I do this often.
- 27. A smell that evokes a visceral reaction.** For me its homemade bread, mom made bread every Thursday, sometimes she would make cinnamon buns. Along with homemade donuts.
- 28. Something so funny it makes you laugh out loud.** Thinking of something my grandchildren said, or a TV show.
- 29. A book you’ve been dying to read.** A few minutes every day, reading and open your up mind and turn off the TV.
- 30. Extending a small courtesy and watching the effect.** Hold the door for someone or thank them for something most people wouldn’t notice. Let someone go ahead of you in line. Smile at everyone you meet.

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:

Our Lady Undoer of Knots Paperback by [Sylvia Dorham](#) (Author)

"The knot of Eve's disobedience was loosed by the obedience of Mary. For what the virgin Eve had bound fast through unbelief, this did the virgin Mary set free through faith."
—St. Irenaeus of Lyons

Few devotions to the Blessed Virgin Mary have spread more in recent years than Our Lady, Undoer of Knots. When the faithful encounter trying moments, when all hope seems to be lost, they turn to their mother.

"Come with me to my Son," she tells us. And all is unbound.

Through ordinary and everyday situations, rhymed verse, whimsical art, and subtle theology, this charming work—one of the first children's books to celebrate this beloved devotion—will teach everyone in the family how to approach their mother when they are in need.

Just as she untangled the knot of fallen humanity through her *fiat*, so Our Lady does for us in all our difficulties, both big and small, by teaching us to say yes to God.

Our Lady, Undoer of Knots, pray for us!

Through the Year with Mary: Ponder and Pray Together with Children by [Katherine Bogner](#) (Author)

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

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

- Weekly passages from Scripture, saints, and scholars
- Reflections to nurture your understanding of Marian teaching and devotion
- Sacred art from around the world
- Marian prayers to teach you to grow closer to Jesus through Mary

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

Through the Year with Mary has received the nihil obstat and imprimatur.

Nihil obstat:

Msgr. Philip D. Halfacre, V.G.
Censor Librorum

Imprimatur:

Most Rev. Daniel R. Jenky, C.S.C.
Bishop of Peoria
September 15, 2021

Adults:

The Well-Watered Woman: Rooted in Truth, Growing in Grace, Flourishing in Faith Hardcover

by [Gretchen Saffles](#) (Author), [Ruth Chou Simons](#) (Foreword)

Over 100,000 copies sold!
ECPA Bestseller!

Discover the bottomless, refreshing Well of God’s Word—and experience a fullness and peace beyond your circumstances.

In the chaos of our everyday, it can be difficult to live out and apply the truths of Scripture. We want more of Jesus, but we find ourselves looking to our own lives and accomplishments for our worth and identity. And while that may buoy us for a time, we’re often left feeling dried up, discouraged, and longing for more.

Gretchen Saffles knows what it’s like to feel overwhelmed and unable to flourish. In *The Well-Watered Woman*, Gretchen leads us to the Well of fullness, the Word of freedom, and the Way of fruitfulness. She teaches that God’s Word will satisfy us for all eternity.

Using Scripture and her own personal story of surrender, Gretchen offers spiritually hungry women tangible tools to not only know Jesus more but to live a life that thoroughly enjoys Him, seeks Him, and follows Him into freedom.

[Amazon.ca](#)

**Wisdom of the Heart
by Peter Kreeft**

No word in our language is more misunderstood than the word “heart.” And almost no word is more important, for it refers to what is at the very center of our soul. We have mapped the outer world, in fact the whole universe, with amazing exactness . . . but we have neglected the world within. This new book by venerable Catholic thinker Peter Kreeft offers a map of that inner world, of the self.

In it, he takes up the mantle of Dietrich von Hildebrand and plumbs the depths of that most misunderstood (by the world) and overlooked (by philosophers and theologians) part of the human being.

In *Wisdom of the Heart*, Kreeft examines the two common understandings of the heart’s purpose and shows how they are not at odds, but rather different (and essential) facets:

Feeling and emotion: can reduce us to action without thinking, but also drives us to compassion, empathy, and gratitude

Love: An act of the will, designed so that we can follow Jesus’ commandment to love God and others

This book, therefore, is a psychological aid to understanding the philosophy behind St. John Paul’s “Theology of the Body” while exploring the three dimensions of persons: the will, the mind, and the emotions, and their three loves: the good, the true, and the beautiful.

A new masterwork by one of the foremost Catholic philosophers of our time, *Wisdom of the Heart* is essential reading for understanding ourselves, our God, and our relationship with him.

<https://www.catholicfreeshipping.com/Wisdom-of-the-Heart-by-Peter-Kreeft-p/9781505114416.htm>



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

