



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



ON-LINE NEWSLETTER



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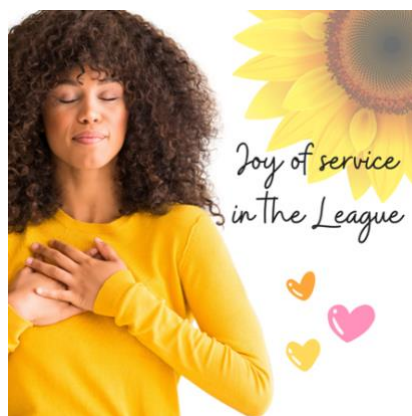
## Sharing the Joy!

Hello sisters! Fall seemed around the corner the past several weeks with summer like temperatures during the day and double-digit temperatures overnight. The forecast looks a little

different though as the air cools here in the north and the trees bloom in fall colours. The changing of seasons always brings thoughts of changes in my life. A big change this year was the ordination of my big brother Rick to the permanent diaconate; he is one of six brothers I am blessed to love. Each week he writes a homily and shares it with one of his daily emails describing his

life of ministry. I had prayed and discerned on what to share with you this month, then this morning Rick shared his homily and in it he talks of the virtue of wisdom within 'you' .... I was called to read The Letter of St. James and so I did.

If you have been following my journey as provincial president, the first sentences would make you smile and sigh gently ... Holy Spirit again ... "Consider it all joy, my brothers, when you encounter various trials, for you know that the testing of your faith produces perseverance. And let perseverance be perfect, so that you may be perfect and complete, lacking in nothing."



As I read about the importance of good works and not just speaking of faith, the joy of service in the League flooded my mind and then came Chapter 3 (titled in my bible 'Power of the Tongue') verses and I read .."For every kind of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, but no human being can tame the tongue.

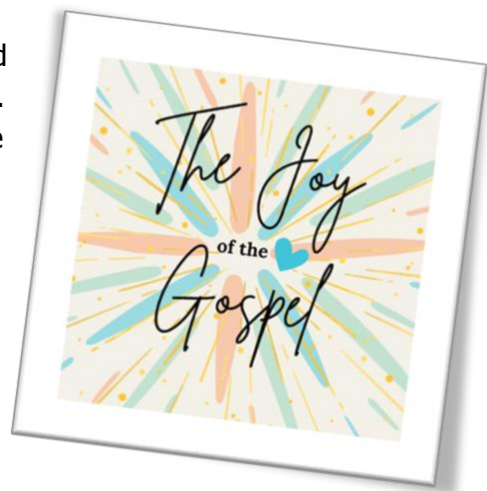
It is a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse human beings who are made in the likeness of God." Memories of so many situations of hurt in our League now flooded me.

Is it not our words most often at the heart of hurt? We need to discern our intent in using hurtful words. Is it in pursuit of God's wants or our own?

I challenge you and me to honestly look at our interactions and determine our motivation. I believe that if we are motivated to fulfill God's plans for our salvation hurt would not flow from our mouths.

If you know in your heart your words resulted in a hurt to another, now is the time for action. Do not wait but go with haste. Be humble, pray for forgiveness from God, and then meet the person you have hurt face to face with a sincere apology and no excuses. I know there is a need for me to listen and act upon these words I write ... 😞

I will leave you with a last quote as I pray you will go and read the entire letter to discern its message for you personally. Together, let us pray the Spirit's gift of courage and fortitude will move us all to withstand the temptations of the devil so that from our mouths come only blessings. May the peace that only comes from living The Joy of the Gospel flood your hearts. Amen.



*"But the wisdom from above is first of all pure, then peaceable, gentle, compliant, full of mercy and good fruits, without inconsistency or insincerity. And the fruit of righteousness is sown in peace for those who cultivate peace."*

In Joy & Love,

Colleen Martin, President  
Ontario Provincial Council





## The Joy of October!

*"It is good to give thanks to the Lord, to sing praises to your name. O Most High: to declare your steadfast love in the morning, and your faithfulness by night..."*  
(Psalm 92.1-2)

It is hard to believe that we are in October already! The beauty of nature at this time of year with its changing colours is truly a gift from God!

The Faith Committee members are:

- Louise Beggs, Parish Council Vice-President Ottawa-Cornwall
- Helena Lessard, Past Diocesan President Peterborough
- Cathy McKinney, OPC Appointee, PC Book of Life, Sault Ste. Marie

The Faith Team consisting of the faith committee and your diocesan faith chairs are working together, planning and setting goals for the year. We will keep you updated and offer resources to enrich your spirituality. I am blessed to have this team.

### **National News**

The National Chairperson of Faith Rolande Chernichan has posted her first communiqué on the national website: <http://www.cwl.ca/communique-11-faith>.

Please read her report for valuable information.

There have been changes at the national level regarding Communiqués. Communiqués will now be issued quarterly. The information will be shared using a communication flow chart.

### **Spiritual Development**

National has a Calendar of Faith Events (#186) that is linked with the Events Calendar found on the national website.

New faith resources: Prayers & Spiritual Programs (#626) and Prayer Services Planning Workshop/Speaker Notes (#628) provide guidance to plan meaningful liturgies. (The links are in the communiqué.)

### **Spiritual Advisors**

Our Spiritual Advisors play a vital role in advancing the message of The Catholic Women's League of Canada. It is important that you connect with your Spiritual Advisor and develop a relationship. Go out for a coffee or bring one to his office and have a conversation. Our Spiritual Advisors can provide advice and guidance as well as being a great support. Tap into their riches!

I wish you a blessed Thanksgiving with family and friends!

Claudette Langdon  
Faith Chairperson





*"Proclaim the beauty of being family with joy!"*

Pope Francis, closing mass of the World Meeting of Families (Rome) 2022

## The Joy of Thanksgiving for Families

Every three years, the universal Church hosts an important international event that focuses on the issues and challenges facing the family. The first World Meeting of Families was called by Saint Pope John Paul II and held in 1994 (30 years ago!) in Rome. In 2016, Pope Francis published the encyclical *Amoris Laetitia*, on the pastoral care of families. Next year's Jubilee Year will also include a Jubilee of Families.

While the secular understanding and configuration of the family has certainly changed with time, according to the Catechism of the Catholic Church (2205), "The Christian family is a communion of persons, a sign and image of the communion of the Father and the Son in the Holy Spirit...The Christian family has an evangelizing and missionary task."

How can we, as councils, offer hope to families in our midst? Over the next few months, I hope to focus on some aspects of life in our province that need attention so families can live with dignity.

### Emergency Housing for Families

"We can find no social or moral justification, no justification whatsoever, for lack of housing. The Son of God came into this world as a homeless person. The Son of God knew that what it was to start life without a roof over his head." (Pope Francis 2015 World Meeting of Families in Philadelphia).



Catholic Social Teaching proclaims that we are our brothers' and sisters' keepers. God is the father of us all, and as such we are one human family and have a responsibility to care for one another. **Solidarity** is the principle that we are connected with our neighbours on our street, throughout the country and around the world.

A home provides the stability families and individuals need to build meaningful lives. For children, it means a place to call their own. Where there are homes, we have communities that work. Where people are simply housed, we have communities that are fractured and often crime ridden.

In 2022, there were 18,467 beds across 518 permanent emergency shelters in Canada. This represents an 18.5% increase in the number of emergency shelters and a 21.6% increase in

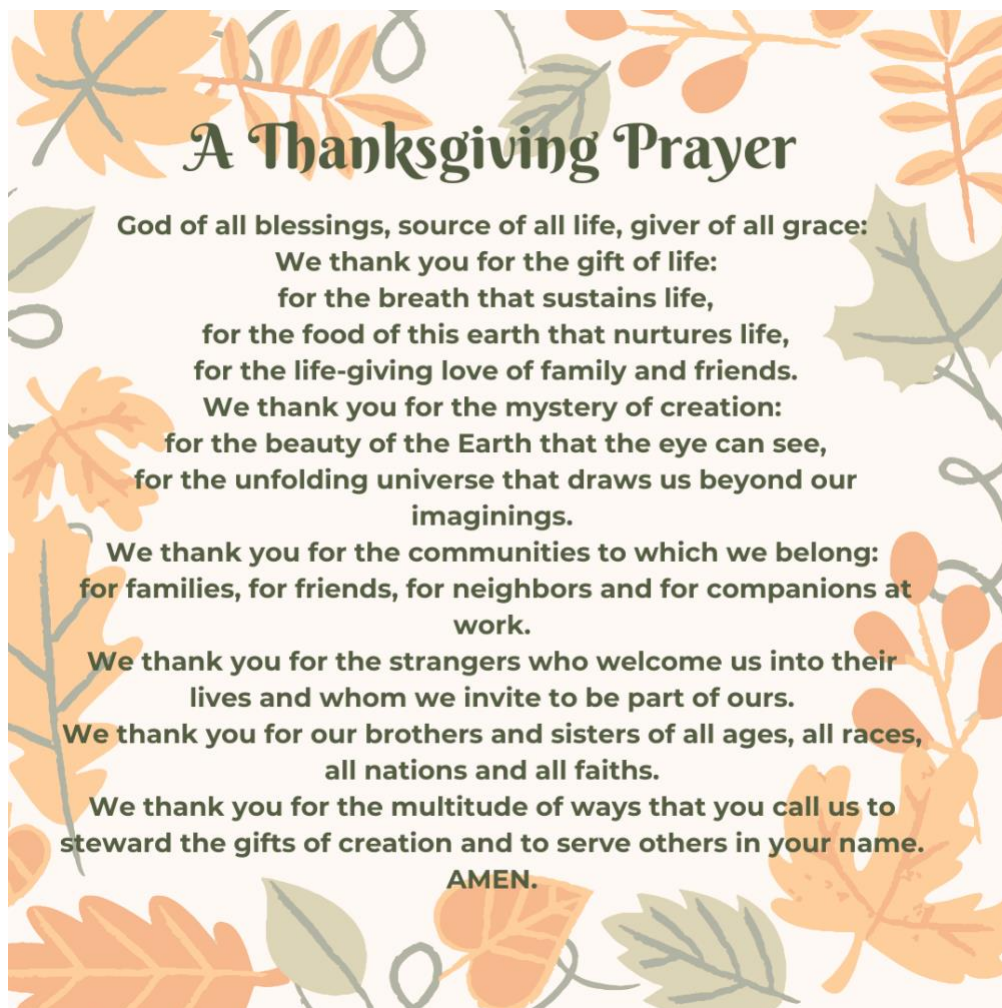
the number of beds from 2021. In 2022, the majority of shelter beds (89%) were located in the provinces of Ontario (42%), British Columbia (18%), Alberta (15%), and Quebec (14%). Among these, Ontario showed the smallest bed increase (14%).

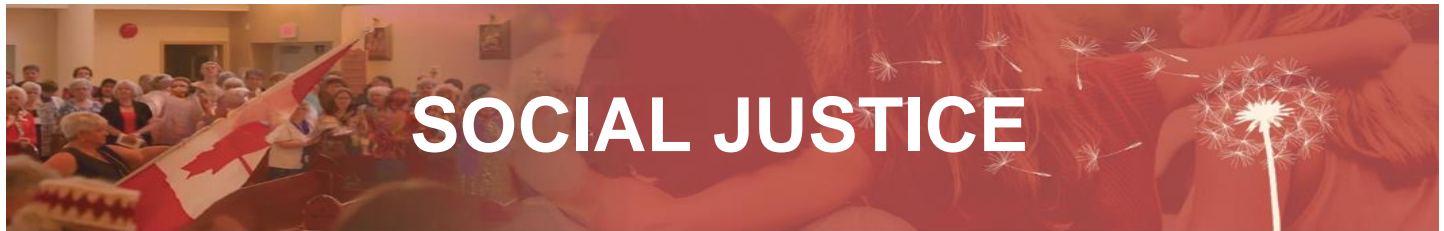
Reference: <https://housing-infrastructure.canada.ca/homelessness-sans-abri/reports-rapports/shelter-cap-hebergement-2022-eng.html>



### **Action to Take:**

- Host an Event: Join the movement to end hunger and homelessness by bringing awareness to the issue during the week of November 17-23 by hosting an event with other groups in the community <https://hhweek.org/>
- Be aware of the National Conference on Ending Homelessness in Ottawa (Oct. 29-31) in person or virtually <https://conference.caeh.ca/event/378c3867-e4a1-4b5f-8279-24e0b75dcdeb/summary>
- Get the facts. What is your community doing to address the problem? Invite your mayor, your MP to discuss.





# SOCIAL JUSTICE

## OPC Social and Economic Justice Team

The members of the OPC Social and Economic Justice Team are Betsy Currier, Life Member, Sault Ste. Marie Diocese, Paddy Fitzgerald Nolan, Life Member, Peterborough Diocese and Hilarion Mitchell, Life Member, Social Justice Chair. Betsy will be responsible for legislation, Paddy social justice issues and Hilarion, resolutions.

### Betsy Currier, Life Member, Sault Ste. Marie Diocese



#### What is Legislation and What is its Purpose?

Legislation refers to written laws, often referred to as Acts or statutes. The main purpose is to transform policies relating to issues into legally defined rights and obligations, and to present measures to ensure the observance of such rights and obligations.

#### Then What Happens? *Read more here...*

<https://cwl.on.ca/wp-content/uploads/2024/09/October-2024-OPC-Newsletter-Social-Justice-Excerpt-2.pdf>



### Paddy Fitzgerald Nolan, Life Member, Peterborough Diocese

My focus during the two-year term will be on issues such as human trafficking, homelessness, domestic violence, discrimination, prison reform and mental health.

October 10<sup>th</sup> is World Day Against the Death Penalty, World Homeless Day and World Mental Health Day.

Canada abolished the Death Penalty in 1976, removing it from the Canadian Criminal Code.

- Three books recommend for World Homeless Day.
  - 1) No Home in a Homeland ~ Homelessness in the Canadian North by Julia Christensen.
  - 2) A Knapsack Full of Dreams by Cathy Crowe
  - 3) All Our Sisters ~ Stories of Homeless Women in Canada, by Susan Scott
- World Mental Health Day
  - 1) Raise awareness of the stigmas surrounding mental illness
  - 2) Promoting mental health
  - 3) Open the conversation

Two Feet of Social Justice

<ul style="list-style-type: none"> <li>• Responds to an immediate need</li> <li>• Private individual acts</li> <li>• Requires repeated actions</li> <li>• Directed at the effects of injustice</li> </ul>	 <p><b>Charity</b></p>	 <p><b>Advocacy</b></p>	<ul style="list-style-type: none"> <li>• Responds to a long-term need</li> <li>• Public, collective actions</li> <li>• Resolves structural injustice</li> <li>• Directed at the cause of injustice</li> </ul>
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**Do you have a heart for making a difference?**

The resolutions process is about bringing about substantive change, in addition to increasing awareness. Whether we’re speaking up for social justice, environmental sustainability, healthcare reform, to name a few, our voices have the ability to influence legislation, spark transformation, and have a long-lasting effect.

Members and councils are invited to submit topics for consideration for 2025 to their diocesan social justice chair by **Thursday October 31<sup>st</sup>**.

Hilarion Mitchell, Social Justice Chair, Ontario Provincial Council  
Email: [opcsocialjusticechair@gmail.com](mailto:opcsocialjusticechair@gmail.com)

## *Milestone Moments!*

### **Hearst-Moosonee Life Member Celebrates 60<sup>th</sup> Wedding Anniversary**

Celebrations are so important, especially when the celebration is for achieving such a milestone in married life. On August 16<sup>th</sup> Dianne and Lloyd Denault celebrated their 60<sup>th</sup> Wedding Anniversary.

(Pictured here: Lloyd and Dianne Denault with Father Maxwell Ojukwu and Hearst-Moosonee Diocesan President Nancy Bouvier. Congratulations and continued health and happiness! Lloyd & Dianne and continued health and happiness!

*(Submitted by Nancy Bouvier Hearst-Moosonee Diocesan President)*



## MEET THE SPIRITUAL ADVISOR

FATHER  
RICHARD  
KOWALCHUK



My name is Fr. Richard Kowalchuk.

I am a priest of the Diocese of St. Catharines, ordained May, 1995. In the 29 years since my ordination, I have served in six parishes, three of these in the Diocese of Thunder Bay (I was on loan to them for 13 years) and three here. My current assignment is at a beautiful, historic church dedicated to Our Lady, named Star of the Sea. I have just completed nine years of service and somewhere near the top of the notable features of this parish is that it boasts an extremely active and visible parish council of the Catholic Women's League.

I have served the League in the capacity of Diocesan Spiritual Advisor for the past eight years or so, a role which normally carries a five-year term in this diocese, but which was informally extended due to the period of relative inactivity during COVID 19. While working up in Thunder Bay from 2000-2013, I was privileged to serve as Diocesan Spiritual Advisor for the three-year term which is the norm there.

As Diocesan Spiritual Advisor for the St. Catharines Diocesan Council, I was invited to attend the annual Provincial Convention, held this year in Sudbury. As always, this gathering of about 250 women and several other Ontario diocesan spiritual advisors did not disappoint. The spiritual component was nourishing, and the business session devoted to vetting resolutions headed to the provincial and federal governments to influence future legislation, served as a reminder of the CWL's continued relevance as a formidable force for good. Many are not aware that the CWL has a voice in government (the only religious organization with this status), and, believing that the League is devoted to parish activities only, do not consider the importance of maintaining their membership year after year.

The fact is the ability of the League to influence legislation is directly related to the size of its membership. For the modest annual fee, you will help the CWL to keep making a difference. I have had a number of eye-opening experiences concerning the scope of the League's incredible work on the parish, diocesan, provincial and national levels and try to bring awareness to the significant influence this vital Catholic organization brings upon the culture.

I shall always value and promote The Catholic Women's League of Canada as an agent of much-needed community building among the women in the Church as well as a purveyor of Catholic values in a secular culture.

For God and Canada,  
Fr. Richard Kowalchuk  
St. Catharines Diocesan Spiritual Advisor



# The Joy of the Gospel

## Evangelii Gaudium – The Joy of the Gospel

EVANGELII  
GAUDIUM



THE JOY OF THE GOSPEL  
POPE FRANCIS



APOSTOLIC EXHORTATION ON THE PROCLAMATION

At the post convention meeting in Sudbury, Colleen Martin, the newly installed Ontario Provincial President, gifted each member of the Ontario Provincial Council Executive with this Apostolic Exhortation of the Holy Father, Pope Francis. She encouraged each member to read this book as it is a wonderful companion piece to her theme for the term—*Here I am Lord, Send Me Joyfully!* Part of her signature logo quotes the Philippians 4:4, Rejoice in the Lord Always!

Colleen is counting on her sisters in the League to spread joy throughout the councils, dioceses, and province.

Here are two **ah-ha** passages from the first pages of this book to entice you to get your own copy and read along with the OPC

executive.

- "I invite all Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ, or at least an openness to letting Him encounter them; I ask all of you to do this unflinchingly each day. No one should think that this invitation is not meant for him or her, since 'no one is excluded from the joy brought by the Lord'."
- "Goodness always tends to spread. Every authentic experience of truth and goodness seeks by its very nature to grow within us, and any person who has experienced a profound liberation becomes more sensitive to the needs of others."

## Gratitude

Here is a story of inspiration - A poor Scottish farmer was out walking one day when he heard a plaintive cry for help coming from a nearby bog. He ran to assist and found a boy mired almost to the waist in the black muck. Extending his walking stick, the farmer pulled the boy out. The next day, an elegantly dressed man came to the farmer's small hut, offering a reward that the Scotsman refused. Just then the farmer's young son came to the door. Seeing him, the nobleman made the Scotsman an offer: "Let me take your son and give him a good education. If the lad is anything like his father, he'll grow into a man you can be proud of." The Scotsman liked this and shook hands on the bargain.

In time, the boy graduated from St. Mary's Hospital Medical School, London. He later became Sir Alexander Fleming, the discoverer of penicillin. Years later the nobleman's son was stricken with pneumonia but was saved through the use of penicillin. The nobleman was Lord Randolph Churchill, and the son was Winston Churchill.

## EVENTS TO NOTE – MARK YOUR CALENDARS!

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### Social Justice Award 2025 Nomination Deadline

- Diocesan President Sign-off: Fri. Nov. 15, 2024
  - Ontario Provincial Council Executive Social Justice Chair: Sat. Nov. 30, 2024
- 

### Social Justice Resolution Topic Deadline

- Thursday, October 31, 2024
- 

### Our Lady of the Rosary Webinar

On October 6, CWL National is hosting Our Lady of the Rosary Webinar in preparation for the event of Jubilee 2025 with: Shari Guinta, National President, Bishop Wayne Lobsinger, National Spiritual Advisor and Rolande Chernichan, National Chairperson of Faith. Mark your calendar and register! <https://www.cwl.ca/event/our-lady-of-the-rosary-webinar/>

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### 78th Annual Ontario Provincial Convention – London 2025

- July 6 - 9, 2025
- Four Points Sheraton Hotel (1150 Wellington Rd. South, London, ON)
- Toll Free: 1-888-236-2427
- **Booking Reference:** "2025 CWL Provincial Convention"

[Marriott Four Points London](#)

#### **Room Rates: *Book your room before they're gone!***

Superior room with 1 King bed	\$169	Tower Suite (1 King bed 1 pullout Sofa)	\$189
Superior room with 2 Queen beds	\$169	Tower Suite (2 Double Beds, 1 Pullout Sofa)	\$189

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### 105th Annual National Convention – Toronto 2025

- August 10 – 13, 2025
- Marriott Downtown CF Toronto Eaton Centre (325 Bay St., Toronto, ON)
- Reservations: 1-800-905-0667/416-597-9200
- **Booking Reference:** "The CWL National AGM"



**Share your Photos & Events!** We want to celebrate you and the incredible work you are doing across our province! Do you have photos to share of your council or diocesan events? They will now be shared on our Facebook page and not in the provincial newsletter. Send your submissions to:

[opcsecretary24@gmail.com](mailto:opcsecretary24@gmail.com)


**Guidelines:**


- Ensure you have permission from the people in the photos to share on social media
- Send a write up with the photo that incorporates the following from the event: Who, What, When, Where, why

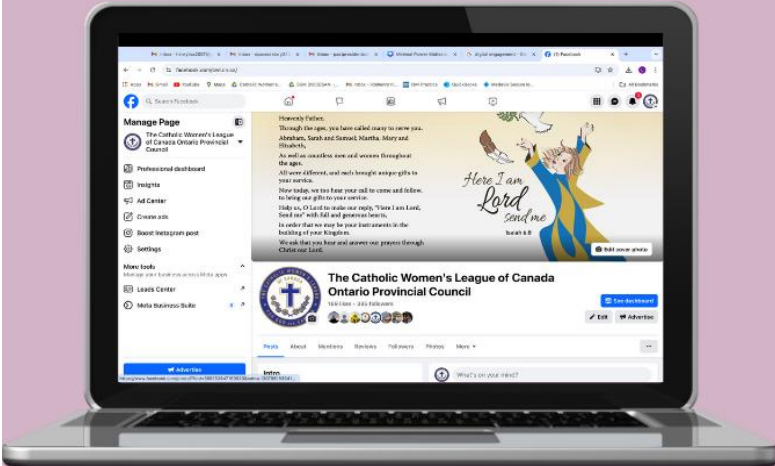

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## October Prayer

This month we honour Mary, **Our Lady of the Rosary**.  
Let us storm heaven with our prayers

### Prayer for October

“Queen of the Most Holy Rosary,  
and tender Mother of all people,  
I consecrate myself to your Immaculate  
Heart, and recommend to you my family,  
my country, and the whole human race.  
Please accept my consecration, dearest  
Mother, and use me as you wish, to  
accomplish your designs upon the world.  
O Immaculate Heart of Mary, Queen of  
Heaven and earth, rule over me, and teach  
me how to allow the Heart of Jesus to rule  
and triumph in me and around me, as it has  
ruled and triumphed in you. Amen.”

*Devotion to Our Lady*

