



WELCOME TO THE

ON-LINE NEWSLETTER

We're so glad you're here!

A Newsletter Update – Our New Look!



We are unveiling a new look for our monthly ON-Line Newsletter. We hope you like it! For our newsletter committee, the process has been like buying a piece of clothing. We had to try on many different outfits to see how they fit and felt. This one felt great and we think looks good on. What do you think? Is it a good look or do we need to keep trying on other outfits?

Give us your opinion at: newsletter@cwl.on.ca

Meet your Newsletter Team



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CHECK OUT THE NEW PHOTO GALLERY PAGE ON THE ONTARIO PROVINCIAL WEBSITE!

<https://cwl.on.ca/gallery/>

Follow us to stay updated on CWL events and information:



Ontario Provincial Facebook Page



Ontario Provincial Website

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New this issue...

Vice-President's Corner



INSPIRE - PROMOTE - RECRUIT - CELEBRATE

Minute by Minute

LITTLE TIPS...



ASK THE SECRETARY

Colleen's Message of Joy



My dear sisters, as I sit at my desk thinking of all of you ... I have a gentle smile. The Holy Spirit sometimes takes me on a trip around my brain when I am just quietly sitting and today is no exception. It all started with an email from the OPC Secretary for permission to post an invitation to pray Psalm 100 on Facebook. Reading Psalm 100 got me to thinking about how living our lives joyfully is another way to "toot our own horn." Does anyone remember that campaign from many years ago encouraging us to toot our own horn? From there I remembered teachings from Msgr Stilla in Teens Encounter Christ (TEC) on salt of the earth and not to hide our light, and knew I needed to find these and read them from my bible.

Not being one who is able to give you the book and verse of each lesson, I had forgotten both lessons are part of Matthew Chapter 5 which begins with the Beatitudes and is so rich in instruction. Holy Spirit brought me here for someone reading this now ... grab your bible and see if it is you ...

Now full circle back to **Psalm 100** and tooting our own horn. You might be asking, what one has to do with the other and this message for our November newsletter? Most will know by now that in Ontario, I encouraged members to respond, "Here I am Lord, send me joyfully!!"



Responding with joy fulfills the call of Psalm 100 to: "Shout joyfully to the Lord, all you lands; serve the Lord with gladness; come before him with joyful song. Know that the Lord is God, he made us, we belong to him, we are his people, the flock he shepherds. Enter his gates with thanksgiving, his courts with praise. Give thanks to him, bless his name; good indeed is the Lord. His mercy endures forever, his faithfulness lasts through every generation. As we enter November, we remember and give thanks for all those who have gone before us, marked with the sign of faith. Each of us have experienced saints in our lives although they were not named saints by the Church. I had many ... my parents who taught me of love, faith and service; Mrs. Dickson who taught me to sing in praise and thanksgiving; Sisters of St. Joseph who came to my small hometown to live joyfully among us ... **Think of the saints in your life and ask yourself, did they respond with joy?**

To close, many thanks to a good friend for proof-reading this and to Holy Spirit for inspiring her to bring to my attention the ultimate lesson here. Whose horn are we really tooting? Not ours but the Lord's! **We are made in His image, given gifts by Him, and should live our life to the fullest for His glory. Now get out there and toot His horn joyfully!!!**

Vice President's Corner

"The CWL has been around since the 1920's and has met annually with all levels of government since the 1970's so I know my voice will be heard."

(Welcome brochure – Why am I a member www.cwl.ca)

I have heard women say that membership in the Catholic Women's League is a gift they give themselves.

We should celebrate being members of this wonderful organization and joyfully welcome other women to join us.

As we flip the calendar into November, we have this opportunity as parish councils are holding membership drives ... recruiting new (and lapsed) members and retaining existing members.

I was recently asked by a member where to find promotional League material and resources to help celebrate our members. The CWL national website has wonderful resources. There are many helpful recruiting and promotional resources developed by the CWL to help you and your council.

Read More to be inspired...

As I write this, we are nearing the end of October – Month of the Holy Rosary of the Virgin Mary. Let us continue to pray for all League members and spiritual advisors and also pray to Our Lady of Good Counsel for guidance and wisdom in our service to the League.

Submitted by Karen McDonald, Vice-President

HELP TO
THE
RESCUE!



**You asked.
We are listening.**

INSPIRE - PROMOTE - RECRUIT - CELEBRATE

Minute By Minute

Little Tips Shared by Diocesan Secretaries



Ask the Secretary:

QUESTION:

How much detail is to be recorded in meeting minutes?

ANSWER:

Minutes are a legal record of what was done at the meeting, not what was said.

(Reference: CWL Handbook for Secretaries, page 2, Recording the Minutes).

Content of the minutes of all meetings and annual meetings of members/conventions of the council concerned must be retained as a permanent record and must include the components listed in the CWL Handbook for Secretaries via this link: <https://www.cwl.ca/manuals/#612> – Handbook for Secretaries.

And on a different note...

something to keep in mind when sending out your Christmas correspondence...

Members are encouraged to “Keep Christ in Christmas” by purchasing stamps celebrating the Nativity or other Christian-themed stamps to ensure their continued production. These stamps are an example of successful resolutions by the Catholic Women’s League of Canada. The following are available for purchase through Canada Post:

In 2022, Canada Post released the 2022 Christmas Nativity stamp available through the Canada Post website link:

<https://store.canadapost-postescanada.ca/store-boutique/en/114210/p/christmas-nativity-permanent-domestic-rate-stamps-booklet-of-12>

In 2023, Canada Post released the 2023 Christmas Madonna and Child stamp available for purchase at this link:

<https://store.canadapost-postescanada.ca/store-boutique/en/114247/p/christmas-madonna-and-child-permanent-domestic-rate-stamps-booklet-of-12?rrec=true>





faith

Claudette Langdon

Prayers in preparation for the 2025 Jubilee year of hope and joy!

I hope that you are enjoying the fall weather and nature's beauty!

Pope Francis officially declared 2025 a Year of Jubilee with a papal bull, titled "Spes Non Confudit," meaning "Hope Does Not Disappoint." Hope and prayer have been designated with the theme 'Pilgrims of Hope'. [Read More...](#)



Pope Francis has called for a "Year of Prayer" in preparation for the Jubilee in 2025. Let us offer our prayers in preparation for this gift.

Watch for updates at:

<https://www.iubilaeum2025.va/en.html>

Prayer

We ask for the guidance of your Holy Spirit as we in the Catholic Women's League continue our work for all of God's people and for all of creation.

Help us to be still, so that we may be open to the Lord's whisper, like a gentle breeze through the trees, to be able to clearly hear your call to serve our brothers and sisters.

We believe your Word, that all people are created in the image and likeness of God, that we are all one body in Christ.

Help us to use our gifts to take meaningful actions, engaging with governments and organizations,

so that everyone's economic, political, social and religious rights are respected.

We ask through the intercession of our patroness Our Lady of Good Council, who will shepherd us on the way. Amen

Godwinks

Have you heard of a Godwink or experienced one?

A Godwink is an event or personal experience, often identified as coincidence, so astonishing that it is seen as a sign of divine intervention, especially when perceived as the answer to prayers...glimmers of hope and grace.

Every time you receive an answered prayer, it is a message of reassurance from God to you - a Godwink.

Let us be open to hear our Lord...



Gender-Based Violence and Mental Health

Violence affects mental health, which in turn affects all elements of health and well-being. The World Health Organization and Public Health Agency of Canada recognize gender-based violence as a significant public health issue. From trouble sleeping, anxiety, and depression, to substance use to cope, to post-traumatic stress, and many other concerns, effects are wide-ranging, varied, and individual.

The scope of the impacts is large; given the reality that gender-based violence is so prevalent. Forty-four per cent of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 15.



Going out to others in order to reach the fringes of humanity does not mean rushing out aimlessly into the world. Often it is better simply to slow down, to put aside our eagerness in order to see and listen to others, to stop rushing from one thing to another and to remain with someone who has faltered along the way.”

*Pope Francis, Joy of the Gospel
s. 46*

What can councils do?
Here are some
suggestions. Read
More...

SOCIAL JUSTICE

Hilarion Mitchell

Remembrance Day and Social Justice Causes

ON.10.02 Financial Assistance for Diabetes

Supplies and Bill C-64, The Pharmacare Act
The resolution urged the provincial government to fully cover the costs of injection materials and all other related medical supplies for persons who are insulin dependent. Bill C-64, known as the Pharmacare Act, received Royal Assent on Thursday, October 10, 2024. The purpose of this Act is to guide efforts to improve, for all Canadians, the accessibility and affordability of prescription drugs and related products, and to support their appropriate use, with the aim of continuing to work toward the implementation of national universal Pharmacare. [READ MORE...](#)

OPC Archived 2024 Resolutions

On the recommendation of the Archive Review Committee and Mary Capobianco, Life Member, OPC Resolutions Chair, 2022-2024, the OPC executive adopted 31 resolutions for archiving in 2024.

OPC Timelines for the 2025 Resolutions

Resolutions are how the League influences governments to be accountable to Canadians and the values the League holds. (Toolkit for Social Justice). We are looking forward to receiving several topical issues from parish councils to start the resolutions process for 2025. See OPC Timelines for the 2025 Resolutions for the various resolutions' tasks/activities, responsibilities and deadline dates.

Blessed are the peacemakers, for they will be called children of God, Matthew 5:9

Remembrance Day provides an opportunity for us to honour the sacrifices of veterans, affording us the opportunity to live in the absence of conflicts. It is also time for us to pray for the armed forces, governments, organizations, and the Church and defending human rights to preserve peace. Currently there are wars in Gaza, Sudan, Ukraine, Syria and the Democratic Republic of Congo. As members, we can be active participants to promote peace and justice at home and globally through activities below. **How can you help as a CWL member? Read more...**

To see the full articles from this page
READ MORE HERE...

Walking Together in a Good Way ... Building Indigenous Relations

Each September 30 we are reminded of our role in the reconciliation journey with Indigenous peoples. How do we recognize the significance of Orange Shirt Day and the National Day for Truth and Reconciliation? What is our response to the calls to action of the Truth and Reconciliation Commission?

[What is our role in supporting Indigenous communities? Read more...](#)

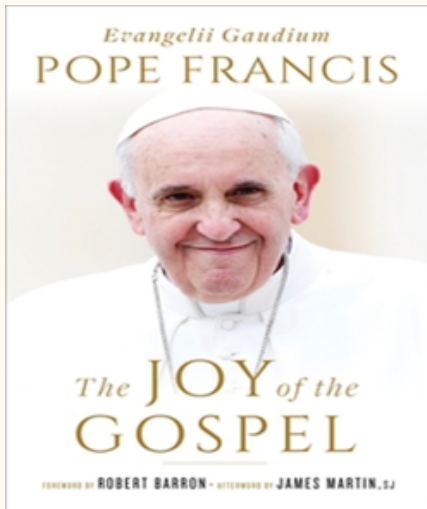
"(The Church is) Where we look one another in the eye, accept the other's history and culture, and allow the mystique of togetherness, so pleasing to the Holy Spirit, to foster the healing of wounded memories"

(Meeting of Pope Francis with the Indigenous Peoples and members of the parish community at the Sacred Heart Church, Edmonton, July 25, 2022).



On September 30, the city of Toronto's Spirit Garden was opened. The Spirit Garden project was led by Toronto Council Fire Native Cultural Centre in partnership with the City of Toronto. The project responds in part to the Truth and Reconciliation Commission of Canada Call to Action 82, for government to commission and install a Residential Schools Monument in each capital city to honour residential school survivors, and all the children lost to their families and communities. Does your community have a Residential Schools Monument and do you know where it is? If you plan on attending the 2025 National Convention in August 2025, you can visit the Spirit Garden as it is very near to the host hotel. (photo courtesy of Theresa Lubowitz) More information on the Spirit Garden is available at on the City of Toronto's and Toronto Council Fire's webpages.

Sharing the Joy of the Gospel



At the Fall Meeting of the Ontario Provincial Council, members attending spent some time reading passages from the first pages of the Joy of the Gospel that spoke to them. This was such a “joy-filled” exercise and all readily participated. Why not do this at your parish council? Have each attendee sit in a circle and read the passage that resonated in them. Give a few moments of silence after each has shared. Then have each member speak of the observations they have from what has been shared.

Here are two passages from pages 39-78 that are worth pondering:

“Pastoral activity needs to bring out more clearly the fact that our relationship with the Father demands an encourages a communion which heals, promotes and reinforces interpersonal bonds.”

“Through the influence of the media, rural areas are being affected by the same cultural changes, which are significantly altering their way of life as well. What is called for is an evangelization capable of shedding light on these new ways of relating to God, to others and to the world around us, and inspiring essential values.”



Pope Francis announced on October 6, 2024, that he will create 21 new cardinals on December 8, 20 of whom will be eligible to vote for a new pope. Among them are Archbishop Frank Leo, Archbishop of Toronto. [**READ MORE...**](#)

Prayer of Thanksgiving

Dear Lord God, we thank you for inspiring our Holy Father Pope Francis to name Archbishop Leo a Cardinal of the Church. Continue to pour Your grace upon the Archbishop as he prepares to receive this honour in Rome on December 8.

We ask that you abundantly bless our newly created Cardinal and that You grant him inspiration and Your loving guidance, as he tends to the spiritual and temporal needs of the faithful of the Archdiocese of Toronto and as he assists in the government of the Universal Church throughout the world. We ask this in Jesus name. Amen.

Prayer for November

November is a month of remembering and traditionally the month in which we remember our sisters of The Catholic Women's League of Canada who have gone before us.

Let us reflect on those members who have passed into the loving arms of Our Lady of Good Counsel and Our Lord.

We honour their memories and pray that the God of all has joyously welcomed them into the fullness of life, where they rest in peace and love.

Gracious God, we pray for our dedicated members who lived their faith by serving you and others. They openly made a commitment to be your witnesses, carrying out the mission of service to you, home, parish and the community.

Hear our prayers on behalf of Your faithful servants whom You have called into the light of Your presence.

May they be welcomed joyously into heaven.

This we ask through our Lord Jesus Christ and the intercession of our patroness, Our Lady of Good Counsel.

Amen



Milestone Moments



The Catholic Women's League of Canada logo sign was recently installed at Ste. Anne Cemetery in Tecumseh, ON to commemorate the deceased members buried in the cemetery. May their souls rest in peace. Amen.



October 6th, 2024 was a perfect day to celebrate the 75th Anniversary of **St Agnes CWL Council, Thunder Bay**. It started with an amazing celebratory mass in which our members served as altar servers, greeters, lectors, ushers, Eucharistic Ministers and choir. You were surrounded by the CWL in all our glory wherever you sat. Special anniversary prayers and blessings followed by time of dessert and fellowship rounded off a very special day. Grateful to all our sisters of the League who came before us and the new sisters who will be at our next special one. Special thank you to Provincial President Colleen Martin and Diocesan President Cathy Carlino for taking the time and coming to celebrate our special day with us.

Events Coming Your Way!

NOVEMBER 4TH AT 7:00 P.M. EST: VIRTUAL INFORMATION SESSION ON 'THE BOOK OF LIFE'
WITH CATHY MCKINNEY, KEEPER OF THE ONTARIO PROVINCIAL BOOK OF LIFE. **ZOOM LINK:**
[HTTPS://US06WEB.ZOOM.US/J/89413835930?](https://us06web.zoom.us/j/89413835930?pwd=U7QRAUGBHKEDBGHZ9QBO40JQGEUUUA.1)
[PWD=U7QRAUGBHKEDBGHZ9QBO40JQGEUUUA.1](https://us06web.zoom.us/j/89413835930?pwd=U7QRAUGBHKEDBGHZ9QBO40JQGEUUUA.1)
Meeting ID: 894 1383 5930 **Passcode:** 2EPDSU

Save
the
date

SOCIAL JUSTICE AWARD 2025 NOMINATION DEADLINES

Fri. Nov. 15, 2024: Diocesan President Sign-off
Sat. Nov. 30, 2024 OPC Social Justice Chair:
Submit to Hilarion Mitchell, Social Justice Chair, Ontario Provincial Council
Email: opcsocialjusticechair@gmail.com



Share Your Prayer!

At the October 2024 Ontario Provincial Council Fall Meeting, members developed a prayer by simply starting with one line on a piece of paper...
DEAR GOD....,

From there, the paper went from person to person asking each to add to the prayer by writing one line based on what was in their heart at that moment and this is what was created:

Dear God,
You are wonderful and full of surprises all the time
Open my eyes
And my heart
To seek to understand rather than be understood
To see the good in everyone we meet
To be open to new ways and ideas
To walk by faith and not by sight
To serve with patience and joy
To give thanks for all my sisters
To your will for me to lead our members forth in knowledge, love and peace
To enlighten and protect the ladies who seek your love and mercy
To inspire us to continue the wonderful works of your service we do for the
League, in a kind and prayer-filled manner

Jesus, help us recognize our gifts and the gifts of other and how we complement each other to fulfill your will for us and all your people

Now it's your turn! We invite you to do the same at your councils!

All you have to do is start with DEAR GOD... on a piece of paper and circulate that same piece of paper to each member one by one asking them to write one line of whatever is on their heart.

After you have created your prayers and if comfortable, please share them with us by emailing them to: newsletter@cwl.on.ca