

WELCOME TO THE
ON-LINE NEWSLETTER

We're so glad you're here!



**A MESSAGE FROM ONTARIO PROVINCIAL
SPIRITUAL ADVISOR BISHOP THOMAS DOWD**

Dear Catholic Women's League members,
As we enter the Year of Jubilee, let us open our hearts to the profound grace that this special year brings. Pope Francis has called us all to become "pilgrims of hope" together. We know when we are living in hope when, in good times, we feel joy, and when, in harder times, we find meaning in life. We can practice joy through gratitude, and we can develop our sense of meaning by entering more deeply into our faith. I invite everyone to read my Pastoral Letters. The first ***Entering into Hope (Read More)*** and the second, ***To Become Like God (Read More)*** as a way to prepare for the start of this jubilee. I wish you all the best for the Christmas season. May God bless all of you!



THE ANGEL represents the union between earthly experience and the presence of God in life, offering courage in moments of solitary suffering. It symbolizes God's presence, accompanying each person's journey. A guardian angel as a companion throughout life.

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Milestone Moments

Congratulations Captain Leah Pierce on being awarded the ***King Charles III Coronation Medal*** in recognition of your valuable contribution to our country as well as the ***10th Annual Carmichael Art Studios Community Excellence Award*** for your tireless efforts in support of the homeless, and unwavering compassion and love for the most vulnerable in North Bay.



Leah is vice-president of Pro-Cathedral of the Assumption CWL Council in North Bay.



Thank you for your incredible heart of service.

Colleen's Message of Joy



*Happy New Year
to all of you!!*



For some reason, writing this message was more difficult than those completed previously. The others flowed and I knew the Holy Spirit was feeding me the message. That magical moment never arrived this time but perhaps it did, and I missed it? The Lord is always sending us messages but sometimes it is not readily recognizable as such. For me, I realized today as I began to write this that He was there, but I didn't recognize Him in the difficulty I was having. The message this month is a simple one.

Many years ago, I saw this anonymous quote online, "Do not ask God to guide your steps, if you are not willing to move your feet." Instead of sitting and waiting for direction on this message, I had to sit down, to pray, and to start typing something; I had to move my feet.

As we begin this new year, let's take time to pray and explore where it is that we are willing to take a chance, to embrace change, to step out beyond our comfort zone to be a better version of ourselves. Perhaps this is the year to put your name forward as an agent of change for your council. A new leader may be what your sisters need to step forward, to provide new energy and direction to your council's work for the Lord. Please consider moving your feet, the Lord will always be there to guide your steps.



Do not be afraid for "the Lord your God goes with you; he will never leave you nor forsake you." Deuteronomy 31:6



PEARLS OF WISDOM

OPC Past President Linda Squarzolo

When you see geese heading south for the winter... flying along in a "V" formation ... you may wonder why they fly that way.

As each bird flaps its wings, it creates an uplift for the bird immediately following.

By flying in "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone ... and quickly gets back into formation to take advantage of the lifting power of the bird in front.

When the head goose gets tired, it rotates back in the wing ... and another goose flies point.

Geese honk from behind to encourage those up front to keep up their speed.

When a goose gets sick or is wounded and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly, and only then do they launch out on their own, or with another formation, to catch up with their group. (Source Unknown)

How does this story relate to past presidents? What kind of "uplift" is the council's past president providing to the other members on the executive? [READ MORE...](#)



Minute By Minute

Little Tips Shared by
Diocesan Secretaries



From Michelle Morrow – Diocesan Secretary, Kingston Diocesan Council:

- Use colour coded pocket folders for the officers and full executive meetings.
- File labeled file folders to keep notes in for the different meetings you attend.

From Hazel Barbour – Diocesan Secretary, Hearst-Moosonee Diocesan Council:

Once your meeting agenda has been finalized and saved, save the file under the title: “Working Copy Agenda for Meeting....”

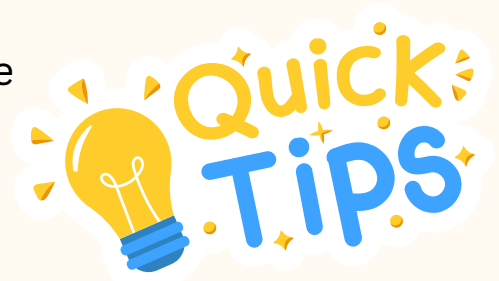
Then, go back into the file, and grab all the inputted material and make the entire text font in a colour of your choice (I usually use a nice blue).

Then after each item, insert as many spaces as you think you will need to be able to input the information you will record at your meeting.

Print this file and it is ready for you to handwrite your notes at the meeting.

After the meeting and time to "do the minutes", just type in your notes into your file and finalize it with a new title to indicate it is the final version.

Do you have any tips you would like to share to help your sister secretaries? Send them to:
opcsecretary24@gmail.com



Happy New Year my dear sisters!

There is excitement with the beginning of a new Liturgical Year. With the opening of the Holy Door at the Basilica of Saint Peter in the Vatican on December 24, 2024, Pope Francis began the Jubilee Year of 'Hope and Joy'.

May the Jubilee be a moment of genuine, personal encounter with the Lord Jesus, the "door" of our salvation, whom the Church is charged to proclaim always, everywhere and to all as "our hope" (1 Tim 1:1).

Last month we introduced the mascot, Luce. [**READ MORE...**](#)



The Jubilee Prayer



Father in heaven, may the *faith* you have given us
in your son, Jesus Christ, our brother,
and the flame of *charity* enkindled in our hearts by the Holy Spirit,
reawaken in us the blessed *hope* for the coming of your Kingdom.

May your grace transform us
into tireless cultivators of the seeds of the Gospel.

May those seeds transform from within both humanity and the whole
cosmos in the sure expectation of a new heaven and a new earth,
when, with the powers of Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us, *Pilgrims of Hope*,
a yearning for the treasures of heaven.

May that same grace spread the joy and peace of our Redeemer
throughout the earth.

To you our God, eternally blessed, be glory and praise for ever.

Amen

Franciscus

service

Sue Lubowitz

THE JOY OF EDUCATION

“Education is an act of love that illuminates the way for us to recover the sense of fraternity, so that we do not ignore the most vulnerable. The educator is a witness who does not give his mental knowledge, but his convictions, his commitment to life. One who knows how to handle the three languages well: that of the head, that of the heart and that of the hands, harmonized.”

Pope Francis (24 February 2024 to Spanish Catholic educators)

As our children head back to the classroom after the Christmas break we should remember the Pope’s Prayer Intention for January 2025: the right to an education. Pope Francis has spoken often regarding the value of Catholic schools and the importance they play in the mission of proclaiming what he so often calls “the joy of the Gospel.” By using this phrase, he reminds us that such a proclamation is more than the dissemination of information but a kind of contagion, which others may catch from our enthusiasm and dedication the transformative power of Jesus and his message!

Want to know more? **READ MORE...**

SOCIAL JUSTICE

Hilarion Mitchell

2025

Happy New Year! It is a time to start anew, to refresh, filled with hope for what is to come.

“This **Jubilee 2025 Pilgrims of Hope** year, in Pope Francis, 'Spes non confundit', “Hope does not disappoint” (Rom 5:5). *“Everyone knows what it is to hope. In the heart of each person, hope dwells as the desire and expectation of good things to come, despite our not knowing what the future may bring. Even so, uncertainty about the future may at times give rise to conflicting feelings, ranging from confident trust to apprehensiveness, from serenity to anxiety, from firm conviction to hesitation and doubt.”*



In addition to being personally hopeful, we can bring hope to others. Social justice issues such as affordability, hunger, housing, fair wages, the environment, human trafficking and world conflicts, continue. *“We must fan the flame of hope that has been given us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision.”* (Pope Francis)

When League members speak out on an issue our voices hold influence and power and are heard. A few items in the news and/or brought to my attention are notable. **READ MORE....**



Events Coming Your Way!

FINDING HOPE In the Fight Against Human Trafficking Webinar

Tuesday, January 21st, 2025 – 7:00 pm (EST)

To Learn more and Register, click on:

<https://attendee.gotowebinar.com/register/1128195031188487258>



Presented by CWL National and:

- Glendyne Gerrard, Founder of Defend Dignity
- Barbara Renaud, League Member, Vancouver Archdiocesan Anti Human Trafficking Committee
- Trisha Baptie, Survivor



Horizons of Hope – Toolkit on Palliative Care

May 6, 7, 13 & 14, 2025

Presented by:

- Dr. Moira McQueen
- Sr. Mary Rowell
- Shirley Christo, Life Member

Stay tuned for more details coming!

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