



faith

Claudette Langdon

Hope is Born of Love with Joy

*"My God, I love Thee above all things, and in all things, with my whole soul,
because Thou art worthy of all love!" Short Act of Perfect Love*

This Year of Jubilee is a time of spiritual renewal and transformation that is celebrated every 25 years. It is a time to reconnect with God, strengthen relationships, and appreciate creation. We are invited to put our trust more deeply in God.

We are all on a journey of hope with the help of the Holy Spirit. Hope is rooted in our Baptism, faith, hope, love, and patience sustain us.

Spirituality nourishes us on our faith journey. We believe in the gift of spiritual joy, one of the fruits of the Holy Spirit. With the Holy Spirit in our hearts, we are inspired to share joy with others. The joy that does not fade, it "multiplies when it is shared with others."

Hope and joy are often linked and people with hope experience more joy. Hope can give people a positive outlook and a sense of purpose, while joy can make people feel more optimistic.

"Hope does not disappoint" (Rom 5:5), because God's love has been poured into our hearts through the Holy Spirit that has been given to us" (Rom 5:1-2.5).

We hold onto hope during times of adversity. We find hope in one another as we are Catholic woman of hope, love and joy. Through difficulties with our faith, we press forward with our goal of heaven.

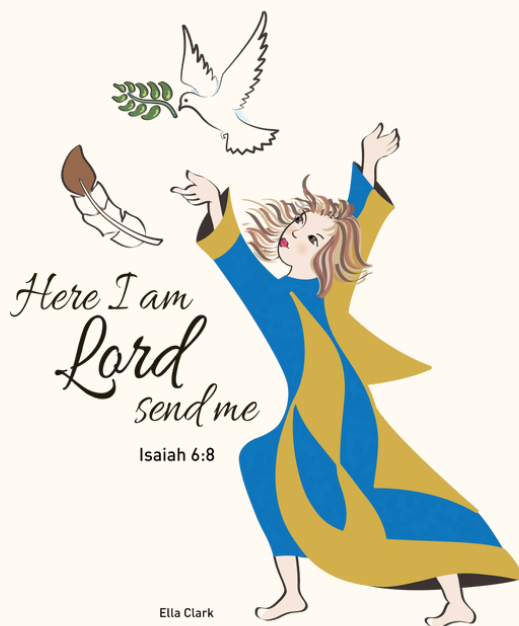
As Bishop Dowd said in his Pastoral Letter, "It isn't just about **journeying in hope**, but **journeying to hope**. There are, in fact, ways to measure how we are growing in the virtue of hope. I call these 'symptoms of hope', and there are two of them: joy and meaning."

The joy that is a fruit of the Spirit does not fade and it "multiplies when it is shared with others." It is only natural that we are inspired to share our joy with others.

"Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near" (Phil 4:4-5).

Saint Philip Neri who lived in Rome five centuries ago is the Patron Saint of Laughter and Joy. In short, Philip was an evangelist. He loved to share the Gospel and help people to find or rediscover their faith in Jesus Christ. He said "Cheerfulness strengthens the heart and helps us to persevere. A servant of God ought always to be in good spirits. Charity and cheerfulness, or charity and humility, should be our motto." Sounds like a motto we can live by.

As women of faith our joy has meaning, our faith is filled with hope, and our works of charity are done with love. We put into action, ***Here I am Lord, Send Me Joyfully!!***



Prayer to St. Philip of Neri

St. Philip, you converted countless souls to a greater love for God by befriending them and treating them with courtesy and kindness.

Please pray for us to grow in the virtue of affability and joyfulness, which shone through all your words and actions, so that we, too, may win many souls for Christ. Amen.

Prayers Across the Province

OPC Faith Chair, Claudette Langdon



I am overjoyed to write about a new Ontario Provincial Catholic Women's League (CWL) initiative, *'Prayers Across the Province'*



Policy states that monthly Mass Intentions should be offered. Colleen Martin, our Ontario Provincial President had an idea and working together it was decided to have monthly Mass intentions for all members and the Ontario Provincial Council (OPC) executive across the province.

We were so excited about the possibility of Masses being heard all across Ontario, but we could not implement this alone. Support was needed of our sisters in the League and our Spiritual Advisors.

Diocesan Faith Chairs all over Ontario worked diligently with their Spiritual Advisors on the proposed initiative.

We requested:

- A monthly Mass by each diocesan Spiritual Advisor by the OPC for the intention of all CWL members in his diocese. A total of 12 Masses per year, per diocese.
- A monthly Mass for the intention of the OPC Executive BUT each diocese would only have ONE monthly Mass per year. Each diocese was designated a month for the Mass. Twelve months, twelve dioceses.

You can imagine the logistics of organizing 156 Masses, but our goal of prayers across Ontario was spiritually uplifting!

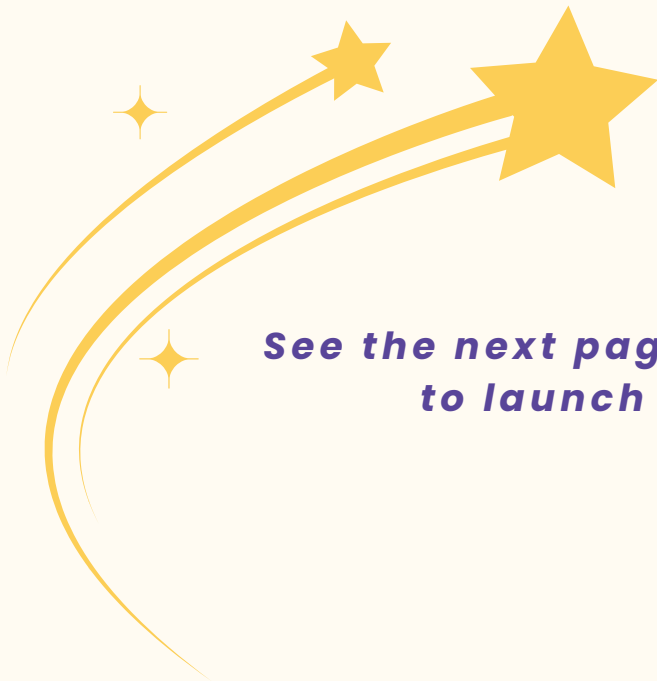
There was some creativity along the way. Faith Chairs wanted Masses to be shared across their dioceses, so members from different areas had the opportunity to attend these special Masses.

As a result, in many dioceses not only the Diocesan Spiritual Advisor would be offering Masses for members but also Parish Spiritual Advisors in numerous Churches across the province. What a joy to behold!

We give thanks to the Diocesan and Parish Spiritual Advisors, Diocesan Faith Chairs and the Diocesan Presidents for this wonderful initiative being implemented.

It is a blessing to see that the Mass intentions have begun with the inaugural Mass on January 4, 2025, in the Diocese of Hamilton. Other dioceses will continue each month throughout the year in churches across our province.

How amazing to have CWL members praying together across the province for each other. What spiritual joy!



***See the next page for our first diocesan council
to launch this wonderful initiative!***

Celebrating Faith and Sisterhood

Teresa DiFalco, Hamilton Diocesan President

On the Feast of the Epiphany, the Hamilton Diocese were the first Catholic Women's League (CWL) diocese in Ontario to celebrate the first 2025 Mass intention for the Ontario Provincial CWL Executive team, and its first monthly Ontario Provincial Mass intention for all CWL members of the Hamilton Diocese.

The first of these special Masses took place at St. Dominic Parish, Oakville, with Hamilton Diocesan Spiritual Advisor Fr. Ranjan D'Sa officiating. I attended this Mass along with four members of my diocesan executive team, as well as members from across the diocese—including councils from Oakville, Burlington, Brantford, and Hamilton. We gathered in unity and sisterhood to celebrate these special Mass intentions while keeping you all in prayer. I encouraged members to proudly wear League blue along with their CWL scarves, pins, and badges, and to sit together to celebrate the Mass and represent the League.

Fr. D'Sa warmly welcomed us by identifying us sitting together in the front few rows and wearing blue. Fr' D'Sa also announced the two Mass intentions for the CWL and invited us to be the gift bearers.

The celebration coincided beautifully with the Feast of the Epiphany of the Lord, and attendees received Epiphany door blessing kits—a thoughtful and meaningful way to carry the blessings home.

My Hamilton Diocesan Regional Teams, Faith Chair Kathryn Imperatore and I worked collaboratively to secure monthly Mass locations in all four Hamilton regions, ensuring every CWL member has the opportunity to participate in these inspiring services. As a special touch, many Masses will be held at parishes with Holy Doors for the Jubilee Year of Hope, adding even more spiritual significance.

Let us continue to pray for our CWL members and give thanks for this beautiful example of faith, fellowship, and dedication.

On behalf of the Hamilton Diocesan Council, I wish to thank the Ontario Provincial Faith Chair Claudette Langdon and the other members of the Ontario Provincial Executive Council for this incredible gift of Mass intentions for the year for the CWL members of the Hamilton Diocesan Council.

A heartfelt thank-you :)



The following is a picture taken after the Mass at St. Dominic, Oakville.

Front Row from right to left: Theresa Ogba, Life Member Jeanne Wilson, Hamilton Regional Secretary Mary D’Orazio, Hamilton Regional Chair Colleen Ionson, Hamilton Diocesan President Teresa DiFalco, Brant Regional Chair Debra Norohna, Brant Regional Secretary Meagan Kadirgamar.

2nd Row: Karen Dysart, Elizabeth Guertin, Kathy Pacifici, Theresa O’Connor. **3rd Row:** Diane Norman, Pat Murnaghan, Violeta Burany, **Back Row:** St. Dominic Pastor and Diocesan Spiritual Advisor Father Ranjan D’Sa)