



WELCOME TO THE ON-LINE NEWSLETTER

We're so glad you're here!

The Farmer's Grace

Submitted by Administrative Assistant, Wilma Vanderzwaag

A pastor asked an older farmer, decked out in bib overalls, to say grace for the morning breakfast.

"Lord, I hate buttermilk", the farmer began. The visiting pastor opened one eye to glance at the farmer and wonder where this was going.



The farmer loudly proclaimed, "Lord, I hate lard." Now the pastor was growing concerned.

Without missing a beat, the farmer continued, "And Lord, you know I don't much care for raw white flour". The pastor once again opened an eye to glance around the room and saw that he wasn't the only one to feel uncomfortable.

Then the farmer added, "But Lord, when you mix them all together and bake them, I do love warm fresh biscuits. So Lord, when things come up that we don't like, when life gets hard, when we don't understand what you're saying to us, help us to just relax and wait until you are done mixing. It will probably be even better than biscuits. Amen."

Within that prayer there is great wisdom for all when it comes to complicated situations like we are experiencing in the world today.



Stay strong, because our LORD is mixing several things that we don't really care for, but something even better is going to come when HE is done with it. AMEN!

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Luce and Friends



LIGHT (LUCE) in the **EYES** represents the vision of the Light of God and the journey toward it.

Light is a symbol of hope.

The shape of the design resembles a shell, a symbol of perseverance in faith.

We have a YouTube Account! **YouTube**

We're excited to announce the launch of the Ontario Provincial Council's very own YouTube channel! We envision this space as a hub for sharing updates, insights, and inspiration from across our organization. While it's brand new and still a bit bare, we encourage you to hop on over and subscribe. We'll be adding more content soon, and we don't want you to miss out as our channel grows! Stay tuned for more updates and exciting content to come. Click below to subscribe!

[**Ontario Provincial Council CWL YouTube**](#)

Follow us to stay updated on CWL events and information:



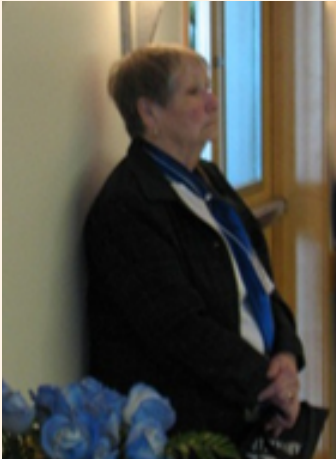
[Ontario Provincial Facebook Page](#)



[Ontario Provincial Website](#)

Colleen's Message of Joy

A lovely spring morning, still cool, but the sun is warm on my face shining through my office window. May ... month of our Lady... Mary, Mother of God.



For me thinking of Mary usually brings me around to thinking of my mom. Our mothers are the teachers of the faith through word and action. I love this picture of my mom. She was always so humble, so eager to serve but not to be front and centre but consistently there in the background.

Quietly looking on when the time for work was over. I learned about faith, service, and social justice following quietly as a young child, then more boisterously as a teen, as mom worked for the church, for the Legion, for community ... feeding the elderly or the poor, helping her neighbour, giving generously to so many causes from limited income until the day she passed.



Thank you, mom! And thank you to all mothers as we celebrate Mother's Day this month. The world needs women to step up and model our Mother Mary each day to convert hearts, swell our love of neighbour, and make the world a better place.

We take time in the month of May to honour and celebrate Mary. **SEE HOW HERE...**



Pearls of Wisdom

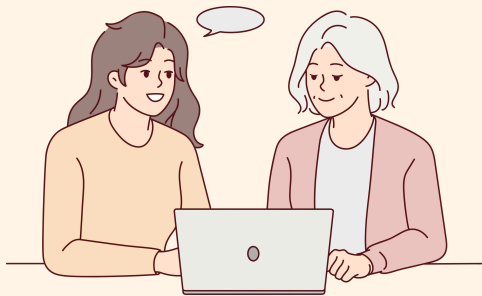
OPC Past President

Linda Squarzolo

In the early years of television in the 1950s a program aired for six years called "Father Knows Best". This situation comedy depicted middle-class family life in that era where the father offered wise advice to the problems of his three children. In hindsight the program should probably been titled "Father Knows Best????"



When we need advice, to whom do we turn? Of course, the first question should always be "What would Jesus do?" However, we often seek answers from family members, trusted friends, colleagues, more experienced individuals, and ultimately people we trust.



When the Catholic Women's League was restructuring the executive positions a few years ago, keeping the past president as part of the council was a very wise decision. One of her roles is to be an advisor to the president and the rest of the executive.

She has the expertise and past experience to offer sound advice when asked. When a crisis arises, as they sometimes do, she can guide the council and offer suggestions on how to resolve the issue. She can be a mentor and support the officers who are serving for the first time. Offering workshops on League policy and procedures would be of benefit to all members.

How wonderful it is to have this mentor to help and serve our councils.

Minute By Minute

OPC Secretary
Lisa Henry



Find Your Joy: The Secretary's Heart in the CWL

In the tapestry of the Catholic Women's League, the role of Secretary is a vital thread, weaving together communication, organization, and heartfelt connection.

It's a position that, at first glance, might seem daunting, filled with minutes to take and communications to manage. But look closer, and you'll find a wellspring of joy, a beautiful opportunity. Embracing the call to serve and grow, like the Blessed Mother Mary's "yes", allows us to play a meaningful role in the unfolding of God's plan. It is a transformative experience that deepens our faith and enriches our lives.

*Together,
we make a
Difference*

This role offers a unique vantage point: a front-row seat to the inspiring work of the CWL, witnessing firsthand the generosity, dedication, and unwavering faith of its members. It's a chance to connect with women from all walks of life, to learn from their experiences, and to contribute to a community that strives to make a meaningful difference in the world.

Need more encouragement?
Consider these words from Hazel
Barbour, Hearst-Moosonee
Diocesan Secretary: **READ MORE...**



Mary Mother of Jesus, Mother of the Church and our Blessed Mother!

““She is the Mother of the Head and of the members - The Holy Mother of God and therefore the provident Mother of the Church”. Pope Paul VI

As Catholic women we have two mothers: our birth / adoptive mothers and Blessed Mary, our Spiritual Mother. Our great devotion to our Blessed Mother is important in our Catholic worship.

Mary is truly "Mother of God", the mother of the eternal Son of God made human. Mary is our model for all mothers on earth and has become the Mother of all believers.

The month of May is dedicated to Mary and is a time to focus on Mary's role in the life of the Church. Although we honour our Blessed Mother every day, we intensify our dedication to her in this month with special devotions and celebrations that honour her role as the Mother of God. A powerful Marian prayer, most of us pray daily is the Rosary, Hail Mary, "full of grace"...

Mary's deep faith was perfect and grace filled. Mary did not hesitate when God asked, her acceptance was immediate. We can imagine her feelings of anxiety, but Mary took a great leap of faith with unfailing faithfulness and great courage.

She demonstrated by her actions how to fully respond to God's call, with total trust even in uncertainty or extreme challenges.

Our Lady of Good Counsel, one title for Mary, originates from Mary's committed "yes" to God's invitation to participate in the divine plan. **READ MORE HERE...**



Memoraire

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to your protection,
implored your help,
or sought your intercession, was left unaided.

Inspired by this confidence,
I fly unto you, O Virgin of virgins, my Mother.
To you do I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate, despise not my petitions,
but in your mercy, hear and answer me. Amen.



League Prayer

We humbly pray You, O God our Father, to bless The
Catholic Women's League of Canada.

Bless our beloved country, our homes and families.
Send Your Holy Spirit upon us to give light to our minds
and strength to our wills that we may know and fulfil Your
great law of charity.

Teach us to share with others at home and abroad, the
good things You have given us.

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

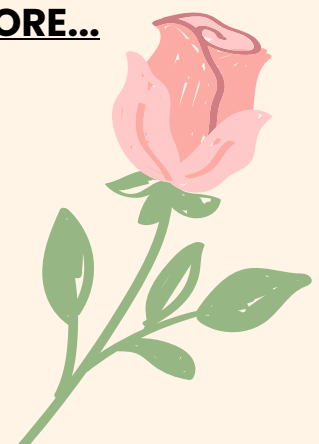
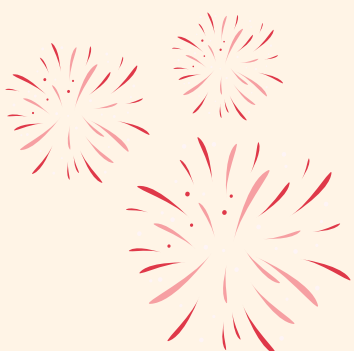
Mary, Mother of Us All ... Mother of Hope

As members of the Catholic Women's League we have come to know Mary under her many titles including as our patroness, Our Lady of Good Counsel. One of her lesser known titles is Mother of Hope. In June 2020, among the many titles under which Catholics invoke Mary, Pope Francis asked us to add 'Mother of Mercy', 'Mother of Hope' and 'Comfort of Migrants'. The titles are to be inserted into the Litany of the Blessed Virgin Mary (Litany of Loreto).

Hope is what keeps us going during times of hardship, sickness, distress, loss, and fear. Hope leads us to believe in peace. Throughout her life on earth, the Blessed Virgin Mary exemplified the virtue of hope.

At the Wedding at Cana, Mary's sensitivity is brought to the foreground. During the festivities, the couple ran out of wine – a disgrace in that time period and culture. In her sensitive, motherly way, Mary noticed the needs of the wedding couple. In making sure there was enough wine, she also brought them hope. In the same way, she brings us hope when the wine of our lives runs out. When we find ourselves without resources, understanding, direction, and possibility, she brings our concerns before her Son. With certain hope that Jesus will remedy our situation, she turns to us and says, "Do whatever he tells you."

When she was at the foot of the Cross, looking up at her dying Son, the circumstances appeared hopeless. The Blessed Mother had every earthly reason to give in to despair but Our Lady knew that God would never abandon her. So instead of giving in to despair, the Blessed Mother placed her trust in God's promises. **READ MORE...**



SOCIAL JUSTICE

Hilarion Mitchell

Hope finds its supreme witness in the Mother of God

Pope Francis, 'Spes non confundit' Section 24.



May is the month of Mary, fertility, motherhood, midwifery, growth and renewal of life.

The Blessed Virgin Mary was given the great privilege to be the Mother of God and has many titles. In the League, she is Our Lady of Good Counsel. Her titles that apply to social justice include, Mirror of Justice, Mother of the Poor, Mother of Orphans, Mother of the Oppressed, Our Lady of Africa, Our Lady of Charity, Our Lady of Guadalupe, Mother of the Streets, Comforter of the Afflicted, Our Lady of Perpetual Help, Our Lady Queen of Peace and more.

Then Mary said, “Here am I, the servant of the Lord; let it be with me according to your word.” Then the angel departed from her. Luke 1:38

May 16 – 26 is ***Laudato Si’ Week*** with the 10th anniversary of Pope Francis’ 2015 encyclical, Laudato Si’ (On Care for Our Common Home). It was the first Papal letter on the environment and the relationship between humanity and the earth. It included warnings to take actions for a sustainable future:

- Pollution and Climate Change ▪ Water ▪ Loss of Biodiversity
- Decline in the Quality of Human Life and the Breakdown of Society



The Laudato Si’ Movement anniversary theme is ***Raise hope!*** **READ MORE...**



Joy!

Rejoice in the Lord

Philippians 4:4



JOYFULLY CALLING ALL OUR SISTERS!

2025 Provincial Convention News

Nelly Kelders - 2025 OPC Convention Secretary

Hi, it's me again, Nelly!

Those April showers are making way for May flowers. Have you planted your sunflower seeds yet? We'll be sure to have lots of sunflowers for you at the Ontario Provincial Convention and Annual Meeting of Members in London in July.

Have you completed your registration? It is your passport to five days of prayer, learning, inspiration, renewing acquaintances, meeting new sisters from across the province and I could go on and on but you get the message.

Last month we talked about your first two days in London, but that was just to get you primed for the rest of the convention. Monday, July 7 promises to be just as motivating. We start the day with mass. Celebrating the Eucharist sets the stage for listening to our diocesan presidents and provincial executive officers describe how our sisters across the province have lived our mission of faith, service and social justice.

Monday afternoon will take us into a session on Formation led by Bishop Dowd. We'll stop for a nourishing, home cooked roast beef dinner complete with calorie-free dessert, (at least in my mind) at St. Justin's, if you signed up of course! The evening ends back in the Bristol Ballroom with a twilight retreat. Doesn't that sound like a heavenly way to spend your day?

How could Tuesday possibly top Monday, you ask? Well, Dr. Josephine Lombardy, award-winning author, associate professor at St. Augustine's Seminary in Scarborough and documentary filmmaker, is going to continue our formation process using her recent book, *Marian Approaches to Synodality*. We get to hear how Jesus' mother, Mary can help us in the Synodal Process. Whoa! Whoa! Whoa! I am so excited. And don't forget the Gala Dinner takes place on Tuesday evening too!

What? I am running out of space again and I haven't even told you about Wednesday and about the tips I have for you, to make your experience an absolute delight. Tune in for more in June!

Don't forget the registration deadline is May 31, 2025

To access the registration package on the OPC website, click here at cwl.on.ca

Beyond the Bake Sale:

Fresh recipes for Council Fun and Growth



Paddy Pouches are discrete bags of feminine products put together each month for the Dew Drop Inn in Thunder Bay. While volunteering at the Dew, Pam, a dedicated CWL member at St. Patrick Cathedral CWL Council, was heartbroken when approached a number of times by women in search of feminine products. At a CWL gathering she presented her idea to members to donate feminine products. They have named their project "Paddy Pouches". Each month parishioners are invited to donate cash for the purchase of the feminine products, a group goes shopping and the pouches are put together at their monthly gathering. Over the past months Pam has taken her project to the Sister Leila Greco nursing home where tenants get together on craft days to assemble the pouches. Not only is this a small way to help women in need, but it is a wonderful example how we can reach out to seniors and give them a good feeling day. On a final note, Pam shared that the "Sweet Sisters Of Sister Leila Greco's Circle" (as they are fondly called) are hard at work making items for the up-and-coming diocesan convention being hosted by the Cathedral council.



As an extension to this idea, St. Peter council noticed in a social media post how grateful the Dew is for the Paddy Pouches. It was stated that feminine products are most sought after, next to toilet paper. So the council took on its own project and just recently donated over 200 rolls of toilet paper individually packaged.

Events Coming Your Way!

105th National Convention August 10 – 13, 2025

Location: Marriott Downtown at CF Toronto Eaton Centre

For information re: Convention Accommodations, [READ MORE....](#)

Follow us to stay updated on CWL events and information:



[Ontario Provincial Facebook Page](#)



[Ontario Provincial Website](#)

Horizons of Hope - Palliative Care Toolkit for Parishes

Released by The Canadian Conference of Catholic Bishops



Interested Parishes!
Come join us with your pastor
and fellow parishioners to discover
a culture of **LIFE, COMPASSION & HOPE!**

Thank you to Toronto Diocesan CWL member Shirley Christo for her efforts in offering these sessions.
The Ontario Provincial Council is honoured to play a supporting role in facilitating the
zoom sessions and communication of registration details through its networks



During National Hospice Palliative Care Week
St. John Fisher (Toronto Diocese) presents:

Dr. Moira McQueen
Executive Director of Canadian
Catholic Bioethics Institute



Modules 1 & 2
May 6 & 7, 2025

Shirley Christo
CWL Life Member
Parish Nurse



Ronald Perinpanayagam
Unity Health Toronto
Catholic Healthcare



Modules 3 & 4
May 13 & 14, 2025

Margaret Smith
St. Elizabeth Palliative Care
Parish Nurse



All sessions are from 7:00 - 9:00 pm
Attendance is encouraged for all four modules
You can attend in person or virtually!

Location: St. John Fisher Parish Hall-300 Balmoral Dr.
Brampton, ON L6T 1V6

**REGISTRATION DETAILS: Register here by clicking on the link
below or via the QR Code:**

(All must register in advance)

<https://tinyurl.com/rutfe4yu>

Once registered, a link will be sent via email



Please monitor the following sites for more details as the event draws closer:

www.cwl.on.ca

[OPC Facebook Page](#)

