

Minute By Minute

OPC Secretary
Lisa Henry



A Diocesan Secretary's Journey of Growth, Service, and Dignity

Submitted by Michelle Morrow, Kingston Diocesan Secretary

When I joined the Catholic Women's League in Almonte, I knew very little about it—just what the letters stood for. Like many women, I came in with a willingness to serve but with no idea of where God might lead me.



Two years in, I received a phone call from the member overseeing elections. She informed me that the members wanted me to be their president. I hesitated. I hadn't learned enough... wasn't ready... wasn't qualified... But she simply asked me, "Can you run a meeting?" I knew I could. And in that moment, something shifted. I felt God's gentle nudge—and I said yes.

The parish president at the time brought me to a diocesan executive meeting to help me understand what to expect. It was there I met Colleen (Perry) Randall, the diocesan president. During my two years as parish president, Colleen encouraged me to serve at the diocesan level. When my parish term ended, I accepted the role of **Education & Health Chair**. About a year and a half later, I ran for **Secretary** and embraced the responsibility with joy. I even had officers wondering if I was transcribing meetings word-for-word, because my minutes were so thorough!

I briefly served as Treasurer before life circumstances pulled me away from the League. But CWL never really left my heart. In 2019, the diocesan president reached out, offering me the opportunity to return as Secretary. I accepted and served until 2022. After my husband Bernie passed away and I moved to Brockville, I transferred to **St. John Bosco Parish**. The women there, learning of my previous experience, asked me to serve as president, and by April of last year, I was once again acclaimed as **Secretary**.

📌 **Why Say Yes to Secretary?** The Secretary role may seem behind the scenes, but it is **deeply rooted in dignity**. We ensure that the voices of all members are recorded and respected. We preserve the heart of the League through our documentation. Every woman's contribution matters—and as Secretary, we make sure it is remembered.

When I began, I was unsure. But every role since has built my confidence. I've learned I am not alone—I am surrounded by strong, faithful women who support one another.



💬 **Final Thoughts:** To any woman wondering if she's ready: You don't have to have all the answers. You just have to be willing to say "yes" and trust that God—and your CWL sisters—will guide you the rest of the way. The Secretary role isn't just about minutes. It's about memory, mission, and the dignity of all persons. **Minute by Minute**, we serve... and grow.