



WELCOME TO THE

ON-LINE NEWSLETTER

We're so glad you're here!

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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 on any of the images to watch a video!***

Colleen's Message of Joy

Greetings my dear sisters ... a grade school friend 's father passed away recently. In cleaning out his home, she has gifted me several beautiful items. She sent a text in August with pictures saying she did not know what to do with two statues.



When I saw the Sacred Heart of Jesus, it was a Holy Spirit moment realizing this is our national president's theme beginning in January. Holy Spirit never stops working though us.

Listen here: **Leeland Way Maker Official Live Video**



This week, another text asking about a couple of holy pictures. Yesterday, The Madonna of the Streets, and another picture I cannot name, arrived for the month of October.

Honouring those who go before us marked with the sign of faith is especially important for Catholics in November each year with All Saints Day and All Souls Day. This time of year always reminds me of a sermon my parish priest gives around the saints in our lives who are not recognized officially by the Church. Immediately my parents and other family, special grade schoolteachers, many sisters in the League, and many others too numerous to mention spring to mind.



In this month of November, and every day, pay it forward by making this same extraordinary impression upon others by undertaking ordinary tasks with the love of Christ.



Colossians 3:12-17

Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so you must also do. And over all these put on love, that is, the bond of perfection. And let the peace of Christ control your hearts, the peace into which you were also called in one body. And be thankful. Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns, and spiritual songs with gratitude in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Introducing ... Bishop Alan Campeau

Spiritual Advisor
Ontario Provincial Council



To say that 2025 is an awesome year for some might be questionable, but for others it could be stupendous! This year marks the 35th year of priestly ordination for Alan Campeau and in this year of celebration he added being consecrated and installed as the sixth Bishop of the Diocese of Thunder Bay. (February 27, 2025)

Bishop Alan's life journey began in Belle River, ON (London Diocese) where he was surrounded by his loving family of seven (later six) siblings and wonderful parents. Bishop Alan stated that his Catholic upbringing "shaped his approach to faith and community. The Church has always been a part of my life and prayer has sustained me through challenging times".

His academic journey led him to St. Peter's Seminary and Kings College at Western University earning degrees in Philosophy and Sociology along with a Master of Divinity. Father Alan was ordained by Bishop John Sherlock on April 28, 1990 and served within the diocese until 1995 when he responded to an invitation from Bishop Fred Henry to minister in the Thunder Bay Diocese.

Over the years he has served in a number of parishes in the diocese, which brought him to St. Joseph, Dryden where he ministered to three parishes, travelling an hour both East and West to Immaculate Conception in Ignace and Our Lady of Fatima in Vermillion Bay.

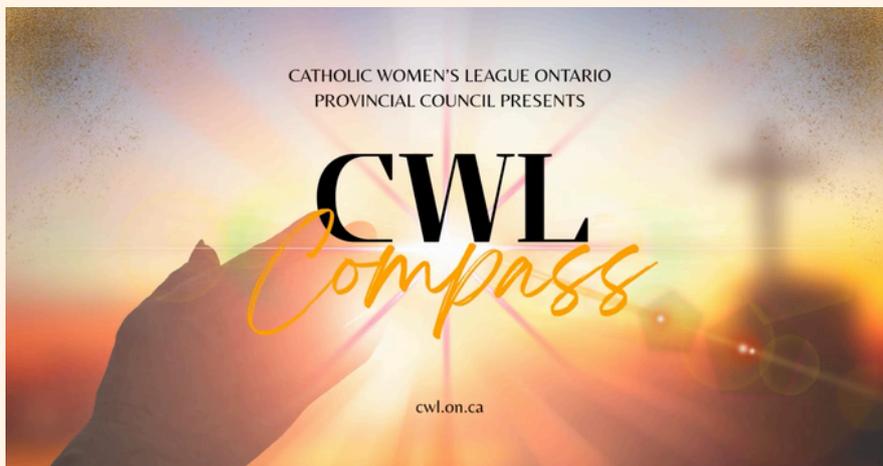


One can only imagine what went through Father Alan's mind when he received that phone call to say he would become a bishop! In a recent article he shared how humbled he is and very grateful to all those who supported this decision and have offered words of prayerful support and encouragement.

After just a couple of months of giving attention to the needs of the diocese, Bishop Alan accepted the role of Provincial Spiritual Advisor for the Ontario Provincial Council. He was officially installed at the 78th Annual Provincial Convention in London at the Cathedral where he was ordained. A very special moment for all in attendance.

A side note: Bishop Alan is grateful to have his four-legged furry friend, Amelia Grace, to bounce around thoughts and ideas when he needs a good listener (that is if she's not napping).

Members from across our province, are invited to take a moment to pray for our Spiritual Advisor as he continues to shepherd his flock.



At our 78th Annual Provincial Convention, we were thrilled to announce the launch of the Ontario CWL Compass Podcast!

We've already recorded inspiring conversations with Bishop Alan Campeau, Dr. Josephine Lombardi, diocesan spiritual advisors, national officers, and more!

Join us as we explore stories of faith, leadership, and sisterhood.

Available November 1st on: *(Click on any of the links below)*

[Amazon Music](#)

[Spotify](#)

[YouTube](#)

Vice-Presidents Corner

OPC Vice-President

Karen McDonald

MEMBERSHIP

It is that time of year as councils are holding recruitment and membership drives.

How can we attract new members and retain existing members?

... be a **good role model**

... have a **positive attitude**

... be **welcoming** and **kind**

... be **encouraging** and **open** to new ideas

... **empower** and **build confidence**

Last but not least ... **smile** and **give hugs!**

These two resources assist in promoting membership in the Catholic Women's League by reaching out and extending an invitation to women to join our sisterhood.

- The "1" Campaign taught us to recruit, retain and regain (welcome back!).
- The-Joy-of-Leadership-Module-2-Strategies-to-Engage-Members is a great resource ([www.cwl.ca, Resources, Strategic Planning Resources and Updates](http://www.cwl.ca/Resources/Strategic_Planning_Resources_and_Updates))

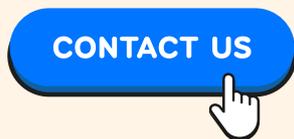


"Other resources and promotional material on the national website (www.cwl.ca) include the Affirmation-Welcome Program; Share the Words (52 Reasons to Talk About the CWL!); 'Why am I a Member' brochure; and much more.



To access these and other CWL Resources, members must use the 'Member Login' button on the National home page at <https://www.cwl.ca/my-account/>.

This link brings you to a screen asking for your **Member ID** which is found on your **permanent membership card**. If you do not have a permanent membership card ... your council vice-president or membership coordinator will have your Member ID. The system will verify your membership and ask you to set a password. Once you sign in, the menu bar will update, and the Resources tab will be available. We recommend all members access these wonderful League resources!



If you have difficulty signing in ... use the 'Contact Us' tab on the Ontario provincial website and we will reach out to you.

Include and Affirm ... Validate!
(CWL Welcome Program – Introduction)



This picture is called **THE RESCUING HUG**. Twins Brielle and Kyrie Jackson were born prematurely, each weighing about two pounds. During their stay in the hospital, one twin, Brielle, declined in health. Time was running out for her when a nurse broke hospital protocol and brought the twins together in the same incubator. As Kyrie's warmth enveloped Brielle and she put her arm around her sister an astounding event began. Brielle's heartbeat found rhythm and oxygen coursed through her veins. This photo captured this miraculous embrace and became an emblem of hope.

This picture shows the power of connection. We all need human connections, to belong, to touch each other. Being a member of The Catholic Women's League of Canada gives you connection in two important ways. It strengthens your connection and relationship with our Lord and Saviour through our actions and fellow members. Plus, you become part of a sisterhood. How blessed are we!



Pearls of Wisdom

OPC Past President

Linda Squarzolo

The Holy Land

On September 21, 2025, Canadian Prime Minister Mark Carney announced that Canada would recognize the State of Palestine with the right to self-determination and supporting the creation of a sovereign, independent, viable, democratic and territorially contiguous Palestinian state. This was a milestone event for both countries.

In June 2018, I had the privilege of visiting the Holy Land on a pilgrimage organized for members of the Catholic Women's League by CNEWA (Christian Near East Welfare Association). **READ MORE ABOUT CNEWA...**

During this trip we visited and attended Mass at many of the holy sites but we also met with several Christian residents. They shared information about their daily struggles living in this area of conflict and about the humanitarian programs they had developed. These Christians serve society by offering projects to provide education, health care, orphanages and support for women. The programs are designed to assist both Christians and Muslims.



One of the sites, developed by Christians, was the Shepherd's Field Hospital in Beit Sahour, near Bethlehem. (Aside: Bethlehem is located in Palestine, not Israel.) This hospital is operated by the Cooperative Society for Health Welfare.

Local families maintain the hospital for the poor in the area, mainly for pregnant women and babies. We were given a tour of their new hospital which was under construction at that time.

This project and another in Jerusalem (the Infant Welfare Center) are supported by The Catholic Women's League of Canada's national voluntary funds. Our financial support of the national voluntary fund called "**Velma's Dream**" is our way of making a difference for the Christians in the Holy Land.



Minute By Minute

OPC Secretary
Lisa Henry



“Forget-Me-Not” – A Circle of Care

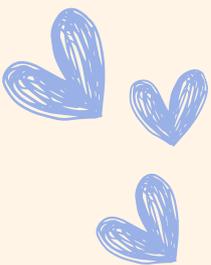
As we journey through the seasons of our CWL year, the theme of remembrance gently calls us to pause and reflect—not only on those we’ve lost, but also on those who may feel forgotten. In our busy councils, it’s easy to overlook members who can no longer attend meetings, who may be shut-in, or simply feeling isolated. Yet these women remain the heart of our League, woven into its history and spirit.

Let us remember them—not just in thought, but in action.



I encourage you to consider forming a small, joyful outreach group. Think of a little name for your group such as the Forget-Me-Not Circle. This group could gather monthly or seasonally (Valentines, Thanksgiving, Christmas, Easter, etc.) to write cards to our CWL sisters who are no longer able to join us in person. These notes can share snippets of council news, offer words of encouragement, and remind them that they are cherished and missed.

The gathering itself can be a warm and social occasion—coffee brewing, sweet treats on the table, laughter and stories shared as cards are lovingly written. After the last envelope is sealed, the group can take a few quiet moments to pray together for each woman receiving a card. In doing so, we lift their names to God, asking for peace, comfort, and the knowledge that they are remembered.



As secretaries, correspondence is a natural part of our role—and what a beautiful way to extend that gift. This initiative could be a meaningful outreach project for past council secretaries or members looking for a purposeful way to stay connected and serve. It’s a gentle ministry that speaks volumes.



To symbolize this spirit of remembrance, consider including a small image or sticker of the Forget-Me-Not flower on each card—a tender reminder that these women are never forgotten, always held close in our hearts and prayers.

This simple act of kindness becomes a beautiful ministry of presence. It’s not about grand gestures—it’s about connection, compassion, and community. The Forget-Me-Not Circle can be a gentle way to live out our League values, to embody the spirit of remembrance in a tangible and heartfelt way.

Let’s not forget that remembrance is more than memory —*it’s love in motion*. And when we reach out with our hearts and prayers, we remind our sisters that they are never alone.



Share Your “Beyond the Bake Sale” Story!

Share the creative and innovative ways your council is growing in membership and engagement. The goal is to inspire one another by sharing practical stories that go beyond our traditional fundraisers and showcase how the League is reaching new women in meaningful ways. We would like to feature how councils are building community, welcoming new members, and trying fresh approaches to grow the League.

Send your “**Beyond the Bake Sale**” stories to the OPC Secretary at opcsecretary24@gmail.com

*Let’s celebrate and give thanks for the creative ways
God is working through the CWL!*

Remembrance and our Faith

*"Remembering is an expression of humanity, a sign of civilization.
Remembering is a condition for a better future of peace and fraternity.
For those who embrace Christ's love, death is not the end".
Pope Francis*

November, known as a month of remembrance and reflection, is a significant month for The Catholic Women's League of Canada. It focuses on remembering our departed members through memorial services and prayers. This aligns with the church's tradition of remembering and honouring the departed during the month.

This month we reflect on some celebrations in the Liturgical Calendar, remember our dearly departed CWL 'sisters' and Spiritual Advisors who have passed into God's loving arms and honour veterans.



November begins with the solemnity of All Saints Day. As Catholics, we recall and honour the lives of all saints both known to us and known only to God through prayer and other devotions. All Souls Day follows as a holy day dedicated to praying for the souls of all faithful who have died and for all souls in purgatory.

Observance reminds us that our connections with one another extend beyond death. We have an opportunity not only to remember our deceased loved ones but to show our on-going love through prayers, good deeds and other devotions such as a celebration of Mass in their memory.

This is also the month that Catholics prepare spiritually for the coming season of Advent with reflection and prayer. It is important that we continue to nurture and grow our gift of faith from our God. We strive to live our faith not just with words but with our actions. As women of the League, our Mission Statement to grow in faith and to witness to the love of God through ministry and service is part of our DNA.

The poppy continues to stand high in these challenging times, a symbol of hope for all people across the globe. It is powerful when all Canadians, no matter where they are, pause for two minutes of silence at 11 a.m. to remember the service and sacrifice of the Canadian Armed Forces in times of war, conflict, and peace. "On the eleventh hour of the eleventh day of the eleventh month, we will remember them".



We continue to faithfully pray for peace and to reflect on what we are doing as individuals, local councils, League, local communities and as a nation to bring God's loving peace into the world.

Let us always remember with reverence God's gift of faith, grace and his acts of faithfulness for us. "Do this in remembrance of me". Also what our Lord has done and continues to do for our salvation.

Our Lord has given us a responsibility to care for one another. Praying for peace in our world is vital with all the unrest around the world and in our country. Our hope is to walk in solidarity and peace with all people. Let us commit ourselves anew to faith, hope and love.



UPCOMING CONVENTIONS

Start to plan now to attend!

Ontario Provincial Convention in **Thunder Bay, July 5-8, 2026**

National Convention in **Halifax August 9-12, 2026.**

You won't be disappointed—see you there!

Hotel Registration for the OPC 78th Annual Provincial Convention

LOCATION: Valhalla Inn

CALL IN: (807) 577-1121, (807) 964-1121

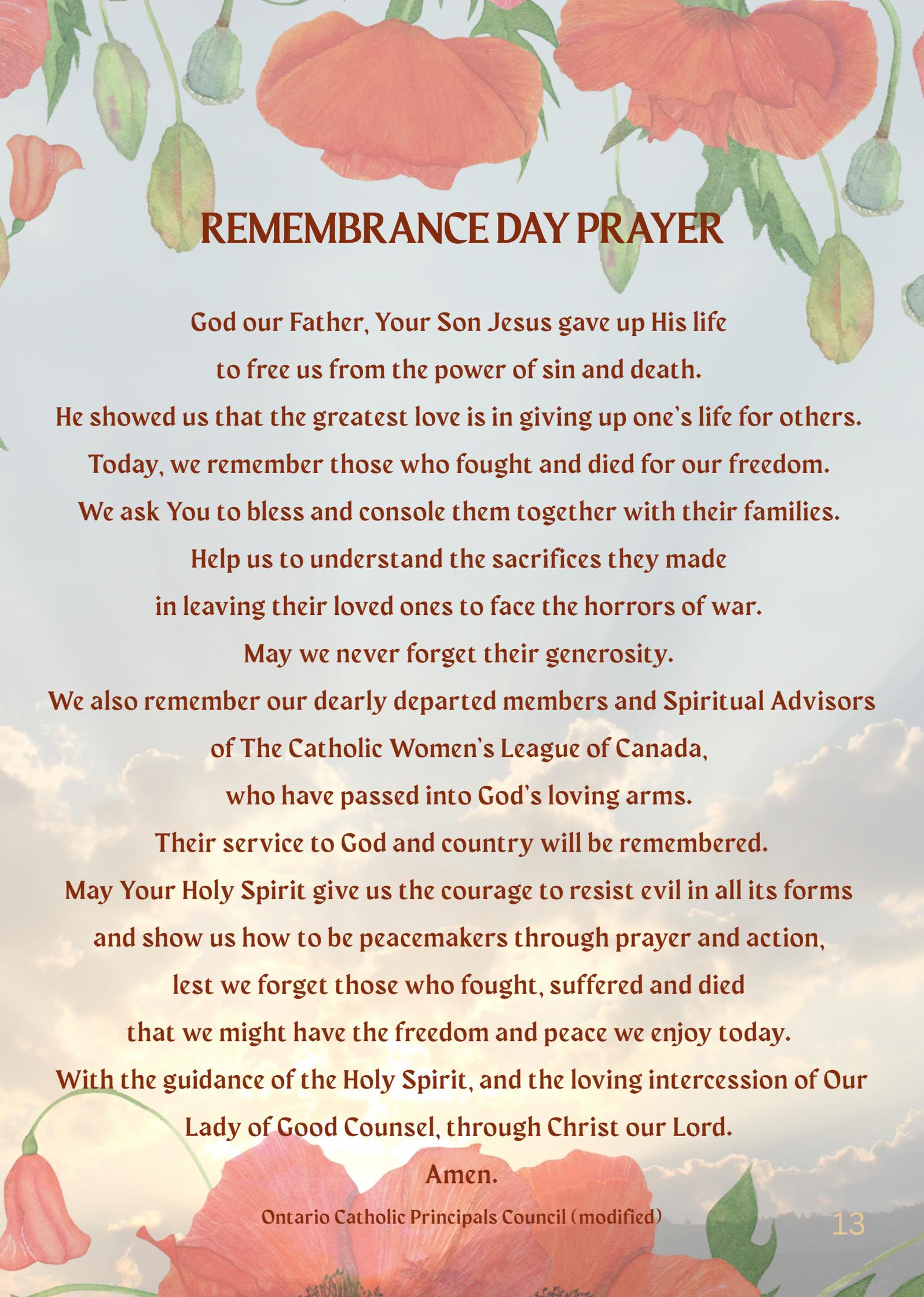
EMAIL: reservations@valhallahotel.ca.

To ensure receiving the special group rate, attendees must identify the group name and/or group code when making the reservations.

All individual reservations must be guaranteed with a credit card.

Please quote the Group Booking Number below:

Ontario CWL 2026 Convention (CI) - 1371903



REMEMBRANCE DAY PRAYER

God our Father, Your Son Jesus gave up His life
to free us from the power of sin and death.

He showed us that the greatest love is in giving up one's life for others.

Today, we remember those who fought and died for our freedom.

We ask You to bless and console them together with their families.

Help us to understand the sacrifices they made
in leaving their loved ones to face the horrors of war.

May we never forget their generosity.

We also remember our dearly departed members and Spiritual Advisors
of The Catholic Women's League of Canada,
who have passed into God's loving arms.

Their service to God and country will be remembered.

May Your Holy Spirit give us the courage to resist evil in all its forms
and show us how to be peacemakers through prayer and action,

lest we forget those who fought, suffered and died
that we might have the freedom and peace we enjoy today.

With the guidance of the Holy Spirit, and the loving intercession of Our
Lady of Good Counsel, through Christ our Lord.

Amen.

service

Sue Lubowitz

“May every mark of affection and every gesture of friendship be a sign of Christ’s peace for you.”

The line above, from the Catholic funeral liturgy, moves me every time I pray it at a funeral. It reminds me that in every kindness that is extended to me and in every act of comfort and care, it is Christ himself who is present and acting to bring me peace. It also reminds me that I am called to do likewise for others.

The Order of Christian Funerals reminds us that each member of Christ’s body is called to participate in the ministry of consolation: to care for the dying, to pray for the dead, to comfort those who mourn.

As a sign of respect and gratitude for her service in the League, a guard of honour can be formed at the funeral of a deceased member, with the permission of the family and approval of the parish priest. For more instructions on funeral and honour protocol, please refer to the National Manual of Policy and Procedure, 2024 (pages 41 and 42).



In addition to receptions, prayer services and assisting with the annual memorial Mass, usually held on November 2, councils may wish to begin a Bereavement Ministry in their parish. A Bereavement Ministry provides hope, consolation, and compassionate support to individuals and families experiencing grief after the loss of a loved one. Key activities include sending sympathy cards, making support calls, offering empathy and a non-judgmental listening ear, conducting home visits, facilitating support groups, and assisting with memorial Masses and funeral rites. When I was part of this ministry at my parish it was called “Consolation and Hope” and we also held a monthly prayer service. The goal is to help the bereaved feel cared for and supported; preventing them from experiencing their grief in isolation and connecting them to the resources and their faith community.

Many resources are available online through various diocesan offices. The Archdiocese of Toronto offers a list of resources from the initial stages of a ministry to resources for parishes that have an established ministry:
<https://www.archtoronto.org/fr/offices-and-ministries/pastoral-ministries/formation-for-discipleship/home/ministries/bereavement/>

The CWL also has many resources but councils may find that the resource **#637 Toolkit for Service** (found at the CWL national website under the "Manuals" tab) is especially useful as it has developed service project that may interest your council. You can adapt these materials to your council and community needs. They are meant to assist in planning.



Other suggested online resources include:
FIND MORE RESOURCES HERE...

We believe that we are all, past and present, connected in Christ, loved by God, part of the body of Christ. We are blessed and comforted in our mourning.



Fund Raiser for Provincial Convention July 5-8, 2026 - Thunder Bay, ON

Shopping Cart Coins - (dollar size and quarter size)
Great stocking stuffer!



Cost per unit is \$10.00

Shipping: Orders 1 - 4 shipping cost - 2.00 per unit

Orders 5 - 10 shipping cost - \$1.50 per unit

Orders 10+ shipping cost will be factored according to cost of the shipping envelope

(We encourage multiple orders to reduce cost of shipping)

E - Transfer available: Use: tbaycwl@gmail.com

To order email: krupap@tbaytel.net



SOCIAL JUSTICE

Hilarion Mitchell

"Blessed are the peacemakers, for they will be called children of God."

Matthew 5:9

"Lest we forget!" Remembrance Day will be observed on Tuesday, November 11th. It symbolizes the sacrifices of war, conflicts, the terrible costs, loss of human lives for peace. We pay homage to all veterans regardless of race, gender, ethnicity, ability, or background to receive equal recognition, support, and care for their service.

Remembrance Day



Social Justice and Remembrance Day: A Call for Peace

Remembrance Day and the pursuit of social justice urge us to learn from the past so that war never happens again. We are reminded that those who gave their lives did so with the hope that future generations might live in peace. It offers hope for a better world for the safety, dignity, and opportunity for all through the work of social justice. We are challenged to actively build peace starting in our homes, country and throughout the world. See League resolutions and the letter below.

- 2019.02 [Canadian Support for the United Nations Treaty on the Prohibition of Nuclear Weapons](#)
- 2019.01 [Canada to Honour its Commitment to the United Nations Convention on the Rights of the Child](#)
- Aug. 18, 2025 [Letter to The Rt. Hon Mark Carney Regarding Gaza](#)

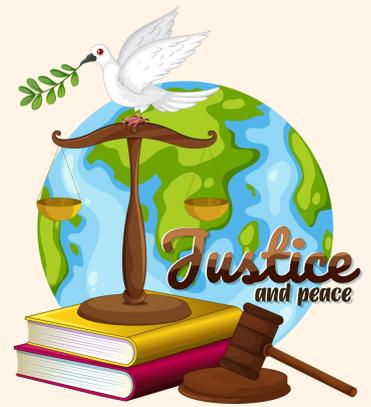
Canadian Armed Forces Chaplains: The role of chaplains within the Canadian Armed Forces has been steadily diminishing. Their work is not a function that can be accomplished by other mental health professionals. The federal government needs to strengthen support for their services as outlined below.



- Resolution 2025.03 [Strengthen Support for Chaplains to Provide Faith-Based Care to Members and Families of the Canadian Armed Forces](#)

Social Justice Award 2026 Nominations

The Ontario Provincial Council Social Justice Award is presented to a member in Ontario who has gone above and beyond their vocation in life to advocate and serve to promote social justice through contribution to her community.



They are a current League member in the province and have been in good standing for the past five years. Refer to the Social Justice Award **Policy** and Nomination **Form**

Nominations Deadlines:

- Diocesan President Sign-off: Sat. Nov. 15, 2025
- OPC Social Justice Chair: Sun. Nov. 30, 2025
- Hilarion Mitchell, Social Justice Chair, Ontario Provincial Council
Email: opcsocialjusticechair@gmail.com

Ontario Provincial Council Social & Economic Justice Team Legislation - Update by Betsy Currier

Bill to Scrap the Expansion of MAiD for Mental Illness

A private member's bill, Bill C-218 An Act to Amend the Criminal Code of Canada (medical assistance in dying) has been introduced by Conservative MP Tamara Jansen, June 20, 2025. The expansion of MAiD to include mental illness is scheduled for March of 2027. Bill C-218 It would prevent the expansion of euthanasia to patients suffering solely from mental illness. **READ MORE HERE...**



106th Annual National Convention Fundraiser

August 9-12, 2026 - Halifax, Nova Scotia



Wear a daily symbol of thankfulness with this elegant ***Blessing and Gratitude Bracelet***. Each bead serves as a gentle reminder to pause, reflect and acknowledge five blessings in your life—deepening your awareness of God's presence every day.

Price: \$10.00 per bracelet (+ postage or shipping)

Order yours today by emailing natnlcwlconv2026@gmail.com

Beyond the Bake Sale:

Fresh recipes for Council Fun and Growth



Faith, Fun, and Fellowship:

The Secret Behind Our Growing Numbers

M Olivia De Souza, President, St. Francis Xavier Council – Mississauga, ON

I'm pleased to report a significant increase in attendance at our general meetings. Where we previously had around **40 to 45 members**, we now regularly welcome **between 65 and 78 participants**. This improvement is largely due to our efforts to make the meetings more engaging, interactive, and enjoyable for everyone.



Each month, we introduce a **theme or activity** that encourages discussion and active participation. For example, at one of our meetings, we divided attendees into five teams and gave each team a Bible along with a set of clues. Teams worked together to find the answers using Scripture, creating a **fun and collaborative atmosphere**.

Activities like this help our members connect on a deeper level. Many ladies had a chance to get to know others better, including those they hadn't interacted with before.

We also invite **guest speakers** who bring valuable insights and keep the meetings fresh and informative. This variety has been well received and adds another reason for members to attend.



Most importantly, word is spreading about the positive changes in our meetings. Members are sharing their experiences with others, which has attracted many new faces to join us.

Thanks to these collective efforts, our meetings have become livelier, more meaningful, and more fun, motivating members to come back month after month. This not only strengthens our sense of community but also enhances our effectiveness as a group.

I'm excited to see this growth continue and look forward to welcoming even more members in the months to come..