

ONTARIO PROVINCIAL COUNCIL OF
THE CATHOLIC WOMEN'S LEAGUE OF CANADA
CONVENTION

— 2025 —

TWILIGHT RETREAT

Led by Bishop Alan Campeau,
Ontario Provincial Council CWL Spiritual Advisor



PAUSE-PRAY-REFLECT



On Monday evening, the 2025 Ontario Provincial CWL Convention was graced with a twilight retreat led by Bishop Alan Campeau, Provincial Spiritual Advisor. Through a guided meditation, participants were invited into a time of quiet prayer and deep contemplation.

The setting was reverent and serene—soft instrumental music, candlelight, and dimmed surroundings created an atmosphere of peace and reflection. During the meditations, Spiritual Advisors offered the Sacrament of Reconciliation to those who wished to receive it, further enriching the experience.



Many members shared that they left the retreat feeling spiritually renewed, uplifted, and profoundly touched by the presence of the Holy Spirit throughout the evening.

Grant, O Lord, that we may be filled with your peace and guided by your wisdom.

Keep our hearts attuned to the presence of the Holy Spirit as we continue our journey of faith.

PAUSE - PRAY - REFLECT



The Lord wants me to experience joy complete.... do I experience joy complete?



Am I sometimes overwhelmed, depressed, despaired sucking the Joy right out of me?



Do I feel Joy when I count my blessings regardless of my faults?



Do I know Joy when I reach out to the needy? Do I share my Joy with them?



Do I feel Joy when I share my time, talent or treasures?



Do I work with Joy in my heart?



Do I feel Joy reaching out to homeless?



Am I proactive to bring Joy to others so their Joy may be complete?



Have I ever chosen consciously not to do God's will?



Have I turned away from God's will out of fear of criticism, shrinking back from what is right and good?



Do I allow the God who lives in me to truly live in me?

The evening was filled with Holy Spirit Moments and concluded with a blessing.

“In life as we await the manifestation of our hope - namely heavenly. Let us pray that we never lose sight of who we are. That as children of God we serve Him in our service to one another. That we use our gifts well for His glory, and that we do everything with joy in our hearts! We boldly proclaim, "Here I am Lord. Send me Joyfully!"