

WELCOME TO THE
ON-LINE NEWSLETTER

We're so glad you're here!

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CATHOLIC WOMEN'S LEAGUE ONTARIO
PROVINCIAL COUNCIL PRESENTS

CWL
Compass

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Spread the word and enjoy the journey!

Hotel registration for the OPC 79th Annual Provincial Convention

Location: Valhalla Inn, Thunder Bay

Call In: 1-807-577-1121

Email: reservations@valhallahotel.ca

To ensure receiving the special group rate you must use the Group Booking

Number: Ontario CWL 2026 Convention (CI) 1371903 [BEFORE JUNE 3rd!](#)

Reservations must be guaranteed with a credit card

<https://cwl.on.ca/conventions/>

Colleen's Message of Joy



Philippians 2:6-11 describes the action of God's love for humanity; humbling Himself to send His only Son to become human and to die on a cross like a common criminal for our sins while the Solemnity of the Sacred Heart is the source of Jesus' love through His burning, wounded heart.

I was not familiar with Philippians or Ephesians when my term began; however, Holy Spirit keeps nudging me there. I finally read these letters from St. Paul in their entirety and learned invaluable lessons about unity, faith, and the importance of remaining joyful regardless of circumstance. Ephesians reminds me of our shared purpose and encourages me to build each other up in love, while Philippians encourages me to rejoice always and find strength in gratitude and prayer. Together, these letters from St. Paul inspired me to approach challenges with a positive spirit, trusting that God's grace, love and mercy will sustain us and guide our community forward. Like everyone, I have days of discouragement, but if my mind and heart are open, Holy Spirit returns me to these lessons and lifts my spirits. I encourage you to read these letters from St. Paul.

Hopefully, I will see many of you in Thunder Bay in July but, if not, I trust you will be watching online!! I look forward to continuing to serve all of you in my new role as Past President. May God bless you all with open and generous hearts to step forward and serve one another! Thank you for being part of my circle. ❤️



Vice-Presidents Corner

OPC Vice-President

Karen McDonald

"I will, with God's help."



As summer approaches, I wish to thank League members across Ontario for their faithful service. Diocesan conventions have been held with new executives in place and others who are continuing in the second year of their term. Thank you for saying 'yes' to serve in whatever way God has called you.

Thank you as well to our Bishops and spiritual advisors who are so supportive.

During the Installation (or Reaffirmation) of Officers for a newly elected Catholic Women's League executive, officers and appointees are asked:

***Will you (continue to) be faithful to your call
and help all League members, through your faith, love and prayers?***

Our response is a simple, yet profound statement ... ***"I will, with God's help."***

The officers and appointees are then asked to recite the ***League Promise:***

*For the glory of God and the good of God's people,
I promise as a Catholic woman to honour,
invoke and imitate our patroness, Our Lady of Good Counsel.*

*I promise to be a loyal member of
The Catholic Women's League of Canada
and to promote its interest and growth in every way.*

*I promise to cooperate with officers
in all programs under their direction
and to conform to the best of my ability to the bylaws of the
organization in all League activities.*

Amen



Our League Promise creates that special bond of sisterhood that we know and love. I recite it every so often to remind myself of just how important our promise is.

The League is a gift that I truly cherish, and cannot imagine my life without.

I look forward to reciting the League promise at provincial convention this July, and to serving as provincial president with a new executive team ...

I will, with God's help!

UPCOMING CONVENTIONS!

**ONTARIO PROVINCIAL COUNCIL OF
THE CATHOLIC WOMEN'S LEAGUE OF CANADA**
**79th Annual Provincial Convention &
Annual Meeting of Members**

JULY 5 - 8, 2026

THUNDER BAY, ONTARIO

VALHALLA HOTEL & CONFERENCE CENTRE

Deadline to register is June 10th

Details & Registration Information can be found at:

cwl.on.ca/conventions/

**2026 Annual National Convention of
The Catholic Women's League of Canada**

**August 9-12, 2026 · Halifax, Nova Scotia
Halifax Convention Centre**

Experience Faith, Fellowship & Atlantic Charm

[Click here to register and learn more!](#)

The Last One

It was tough to come up with an article this month as this will be my last article.

The focus for this edition is the Solemnity of the Sacred Heart. This major feast celebrates the boundless love and mercy of Jesus Christ. We are invited to reflect on Christ's redemptive sacrifice and find spiritual comfort in his open, compassionate heart.

As a member of the Ontario Provincial Council for fourteen years, I can attest that there are so many members that are doing their best to emulate Christ. From the time I served as a Diocesan Council President to now, I have felt and received mercy and love from my sisters in the League. So many reached out when my mother passed away that my brothers were stunned by the many kind, compassionate gestures—they did not go unnoticed. When each of my grandchildren were born my sisters in the League celebrated the miracle of new life with me. All through the various positions I held at the provincial table, members, especially Life Members, gave me support and guidance to navigate the duties of the chair. When I made mistakes, and there were many, kind members gently pointed out the error and offered advise on how to correct or move forward.

Sisters in the League, if you have the opportunity to let your name stand for a position, take that leap and say YES. You won't be alone as there are many sisters that have love and compassion in their hearts to help you along the way. My faith has been enriched, especially by witnessing faith in other members. I have learned so much and the friends I have gained fill me with gratitude.



I am humbled and blessed to have served. I look forward to the next chapter in the my CWL journey and where it will lead me.

Submitted by
Wilma Vanderzwaag
Administrative Assistant



Pearls of Wisdom

OPC Past President

Linda Squarzolo

The feast day formally known as the “Solemnity of the Most Sacred Heart of Jesus” is celebrated on the Friday following the Solemnity of Corpus Christi. The feast of Corpus Christi is memorable for me because, in the parish of my childhood, children always received their First Holy Communion on that day. (The prayer card I received, and still have, says, “Souvenir of First Communion, St Alphonsus Church, Schumacher, June 3, 1956.”)

The first feast of the Sacred Heart was held in France in 1672. In 1673 St. Margaret Mary Alacoque, a French nun, received several private visitations from Jesus asking for a feast day to honour his Heart, the One who takes care of us with his Heart.



To show our love for Jesus, the faithful are asked to receive Holy Communion on the first Friday of each month, participate in adoration and celebrate the Feast of the Sacred Heart. In this way we live in his love and witness it to others.



Well, my beautiful League Sisters, my time of leadership in our organization is drawing to a close. In the 1990s I served as parish president. In 2003, I accepted a position on the diocesan council, which changed my life. With the support and encouragement of many, I developed skills that were buried deep inside me ... leadership, organization, public speaking, attention-to-detail and, most of all, confidence.

These skills led me to the provincial council in 2014. In July my term as past president of the Ontario Provincial Council comes to a close. I will continue to serve in whatever capacity in which I am required. I ask humbly for prayers for my health and will certainly be praying for all my League sisters that have touched my life over this wonderful journey.

Minute By Minute

OPC Secretary
Lisa Henry



The Solemnity of the Sacred Heart of Jesus invites us to rest in the love that beats at the centre of our faith – a love that listens, accompanies, and draws us together. In many ways, this is also the heart of our work in Secretary & Communications: connection, clarity, and care for one another.

Every email sent, each detail captured in the minutes, every notice shared, every newsletter prepared, podcast produced, social media posts crafted, media relations prepared, resources developed is an act of service that mirrors the Heart of Christ – a heart always reaching outward.

So what can we do to live this out in a simple and easy way? One small thing we can do each month is send a short, personal check-in note to a member who hasn't been seen in a while – a gentle "thinking of you" that reflects the listening, accompanying love of the Sacred Heart. A simple message can brighten a day, rebuild a connection, and remind a sister she is held in the heart of the League.



Communication goes beyond information – it is the relationship Jesus calls us to build with one another. It is how we ensure that no member feels forgotten, how we celebrate one another's gifts, and how we keep our League united in purpose and mission. It is one of the most important things we do.

As we transition to a new provincial executive and welcome a new Secretary/Communications member, I want to offer my heartfelt thanks for your support, encouragement, and engagement over these past two years. Your openness has made this ministry a joy

My deepest gratitude to the extraordinary women who made this journey possible:

- **Newsletter Committee:** Pauline Krupa, Anna Tremblay, Nancy Richer, Lauralee Sopczak
- **Communications Co-Chair:** Daniela Carlino, a tremendous blessing to us all!
- **Podcast Committee:** Daniela Carlino, Emma Rose Rayburn, Wilma Vanderzwaag
- **Social Media Committee:** Joyce Cotter
- **Media Relations Committee:** Ann D'Souza, Lynette Mendes, Nelly Kelders
- **OPC Communications Resource Development Committee:** Michelle Morrow, Bernadette Veitch, Kathleen Niro, Joanne Palmer, Nelly Kelders, Connie Cristinziano, Andrea Tjioe
- **OneSite Website Redesign Leads:** Patricia Clizia, Kate O'Quinn and Diocesan Presidents who supported them in their tireless work
- **And of course,** to the provincial officers, standing committee chairpersons and administrative assistant for their uplifting submissions each month and to Colleen Martin and Karen McDonald, whose support has been unwavering and deeply appreciated.



Let us continue to invite our gifted CWL sisters to share their talents. We are never meant to do this alone. Jesus Himself sent His disciples two by two – reminding us that mission is always shared and ignited in purpose, always supported, always rooted in love.

May the Sacred Heart guide our words, strengthen our connections, and keep us united in His mission.

With Sincere Gratitude,

Lisa Henry

The Most Sacred Heart of Jesus

*“The Sacred Heart has given us everything
—redemption, salvation, sanctification.”*

*“This feast reminds us of the mystery of the love of God
for the people of all times.”*

St. John Paul II

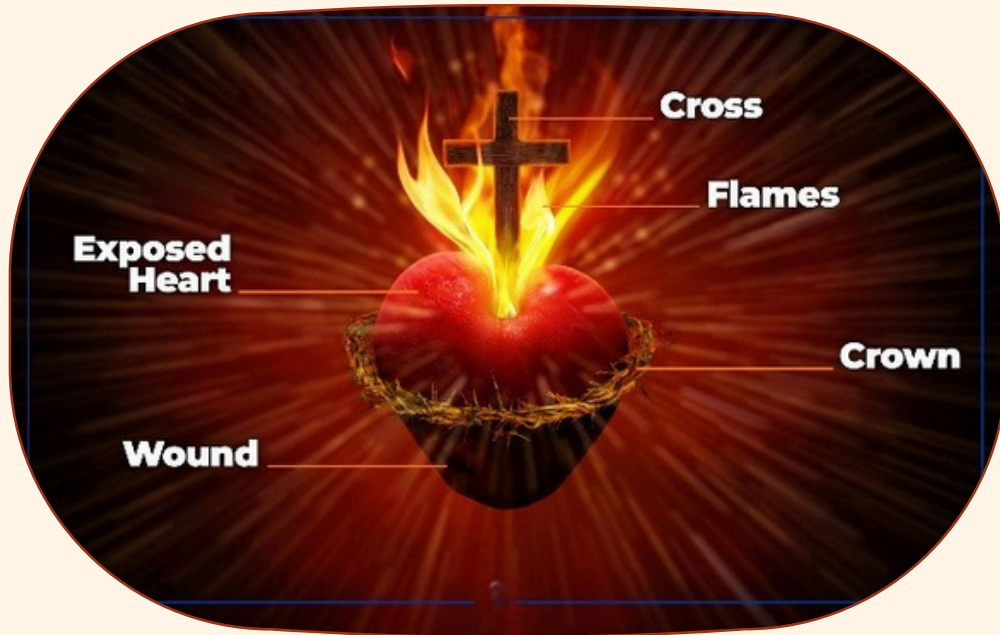
The hearts of Mary and Jesus are deeply entwined. The Solemnity of the Sacred Heart of Jesus and the Memorial of the Immaculate Heart of Mary are celebrated on consecutive days following the second Sunday after Pentecost, symbolizing their deep union. Devotion to the Sacred Heart focuses on Jesus’ divine love and mercy, encouraging believers to respond with love, repentance, and gratitude. The Immaculate Heart of Mary, by contrast, emphasizes Mary’s interior life, purity, and faithful “yes” to God, as well as her maternal care.

The Sacred Heart of Jesus is widely regarded as a universal sign of love. It is a profound and enduring symbol within the Catholic Church, offering a visual expression of the personal love that Jesus has for each of us. There is no greater love, divine or human, than that which Jesus has shown and given to each one of us.

The Catechism of the Catholic Church says, “The prayer of the Church venerates and honours the Heart of Jesus just as it invokes his most holy name. It adores the incarnate Word and his Heart which, out of love for men, he allowed to be pierced by our sins” (CCC 2669).

We are called to honour the Heart of Jesus with open hearts. This devotion is not only about feeling; it also inspires action and a conscious choice to connect with others. As members of the Body of Christ, we are called to be the heart, the hands, and the face of Christ to all whom we encounter each day.

Our Holy Father, Pope Leo XIV invites us to live with open hearts: *“As Christ loved with the heart of man, you are called to love with the Heart of Christ.”*



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The image of the Sacred Heart of Jesus is rich in symbolism. The exposed Heart, often depicted with a crown of thorns, represents Jesus' suffering and his immense love for humanity. The flames rising from the Heart signify the Holy Spirit and the transformative, purifying power of his love. The cross above the Heart recalls his redemptive sacrifice for the sins of the world. The wound in his side represents both the wound inflicted by the Roman soldier and the suffering caused by human sin.

Jesus is often shown pointing to his Heart as a sign of his eternal love for each of us. The world needs more love, and as women of faith, we are compelled to express that love through action: reaching out to those in need with compassion and generous care and conveying our joy in serving the Lord.



In the words of St. Therese of Lisieux, *“Remember that nothing is small in the eyes of the God. Do all that you do with love”.*

Thank you for your support and opportunity to serve.
It has been a blessing!

Prayer of Love and Compassion to the Sacred Heart



***O Most Sacred Heart of Jesus,
Fountain of mercy and blazing furnace of charity,
I come before You to adore Your infinite goodness.***

***You opened Your heart on the Cross
as a refuge for all humanity,
offering love even when rejected,
and mercy even when we are unfaithful.***

***Lord Jesus, meek and humble of heart,
Make my heart like Your Heart.***

***Soften the hardened corners of my soul,
and fill me with a deep, tender compassion
for the suffering, the lonely, the poor and the forgotten.
When I am tempted to judge, give me Your patience.
When I am tempted to turn away, give me Your embrace.***

***Teach me to love, not just in words, but in deeds and actions,
offering the same reckless, generous love that flows from You.***

***I place my life, my family, and my struggles
into Your wounded side,
trusting that Your love heals all wounds.
Let me be a channel of Your peace and mercy to everyone I
encounter today.***

Sacred Heart of Jesus, I place all my trust in You.

Amen.

author unknown



service

Sue Lubowitz

“Interior conversion and intimacy with Jesus, solidarity with the whole of suffering humanity and overcoming violence with love—these are, for me, the key meanings of the devotion for today, and the Christian response to our present cultural situation” Fr. Gilles Mongeau, SJ



The Solemnity of the Sacred Heart of Jesus celebrated on **Friday, June 12, 2026** holds deep significance for reconciliation efforts between the Catholic Church and Indigenous Peoples in Canada. It emphasizes themes of love, solidarity with suffering, and healing.

On the celebration of the Jubilee of Indigenous Peoples (October 2025), the Prefect of the Dicastery for the Promotion of Integral Human Development, Cardinal Michael Czerny, emphasized that the Jubilee was an invitation to the mercy of God, who continually renews all things. He noted that the voice of Indigenous Peoples, their cry for the land, for life, and for peace, is a prophetic call to all humanity, especially at a time when our common home is suffering under the weight of exploitation and indifference to the suffering of so many. For this reason, he affirmed that Indigenous Peoples are “a gift to the universal Church and a blessing for the entire human family.”

The Catholic Church in Canada has gone beyond symbolism to concrete action. It advanced the difficult and essential process of reconciliation with Indigenous Peoples with the creation of a \$30 million fund to support projects aimed at caring for and reconciling with Indigenous Peoples.



The Indigenous Reconciliation Fund (IRF) finances indigenous-led projects structured around four pillars:

- Healing and reconciliation for communities and families
- Culture and language revitalization
- Education and community building
- Dialogues for promoting Indigenous spirituality and culture



At the July 2022 Ontario Provincial Council of the Catholic Women's League of Canada Annual Meeting of Members, the executive council committed to a donation of \$5,000 each year for 5 years to the Indigenous Reconciliation Fund. The CWL's donation has supported meaningful projects across Canada and made a significant difference along our path of hope in our healing and reconciliation efforts.

The Fund has been designed to meet the highest standards of transparency and good governance and is overseen by a Board of Directors made up of Indigenous and non-Indigenous leaders. The fund's 2025 report can be read at https://irfund.ca/wp-content/uploads/2026/01/IRF-Annual-Report-2025_Nov-13-EN.pdf

The Indigenous Reconciliation Fund has raised \$25,444,173 to date, putting the fund on schedule to exceed its five-year \$30 million commitment. Join Canada's Bishops and the Ontario Provincial Council of the CWL in supporting a more hopeful future for Indigenous Peoples of this land. To donate: <https://irfund.ca/en/donate/>



As part of their reconciliation efforts councils are also encouraged to observe National Indigenous Peoples Day (June 21), National Day for Truth and Reconciliation (Sept. 30), and The National Day of Prayer in Solidarity with Indigenous Peoples in Canada (Dec. 12).



SOCIAL JUSTICE

Hilarion Mitchell

Sacred Heart of Jesus, I place my trust in You.

The Solemnity of the Most Sacred Heart of Jesus, observed on June 12th, honours God's love, mercy, and compassion for humanity. Devotion to the Sacred Heart calls us to reflect Jesus' love through our actions in daily life. This mission is lived out through charity and advocacy, the "two feet" of social justice, both essential to sharing His message. Charitable works include caring for those affected by poverty, discrimination, violence, human trafficking, abuse, food insecurity, and homelessness.

As individuals and councils, we also support organizations such as Development and Peace – Caritas Canada, the Society of Saint Vincent de Paul, the Catholic Near East Welfare Association, Catholic Missions in Canada, Aid to the Church in Need, and Canadian Food for Children, along with other local, national, and international charities and causes.

Our advocacy includes writing and acting on League resolutions, engaging with elected officials and governments, and participating in letter-writing campaigns and petitions. We also support organizations such as Campaign Life Coalition and the Euthanasia Prevention Coalition, as well as initiatives like Indigenous reconciliation programs, the March for Life, Horizons of Hope, and environmental stewardship, guided by Catholic Social Teaching.

Six members were nominated for the 2026 OPC Social Justice Award in recognition of their community involvement. In addition, ten resolution topics were submitted for 2026. Some of these topics were further developed into formal resolutions that may be adopted at the provincial and national conventions.

National Indigenous People's Day observed June 21st on the summer solstice. Social justice and Indigenous relations address historical and ongoing inequities affecting First Nations, Inuit, and Métis peoples. These include limited access to clean water, housing, and healthcare, issues with land rights and treaty implementation, the overrepresentation of Indigenous children in the child welfare system, the crisis of Missing and Murdered Indigenous Women and Girls (MMIWG), and efforts to reclaim language and culture.

- 2017.01 Full Implementation of the Supreme Court Decision in R. v. Gladue for Indigenous Offenders
- 2023 Truth and Reconciliation

Social Justice Events

June 5: World Environment Day

June 12: World Day Against Child Labour

June 15: World Elder Abuse Awareness Day

June 20: World Refugee Day

June 21: National Indigenous Peoples Day

August 01: Emancipation Day

August 19: World Humanitarian Day

August 23: International Day for the Remembrance of the Slave Trade and Its Abolition

September 1: World Day of Prayer for the Care of Creation

September 1 – Oct. 4: Season of Creation

Close 2024–2026 Term

Here I am, Lord; send me (Isaiah 6:8) guided our work as the first OPC executive under the reduced League executive structure. Over the past two years, we have addressed a range of social justice issues and responded to relevant legislation. This included engaging with Bill C-9, the Combatting Hate Act, and Bill C-218, the Right to Recover Act (MAiD), as well as advocating for the protection of religious freedom and charitable status by opposing recommendations 429 and 430.

Members, continue to
Ignite Your Passion, Empower His Mission
through the next executive term.



Beyond the Bake Sale:

Fresh recipes for Council Fun and Growth

WORLD DAY OF PRAYER

On March 6, 2026 Sacred Heart Parish Council hosted this year's World Day of Prayer. Members of all of the churches in Sioux Lookout were invited to attend the service. We had informally adopted a family of six from Nigeria two years ago, so we were happy to learn that women in Nigeria had prepared the WDP service this year.

Several of our CWL members had received Nigerian dresses from this family for welcoming and assisting them. We were proud to wear these dresses to the WDP event. The mother and her two daughters joined us and the mother shared some personal thoughts and experiences, as well as, taking on the voice of one of the Nigerian women.

It was very inspiring and meaningful for all in attendance. The evening ended with refreshments in our parish hall.



Submitted by Pat Vinczeffy
Sacred Heart Parish Council
Sioux Lookout

Beyond the Bake Sale:

Fresh recipes for Council Fun and Growth

ARNPRIOR CWL MEMBERS DELIVER HOPE GLOBALLY

IGNITE YOUR PASSION, EMPOWER HIS MISSION

The ladies of the St John Chrysostom parish CWL in Arnprior recently proved that you don't need a huge budget to make a global impact—sometimes, all it takes is a junk drawer and a heart for mothers.



In honour of Mother's Day, our members launched the "Delivering Hope for Moms" campaign to support The Dizzy Moms Club (The DMC). Founded by Samantha and her friend Careen—two Catholic women of faith—The DMC is a support community for mothers trying to parent while dealing with vestibular (inner ear) and balance disorders.



The Mission: To help the club reach more women who are struggling, our council held a month-long stamp drive. Our goal was simple: collect unused postage to help mail resource kits to doctors and vestibular specialists. These stamps are now on their way to practitioners across Canada, the U.S., the U.K., and Europe, carrying clinical resource cards that help moms find the help they need.

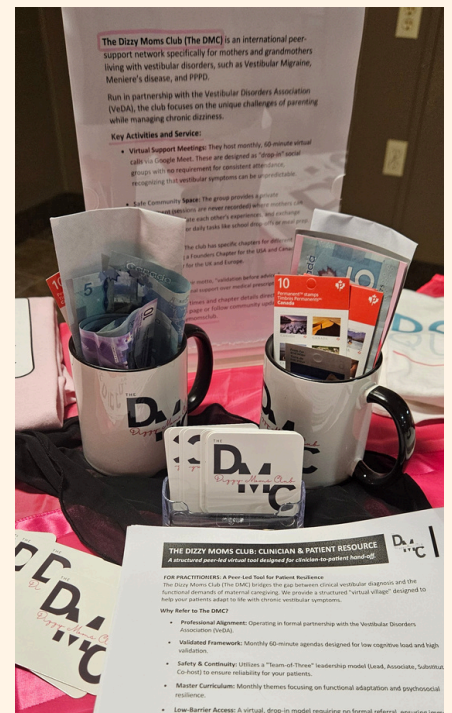
- **The Impact**

- The generosity of our members was truly wonderful to see! Together, we collected:
- 100 Canadian Postage Stamps
- 19 International Postage Stamps
- \$116.45 in donations for additional international shipping fees

By simply "cleaning out their junk drawers," our members are making sure that no mother has to handle a vestibular disorder alone. It was a beautiful way to bring our 2026 theme, Ignite Your Passion, Empower His Mission, to life by turning a small, everyday item into a real lifeline.

A Resource for Your Family: The Dizzy Moms Club works in partnership with the Vestibular Disorders Association (VeDA) to provide free, virtual peer support. Because meetings are held online, moms can join from the safety of their own homes—no driving required.

Whether they are navigating new motherhood or are seasoned grandmothers, The DMC believes that "mothering" never truly stops, and neither should the support. We invite you to share this resource with any friends or family members who might be struggling with Meniere's disease, Vestibular Migraines, or PPPD. While doctors focus on clinical care, The DMC focuses on connection. Through what we call "Pew-to-Pew" referral; you can be the one to reach across the kitchen table and say: "You are not alone." The Dizzy Moms Club is a community that will truly understand her—and perhaps, even you



How to Connect::

- Website: vestibular.org/members/thedizzymomsclub/
- Email: thedizzymomsclub@gmail.com
- Instagram: @TheDizzyMomsClub

Submitted by Joan Wilson, President
St John Chrysostom Parish CWL