



The Catholic Women's League of Canada

# SPECTRUM

Spring 2018

Newsletter of the Hamilton Diocesan Council  
[www.cwl.hamilton.on.ca](http://www.cwl.hamilton.on.ca)





Hamilton Diocesan Council  
The Catholic Women's League of Canada



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## Editor's Note

Welcome to the spring edition of the SPECTRUM.

Another new year has started!- and I am sure that all councils are very busy with possibly new executives, new programs and speakers to look forward to.

The SPECTRUM allows the diocesan executive to keep in touch with you. It is also a chance for you- the parish councils that comprise our Diocese, to share your news with your league sisters- whether it is your meeting ideas, good works, milestones, council awards or anything else you want to share. A big thank you goes out to the councils who took the time to submit their news.

The deadline for the fall issue is **July 31, 2018**.

Please use *Calibri 12 font*, and make sure you include the information of your parish council, municipality, and a contact person.

Send your submissions to me at: [dpac@golden.net](mailto:dpac@golden.net)

Patti Pagett  
Diocesan Communications Chair  
188 Moore Avenue, Kitchener ON N2H 3S8  
[dpac@golden.net](mailto:dpac@golden.net)



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**Diocesan Council Executive (2017-2019)**

|                                  |                          |
|----------------------------------|--------------------------|
| Bishop . . .                     | Most Rev. Douglas Crosby |
| Spiritual Advisor . . .          | Rev. John Redmond        |
| President . . .                  | Joan Schurter            |
| Past President & Historian . . . | Ana Sousa                |
| President Elect . . .            | Linda Perron             |
| First Vice-President . . .       | Catherine Feren          |
| Second Vice-President . . .      | Joyce Cotter             |
| Recording Secretary . . .        | Mary Clark               |
| Corresponding Secretary . . .    | Nancy Morley             |
| Treasurer . . .                  | Julia Calverley          |

**Committee Chairs**

|                             |                 |
|-----------------------------|-----------------|
| Christian Family Life . . . | Joyce Cotter    |
| Communications . . .        | Patti Pagett    |
| Community Life . . .        | Laura Grint     |
| Education and Health . . .  | Joanne Palmer   |
| Legislation . . .           | Teresa DiFalco  |
| Organization . . .          | Linda Perron    |
| Resolutions . . .           | Vicki Lee       |
| Spiritual Development . . . | Catherine Feren |

**Regional Chairs and Secretaries**

|                 |   |
|-----------------|---|
| Brant . . .     | Corrinne Carrita (Chair)<br>Angela Rowley (Secretary)     |
| Hamilton . . .  | Debra Noronha (Chair)<br>Meagan Noronha (Secretary)       |
| Kitchener . . . | Barbara Diemert (Chair)<br>Christine McKenzie (Secretary) |
| North . . .     | Jane Godin (Chair)<br>Michelle Phillippi (Secretary)      |



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**DIOCESAN PRESIDENT**

Dear Sisters in the League

Hopefully spring is in the air and the robins are singing their merry tunes. Before we know it, crocuses will be pushing their noses up through the cold ground.

I have heard from many councils during the past cold, frosty days that they have and are continuing to focus on the homelessness. Recently I heard a comment that stuck in my mind "they are not homeless people, they are people experiencing homelessness."

Historically individuals experiencing homelessness in Canada were older, single men. The homelessness crisis we see today is much more diverse, including youth, (couch surfers), women, families, women with children, seniors, veterans, foster children and the indigenous people. One particular home this past winter in January that can accommodate 51 men had an overflow of 60 to be placed in other locations. This was the highest number they had seen in over 5 years. Please spend time learning and discussing what causes a person or groups to be homeless. Even seniors who have no one to care for them can be homeless - even though they may have a roof over their heads but no support. Choose a group in your area and see how you can help in some small way.

All councils should have received (and possibly returned) the increase in per capita fee instructed vote. Hamilton Diocesan Council proposed a Diocesan per capita fee increase from \$3.00 per member to \$6.00 per member effective January 1<sup>st</sup>, 2019. This increase would help with printing materials, mileage, and convention costs. Parish councils are asked to inform their members, hold the vote and record the numbers both for and against. Please complete the instructed vote form keeping one copy for you and return one to myself by May 5<sup>th</sup>, 2018.

**Bring the copy with you to the convention to ensure that you can vote.**

I am happy to report that I received and submitted to Ontario Provincial Council six nominations for the Social justice Award. All nominees have given extraordinary service in social justice issues contributing to the betterment of her community. They demonstrated exemplary leadership, generosity of spirit and living the mission of the league. The chosen member to receive this award will be announced at the Ontario Provincial Convention in Toronto in July.

Remember to mark May 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>, 2018. on your calendar. These are the dates for your Hamilton Diocesan Convention being held at the Delta Conference Centre in Guelph. Opening Mass will be celebrated May 25<sup>th</sup> at St. Joseph, Guelph at 7:30 p.m. with Bishop Matthew Ustryzcki and the closing Mass Sunday, May 27<sup>th</sup> at 3:00 p.m. at Basilica of Our Lady



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(Diocesan President –Continued)

Immaculate, Guelph by Bishop Douglas Crosby. In this newsletter you will find the information for the convention. PLEASE attend. Bring as many as you can. Please complete the registration form, one per member, and adhere to the due dates.

We ask that all members find some way to support the 12 Hours of Prayer for Palliative Care. It has been suggested that we keep May 4<sup>th</sup> as the day to do this. "The prayers can take place in parish church, a house of worship, a home or elsewhere. Participation may include a large congregation, a few friends or solitary prayers at home". Why not invite parishioners, members of neighbouring churches and other groups to participate?

This fall will mark our 17<sup>th</sup> Annual Vocation's Mass, September 16<sup>th</sup> at Immaculate Conception Church, Formosa at 2:00 p.m. More information will be available in the coming months.

Do you wish to be enhanced, empowered, and energized by the Fire of the Spirit? We know not everyone is or wants to be a leader. Nonetheless God called each of us to lead in our own way. Catch the Fire and S'Mores will give your league knowledge of how to be a fire-starter who helps someone become a leader. This is a CWL Leadership Training package from the National Leadership Development Committee. Topics cover such items as objects of the league, effective meetings, mentoring, how to develop a council's policy and procedure manual, resolutions, ethical guideline, league resources and more. As Catherine of Sienna said "Be who you are meant to be and you will set the world on Fire"! Contact our Diocesan Organization Chair for more information and how to book a workshop.

I urge each council to keep strong and to continue working to increase their memberships. If you have any questions or problems please feel free to call or email.

May Our Lady of Good Counsel continue to guide and bless you in your work for God and Canada.

Joan Schurter, Hamilton Diocesan President



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**PAST PRESIDENT AND HISTORIAN**

With councils struggling to find leaders to take roles many are sharing responsibilities but they need to remember that the position held has only one vote in matters needing a motion whether it is president or a standing committee chair. Be sure to settle that issue before any hard feelings take over.

Some councils also allow people to continue in their current roles. Although it may be needed short term it is not necessarily healthy for the council – being president should not be a life sentence.

We do need to keep our councils alive and functioning. We do need someone to chair meetings/gatherings, a keeper of the minutes (recording secretary) and a keeper of the coin (treasurer) and it is important to have a person to keep you spiritually fed (spiritual development) and another to ensure membership is paid (organization). We can also add a few others to even out the executive to look after sharing information from standing chairs as it relates to councils.

In Part V: Policy of the Constitution & Bylaws

The policy of the League shall be:

1. To have membership and operation based on the parish unit, with diocesan, provincial and national representational levels
2. To operate on a system of standing committees and to make the fullest possible use of these committees in the involvement of all members
3. To develop leadership qualities and provide training to enable members to take active roles in the affairs of their faith, community and society
4. To maintain affiliation with the World Union of Catholic Women's Organizations
5. To cooperate at all levels with other organizations where and in whatever manner the council concerned agrees is necessary or desirable to accomplish the Objects of the League
6. To maintain liaison with pastoral councils in accordance with the *Code of Canon Law*
7. To remain politically non-partisan

Ana Sousa, Past President/Historian



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## CHRISTIAN FAMILY LIFE

### Introducing Your Children to Christ

As parents we are responsible for raising our children to know, love and serve the Lord.

**"Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these." Mark 10:14**

How can we show our children how important our faith is to us?

1. Love and acknowledge Christ
2. Attend Mass together and make it a joyful experience
3. Speak of Christ in our home, in our daily activities
4. Share our faith with others
5. Tell our children that Christ loves them
6. Spend time with Him in prayer, read the scriptures
7. Shape our values by the "Word of God"
8. Speak out against injustices in the world
9. Deal with problems head on with compassion and patience
10. Eagerly forgive them for their wrongdoing
11. Practice what you preach

We need to recognize and celebrate Christ present in our everyday life ... then nourish our relationship with this presence.

***Think of each family member, thank God for them and pray for their relationship with God and for their specific needs.***

What are our actions saying to our children? What lesson will they never forget?

#### Spending quality time

Sharing family meals together

Plan special activities together on Sundays

Celebrate special events – birthdays, anniversaries, etc.

Family Prayer time

Be accessible for one-on-one time

#### Show them your heart

Tell them you love them

Share hugs and kisses with them





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(Christian Family Life –Continued)

Thank God for the blessing that they are  
Establish fair rules and conflict resolutions

Participant in the Sacrament of Reconciliation

Share your talents

Volunteer for parish ministries and parish activities

Prepare/cook meals together

Discuss and take action on social justice issues

Visit and witness of faith filled relatives

Invite priests, Sisters, lay-ministers to your home

Arrange meeting regularly with other Catholic families

Reach out to Jesus, embrace Him and your children will become and remain strong, committed Catholics understanding the gift they have received.

***“God in his mysterious ways of loving seems to allow all his children, including parents, to make mistakes. He is trusting beyond our understanding. His love is constant. His mercy keeps open the door to forgiveness and reconciliation. He sees beyond external rejection right into the heart of His children. If we let Him, He will bring each of us home. He will give our children many opportunities to come to know and to love Him, just as He did for us. But they must choose. We can hope and pray.”***

***Robert R. latesta***

*Inspired by your Spirit!*

Joyce Cotter, Christian Family Life



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**COMMUNITY LIFE**

Dear Sisters,

As spring approaches I encourage you to take some time to reflect on the last few months. We've come through a very cold and snowy winter. We've had some very cold days and nights.

We are now in the season of Lent and we use this time to reflect and renew that which keeps us back from following the promptings of the Lord without hesitation, that which has hidden us away.

Have you had the opportunity to see the faceless victims of homelessness and really look at their clothing which is layered so deep sometimes you won't recognize them (they hope) or it's so thin you wonder how they stay alive in the cold and wet?

As we contemplate the Way of the Cross in this season of Lent let us look at the words of this prayer from Development and Peace Share Lent initiative. I encourage you to visit the website and use this tool in your meetings.

**THE GIFT OF PEACE**

May God give wisdom and courage to those who work for peace. We pray that their efforts may be blessed, that they may bring an end to violence and solace and stability to suffering peoples. May the gift of peace permeate all troubled souls, convert all who live by violence and comfort all children who live in menacing situations, that the freedom to enjoy life and grow in safety may be theirs. And may each one of us know peace of mind and heart, peace of body and spirit, peace of community and world. Holy Spirit of Peace, grant our prayer. Amen. — Sister Bridgetta Rooney, CAFOD

In the footsteps of Mary,

Laura Grint, Community Life Chair



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**EDUCATION AND HEALTH**

The next 12 months our directive will be on Mental Health; Euthanasia and assisted suicide will remain active while doing "12 hours of prayers for palliative care."

We can do this by inviting councils to educate members about the seriousness of mental health and its effects all ages.

Promoting Mental Health through the lifespan: Children and Teens.

The word Resilience means the ability to recover quickly from difficulties.

Confidence- to believe in one's abilities. To grow and be confident.

Competence- how to handle situations effectively.

Connection- that they know they have someone to talk to - school, home, a friend that they also feel safe and secure. The family is the central force in any Child's life.

Character- the children senses right from wrong and also to make the right choice.

Contribution- The children know that they can contribute to the world and make it a better place "serving feels good and people care about what I say."

Coping- When children learn to deal with the stress, they can overcome challenges.

Control- When children realize they can control their outcome or their actions, they know they can do anything, but as parents, we need to let them make their own decisions.

[Resources- Building Resilience in Children and Teens, Giving Teens Roots and Wings, by Kenneth R. Ginsburg Pediatrician, where he cites the "7c" model of Resilience.]

Joanne Palmer, Health and Education



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## LEGISLATION

Warmest greetings and blessings to all,

As we embark on a new year and continue this journey together, let's reflect on the following message from a Homily given by Pope Francis, in Havana Cuba (September 2015) *"Being a Christian entails promoting the dignity of our brothers and sisters, fighting for it, living for it."*

I thank my Provincial counterpart for sharing this reflection with us.

In my 1st Directive I shared some highlights of the important role the Legislation Standing Committee Chairperson plays in the CWL. Our Provincial Legislation Standing Committee Chairperson Karen McDonald reminds us that our dedicated service is required more than ever as this new year promises to be busy with a June 7, 2018, election looming and many Bills and Acts requiring our attention.

As Catholic women, we are taught to live by our family values as Mother Mary did, and not just talk about them. We are women "rooted in gospel values" and women of action, who have improved the lives of those less fortunate. We do this each time we take action by challenging our politicians to include core family values (as presented in our resolutions) in their decision making, and to advocate in parliament on our behalf. The gospels depict several occasions when Jesus stood up to injustices and laboured for the betterment of the society of His day. Let us call these examples to mind as we are also called to stand up to injustices and to improve and enhance the lives of all.

I would like to share with you a link I received over the holidays of a 37sec video clip of MP Cathy McLeod presenting our CWL petition requesting the federal government to specifically identify hospice palliative care as a defined medical service covered under the *Canada Health Act*. Together, we gathered 32,741 signatures, and delivered the Petition to Member of Parliament - Cathy McLeod, to present in the House of Commons. I encourage you to watch it as it demonstrates yet another example of what our League is capable of through YOUR voice and YOUR actions.

Here is the video link: [https://youtu.be/l1\\_7e1zzUWo](https://youtu.be/l1_7e1zzUWo)

Our National Legislation Chairperson Nancy Simms advised of the following two items of good news:

With the hope that the League's voice made a difference, **Bill C-233 National Strategy for Alzheimer's Disease and Other Dementias Act** was passed by the Senate and House of Commons and received Royal Assent on June 22, 2017.

On November 8, 2017, the House of Commons Standing Committee on Justice and Human Rights reversed the course of the government's efforts to repeal section 176 of the *Criminal Code* by voting to retain the provision (with amendments). Section 176 prohibits activity that obstructs or interferes with religious officials seeking to perform their religious duties.



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(Legislation –Continued)

**Bill C-51 will no longer attempt to remove protections in law for clergy and worship services.**

Also, in my 1st Directive, I extended an invitation to you to consider joining as a member of the Diocesan Legislative Standing Committee. I am very excited that this committee is underway, and we are currently looking at ways to better support you in taking action on Resolutions and Private Members Bills. We are hoping to identify ways to encourage and engage our members to take action, by reviewing and analyzing the possible reasons why some don't and/or can't. It is our hope to provide each Council with the support and tools they need to help address these issues and increase participation. I invite you to share your concerns or ideas with me. Every petition, letter, email, and telephone call are important, as every member's voice/signature counts.

Here is a list is being shared from our National Legislative Chairperson Nancy Simms via our Provincial Legislation Chairperson Karen McDonald of private members' bills requiring **action** by contacting MPs, ministers & Prime Minister. Postage is going up but *mail addressed to parliament is always FREE*. Legislation updates can be found at

[www.parl.ca/LegisInfo/LAAG.aspx?Language=E](http://www.parl.ca/LegisInfo/LAAG.aspx?Language=E)

*\*\* We are **not** expected to take action on all of these bills ... pick one or two of interest. As Nancy states, "There is so much important work taking place in Parliament that creates an abundance of information to share. Don't get overwhelmed." \*\**

**Bill C-254 An Act to amend the *Excise Tax Act* (baby products)** is in first reading in the House of Commons. Members are asked to contact government officials to request support for the bill especially with adoption of **Resolution 2017.03 Zero-Rated Status Under the Goods and Services Tax Provisions of the *Excise Tax Act* for Child Safety Products.**

**Bill C-282 An Act to amend the *Excise Tax Act* and the *Income Tax Act* (extra energy-efficient products); Bill C-283 An Act to amend the *Canadian Environmental Protection Act, 1999* (electronic products recycling program); and Bill C-287 An Act to amend the *Canadian Environmental Protection Act, 1999* (nanotechnology)** are all in first reading in the House of Commons and support **Resolution 2006.04 Renewable Energy** and other League resolutions seeking to protect the environment.

**Bill C-313 National Strategy on Advertising to Children Act** is in first reading and supports communications resolutions seeking protection in media for children and families.



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(Legislation –Continued)

**Bill C-249 An Act to amend the *Public Health Agency of Canada Act*** (National Alzheimer Office) is in first reading in the House of Commons and proposes the establishment of a national Alzheimer Office within the Public Health Agency of Canada. This would support the League's ongoing call for compassionate care for the sick.

**Bill C-350 An Act to amend the *Criminal Code* and the *Immigration and Refugee Protection Act*** (trafficking and transplanting human organs and other body parts) is in first reading in the House of Commons and supports the League's human trafficking resolutions.

*The following bills changed status:*

**Bill C-211 Federal Framework on Post-traumatic Stress Disorder Act** is in second reading in the Senate.

**Bill C-277 Framework on Palliative Care in Canada Act** received Royal Assent on December 12, 2017.

**Bill C-243 National Maternity Assistance Program Strategy Act** passed the House of Commons with amendments and has had first reading in the Senate.

**Bill S-228 Child Health Protection Act** passed third reading in the Senate and is in second reading in the House of Commons.

**Bill S-225 An Act to amend the *Controlled Drugs and Substances Act*** (substances used in production of fentanyl) was passed by the Senate with amendment at third reading.

**Bill S-5 An Act to amend the *Tobacco Act* and the *Non-smokers' Health Act* and to make consequential amendments to other Acts** was passed by the Senate with an amendment and is in second reading in the House of Commons

Also, please review the four resolutions adopted at last summer's Annual National Convention, if you haven't already, which can be found at [www.cwl.ca](http://www.cwl.ca) under the Resolutions tab on the main page under the subtitles.

Please remember, we are not expected to take action on everything. Select one or two that speak to your heart and go from there. Do what you can as member and as a Council, and remember that help is only a phone call away.

I look forward to continuing our journey together, serving and assisting you in any way I can. I invite you to contact me at any time. My phone number is 905-643-6819, and my email is [cta-associates@cogeco.ca](mailto:cta-associates@cogeco.ca)

May the Holy Spirit and our Christian values guide and help us fulfill our work.

May God bless you abundantly.

Teresa DiFalco, Diocesan Legislation Standing Committee Chairperson



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## **RESOLUTIONS**

Happy New Year, everyone! I hope that all of you had a blessed, safe, healthy and happy Christmas with family and friends. Here we are in a brand new year, 2018. As I get older, I am amazed at how fast the time goes. So the burning question I have wanted to ask is....How many of you made a New Year's resolution? The start of a new year is a perfect time for a new start. How many of you pledged to lose weight this year, or boost your prayer time, or any number of things we want to change in ourselves or our lives?

Personal resolutions are very similar to the resolutions we talk about in the Catholic Women's League. The idea is the same, only your intention is not to just change things for you but to look beyond ourselves to your friends and community. The steps that you consider when making your personal resolutions are very similar to the research you do for a Catholic Women's League resolution.

For example (written in resolution form), I want to lose weight.

### **RESOLUTION**

Whereas I recognise that I am overweight; and

Whereas I realise that losing weight will benefit me in the long run with respect to being healthier and more active in my life; and

Whereas eating healthier will benefit not only me but my family in the long term, therefore be it

Resolved that I will try to lose weight in 2018.

A one-page brief needs be written with scientific evidence to support all the claims I have made in the above whereas clauses (losing weight will help me be healthy, be more active, and will help those around me). My action plan will suggest ways I can help this resolution to succeed: I can visit my doctor for his help, I can choose to eat vegetables rather than chocolate bars, I can go for a walk three times a week or to the gym, I can find a friend to journey with me as I struggle in my weight loss journey.

This example may seem simplistic and I am in no way trying to down play the hard work and effort that goes into writing a resolution, but sometimes changing the way we think about something can better help us understand where to start. I had never thought of my new year's





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(Resolutions –Continued)

resolution this way before. Being Resolutions chair gave me a different perspective this year and I was able to see that even the smallest resolutions follow similar paths to the ones we consider as members of the Catholic Women's League.

Vicki Lee, Resolutions Chair





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## **ORGANIZATION**

Since the fall Spectrum, the League in Hamilton Diocese has been a busy place. You received your Spectrum at the Fall Regionals and then, in addition to your own council meetings and anniversaries before Christmas, by the end of the year you had on-line annual reports to do. This was the second year for on-line reporting, so things went better than last, but we still have a few glitches in the system. Thank you for your persistence. This year's reports will be SO easy!

### **FRANCES LOVERING AWARD**

An important item coming up for your consideration is The Frances Lovering Award, which is presented at our Convention. As I write this, I'm watching a snowstorm outside my window, so undoubtedly our spring Convention is still a little ways away, but deadline for nominations is not. To nominate a woman in your council, you must submit the nomination form to **NO LATER than April 10<sup>th</sup>**. The form is available elsewhere in this Spectrum as well as on the homepage of our website ([www.hamilton.cwl.on.ca](http://www.hamilton.cwl.on.ca)) under "Awards" (on the left side of your screen). You can send your nominees to Joan Schurter ([cwl.jschurter@gmail.com](mailto:cwl.jschurter@gmail.com))

### **GOALS**

In the fall Spectrum I said that my goals for this term included developing our skills and knowledge of Catholic history and how the Church has changed our world for the better. I am reading a book titled: "How the Catholic Church Built Western Civilization" and was rather astonished to see eleven chapters that identify our contributions to the world. It's rather like looking at current legislation and recognizing the influence the League has had to make Ontario and all of Canada a kinder and more caring place to live.

I've also learned about the reasons behind some of our habits. As a convert to the Catholic Church, I am captivated by our traditions. For instance, did you know that our tradition of genuflecting comes from the court etiquette of the Middle Ages? Genuflecting on the left knee was meant as a pledge of service or a sign of honour to a king or noble. When Christians adopted the habit of genuflecting to show honour to our Lord in the Tabernacle, they distinguished it from the court genuflection by using the right knee. In martial arts, no one ever turns his/her back to the sensei, but rather backs away as a sign of respect (so a couple of my grandkids tell me). Isn't it appropriate, then, that as Catholics coming into (or leaving) the presence of the King who is far more than any ancient king or martial arts instructor, we are mindful of how we honour Him by our posture? It is when our behaviour matches our beliefs that we are strongest.



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(Organization –Continued)

I leave you with this from Anne-Marie Gorman, my counterpart at National, who closed her January 24<sup>th</sup> communiqué with these words:

*One of the main gifts of the League is the ability to develop spiritually on the journey. May members and prospective members, inspired by the Spirit, find and share their gifts, in the councils throughout our beautiful country. ...May God bless your efforts "For God and Canada".*

We have important work to do, my Sisters, but as Catholics, embracing our traditions, and as women allowing the Spirit to guide us, we can be invincible.  
Our Lady of Good Counsel, pray for us!

Linda Perron, President-Elect, Organization,

*Be for me and my house, we will serve the LORD.*  
(Joshua 24:15)



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**SPIRITUAL DEVELOPMENT**

My dear sisters in the League,

It is my pleasure to provide two reflections for use as a part of your Lenten observance.

The first is an adaptation of a poem originally composed by William Arthur Ward. The second is from Pope Francis's homily at mass at the Vatican on Saturday, December 30, 2017.

**Fasting & Feasting**

Fast from judging others; feast on Christ in them.

Fast from wanting more; feast on being thankful.

Fast from anger; feast on patience.

Fast from worry; feast on trust.

Fast from complaining; feast on enjoyment.

Fast from negatives; feast on positives.

Fast from stress; feast on prayer.

Fast from anger; feast on forgiveness.

Fast from self-concern; feast on compassion for others.

Fast from fear; feast on truth.

Fast from discouragement; feast on hope.

Fast from gossip; feast on silence.

Fast from fighting; feast on peace.

**Food for Thought**

"You can have flaws, be anxious, and even angry, but do not forget that your life is the greatest enterprise in the world. Only you can stop it from going bust. Many appreciate you, admire you and love you.

Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue, relationships without disappointments. To be happy is to find strength in forgiveness, hope in battles, security in the stage of fear, love in discord.

It is not only to enjoy the smile, but also to reflect on the sadness. It is not only to celebrate the successes, but to learn lessons from the failures. It is not only to feel happy with the applause, but to be happy in anonymity. Being happy is not a fatality of destiny, but an achievement for those who can travel within themselves.

To be happy is to stop feeling like a victim and become your destiny's author. It is to cross deserts, yet to be able to find an oasis in the depths of our soul. It is to thank God for every morning, for the miracle of life. Being happy is not being afraid of your own feelings. It's to be able to talk about you.



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(Spiritual Development –Continued)

It is having the courage to hear a "no". It is confidence in the face of criticism, even when unjustified. It is to kiss your children, pamper your parents, to live poetic moments with friends, even when they hurt us. To be happy is to let live the creature that lives in each of us, free, joyful and simple.

It is to have maturity to be able to say: "I made mistakes". It is to have the courage to say "I am sorry". It is to have the sensitivity to say, "I need you". It is to have the ability to say "I love you".

May your life become a garden of opportunities for happiness...that in spring may it be a lover of joy. In winter a lover of wisdom. And when you make a mistake, start all over again.

For only then will you be in love with life. You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance. Use your losses to train patience. Use your mistakes to sculptor serenity. Use pain to plaster pleasure. Use obstacles to open windows of intelligence.

Never give up....never give up on people who love you. Never give up on happiness, for life is an incredible show! "

It is my sincere hope that this Lenten season will be for all of us one of reflection, re-choosing and re-shaping ourselves and ultimately our futures through our continued focus on Jesus.

Catherine Feren, Spiritual Development Standing Committee Chair



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**LIFE MEMBER LIAISON**

Dear Sisters in the League;

We have the start of another new calendar year. I wish all of you a very Blessed, Healthy, Happy New Year.

I hope your councils' meetings continue to contain faith, fun, fulfillment. Has your council held its annual budget planning meeting and have you set your agenda for the next few months?

Remember there will be spring regional meetings to attend and most important of all the Hamilton Diocesan convention will take place at the end of May at the Delta Guelph Hotel & Convention Centre. This is our annual general meeting. It will be a time to learn and to meet and greet new and old friends, your sisters in the League.

If your council needs an experienced member to check/evaluate your treasurer's accounts, contact me or one of the other life members. We will be pleased to do that service for your council.

When your council receives the convention package, there will be a "life member incentive fund" application. This fund is a great way to help cover the cost of a "first time" convention goer.

The life members continue to keep in touch through e mails, snail mail, and telephone. We socialize several times a year. As life member liaison, I forward news from the national and provincial life member liaison to all the Hamilton Life Members.

Please continue to pray for the good health and well-being of all your life members. May Our Lady of Good Counsel continue to guide you in all the work each and every one of you do for God and Canada.

God bless.

Anna Brady, Hamilton Diocese Life Member Liaison

*"Lord help me to remember that nothing is going to happen to me today that YOU and I can't handle"*



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*The following talk was taken from our Hamilton Diocesan CWL archives. It was presented at the 42<sup>nd</sup> Annual Diocesan Convention, in 1962, by Mrs. Mel Walters, Ontario Provincial President.*

## Count Your BLESSINGS

Because we are Canadians, we take so much for granted. Most people accept what they have as what they deserve. But this is not so. If you have ever seriously talked to someone who has come from some troubled foreign country to live here in Canada, you will know what I mean. There are very few people who think that far-off countries like Japan and Africa deserve any of our concern. Those countries, and many others, are starving while we sit here in Canada and throw away leftovers, or perhaps an apple, because it has a bruise on it! What these people in Japan could do with a bruised apple or a little leftover meat and vegetables! But no; because we are Canadians, we do not have to worry about these other starving countries that need our help so much. My point is this: because we are Canadians, we have an abundant supply of food and clothing. Most of us would never think of having to go without a meal because there was no food.

In Canada, we have a democratic government that provides us with many right that, again, we take for granted. We have the right to vote once we come of age. We can make our problems known, through the representatives we ourselves selected to the government. We cannot always be sure our wishes will be granted, for certainly the government cannot please everyone at once.

Another privilege we take for granted is the right to obtain an education. We should consider ourselves lucky that education is compulsory until we are sixteen. When we are young, we complain about having to go to school, but when most people have finished their education, and have gone so far past that time that they cannot turn back, they wish they had stayed in school longer.

While we take our education for granted here in Canada, people in other countries are begging for someone to come across the ocean to teach them how to farm and how to live properly. Wouldn't these people love the privileges and opportunities of Canadians?



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(Count Your Blessings –Continued)

We have a high standard of living here that is admired by many other countries. We do not have the starvation problems like many other countries, and our workers have decent working hours, conditions and benefits. The farmers can be educated to take care of and preserve their land. We have an abundance of doctors and nurses to care for the sick.

In Canada, buildings are inspected and if they are dangerous, they are demolished and not left standing with the danger increased, as in many other countries.

This is what it means to be a Canadian. We can live our own lives, with our government trying to help us. We have the right to educate ourselves and choose our own occupation. We, and our relatives, are protected by insurance and acts made available by the government.

No matter what it means to be a Canadian, most of us take it all for granted. I often wonder just what would happen to us, if suddenly we were forced to live as poorly as some do in other countries. It is thought to consider, but I hope we will never know the answer.



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**PARISH COUNCIL REPORTS**

**BRANT REGION:**

**St. Joseph Parish  
Brantford ON**

Wednesday, September 20, 2017 was a very memorable day for the St. Joseph's Catholic Women's League.

Our president along with another member of our council were approached by a very elderly parishioner, regarding a very special birthday reception. This wonderful lady was celebrating her 100<sup>th</sup> birthday!! We did not hesitate to do the preparations involved for this marvelous event.

We were then presented with the desired menu and set to work. The menu was created by the celebrant herself. This marvelous lady still lives in her own home, with some assistance dropping in. Also, she still attends Mass, with the aid of a walker. For a lady her age, her mind is still very sharp, and her memory is excellent.

The event took place immediately following the 8:00 morning mass, and parishioners were invited to attend the reception. The church hall as well as the tables were beautifully decorated by family members. Everyone was thrilled to be able to attend this wonderful celebration, and the lady herself talked about the event for quite some time after.

Speeches were given in her honor, bouquets of flowers were presented to her, as well as singing of Happy Birthday in both English and Polish.



**St. Mary Parish  
Brantford ON**

Pins were presented at our 65<sup>th</sup> Anniversary Celebration April 18, 2017:

**55 year pins:** Anna DiFelice, Lois Hardy, Agnes Laughlin

**50 year pins:** Anna Brady, Livia D'Aloia, Jean Pavlov, Kay Petersen, Isabelle Robdrup

**45 year pins:** Nella Lama, Mary Marcella, Lucia Stefanelli, Giuseppina Romano

**40 year pin:** Carmelo Manzo

**35 year pins:** Anna Nardone, Mafalda Tuori

**25 year pins:** Maria DiFelice, Lucille Viau, Antionetta Manzo





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**PARISH COUNCIL REPORTS**

**BRANT REGION continued:**

(St. Mary, Brantford –Continued)

**20 year pins:** Gina Buccilli, Greta Burton, Laura Colaiacova, Carol Cunningham, Santina DiDomenico, Audrey Lee, Anna Tarantello, Luella King

**15 year pins:** Helen Bresnahan, Betty Derks, Angela DiFelice, Cristina DiFelice, Betty Hurley, Margherita Macoretta, Maria Macoretta March, Pat Matthews, Kristine Paul

**10 year pins:** Lucia DiFelice, Veronica Ladak, Diane Faiella

**5 year pins:** Claire Hermans, Marian Schmidt

Anna Brady, President



**St. Pius X Parish  
Brantford ON**

We presented Service Pins at our Annual Advent Mass and Potluck on Thursday, December 7, 2017 to the following people:

60 Years of Service- Marjorie Bennett

50 Years of Service- Jean Jenkins; Joanne Kohlberger

40 Years of Service- Joyce Monk

25 Years of Service: Cesira-Anton Consorti; Eva Evans

10 Years of Service- Angela Balazs; Sandra Holloway; Rita-Marie Palmegiani; Chloe Zaluski

Congratulations to these women who have served and continue to serve the League.

Vicki Coyle, President





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**PARISH COUNCIL REPORTS**

**BRANT REGION continued:**

**Sacred Heart Parish  
Paris ON**

This year's Annual Christmas Banquet was held at the Paris Fairgrounds Boardroom. 50 ladies attended and everyone enjoyed a delicious turkey dinner. A baby gift and \$20 was the fee for each member. The baby gifts were taken to the Pregnancy & Resource Center in Brantford. After dinner Service Year Pins were presented to 25 members. We presented 2x60 year pins; 3x50 year pins; 4x40 year pins; 2x30 year pins; 3x20 year pins; 2x15 year pins; 3x10 year pins and 6x5 year pins. Thanks to all the ladies and men of the parish that made our Annual Christmas Tea & Bazaar such a success. The evening ended with everyone singing several Christmas Carols.

Dora Kuilboer, President





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## **PARISH COUNCIL REPORTS**

### **HAMILTON REGION:**

There were no reports received from Hamilton parish councils for this Spring edition- we look forward to hearing from those councils in the Fall Spectrum.



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**PARISH COUNCIL REPORTS**

**KITCHENER REGION:**

**St. Teresa of Avila  
Elmira ON**

Past President's Pin and Maple Leaf service pin was given to Mary Jane Yaeger; and the President's p to in Barb Vodicka

We hosted one of the monthly birthday parties at Chartwell (a local seniors home) in Elmira. We invited the music students from Elmira District Secondary School to provide entertainment for the seniors and the seniors loved it. The students got a great joy seeing their faces light up when they played for them.

We also made up 74 Christmas gift bags with hand cream and several members delivered to those in the nursing homes and our shut ins.

We sold Keep Christ in Christmas magnets throughout December to parishioners and promoted them as magnets not only for cars, but for the fridge or the front door or mail box!

Barb Vodicka, President



**Basilica of Our Lady Immaculate Parish  
Guelph ON**

**Prayer Shawls and Spirituality by Rachel Jones and Olga Ciaravella**

"Shawls ... made for centuries universal and embracing, symbolic of an inclusive, unconditionally loving, God. They wrap, enfold, comfort, cover, give solace, mother, hug, shelter and beautify. Those who have received these shawls have been uplifted and affirmed, as if given wings to fly above their troubles..." Written in 1998 by: Janet Severi Bristow Taken from <https://www.shawlministry.com> [used with permission]

The prayer shawl was introduced to the Basilica of Our Lady council by Olga Cariavella one of our outstanding members. We are so grateful that she shared this beautiful tradition with our League. Olga began making prayer shawls with her family in Italy when she was 10 years old. Her mother taught her and her sisters how to crochet, and the family would spend time together in prayer, making the shawls. This tradition was passed down through the generations. Her mother donated the shawls and knitted socks in the community to those in need.



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PARISH COUNCIL REPORTS

KITCHENER REGION continued:

(Basilica of Our Lady, Guelph—Continued)

Before beginning the prayer shawl, a prayer is said to set a holy intention for the creation of the shawl. The shawls are made to assist the receiver in world peace, health and love. This spiritual practice reaches those in need in a unique way.

Prayer shawls can be used for prayer or mediation, for comfort during bereavement, as a bridal shower gift, for birthdays or anniversaries and much more. Olga has gifted these handmade shawls locally to friends, family, fellow Catholic Women's League members, the Women in Crisis, and Hospice Wellington.

A member of the Catholic Women's League for 38 years, Olga joined the Basilica of Our Lady in 1986. Over the years she has donated at least 100 prayer shawls, with more to come. She is happy to share this family tradition and hopes to inspire others to continue this holy practice.



Prayer Shawls. Photo by Rachel Jones



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INSPIRED BY THE SPIRIT  
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## PARISH COUNCIL REPORTS

### KITCHENER REGION continued:

(Basilica of Our Lady, Guelph—Continued)



Olga Ciaravella. Photo by Rachel Jones





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**PARISH COUNCIL REPORTS**

**KITCHENER REGION continued:**

(Basilica of Our Lady, Guelph—Continued)

**SERVICE PIN RECOGNITION**

**2016**

60 year pin: Jean Fisher; Lena Gazzola  
50 year pin: Donna Hart  
25 year pin: Eleanor Shortreed  
10 year pin: Maureen Watchta; Anne Larsen; Natalina Keating

**2017**

50 year pin: Ann Marshall; Lillian Mokanski; Eileen Seifried; Betty Weiler  
40 year pin: Kathy Fortune  
25 year pin: Elizabeth McKinnon; Elizabeth McTague-Fleming; Rita Soligo  
10 year pin: Jayne Barber; Bernadette Guertin; Hilda Mann;  
Jean Fishburn; Karol Stortz; Margaret Maschio

Rachel Jones, Communications Chairperson

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**St. Aloysius Parish  
Kitchener ON**

**St. Aloysius CWL**

Our ladies volunteer in a number of capacities throughout the year, from serving lunch at the church picnic, hosting funeral lunch services, signing in the choir, serving at mass. These ladies do not get enough accolades for everything they do.

This year we hosted a number of speakers, from funeral planning, homelessness as well as attending a spring mass at Carmel of St. Joseph in St. Agatha. We also planted a white rose bush in honour of the local Lutheran faith.

Our ladies hosted another successful Christmas Bazaar and Senior's Christmas Dinner. We ended our year off with a night of fun with some local comedians.

Kim Ansty, President



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**PARISH COUNCIL REPORTS**

**KITCHENER REGION continued:**

**St. Anthony Daniel Parish  
Kitchener ON**

At our December social, we celebrated our 20<sup>th</sup> Anniversary, where we presented insignia pins to our new members, plus 5, 10, 15, 20, 25, 35, 40 and 55 year pins. Twenty-eight 20-year pins were given to the pioneer members of our CWL. We have now grown to 125 members. Maple Leaf pins were given to two very worthy members for their dedication to our league and parish- Sandi Farwell and Joan Schurter. Our league continues to grow.

Darlene Burgetz, Organization Chairperson



**St. Francis of Assisi Parish  
Kitchener ON**

At our Christmas Dinner December 6<sup>th</sup> 2017 we were happy to have our Diocesan President Joan Schurter award pins to the following ladies:

**25 Years:** Marina Christoff ( absent) ; Michelle Krulicki

**40 Years:** Jessie Hurst; Janice Krafchick (absent)

**50 Years:** Margaret Beckner; Mary Braun and Bernetta Wettlaufer

**75 Years:** Bernice Koebel ( Eileen Cox – her sister – received for her)

Bernice Koebel is an exceptional member of the league. She has been a very active member in our league and we are so glad that she was able to receive the 75 year pin, Eileen Cox – her sister – took the pin to take to her with our best wishes. Marina Christoff and Janice Krafchick were unable to attend and pins were presented at a later date.





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**PARISH COUNCIL REPORTS**

**KITCHENER REGION continued:**

(St. Francis, Kitchener—Continued)



From Left to Right: Diocesan President Joan Schurter; Eileen Cox received the pin for her sister Bernice Koebel; Michelle Krulicki; Jessie Hurst; Margaret Beckner; Mary Braun and Bernetta Wettlaufer.

Judith Booth, Membership Convener



**Holy Family Parish  
New Hamburg, ON**

Holy Family Parish in New Hamburg held a Luther Rose Planting Ceremony on Sunday June 11 2017. After the 10 am Mass on a beautiful spring morning we gathered with members from Trinity Lutheran Church to share the similarities of our faith and strengthen our bonds of unity with our churches. We expressed our desire to keep the dialogue between our two churches open. We planted a symbolic white rose to represent the Luther rose and gave them a white rose in turn to plant as an act of friendship. Both our parish priest and their Lutheran minister spoke. Afterward everyone was invited to the church hall where refreshments were served. It was well attended by both churches with approximately 60 people. From this Luther Rose Planting Ceremony Holy Family has decided to remake a section of our garden where we



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**PARISH COUNCIL REPORTS**

**KITCHENER REGION continued:**

(Holy Family, New Hamburg, Guelph—Continued)

planted the rose bush. It will be our Marian Garden. We have purchased a statue of Our Lady and will make an area where you can sit or stand in prayer. It is scheduled to be completed this spring and will have an official opening and blessing by our parish priest.

Our CWL members are funding this garden. Quite an accomplishment from an idea of planting one single rose bush!

Mary Lou Murray, President



**St. Louis Parish  
Waterloo, ON**

St. Louis CWL Waterloo ON was formed in 1924 by a group of 90 women. These women who saw CWL as a tool to “work for God and Canada” were willing to take up the challenge to connect with the women of the church, families, parishioners young and old. Our current CWL hold these same values. This fall we came together participating in our faith sharing study groups, we came out to listen to our guest speakers, volunteered or attended our CWL activities such as our Annual Spaghetti Supper held in late September, and our Annual Mission Craft and Bake Sale held in November. We encourage our CWL members to “work for God and Canada” and to welcome our parishioners, their families and friends young and old.

We swore in our New 2018-2019 Executive late December. Thirteen (13) women are on our Executive Committee this term. Like the 90 women in 1924 we are willing to take up the challenge and work together to keep our League Current, Alive and Well.

This photo was taken minutes after our new executive was sworn in at our December meeting. We are blessed to have Fr. Phil Reilly, as our Spiritual Advisor at St. Louis Parish CWL.

We held our first Executive meeting in January and all 13 of us attended. We left the meeting “Inspired by the Spirit” and left feeling like part of a team. Let’s see where God takes us!



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**PARISH COUNCIL REPORTS**

**KITCHENER REGION continued:**

(St. Louis, Waterloo—Continued)



Rosanne Scarfone, President

**St. Michael Parish  
Waterloo ON**

Inspired by the Spirit-Women St. Michael's Catholic Women responded to God's call by providing spiritual care to the residents of two Retirement Homes and two Long Term Care Resident Homes. Rosary is recited weekly and Communion is shared. Communion Services are held weekly at two of the homes. These services bring so much comfort to those who are unable to attend Church.

Chris McKenzie, President



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**PARISH COUNCIL REPORTS**

**NORTHERN REGION:**

**Mary Immaculate Parish  
Chepstow ON**

Our service pin recipients for 2017 were:

60 years - Marie Waechter

50 years - Lena Terwoord, Eileen Weishar

25 years - Karen Clancy, Lisa Hinsperger, Cathy Reich

This Christmas, instead of a plant, we decided to make lap quilts with an attached one-decade rosary, for our ill and homebound ladies. We prayed for the recipients while working on them, and Fr. Luc blessed them after Mass, prior to our Christmas pot luck supper. Our ladies were very happy to receive them.



Jean Hedley, Outgoing President





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**PARISH COUNCIL REPORTS**

**NORTHERN REGION CONTINUED:**

**Our Lady of the Rosary Parish  
Dundalk ON**

We presented the following pins:

25 year pin to Helen Redmond  
10 year pin to Susan Sanford

We wished a Happy 90th birthday to Riek Meulendyk

Anne Peterson, President



**Immaculate Conception Parish  
Formosa ON**

Formosa Immaculate Conception Catholic Women's League celebrated its 65<sup>th</sup> anniversary in 2017. Charter members Joanne Becker, Doris Opperman and Delores Borho received their 65<sup>th</sup> anniversary pin commemorating their years of service. Also receiving pins were Verna Keip for 60 years and Ann Kennie for 50 years of service. Their Communion Breakfast celebrated this anniversary, as did their year-end Christmas dinner. Gosh, maybe we celebrated all year long.

2017 was a busy year for the ladies as they held their usual fundraisers. The Cold Plate Supper in June, the Hot Turkey Supper in October held in conjunction with the Formosa Lions, the Country Cafeteria at the Craft Show, and sale of tickets for the annual draw for their homemade Quilt and Afghan. The ladies hold a prayer service at the funeral home and form a guard of honour at the funeral when a member dies. They also catered all Formosa funeral lunches.

Profits from these fundraisers went toward the First Communicants rosaries, the Grade 4 bibles, the flowers for the church altars, scholarship for students from our parish to Sacred Heart High School, Walkerton and Walkerton District Community School, Church Missionary Speaker, Children's Church Bulletins, Pornography Hurts Campaign, Donation were also made to Chalice Sponsor A Child, Fotocan, the Foodbank, Ronald MacDonald House, Ramoth Life Centre, and the Walkerton Cat Scan. Canadian Food for Children, Alzheimer Society of Grey Bruce, and Walkerton Right to Life as well as the youth bus to Ottawa for the March for Life also





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**PARISH COUNCIL REPORTS**

**NORTHERN REGION CONTINUED:**

(Immaculate Conception, Formosa—Continued)

received donations. The Fruits of Bruce/Canadian Foodgrains, Walkerton and Wingham Hospitals through their Radiothons, St. Martin's Manor and the Catholic Missions of Canada were also recipients of a donation.

This year, 2018 will see the League celebrating their Communion Breakfast with the St. Joseph's Aid Society featuring guest speaker Jason Taylor of Opus Joyous Studios. The monthly meetings will see a host of interesting speakers and entertainment. There will be speakers on the March for Life in Ottawa, a student and her missionary trip to Nicaragua, a young woman and her trip to India, as well as a Craft night. A Pot-luck supper with games night will be held.

Formosa boasts of a larger than life Nativity Scene carved from trees. The annual Nativity night sees the CWL hosting an area where children can decorate cookies and make crafts. The whole community and all the service clubs and organization come together for night of entertainment, horse wagon rides, bonfires and food. One can also see the CWL ladies helping out at Lions and Lioness events. We are truly a small community with a big heart.

Joan M. Borho, President



**Holy Family Parish  
Hanover ON**

Over the years, Holy Family CWL in Hanover has faithfully supported young men from our parish family who are in the seminary. This support is both prayerful and financial.

Our parish family was again blessed this past December, when another seminarian was ordained to the priesthood. Fr. Adam Zettel, son of Ted and Christine Zettel, was among 31 seminarians to be ordained in Rome.

In his high school years, Fr. Adam was a founding member of the Mustard Seeds youth group. After graduation, he followed the call to ministry and joined the Legionaries of Christ.

On January 14<sup>th</sup>, 2018, with Holy Family church filled to capacity, he celebrated his first Mass back home. A deacon and a number of priests joined in the celebration of the Mass. Fr. Adam baptised his niece and another niece made her First Holy Communion during the Mass.

The CWL was in charge of organizing and preparing the luncheon celebration that followed the mass. At the Hanover Knights of Columbus hall, tables were set and decorated with colourful flowers. Balloons and a banner welcomed the new priest, along with his family, friends and many parishioners.



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**PARISH COUNCIL REPORTS**

**NORTHERN REGION CONTINUED:**

(Holy Family, Hanover–Continued)

200 people enjoyed a lunch of two kinds of soup, assorted sandwiches, relish trays and cheese and crackers. Two large cakes were sliced for dessert. Fr. Adam might have snuck a bite in between offering his words of appreciation to those who supported him in his journey and giving his blessing to the many who asked.

The CWL was pleased and honoured to have had a part in this very special day for Fr. Adam.

Anne Gateman Holy Family CWL



**Sacred Heart Parish  
Walkerton ON**

At our Christmas party members donated items for Women's House Bruce Grey. We had a tremendous response! See the picture on following page

One of our members Marion Leifso accepted the challenge to make a lap quilt to celebrate the 100th Anniversary of CWL in Canada. We gave it to the lady who has been a member the longest in our council, Rita Gilbert who has been a member for 70 years. See the picture on following page.

Our Christian Family Life Convener Therese Weiler has put together several Home Blessing kits to be used when families want their home blessed.

Sacred Heart parish CWL is hosting the World day of Prayer in our community on March 2, 2018 and on March 16, 2018 we are hosting our Annual Fish Fry.

We had 3 members receive their insignia pin – Mary Jane Koebel, Yvonne Batte and Joan Smith and one member receive her 50 year pin – Denise Desroches.

Judy Sloan and Maryanne Buehlow, Co-Presidents



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## PARISH COUNCIL REPORTS

### NORTHERN REGION CONTINUED:

(Sacred Heart, Walkerton—Continued)







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# *100<sup>th</sup> Anniversary*

## *Hamilton Diocesan CWL*

It is an exciting time in the League for in 2020, we will be celebrating the 100<sup>th</sup> anniversary of The Catholic Women's League of Canada in the Hamilton Diocese. What an awesome achievement and a proud legacy that has been accomplished across the diocese.

The Catholic Women's League has always tried to bring Christ to His people by works of charity, Catholic social action, influencing governments through resolutions/legislation and in prayer.

As we look forward to the year 2020, let us pull out our archival photo albums, read old minutes, and reflect on the history on where the League began and where it is today.

Looking at events planned for 2018:

- Scavenger Hunt Guessing Game - spring regionals
- 100<sup>th</sup> Anniversary Logo - revealed at May convention
- Anniversary Prayer Book - May convention
- Community Service Project - fall regionals
- School Involvement - fall regionals
- Members in Action photos - now

As we rejoice in these upcoming festivities may we continue to strive to live our faith to the fullest and continue to serve our parish.

Through the teachings of Jesus and the intercession of Mary, Our Lady of Good Counsel, may we achieve holiness of life and radiate with love as we are "Inspired by The Spirit - Women Respond to God's Call".



Hamilton Diocesan Council  
The Catholic Women's League of Canada

INSPIRED BY THE SPIRIT  
WOMEN RESPOND TO GOD'S CALL



## A Stroll Down Memory Lane

100 Years of the Hamilton Diocesan Catholic Women's League. What a wonderful time to celebrate and recognize the role The Catholic Women's League has played in your life, in your parish and in the community.

The 100<sup>th</sup> Anniversary Planning Committee is organizing some special events for this celebration. Our Hamilton Diocesan CWL website ([hamilton.cwl.on.ca](http://hamilton.cwl.on.ca)) has an Archival Photo page where every month a new council and their members will be featured. Also there will be a power point presentation at the convention showcasing the League in all its glory. So we are looking for photos from each parish council CWL to highlight their members and activities.

### **Photos Needed:**

- ✚ Members in Action (both past and present)
- ✚ Spiritual Advisors with CWL members (both past and present)
- ✚ Members in front of their Parish church

### **How to send photos:**

- ❖ Scan photo on printer, save picture to a pdf. file, send email along with attached photo to: [jbcotter@hotmail.com](mailto:jbcotter@hotmail.com)
- ❖ Send copies of photos via Canada Post to Joyce Cotter, 435 Hill St. East Fergus, ON N1M 1H6
- ❖ Put photos on USB memory stick, CD and give to Regional chair at Regional Meetings
- ❖ Label photos by parish,

Your submission of photos gives permission of the 100<sup>th</sup> Anniversary Planning Committee to use in The Hamilton CWL website, The Spectrum and other social media forms.



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**2018 FRANCES LOVERING INFORMATION & APPLICATION**

The *Frances Lovering Woman of the Year Award* was instituted in 2000 to honor Frances Lovering, a member of the first national executive of the CWL and our first diocesan president.

Nomination forms are distributed annually in the early part of the year, and any completed forms are **submitted to Joan Schurter ([cwl.jschurter@gmail.com](mailto:cwl.jschurter@gmail.com)) by April 10, 2018**. A five member review team, made up of Diocesan Executive, then examines each nomination to determine a winner.

There are no formal criteria for this nomination. We invite you and your executive to take a good look at the women in your council and nominate one of your wonderful women for this special distinction. The nominee is to be a member who demonstrates the objectives of the League in her service to the League, her parish and the community. Diocesan executive members are not eligible for this award while they are in office.

All nominees are acknowledged for their nomination at the closing banquet at our annual convention and presented with a *Certificate of Congratulations*. The award winner receives the large commemorative plaque, to keep in her parish for the next year, and is presented with a personal plaque.

**Other Information:**

- Most nominations from councils are done without the nominee knowing. While this is not a requirement, most councils like the surprise.
- The winner is not notified; however the council president or contact person is notified if your nominee is chosen. Together with your council, every effort is made to ensure that the winner is present at the convention's closing banquet.
- Our Woman of the Year has her picture taken with the Bishop, and is honored with the ovation of her League sisters.
- More information about this award, and previous winners, can be found on our Diocesan website at ... [www.hamilton.cwl.on.ca/Awards/Awards.html](http://www.hamilton.cwl.on.ca/Awards/Awards.html)



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Hamilton Diocesan Council **Frances Lovering Award** Nomination Form  
**FOR 2018: Submit your nominee to Joan Schurter:**  
[cwl.jschurter@gmail.com](mailto:cwl.jschurter@gmail.com)  
**(or mail to Joan Schurter, 272 Kenneth Ave. Kitchener ON N2A 1W6)**  
**by April 20, 2018.**

**PLEASE PRINT CLEARLY**

Nominee's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

A member of: \_\_\_\_\_ Parish Council

Years of membership in the Catholic Women's League: \_\_\_\_\_

Catholic Women's League involvement: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Parish involvement: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Community involvement: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Personal data: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Council President: \_\_\_\_\_

*(signature)*

Council Spiritual Advisor: \_\_\_\_\_

*(signature)*



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**SPECTRUM**  
**SPRING 2018**