



The Catholic Women's League of Canada

SPECTRUM

SPRING 2020

Newsletter of the Hamilton Diocesan Council
cwlhamilton.ca





**Hamilton Diocesan Council
of
The Catholic Women's League of Canada**

Care for Our Common Home



Our Mission

The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.

League Objects

The objects of the League shall be to unite Catholic women of Canada:

1. to achieve individual and collective spiritual development
2. to promote the teachings of the Catholic church
3. to exemplify the Christian ideal in home and family life
4. to protect the sanctity of life
5. to enhance the role of women in church and society
6. to recognize the human dignity of all people everywhere
7. to uphold and defend Christian education and values in the modern world
8. to contribute to the understanding and growth of religious freedom, social justice, peace and harmony

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.



Hamilton Diocesan Council
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Care for Our Common Home



Care for our
Common Home



FROM THE EDITOR'S DESK

Welcome to the **SPRING** edition of the **Spectrum**.

The Spectrum allows the Diocesan Officers to share information and keep in touch with parish councils.

I thank all councils who shared articles of their good works, celebrations, anniversaries, service pins awarded, upcoming special events, meeting ideas. I encourage others to do the same.

The **deadline** for the **Fall** edition is **July 31, 2020**.

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 communications@cwlhamilton.ca

Mary Clark
Diocesan Communications Chair
6762 Gerrie Road
Elora, ON N0B 1S0
519-846-9541





Hamilton Diocesan Council
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Diocesan Officers and Committee Chairs - May 2019 - May 2021

Spiritual Advisor.....	Rev. John Redmond
President.....	Catherine Feren
Past President/Historian.....	Joan Schurter
President Elect/Organization.....	Joyce Cotter
First Vice President/Spiritual Development.....	Teresa DiFalco
Secretary.....	Laura Grint
Treasurer.....	Julia Calverley
Christian Family Life.....	Chris McKenzie
Communications.....	Mary Clark
Community Life.....	Joanne Palmer
Education & Health.....	Diane Jones
Legislation.....	Vacant
Resolutions.....	Camille Naranjit
Life Member Liaison.....	Jakki Jeffs

Regional Chairs and Secretaries

Brant.....	Vacant
Hamilton.....	Linda Perron (Chair)
Kitchener.....	Francesca Simone (Chair)
North.....	Diana Quildon (Chair)



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Loneliness in Leadership

"Uneasy lies the head that wears a crown."

William Shakespeare, Henry VI

Loneliness is an emotional response to feelings of isolation. Anxious feelings arise from a lack of connection or communication with others. As leaders/presidents, few people know the unique challenges that are faced by leading an organization/parish council. Loneliness can affect your performance and effectiveness to lead.

As a leader do you find yourself feeling alone? Do you wear a mask to hide your feelings of loneliness?

- Recognize and acknowledge your feelings
- Recognize that you are human
- Recognize loneliness can lead to depression, stress, poor health
- Express your feelings to members of your team
- Work through the feelings of loneliness
- As Christians we know that God is always present in whatever situation we are faced with

"Although loneliness comes with struggles and sadness, it can also open the door to the next idea; opportunity or change. If we have the courage to turn towards ourselves when loneliness hits, amazing work can come out from this time."

Ron Edmondson "The Loneliness of Leadership"

Loneliness can distance you from your team. Here are some ways to support each other as a team:

Collaboration

- communicate openly within your executive team
- work together as a team
- encourage members to share their strengths, creativity and energy towards a shared vision
- give members a sense of empowerment of contribution

- build and cultivate good relationships with executive members

Foster Confidence

- promote a culture of trust and transparency
- share important information with the group
- show you can be dependable
- know the League and its policies

Seek Support

- good leaders know when to ask for help
- speak to a mentor, past president, diocesan executive, counsellor or a leadership coach
- speak with spiritual advisor to regain perspective, align priorities

Peer Support

- assemble advisors or individuals with different talents to learn from
- bounce ideas around, discuss fears, and gain different perspectives

Self-Development

- continue to learn new leadership techniques and innovative methods
- read books, blogs, pod casts on shared experiences
- keep up with current trends, newsletters
- attend workshops, educational programs, League conventions

Authenticity

- be yourself
- display a positive attitude, non-combative, optimistic
- find your voice
- use criticism as a learning tool
- be confident when making difficult and unpopular decisions in order to move forward

Joyce Cotter
President-Elect/Organization Chair



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Past President/Historian

As outlined in our Constitution and Bylaws, a past president shall serve in a consultative capacity, maintaining our archives and history, facilitate the study and implementation of the Constitution & Bylaws and perform other duties as assigned by the president.

I encourage all parish past presidents to dip into the past and share with fellow members the gemstones from their council's history. Each council has amazing and inspirational stories to tell. Sometimes a few sentences from our history can be a foundational stone for a new initiative or a piece of our history can be shared through a fun trivia game. What better time to celebrate all these memories than now during our 100th anniversary celebrations. Photograph albums, whether in print, a CD or DVD or even a memory stick continue to be a popular way to create lasting memories and preserve the history of the council.

Helping members become familiar with our bylaws ensures smooth and efficient completion of our tasks. Finding time and an interesting way to deliver these basic "rules" is the challenge. Councils at all levels are encouraged to have their own policy manuals. It is strongly recommended that these parish policies are reviewed every two years by the council.

"As past president we embrace this opportunity as a privilege and blessing in offering our knowledge, wisdom and support of our council members"

"It is important to use the knowledge we have to SERVE (in a consultative capacity), be RESPONSIBLE (for archives and history) and FACILITATE and ENCOURAGE (the study and implementation of the Constitution and Bylaws.)"

Margaret Ann Jacobs
National Past President

Thank you to all past presidents for your leadership, guidance and efforts. We all share a mutual love and support for the League. Continue to offer your support as a member to those on your council and a role model for all members.

Joan Schurter
Hamilton Diocesan Past President/Historian



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Christian Family Life

Loneliness and Elderly Population

The astonishing rise in our average life span over the last century –from an average of 50-80 -years hides a risk which society must learn to address.

Loneliness.

In Canada, Statistics Canada finds 1 in 5 elderly Canadians identify as feeling lonely. 28% of Canadian households consist of people living alone.

Ami Rokach, who studies loneliness found people who are 80 years old, report they are lonely 80% of the time.

The American Spectator states 25% of American elderly have no one to confide in.

Leading Factors: As spouses and close friends die their direct social contacts are cut off and children leave home and have families of their own. Pressures of time and money, suburbanization, community sprawl, electronic entertainment and cell phones often lead to loss of human interaction

Current evidence indicates a heightened risk for mortality, including a 30% risk for premature death. This makes loneliness as dangerous as obesity or smoking.

Dr Kevin Vast in his Catholic Guide to Loneliness states that if we are truly to be awakened as Christians, we must awaken to each other's needs including the need for community and interpersonal connections

As women of The Catholic's League we must ask ourselves what we can do to stem the tide of loneliness.

Ways to help:

- Visit the elderly in their homes.
- Encourage social interaction coffee groups, card games
- Take them to Church and church functions
- Go for walks with them encourage mobility
- Develop a spiritual friendship centered in Christ

- Bring them Communion
- Say the rosary with them
- Visit retirement residents and long term care facilities
- Form a rosary group
- Remind them they are never alone Jesus is always with them

As we grow in aware of our lonely brothers and sisters in Christ reach reach out to them to lighten their load.

Matthew 25:40... and the King will answer' 'Truly I say to you, as you did it for one of the least of my brothers, you did it to me''

Chris Mc Kenzie

Christian Family Life



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Education and Health

The duties of the chairperson are:

- Catholic education
- Literacy and continuing education
- Scholarships and bursaries
- Wellness and sickness/disease
- Environment
- Genetics

CWL Executive Handbook (May 2014)

Greetings League sisters ... it is a honour to be serving as chairperson of the diocesan Education and Health Standing Committee. I have been a member since 1985. We are all volunteers who are called upon to do the very best that we can... and we leave the rest to the Holy Spirit.

As our provincial counterpart, Karen McDonald said, "through prayer and *team-work*, we will use the gifts that God gave us to continue to *educate* ourselves and be women of action!"

Provincial Focus

We have been asked by our provincial president to focus on the topic of **loneliness**.

Resolutions

Three resolutions relating to *Education and Health* were passed at the 2019 provincial convention. Members are asked to read them and follow up on the Action Plans. Why not choose one (or all) and ask to present it at one your meetings.

ON.19.01 Psychotherapy Pilot Project for Adults

(for the full text ... go to <http://cwl.on.ca/sites/default/files/resolutions/1955.pdf>)

ON.19.02 Abortion and the Effects on Mental Health

(for the full text ... go to <http://cwl.on.ca/sites/default/files/resolutions/1934.pdf>)

ON.19.03 Long Term Care Beds in Ontario

(for the full text ... go to <http://cwl.on.ca/sites/default/files/resolutions/1935.pdf>)

As we reflect upon the past year and how, as women of faith, we have made the world a better place. We may have touched the lives of those who are lonely. This time of year can be a lonely time for many people. Why not reach out to a family member, neighbour or friend that you have not seen in a while ... a telephone call or even an email might just make their day.

Canadian Blood Services

National Chairperson Faith Anderson advises the League is a proud supporter of the **Canadian Blood Services - Partners for Life** program. Is your council registered? Has it designated a specific number of donations for the year? Are members aware they can allocate blood donations to more than one organization? Councils are encouraged to register for the program under the League's unique partner ID (CATH011269). For more details, use this link:

<https://blood.ca/en/ways-donate/donate-partner>

Health Teams

The provincial government is introducing Ontario Health Teams across the province, "*... to provide a new way of organizing and delivering care that is more connected to patients in their local communities. Under Ontario Health Teams, health care providers (including hospitals, doctors and home and community care providers) work as one coordinated team - no matter where they provide care.*" (Ontario government website – Ministry of Health, Ministry of Long-Term Care <http://health.gov.on.ca/en/pro/programs/connectedcare/oht/#OHT>).

As members, let us pray that this new model will help to improve health care across this great province!

Diane Jones Hamilton Diocesan Education and Health Chair



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Legislation: The Freedom to Voice Our Opinions

In Canada, all Canadians enjoy the freedom and ability to voice their opinions on government legislation, and to redress bills; if, we believe that they are unjust, infringe on human rights, lack common sense, or compromise our Christian values. There are procedures built into the *Canadian Constitution* and *Human Rights Code*. As Canadian citizens, you can do the following to raise awareness on legislation and voice concerns:

- Share your concerns with people in your Parish or community to gain support;
- Network with people who are like-minded and support your opinions to make decisions on how you want to proceed;
- Write a media release to your local papers or radio stations;
- Start a social media campaign to "spread the word" and gain support;
- Contact your MP and/or MPP to make an appointment to speak to him or her about the issue who will hopefully pass on your concerns through the proper channels;
- E-mail or write a letter to your MP, MPP, the appropriate Cabinet Minister or the Party Leader about your concerns with the legislation;
- Write a petition to share around your community to gain support and then send it you your MP or MPP who may present it in the House of Commons or Legislature;.
- With friends draft a resolution to go to the government by submitting it to your Catholic Women's League Diocesan Council who will take it to the convention and through the appropriate channels in government.

Some things to keep in mind:

- While you may develop a petition to send through your workplace or

community, please keep in mind that there are procedures in the Diocese; whereby, petitions cannot be circulated through the parishes without the Pastor's and ultimately the Bishop's approval.

- You are always free to voice your opinions on a personal level, but if you are intending to do so on behalf of the League, it is best to: inform your Parish President (and/or appropriate Committee Chair), who will then inform the appropriate Diocesan Officer/ President who can aid in the process and ensure that your action does not contravene the League's mandate or policy. Additionally, there may have been resolutions and/or action plans that the Catholic Women's League has already passed which could further support your voice.
- Remember you are not alone and your Diocesan Council is always here to help you.

Submitted By:

Camille L. Naranjit

Hamilton Diocesan Resolutions Chair

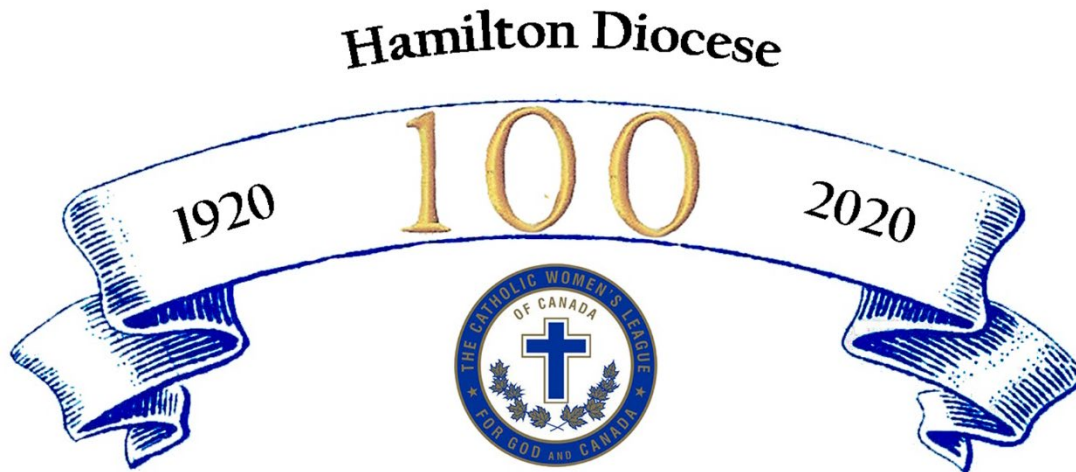


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Congratulations to The Catholic Women's League of Canada in the Hamilton Diocese. Wow, 100 years, can you believe it? It is such an exciting time in our League! Many activities are planned to celebrate this wonderful event so be sure to invite all your members to join in the fun.

The 100th anniversary membership prayer written by Olga Protz can also be located on the Catholic Women's League in Hamilton Diocesan website, cwlhamilton.ca. Every member is encouraged to pray this beautiful prayer.

Events:

100th Anniversary Dinner/Dance – April 18, 2020

Candlelight Memorial Prayer Service – April 26, 2020

Annual Convention – May 29, 30 31, 2020

- Parade of Banners
- Blessing of the Books of Life
- Councils in Action Video Presentation

- Time Capsule

Cathedral Basilica Mass Celebrations – June 20, 2020

- Frances Lovering Prayer Service
- Tree of Life Ceremony
- 100th Anniversary Mass
- Dinner/Reception

Be sure to check out The League website (cwlhamilton.ca) for more details!



100th Anniversary Items for Sale

We are excited to offer the following items to fundraise in support of 100th Anniversary events in Hamilton Diocese.



CATHOLIC WOMEN'S LEAGUE TOTE BAG

- 18" W, 13" H, 3 1/2" D
- fits a lap top, binder or tablet
- outside pockets for water bottle, note pad
- integrated pen holder, inside laminated for easy cleaning
- zipper close
- **\$20**



LUGGAGE STRAP/SUITCASE BELT with/without trolley sleeve

- helps keep your luggage closed and secure
- trolley sleeve keeps handles together
- identify your luggage with ease!
- strap **\$12**, sleeve **\$5**
- **purchase both for just \$15**



ROSARY

- cobalt blue beads, silver cross, complete with case
- perfect gift for prayer members & shut ins
- first communion, confirmation gift
- **\$20**

To order, please contact
your Regional Chair

Hamilton/Brant

Linda Perron
hamiltonchair@cwlhamilton.ca

Kitchener

Francesca Simone
kitchenerchair@cwlhamilton.ca

North

Diana Quildon
northchair@cwlhamilton.ca



100th Anniversary
Candlelight Memorial Prayer Service
Sunday April 26, 2020
7:00 pm

Brant Region

St. Mary's Parish
Our Lady of the Assumption Church
133 Murray Street S., Brantford

Hamilton Region

St. Francis Xavier Parish
304 Hwy. #8, Stoney Creek

Kitchener Region

Basilica of Our Lady Immaculate Parish
28 Norfolk Street, Guelph

North Region

St. Peter and Missions Catholic Parish
850 Garafraxa Street N., Durham

All members are invited to attend one of the special 100th Anniversary Candlelight Prayer Services to honour our deceased Catholic Women's League members and Spiritual Advisors. It is a wonderful time to celebrate the life and service of each member/spiritual advisor and how they blessed our lives. A small reception will follow the prayer service.



Hamilton Diocesan Catholic Women's League

Celebrates 100 Years of Service to God & Canada

100th Anniversary Dinner/Dance Fundraiser

Saturday April 18, 2020

5:30 pm - Cocktails and Deluxe Antipasto Chef's Bar

6:30 pm - Five Course Sit Down Meal

*(Buns/Butter, Penne Tomato Basil Sauce, Penne Creamy Alfredo Sauce,
Two Meats (Beef and Chicken), Potatoes, Vegetable, salad, dessert, tea/coffee/espresso)*

Also includes a Moonlight Buffet

(Dietary restrictions can be accommodated)

Live Entertainment by: *Perswayision* (Special Events Band)

Silent Auction - Door Prizes

\$60 per person (tax included)

(Cash Bar)

Galileo's Garden Banquet Centre

1225 Hamilton Regional Road 8, Stoney Creek, ON L8E 5G8

For tickets call or email Teresa DiFalco at 905-643-6819 or
firstvp@cwlhamilton.ca



WELCOME HOME

100th Annual Hamilton Diocese Convention

May 29 – 31, 2020

Crowne Plaza Hotel and Conference Centre
Kitchener, Ontario

My Dear Sisters in the League,

On behalf of Hamilton Diocesan Officers, it is my pleasure to invite you to this year's celebratory 100th Annual Hamilton Diocesan Convention. Your diocesan officers, regional chairwomen, convention chairwomen Anna Brady and Ana Sousa, registrar Corinne Carrita, along with members from across the diocese have been planning and preparing for this momentous occasion and it is almost here!

You will find a tentative agenda, registration information for business sessions, meals and transportation to both masses as well as details about opportunities to pray and celebrate with your sisters from across Hamilton diocese throughout the weekend on the diocesan website's 100th Anniversary page by following this link: <https://cwlhamilton.ca/100th/>. I have also included the tentative agenda and menus on the next two pages.

New this year is online registration and payment by e-transfer or credit card, in addition to the option to pay by cheque. Check it out and see just how convenient it is!

Accommodations are booked directly with the hotel by April 29, 2020, to receive our special room rates. Please contact the Crowne Plaza Hotel and Conference Centre using the local Kitchener phone number (519) 744-4141 or online at <https://www.ihg.com/crowneplaza/hotels/us/en/kitchener/ykfc/hoteldetail>. Please use the group code **CWL** to receive our special rate.

Some highlights and incentives to entice you to attend:

- **We will be covering the cost of your Saturday lunch and Sunday breakfast!**
- **Each member who attends will receive a special 100th Anniversary keepsake!**
- Christiana Ronzio, Director of the National Liturgy Office for the Canadian Conference of Catholic Bishops will speak to us about women in the church in the past 100 years; where we came from and where we are going.
- Ania Krysiak, Catholic Campus Minister at the University of Guelph will enlighten us on how young people, specifically those engaged in post-secondary educational studies, experience loneliness and how we might be able to provide support and understanding.
- special Marian Prayer Service and evening prayer both Friday and Saturday
- procession of parish council banners and blessing of Books of Life
- 100th Anniversary video presentation and interactive activity
- fashion show and social commentary from the past 10 decades
- dj entertainment Saturday evening
- 100th Anniversary banquet Sunday evening after the convention closing mass

And so much more!

This is our Annual General meeting and as the Constitution and Bylaws mandate, it is the responsibility of each parish council president to attend as the voting delegate. Two members from each council are encouraged to register as accredited delegates and participate in voting. All Catholic Women's League members are especially invited to attend and experience the League in a new way, and be a part of our 100th convention and anniversary celebration.

I look forward to seeing you all in Kitchener May 29 -31, 2020!

Catherine Feren – President

**This Convention is a scent free event.
Help us keep the air we share healthy and fragrance-free!**

Tentative Agenda

Friday, May 29, 2020

1:00 p.m. - 6:00 p.m.	Registration
1:30 p.m. - 6:00 p.m.	Vendors Room Open
2:00 p.m. - 3:30 p.m.	Pre-Convention Executive Meeting
2:30 p.m. - 4:00 p.m.	Spiritual Advisor's Meeting
	Governance & Interactive Presentation
3:45 p.m. - 4:15 p.m.	Resolutions/Legislation Presentation
4:30 p.m.	President/Spiritual Advisor Dinner
6:15 p.m.	Buses Depart Hotel
7:00 p.m.	Liturgy of the Eucharist St. Michael, Waterloo
8:10 p.m.	Opening Ceremonies/Reception
9:15 p.m.	Buses Return to Hotel
10:00 p.m.	Candlelight Vigil

Saturday, May 30, 2020

6:15 - 7:45 a.m.	Breakfast - Kitchener Suites
7:00 a.m. - 4:00 p.m.	Registration
7:00 a.m. - 5:30 p.m.	Vendors Room Open
8:00 a.m.	Business Sessions Open
	Land Acknowledgement
	Meeting Called to Order
	Opening Prayer/Reflection
	Welcome and Introductions
	Greetings
	Credentials Report
	Rules of Order
	Adoption of the Agenda
	Approval of the 99 th Annual Convention Minutes
	Synopsis of Pre-convention Executive Meeting
	Presentation of Chairpersons Reports
9:10 a.m.	Announcements
	Health Break (20 minutes)
9:30 a.m.	Keynote Speaker - Christina Ronzio Director National Liturgy Office, CCCB
	Women's Role in the Church Past / Present / Future
11:00 a.m.	Liturgy of the Eucharist
11:55 a.m.	Announcements
	Prayer, Grace
12:15 p.m.	Lunch

1:15 p.m.	100th Anniversary Celebrations
	<ul style="list-style-type: none"> • Interactive Activity • Procession of Council Banners & Books of Life • Blessing of the Books of Life • 100th Year Video Presentation
2:15 p.m.	Announcements
	Health Break (20 minutes)
2:35 p.m.	Business Sessions Resume
	Presentation of Chairpersons Reports
	Spiritual Advisor Report
	President Report
3:15 p.m.	Marian Prayer Service
4:00 p.m.	Announcements
5:30 p.m.	Dinner & Silent Auction
7:00 p.m.	100 Years in Canada
	<ul style="list-style-type: none"> • Fashion Show • Commentary
7:45 p.m.	Entertainment
9:15 p.m.	Evening Prayer

Sunday, May 31, 2020

7:30 a.m.	Breakfast
8:45 a.m.	Opening Prayer
	Credentials Report
9:00 a.m.	National Representative Message
9:20 a.m.	Provincial Representative Message
9:45 a.m.	Guest Speaker - Ania Krysciak Catholic Campus Minister, University of Guelph
	Loneliness in Post Secondary Students
10:30 a.m.	Announcements
	Health Break (20 minutes)
10:50 a.m.	Life Members Panel
11:25 a.m.	Time Capsule
11:50 a.m.	Announcements
11:55 a.m.	Angelus, Grace
12:00 p.m.	Lunch (on own)
2:15 p.m.	Buses Depart Hotel
3:00 p.m.	Liturgy of the Eucharist St. Aloysius, Kitchener
4:15 p.m.	Buses Depart for Hotel
4:45 p.m.	Social Time at Hotel
5:20 p.m.	O Canada, Toasts, Etc.
5:45 p.m.	Closing Banquet

Menu

Friday - Presidents' & Spiritual Advisors' Dinner - Plated

artisan bread & butter

baby spinach leaves with field berries, toasted almond slivers with balsamic vinaigrette

Chicken - pan roasted chicken breast with rosemary & honey jus **OR**

Fish - halibut in an herb & tomato sauce with mashed potatoes & vegetables **OR**

Vegetarian - butternut squash ravioli with rose sauce

triple chocolate mousse cake with raspberry coulis; regular & decaffeinated coffee & teas

Saturday Breakfast - Buffet

scrambled eggs, bacon, hash browns, muffins, sliced fruit

regular & decaffeinated coffee & teas

Saturday Lunch - Market Deli Buffet

daily soup; greens with tomatoes, sliced cucumber, shredded carrot, sliced red onion with balsamic dressing on side; creamy coleslaw; couscous salad with roast vegetables & fresh herbs

variety of gourmet sandwiches & wraps including ham, turkey with cranberry mayo, grilled vegetables with balsamic vinaigrette, tuna & apple, roast beef with horseradish spread, egg salad

whole fruit, butter tarts; regular & decaffeinated coffee & teas

Saturday Dinner - Buffet

artisan rolls & butter; crudities & dip; greens with pomegranate berries, grape tomato, toasted almonds & dressings on the side; creamy coleslaw with garden vegetables; deli smoked & cured meats; domestic sliced cheese; relish tray

slow roasted sirloin with au jus, creamy horseradish, grainy mustards; penne with tomato sauce; market vegetables sautéed in parsley butter; baby roasted potatoes with herbs

assorted cakes, pies, tarts & speciality pastries; regular & decaffeinated coffee & teas

Sunday Breakfast - Buffet

assortment of breakfast breads & muffins; whipped butter & preserves; sliced seasonal fruit

scrambled eggs; house fried potato hash with sautéed peppers & onions; bacon; country sausage links; buttermilk pancakes with maple syrup

regular & decaffeinated coffee & teas; carafes of orange & apple juice

Sunday Banquet - Plated

wild mushroom & thyme soup finished with fortified wine

Beef - pan fried medallion of beef tenderloin in a wild mushroom & marsala sauce with caramelized shallots **OR**

Vegetarian - cannelloni with wilted spinach & cherry tomatoes in a rose sauce with eggplant moussaka & grilled vegetables on the side

strawberry shortcake, red fruit coulis & sweet cream; regular & decaffeinated coffee & teas

STEP BACK IN TIME!

SATURDAY NIGHT ENTERTAINMENT

At the
ANNUAL
CATHOLIC
WOMEN'S
LEAGUE
CONVENTION



Come dressed in
any era/decade
from the past 100
years



Dance to the Music by disc jockey JP Renaud

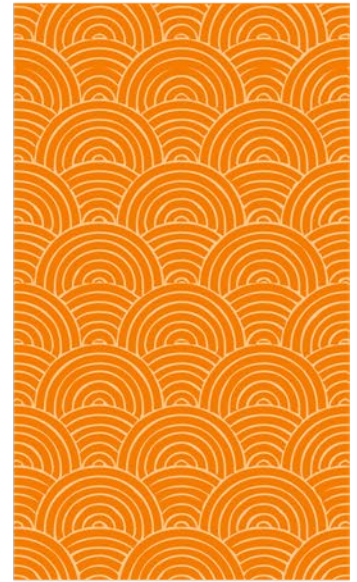
Convention Silent Auction Donations Needed!

**Proceeds in Support of the
League Development Fund**

Please contact:

- Diane Jones – educationandhealth@cwlhamilton.ca
- Chris McKenzie - christianfamilylife@cwlhamilton.ca
- Diana Quildon - northchair@cwlhamilton.ca
- Francesca Simone – kitchenerchair@cwlhamilton.ca

Thank you!





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100 Reasons Why I became a Catholic Women's League Member

- To meet new friends who share the same values and beliefs that I do
- To support the church with fundraising activities
- I like belonging to group of similarly minded women
- The league and my council empowers me to be a better Catholic woman while inspiring me to give my best to my church and community
- Why not? It is a wonderful experience.
- Great way to learn more about your faith
- Great way to learn more about your country
- Deepens my faith life, enhancing my spiritual journey
- It is a supportive sisterhood that enjoys having fun
- I get to know the women in my parish community and develop friendships
- I am part of the largest national organization of Catholic women
- I am part of the united voice for Catholic women when representatives meet with the provincial and federal government
- I receive the Canadian League magazine three times a year
- The Catholic Women's League is the heart of the parish and works on many projects in the parish and community
- Provides an opportunity for leadership development and education in issues of concern
- Open to women of all ages and embraces many traditions
- I can attend diocesan, provincial and national conventions
- I find joy in working with other women for a common goal
- I love the teamwork and support they give to each other even when they have opposing views
- A room full of women all praying and singing together is such an incredible feeling
- Because the work of the League is crucial to the history, the present and the future of Canada
- Because "the other voice" must be heard in government circles
- Because life is too short not to do the good work while we can
- Because we can be in the kitchen and I can be at my computer and she can be in church and it all counts as part of the necessary work of the League
- Because the League is like the kingdom of God with many rooms and space for every single Catholic woman of Canada

- Because my mother was and I wanted to follow in her footsteps
- Because someday I or someone I love may need the help that was the subject of a successful League resolution
- Because the League has been an amazing vehicle for education on a wide variety of topics – plastic bags, windmill turbines, pesticides, permanent residence status etc.
- Because I love God's way of life
- To be involved and share the social as well as the business aspect of the League
- Many Catholic Women's Leagues have an honor guard for their sisters at their funeral
- Many Leagues are involved in social issues- others are kept up to date
- Get to volunteer at church events
- Get to volunteer at school events
- We can choose to quietly support the League or get more involved – it is our choice
- We can make a difference in our community
- We can ask for prayers for ourselves, our families and friends
- We can offer our opinions with others without fear of ridicule
- We can share our talents with other members, volunteer to hold a workshop or demonstrations
- Some League members write to their local politicians voicing their concerns
- We can share our talents or donate our crafts to baby showers or craft sales
- We can make a difference
- We can!
- The members have been my angels in my life in joy and sadness
- Members are wonderful and loving
- Fellowship from my sister members and Christian example
- We wanted to be involved doing good deeds
- We wanted to contribute to our Slovenian community
- We had a personal connection with a League member who got us to join
- We followed tradition and wanted to assist with League events and activities
- We enjoy the company of our sisters, some of which are close friends
- To be closer to Our Blessed Mother
- Hear interesting speakers
- Help my faith community
- Retreat- going out for faith formation and inspiration
- Learn leadership skills and be a member of the executive
- For the togetherness of like-minded people
- To reinforce the fact that women have a vital role to play in the life of the church
- I was an immigrant and wanted to know people in the parsh

- I joined to be part of a very respected organization and to be part of a caring, hard working group of women
- Someone asks, I join
- Serve the Lord in every way
- Give charity to the less fortunate
- Support and share the sisterhood of love
- It inspires me to be attentive to my spiritual journey
- The league is a support system of prayer and faith
- Has a political voice for social justice
- Joining the league and working on many programs gave me the confidence to accomplish what I did
- Wanted to be closer to God
- I admired my mother who had joined and saw what she gave to our community
- It was a group for Catholic ladies who I could make friends with
- I realized the good the League does in many areas and also as an organization they can and do influence the government on certain bills
- They are good bakers and serve cookies at meetings
- To honour my mothers' memory – she loved the faith, friendship and fun she shared there
- I realized that having friends as part of your church community are good for one's soul and also it is healthy to have friends you can share with
- I can work on projects along with the other women
- For education and information
- All League members are remembered in the masses and opening prayers at League meetings nationwide – a bonus I need them all
- My artistic talents were put to good use - convening a Christmas craft table at our annual bazaars
- I joined to be part of a very respected organization and to be part of a caring, hard working group of women
- The League women are the spiritual backbones for our families and it is important that we are united in this quest
- Time out with other women of faith - sense of belonging
- Companionship as well as the knowledge that is shared by all ladies
- I feel connected. I feel comfort in spending time with other women who share the same faith and values
- For kinship
- I look great in Catholic Women's League blue
- To add meaning to my life in retirement
- To learn from current members how to be a better Christian
- To give back to the church
- Pray for all
- Friend paid for my membership
- Need to be a public witness in this culture and society
- Personal initiation to join the best organization for women in the

church

- Through the league I have been able to meet and sustain friendship for the past 52 years- another bonus
- My friends had been the people I worked with and I wanted to meet some of the wonderful ladies of our parish and be able to call them friends
- People that say they are lonely don't realize that if they belonged to the Catholic Women's League that at least once or twice a month they could be talking to someone
- I take comfort in being part of a worldwide community of women who pray for and support each other in good times and bad, in joys and sorrow
- So my voice could be counted when the League are lobbying for any particular case
- Enjoy how welcoming the ladies are
- I am a Catholic woman, so joining was given. It is a source of friendship – I would not miss it for the world.
- With two small children it was a good way to meet some people and have an evening out at the church.



Hamilton Diocesan Council
of
The Catholic Women's League of Canada

Care for Our Common Home



REGIONAL REPORTS

BRANT REGION

ST. PIUS X, BRANTFORD

We presented Service Pins at our Annual Advent Mass and Potluck on Thursday, December 5, 2019 to the following people:

75 Years of Service- Edie Hamilton

60 Years of Service- Gert Dorlas; Helen Kun; Joan Martin

50 Years of Service- Mary Anstett; Theresa Frappier

40 Years of Service- Kathryn Gillis; Val Pruellage; Kathie Reansbury

25 Years of Service- Cecelia Doucette; Jean Grundy; Sebastini Oddi

10 Years of Service- Leigh Ann Balazs; Cathy Beckett; Anna Cicoria; Elaine Cummings; Helen Dalloway;

Mary Ferracioli; Rebecca Henry; June McPherson; Ritha Padamadan; Anita Reansbury; Stella Vaters;

Sue Wood

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

Vicki Coyle, President

HAMILTON REGION

ST. RAPHAEL, BURLINGTON

HAPPY BIRTHDAY TO THE CATHOLIC WOMEN'S LEAGUE OF CANADA AND THE HAMILTON DIOCEASE!! Our council celebrated 60 years in 2019.

Last year was a special year for our council and our members rejoiced in the celebrations. We encouraged our members to learn about the history of the league. Our goal for 2020 is to promote the CWL within our council and parish community; increase visibility and recruit new members. We gave an ambo talk in January to explain why women should belong to the league. We had a very positive response. Along with the talk, we held a Quiz where participants filled out a ballot to win one of 3 gift baskets. As a result, we had 28 new contacts.

We worked on the list of the "100 Reasons for Joining the CWL" and we came up with 50 excellent reasons. What fun we had pulling this list together!! We also submitted a Diocesan Anniversary Prayer which was suggested. We plan to have a special celebration in the fall when we will be hosting a lunch for our members and parishioners to celebrate the centenary. We added a few new ideas to our monthly general meetings. We are using a book entitled "Walking with Mary" and each month a

member shares a summary of one chapter from this book as our spiritual reflection. We also initiated a "Take a Book/Give a Book" similar to a book exchange of religious books. We have also starting using a note book where members can add prayer intentions for all to pray for.

Our council is very committed to pro-life and have worked with Halton Alive by holding a workshop in 2019 and now at the end of February will be hosting along with Knights of Columbus an education evening on the work of Halton Alive. We hope many other churches will join us. In May we will hold a "Baby Bottle" campaign for Shifra Homes to help them with their pro-life work. Again, respect for life was demonstrated when we had a speaker from Halton Alzheimer's Society. She explained how the society works, counselling offered and education classes for caregivers and family members. We had a very good discussion!

As part of our social justice commitment, our council continues to support Canadian Food for Children (Lenten project); Good Shepherd in Hamilton; St. Vincent de Paul and St. Raphael's children's bible camp. Each year our council organizes a "Women's Day of Reflection" (retreat) and it will be our 10th year of continuing to offer this very important day of reflection for women of faith.

Respectfully Submitted by: Helen Sheehan/Leony Hettinger

OUR LADY OF MOUNT CARMEL, FREELTON

Dear Sisters in the League,

In celebration of the Catholic Women's League 100th Anniversary in Canada and the Hamilton Diocese, and the 60th Anniversary of our Parish Council, we decided to compile a cookbook containing recipes submitted by our members. Beginning last year, we collected recipes over several months. A great deal of time and effort was put into designing the book and editing all the recipes received. We wrote a prayer for the Hamilton Diocesan 100th Anniversary Prayer Book which will be printed in the cookbook, along with a prayer and grace submitted by our Spiritual Advisor and parish priest, Father Edward Mahony. A president's message is also included as well as a message from our council secretary. At each of our meetings, while discussing plans for the cookbook, there would always be smiles and laughter as we reminisced about 60 years of friendships and good food shared. I couldn't possibly count the number of "remember when's" that I heard over all these past months. It was truly a labour of love, bringing us even closer as sisters in the League as we shared ideas, work and happy memories. Our cookbook is now complete and will be ready for sale in March 2020, just in time for all the other celebrations planned for this wonderful year for the Catholic Women's League of Canada. Let us all give thanks.

Respectfully submitted, Judy Van Schyndel, President

CORPUS CHRISTI, HAMILTON

CWL Schedule of Events

We can help others with a few different events—and we don't call it a meeting. People who work all day don't want to go to a meeting, but they may go to bingo, craft night, event, movie night, party, Christmas Carol Sing-Along, or presentation.

This is our schedule of events (not meetings) for the year:

Month	Monthly Event
September	Wine & Cheese Welcome Back
October	Fall Food Drive Invite food bank volunteer
November	Planning for Bake Sale Volunteers to sell tickets
December	Potluck Christmas Dinner Carol Sing-Along
January	No meeting
February	Bingo for Heart & Stroke
March	Police Officer talks about scams and security
April	Baby Shower for Birthright every 2 years or Hygiene Products for Interval House, women's shelter
May	Elders for Climate Sanity or Let's Talk Garbage
June	Spring Banquet & Awards

Barbara Fanson

REGINA MUNDI, HAMILTON



We were very honoured to have been selected to receive the 2019 Award for Distinguished Service to Catholic Education-Institutions/Group Category. Some of our members who attended to accept the award are as follows from the left: Stephanie Martyres, Rosa Cantagalli, Amy Martyres, Inissina Marchesano, Catherine Beaulne, President, Dolores Morrallee, His Excellency Bishop Crosby, Gilda Marchesano, Mary DeJong, Naomi Coutts and Patrick Daly, Chairperson of the Board. The event took place on November 26th, 2019 at the Cathedral Basilica of Christ the King.

ST. JOHN THE BAPTIST PARISH, HAMILTON, ON

Our Council had been existing without a President for a while but we were able to elect one in May so this is the first time we have sent a report into Spectrum. We have 36 members and are active in our parish life and community.

In 2019:

- We sponsor a child - Henry - in Africa whom we send letters and pictures of our council members.
- We had a May Crowning Ceremony at our May's General Meeting.
- We donated plaques to 1 girl & 1 boy – Grade 8 Graduates representing Christian Life.
- At our September's General Meeting we had a Service Pin Ceremony for 10 ladies:
 - 5 YEAR PIN: Diana Sauve and Lisa White
 - 20 YEAR PIN: Esperanza Lafleur, Karen Rachner, Rina Sheehan
 - 45 YEAR PIN: Nellie Vertrone

55 YEAR PIN: Palma Bomben

65 YEAR PIN: Antonia Frisina, Mary Gibbons, Maryanna Jean

- At our Welcome Sunday, held in September, we had a CWL display and 3 new members joined.
- We had 2 speakers – Sister Joana – Fraternity of the Poor of Jesus Christ who spoke about the good work of her order and Staff Sgt. Greg Doerr who spoke on Scams and Frauds.
- To be visible in our Parish, one of our members made CWL sashes for our council.
- We help out at our yearly Bazaar as well supplied desserts at our Parish's first church picnic.
- We gave an "Intention Card" to celebrate the 10th Anniversary of our Spiritual Advisor Father Andrew Quarshie at the parish social.
- We made a donation to the DeMazenod Door Outreach at St. Patrick's Parish along with knitted toques from one of our members.
- At our December's Meeting we had a Welcome Ceremony for our 3 new members as well as a transfer and also we have a "baby shower" for Birthright in which our members bring an unwrapped baby gift.
- We are now working on a program to keep our members who are unable to attend our meetings updated and therefore involved in their council.

Anne Linger, President

SAINT FRANCIS XAVIER PARISH, STONEY CREEK

Saint Francis Xavier Catholic Women's League celebrated its 70th anniversary last Year and continues to be a strong and vital council orchestrating many activities that show our strong Faith and our commitment to Service & Social Justice.

Our Annual Retreat, our Seniors Supper and our drive to pack purses for Martha House and Backpacks for Guatemala are among my personal favourite activities.

The Seniors Supper started over 10 year ago as a joint effort with the HarmoKnights, a singing group that are part of Knights of Columbus council 7969 in our parish. Once a year the ladies of our council prepare a delicious meal & little surprises for the Residents from several Retirement/ Nursing Homes in our area. We average 80 – 100 people in attendance (including 30-40 members who help). The Harmoknights provide the entertainment. The seniors come with a smile & leave with an even bigger one!

Last year at our annual luncheon the following members received Service Awards

25 Years Nancy DeSantis & Adele Granata

40 Years Bruna Canton & Rose D'Agostino

Mickie Puglia & Joyce Waller

60 Years Jean Meek

Respectfully submitted : Louise Castellani & Angie Garside (CO Presidents)

KITCHENER REGION

ST. MARY IMMACULATE, ELORA

In June a parish get together to say THANK YOU for her years of service was held in honour of a long time member of St. Mary's Parish and the Catholic Women's League, Jean Kraemer. We wish her all the best at her new home, The Marian Retirement Home in Cambridge.

This fall St. Mary's Elora and St. Joseph's Fergus held their bazaars. Some activities at the event included a colouring contest, silent action, penny table and luncheon.



Father Gordian, Jean Kraemer, Paul Mulligan (Deacon Candidate)



At our November Gathering we began with our Memorial Service in the church where deceased members names are read and candles lit by family members in attendance. Following the service a social followed in the meeting room at which time members viewed a video which highlighted excerpts from our archival books with pictures dating back to 1920.



As part of the Diocesan 100th Anniversary "Act of Kindness" we are aiming to collect 100 of a specific item each month for the Centre Wellington Food Bank. In October, we collected over 100 bottles of shampoo and conditioner; November, over 100 rolls of toilet paper; December, over 20 shopping bags full of food and in January, over 80 bottles of dish soap.

We also had a great response in December for our second year of collecting socks, hats, and mittens for the St. Vincent de Paul society.

We hosted our parish annual Advent Social to kick off the Christmas season on December 1st with a good number of parishioners in attendance. It allowed the youth of the parish to make a craft and to sign up for various parts of the Christmas Nativity play that was performed on Christmas Eve, and was a great opportunity for adults to socialize.

We held our Annual Christmas Dinner on December 2nd. St. Joseph Catholic Women's League, Fergus joined us in the festivities. The entertainment was a great success as we had a group of youth entertain us with a comical play called "You Did It For Me" by Lorna Reuber.



A huge thank you to members of the Catholic Women's League for their help with various tasks in the church, some of which include, decorating the altar with flowers, weekly church cleanings, sacrament preparation, church socials, music, the list goes on.

BASILICA OF OUR LADY IMMACULATE, GUELPH



“The Catholic Women's League of the Basilica of Our Lady Immaculate in Guelph, organized a collection of clothing for the homeless men and women in the city of Guelph. The Parishioners of the Basilica, through their generosity, donated coats, vests, toques, hats, gloves, mittens, scarves, socks, underwear and boots. The hundreds of items were delivered to the Drop In Centre where they continue to be distributed to the many men and women to provide them with comfort and warmth during the winter months. “

Respectfully submitted,
Anna Matteis
Community Life Chair
Basilica of Our Lady Immaculate

HOLY ROSARY, GUELPH

Winter 2020

This winter Holy Rosary, Guelph CWL tried to look with 2020 vision at our mandate for our 100th anniversary year. We want to celebrate, to focus on our themes of *Care For Our Common Home* and *Loneliness*. We also want to balance our activities to encompass the three pillars of faith, service and social justice.

We began with our first guest speaker of the year, Robin Smart from the Guelph Wellington Alzheimer's Society who spoke on healthy aging, on February 10. We followed up with some line dancing and had a lot of fun! We began our quest to address loneliness in our community by forming

a committee to help us focus our energy and plan activities. February 18th we celebrated the 100th birthday of Pearl Reinhart with a mass in her honour followed by a small reception. Pearl will be receiving her 70 year pin this year at our June banquet, a first for our council!

March is slated to be a busy month as we host World Day of Prayer on March 6, lead the stations of the cross "Through the Eyes of Mary" and host a retreat on March 24th for the women of our parish, organized by our spiritual development chair, Olga Protz. Father Bill Clarke from the Jesuit Centre will be our leader and will celebrate mass with us.

We are excited to encourage as many members as possible to attend our Diocesan and Provincial conventions. June 7th, we hold our yearly banquet where our service pins and other awards will be distributed.

Respectfully submitted,
Catherine Whyte,
President, Holy Rosary, Guelph

ST. JOSEPH, GUELPH

In April of 2018, the St. Joseph's CWL gathered for their Annual Spring Dinner and Banquet to honour the following service award recipients:

10 YEARS

ROSE AMALBERTI
VANESSA PONTALBA
DENISE SMITH
REGINA ZINGER
JULIA NIIMI
ALBINA VAN KAMPEN

40 YEARS

EILEEN STEFFLER
SANDRA TESSARO

60 YEARS

BERNICE CAREY
MARJORIE FISCHER
DENICE SAMSON

65 YEARS

MAX BOLTON
HELEN CHRISTIE
DELLA CREMASCO

MERIT AWARD

PAT NEVILLE

25 YEARS

SHEILA ANDERSON

MAPLE LEAF AWARD

NATALIE LEGAULT

We were pleased to honour the following service award recipients at our Annual Spring Dinner on Tuesday, April 9th, 2019 at the Guelph Country Club:

10 YEARS

DONNA RAWBONE
DONNA BASEGGIO
LILY BRIANT

ALEXANDRIA EVANS
ANITA GEMIN
EDITH MADOTT

PHYLLIS HENKE
JANE EGAN
RITA SCHOFIELD

25 YEARS

DIANE HANLON
ANNE KUBICA
IRENE SULLIVAN

40 YEARS

EVA DI RENZO
ANGELA BERNARDI
DIANNE MOONEY
AUDRY BYRNE
MARY FINORO

50 YEARS

GAIL MODOLO
LILLIAN TOPAN

55 YEARS

ELVA KOCHER

65 YEARS

MARGARGET SULLIVAN

MERIT AWARD

SHIRLEY TESSARO

MAPLE LEAF AWARD

ADELE MORETTI

We were pleased to honour our 90 and over members with a birthday cake in the fall of 2018 as follows:

Helen Christie
Bernice Carey

Marjorie Fischer
Eileen Tonin

Madeline (Max) Bolton
Ann Franchetto

Submitted by Sharon Huska, Organization Co-Chairperson
St. Joseph's CWL, Guelph

NORTH REGION

ST. ANTHONY OF PADUA, KINCARDINE

In 2019 one of our members, Gabrielle Kleist, celebrated the 60th anniversary of her membership in the Catholic Women's League of Canada.

I thought this was a marvelous achievement, although I do realize that there are many other members who have had memberships for longer. I felt that it was something that we here in Kincardine should mark with a celebration, as not many of our members reach this auspicious number. We held the celebration in conjunction with our start-up Pot Luck (following the summer break).



Gabrielle together with her two daughters, Susanne and RoseMarie (behind her) and a long time friend and fellow League member, Barbara Gamble.



**Hamilton Diocesan Council
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Care for Our Common Home



LEAGUE PRAYER

We humbly pray You, O God our Father, to bless The Catholic Women's League of Canada. Bless our beloved country, our homes and families. Send Your Holy Spirit upon us to give light to our minds and strength to our wills that we may know and fulfil Your great law of charity. Teach us to share with others at home and abroad, the good things You have given us. This we ask through our Lord Jesus Christ and the intercession of our patroness, Our Lady of Good Counsel. Amen

PRAYER TO OUR LADY OF GOOD COUNSEL Patroness of The Catholic Women's League of Canada

Mary, Our Lady of Good Counsel: filled with the Holy Spirit, you were a faithful disciple of Jesus, your son. Intercede with your son for us that we may be faithful to our baptism, fervent in prayer, and generous in the service we give to our sisters and brothers. May the spirit of the living God, who graced you with the gift of counsel, lead us in the way of truth and love. With the help of your prayers, may we come to rejoice forever with you and the great company of saints in the kingdom of heaven. Amen

PRAYER FOR THE 100th YEAR ANNIVERSARY OF THE LEAGUE IN HAMILTON DIOCESE

We, sisters in Christ,
members of The Catholic Women's League,
Come to you today to praise You
and give honour to your Holy Name.
Filled with the wonder of Your presence within us,
together we celebrate One Hundred Years
of our organization in Canada.

We give thanks
for the joyful ways You have graced us
in our mission of Faith, Service and Social Justice.
Called to be your disciples in the world today,
we acknowledge your guidance
as we seek your Holy Will in all we do.
We are a community of love,
compassion, inclusion and generosity.
Bless us as we journey with the less fortunate,
as we pledge to be stewards of your Creation,
as we pray for the Holy Church and each other.
Our Lady of Good Counsel, lead us to Jesus, our brother.
We ask this in Jesus' name. Amen.

Composed by Olga Protz, Holy Rosary, Guelph



SPECTRUM SPRING 2020