



**The Catholic Women's League of Canada**

# **SPECTRUM**

**SPRING 2021**

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





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



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## 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. Amen



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***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. We have had a very challenging year and here's hoping that by the fall we can meet in person again. Therefore, I am not setting a deadline date for the next Spectrum, whether it will be Fall or next Spring. I encourage you to send me any articles or milestones as they happen. 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](mailto:communications@cwlhamilton.ca)

Mary Clark  
Diocesan Communications Chair  
Hamilton Diocesan Council  
Catholic Women's League of Canada  
519-993-7915





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**Diocesan Officers and Committee Chairs - May 2021 - May 2022**

Spiritual Advisor.....	Rev. Larry Parent
President.....	Joyce Cotter
Past President/Historian.....	Joan Schurter
President Elect/Organization.....	Vacant
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.....	Rosanne Sogan

**Regional Chairs and Secretaries**

Brant.....	Francesca Simone (Chair)
Hamilton.....	Francesca Simone (Chair)
Kitchener.....	Francesca Simone (Chair)
North.....	Francesca Simone (Chair)



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**HAMILTON DIOCESAN PRESIDENT**

***“Praise the Lord with the sound of trumpets, Praise the Lord with the harp and lute ...  
Praise the Lord everywhere and every way!”***

Natalie Sleeth, 1975; from Sunday Songbook, CBWIII

Spring is in the air, the tulips are blooming, and summer is right around the corner. Oh what a sight to behold! Just like the beautiful faces that joined us at our first Virtual Vigil Prayer Service Feast of Our Lady of Good Counsel on April 25, 2021. I thank Teresa DiFalco, First Vice-President/Spiritual Development Chair for creating a wonderful prayer service to honour Mary.

The 2020 and 2021 Diocesan Annual General Meeting (AGM) has been postponed to Saturday October 23, 2021. I look forward to all parish councils attending this partial virtual meeting as it is the duty of the Parish Council Presidents (or their representative) as stated in the Diocesan Policy & Procedure to attend. More details can be found in the Co-Convention Chairs Report in this Spectrum.

Communication between Diocesan Officers and the Parish Council Presidents is an important connection for the members. Emails, announcements, updates are sent through the Regional Chair to the Parish Council Presidents. A standardized email address has been allocated for each parish council and Diocesan Executive member. Please use this form of addressing emails for CWL business. It is the job of the Parish President to check emails regularly so their executive/members have access to the League information in a timely manner.

Invite your members to monitor the Hamilton Diocesan CWL website as well as National and Provincial websites. Keep well informed with directives, reports, important dates, special events, resources and so much more.

Engaging technology is a great way to connect with your members. I was excited to hear that Parish Councils were holding virtual chats, virtual retreats and zoom prayer rooms for praying the Rosary, 12 Hours of Prayer for Palliative Care, livestreaming monthly Mass for deceased members.

Councils recognized special birthdays of 85 or 100 years; honoured members with their service pins via mail or front door for 25, 40, 50, 60 and even 70 years of service in the League. What a wonderful accomplishment!



In celebration of 100 years of the League in Hamilton Diocese, many councils were able to plant anniversary trees. What a wonderful memory they will have as these trees grow and blossom. Continue to create extraordinary moments in which your members can share together throughout the year.

Parish councils are an important part of the Hamilton Diocesan Council as their service to God's people greatly benefits and enriches the lives of many. If any Parish council is in need of help or has questions, the Diocesan Officers are willing to offer their support and guidance while complying with our governing documents.

I leave you with a prayer:

**"True Vision"**

**I see it clearly now:**

**Everything that has happened first passed through  
The office of heaven and was stamped: Approved!**

**Therefore I will rejoice instead of complaining.**

**I will celebrate instead of railing against your will.**

**If these events have a purpose, I will seek it out.**

**If there is a reason, I will try to find it.**

**I see it clearly now.**

The Power of Prayer, Simple Blessings of Daily Living

By Margaret Anne Huffman and Gary Wilde

May Our Lady of Good Counsel continue to guide our actions for the League and our members.

Joyce Cotter  
Hamilton Diocesan President



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## **Past President - Historian**

Past Presidents and Sisters in the League

Greetings to all Past Presidents in these unprecedented days (months) of COVID 19.

Many, many parish councils have had to postpone their elections and thus you, our past presidents have carried on for another term. With thanks, we wish you continued success trying to do what you can in these challenging times.

The closure of churches during this pandemic has likely made it difficult for you to get your duster out and go through archives; organizing them so that future generations of League members can easily track the path we have walked.

This might be the time to write your "President's Profile" and in turn encourage other past presidents in your council to compose their profiles to be put into the archives (if they have not already done so). Does your council have past executive listings? These yearly executive listings can be created from reading the past minutes of your council and would be of special importance especially when councils celebrate anniversaries.

An important aspect of archives is the council minutes, which should be kept in a safe place not in someone's home. Minutes should be kept indefinitely as they are your council's story.

Another task of the past president is to chair the elections committee for your council elections. We all continue to pray these elections can take place this fall/early January. The Diocesan executive is working hard to have all the elections forms for parish council elections (parish acceptance letter, parish elections discernment letter etc.) on our Hamilton Diocesan Catholic Women's League website [cwlhamilton.ca](http://cwlhamilton.ca). I would suggest you speak to your members at your September/October meeting to explain the elections process and encourage your League sisters to let their name stand for your parish council positions.

As past presidents, we ask that you let us know your address change as you continue to be on the election register for the Hamilton Diocesan council for six years following your presidency. God willing your Hamilton Diocesan council plans to hold their elections in 2022.

If I can be of help or service to you or your parish councils I am only an email away. Please feel free to reach out to me.

May Our Lady of Good Counsel continue to guide us in all we do for God, Canada and The Catholic Women's League.

Joan Schurter  
Past President/Historian



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Dear Sisters,

This past year has certainly been one to test our faith, which is a good thing, because it is in our faith that we find resilience to face our fears, the unknowns and adversities in life, including COVID-19. Let God lead you in all righteousness no matter what is happening in the world.

Jesus teaches us to cultivate resilience by trusting in God, walking with faith, and believing that God will get us through the difficult times. It is through God's love and grace that we find hope, courage, refuge and strength. The Bible says *"Be strong and courageous; do not be frightened and do not be dismayed, for the Lord your God is with you wherever you go."*

Faith has been a stronghold for people during difficult times for thousands of years, and science has proven that religion has a positive impact on our mental wellbeing. It's all about connectiveness between our body, mind and soul, and our need to take care of ourselves, through mental, physical, and spiritual attentiveness. Our faith is our **spiritual care**, and faith provides us with resilience. Jesus himself found comfort in having faith in our Heavenly Father, and through prayer and singing psalms. For in prayer, we turn to God for shelter and strength. When we take action in the name of our faith, we enrich our hearts and souls, because faith provides us with spiritual care, which is essential for life.

Our Blessed Mother Mary, St. Joseph and Moses are three perfect Biblical human examples of spiritual care and resilience through faith. They each understood that in having faith and trusting in God, they would find resilience and truth. They found the ability to sustain a sense of courage, self and purpose by listening to God's voice. Their faith provided them with comfort of God's wisdom in their efforts in demonstrating a Christ-like attitude by giving of themselves and showing love, compassion, selflessness and making a communal effort to stay connected with God's people. It is through connectiveness that we can share the gift of presence and touch, and are able comfort and heal God's broken people.

Pope Francis speaks about the importance of connectiveness in his encyclical letters "Laudato Si" and "Fratelli Tutti". The Pope emphasizes the need for humans to connect and relate to one another and the need for humanity to heal. *"There will be no new relationship with nature without a new human being, and it is by healing the human heart that one can hope to heal the world from its social and environmental unrest."*

When we look to God, we are radiant and we **sparkle** with joy (Psalm 34:5). We are called to sparkle God's way through goodness, gusto, joy, life and light. When we sparkle God's way by lifting the spirits of others through encouraging thoughts and words, we act as beacons of light and lead others to God. Recognizing that God created every human life in the likeness of His own, and blessed each of us with gifts and talents to use, share and respect; is recognizing that we are all created equal. We were made to love, serve and to praise our Creator, just as Jesus taught us. As we strive towards, it is through our



actions and words that we will be judged, not by other, as only God has the right and power to judge.

Drawing closer to God and having the courage to stand up against injustice, and to have the obedience to listen to the fears and struggles of others without judgment or the need of getting into your own issues, is having the ability to hear God's voice and to give of yourself for the benefit of others. This virtue is called **Spiritual Care**, and I believe is one of the most important elements of spiritual development.

It is through the idealism of Spiritual Care that I have focused my efforts in my role as Diocesan Spiritual Development Chair, since the start of COVID. I did this, as a means of outreach to our sisterhood and to others, in an effort to help break the cycle of isolation, loneliness and despair.

I pray every day for strength and wisdom to be a beacon of light for our sisters through spiritual development and drawing us closer to God. In essence, I embarked on a mission to "Sparkle God's" way through Spiritual Care by listening intensively to God's voice and wisdom, which allows me to create and be creative in ways to offer spiritual care to others, despite not being able to gather because of COVID.

Throughout COVID I have created and delivered over 40 spiritual enrichment services, teachings, activities and resources, which included composing an original song about hope with my husband Cal, especially for this purpose.

It is so important to remind ourselves and those around us that we are never alone and that we can find resilience, our value, and our purpose through our faith. I ask you to help me set a positive vibe for others by using your faith and your **sparkle** in a positive way by reframing challenging events through a hopeful lens; fostering connectiveness through prayer, meditation, religious gatherings, listening to spiritual music, lifting each other up by being beacons of light, and walking outdoors and taking in God's creation. You can also cultivate a connection through our religious rituals and rites of passage, which allows us to experience that something momentous is taking place, and helps guide and sustain us through our most difficult times.

Let us always pray for and remember fondly our sisters who have gone before us. We said goodbye to 168 members in 2020, including Life Member Georgina Bourke. Their sparkle continues to shine in our hearts and in the heavens. Please remember to report our deceased members using the link on our diocesan website, which will generate a report to both the Diocesan Council and to National. It is important to report the passing of our deceased members in a timely manner, so to ensure that their names are captured in our Diocesan Book of Life and the League's Annual Reports.

League sisters, my prayer for you is that you always look to God and never let others or difficult situations dim your **sparkle** or darken your days. Have faith, trust and humble yourself to God, for God's love overshadows darkness by igniting us, recharging our **sparkle** and giving us the gusto to spread the Good News, and evangelize by being beacons of light for others and lead them to God.

Blessings and hugs,  
Teresa DiFalco, First Vice-President and Spiritual Development Chair  
Hamilton Diocesan Council – The Catholic Women's League of Canada



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## Organization

***“Children, our love must be not just words or mere talk,  
But something active and genuine.” 1 John 3:18***

Many councils are facing a decline in membership, the inability to attract new members and a shortage of women willing to take on leadership roles. Yet hope springs eternal; there are a new series of promotional videos on the National website. The “To Inspire” page has inspirational messages from members on their League journey. As well, there is a “Join” page, which sends the recipient an encouraging letter asking them to join.

Through the strategic plan, a new “Welcome Program” has been released to help councils in their recruitment of members. This program can be found on the Provincial website [cwl.on.ca](http://cwl.on.ca). This program is to assist in welcoming members and encouraging involvement of the members. It is a five part program: A guideline for welcoming members, Membership information form, Orientation, Companionship and Validation. We will be holding a workshop on this “Welcome Program” at the fall regional meeting but you can get a head start by downloading a copy of the program from the provincial website.

Members still respond best to personal contact, so please continue reaching out to those members whose membership has lapsed. This job is not just for one person, but for all the members to participate in. Why not invite a friend to your next virtual chat, they might get some insight into the workings of the League.

### President's Report

Thank you to those councils who participated by sending their President's report. Even in difficult times, councils managed to stay connected to their members in creative ways, celebrated milestone events, and gave back to their community through action and deeds. Find new ideas or read different strategies from other parish councils in the 2019 Annual Convention Report book that is posted on the Hamilton CWL website.

### Frances Lovering Award

The Frances Lovering Award was instituted in 2000 to honour Frances Lovering, a member of the first National Executive of The Catholic Women's League of Canada and our first Diocesan President. The nominee is to be a member who demonstrates the League mission of Faith, Service and Social Justice in her service to the League, her parish, and the community. Local council executives are invited to consider nominating one member for this special distinction. Diocesan Executive members are not eligible for this award while they are in office.

Council executives may wish to honour a member who has inspired them throughout this year. A member who has encouraged others, shared their faith or jumped into action to help those in need. Please consider nominating this special member for The Frances Lovering Award.

Nomination forms can be found on the website at [cwlhamilton.ca/awards/frances-lovering](http://cwlhamilton.ca/awards/frances-lovering). Completed forms are submitted to the diocesan organization chair at [organization@cwlhamilton.ca](mailto:organization@cwlhamilton.ca) by **August 31, 2021**.

### Resources

There are new & timeless promotional postcards, posters, workshops, manuals that can be found on the CWL websites. Information can be downloaded or purchased as well.

#### **Diocesan**

Diocesan Policy & Procedures  
Parish Executive Form  
Motion Form  
Governance Workshop (coming soon)  
Nomination/Election Guideline (coming soon)

#### **Provincial**

Checklist for Annual Reports  
Welcome Letter for New Members  
Welcome Program

#### **National**

##### **Postcards/Posters**

Sharing Core Values  
One Heart, One Vision  
Embracing Diversity  
Many Cultures in Faith  
Be a Bridge through Generations

##### **Workshops**

Mentoring  
Catch the Fire  
Dealing with Conflict  
Smores  
Friends+Bread = A Difference

#### **Manuals**

Leading the League  
Ceremonies Booklet  
Handbook for Organization Chair  
Executive Handbook

There are also some great workshops/retreats being offered online from other sources such as: chancery office, other dioceses, other provinces, and faith communities. Now that everyone is used to virtual chats these should be a piece of cake.

Remember each member offers a unique and welcome voice as a representative of all Catholic women. The League contributes to the life and vitality of the church, family and community, both home and abroad. I encourage everyone to help offer women the opportunity to share their God-given gifts as we make a difference for God and Canada.

# Grow in Christ



## **Beatitudes of a Leader**

***Blessed is the leader who knows where she is going, why she is going, and how to get there.***

***Blessed is the leader who knows no discouragement, present no alibi.***

***Blessed is the leader who knows how to lead without being dictatorial.***

***Blessed is the leader who leads for the good of the most concerned, and not for the personal gratification of her own ideas.***

***Blessed is the leader who develops leaders while leading.***

***Blessed is the leader who has her head in the clouds, but her feet on the ground.***

***Blessed is the leader who considers leadership as an opportunity for service.***

*"Leading the League – A Comprehensive Teaching Manual"*

Let your light shine before all, so that your good works may give glory to God. May Our Lady of Good Counsel continue to protect and guide you to Our Lord Jesus Christ.

Joyce Cotter  
Diocesan President





### **CWL Pin**

By Bernice Cote

"...Yes, I am the CWL pin...

I've traveled all over the world,  
And I can recall thousands of incidents  
Where sadness was changed to gladness  
Because of those who wear me made it so.

I am a symbol of service to the world.

If I could really talk,  
I'd be too filled with emotion...  
Too filled with pride...to say more than thank you.  
Thank you for wearing me  
And may God bless and protect you...  
And please don't just wear me to your CWL meetings...  
Wear me every time you get a chance to.  
You see, I am the CWL pin.  
Wear me with pride...for I am proud of you!!!  
Yes, I am the CWL pin.  
Can you imagine if all the CWL pins  
Ever worn by CWL members in the world could talk?  
What a story they could tell.  
A story of love... of heartache... of joy... of success...  
Of involvement... of participation... of citizenship...  
In the finest traditions of volunteerism.

WHAT A STORY!!!"



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**Christian Family Life Chair**

***“With a mother’s and father’s heart”***

In Pat Deppiese, National Chairperson of Christian Family Life Communique #14, she shared with us that Pope Francis has proclaimed March 19 to June 26, 2022 as the year “Amoris Laetitia Family” [the joy of love for the family].

“The beauty of this mutual, gratuitous gift, the joy that comes from the life that is born and the loving care of family members from toddlers to seniors –are just a few of the fruits which makes the response to the vocation of the family unique and irreplaceable for both the church and society.”

December 8, 2020 Pope Francis in his letter *Patris Corde* [with a father’s heart] launched the year of St Joseph. Both celebrations “Amoris Laetitia Family” and “Patris Corde” go hand and hand and constitute for us a source of grace to develop within ourselves a mother’s and father’s heart.

Marie Lia Zervino Servidora, President General of WUCOWO in her Monthly Message April 2021 shares with us her memory of Pope Paul II stating “the concept that God is both Father and Mother.” Twenty years later Pope Francis not only uses this concept in reference to God, but insists the body of Christ, the Church is a woman, is” the” Church. She proposes we look at the traits of fatherhood exhibited in St. Joseph so we may strengthen our woman’s heart enabling us to count on the best of us to flourish. We are encouraged to follow the holy family of Nazareth so we can come out of this crisis stronger than before by taking the advantage of the opportunity for growth.

St Joseph led his family through many hardships and fears. He teaches us that faith in God includes believing God can work through our fears, our fragilities and weakness. He teaches us that amidst the turmoil of life we must not be afraid to let God lead us.

St Josephs is described as the father of tenderness, courage, patience and strength. His attitude encourages us to accept and welcome others without exception and to show concern for the weak. With a mother’s and father’s heart in all our situations from conception to natural death. In the face of difficulty we can either give up or walk away or engage in the situation. Difficulty brings out resources we did not know we had. We are encouraged to use these resources to reach out to other.

Let us try to follow the experiences and examples taught to us by St. Joseph as we strive to cope with the present uncertain activities of this turbulent time. Pray St. Joseph will instill in us the gifts of a mother’s and father’s heart

Here is a prayer to St. Joseph said by Pope Francis daily for forty years. It is taken from the Apostolic Letter "Patris Corde of the Holy Father Francis"



***Glorious Patriarch Saint Joseph, whose, power makes the impossible possible, come to my aid in these times of anguish and difficulty. Take under your protection the serious and troubling situations that I commend to you, that they may have a happy outcome. My beloved father, all my trust is in you. Let it not be said that I evoke you in vain, and since you can do everything with Jesus and Mary show me that your goodness is as great as your power. Amen***

Chris McKenzie  
Christian Family Life



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## **Communications**

Dear Sisters in the League

As I compose this directive, it looks like we are heading into another year of uncertainty. It is clear that we need to communicate in a very different way than what we have been doing. We need to become more tech savvy and adapt ourselves to new ways. It was encouraging to hear during our regional chats, how many of you kept in touch with your members during these trying times.

A little over a year ago we announced the implementation of the standardized parish council email using your councils H-###. Once the standardized email is setup, there is no need for presidents to use their personal email and the constant updating of emails amongst each other and in the President's listing. Once setup, it is recommended that the incoming President change the password. All correspondence coming from your Diocesan Officers and Presidents will be done through this CWL H-### email.

I would like for you to contact me if your council has not set up the standardized email already.

**Step 1** - email Mary [communications@cwlhamilton.ca](mailto:communications@cwlhamilton.ca) with the email at which you wish to be contacted.

**Step 2** - Mary will email your contact information to our webmaster.

**Step 3** - You will receive a personal email from [support@vibrant](mailto:support@vibrant).

**Step 4** - The Vibrant rep will by email walk you through the setup process.

Once setup, Vibrant offers you the following options if you wish to use them.

### **Display Name and Forwarding**

You may wish to have your Catholic Women's League email automatically forward to another email address. To do this, click the gear icon (top right) and select More Settings in the menu that drops down below. Once the "More Settings" page comes up, select "Mailboxes" on the left menu then click on the envelope icon next to your email address. Here you can change your display name, email signature and add a forwarding email. If you use a forwarding email address, please remember to reply to Catholic Women's League communications from h-###@cwlhamilton.ca instead of a personal email address.



### **Add Your Email to Outlook or your Mobile Phone**

Further instructions on adding your email to your mobile phone, tablet or desktop computer is available on the left side of <https://mail.yahoosmallbusiness.com/>. For extra security, you'll need to set up an "App Password" for integrating with various devices. The video on this page will show you how this works.

At this time the League at all levels continue to keep you informed by adding new items frequently onto their websites. I encourage you to set a time aside weekly, biweekly or monthly to check out the latest.

**National - [cwl.ca](http://cwl.ca)**

**Provincial - [cwl.on.ca](http://cwl.on.ca)**

**Diocesan - [cwlhamilton.ca](http://cwlhamilton.ca)**

Let's keep the lines of communication between your fellow League Sisters open by using the technology you are most comfortable with!

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

Take care, stay safe!

Mary Clark

Communications Chair





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## **Community Life**

There was a Resolution 2019.02 brought to the United Nation Treaty on the Prohibition of Nuclear Weapons. It explains the devotion caused by two bombs dropped on Nagasaki, and Hiroshima in 1945. It resulted in injury and long lasting effects. In 2017, 70 countries signed the Treaty, 25 have ratified the Treaty. When all have signed and it is ratified it will become illegal. Canada has not yet signed the treaty. We are urging the Federal Government to sign the treaty. To this day the unrest still continues, we are urging the Diocesan counterparts to urge members to act on Resolution 2019.02. To write their Member of Parliament expressing their concern why Canada has not yet signed the United Nations Treaty on the Prohibition of Nuclear Weapons.

## **Human Trafficking**

Human Trafficking is a growing crime across Canada. Despite its devastating impact on some of Canada's most vulnerable people, human trafficking remains very much below the public radar. For three years the All-Party Parliamentary Group to End Modern Day Slavery and Human Trafficking has tabled a motion to urge Parliament to recognize February 22 as National Human Trafficking Awareness Day. This is a critical step to fight modern day slavery and human trafficking. We need to increase public awareness. We can do this by having a National Awareness Day.

### **Some background info:**

16 years since Canada added human trafficking offences to the Criminal Code

14 years since the House of Commons unanimously adopted a motion to condemn all forms of human trafficking and slavery.

9 years since MP Joy Smith first tabled a motion calling for February 22 to be National Human Trafficking Awareness Day.

February 22 is recognized as Human Trafficking Awareness Day in Ontario and Alberta as well as many cities in Canada.

The United States designated a Human Trafficking Awareness Day in 2007.



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## **Education and Health**

Are you hungry for God? *When your words came, I ate them; they were my joy and my heart's delight.* (Jeremiah 15:15-21)

How we delight in the words of the Lord and are obedient to them. God will never abandon us. The spiritual joy of the faithful, who with your joyous generosity, are able to give thanks to the Father by living the Beatitudes. Let us walk together in the light and the grace from the Immaculate Heart of Mary that issue for us, being joyful as we serve others.

By the means of you, the light of goodness and love, of sisterhood and peace, of trust and joy, we can satisfy our hunger as we continue to serve as Jesus asked of us in the Beatitudes. At this time, let us focus on some of the ideas from you and that were presented in the annual survey completed this past year.

Catholic Education: Continue to support breakfast or lunch programs in your schools. Participating in Rites of Christian Initiation programs in your parish are ways to satisfy your hunger for God.

Literacy and continuing education: Encouraging members to assist those who wish to improve their literacy skills is a joyous way to be of service.

Scholarships and bursaries: Does your council provide a bursary or scholarship to Catholic women in elementary and secondary schools to help further their education? Has your council provided funds for students to travel to another country to help? Has the newly revised bursary certificate been ordered or downloaded from the national website? Has your council promoted the National Bursary Fund utilizing the newly developed brochure, applied to or contributed to it? These are some of the areas you may want to look into?

Wellness and sickness/disease: Many wonderful initiatives were carried out here. Have you used the Catholic Women's League Mental Health Postcard campaign or have you been a proud supporter of the Canadian Blood Services Partners for Life program. Members are encouraged to register for the Partners for Life program under the League's unique Partner ID (CATH011269) when donating blood. Many council's participated in the "12 Hours of Prayer for Palliative Care". Does your council also provide information on advance care planning?

Environment: Many of you are good stewards of the earth. Participating in plastic and waste cleanup, or adopting a road, a street, or an area as a family or individual as a responsibility, is another way to be a good steward of the earth. Have you committed to eliminating the use of plastic straws or maybe cutting the straws up that come your way into small pieces? How are you reducing your garbage? Did

you plant a tree to commemorate the 100<sup>th</sup> anniversary of the League? One other way is to celebrate the United Nations World Day in March next year or use the Water for Life Discussion Guide developed by Catholic Relief Services. There are so many ways we can expand in our service to others.

Genetics: Subscribing to the Canadian Catholic Bioethics Institute newsletter to keep informed of current issues in bioethics is an excellent way to become educated in present day issues.

Diane Jones  
Education & Health Chair



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## **Resolutions**

### AN INVITATION AND TIPS TO HELP YOU WRITE ONE

Now in the midst of a pandemic, some of us are at home and are starting to get bored. To alleviate this boredom, how about considering writing a resolution to advocate on one of the social justice issues we hear about in the daily news? Examples are: increasingly privatized health care and education, senior living conditions, long-term care, paid sick leave for essential workers, etc.? If you are passionate about an issue, a way to speak up is to write a resolution.

“A journey of a thousand miles begins with a single step”, said Lao-Tzu, a Chinese Philosopher. A simple first step could be picking up the phone and reaching out to a Catholic Women's League council friend to discuss an idea or issue that unsettles you.

But we know that people have some common hesitations that can put off writing resolutions. Below I have listed a few and helpful tips to get you started:

• *I do not even know what a resolution actually is and the steps involved.*

- According to the CWL National Manual of Policy and Procedure, pp 123-124, “A resolution is just a proposal that introduces new business to the assembly..”
- The rules that apply to resolutions are the same as those that apply to motions, i.e. they are seconded, debated, passed by a majority vote and all secondary motions can be applied to them at convention.
- National has just published a newly revised 2020 pamphlet which has every basic thing that you need to know about resolutions to get you started.

<https://cwl.ca/wp-content/uploads/2020/10/620-Resolutions-Guide-2020.pdf>

• *I do not even know where to find information on resolutions.*

- Please see the newly revised Resolutions Handbook.

<https://cwl.ca/wp-content/uploads/2020/03/618-Resolutions-Supplement-to-Executive-Handbook-2020.pdf>

- Check out our *Constitution and Bylaws*

<https://www.cwl.ca/wp-content/uploads/2013/10/CB-2013.pdf>

- Do not forget your CWL National Policy and Procedure Manual. Resolutions – pg. 47.  
<https://cwl.ca/wp-content/uploads/2013/10/National-Manual-of-Policy-and-Procedure-2014-NEW.pdf>

*•I do not even have time to do this on my own.*

- You do not have to do it alone – resolutions are meant to be a teamwork endeavours in your parish.

- You have several months to work on a resolution and we will support you.

*•Writing a resolution is a complex worded document with whereas clauses and formality.*

- Not anymore! National has streamlined and simplified the resolutions process.

- There are no more “Whereas” clauses; there is just a simple “Resolved” clause with a one page rationale – which is the brief.

- The resolution which is just a motion has now the 3 following parts in one statement: the name of the council requesting the action, the title of the official or group to whom the resolution is directed, and the action requested.

- You also have the opportunity of getting a lot of help from your Diocesan peers at the convention when the members will give helpful feedback.

*•The Resolution Brief is work and I have dreadful memories of research papers for school.*

- The Resolution Brief is BRIEF (1 page single spaced max). It is simply a concise statement (rationale) of facts or researched based supporting points to explain why your resolution is important.

- The brief has 3 sections: an introduction - the issue you wish to be acted on and where it should go), the body - your supporting details to back-up why your resolution is necessary, and the conclusion - the purpose of the resolution and how will it benefit society, the environment or its citizens.

- Simply record your research resources using the MLA 8<sup>th</sup> Edition. See [https://owl.purdue.edu/owl/research\\_and\\_citation/mla\\_style/mla\\_formatting\\_and\\_style\\_guide/mla\\_sample\\_works\\_cited\\_page.html](https://owl.purdue.edu/owl/research_and_citation/mla_style/mla_formatting_and_style_guide/mla_sample_works_cited_page.html) . You enter the info and it automatically creates a citation that you paste on the last page of your document.

*•I am nervous about making presentations and hate public speaking.*

- No worries! You do not have a presentation at convention.
  - It is my job as Resolutions Chair to present your resolution and facilitate the discussion at the Resolutions Dialogue at the start of convention. You will be there to speak for your Resolution and answer any questions, if you wish.
  - You simply need to have a mover and seconder of the resolution on paper so that it can come up for debate at the convention according to Robert's Rules.
  - It is normal practice at convention according to Robert's Rules for one of the authors of the resolution to "open debate" and summarize/speak in favour of the resolution but you can delegate this to another person or decline.
- I have done a draft of my brief and resolution, now what happens?*
- Use the checklist on page 29 in the Resolutions Supplement Manual.
  - Ask my Diocesan Resolutions Chair for help in editing your work and checking it for completeness. It is her job in part to give feedback for improvements.
  - Meet with the Diocesan Resolutions Chair to determine next steps and timelines.

YOU ARE NOT ALONE AND WE ARE HERE TO HELP. Remember to pray at every stage of the resolution process, remember the importance of teamwork and do not hesitate to contact me if you have questions.

Camille Naranjit,  
 Diocesan Resolutions Chair  
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***PRAYER FOR RESOLUTIONS CHAIRPERSONS***

***Heavenly Father, thank You for Your love, for the gifts You have given us and especially the precious gift of togetherness in The Catholic Women's League of Canada. Help me to appreciate my journey as chairperson of resolutions, and the various responsibilities during my term of office. Lord, be with us as our Counsellor and our support as we encounter obstacles and setbacks.***

***Help us to work with enthusiasm, patience and understanding, sharing the joy and strength we, as CWL members, can offer each other. May the tasks we share in the resolutions standing committee be a reflection of the love You alone can give. Let your love touch others through our lives, deeds and actions. This we ask in the name of Jesus, Your Son, through the intercession of Our Lady of***

***Good Counsel. Amen***

*(Taken from, Resolutions Supplement to the Executive Handbook <https://www.cwl.ca/wp-content/uploads/2013/10/Resolutions-Supplement-to-Executive-Handbook-2012.pdf>)*



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



*Welcome Home!*

## **REGIONAL NEWS**

### **Corpus Christi, Hamilton - Barbara Fanson President**

Barbara Fanson won a prize at the Spring Regional CWL meeting for the Hamilton Diocese. Everyone was to wear a hat to the Zoom virtual meeting on March 20. She was dressed as Cat in the Hat.

St. Catharine of Siena (formerly Corpus Christi Church and Our Lady of Lourdes) is building a new church. A ground-breaking ceremony was to be held with Bishop Crosby on April 29, but it was postponed due to the Ontario Stay-At-Home order currently in affect.

Construction will start this spring and is expected to take 20 months to complete.

For the first time in 40 years a new Catholic church is being built in Hamilton. Work is expected to begin in early May on the new St. Catherine of Siena church on a vacant eight acres on Rymal Road East, just west of Upper Sherman.

Once the new church is built, members of Corpus Christi CWL and Our Lady of Lourdes will vote on combining their chapters and creating a new St. Catharine of Siena CWL.



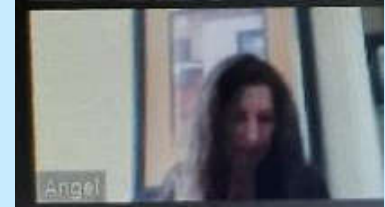
### **A KIND REMINDER**

If you want other CWLs to share your upcoming events, please:

- Send a paragraph that can be copied and pasted.
- Use a short and concise paragraph.
- Send the paragraph at least one month in advance.
- Provide a link to more information or phone number in the paragraph.
- Use a spell check and then Grammarly.com to check the grammar.
- If you want me to share the information, do not make me do any work. Thank you.



# Regional Chat in the Hat



## Prayer for the Coronavirus

'Jesus Christ, you traveled through towns and villages curing every disease and illness. At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbours from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow. Be with those who have died from the virus, May they be at rest with you in your eternal peace.

Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace.

Jesus Christ, hear us and heal us." Amen.

American Magazine (2 March 2020) by Kerry Weber



But my God shall  
supply all your needs...  
PHILIPPIANS 4:19

# Spring

BLESSINGS



