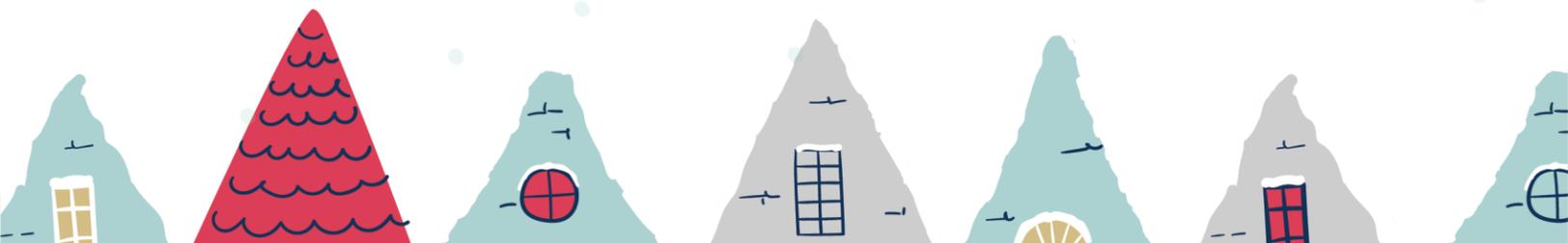


Spectrum

-November Newsletter-
Hamilton Diocesan Council
Of The Catholic Women's League of
Canada

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President's Message
Joyce Cotter
Diocesan President
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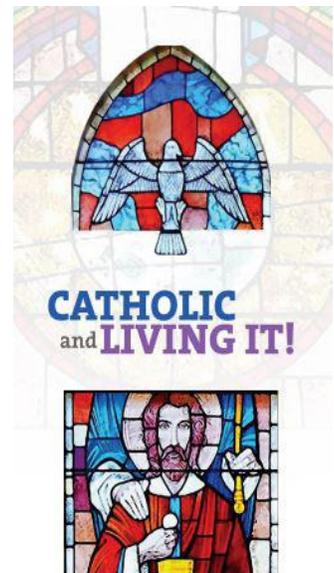


November is the month of remembrance. We celebrate and pray in a special way to the Saints that accompany us on our journey of faith on All Saints Day. On All Souls Day, we remember loved ones who have faithfully departed from this earth and pray for the souls in purgatory. We reminisce and cherish memories of our Sisters in the League through significant ceremonies and Masses.

On November 11, we honour those who have served Canada in times of war, military conflict and peace. It is a time to reflect and thank all the men and women who sacrificed their lives so that we can live in peace and freedom today. November is also a time to renew old acquaintances and forge new friendships as parish councils organize membership drives, advertise in Sunday bulletins and invite women sixteen years or older to come and join the League. Personal invitations, word of mouth and sharing how the League can impact their lives is the greatest influencer to gaining new members. Remember to reach out to women from surrounding parishes where there is no League council to join the fold.

This is a time to start making preparations for upcoming nominations/elections in January and February 2023. Be sure to check out the Hamilton CWL website for guidelines under "Training and Tools" or attend a webinar for answers to your many questions on the new structure of executive positions and nominations form.

Be positive and encourage members to step forward for leadership positions. Every member has the ability to lead through God's grace and guiding hand. Many resources for leadership training can be found on the National website cwl.ca.



As the season of Advent, that period of great anticipatory joy which leads us to prepare our hearts to celebrate our Lord's birth at Christmas draws near, may we continue to reach out to members isolated at home with love through our prayers and our actions of compassion.

I wish to every member the gift of love, peace and happiness be yours this Christmas. Merry Christmas and Happy New Year!



Diocesan Spiritual Advisor
Father Ranjan D'Sa
Pastor St. Dominic, Oakville



Professor Mari Womack (2005) begins his book on “Symbols and Meaning”: “Tonight, in this city, someone will die for symbols”. On its peripheral reading, it looks that Professor Womack is exaggerating the importance of symbols. But if someone tries to learn the symbols and its importance, then one will surely find that what the professor is trying to say is something beyond our normal idea of the meaning of symbols. He tries to tell us that there is no “just a symbol”. Symbols play a dominant role in everyone’s life. Our life is full of symbols and through them we try to ascertain our identity. This can be perceived more vividly when one becomes the member of a particular group, society, an association or an organization. We are involved with the multiple layers of symbols of religion and magic, symbols used in mass media like television, movies, and advertisements. There is no possibility that we can escape from symbols in our lives; at least we bump into them in our dreams. Symbols are part of our psyche, our culture, our religion, our language, art and literature, and our entertainment.

To know the deeper meaning of our liturgy - sacrament and worship, we need to explore the true meaning of the symbols we use. The direct object of religion (its philosophy or theology) is not God: the direct object is God’s manifestation to us which is brought about through the expressions of religious symbols. The object of religion is found in the symbols of religious experience. Everything that the religion uses (symbols) for God, points to God. Hence the direct object of religion is found only in religious symbols.

The early Christians have taken most of their symbols from the ancient Jewish religion, near eastern religions and later from the Roman world. Natural things like bread, wine, vine, water, oil, rock, tree, sun and moon, fire and light etc. were important phenomena of their lives. Their stories are full of these rich symbols. And early Christians retained most of these ancient symbols. They see in God and Jesus their good shepherd. Christ is seen as a lamb, a unicorn, and a fish, each expressing its own unique meanings.

The more we understand the roots of symbols and their meaning the better becomes our worship and rituals. In our rituals, we will be able to join with our community, with

the nature, with the entire universe in worship of our God. Symbols bring life and richness to our mundane life.

Do our symbols that we use in our worship still nourish us and our relationship with our Creator God? As Catholic Women's League, how do we make relevant our organization and the religious values on which rest all our activities?



Organization

Teresa DiFalco
President Elect/Organization Chair

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Hello League Sisters,

It is my privilege to serve the Hamilton Diocesan Council as President Elect and Organization Chair.

My role and responsibilities as President Elect and Organization Chair cover five key functions, which are: Leadership Development - Recruitment of members and maintaining membership - Annual Reports Life Membership – and League Resource Material.

I would like to highlight a few changes as a result of the instructed votes, and draw your attention to some important timelines, League bylaws, and policy and procedures as they pertain to membership and the nominations and elections process.

Under the new structure of the League, the position of President Elect and Organization Chair has been replaced with the new First Vice President and Organization Chair position. This change is part of the newly Adopted amendments that changes the number of positions and chairs on an executive council.

Councils will transition to the new structure when their terms two-year terms are up and they hold their next council election at their January or February Annual Meeting of Members. In the interim, councils will serve out their two-year terms under their current structure in accordance to their current roles and responsibilities.

MEMBERSHIP FEE and the NEW PER CAPITA FEE

MEMBERSHIP FEE

Your Membership Fee is due January 1st annually. Although this is not new, this is a reminder to ensure your membership fees are paid by January 1st each year.

This will ensure that you are in good standing and maintain your rights as a member.

“Membership is established and maintained by payment of the annual prescribed membership fee through a local parish council in accordance with Part XVII, Section 4 of the League’s Bylaws. Part XVII 4(a) “A membership fee is determined by each individual parish council and shall be due on January 1.”

NEW PER CAPITA FEE

Parish, Diocesan, and Provincial Councils across Canada were asked to vote on a membership fee increase via an instructed vote from National. A majority vote of membership across Canada voted in favour of the membership fee increase. At the National Convention in August 2022, the instructed vote for membership fee increase was Adopted.

The new Per Capita Fee is broken down for the Hamilton Diocesan Council as follows:

-National: \$25.00 (Plus insurance)

-Ontario Provincial: \$3.00

-Hamilton Diocesan: \$6.00

-SUBTOTAL: \$34.00

-Parish Council FEE Varies per council. Adding the portion of your Council FEE will give you your new Membership Fee for 2023.

MEMBERSHIP DRIVES, RECRUITMENT AND MAINTAINING MEMBERSHIPS:

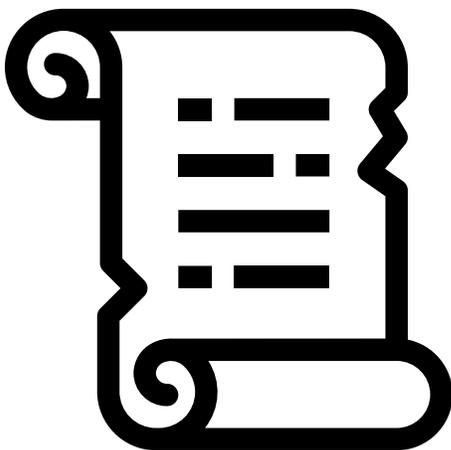
Connectedness and getting back to the grass roots of giving our efforts that personal touch is so important for both membership recruitment, maintenance and retainment.

League executives are all levels are working hard on innovative initiatives to address our membership decline across the country. I have been working on a few initiatives for our diocese and have shared several of my ideas with my provincial and diocesan counterparts as part of a provincial organization working

group. Together, we are brainstorming and developing innovative ways to address membership concerns, retain our members, and grow our membership. We are also looking into the possibly holding a diocesan or provincial wide membership drive. I encourage councils to continue holding membership drives, promote the League in your parish bulletins and on social media, including reaching out to our youth, as membership eligibility begins at age 16.

At the spring regional meetings 2023, we will present councils who report to me an increase in membership from 2002 to 2023.

ANNUAL REPORTS



National sent Parish Councils information and link information for completing their 2022 annual reports. Parish Councils have the option of completing their reports either manually or electronically.

The pdf copy of the survey was made available to councils on November 1, 2022 at the following link:

<http://cwl.ca/resources-2/1000-series-annual-report-surveys/>.

Access to the digital survey can be found at the following link:

<https://wh1.snapsurveyys.com/s.asp?k=166438024170>

The deadline for completing annual reports is December 15, 2022 for paper copies and midnight on January 15, 2023 for completing it online.

NOMINATIONS AND ELECTIONS

To ensure an easy transition to the new structure of the League executive for our parish councils, I have revised the Nomination & Elections Package that I created to reflect these changes and will make it available to councils. In addition, I am offering another nomination and election information/training session via Zoom this month. I am particularly encouraging those councils nearing the end of their two- year term and are required to hold nominations for an election at their January or February 2023 Annual Meeting of Members. Information will be

shared with parish council presidents to share with members. Interested members may also contact me directly at presidetelect@cwllhamilton.ca

PARISH ELECTIONS

Parish elections are to be held in January or February at the parish council annual meeting of members, in accordance with the League's Constitution and Bylaws.

TERM LIMITS

At parish, diocesan, provincial, and national levels, the term of office for elected or appointed officers is two years. Parish Councils must hold nominations and elections every two-years in accordance with the League's Bylaws.

TIMELINES FOR THE NOMINATIONS AND ELECTIONS PROCESS:

According to our Manual of National Policy and Procedures, the Nominations and Elections process for Parish Council is the following timeline:

November:



- President appoints a Chair and two other members to form a Nominations & Elections Committee.
- Secretary provides Committee Chair with the Elections Register (Names of all members and positions they have previously held).
- Committee puts together Eligibility List based on Elections Register.

December:

- Committee sends out Nominations & Elections packages to each member and sets a deadline to return nominations.

January:

- Chair contacts nominees to confirm their acceptance of the nomination and prepares an Elections List and ballots for upcoming Election.

January or February:

- Elections are held at the Annual Meeting of Members.

VIRTUAL MEETINGS

Virtual meetings are *not permitted*. You may gather virtually with members and have a chat, but meetings must be held in person to conduct League business. Since virtual chats are not considered meetings, there is not an agenda or minutes.

AT YOUR SERVICE

In order to serve you better and to ensure our records are accurate, I sent out an information request via our Regional Chairs to each parish council. The information being sought is: an up-to-date listing of parish council executives along with their emails, the number of members in each council, the date of the parish council's last election, and if their Spiritual Advisor attends their meetings.

Please remember to send me updated information when there is a change to your executive councils.

IN CLOSING

I encourage every member to read up on and learn your roles and responsibilities as an executive member and also as a member of the League. You can do this by reading our League's governing documents, attending leadership development opportunities, attending meetings and conventions, and by asking questions.

The League's C&B and National P&P are being updated to capture the new amendments that were adopted at the National Annual meeting of members August 2022. Two complimentary copies of the revised C&B will be sent to each council President and Secretary and additional copies will be made available for purchase.

If I can be of any assistance to you, I invite you to reach out to me.

Teresa DiFalco, Hamilton Diocesan President Elect and Organization Chair



Spiritual Development

Laura Grint

First Vice President/Spiritual Development Chair

firstvp@cwllhamilton.ca

spiritualdevelopment.ca



REMEMBRANCE with HOPE

When we think of November, we recall the souls of those who have preceded us. We recall family, friends, and strangers who fought in wars and lost their lives for our freedom. We recall those who were taken too early, and we recall those whom we loved greatly and are no longer with us.

When we look to the Gospels, we see in John 11 that Mary and Martha asked Jesus to come and heal their brother who is very ill, yet Jesus carries on with his journey. Jesus's disciples' question Jesus, and ask him why wouldn't he help this sick man and Jesus explains because the sickness will not end his life.

When they are done their journey, Jesus tells his disciples that they will go back to Judea to where Lazarus has fallen asleep and must be woken. Not understanding the difference between sleep and death they return. Jesus did this so that they would be witnesses to Jesus's healing and ministry.

In Revelations 21, we see a new Heaven and a new earth, for the old heaven and the old earth have passed away, and there was no longer any sea. "I saw the Holy City, the New Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. And I heard a loud voice from the throne saying, "Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. He will wipe away every tear from their eyes.

As people of hope, we look to the future in the Advent season, hoping on the promise of a Saviour, a new kingdom to come, and we favour the sweet innocence of blessed Mary who delivered him to us. This new season offers us new beginnings. Evergreens are a Christian symbol of everlasting life with God,



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and knowing that God is with us. Let us see in the darkest of days a new tomorrow on the horizon and pray for each other and those who cannot pray for themselves. Let us humble ourselves and follow in her footsteps of Mary, for she will lead us to her son Jesus Christ. Let us be brave like Mary, trusting in God, and doing his will to love one another so that together we can journey in the brightness of the Bethlehem Star to our salvation and God's promise of life eternal for those who believe.

In the footsteps of Mary, let us journey with hope, love and peace to the Bethlehem cradle, and know that all the faithful who have gone before us are asleep with Jesus there. As explained in Doctrine 1. "That the death of a Child of God is nothing else but a quiet, comfortable, and happy sleep." So instead of mourning each November, the loss of those who have proceeded before us, let us embrace faith, love, hope and peace, knowing "the dead in Christ will rise first" at the Lord's return. All this will happen at the snap of a finger and the blink of an eye according to 1 Corinthians.

Behold the promise, behold with hope!

Laura Grint

Education & Health

Francesca Simone

Education & Health Chair

educationandhealth@cwllhamilton.ca



Greetings, dear Sisters in the League,

In beginning my journey as Education and Health Chair, I have become aware of many bits of information which I would like to share with you.

National Bursary Fund

This fund provides up to \$1000 per qualifying candidate who has been a member of the CWL for at least three years. The criteria for application and the form may be found at cwl.ca. A great thank you goes to the members and the parish councils who have donated to the fund.

Circular Economy

Most people nowadays know that, to help the environment, we need to reduce, reuse and recycle. With climate change, we need to go a step further. We need to make sure that resources are effectively used with hardly any garbage. For example, according to “Textiles Waste: The Facts” (wrwcanada.com), North Americans send over 10 million tonnes of clothing to the landfills every year. Most of the clothing could be either reused (eg. donations) or recycled (eg. cloths used to clean the house). Let us stop this cycle of waste and help “Mother Earth”. More information can be found at wrwcanada.com and circularinnovation.ca.

Loneliness

The pandemic has left us with a side effect. Many persons experienced loneliness during the past few years and are still experiencing it. Very soon, we will begin preparations for Christmas and the birth of Our Saviour. This is a joyous time for most but, unfortunately, many people also suffer from loneliness at this time. Please remember, in this time of happiness, to reach out to others who may not be feeling the same as you. One cannot always know what others are experiencing but, it is up to us as part of the Catholic Women’s League to reach out to others and give them hope.



Mindfulness

Within a few weeks, we will be preparing our homes for the arrival of the Christ Child. For many, it is a stressful time. I find that when I feel stressed, I try a few mindfulness techniques. For example, if I am in a traffic jam, I take a deep breath and let it out slowly. The action of taking a deep breath actually brings more oxygen into the body. If that one breath does not reduce the stress then, I take a second. Usually, after that, I feel less tension in my shoulders and back. I am ready for the day.

Respectfully submitted by:

Francesca Simone

Resolutions

Mary Helwig Hall
Resolutions Chair

resolutions@cwllhamilton.ca



Dear Parish Council Presidents,

Remember when I spoke to you at the Fall Regional meeting about ****What's bugging you?****

The time has come to ACT on those ideas you've been working on and discussing with your councils!!

Please join me for a "Resolutions Webinar" to learn more about the PROCESS your resolution must take from Parish idea, to becoming Law.

Contact me, Mary Helwig-Hall at resolutions@cwllhamilton.ca to attend ANY one of the following dates:

* **Monday, November 21/ 2022**

* **Wednesday, November 23/ 2022**

* **Thursday, November 24/ 2022**

Sessions will all run from **7:00pm - 8:00pm**



Below is the Zoom meeting link for you to click and attend.

Mary Helwig-Hall, Resolutions Chair, is inviting you to a scheduled Zoom meeting.

Topic: Resolutions Webinar -

Join Zoom Meeting

<https://us02web.zoom.us/j/84024061918?pwd=ZbdwCw0emntwXH8KG10bVDMpaip19C.1>

Meeting ID: 840 2406 1918

Passcode: 339620

Find your local number: <https://us02web.zoom.us/j/kvuJrFfER>

I look forward to hearing from you and confirming your attendance!!

God Bless and May the Holy Spirit guide us in our Webinar.

**Monthly Vocation Masses in Hamilton
Organized by Serra Club of Hamilton**

Dec. 3, 2022 – St. Catherine of Sienna, Corpus Christi site, 5:00 pm

Jan. 7, 2023 – St. Augustine, Dundas, 5:00 pm



Reflections for Advent

- ❖ Reflect on all the people and places in the world that are in need of light this day.
- ❖ Reflect on those places where families and countries are torn apart by conflict, violence or war and ask the light of peace to break through the darkness.
- ❖ Reflect on all those places in the world where people have been forced from their homes and separated from their families and ask for the light of hope to break through.
- ❖ Reflect on all those places in the world where people are suffering from disease or illness and ask for the light of healing to break through.
- ❖ Reflect on all those places in the world where people are held captive by poverty, hunger and isolation and ask for the light of freedom and abundant life to break through.
- ❖ Reflect on how our actions may encircle the world and offer light in places of darkness.

Reflections found in Advent Prayer Service –
Longing For Light In The Darkness by Education for Justice

Remember When!



Diocesan Convention 1989



Diocesan Convention 1997



Diocesan Convention 2004



Diocesan Convention 2014



Diocesan Convention 1954



Shining the Light!

...ON PARISH COUNCILS...

Corpus Christi, Hamilton

Corpus Christi CWL donated \$150 in cheques and 154 lbs. of food to Neighbour to Neighbour food bank on October 2.

It is down slightly from last year's \$252.25 in cheques/cash plus 269 lbs. of food. Another year, we collected 373 lbs. of food.



Barbara Fanson
Corpus Christi CWL President

St. Pius X. Brantford

I am pleased to report that the St. Pius X Catholic Women's League will be hosting a reception for our Parish priest, Fr. Steve Murrin. It is his Installation by Bishop Crosby, on Saturday, November 26 following the 5 pm Mass. We will be providing coffee, tea and a selection of sweets. We are blessed to have Fr. Steve as a valued member of our organization and as our Spiritual Advisor.

Thank you,
God Bless, Patricia

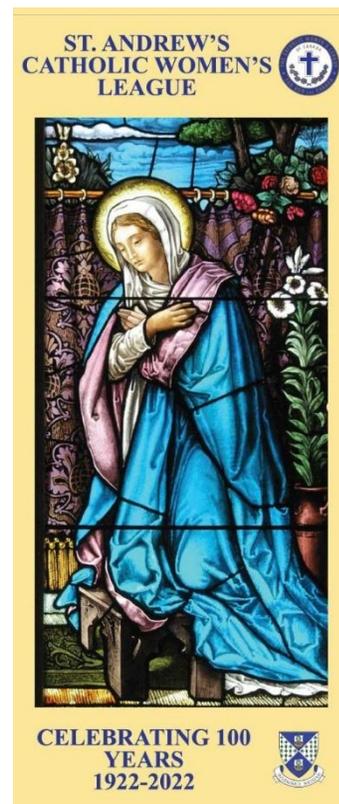
St. Andrew, Oakville

Centennial Celebrations for St. Andrew's CWL (1922-2022)

In 1922, a small group of faith-filled women from St. Andrew's founded the first CWL council in Oakville. Our centennial has provided us with the wonderful opportunity to honour and retell our CWL story with our parish community, and the resulting celebrations have brought many blessings. We began the year by announcing it with prayer cards for all parishioners, a banner, and outdoor signage. Beginning then, and throughout the year, we have used as our trademark a photograph of the Annunciation window, installed just over 100 years ago by our League's predecessors, the parish Altar Society.

We eased our way back into an in-person meeting by gathering for an evening Mass in February with a special talk from Halton Alive. In March, we sewed mite bags for all interested parishioners to keep in a visible place in their homes so they could collect their family's Lenten offerings for the St. Vincent de Paul Society. In April, we treated ourselves to a motivational speaker, and CWL member from Mary Mother of God parish, who lifted our spirits with stories of faith, resilience, and humour.

In May, the 100 tulip bulbs that we planted in the fall bloomed in our new commemorative garden. We were also delighted to welcome parishioners and CWL members throughout Oakville to two special events. Our 12 Hours of Prayer for Palliative Care (with all day Exposition of the Blessed Sacrament) began with Mass, continued with individual and group prayer (Rosary and a palliative doctor's



meditations on the Stations of the Cross), and culminated in a beautiful celebration of Benediction where we were joined by the parish choir.

We also celebrated an Outdoor Rosary accompanied by our children's choir and well attended by families and visitors from babies to nonagenarians. Our Lady blessed us with beautiful weather for all our events including our June retreat to the Carmelite convent, parish church and shrine in St. Agatha, and to St. Mary's in Kitchener (with a delightful shopping stop in St. Jacob's for lunch); our July presentation of a commemorative bench to the parish complete with an anniversary cake cutting; our Mass and 1920s-themed "high" tea to celebrate the Feast of the Assumption; and our special Mass with Bishop Crosby followed by lunch in September.

During the year we have also had a couple of small fundraisers – "Plantables" in the spring and handmade dishcloths this fall. We wind down our year with a Memorial Mass for deceased CWL members on the Feast of all Saints. For all our events we were also blessed to have the great support of our Pastor Father Con O'Mahony and our Associate Pastor Father Felix Nwatu.

We would like to invite all CWL members from Oakville, and beyond, to join us for an Advent liturgy on Tuesday, November 29, at 7 p.m. so that we can once again celebrate together the gift of our Women's League with the larger Catholic community of Oakville as we await in hope, faith, joy, and peace for the Coming of Our Saviour.

Terry Murphy
St. Andrew's CWL Executive

St. Mary, Brantford

After recycling Anna Brady as President of St. Mary's CWL, a couple of times, we now have a new executive team. My name is Angela Rowley and I am the new President. You might have seen me behind the registration table at convention. Our executive was installed on October 23rd during the 11:00 am Mass. I am so excited for the team that we have put together. A great group of ladies each in a position where they can shine the brightest. We have line dancing every Monday evening as a fundraiser to help pay for the increase in the membership fees and convention costs and of course a donation to the church. A Christmas social is in the planning for our December meeting. Our secretary and communication chairs

email and phone all our members and invite them personally to the meeting and ask them if they need transportation. There were a couple of members that came out because of this. We have four meetings a year planned for our members that we will try our hardest to keep to a maximum of one hour. Then we have our executive "Sharing of the Minds" in between if needed. We are now planning our events for 2023. So excited!! And yes Joyce, there will be pictures.

Blessings! Angela Rowley

St. Joseph, Brantford

The CWL members of St. Joseph's Catholic Church, Brantford, are currently holding a used clothing drive during the month of November in order to supply our local charities with good used apparel, just as we did last year.

In 2021, we supplied the Salvation Army and St. Vincent de Paul agencies here in Brantford with a huge supply of gently used wearable goods including coats, shoes, hats, gloves and many other items. We would have preferred to hold a rummage sale this year in order to raise funds, but were finding it difficult to get help delivering the leftover goods to any charities; thus, a clothing drive.

We are asking our parishioners to donate locally to the food bank by dropping grocery items at the bins situated in our many grocery stores as well.

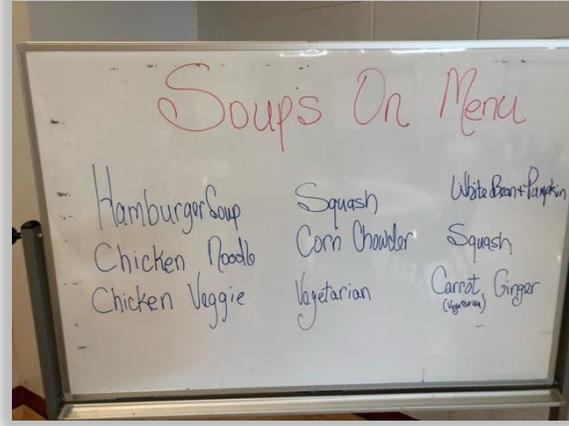
Respectfully,

Carol Krempa, President



St. Dominic, Oakville

Photos from Saint Dominic soup/bun lunch in October. Money raised for De Mazonod Door was \$1500 +. Sherri Ramirez was the guest speaker.



St. Augustine, Dundas

This year, the St. Augustine's Catholic Women's League in Dundas, Ontario celebrates 70 years of ministry and service. It is a council with a rich history. A history of faith, fun and fulfillment. On Sunday, September 18th, 2022 the council hosted their 70th Anniversary Celebration. The parish community was invited to attend a mass of thanksgiving followed by a luncheon in the Parish Centre. One of the highlights of the day was the blessing and first time use of the altar linens and frontals which were gifted to the parish on the occasion of our 70th Anniversary. Funds from a bequest covered the cost of the gift. Special guests included Hamilton Diocesan CWL President Joyce Cotter and Life Member Anna Brady. The day was both memorable and enjoyable.



Stay well,
Phyllis Missett, President

St. Joseph, Fergus

St. Joseph, Fergus had a very successful raffle and bazaar thanks to the enormous support from the community. Members enjoyed the bake sale, toonie table, silent auction, a delicious lunch and various vendors for shopping.



Fall Regional Meetings

Eleven councils attended the North Regional meeting held in Glenelg on September 10th. A big thank you goes to the Glenelg and Durham CWLs who hosted this meeting. Their hospitality was amazing. It was very successful with 24 ladies from the northern region and 6 diocesan executive members present. The day started with a prayer service followed by a time of fellowship. The parish president's reports gave many highlights that are happening in the parishes – meetings are starting again, new executives are being installed, Divine Mercy leaflets given to parishes, donations to many community organizations and a donation to help the people of Ukraine, funeral luncheons, fundraisers, Communion brunch, dinners, and more. Joyce Cotter gave an excellent presentation on the Myths and



Misconceptions of the League. She followed this with how do we change the perception, why join and in what ways can we promote the League. The diocesan executive gave their reports. A lot of information was shared. It was a wonderful day seeing so many and renewing friendships.

I am pleased to be the North Regional Chair. It is great to be in touch with the councils in the north and also to be in touch with the diocesan executive.

Nancy Skiba
North Regional Chair



Kitchener Regional Meeting
St. Joseph, Fergus host council
September 17, 2022



Brant/Hamilton Regional Meeting
St. Dominic, Oakville host council
September 24, 2022



CATHOLIC and LIVING IT!



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



