

# Spectrum

- Newsletter -

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

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President's Message  
Joyce Cotter  
Diocesan President  
[president@cwlhamilton.ca](mailto:president@cwlhamilton.ca)



A blessed and Happy New Year to you. As we begin 2023, let us remember Pope Francis' message from the "56<sup>th</sup> World Day of Peace "...we are likewise called to keep our hearts open to hope and to trust in God, who makes himself present, accompanies us with tenderness, sustains us in our weariness and, above all, guides our path."

Congratulations and welcome to all the newly elected presidents who answered God's call to serve. We wish you every success in your new position. I know that everything may seem daunting but there are tremendous resources to help you begin your term and with the support of the spiritual advisor, past presidents, members and the diocesan president, I am confident that you will serve your council well.



Council Presidents should have received a package in the mail concerning the proposed amendment to the Constitution & Bylaws 2022 (C&B) from the national office. This instructed vote process follows the same guidelines as the previous year. Please keep the white copy of the instructed vote to bring to convention in May and mail the yellow copy to the Diocesan President by the **deadline date April 22, 2023**. The pink copy must be returned to the national office (C-702 Scotland Avenue, Winnipeg, MB R3M 1X5). If a council has not received this notice package, please contact the national office.

Planning is underway for the 103<sup>rd</sup> Annual Meeting of Members at the Sheraton Hamilton Hotel on May 6 & 7, 2023. Stay tuned for the registration info and put this date on your calendar of events. Each council is entitled to send one Voting Delegate (council president or her designate), plus two Accredited Delegates. All members in good standing (paid dues for 2023) are welcome to attend.

Councils hopefully have decided on an idea for the community service project for the youth and is in the process of implementing their plan. The council presidents will be asked to give an oral report at the annual convention and pictures of their project will be added to a video presentation. The deadline date for photos to appear in this presentation **is April 15, 2023.**

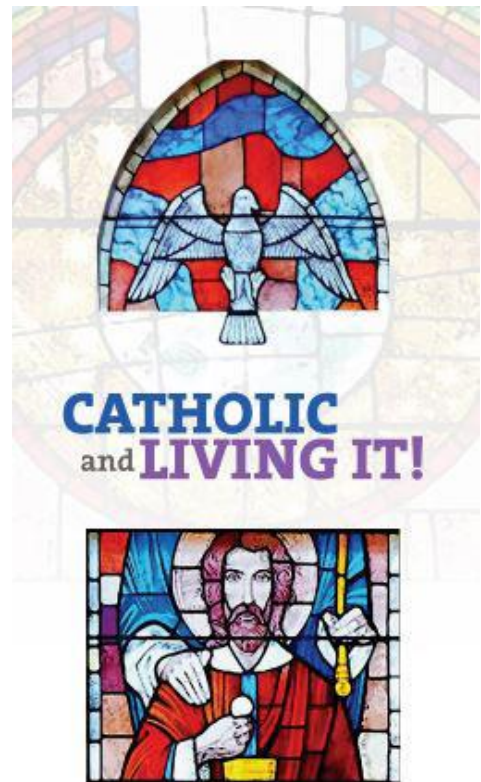
I look forward to seeing you at the spring regional meetings. It will be an opportunity to meet your fellow Sisters in the League, receive news on the workings and events of the League and inspire each other in our ministry for God and Canada.

May Our Lady of Good Counsel continue to guide you to Her Son.

*"Mary, my mother, give me a heart like yours, a heart that says yes to whatever God asks and to whomever God sends me. Expand my heart with your love so I will always say fiat!"*

*"A Heart Like Mary's" by Edward Looney*

Joyce Cotter  
President



Diocesan Spiritual Advisor  
Father Ranjan D'Sa  
Pastor St. Dominic, Oakville  
[spiritualadvisor@cwlhamilton.ca](mailto:spiritualadvisor@cwlhamilton.ca)



God wants our lives to overflow with mercy, love, and compassion. The principal sign of God's kingdom is mercy. The nature of God is love, and therefore, whoever says that they know God must express this love of God to others. As followers of Jesus, we are invited to show in action the love of God to all humanity especially those who are less fortunate than us.

In the Sermon on the Mount, Jesus lays down some simple principles for his followers to follow. We call those principles as the Beatitudes because when we live by those principles, we have the joy of attaining what is very precious to Jesus. These Beatitudes tell us to go beyond our self-centered life and work for the wellbeing of other people who may need our help.

At the end of Matthew's Gospel, we revisit the same Beatitude in the Parable of the Last Judgment. Here, Jesus is asking us how we put in action the teaching of the Beatitude in our lives. Every little thing we do for others, he reckons that we have done to him. Jesus is inviting us to see him in all the people, we interact with, especially those who are poor, weak, and vulnerable. Every little thing, even a cup of water given to others in love can merit us God's reward.



## **Organization**

Teresa DiFalco

President Elect/Organization Chair

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Dear League Sisters,

### **LEADERSHIP GUIDANCE AND PRAYING THROUGH CHANGE:**

January welcomes us to a new year and new beginnings as we transition from one year to the next, and for some parish councils, to a new executive through the process of nominations and elections at their January or February Annual Meeting of Members. May God watch over you and bless you abundantly, and may our Lady of Good Counsel walk alongside you as you journey through change.

Some people experience uncertainty, anxiety, stress or fear during change. These feelings are normal, but can be comforted and controlled through prayer for courage, wisdom, and peace, which is why I love the Serenity Prayer. Drawing close to God through prayer can help you through the simplest everyday encounters, to life's most challenging circumstances. Theologian Reinhold Niebhr, the author of the serenity prayer, encourages the use of this prayer when we are feeling overwhelmed. This prayer can also help a person develop a better relationship with their own higher power, which is something leaders are encouraged to do. As Christians, we are taught to seek peace in the words of Jesus ***"Peace, I leave you; My peace I give you. I did not give to you as the world gives. Do not let your hearts be troubled and do not be afraid"* – John 14:27**

The Serenity Prayer is a petition to God asking for calmness and peace in all matters of life, and asks for strength and courage to alter the matters within.

The prayer is about to endure a controversy over its authorship that is likely to be anything but serene. Having courage means that it is not the absence of fear, but rather the willingness to face it through:

§ Honesty – even when the truth is uncomfortable

§ Fortitude – even when doing the right thing is hard or unpopular

§ Perseverance – even in the face of obstacles

§ Faith – even when we feel like giving up

## § Willingness to Change – even when we are unsure

Courage refers to mastering our fear, and Wisdom is losing the excuses and being honest about our personal faults and facing them head on. I encourage each of you to pray this beautiful and powerful prayer daily because it can help us learn to make the best of what we are, empowering us to let go and let be. This helps us to stop making the same mistakes, and we learn to stay humble by being aware of our limitations. Most of all, we rediscover happiness through acceptance, by finding the good in what we CAN do, rather focusing on the frustration of what we CAN'T do.

“God, grant me the Serenity to Accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference.”- Reinhold Niebhr

“I can do things you cannot, you can do things I cannot, together we can do great things” – Mother Teresa

Since our last diocesan newsletter, I have been busy developing tools, resources, and presentations. I held several leadership workshops and presentations on the League, Governance, and the Nominations and Elections Process for Parish Councils, both via Zoom and as a guest presenter at parish councils.

### **GOOD GOVERNANCE:**

Governance is the system by which the League is directed and controlled with structure and processes for decision making, accountability, control and behaviour. Governance helps you to always act in the best interests of the League and its members. Good governance can prevent conflicts, improve performance, minimizes risk, and open opportunities. The three C's of compliance are:

### **COLLABORATION, COMPREHENSION, AND COMMUNICATION.**

### **SOS FOR STRUGGLING COUNCILS:**

In 2019, I pledged a commitment along with other members of our Diocesan Executive Core, to dedicate our efforts to assist struggling councils. We do this through reaching out, information sharing, leadership training, mentorship, and conflict resolution, in an effort to help stabilize and revitalize parish councils.

These efforts continue today, and have proved very effective. In fact, a good portion of my time is spent on developing tools, resources and presentations on leadership and governance training, to help councils comply with the League's governing documents. From our experience, the root to every issue or



conflict in councils stems from operating outside of the League's governing documents. Please reach out to me if your council can benefit from our assistance.

### MEMBERSHIP:

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. We are mandated by our League's governing documents to pay our membership fee by January 1st each year. Our League "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."

"Membership is terminated only when a member's term of membership expires through non-payment of membership fees." - League's Constitution and Bylaws. Please note that a member's years of service never expires.

Parish Councils are encouraged to promote the League and hold regular membership drives. There are ample resources on the National website at [www.cwl.ca](http://www.cwl.ca) to assist with promoting the League and holding membership drives. Some other ideas include:

- ✓ Set up a CWL table in the gathering space at church before and after weekend masses and reach out to every woman in the parish by inviting them to your next general meeting.
- ✓ Offer an opportunity for a free membership draw at no cost to enter
- ✓ Sponsor a woman to join the League. I personally sponsor three women as my Christmas gift to them
- ✓ Personally invite new and existing members to attend a meeting or CWL event.
- ✓ Sponsor an event and invite all women of the parish to attend.
- ✓ Promote the League in the parish bulletin, remind members in the fall that membership fees are due by Jan 1st, arrange to speak at church before the final blessing. Consider inviting a Diocesan Officer to speak to your congregation to promote the League.

### ANNUAL REPORTING:

Thank you to those councils who have reported either via mail or electronically. Unfortunately, I was not provided access to identify councils who have not yet submitted reports, as I would have liked to have reached out to councils with gentle reminders, and assistance if needed, in helping councils meet the

reporting deadlines.

#### **PARISH COUNCIL ANNUAL MEETING OF MEMBERS:**

Our governing documents state “The parish council annual meeting shall be held in January or February for the purpose of receiving reports and for the election of officers when applicable.”

#### **DUE NOTICE:**

Notice of the time and place of a meeting of members shall be given to each member entitled to vote at the meeting. At parish, diocesan and provincial levels, notice of date, time and place of meeting must be given 21 days prior to the meeting date. If the date, time, or location changes, due notice must be given.

#### **INSURANCE:**

Members are covered when attending meeting, no matter where the meetings are held.

#### **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.

#### **NOMINATIONS AND ELECTIONS:**

Parish councils must elect a new executive every two years in accordance with the League’s governing documents. An executive position on council has a term limit of two years. Members are mandated to follow the League’s policy and process for nominations and elections. In an effort to assist parish councils, I have assembled a nominations and elections package for parish councils to use. A revised copy was sent to each parish council in November 2022. I have and will continue to offer presentations, workshops and council specific guidance through this process. Praying for your successful elections!

The following are some important points from our governing documents to keep in mind when holding nominations and elections:

- A member shall hold only one office at a time at the level concerned.
- A member is elected or appointed to a position. Two members cannot hold the same position.
- The term of office for elected officers shall be two years. An elected or appointed officer shall serve but not exceed one full term in the same office



except the chairpersons and treasurers, who may be elected to a second consecutive term. A chairperson shall be given a different standing committee in her second consecutive term. This means that if you have already served a term in a position, you cannot serve in that position again at the level concerned.

- Members shall have access to members who are eligible for nomination.
- Nominations from the floor on election day are not permissible.
- Election shall be done by ballot vote unless there is only one candidate for an office or only the required number of candidates for the office chairperson, in which approval shall be by motion to declare the candidate(s) elected.
- Any office left vacant following the election shall be filled from those eligible for nomination to office in that council.
- The Nominations and Elections process is to remain confidential without interference.
- New elected executive take office immediately following the election.

#### **YEARS OF SERVICE AND PIN RECOGNITION:**

Parish councils are asked to submit the number of new members in their councils for both 2022 & 2023, to me by February 15, 2023. Councils will be recognized at the Spring Regional Meetings.

I strongly encourage parish councils to recognize all members in their annual pin ceremonies, even the brand-new members. This helps build inclusiveness and team. You can do this by presenting them with a League insignia pin, which can be ordered along with the other pins from National. Otherwise, new members will have to wait for 5-years to receive their first pin, and thus may feel a bit left out.

An awards ceremony is a special way to recognize and thank members for their loyalty, service and sisterhood, which can lift spirits by making them feel appreciated and valued.

#### **AT YOUR SERVICE:**

In order to serve you better it is important that councils provide me updated information when there is a change to your executive councils.

#### **IN CLOSING:**

I will continue to provide leadership training both virtually and in person when invited by councils. Stay tuned for some exciting and new workshops and

presentations on League development and leadership training that I am developing and look forward to delivering.

Every member is encouraged to read 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 have been updated and can be found on the National website at [www.cwl.ca](http://www.cwl.ca). Also, visit the diocesan website at [www.cwlhamilton.ca](http://www.cwlhamilton.ca) for information.

I wish you a year filled with serenity and happiness and may you always be certain of God's love for you. May the Lord bless you and keep you! May the Lord let His face shine upon you, and be gracious to you! May the Lord look upon you kindly and give you peace!" (Numbers 6:24-26)

If I can be of any assistance to you, I invite you to reach out to me at [presidentelect@cwlhamilton.ca](mailto:presidentelect@cwlhamilton.ca)

Teresa DiFalco,  
Hamilton Diocesan President Elect and Organization Chair



## ***Spiritual Development***

Laura Grint

First Vice President/Spiritual Development Chair

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[spiritualdevelopment.ca](http://spiritualdevelopment.ca)



Dear Sisters in the League,

This letter brings you greetings for a Happy and Healthy New Year. Beyond all hope and understanding our God has brought forth a Son by the Blessed Virgin Mary, Jesus' mother and ours. What a wonderful gift this is to us that our Saviour was brought forth and raised in a human home by two loving parents and he saved us at the Cross asking that his most loved disciple care after his mother and his mother given to care after all of us.

**Article 3 of the Catechism "He was conceived by the Holy Spirit, and born of the Virgin Mary" Paragraph II ...Born of the Virgin Mary**

488...God sent forth his Son," but to prepare a body for him, 125 he wanted the free cooperation of a creature. For this from all eternity God chose for the mother of his Son a daughter of Israel, a young Jewish woman of Nazareth in Galilee," a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary." 126

**The Father of mercies willed that the Incarnation should be preceded by assent on the part of the predestined mother, so that just as a woman had a share in the coming of death, so also should a woman contribute to the coming of life. 127**

Mary saw the shepherds come and adore her newborn Son. Present only with Joseph and the animals in that quiet night she pondered all that this would mean. A lowly servant girl, young, trusting in both her God and husband to keep them safe, and provide for her. Here was Mary in the land of her husband and all these shepherds had come to see the newborn babe delivered by her and she wondered how this could be? They had been sent by a message from an angel who appeared to them as the glory of the Lord lit the night sky and they were terrified! The angel said to them "Do not be afraid, I bring you news of great joy that will be for all people." "Today in the town of David a Savior has been born to

you, he is Christ the Lord.” Suddenly a great company of heavenly hosts appeared with the angel, praising God and saying

**“Glory to God in the highest,**

**And on earth peace to men on whom his**

**Favour rests.”**

I ask that you think back as we waited during the Christmas season for the Epiphany of our Lord, we wondered that the Magi saw the star and followed it to the land where the child was, with his mother. They brought him the rarest of gifts that only noble kings receive. How unimaginable for a young woman and the son of a carpenter to receive such gifts. For Mary’s Hamilton Diocesan Executive Council, Catholic Women’s League of Canada, 700 King St W, Hamilton, ON L8P 1C7 part, she pondered all these things in her heart. Can you imagine how Mary felt at that moment? When you live your life by faith many things cannot be seen, however, are truly rooted in you, and you just know that it will be ok, or by Divine mercy “done according to Thy will.”

Each year we begin anew, January 1 st being a day to honour Mary the Mother of God, asking our mother Mary for her intercession, guidance or solace as we place all of our needs for the day at the feet of her Son.

The Maggi story demonstrates for us the gifts of faith through hope, peace and love. The Maggi had faith to follow the Bethlehem Star, with hope in finding the King of Peace, the gift of love to the world. We are reminded of this story each year as a means of spiritual enrichment and development. As your Diocesan First Vice President and Spiritual Development Chairwoman, I am humbled and blessed to be given the responsibility to plan and provide League sisters within the Hamilton Diocesan Council with opportunities to grow to closer to God through spiritual programs. Over the past several months, I have been working on creating various programs, which include retreats, a diocesan wide spiritual development day, and a Lenten Series. I look forward to being able to share and promote these programs with you soon!

There are many benefits to spiritual development. Spiritual development brings meaning and value to our lives through the power of transcendence of connecting one self and others and with God and God’s creation. It allows us to become one in God’s family and to grow and progress in life. This leads to contentment and greater happiness in our lives.

Investing in spiritual development can help us become more resilient when dealing with difficult situations or challenges in life. Having a strong spiritual outlook may help us find meaning in life's difficult circumstances.

Spiritual development allows us to feel more gratitude, and experience more compassion, and social connections.

Through spiritual development, we learn to be aware and comfortable with qualities such as respect, responsibility, and reverence of for self and others. We learn to be capable of acknowledging differences between each other without fear or judgement, and learn to love all of God's creation as caretakers and protectors for each other and the earth, and take action to protect.

Spiritual development is a lifelong journey. In fact, an international research across traditions and cultures led to the following working definition: "Spiritual development is, in part, a constant, ongoing, and dynamic interplay between ones inward journey and ones outward journey."

Hamilton Diocesan Executive Council, Catholic Women's League of Canada, 700 King St W, Hamilton, ON L8P 1C7 As sisters in the League, let's continue to journey together towards loving one another, helping one another, giving of ourselves, advocating for injustices, and being beacons of light and hope for all. The following are a few examples of some spiritual development activities and we can each practice daily: Read the bible, take part in church services, pray daily and for one another, practice forgiveness, give back, meditate, speak with God and listen for God's voice, read encouraging and faith filled books, reach out to those ill, homebound, or grieving. Be grateful!

Each council should focus 1/3 of their activities and meetings on spiritual development. Councils not scheduled for elections until 2024, will continue operating under the old model of the executive structure for League Councils. The role of the Spiritual Development Chair shall be the: spiritual growth of members; study of Catholic teachings; role of women in the church; evangelization and mission assistance; lay ministries; ecumenism and interfaith endeavours. Under the new executive structure and title of Faith Chairwoman, the Chairpersons of faith shall evangelize, promote spiritual growth, and encourage all levels to: pray, individually and communally; uphold the sanctity of life; study Catholic teachings; stress the importance of the role of women in the church; foster vocations; advance ecumenism and interfaith endeavours.

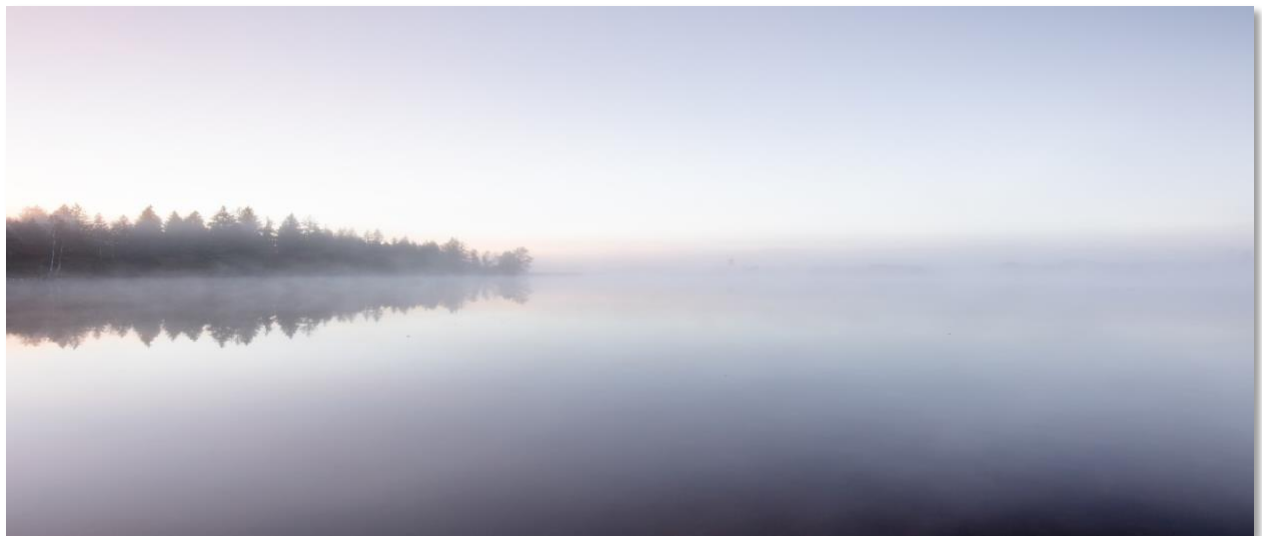
This emphasis on faith and spirituality is one of the blessings of being a member of a Catholic women's association. For those sisters responsible for faith and spiritual development in parish councils, I encourage to promote activities for spiritual development, such as the ones I have listed here, and to develop and implement your own as well. I am an email or call away, if I can assist in any way. I can be reached at [firstvp@cwlhamilton.ca](mailto:firstvp@cwlhamilton.ca)

As we journey through 2023, I pray that your needs and the needs of your families will be heard and answered and that you may be open to the imparting of the Father, Son, and Holy Spirit through the intercession of Mary. Let us also pray, that there will be peace in the Ukraine, and that we continue our dialogue and healing with our Indigenous Sisters and brothers, for our Bishops and Priest and for more vocations, that we respect and uphold the Sanctity of Human Life, for all our deceased Sisters, for those needing our prayers and encouragement in times of loneliness and sickness, and for each other, that we may be beacons of light and hope to those searching for something to ground them and welcome them into our midst.

Joyous Blessings to All,

Laura Grint

1 st Vice President and Spiritual Development Chair





## ***Education & Health***

Francesca Simone  
Education & Health Chair

[educationandhealth@cwlhamilton.ca](mailto:educationandhealth@cwlhamilton.ca)



Happy New Year, dear Sisters in the League!

Hope everyone and her family enjoyed a Blessed Christmas and a fantastic start to 2023.

My Christmas was fantastic! On Dec. 4<sup>th</sup>, I spent a lovely afternoon with the CWL ladies of St. Dominic's (Oakville) at their Christmas Party. Not only was the food delicious but, the conversation was remarkable. Thank you again to Wendy Rutherford and her council for inviting me.

January 25, 2023 is Bell, Let's Talk Day. Visit the website ([letstalk.bell.ca](http://letstalk.bell.ca)) to discover facts, tools, and resources about mental health.

Good news: as you probably have heard, on Dec. 20, 2022, the ban on single use plastics became law. As of Dec. 20<sup>th</sup>, of this year, Canadians will no longer be able to buy plastic items such as: stir sticks, checkout plastic bags, straws, some takeout containers, six pack rings and cutlery. "Canadians throw away over 3 million tonnes of plastic waste every year. Only 9% is recycled while the rest ends up in our landfills, waste-to-energy facilities, or the environment." (Quote taken from The Government of Canada Environment and Natural Resources website). More information may be found at the Canadian government website ([www.canada.ca](http://www.canada.ca)).

Have you checked your Assessment Notice or Municipal Tax Bill? Many have been surprised that they are not listed as Separate School Supporters. Did you know that whenever anyone moves or purchases a property, the school support defaults to the Public School? As Catholics, we should support our Catholic Schools. If this has happened to you, please contact MPAC or the closest separate school board near your residence. They will be able to help you change the information on the tax rolls.

Since the need for blood donors has increased, please consider giving blood if you are able. To register for giving blood, go to [www.blood.ca](http://www.blood.ca). Once you have

registered with a new account, you may visit Partners for Life to join the blood giving team of the “The Catholic Women’s League of Canada.” February 4<sup>th</sup> is World Cancer Day. Some changes in lifestyle may prevent cancer. According to the Mayo Clinic, in order to prevent cancer, one needs to: stop using tobacco; eat a healthy diet full of fruits, veggies and other plant-based products; maintain a proper weight including lots of exercise; protecting oneself from the harmful rays of the sun; and do regular self-exams and screenings for various cancers. Just a quick note: the League Resources have been updated. Go to the 600 series at [www.cwl.ca](http://www.cwl.ca) to review the resources.

May Our Lady of Good Counsel protect you and your families.

Respectfully submitted by:

Francesca Simone

### ***Treasurer***

Mary Clark

Treasurer

[treasurer@cwlhamilton.ca](mailto:treasurer@cwlhamilton.ca)



Welcome to 2023!

- The new Guidelines for Treasurers is available on the National website ([cwl.ca](http://cwl.ca)) under the caption “to organize” under 600 Series “Manuals” scroll down to 609. Download free of charge to a memory stick or print yourself a copy
- Reminder to email or mail your Diocesan Annual Report – Thank you to those who have already done so
- Reminder to submit the Annual Administration Fee – This fee covers the cost of materials distributed at the Spring and Fall Regional Days, mailings, Annual Report Book and your council’s registration fee for the Diocesan Convention. Thank you to those who have already done so
- Reminder to submit your donations for Pornography Hurts, Our Lady of Good Counsel Seminary Fund at any time during the year

- Reminder that all cheques are to be made payable to “Catholic Women’s League of Canada Hamilton Diocesan Council” and note on memo line what cheque is for
  - Direct your questions or concerns to either myself or your Regional Chair
- Keep informed by checking for directives and communiques on both the provincial (cwl.on.ca) and National (cwl.ca) websites.

## ***Resolutions***

Mary Helwig Hall  
Resolutions Chair

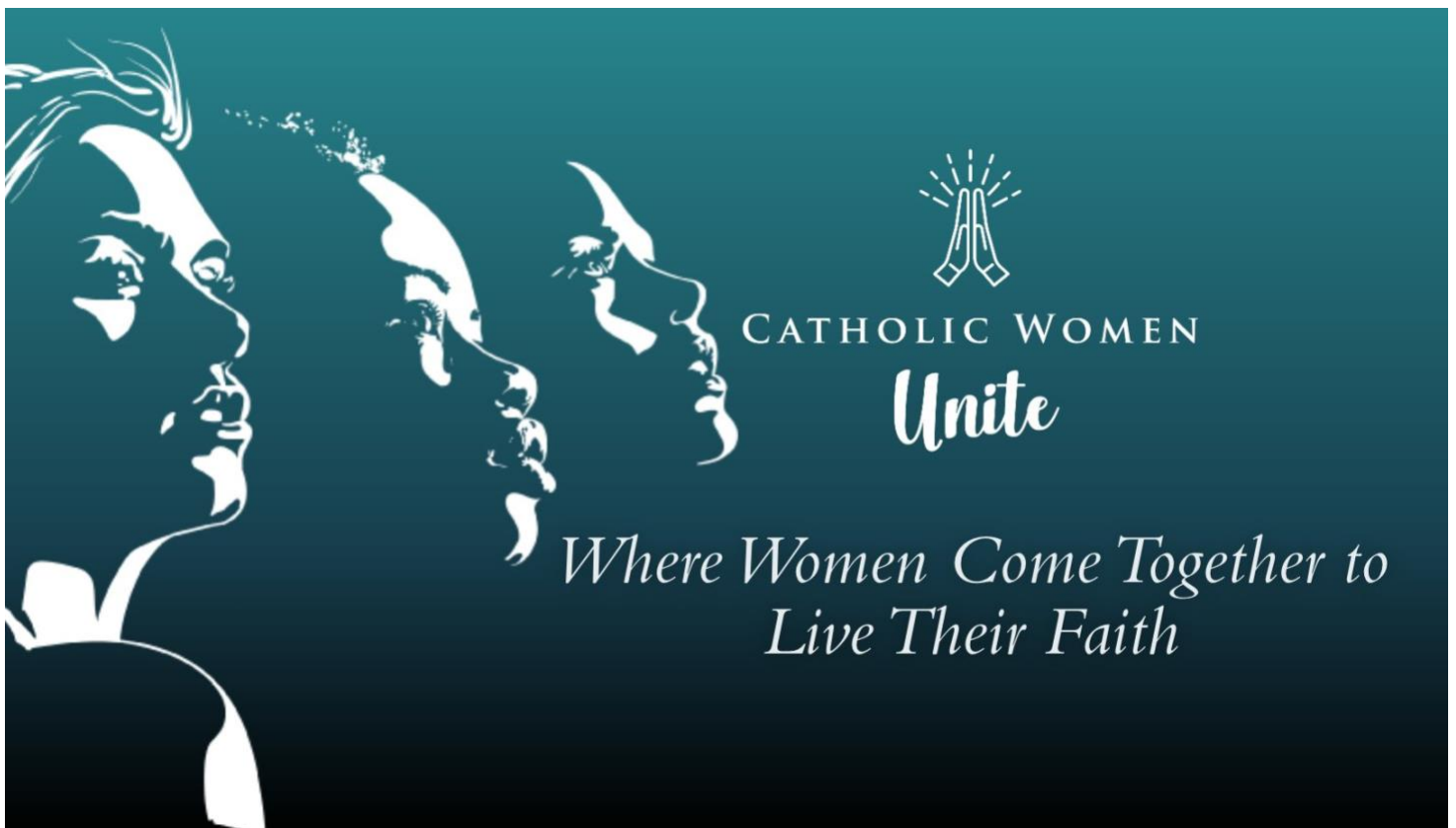
[resolutions@cwlhamilton.ca](mailto:resolutions@cwlhamilton.ca)



- Resolutions Information Webinars were held on November 21<sup>st</sup> , 23<sup>rd</sup> and December 1<sup>st</sup> / 2022. The Webinars were well attended (about 20 councils represented) and out of that we accomplished two goals:
  1. We have two Resolutions submitted to Ontario Provincial Resolutions Chair, Mary Capobianco.
  2. We now have a recording of the Resolutions webinar for future reference. Parish Councils may wish to share the information with their council, and start working on Resolution ideas for the 2024 Hamilton Diocesan Convention.
- MANY Thanks to Evelyn Shoemaker of St. Patrick, Hamilton and Anna Joseph of St. Mark, Kitchener who submitted resolution ideas. The general topic of St. Patrick’s Resolution is for City of Hamilton to provide washroom facilities for the homeless; St. Mark’s topic deals with providing clear

warning disclaimers or limits to the recent On-line gambling advertising on TV and social media.

- There will be follow up meetings in January 2023 to work on the research component for the Resolutions. The exact wording of the resolutions will be shared once councils have worked through the process and completed the Resolutions Checklist.
- If anyone would like the link to the Resolutions Webinar, please email me, Mary Helwig-Hall at [resolutions@cwllhamilton.ca](mailto:resolutions@cwllhamilton.ca)



# How can the League empower the youth of today?

## LISTEN

### **L – Learning**

Gain an understanding of the teenage culture and dialogue in planning ministry programs. Share their message in different social media sources and platforms. Storytelling.

### **I – Identifying Potential**

Every teen is uniquely special and their potential is limitless. We need to help them develop a sense of self-worth in a safe and nurturing environment. Empower them to understand their voice matters and to find a cause or purpose.

### **S – Sincere Interaction**

Be genuine and actively seek interaction with young people. Support youth programs by attending event, offer your services to organized or host event, give monetary donations. Welcome them and invite them to join the League. Pray for our youth, their parents, family and friends.

### **T – Training and Empowerment**

Mentor them. Share your gifts. Give youth the tools to: collaborate, problem solve, brainstorm and reflect. Leadership training through Catch the Fire, S'Mores workshops.

### **E – Encouragement**

Encourage them to share their ideas with passion and creativity. Give positive feedback when they accomplish something good and constructive criticism to learn from their mistakes for improvement.

### **N – New Opportunities**

Involve youth in parish ministries and CWL events. Invite youth to launch a project or idea, design a strategy, support execution and praise results. Inspire them to make a difference in the world with love.



# Shining the Light!

## ...ON PARISH COUNCILS...

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### **HAMILTON BRANT**

#### **Spring Regional Meeting on March 11, 2023 at Holy Rosary, Burlington**

I followed up with the 4 parishes who offered to host the Hamilton Brant Spring Regional and visited Holy Rosary church to see how we could be accommodated with easy accessibility, ability to use AV equipment and decided their venue was most suitable. Our spring regional meeting will be on March 11, 2023.

Responded to periodic emails from the presidents who had a variety of questions related to nomination and election process and how best to network with other councils in their area.

Had a regional zoom chat meeting on January 19 as a means of connecting with the parish presidents prior to our Diocesan executive meeting to allow open dialogue on what is happening and/or to discuss concerns if any to be brought forward to our meeting as their liaison. There were about 20 who attended at any given time as some left and others joined. Most provided a report of parish activities. Diocesan treasurer, Mary Clark, joined the connect and reviewed the draft 2023 budget and answered questions.

My plan is to connect monthly with the Hamilton Brant region parish presidents through email, in person meetings or zoom.

Respectfully submitted,  
Colleen Ionsen  
Hamilton Brant Chair



## St. Dominic CWL Christmas lunch

**Ready to enjoy their Christmas lunch**



Joanne, Deacon Terry, Francesca



Angela d'Alonzo

# St. Francis Xavier Quirky Fashion Show





# KITCHENER

**Spring Regional Meeting on March 18, 2023 at St. Anthony Daniel, Kitchener**



St. Joseph Council, Fergus held a successful raffle and bazaar on October 29, 2022, thanks to the enormous support from community businesses, fellow parishioners and in-kind services. Attendance was excellent, the weather was perfect, and there was lots for everyone to see or purchase, from baked goods to knitted goods, a toonie table, silent auction and a delicious lunch was available at a minimal cost. Proceeds from this event have been donated to The Groves Memorial Foundation,

Knights of Columbus and St. Joseph's Parish Building Fund. Organizers thank all who came out to support this event. Shown here are Catholic Women's League members from left, President Judy Daniel, Treasurer Joanne Gregson and Past President/Historian Lori Cipparrone.

## **St. Joseph, Guelph CWL Valentine Tea and Speaker**

St Joseph CWL invites CWL members from all Parishes to join us for our February General Meeting on Sunday, February 12 at 1:30 p.m. in our Parish Hall. Our Guest Speaker is Teresa DiFalco, President Elect, CWL Hamilton Diocese. We will also be installing our New Members. Light Valentine refreshments will be served. New members are always welcome.

# NORTH

## Spring Regional Meeting on March 25, 2023 at St. Joseph, Port Elgin

Ladorna Hubert from St. Thomas Aquinas, Wiarton holding our CWL cheque.

Thank you  
Ruth Ditner, President



"Sacred Heart, Teeswater Council coordinated a Christmas Giving Project"



We worked in collaboration with our two local elementary schools. Each school identified families that were in need of support at Christmas. The families remained anonymous to us. The schools provided us with information on the interests and sizes of the children, and with this information, parishioners purchased gifts for 9 children. Cash donations also allowed for the purchase of winter boots and a grocery gift card for each family for their Christmas meal. The school coordinated the delivery of the gifts to the families. This was a great example of working with your local schools and making a difference in the lives of local families

and ensuring the young children had a positive Christmas morning."

Jean Culliton CWL President, Teeswater Sacred Hear



St. Joseph, Cargill



St. Joseph Council, Cargill held a bazaar in which proceeds went to the Food Bank, Youth Literacy Council, Pregnancy Centre, Hospice, Breakfast Club at School, Insurance for Church.

Marlene Zettler, President

# 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







## LEAGUE DEVELOPMENT ZOOMS

**ALL WOMEN WELCOME!**

All Sessions **WEDNESDAYS** from 8 pm to 9 pm EDT

**CWL MEMBERS REGISTER FREE**

**NON-MEMBERS \$10**

**REGISTER AT [preseelectopc@tbaytel.net](mailto:preseelectopc@tbaytel.net)**

Send your name, cwl parish council and the date(s) you wish to register for. The fee can be sent e-transfer to the same email.

Call (807) 628-3875 if you do not e-transfer.



### **2023**

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**January 18**

**Goal setting made easy through prayer!**

**February 15**

**Everyone is a mentor! Are you?**

**March 22**

**Spring into leadership! Recognize your style!**

**April 19**

**Why did God give us personality and free will?**

**May 18**

**Public speaking? Not me! Yes you!!!!**

**June 15**

**Open ... to be decided based on topic requests**

League Development Zooms are being presented by Ontario President Elect and Chairperson of Organization Colleen Martin. All members are welcome to attend the sessions.

## Remember When...



**Retirement of Monsignor Hinchey 1955  
Claire Fr and Ann O'Brien with Monsignor Hinchey**



**President Helen Chisholm celebrating the start of the  
CWL "Women in Action" newspaper in 1983**

## Convention 1993

Theme: The Catholic Women's League of Canada

-Rooted in Gospel Values

Sub-Theme: Reaching Out to Each Other



## Merit Awards: 2012

North Region – Vicki Lee, Diocesan President Rosanne Sogan,  
Anne Peterson, Elly Pennings

# **Save the Date!!**

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

**103<sup>rd</sup> Annual Diocesan Convention**

**May 6 & 7, 2023**

**Sheraton Hamilton Hotel**

## **Come One, Come All!!!**





## **Mentoring is:**

- An opportunity to share and to experience
- An opportunity to teach and to learn
- An opportunity to encourage and to be encouraged
- An opportunity to nurture and to be nurtured
- An opportunity to enable and to be enabled
- An opportunity to develop and share God-given gifts

"Mentoring: A Workshop" 800 Series: Workshops  
National CWL Website [cwl.ca](http://cwl.ca)



May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be confident knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us. Amen.

Thérèse of Lisieux



What is love Lord than this?  
No escaping Judas' kiss  
Violence undone with gentleness.  
No defence in quiet presence  
Struck with every human vice,  
Blows, insults and denied thrice,  
Crowned with mockery and leers  
Goaded by the people's jeers.  
Judged, misjudged and washing hands  
Fear of losing power and lands,  
Death a sentence swift to end,  
Followers to quickly send  
Away, forgotten, finished right  
Entomb the body in the night,  
Soldiers near to guard from stealing,  
We are here in silence kneeling.

Lucinda M. Vardey  
"Sacred Journey, Lent 2018"  
Living with Christ

