

The Spectrum

- MARCH 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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“Blessed is the people that know the joyful sound: they shall walk, O Lord, in the light of thy countenance. Psalm 89:15

I am deeply honoured and privileged to serve in this role as Diocesan President. I have the opportunity to witness the love of Christ through the actions of the members from Hamilton Diocese. To see them reaching out, building bridges and climbing mountains in their ministry to others.

Members are starting once again to emerge from their homes and partake in League activities. The work being done in parish councils is growing longer and far outreaching. Let us continue this trend of keeping members connected to all the possibilities of the League and using the resources from the strategic planning group.

Some councils may have had elections and are in the process of transitioning to the new League structure. Encourage and support them in this new phase as programs, activities, ideas are modified to fit the 3 standing chairs of faith, service and social justice.

As part of a national initiative to address the declining membership and the increase of councils that are becoming inactive or disbanding, the League has put the “Unity Outreach Project” into effect. The plan is that every council in Canada will receive a visit from a member of the level above in hopes of exploring the needs and challenges of each council.

An open dialogue with the councils will help to access their needs and concerns. Members of the Diocesan team will be making presentations to the councils in person at their general meeting. Please encourage all members to attend this presentation of the “Unity Outreach Project” as their participation will draw a greater picture of what is happening in your council.

I have visited two parishes already and the feedback from the members resulted in some great ideas in how to promote the League, suggestions on how the national council can support them in reaching their goals and that better communication is the key to engaging members of the League.

Speaking of staying engaged, please encourage your members to attend the 103rd Annual Diocesan Convention from May 6 & 7, 2023 at the Sheraton Hamilton Hotel. Come join in the fellowship with your Sisters in the League, celebrate our legacy of 103 years in the Hamilton Diocese and witness faith in action as councils share their “Community Service Project for the Youth”.

May Our Lady of Good Counsel guide us to her Son and may we discover everlasting joy in finding Him.

Sincerely,

Joyce Cotter
President



faith

service

**SOCIAL
JUSTICE**

Diocesan Spiritual Advisor

Father Ranjan D'Sa

Pastor of St. Dominic, Oakville

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"I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you" (Jn 17:21). It is Jesus's final prayer for His followers and for all the people. Jesus had just finished His Last supper with His disciples. Though we Christians call it Last Supper because it was Jesus' last meal on this earth, in the Jewish community it is referred to as the Passover meal. This Passover meal is a very significant celebration of their freedom and solidarity.

True solidarity can be lived and expressed when we experience total freedom in mind, body, and spirit. In a sense, when we become true children of God, we have a unique sense of solidarity. We all are the children of God. When we experience that freedom to be the children of God, we all have become one in God and equal in the sight of God. There is no inferior or superior before God. We are all God's people, and He loves us all.



During the Last Supper Jesus washes the feet of his disciples and tells them that they should do the same thing – love others and serve them. Jesus had come to this world to bring humanity together as one true people of God and He will die on the cross for their salvation.

In this context, just before He starts His passion, Jesus prays to God. He asks God that His death on the cross may bring whole humanity as one people of God. He prays, 'they all may be one as we are one'. To have that solidarity in which Jesus prayed for us, we need to truly believe in God, accept all as children of God, accept them as equal in the eyes of God and above all we should be ready to love and help each other.



Prayer to Our Lady of Good Counsel

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

Mary, Our Lady of Good Counsel: filled with the Holy Spirit, you were a faithful disciple of Jesus, your Son.

Intercede with your Son for us that we may be faithful to our baptism, fervent in prayer, and generous in the service we give to our sisters and brothers.

May the spirit of the living God, who graced you with the gift of counsel, lead us in the way of truth and love

With the help of your prayers, may we come to rejoice forever with you and the great company of saints in the kingdom of heaven

Amen.

PRESIDENT ELECT AND ORGANIZATION CHAIR

YOU ARE
Beautiful **FOR YOU ARE**
Fearfully **AND**
Wonderfully **MADE**

-PSALM 139:14



Dear League Sisters,

IN MARCH WE CELEBRATE WOMEN AS LEADERS AND MENTORS:

March 8th is International Woman's Day and for the past 100 plus years, members of The Catholic Women's League of Canada have embraced their God given gifts and talents, to advocate and promote a more just and peaceful world where women are respected, treated equally and are celebrated. We still have a long way to go, but we are making progress in the right direction.

Women are made in God's image. Psalm 139:14 God says you are **beautifully**, **fearfully** and **wonderfully** made. The following are two other bible references to embrace and celebrate God's creation of YOU!

"As woman came from man so also man comes from woman. But everything comes from God." The Good News: Men and women rely on each other. God made them equal partners in life, and they should respect each other always." - 1 Corinthians 11:11-12

"Her value exceeds pearls; all you desire can't compare with her." The Good News: Women are more valuable than some of the most precious items on Earth, so we need to treat them well and care for them, and they will return with love." - Proverbs 3:15

It's important to celebrate women's God's given gifts, talents and accomplishments. History is filled with amazing events and accomplishments of women who have made the world a better place. The Hamilton Diocesan CWL Council celebrates women by awarding one special woman the Francis Lovering Award each year.

FRANCIS LOVERING AWARD

Each spring, parish councils are asked to consider nominating one member of their council for the Frances Lovering Woman of the Year Award. Nominations deadline is April 3, 2023. A selection team of five diocesan officers will read all submissions and will identify their top three selections. The nominee with the most votes will receive the Frances Lovering Woman of the Year Award at the Diocesan AMM/Convention Banquet. Nomination Forms are given out at the Spring Regional Meetings, however, given the Diocesan AMM/Convention is earlier in May this year, I am sharing it by email in early March in order to give parish councils enough time to return nominations back to me by the April 3, 2023 deadline.

SISTERHOOD:

Love is the primary ingredient that needs to be present in true relationships such as a sisterhood. Under these conditions close spiritual alliances between women can be much more empowering and supportive and therefore work as real loving bonds that enhance self-development and, ultimately, happiness. A Sisterhood builds connections that last forever, whilst also bringing a sense of belonging to people who might feel isolated and alone. Having a sense of belonging is important for all women, and the acceptance from the group can help individuals show acceptance and growth within themselves. We should never exclude or ostracise someone as ostracism is a form of bullying and abuse and can have devastating effects on a person and an organization. The Bible instructs us to **keep the unity of the Spirit in the bond of peace**. For there is one body, and one Spirit even as we are called in one hope of our calling. One Lord, one Faith and one Baptism. One God and Father of all who is above all and through all and in us all, (Ephesians 4:3-6). Sisterhood is the underlying force behind feminism and even unites women who don't know one another. Growing stronger with each act of justice, a Sisterhood is learning that when bad things happen to one of our sisters, we unite and support each other.

ANNUAL REPORTS AND THE ANNUAL REPORT BOOK:

Thank you to the twenty-five parish councils who participated in National's Annual Reporting exercise in December 2022. The diocesan team have reviewed your responses and summarized their reports, which I sent to provincial.

It is now time for all parish council presidents and the diocesan team to prepare reports for a 2022 Diocesan Annual Report Book. The intent of an annual report book is to provide public disclosure of the councils operating and financial and key activities and accomplishments over the past year. Generally, annual reports are intended to offer a transparent view of an organization's activities over the course of a financial year. More information will follow shortly by email.

In an effort to be good stewards to our membership and Mother Earth, the annual report book will be made available to all members of the Hamilton Diocesan Council on our CWL Hamilton Diocesan website. Hard copies will be made available through advance orders only at \$10 each. Orders can be made at the time of registering for the Diocesan AMM/Convention.

GOOD LEADERSHIP:

Good leadership is important as it improves morale, engages others, builds trusting relationships, inspires confidence, and enables innovation. When there is good leadership, people come together to make things happen, and do so with joy. Good leadership ensures that every member of a team feels supported, valued, safe and championed, and issues are addressed immediately to avoid toxic environments and damage to people. "Leadership is the ability to guide others without force into a direction or decision that leaves them still feeling empowered and accomplished." Fostering a culture of transparency and open communication, will allow team members to learn and grow together, trust each other, and create a sense of belonging, thus supporting each other and working in unison.

LEADERSHIP & COMMUNICATIONS:

Open communication is an essential component in leadership and in any relationship, as it allows you to effectively share feelings, opinions and resolve issues. It is also critical to share information in a timely manner to keep your team informed, thus building trust, support and becoming stronger as a team. Lack of sharing information can be destructive to any relationship or team. If these issues are ignored, they can often lead to bigger issues, such as blame, relationship anxiety, depression, hurt, resentment, and erosion of relationships and teams.

LEADERSHIP & ISSUES MANAGEMENT:

If you are made aware of an issue and do nothing to help resolve it, you are contributing to the issue by condoning it. This can not only damage your relationship with others but can also damage reputations, and the morale of others. It's a bad look for a leader to hold and maintain a low bar and neglect to holding bad actions accountable. Leaders have a responsibility to act and not abandon these obligations. Ignoring issues make them ultimately harder to overcome.

Unresolved conflicts or issues can have a negative impact on relationships and on individuals. The best time to deal with a problem is when it begins – or as early as possible afterward. Letting a conflict fester, then explode, means people get hurt. Since conflict is an essential part of being human, effective conflict resolution is not designed to avoid disagreements. Instead, conflict resolution skills are used to facilitate discussions, increase understanding and control emotional responses, so that issues can be resolved and relations restored.

Matthew 18:15 & 16, instructs us to settle issues privately with each other. And, if that fails, they are to seek help in resolving the dispute. When someone comes to you or makes you aware of an issue and asks you for help, do what is moral and just and as the bible prescribes and take action.

ANNUAL MEETINGS/CONVENTIONS:

Many members have reached out to me asking if they are allowed to attend regional meetings, or conventions. The answer is, yes! Any member may attend annual meetings or conventions at any level and may speak at business sessions at the discretion of the chairperson.

FUNDRAISING:

In my professional role as a Governance Specialist, I provide advice to charities, not-for-profit organizations, and professionals on a regular basis. I receive a lot of questions about fundraising and whether or not the League can issue tax receipts when they receive donations. I hope the following is helpful to you.

Although the League is not a fundraising organization, it is necessary for us to fundraise to cover our operational costs of running our councils, attend AMMs/Conventions, and fulfill our charitable activities. Keeping that in mind, it is

important to ensure that all fundraising efforts are done responsibly and legally. For example, a lottery license is required for raffles, penny sales, bingos, 50/50 draws etc.... Please contact your municipal office for an application and additional information. Note – Silent Auctions are not considered a chance to win and therefore do not require a license.

The Catholic Women's League of Canada is a national federally incorporated Not-for-profit organization under the Canada Not-for-profit Corporations Act. As we are not a charity, we cannot issue tax receipts. Under the Income Tax Act, qualified donees are organizations that can issue official donation receipts for gifts they receive from individuals and corporations. A charity in Canada cannot give gifts to non-profit organizations, businesses or individuals. Registered charities cannot donate money to another organization, unless that organization is a "qualified donee". As The Catholic Women's League is not considered a qualified donee, we cannot solicit or accept donations from organizations who have government charitable status. Charities can however make grants to a connected non-charity but it must be within the charity's articles of incorporation, and the charity must ensure that they are only giving donations that fund activities, services or outcomes that further their charities purposes for the public benefit, and for no other purpose. Charities can lose their charitable status if they inappropriately repurpose funds. In addition, we must consider the moral implications of taking money away from those most in need.

INSURANCE:

I covered insurance in my January Newsletter. In addition to members being covered when attending meetings, no matter where the meetings are held, councils may apply for special "top up" insurance. For example, if a council wanted to sell tickets in a mall and the mall required more insurance than the maximum insurance coverage in our policy a council can request a one-time top-up and pay for additional insurance coverage for a specific activity. This is done directly between the council and the Insurance Broker.

MORE ON GOOD GOVERNANCE:

Five principles of good governance are: 1) Responsibility, 2) Accountability, 3) Awareness, 4) Transparency, and 5) Impartiality. Good governance fosters trust,

integrity, good morals and ethics, inclusiveness, respect, and builds strong loving and cooperative teams.

IN CLOSING:

I will continue to provide leadership training in written form, as well as virtually and in person, and also when invited by councils. Stay tuned for some exciting and new workshops and presentations on League development and leadership training that I am developing, with a focus on servant leadership.

I encourage every member 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 the 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. Also, visit the diocesan website at www.cwlhamilton.ca for information.

League sisters, may you always know your value and that you are strong beautiful Christian women. May you always sparkle God's way and be beacons of hope and love to all you meet.

May the warmth of complexity shine on your face.
May the winds of good change blow gently at your back.
May your feet find the roads of authenticity.
May the web of change begin!

If I can be of any assistance to you, I invite you to reach out to me at presidentelect@cwlhamilton.ca

Blessings and Hugs,
Teresa

Teresa DiFalco, Hamilton Diocesan President Elect and Organization Chair

Past Frances Lovering Award Winners

2019 Winner Bonita Jones



2012 Winner Helen Kurtz Christie

2001 Winner Siena Van Hoekelen



2002 Winner Betty Dietrich

Frances Lovering Women of the Year Award Nomination Form

Hamilton Diocesan Council
The Catholic Women's League of Canada
Frances Lovering Woman of the Year Award
Nomination Form

Parish councils may submit **one** nominee chosen by their council to Teresa DiFalco, Diocesan President-Elect and Organization Chair (Nominations Committee Chair), **by April 3, 2023.**

Nominee's Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: (____) _____

Member of _____ council _____ (city)

Years of membership in The Catholic Women's League: _____

Catholic Women's League Involvement: _____

Parish Involvement: _____

Personal Data: _____

Parish president _____

Parish spiritual advisor _____

Treasurer

Mary Clark

Treasurer

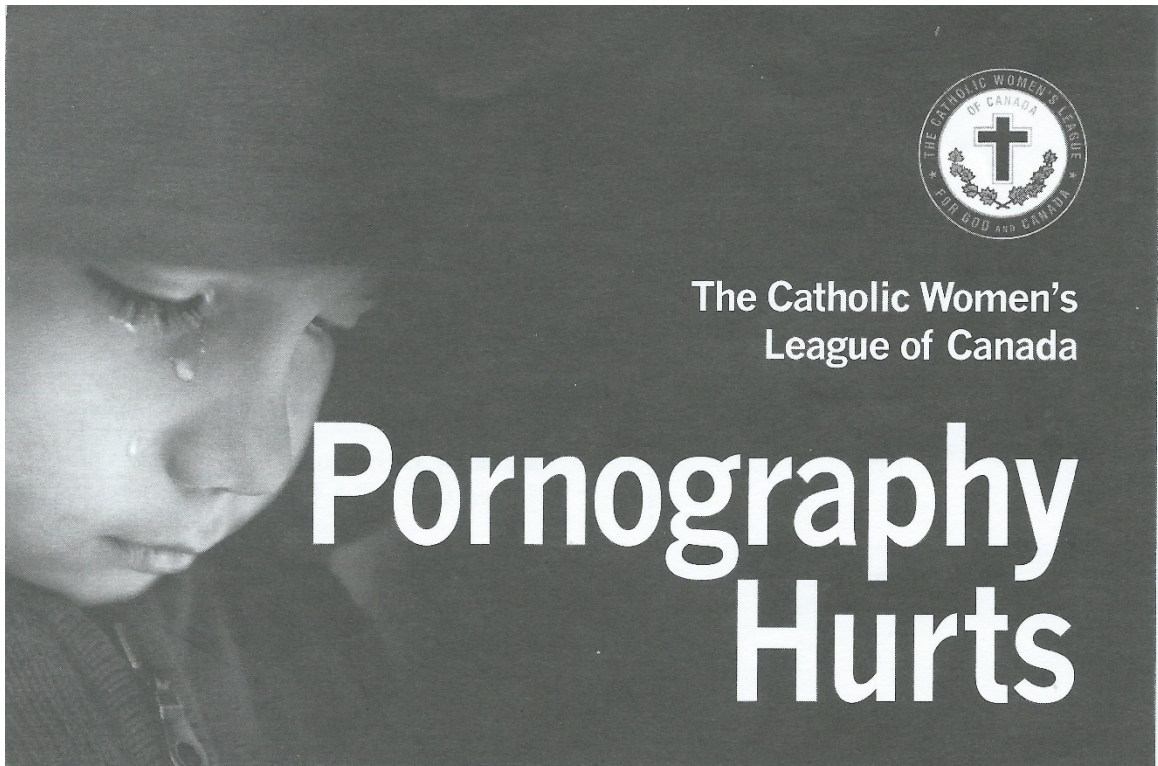
treasurer@cwlhamilton.ca



- Thank you to all who have sent your Parish Annual Treasurers Summary Report for donations made in 2022. I have summarized your figures and passed these onto the Provincial Treasurer for her reporting. Even though some councils were not back in full swing in 2022 the amounts reported were awesome! I will still accept any reports you wish to send. A summary of your donations will be placed into the Annual Report Book
- 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 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.
- Donations to National Voluntary and Bursary Funds - treasurers are asked to complete the National Voluntary Fund Remittance form, which is available from the national website (Appendix 7). Available voluntary funds may change from time to time so if you are discussing donations to these funds, please check the form on the website before a decision is made as to whom you wish to donate. Cheques should be made payable to The Catholic Women's League of Canada and sent to national office along with the completed form.



- Reminder to submit your donations for Pornography Hurts, Our Lady of Good Counsel Seminary Fund at any time during the year
- 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.



Hamilton Diocesan CWL 100th Anniversary Merchandise on **SALE**



Tote Bag \$5



Rosary & Pouch \$5



Luggage Tag & Luggage Belt \$5



Engraved Gold Pendant & Chain \$10

Education & Health

Francesca Simone
Education & Health Chair

CWLeducationandhealth@outlook.com



Spring is almost here. The days are growing longer. Are you ready for this time of renewal? We have begun our Lenten passage towards the Resurrection of Our Lord. I wish you all a Blessed Easter.

As we journey through Lent, let us remember the words John Donne wrote almost 400 years ago (“no man is an island”). During COVID, with the sheltering in place, we saw an increase in depression and loneliness. With many of the restrictions lifted or lessened, there still remain numerous persons who feel the stigma of loneliness or depression. National is pressing the federal government to put in place a national program hoping to deal with the concerns of persons being and feeling alone (see ON.22.02 National Strategy to Address Loneliness).

Provincial is proposing a motion to correct many of the deficiencies in long term-care (see ON.22.01 Improve Care in Long-term Care Homes). They are attempting to augment the ratio of staff to resident and requesting more training for PSW’s.



Sunday Morning Communion at the Wellington Terrace
Bev Lavigne giving host to

Many parish councils donate to the Catholic Women's Leadership Foundation. If you or your council wish to make a donation, please note that there has been a change of address. **Please send all donations to: Catholic Women's Leadership Foundation, 12241 132 Street, Edmonton, Alberta, T5L 1P7.**

Coady International Institute is funded through the National Voluntary Fund. Its objective is to lessen poverty and to help rebuild marginalized societies around the world. It also offers quite a few programs for Indigenous peoples. Many of its webinars may be of interest to your councils. If you would like more information, **please visit coady.stfx.ca/contact-us/ and sign up for their newsletter.**

On Mon. May 8th, Provincial will host an online seminar entitled "Horizons of Hope Overview," from 7:00 p.m. to 9:00 p.m. The presenters will be Executive Director of Canadian Catholic Bioethics Institute Dr. Moira McQueen and Life Member Shirley Christo. This webinar will address the way members' access quality palliative care. The presenters will also give a synopsis of the Canadian Conference of Catholic Bishop's "Horizons of Hope: A Toolkit for Catholic Parishes on Palliative Care" from the interpretation of our Catholic traditions. Please mark your calendars!

Being that March is nutrition month, I would like to introduce you to one of my favourite snacks. With the snow threatening to stay with us (blame global warming), I find that, in the evenings, I enjoy watching a good movie. Sometimes, I do get snack attacks. When I want to indulge my craving for salty foods, I bake some crispy kale chips. Being that kale is a dark green vegetable, it is only 35 calories for 100 grams and packs many nutrients.

Crispy Kale Chips: Ingredients: fresh whole leaf kale, 1 Tbsp. olive oil and one-half tsp salt

- Steps:**
1. Pre-heat oven to 350 degrees
 2. Rinse and dry kale
 3. Rip kale into bite sized pieces
 4. Massage the kale with the oil and salt in a large bowl
 5. Spread the kale on a baking sheet making sure that the pieces are not on top of each other
 6. Bake in oven for about 17 – 18 minutes or until crispy.
 7. Enjoy!

On March 8, 2023, I attended the OPC Nutrition Webinar on Prediabetes. Rashni John, Registered Dietitian, was the presenter. There were over 200 participants. To begin, we were regaled with Helen Reddy's "I Am Woman" because it was International Women's Day. This was a very informative presentation on prediabetes and diabetes. One would have prediabetes when one's blood sugar levels would be higher than the normal but, not as much as it would be with Type-2 diabetes. I learned that there were many factors which might lead to developing Type-2 such as: having a family history of diabetes, being over 40 years of age, being overweight, having high cholesterol, and having high blood pressure. Unfortunately, if one was prediabetic, many times, one could become diabetic within 3 – 5 years. **What could one do to prevent it?** Well, one would **need to quit smoking, eat healthier** (more low glycemic foods), **increase exercise** (to at least 150 minutes per week), **and reduce weight**. More information and more suggestions could be found at the Canada Diabetes website.

I would like to wish you and your families again a Happy Easter and may Our Lady of Good Counsel protect you all. Hope to see many of you at the Sheraton in Hamilton for the AMM!



A Friend is a Gift from God

Among the great and glorious gifts our heavenly Father sends

Is the gift of understanding that we find in loving friends...

For in this world of trouble that is filled with anxious care,

Everybody needs a friend in whom they're free to share

The little secret heartaches that lay heavy on the mind—

Not just a mere acquaintance, but someone who's just our kind...

For somehow in the generous heart of loving, faithful friends,

The good God in His charity and wisdom always sends

A sense of understanding and the power of perception

And mixes these fine qualities with kindness and affection...

So when we need some sympathy or a friendly hand to touch

Or one who listens and speak words that mean so much,

We seek a true and trusted friend in the knowledge that we'll find

A heart that's sympathetic and an understanding mind...

And often just without a word there seems to be a union

Or thoughts and kindred feelings, for God gives true friends communion.

"The Poems and Prayers of Helen Steiner Rice" compiled by Virginia J. Ruehlmann



With sadness, we say goodbye to
Past President Historian Pat
Crawford and Acting
Communications Chair Leanne
Harper who have resigned their
position on the Diocesan Executive
due to personal and work related
reasons. I wish to thank them for
all their hard work, encouragement
and support. We wish them well
on their journey of faith.

Resolutions

Mary Helwig-Hall

Resolutions Chair

resolutionscwlhamilton@gmail.com



- ARE YOU SORRY YOU MISSED ATTENDING the “Resolutions Information Webinars” held in Fall 2022? Fear not, for I bring you tidings of great joy!! The last Webinar was recorded on Zoom and is available for you to share as a presentation to members at a meeting or as a personal resource. IF YOU WOULD LIKE THE LINK and Power Point Slides supporting the presentation, please contact Mary Helwig-Hall at resolutionscwlhamilton@gmail.com I’m happy to present at an in person or virtual meeting to answer questions.
- Thanks again to St. Patrick, Hamilton and 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 is *that the CRTC & OLG provide clear warning disclaimers or limits to the recent On-line gambling advertising on TV and social media*.

Good news & Bad News:

- Unfortunately, due to lack of time and resources, the briefs and resolution documents could not be completed in time for January 31/ 2023 deadline. Therefore, **neither resolution will be presented at the 2023 Convention for the vote.** That’s the bad news.
- The Good news is that both of these Resolutions are worthy of attention and support. By the time you read this you would have heard me at the Regional Meetings letting you know that:
 1. There will be follow up meetings leading up to Convention in May 2023 to work on the research component for the Resolutions.

2. We will take the time during the “Resolution Dialogue” portion of Convention to present the research we’ve gathered for the Resolutions up to that point.
 3. We fully anticipate that both resolutions will be ready for presentation at the 2024 Convention.
- For more information on this report or questions regarding Resolutions Chair position, please contact me Mary Helwig-Hall, Hamilton Diocesan CWL Resolutions Chair resolutionscwlhamilton@gmail.com

Servants of the Common Good

“To each is given the manifestation of the Spirit for the common good.” 1 Cor 12:7

“As an agency of the Church, the strength of The Catholic Women’s League of Canada lies in connecting ourselves to the time in which we are living. Then, under the guidance of Our Patroness, Our Lady of Good Counsel, we can learn to relate to making “no secret of (God’s) kindness and truth in the vast assembly” (Psalm 40:9, 11). Within such an assembly we can have our voice heard as we reframe debates with renewed insights, and connect them all to the tenderness and compassion built into our feminine nature.”

**“And So We Go...From Season to Season
Under the Patronage of Our Lady of Good Counsel” by Mary Elizabeth Ryan**

Correction:

In the November issue of “The Spectrum” newsletter concerning virtual meetings. Online meetings are indeed allowed within the League and encouraged in order to keep all informed. National received legal permission during COVID to meet electronically, as it was not part of the C&B. Any motion made at a virtual meeting must be ratified at the next in person meeting.

Community Life

Mary Mutiibwa

Community Life Chair

communitylife@cwlhamilton.ca



Dear sisters in league, in this season, the church reminds us of the 3 pillars of lent; prayer, fasting and almsgiving. We are encouraged to soften our hearts and be open to the realities of the spirit, to experience the hidden 'hunger and thirst' for communion with God, be generous in order for our fast and prayer to be stronger and complete.

God gave us a gift of love, His own son. Our gift to Him is our love of neighbour. As we receive Him daily Jesus in the Eucharist, may we in return, see Him, receive Him and share His love with the poor, the needy and lonely. We give back what God in His love and goodness has already given us. We share in the divine love. Anytime is a right time for works of charity. So dear sisters, let us use our blessings to bless others, and use what we have to do the best of good we can ever do. Ref; **Matthew 25:35-37, Luke 16:19-31.**

The Catholic Women's League encourages us to respect Human Rights and Dignity. To promote Social and economic justice and support the Canadian organization for Development and Peace, and help with Refugees and immigration and citizenship. Please contribute/ participate individually, with your CWL council or at you parish.

In case you missed:

On February 8, 2023, there was an online Pilgrimage of Prayer and Awareness Against Human Trafficking. The theme was "*Journeying in dignity*". A prayer from Pope Francis, information on the theme, downloadable documents such as Vigil of Prayer 2023—Journeying in Dignity, and other resources are available on the website prayagainsttrafficking.net."

On February 11, 2023 we had a webinar; "*We can Do Better! Domestic violence in Canada*". By Pam Hadder, community coordinator of Willow Place, Manitoba's largest and most utilized family violence shelter provider. Willow Place is a registered Canadian charity, and is a member of ShelterSafe Canada, Women's Shelters Canada, the Manitoba Association of Women's Shelters (MAWS), and the Family Violence Prevention Program's network of supportive services in Manitoba.

<https://cwl.ca/resources/800-series-workshops/>

Other links:

Canadian Catholic Organization for Development and Peace (CCODP): www.devp.org

I conclude with a word from **Hebrews 13:16** "Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God."

Christian Family Life

Joanne Palmer

Second Vice President

Christian Family Life Chair

rpapj@rogers.com



One of the objectives of Christian Family Life is to protect the sanctity of Life. The CWL members have been doing this by sending government many resolutions regarding the rights of the unborn child, so far Canada has no laws limiting abortions at any time. We as members support many prolife organizations, and take part in events, like March for Life and 40 Days for Life. We also support organizations looking after women and children need when they chose life and women who have been traumatized by abortion with organizations such as Project Rachel.

We as a league should focus on protecting the sanctity of life. We can do this by praying to change minds and contact our members of parliament and ask them to protect the sanctity of life by passing into law a ban on abortion.

Another objective of Christian Family Life is to learn and support Vocations and what they do. We also work with the Knights of Columbus and the Serra International. Vocations, the mission of the Roman Catholic Church as followers of Jesus Christ. They are committed to encouraging the baptism and vocation of each Catholic and nurturing vocations to the priesthood and religious life. Please keep the seminarians in your prayers. Every year the Serra Club holds a Vocations Recognition dinner to honour the Seminarians and Religious Life, due to COVID it has been cancelled. This will be the first year it has returned it is going to be held on Tuesday May 2nd 2023 at Liuna Station in Hamilton.

FREE ONLINE WEBINARS FOR ALL MEMBERS

PROVINCIAL WEBINARS – GO MAKE A DIFFERENCE!

Education and Health

May 8 2:00 pm Horizons of Hope

To register contact shailaflavy@gmail.com

Organization Chair

March 22 8:00 pm Spring into Leadership Recognize Your Style!

April 19 8:00 pm Why did God give us personality and free will?

May 17 8:00 pm Public Speaking, Not Me! Yes, You!

June 14 8:00 pm TBA

To register contact preselectopc@baytel.net

NATIONAL WEBINARS – HEART TO HEART

Postponed 1:00 pm Growing in Faith

<https://attendee.gotowebinar.com/regi.../7777453101931786335>

March 28 1:00 pm Act Justly, Love Tenderly, Walk Humbly

<https://attendee.gotowebinar.com/register/9117209675793222965>

April 15 1:00 pm Who Me? A Leader?

<https://attendee.gotowebinar.com/regi.../1731296934923758172>

See the national website “Heart to Heart” to obtain the links.

COME TO CONVENTION!

**We invite you to the 103rd Annual
Hamilton Diocesan Convention**

**At the
Sheraton Hamilton Hotel**

May 6 & 7, 2023

Some highlights and incentives to entice you to attend:

- **Each member who attends will receive a special keepsake!**
- Colleen Martin, Provincial President Elect and Organization Chair will present a **workshop on “Sharing His Promise, Love and Hope”**
- Diocesan Resolutions Chair, Mary Helwig-Hall will give a presentation at the “Resolutions Dialogue”
- Special Prayer Services throughout the convention including a Marian service and vigil prayer services Saturday evening
- Parish Councils will inform us on their **“Community Service Project for the Youth”**
- entertainment Saturday evening
- Instructed Voting on proposed National Amendments
- Saturday evening banquet and presentation of special League Awards **with His Excellency Auxiliary Bishop Wayne Lobsinger, VG, EV**
- Sunday Closing Mass and Reaffirmation Ceremony with Celebrant



His Excellency Bishop Douglas Crosby OMI, DD



Volunteers Needed

For the Hamilton Diocesan 103rd Convention

As you know many hands make light work. We are looking for volunteers to help with different divisions at the convention. Some time slots range from 1/2 hour to 2 hours depending on the divisions. If interested in any one of these jobs **please contact Co-Convention chair Ana Sousa** conventionchair@cwlhamilton.ca

Divisions:

Registration Desk

- working the registration desk and giving members their registration/meals packages
- 1 hour time slots
- Saturday 7:00 am – 4:00 pm; Sunday 7:00 am – 10:00 am

Meals

- collecting tickets for meals for lunch & dinner and coffee during health breaks
- 1/2 hour time slots
- Saturday 1st health break, lunch, 2nd health break, dinner
- Sunday breakfast, 1st health break,

Transportation

- collecting bus tickets for the Masses
- 1/2 hour time slots
- Sunday Mass

Hall Properties

- runners at business sessions, placing items on convention tables, assists with signed motions, removal of items at end of business sessions, helps members with microphone
- 1 ½ hour time slots
- Saturday business sessions, Sunday business sessions

Set Up/Take Down

- helping set up displays, archives, grotto, altar
- helping take down displays, put items into storage, removal of items
- 1-2 hour time slots
- Saturday morning & Sunday lunch

Let's All Work Together!!

Convention Silent Auction Donations Needed



Proceeds in Support of
League Development & Leadership Fund

The League Development & Leadership Fund is used to assist parish councils to promote League leadership training, League development and spiritual workshops and to offset expenses of Diocesan Officers, Committee Chairs, and Regional Executive in attending provincial and national conventions.

Please Contact:

- Joanne Gregson: kitchenerchair@gmail.com

The Silent Auction

Thank You



Donations can be brought to the Spring Regional meeting or dropped off on Saturday morning of the convention but send donation form to the Silent Auction convener in advance of convention.



The Catholic Women's League of Canada
Hamilton Diocesan Council

2023 CONVENTION MAY 6 & 7, 2023

SILENT AUCTION DONATION

Please complete and return Form.

Name of Donor: _____
Parish / Region / Individual

Mailing Address: _____

Phone #: _____ Email: _____

Item Description: (a background / story on the item would be helpful)

Dollar Value: _____

Return Form To: Kitchenerchair@gmail.com



**BROUGHT SATURDAY MORNING BUT PLEASE
SEND FORM IN ADVANCE OF CONVENTION**
This will allow setup at convention to be



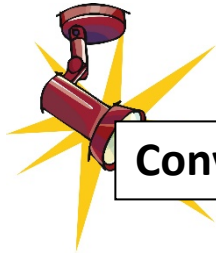
**ITEMS FOR SILENT
AUCTION CAN BE**



*completed in a timely
manner.*

Silent Auction takes place on Saturday from 9 am to 7 pm.

Convention 1984



Convention 2000

Convention 2013

Shining the Light!

...ON PARISH COUNCILS...

BRANT/HAMILTON REGION





Vote to amalgamate between Corpus Christi, Hamilton Council and
Our Lady of Lourdes, Council on December 21, 2022
Pictured are: Council President Barbara Fanson and
Council President Marie Ssemenda

KITCHENER REGION

Plans are in place for the Kitchener Regional scheduled for March 18th at St. Anthony Daniel in Kitchener. Looking forward to meeting any new Parish Presidents and any of their executive that plan on attending. The day begins with a mass at 9 am.

With the change in the length of the Convention scheduled for May 6th & 7th, we have created a form for any donations to the silent auction. In the case that you don't have a form, please send your request to my email kitchenerchair@gmail.com and a form can be forwarded to you. Due to the timeframe that we have for setting this up on the Saturday morning, it has been requested that donations be brought to your Regional Meetings along with the

completed form. For those that have not made the decision at the time of the regional meetings, the forms are to be sent to my email in advance so all the auction sheets can be prepared in advance. Thanking the Parish's in advance for their donations.

2023 Fall Regional meeting will be held at St. Joseph's Parish, Guelph. The Spring 2024 Regional meeting will be held at St. Agatha Parish, St. Agatha. Further details to come as to dates.

Sadly missed is our Sister Anastasia Brohman from St. Joseph, Fergus who passed away on February 23, 2023. Stasia was a member of the League for 78 years and was in her 104th year when she passed. She had a beautiful spirit, a wonderful smile and was a humble servant of the League. May she by the grace of God rest in peace.

St. Joseph, Fergus





St. Joseph, Fergus held elections in January with the new structural changes in place. Pictured above is the new 2023-2025 Council Executive: left to right Barbara Cassidy, Lena Nudds, Pat Rivett-Kitras, Judy Daniel, Spiritual Advisor Father Robert He'tu, Council President Sue Beatty, Sherie Bowen, Joanne Gregson, Rose Anne Sander

NORTH REGION

Snowed in!!!

All I Am I Offer

All that I am I offer to You



That I may be transformed to serve You true
Be my faithful guide and beacon of light
Allowing me to spend eternity in Your sight

Jesus this is why You came down to earth
To lead me, reminding me of my worth
Dying on the cross and not counting the cost
You won salvation for me so I would not be lost

Please remind me daily my Saving Lord
To live with others in one accord
Promoting peace and justice for us all
Forever answering Your heavenly call

"An Easter People
Inspirational Poems for Personal Reflection and Prayer"
By R. J. He'tu



HAPPY EASTER