

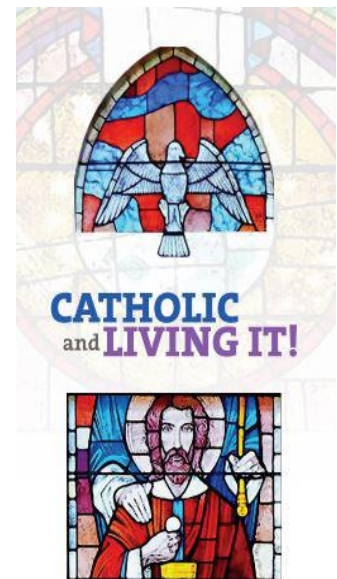
The Spectrum

May 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



Dear Sisters in the League

It was so fantastic seeing members from across the diocese at the 103rd Annual Diocesan convention in early May. I hope you were enlightened by the Officers reports, inspired by the wonderful work that is being done by your Sisters in the League, and encouraged in living out your own call to ministry.

There were 51 parish councils represented at the convention with 27 first-time members and a total of 187 people. It was a different format this year, but many exciting events were packed into the 1 ½ day convention. Here are some of the highlights:

- ✚ Sharing of information and ideas at the Resolutions Dialogue led by Resolutions Chair Mary Helwig-Hall.
- ✚ Uplifting Eucharistic Celebration on Saturday celebrated by Diocesan Spiritual Advisor Father D'Sa in which \$793.20 was collected for the "Legionaries of Christ".
- ✚ Instructed Vote on the proposed National Amendment – vote adopted "yes".
- ✚ Marvellous examples of "faith in action" in the reports on the "Community Service Project for the Youth" by 22 parish councils.
- ✚ The glorious Crowning of Mary ceremony in which youth member, Ashley Palmer, placed the crown on Mary's head alongside her mother, Second Vice President & Christian Family Life Chair Joanne Palmer, who placed a bouquet of flowers.
- ✚ His Excellency Auxiliary Bishop Lobsinger, VG, EV delighted us at the Saturday night banquet with words of wisdom and encouragement.
- ✚ Six nominees were honoured to be nominated for the Frances Lovering Woman of the Year Award. Council President Wendy Synnott from St.

Joseph Council, Guelph, received the award on behalf of “Fran Clair Fairfull” the award winner.

- ✚ Life Member and National President-Elect Shari Guinta presented Joan Schurter with a Life Membership Pin. **CONGRATULATIONS JOAN!!!**
- ✚ Sunday morning, Provincial President-Elect and Organization Chair Colleen Martin gave an excellent workshop on “Sharing His Promise, Love and Hope!”
- ✚ His Excellency Bishop Crosby, OMI, DD, joined us for the Closing Mass at St. Mary’s Pro-Cathedral, Hamilton. He received a bouquet of roses in celebration of his 25th Anniversary of Episcopal Ordination.
- ✚ Reaffirmation Ceremony of the diocesan executive officers completed the convention weekend



I have so enjoyed visiting the parish councils presenting the “National Unity Outreach Project” alongside members of the diocesan executive, regional executive and Life Members. The parish councils are truly amazing with the many ways members serve their parish, community and their fellow Sisters of the League. To date, we have visited 27 councils for information sharing and dialogue. Over the next few months, the diocesan executive will be discussing ways that we can help support the councils in helping to achieve their goals. If your council has not been visited yet for this presentation, please contact me to set up a date.

At the convention workshop, Colleen Martin asked the members which was their favourite passage of the Bible. There are so many Bible passages that inspire and give me strength but there are two I would like to mention. The seven **“I Am”** statements from the Gospel of John; **“I am the bread of life”** (John 6:35), **“I am the light of the world”** (John 8:12), **“I am the gate”** (John 10:9), **“I am the Good Shepherd”** (John 10:11), **“I am the resurrection and the life”** (John 11:25-26), **“I am the way, and the truth, and the life”** (John 14:6), and **“I am the vine”** (John 15:5). These powerful passages give me hope, give me peace and give me incredible joy.

The other Bible passage that so resonates with me is **“I Thirst”** (John 19:28). Rev. Dr. Kyle Norman, a rector at St. Paul’s Cathedral in Kamloops B.C. wrote “It is because Jesus thirsted on the cross that he can quench the deepest longings of our soul. It is because Jesus suffered rejection and cruelty that Jesus is able to offer healing for us. It is because Jesus died on the cross that Jesus meets us in the place of death and transforms it to a place of eternal life.” (crosswalk.com)

Also, Saint Teresa of Calcutta wrote a beautiful letter called “I Thirst For You”. She said the words, “I Thirst” served as a reminder of the purpose of the Missionaries of Charity – to quench the thirst of Jesus for souls, for love, for kindness, for compassion, for delicate love.”

“I Thirst For You – just you, as you are. You don’t need to change to believe in My love, for it will be your confidence in that love that will make you change. You forget Me, and yet I am seeking you every moment of the day – standing before the doors of your heart and calling”.

This is one quote from the letter she wrote, I encourage you to read the whole letter or watch it on YouTube “I Thirst – Saint Mother Teresa Meditation”.

For the next year, I make the commitment to inspire the members in their ministry, encourage them to share their God gifted talents and to serve with joy ***“Sharing His Promise, Hope and Love.”***

May Our Lady of Good Counsel continue to guide us in our service for God and Canada.

Sincerely,

Joyce Cotter



Diocesan Spiritual Advisor

Father Ranjan D'Sa

Pastor St. Dominic, Oakville

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Note new email

The Western world and its thinking is mainly influenced by the philosophies of ancient Greece, especially when it comes to the understanding of the nature of human beings. Jews did not make any distinction between body and soul like the Greeks did. For Jews, a human being is totally one and inseparable whole. When a human comes into existence, the Jews held that the total being is in existence; likewise, when he/she goes out of existence, he/she entirely ceases from existence in death.

Then what will happen when we die? The prophet Isaiah contemplated this question often: "For the dead cannot praise you...Those who go down to the grave can no longer hope in your faithfulness" (Is 38:18). Jewish rabbis' later started to teach people that at the end of the history, God, through His power, would raise people back to life again. We all will repossess our body.

Paul, after his encounter with the risen Christ responds to this burning question in a different way. Now Christ is the key to all his answers. In Corinthian chapter 15, Paul goes back to Genesis chapter 2 to elaborate his ideas on death and after life. Paul compares Adam with Christ based on their humanity. Adam by virtue of his creation is 'of earth' and Jesus by virtue of His resurrection is 'of heaven'.

For Paul the second Adam – Christ – became a heavenly being mainly in His resurrection. Therefore, every human being who dies in Christ shares this life giving/receiving gift from God. By our birth, we all share in the humanity of Adam, therefore, the body that we receive is perishable – it is of the world and belongs to this world. When we share the resurrection of Christ, we receive the resurrected body, just like Jesus had, which is heavenly and eternal.

Paul is exhorting us to live our lives modeled on Christ. Though in nature we put on the earthly body (Adam), we must live as if we belong to heaven (Christ). For in our resurrection, we will put on imperishability. In baptism we are 'already' given assurance for eternity, but we are 'not yet' there. It is in Christ's death that we are made partakers of the heavenly body.



Mary Mother of God, Oakville



Organization

Teresa DiFalco

President Elect/Organization Chair

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PRESIDENT ELECT AND ORGANIZATION CHAIR



INTEGRITY IS
choosing
COURAGE OVER COMFORT;
CHOOSING WHAT IS RIGHT
over what is
FUN, FAST, OR EASY;
AND CHOOSING TO
PRACTICE OUR VALUES
rather than simply
PROFESSING THEM.

Dear League Sisters,

It was a delight to see of you at our annual meeting of members/convention early this month. I value and appreciate the kind and encouraging feedback you provide to me in the work I do to support and serve you as Hamilton Diocesan President Elect and Organization Chair.

In this newsletter, I will share more information on League development in the areas of leadership and membership. I will also share the significance that the month of May plays to our faith and development as Catholic women, with Mother Mary as woman leader and role model.

THE MONTH OF MAY & BLESSED MARY AS WOMAN LEADER & ROLE MODEL:

The Catholic Church has honoured our Blessed Mother Mary during the month of May for centuries, and for as far back as the Ancient Greeks (the medieval period). Mary was

considered the end of the cold dark winter and the start of the beautiful and vibrant spring. When the earth awakens and becomes anew with signs of new life, we are reminded of the birth, death and resurrection of Jesus Christ, and the significant role Mary played in our salvation. It is my prayer that each member embraces the month of May with gratitude and devotion to our Blessed Mother, and our League patron - Our Lady of Good Counsel.

Blessed Mary is a timeless role model, including that as leader. Leadership is not typically a trait we identify our Holy Mother with, but Mary did possess many great leadership skills, including that of Good Counsel. As women and as leaders, we can learn from the many attributes and virtues that Mary lived by. Mary was a woman of unwavering faith, courage, gusto, devotion, compassion and love. Mary was the first disciple of Jesus Christ. Mary counseled Jesus throughout his entire life. She championed Jesus, even when others attacked Him. Mary faced adversity and hatred with grace and always did what was right, no matter how difficult or unpopular. Jesus respected Mary greatly and looked to her for counsel, for He trusted her and believed in her gifts and wisdom. We too must learn to respect and trust in the gifts and wisdom of each other for counsel and support. When we do this, we build each other up and strengthen our councils and League. Jesus showed us the way to validate and respect women who gave of their time and gifts, and we should do the same.

Mary's courage, hard work, faith and trust in God is what allowed her to see her leadership role through a lens of hope and love. May you each embrace that same vision, and respond to the call to serve as Mary did! For help in doing this, the following is a prayer for guidance and wisdom. *"Holy God of heavenly wisdom, you have given us Mary, Mother of Jesus, to be our guide and counselor. Grant that we may always seek her motherly help and good counsel in this life and so enjoy her blessed presence in the life to come. Amen"*

LEADERSHIP:

The Catholic church considers leadership as a calling and a charism. According to Eamon (2015), leadership is a gift from the Holy Spirit, to serve God and His people as they build the Body of Christ.

Proverbs 4:23 Guard your heart above all else, for it determines the course of your life. Leadership is ultimately a product of the heart we have for others and the vision we've been called to lead. The heart impacts passion, motivation and tenacity.

In Matthew 20:25-28, Jesus tells His disciples that **leaders should not exercise authority over people**. Instead, whoever wants to become great leader must **lower themselves to be a servant**. Leaders realize that serving others is the only way to lead with a pure heart, free of pride and arrogance.

Through my journey and growth in leadership, which included formal education and training, as well as real world opportunities, I have accumulated a wealth of experience leading in all kinds of situations. This has resulted in my being recognized and

acknowledged for my leadership acuity. I would like to share some helpful guidelines and tips on leadership:

Learning is a lifelong journey, and sharing what you learn is the first step in being a good leader. Good leaders need to understand their own motivations, strengths and weaknesses. A great leader connects with their team by encouraging and facilitating open communication, which promotes growth and development of the team, and giving and receiving feedback.

One success indicator of being an effective leader is that you are able to create and maintain a healthy environment and those called to work together are happy, motivated, productive and better connected to each other and the organization. Great leaders make those around them better. If you observe that your team has become disengaged, then it is time to reassess your leadership strategy. Do not get discouraged as studies have shown that 40-60 percent of new leaders fail within their first 18 months, but you can turn things around. The following leadership strategies have been identified as the best to motivate, engage and create teams who love working together, feel valued, championed and are productive:

- **Integrity** is the most important quality of a good leader. Integrity is the cornerstone of leadership. Integrity is honesty, trust, fairness, respect, responsibility, and courage. ***Leaders who choose courage over comfort; choose what is right over what is fun, fast or easy; and choose to practice their values rather than simply profess them, are leaders with integrity!***
- **Communication** is one of the most important elements of effective leadership. Communication must be open and honest, as a leader's own honesty and transparency serves as an example for the rest of the team. A leader will gain respect and inspire their team when they are straightforward and make honest and ethical behaviour key values. Communication is both verbal and listening, however the best leaders listen more than they speak.
- **Inclusiveness and welcoming.** Good leaders ensure that members of their team feel welcomed, included, respected and valued. No team member should ever feel undermined or excluded.
- **Connectiveness** builds trust and understanding, which are other key elements in being a good leader. Connectiveness is essential to being a servant leader as you are connecting with the whole person (body, mind, and soul). Key traits of a servant leader require **positivity, purpose, empathy, compassion, humility and love.** These traits will provide a genuine connection to members of your team, by building personal relationships that are valued and respected.
- **Build a healthy relationship with each team member.** If division forms, work harder to find peaceful measures towards unity. Healthy **relationships** are so important that God didn't just suggest we treat others well; He commanded it. Jesus is our role model for how to love people.
- A good leader always puts **their team members first** and **makes time for them.**
- Good leaders **support** and **champion the members of their team** and works with them when looking to find solutions to issues.

- **Empowering** others is another strategy that makes a good leader. People need the freedom to be creative and share their God given gifts. This means allowing your team members to move forward without feeling micromanaged.
- Good leaders keep a **positive attitude and environment** by working with the people directly involved to resolve issues. They do not bring issues to other forums, which can cause embarrassment to those involved, and introduce toxicity.
- **Timely information sharing** is important when working as a team. Nobody in the team should ever learn of information from an outside source, or be caught off guard.

“I’m no longer accepting the things I cannot change... I’m changing the things I cannot accept.” – Angela Davis

I encourage members to go back and re-read the sections on Sisterhood, Good Leadership, Leadership & Communications, Leadership & Issues Management, Fundraising, and More on Good Governance, from my March 2023 newsletter submission.

MEMBERSHIP / RECRUITMENT / MATINENANCE / TRANSFERS:

Membership:

The meaning of membership is to belong to a group or organization. Each member shares the same rights and responsibilities of being a member. The Catholic Women’s League of Canada (CWL) is a national organization that is federally incorporated under the Canada Not-for-profit Corporations Act. Organizations such as the CWL are required to have structure in place, which guide and govern the operations of the League, so to ensure fairness, harmony, and the rights of members are protected. The League has governing documents to provide structure and fairness, so to avoid issues and conflicts among members.

Recruitment:

I have been working with many councils on membership drives. Membership drives should be an ongoing activity throughout the year. There is no greater welcome than a personal invitation, so I encourage members/councils to extend warm personal invitations to parishioners and all woman 16 years of age and older. The League is also an opportunity to evangelize and convert ☩ In addition to bulletin announcements, have members present before and after Mass and other church events to welcome women, promote the League and invite them to a meeting or League event. Hold League socials or events with themes and/or guest speakers. Contact me if you are looking for some ideas.

Many councils break for the summer months to spend time with family, friends and nature. Consider hosting a welcome back social in the fall for existing members and encourage them to bring a friend. Place an announcement in your parish bulletin and invite all women of the parish to attend. Make it fun, faithful and fulfilling! There are many resources on our National website to promote the League. I encourage you to visit the site and use these promotional materials.

Maintenance:

Membership maintenance is just as important as membership recruitment. Current members appreciate reminders of when membership fees are due, when meetings and events are taking place, and the personal touch of reaching out and checking in. Up-to-date council records makes for a well-organized council. Try to process membership information in a timely manner. Keeping the lines of communication open is important to keeping members invested in their League membership. Be sure to respect and recognize members. One way is through recognition and awards. The League offers several awards that councils can honour members with. Some awards include:

- Nomination for the Frances Lovering Woman of the Year Award
- Bellelle Guerin Award
- A Maple Leaf Service Pin
- Certificates of Merit

Membership Transfers:

When a member transfers from one council to another, a membership transfer form must be completed and signed by the council the member is transferring from. The form includes the members name, ID number, the name of the council the member is coming from, the name of the president and the name of the Spiritual Advisor, the year the member joined the League, a list of offices the member held on parish council executive and the year(s), the last year the member paid their membership, and the member's contact information. The form is signed by the president and the organization chair. This information is important and follows a member, should she transfer to another council(s). The member is to present the completed and signed membership transfer form to their new council, who shall use the information for their records and advise National of the membership transfer. The membership transfer form can be found on the National website under the 500 series.

SPECIAL MENTION OF AWARDS:

I am pleased to report that we received 6 worthy nominations for the 2023 Frances Lovering Woman of the Year Award. The winner of the award was presented to Fran Clair Fairfull of St. Joseph - Guelph. Please help me congratulate Fran and the five other nominees, Anne Didio-Crawford of Blessed Sacrament – Kitchener, Kristine Paul of St. Mary – Brantford, Diana Quildon of St. Patrick – Hamilton, Gail Fitzgibbon of St. Andrew – Oakville, and Clara D'Cuhna of St. Aloysius – Kitchener.

IN CLOSING:

I look forward to continue to share and support you in your role(s) as members and executives. Stay tuned for new information and exciting workshops and presentations on League development and leadership training that I look forward to offering you in the near future.

Please continue to read and learn more about the League and your roles and responsibilities as an executive member (if you are serving in such role) and also as a member of the League. Visit the National website to download and read the League's governing documents, attend leadership development opportunities, attend League meetings and conventions, and ask 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.

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 light 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



Diocesan Treasurer

Mary Clark

Treasurer

treasurercwlhamilton@gmail.com

Note new email



Members have asked

WHAT HAPPENS WITH THE \$6.00 WE RECEIVE FROM NATIONAL?

Split three ways

Bishop's Charities -----\$.30

Convention -----\$1.00

Operating Expenses as detailed below -----\$4.70

1 – Bank Charges – monthly service charges, cost of cheques

2 – Financial Review Fee – stipend given to accountant who reviews the books

3 – Insurance – Provincial Insurance Premium, National Directors Insurance

4 – Merchandise Purchases – items purchased from National for resale at regionals and convention

5 - Office Expenses – printer ink, paper, postage, envelopes, misc. office supplies etc.

6 – Operational/Admin – Secretary's expenses for Mass Cards, cards, flowers, charitable donation, long distance for officers and Life Members

7 – President Telephone & Internet – President receives a stipend of \$50.00/month to cover her expense for personal use of long distance and internet

8 – Website – monitoring of officers' email addresses and website upkeep, Zoom subscription

9 – Officers Travel Expense – for mileage paid to officers to attend executive meetings, council visits – currently at .52 cents/km

9a – Annual Report Book – now online – cost of printing copies for Life Members, archives and councils who request a printed copy

9b – Dinners/Conferences – cover cost for President to attend dinners such as Serra, Bishop’s Dinner, ticket for special events or conferences

9c – Training/Workshops – cover costs of education series, restorative workshops, speaking/training sessions at councils

9d – Retreats – cover cost of 1 for Officers, 1 for members

9e – Gifts/Honorariums – cover costs for Spiritual Advisor, Outgoing President gift, Life Membership, Bell Guerin, Francis Lovering Award, Social Justice Award (provincial award but we pay a nomination fee), Hospitality for Spirituality Day

9f – Donations – to cover cost of donations awarded yearly as decided on by Executive Officers

9g – Regional Expense – Spring & Fall – to cover regional chair costs such as printing, once every 2 years for speaker or presentation for an amount up to \$200.00, officers’ expenses to attend such as mileage, hotel

9h – Provincial Convention – to cover costs for 2 Accredited Delegates & Spiritual Advisor to attend

9i – National Convention – to cover costs for 2 Accredited Delegates usually President, President Elect or 1st Vice President & Spiritual Advisor to attend.

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.



Education & Health

Francesca Simone

Education & Health Chair

CWLeducationandhealth@outlook.com



Note new email

It was great seeing many of our members at the AMM. Hope everyone enjoyed themselves and found it very informative.

The first week of May was Catholic Education Week. I hope everyone had a chance to visit the schools of their children / grandchildren and see education in action. The CWL Provincial website has an OPC Ontario Education Pamphlet which explains the reason why Catholic Education is important in Ontario. Remember to check if your municipal education taxes are going to the Separate School Board. Your city clerk has the information. If you are not registered for the Catholic Board, please contact the Separate School Board in your city and they will help. As Catholics, it is up to us to make sure that our children / grandchildren are able to be instructed in our Catholic faith.

From May 7th to the 13th, was National Hospice Palliative Care week. Many of our parish councils participated in the 12 Hours of Prayer for Palliative Care. Provincial and National websites have many prayers and resources that the councils may download. We, as believers in the sanctity of life, need to pray not only for the person whose life is ending but also for the caregivers who are journeying on their own road.

May is also Hypertension Awareness Month. Many people in Canada suffer from this avoidable disease known as the “silent killer”. High blood pressure can lead to strokes, heart attacks, kidney failure and dementia. Have your pressure checked and try to cut down on stress. If you are diagnosed with hypertension, try to reduce your sodium and alcohol intake. Weight loss and exercise will sometimes help the readings. Diets, such as the Mediterranean Diet, with plenty of fruits and vegetables and polyunsaturated fats will also help.

As I stated in my report, one of my focuses is the importance of mental health. These days, many people find themselves bombarded by stress. This can lead to

feelings of being unwell. Recently, one of my friends suggested a stress reliever that I tried for the first time a few days ago. Do you remember as a child using Popsicle sticks, kitchen utensils or just your hands drumming on the table, pans, or some other object? Do you remember how much fun it was? Your parents and siblings might not have liked it but, it was very entertaining to you. Cardio Drumming is a cardio exercise that is good for all ages and reduces stress. It actually works on both sides of the brain and can help with coordination. You can use whatever you have on hand such as a couple of wooden spoons and a cushion. You will be able to find many examples of the drum exercises on YouTube. Happy drumming!

June is Brain Injury Awareness Month. It seems that most years, over 150,000 Canadians suffer a brain injury. This injury may affect their daily lives with respect to coordination, getting dressed, talking, and other activities. If you or anyone you know has suffered a brain injury, seek immediate medical help. In order to try to avoid head injuries: wear your seat belt, do not drink and drive, wear a helmet when required, and prevent falls in the home.

June 5th is World Environment Day. Everyone needs to do something to help our planet. Do you realize that 23 million to 37 million metric tons of plastic will pour into the oceans every year? These plastics are harmful to all living creatures. Since plastics break into tiny pieces and do not biodegrade over time, these tiny pieces have been found in the digestive system of scores of animals. We are actually ingesting the tiny bits of plastic ourselves when we eat those animals. We need to begin using reusable items in order to try to stamp this type of pollution.

Hope to see many of you at the Regional Meetings in September. Also, hope everyone enjoyed a fantastic Mother's Day on May 14th.

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

Respectfully submitted by:

Francesca Simone
Education and Health Chair

Christian Family Life

Joanne Palmer
Second Vice President
Christian Family Life Chair

rpapj@rogers.com

Note new email



Christian Family Life

We as members are called to work with people and to help them. Over the past year we have done a few of these things:

On May 9th, 2023 I took part in a webinar with a special guest speaker and her topic was “At the Foot of the Cross”. It was about Palliative Care from a Christian’s perspective. How we can process the process of dying. Along with the process comes along depression, anxiety and loneliness. If you would like to learn more and see the webinar you can go to the National CWL website and click on “Palliative Care Webinar” held on Tuesday May 9th, 2023.

Another objective is to protect the Sanctity of Life. The concern is euthanasia or medical assistance in dying (MAID). The CCCB describes this as taking of human life and is a grave and morally unjustifiable act. In June 2016 Bill C-14 An Act to amend the Criminal Code to make amendments to Other Acts. The premise at the time was that Canadians facing a terminal illness should have a choice in how they die. The pressure to further expand MAID resulted in Bill C-7 An Act to amend the Criminal Code about MAID. For Canadians to have the choice envisioned Bill C-14 there must be viable options for MAID access to palliative care. We as CWL members should communicate their concerns to ALL levels of government. Let us be the voice to those with terminal illnesses, disabilities and chronic health issues.

Our Lady of Good Counsel Pray for US

Diocesan Secretary

Kim Ansty

secretarycwlhamilton@gmail.com

Note new email



PURPOSE

“Faith, Service and Social Justice are the cornerstone of the Catholic Women’s League. They give purpose to our lives. Come and grow with us.”

Prior to becoming involved with the Catholic Women’s League I am afraid to admit but my life was for myself. I would work all day, cook dinner, spend some limited time with my kids and my husband and go to bed. Day in and day out. A fairly purposeless driven life. I know it is important job to be a wife and a mom and bring income into my family, but I needed more to feel fulfilled.

I was at church when the ladies of the league presented their annual membership drive. For the life of me I don’t know why I hadn’t been part of the league sooner. I was inspired to sign up. After that, I did nothing. I couldn’t even say I was a praying member. Then, one day I got a phone call asking me to contribute to the parish bazaar and volunteer. Can I tell you, had this woman not reached out I don’t think I would have become more active in our parish league. I am so thankful for that one call. It made me feel needed in a different way than at home.

The door of opportunity to assist the league was opened for me. The following year elections were being held. As I sat in church one of the executive members spoke and expressed the need for a president for their executive. I recall exactly how I felt at that moment. A feeling of excitement and anxiety rushed over me. I really felt the Holy Spirit calling me to this ministry. And the rest was history. The ladies were so supportive in guiding me through this role. Allowing myself to serve on the executive in this capacity really struck a chord with me and helped me reach that feeling of fulfillment I was missing.

My first convention was during my first term of presidency. Yes. I served more than one term. I think some others in the room can relate. That same feeling of excitement and anxiety washed over me again when Shari Guinta suggested that I play a bigger role in the league. To be honest, I wasn't sure I was up to the challenge and held off for a few years before accepting the position of secretary on the Diocesan Executive. Again, the ladies welcomed me and continue to guide me in my learning curve on this position.

What has the League done for me?

I have found myself more spiritually fulfilled. I have taken to reading the Bible and learning about the Old and New Testaments on a higher level than when I only attended mass. I recently completed the Alpha course at St. Mark's parish. I have become more involved in my church by volunteering to lead the Children's Liturgy program. I have recently been asked to serve as an extraordinary minister; a task I am happy to take on. I can truly say that being part of the league has definitely grown my faith.

I have always been big on customer service. I now have an opportunity to serve not only at my job, but at my church and the larger community I am part of. From volunteering at church to coaching soccer, the league has helped me step out of my comfort zone to share my gifts with others.

I have had the opportunity to assist in many fundraising events such as Toasty Toes (socks for the homeless), Marillac Place (the baby bottle campaign) and Alzheimer to name a few. Yes, these opportunities were always out there for me but the Catholic Women's League was a vehicle to get me out there and become a driving force for others.

I urge you, be brave and talk to people about the league and ask them to get involved. The league fulfills many needs in our lives. Faith, Service and Social Justice, are just a few. What is your purpose? Were you put on this earth to be a mom? A wife? A grandma? A sister? A friend? We can be all those and so much more when we are sharing ourselves within the Catholic Women's League. Come and grow with us.

Kim Ansty

Secretary, Hamilton CWL Diocese

Communications



Just to note: Some of the Diocesan Executive Members, Diocesan Spiritual Advisor and the Regional Chairs have changed their email address. Please make a note of the new changes that are listed throughout the newsletter. Also the email addresses were removed from the Hamilton CWL website as the executive members was getting too much spam.

President – president@cwlhamilton.ca

Spiritual Advisor – spiritualadvisorcwlhamilton@gmail.com

Organization – presidentelect@cwlhamilton.ca

Spiritual Development – spiritualdevelopment@cwlhamilton.ca

Christian Family Life – rpapj@rogers.com

Secretary – secretarycwlhamilton@gmail.com

Treasurer – treasurercwlhamilton@gmail.com

Community Life – communitylifecwlhamilton@gmail.com

Education and Health – CWLEducationandhealth@outlook.com

Resolutions – resolutionscwlhamilton@gmail.com

Legislation – misiterane@yahoo.com

Historian – chocolatemartinix2@hotmail.com

Brant/Hamilton Chair – hamiltonbrantchair@yahoo.com

Kitchener Chair – kitchenerchair@gmail.com

North Chair – northchaircwlhamilton@gmail.com

**The deadline for submissions to
The Spectrum Diocesan Newsletter
for the July edition is June 30, 2023
Please send to president@cwlhamilton.ca**

Historian

Rosanne Sogan
Historian

chocolatemartinix2@hotmail.com

Life Member Rosanne Sogan was appointed as Historian. We welcome her to the diocesan team and know that she will do an exemplary job of mentoring, supporting and encouraging us in our ministry for God and Canada. Rosanne served as Diocesan President from 2011 – 2013 and is a member of St. Luke Council, Hamilton.



**Provincial Convention
2001**



**Diocesan Convention
2009**

New Life Member

Joan Schurter

Growing up on a dairy farm in Bruce County, my parents instilled the values of hard work and helping others from a young age.



Using these guiding principles, I began my teaching career (thirty -nine students the first year in Grade One) in Chepstow, (near Walkerton) and later as a special education teacher. Following my marriage to Michael (currently 54 years of marriage), we moved to Kitchener where we raised our three daughters while I continued working in the educational field.

Volunteering was and continues to be a big part of my life - our parish, (Social Committee, Volunteer Screening Co-Chair, Lector), Girl Guides of Canada, Sunnyside Senior's Home and currently at a Community Centre where I phone 10 – 15 stay-at home seniors once a week to chat and check on their everyday living.

I treasure spending time with our two daughters (and sons-in-law) and three granddaughters. My passion for reading continues. Our youngest daughter passed away nine years ago – the power of faith and community helped me with each step before, during and after her passing.

Following in my mom's footsteps, my Catholic Women's League journey began



twenty-six years ago when some ladies at St. Anthony Daniel, Kitchener, my home parish for over 50 years, met and formed a council. At the first meeting, I was asked to be their recording secretary. Following this two-

year term, I was elected treasurer and then Spiritual Chairperson, a very faith

fulfilling position. Over the following several years I served as President Elect, Co-President, President and Past President/Historian – never a year not sitting on the executive.

In 2009, I was asked to be Kitchener Regional Secretary and two years later became Kitchener Regional Chair, thus having a seat on the Hamilton Diocesan Council. I was elected Diocesan Education and Health Chairperson (2013 -2015). Education has always been dear to my heart being a teacher, as well as a focus on health with our youngest daughter having passed away at a young age. Diocesan President-Elect/Organization Chair (2015 – 2017) followed by the Presidency role 2017 -2019.

I have attended Provincial and National Conventions in the past years.

Co-Chairing our 2023 Hamilton Diocesan Convention was exciting and I look forward to 2024.

During my term as Hamilton Diocesan Past President/Historian, I was invited to be a member of Ontario Provincial Education and Health sub- committee and a proof- reader of their monthly Ontario Provincial Online Newsletter.

Currently I am a committee member of one of the working groups with the National Catholic Women’s League of Canada Strategic Plan “Recruit Parish Members/Leaders.”

My love of the League continues on. Having been the only girl in our family, I feel very fortunate to have many, many dear sisters in my life.

The Catholic Women’s League has truly been and continues to be a blessing in my life!

Joan Schurter
Hamilton Diocesan
Life Member



REGIONAL MEETINGS



The Brant/Hamilton Spring Regional Meeting was held on March 11, 2023 by gracious host council Holy Rosary, Burlington.





HAMILTON BRANT REGIONAL CHAIR

Colleen Ionson

hamiltonbrantchair@yahoo.com

Note new email

Spring has sprung and summer is on its way. I hope all who attended the convention found it valuable and provided some key learnings to help you and your council. I wish you all a safe and healthy summer. Some of the Diocesan Team are transitioning away from the CWL Gmail system. My new email is **hamiltonbrantchair@yahoo.com** Remember to always be kind to one another.





KITCHENER REGIONAL CHAIR

Joanne Gregson

kitchenerchair@gmail.com

Note new email



Kitchener Spring Regional Meeting was held on March 18, 2023 at St. Anthony Daniel Council, Kitchener. Life Member and National President Elect Shari Guinta presented certificates of merit to councils who increased their membership.



North Spring Regional Meeting



NORTH REGIONAL CHAIR

Nancy Skiba

northchaircwlhamilton@gmail.com

Note new email

Dear Sisters of the League

It is wonderful to be attending the 103rd convention as the North Regional Chair. When I took on this position in the summer of 2022 the North Region had 16 active councils. The northern region is the largest region in area – from Warton to Teeswater and from Kincardine to Mount Forest. This spring the Port Elgin St. Joseph’s CWL disbanded after trying so hard to remain active. I’m hoping that the CWL will become active again in the future.

The fall regional meeting was held at St. John’s, Glenelg hosted by the Glenelg and Durham Catholic Women’s League. There were with 11 councils present with a total of 30 in attendance. Joyce Cotter gave a very valuable workshop “The Myths and Misconceptions of the League”. The overall day was perfect. There was so much sharing among the presidents and the diocesan executive.

The spring regional meeting was cancelled due to the weather. But I did connect with the presidents and diocesan executive and emailed out all the reports. Technology is great at a time like this since the presidents were able to email concerns and I was also able to give them a check list on all the material that I received from the diocesan executive since January with the due dates. We did

not reschedule but the councils are looking forward to the fall regional meeting which will be held at Immaculate Conception Parish in Formosa.

As an organization, we are women of action. ACTION is the second reason of the “52 Reasons to Talk About the CWL!” We act through prayer, faith development, ministry, service, education and advocacy on social justice issues. Our sisters in the north fulfill all of the above. Many of our councils during Lent led the Stations of the Cross on Fridays. Many councils begin each meeting with Mass and if that is not possible, begin the meeting in prayer. We also have started again prayers at the funeral home for deceased members. One council hosted a prayer service for deceased members and spiritual advisors for the North Region. One of our councils ordered 300 Divine Mercy leaflets to make available to parishioners. Our councils in the north volunteer at food banks, help with clothing drives, raising funds for the South Bruce Grey Hospice, preparing bag lunches just to name a few. Donations are made to the Hanover Pregnancy Centre, breakfast programs, Women’s Shelter of Bruce County and many more. Many of our ladies are part of the church ministry as Eucharistic ministers, readers, commentators and choir members. For education some of our councils provide rosaries to the Grade 2 students and the New Testament to the Grade 4 students. Many also give an award at the Grade 8 and Grade 12 Graduation ceremony to students who are living the faith. There are many social justice issues: homelessness, abortion, euthanasia to list a few. One of the ways our councils address these issues is by writing letters to our MP’s and MPP’s.

What are the goals that we have in the north? I think our two goals for this year are: to stay active as CWL councils followed by recruiting new members. Also, to have an amazing get-together at our regional meeting in the fall.

Sincerely
Nancy Skiba
North Regional Chair



Shining the Light!

...ON PARISH COUNCILS...

Holy Family, Hanover
Celebrating
100th Anniversary



Purses of Love



C.W.L. PAST PRESIDENTS

Milk Bag Mats



Our Lady of Good Counsel Mass on April 26, 2023 at Holy Rosary, Guelph. Members from the Kitchener Region were invited to participate in this beautiful Mass.



Sylvia Zamin, Holy Rosary, Guelph embroidered the picture of Mary & Jesus for her mother



St. Francis Xavier, Stoney Creek



Birthright Shower



Feast of Our Lady of Good Counsel



Making Palm Crosses

**St. Mary of the
Visitation, Cambridge
Installation Ceremony
2023 Council Executive**





Birthright Baby Shower at St. Augustine, Dundas



**Household goods collection for
The Good Shepherd at St. Dominic, Oakville**



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.