

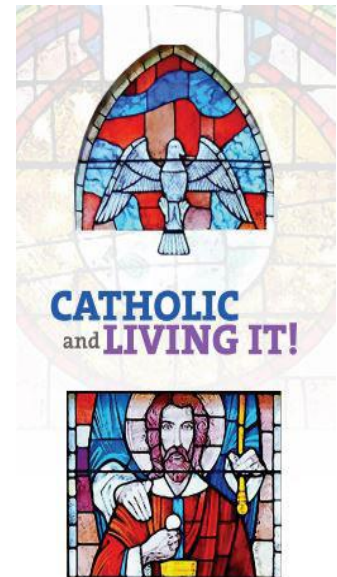
The Spectrum

JULY NEWSLETTER
Hamilton Diocesan Council
Of

The Catholic Women's League of Canada

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President's Message

Joyce Cotter

Diocesan President

president@cwllhamilton.ca



Dear Sisters in the League

We begin the month of July, celebrating Canada Day. What a blessing it is to live and work in Canada. A land of opportunities, freedom and extraordinary beauty.

I will be representing the Hamilton Diocesan Council at the provincial convention from July 9 – 12, 2023 in Cornwall, Ontario. It will be a time of sharing news and information; a chance to develop further relationships with the Sisters in the League and greet the four new Diocesan Presidents who were elected this year.

It will be a time to cast the Instructed vote for Hamilton Diocesan Council on the proposed amendment to the Constitution & Bylaws. Also an opportunity to listen to guest speakers, learn some skills at the mini workshops and be renewed in Spirit.

In August, I will be attending the Annual Meeting of Members of the National Council from August 13 – 15, 2023 as a Diocesan Accredited delegate to learn the accomplishments of the League members from across Canada. I will joyfully witness, Life Member and National President Elect & Organization Chair, Shari Guinta being elected as the new National President. I look forward to celebrating her achievements along with her.

The Annual Meeting will be livestreamed and available for non-voting members to view virtually. Click here to register for the 2023 National Annual Meeting of Members Livestream: <https://event.gotowebinar.com/event/53508b5b-88c1-4151-8fa6-a5306f798b9d>

Over the summer months, the Diocesan officers will be reviewing the answers and suggestions from the National Unity Outreach Project reports. Concrete plans will be formed to address the underlying issues of the League and shared at the fall regional meetings.

These visits to the parish councils have been so rewarding and fruitful. I look forward to the opportunity to visit the rest of the councils in the fall. We have been so blessed in Hamilton Diocese with truly amazing members and League councils.

I close with a verse from the hymn "This is My Song" found in Journey Songs 2nd Edition 1964 Lorenz Publishing Co. OCP Publications 2003

***"This is my prayer, O Lord of all earth's kingdoms.
Thy kingdom come, on earth thy will be done.
Let Christ be lifted up till all shall serve Him.
And hearts united learn to live as one.
O hear my prayer, thou God of all the nations.
Myself I give thee, let thy will be done."***

May we turn to Our Lady of Good Counsel to be our guide, our intercessor and lead us to her Son, Jesus.

Sincerely,

Joyce Cotter
President





Diocesan Spiritual Advisor

Father Ranjan D'Sa

Pastor St. Dominic, Oakville

spiritualadvisorcwlhamilton@gmail.com

One day, as I was preparing for my daily masses and reflecting on the day's scripture, I happen to read some reflections from Mark Link S.J., a great homilist, about our mission to evangelization. Mark Link gives a story which was narrated by a missionary to New Guinea. There was an old man who regularly came to the mission hospital to help the patients. He would go to the patients and read them stories from the scripture. On one occasion, as he was reading the scripture to some patients the resident doctor observed that the old man was struggling to read. After the thorough check up, the old man came to know that he was starting to lose his sight.

The very next day the man stopped visiting the hospital. Later the doctor came to know that the old man spent most of his time on the mountains by himself. One day the doctor went to visit the old man on the mountain and found him studying the scripture. The old man was memorizing the scripture while he could see for, he planned to continue to do his work of reading scripture to the patients even after he completely lost his sight.

Evangelization is trying to do for God what we can do within our means and abilities. As CWL Members, one of our priorities is to evangelize the world. We can learn a lot from that old man how to evangelize. God does not want us to perform some spectacular things. He wants us to do some simple things with love and giving one hundred percent of ourselves. Let us keep ourselves open to the promptings of the Spirit and to do something meaningful for the cause of the mission of evangelization of the church.



God Counts on Us

Only God creates, but we are called to enhance that creation.

Only God gives life, but we are called to cherish life.

Only God makes us grow, but we are called to be signs of God for each other.

Only God gives love, but we are called to care for each other.

Only God gives hope, but we are called to give each other reason to hope.

Only God gives power, but we are called to get things going.

Only God can bring peace, but we are called to build bridges.

Only God can bring happiness, but we are invited to be joyful.

Only God is the way, but we are called to show the way to others.

Only God is light, but we are called to make light shine in the world.

Only God makes miracles happen, but we must offer our loaves and fishes.

Only God can do the impossible, but it is up to us to do what is possible.

Favourite prayer of Helen Purdy,

St. Francis De Sales, Blessed Sacrament, Smith Falls, Lombardy
"A Collection of Prayers, Celebrating 100 Years",

Kingston Diocesan Council

Diocesan Treasurer

Mary Clark

Treasurer

treasurercwlhamilton@gmail.com



WHEN IS A LOTTERY LICENCE REQUIRED?

A Lottery Licence is required if you hold a 50/50 draw at your monthly meetings or other events. Most councils are aware that if they hold an annual bazaar, market place etc. that a licence is needed to hold draws for prizes which you sell tickets, penny or loonie tables. Anything that is considered a game of chance requires a licence. Check with your municipality as to what the bylaw for your area is. I have been made aware that some councils apply for a licence at the beginning to the year to cover all their activities for the year.

WHAT CAN WE DO WITH EXCESS MONEY FOR FUTURE PROJECTS IN YOUR PARISH?

Invest these funds into a GIC. Speak with your bank and they will advise you as to the rates and terms offered, keeping in mind when the monies will be needed by the parish.

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.

HAPPY SUMMER!

Education & Health

Francesca Simone

Education & Health Chair

CWLeducationandhealth@outlook.com



Dear Sisters in the League,

I hope everyone is enjoying the beginning of the summer months. The days are getting longer, and the call of the warmer weather is very intoxicating. After many months inside because of the colder weather, we want to linger in the inviting sunlight. Nevertheless, we still must be careful especially when the air quality is concerning. As I write this, I am looking out my window at the dingy sunlight, and am getting Special Air Quality alerts on my cellphone because of the continuing air pollution outside due to the smoke from the forest fires. If you have asthma or any other breathing ailment, please continue to wear a mask outdoors and limit your time outside. Let's still all be careful.

July 24th is International Self-Care Day. On this day, we are reminded that it is difficult to take care of others unless we first take care of ourselves. Remember the old adage which says that, when the oxygen mask drops during a plane trip, make sure to put the mask on yourself first before putting it on anyone else. Some self-care activities include the following: taking a bubble bath, joining a social group such as a walking group, eating a well-balanced diet, keeping yourself well-hydrated, journaling, exercising for at least thirty minutes per day, and many other activities. Wellness Together Canada ([Wellness Together Canada | Self-care](#)) can provide you with many other suggestions on mental health activities.

Wishing everyone a marvelous summer and stay safe. Hope to see many of you at the Fall Regionals coming in September.

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

Respectfully submitted by:

Francesca Simone

Resolutions

Mary Helwig-Hall
Resolutions Chair

resolutionscwlhamilton@gmail.com



- Summer is a time to unwind and rejuvenate... difficult to draw folks into “learning” mode during the hot, sunny, holiday time. Therefore, **the next level “Resolutions Information Webinars- 2.0” will be held in fall 2023.** The next set of webinars will be more of a WORKING group to help the two parishes with workable resolutions to tidy up, review wording, and complete the checklist in time for the deadlines for Convention 2024. Notice of the “next level” webinars will be sent out via your Regional Chairs, so STAY TUNED.
- 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.*
- In the meantime, look up the following link from CBC which has a number of secondary links about the issue:
<https://www.cbc.ca/news/canada/toronto/banning-sports-gambling-ads-1.6836159>
- There is also a group called “Banadsforgambling.ca” They are already working on doing something about the overabundance of Online Gambling Ads. Their website may be found here:
<https://www.banadsforgambling.ca/>
- IF YOU WOULD LIKE THE LINK and Power Point Slides supporting the presentation that was done in Fall 2022 (you could call it

“Resolutions Information- 1.0” if you like) please contact Mary Helwig-Hall at resolutionscwlhamilton@gmail.com

- Finally, DO YOU HAVE ANY SOCIAL ISSUES which you feel need to be addressed to any level of government? Municipal/ Provincial/ Federal?? Talk with your councils... watch “Resolutions Information 101” and bring YOUR resolution forward to the 2024 CWL Convention!
- Any questions?? Contact me, Mary Helwig-Hall at email address: resolutionscwlhamilton@gmail.com

Communications

2023 National Annual Meeting of Members Registration for Livestream:



Link for meeting is below here to register for the 2023 National Annual Meeting of Members Livestream:

<https://event.gotowebinar.com/event/53508b5b-88c1-4151-8fa6-a5306f798b9d>

**The deadline for submissions to
The Spectrum Diocesan Newsletter
for the September edition is August 26, 2023
Please send to president@cwlhamilton.ca**

Historian

Rosanne Sogan
Historian

chocolatemartinix2@hotmail.com



Dear Sisters in the League,

For those who do not know me, my name is Rosanne Sogan. I was diocesan president from 2011-2013. I then served on the diocesan council for 2013-2015 as Past President and Historian. I also served 4 years on Provincial Council and 4 years on the Pornography Hurts Campaign Nationally,

About 2 months ago, Joyce Cotter asked if I would be the Historian for the Council for the next year. It is my honour and pleasure to do so.

Yes, you read this correctly, I am Historian and not Past President & Historian, as I did not just complete my diocesan presidency. Therefore, the title of Historian may only be represented at the table. The diocesan council currently does not have a past president as Joan Schurter has completed her term as such and she served us well.

Every two years, elections should take place as per our C & B. However, due to Covid 19, councils continued with their organizational positions, which were approved by national office.

Now that the pandemic is no longer a crisis situation (but I do suggest still being proactive in keeping you and others safe from the virus), we are asked to return to our regular positional changes.

In saying that, May 2024 will bring in a new diocesan council of elected officers. This will take place at our AGM (Annual General Meeting).

I ask that those that are currently in a position on your council to wholeheartedly discern and pray to Our Lady of Good Counsel and to Our Lord and to take a leap of faith and put your name forward for either your own council but if you are a past president of your women council PLEASE consider putting your name

forward to sit on the Diocesan Council. We are in great need of faith filled and motivated and enthusiastic League members to STEP UP.

Many years ago, each position had multiple names found on the roster for elections and a true democratic election took place. This has been missing for quite a while and it is NOW that we need to get personally involved.

As you know, each position, as per the C & B, is only to be held for 1 two-year term, except for the role of treasurer which may stay on for an additional two years. The elected officers, who wish to continue on, should run for another position, moving up the ladder as she goes.

This is not always possible as we all know!

After conversing with a multitude of Honorary Past Presidents regarding the roles of the League, it was unanimously said that "Each council must do what is best for her council," meaning i.e. if a new president cannot be found and the current president agrees to continue on for another year or perhaps two to find a candidate, then do it! It is better than your council folding. But in saying this it does not mean that you stay 26 years in one position. If staying for extended time 6-8 years in one position, you as well as your council stagnates and interest diminishes. So this is done ONLY if you have no other choice.

I have several scenarios for you to contemplate regarding elections.

1. Elections are not to be a popularity contest; i.e. "I like Susie, so we will elect her First Vice, and Jessica is always laughing and making us smile, so we will elect her as treasurer. This is incorrect and is a disservice to the League.

When the list of nominees is distributed along with their resumes, look to see if the candidate actually fits the position. Does she have knowledge and background? Is she the best fit for this position?

2. Another scenario about positions is if only one name appears for that position. Again, if the person is good for that role you would elect her in, but if you do not think she is, then at the time of elections, you would leave your ballot blank.

3. And the final scenario is; you may see the same 4 or 6 names of people that have been on council numerous times, and they appear once again on the elections roster. Some candidates may put their name down for one position only, i.e. V.P. while others for 2 or 3 positions. DO NOT elect the one position only in that spot if you feel she is not the right candidate. Nor, should you put someone in as an elimination process. Make the best choice for the position at hand!

As Historian, you are the keeper of all relevant information about your council. It saddened me to hear that councils documents, their history, was thrown out or documents were not kept in a safe place (fire proof/water resistant area), and these should be stored in your church not in members' homes as there have been times when a member who has had items stored in her home had a falling out with other members and the history was not returned - so very sad indeed.

Destroy only multiples of things; such as you found 2 copies of minutes from 3 years ago, you only need one! Shred the other copy. Go through your records every 2 years to stay on top of things.

Over the next year, I will continue with some hopefully helpful suggestions.

I look forward to seeing you at the Fall Regional and if you need advice or help, I am only an email or phone call away.

Sincerely in the sisterhood of the League

Rosanne Sogan

Rosanne Sogan, Life Member/Historian

"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do the something that I can do." Helen Keller

Life Sentence

Rosanne Sogan, Diocesan Life Member

Life Sentence is a new article that the Diocesan Life Members will submit individually or collectively for the Spectrum.

To be a Life Member of the Catholic Women's League of Canada, you must have first completed your past-presidency at the parish level, and go onto diocesan level eventually becoming president and finally past-president.

During your second year of past presidency, the elected officers vote on whether you have served the League and fulfilled the criteria of Life Membership.

But, it is not just the submitting of your name that allows for this honour. The candidate must agree to continue working for the League at provincial and/or national levels when able. Additionally, she must allow her name to stand for the Provincial council.

If all requirements are met, the national council then will vote on it and if approved, the special honour is awarded at the next Diocesan AGM, and further acknowledgements, and welcoming by both Provincial and National Councils at their AGM's.

Being a Life Member is truly a privilege and it is not a "**Life Sentence**", in a negative way! It is sharing your league experiences with others within the League and offering advice and direction.

Many of you I'm sure, have read in obituaries, that "*Mary Smith was a Life Member of her parish Catholic Women's League*". Unless she was a past diocesan president, she is not a Life Member but a life-long member of the Catholic Women's League. As you can see, there is a difference between these two statements.

There is one further Life Membership, that has not been mentioned here, and that is of the women who have completed their past-presidency at the national level. In this case, they are gifted the title of Honorary Life Member. These women are truly gifts to all of us. Their knowledge and commitment is outstanding, to say the least.

In saying this, I would like to remind you that Shari Guinta, from St. Michael Council, Waterloo, will be installed as National President in August, and in four years from now, will be an Honorary Past-President. The Hamilton

Diocese has not had a national president in a very long time. An early CONGRATULATIONS to Shari, from her sister Life Members in Hamilton! We are very proud of you and your accomplishments.

In conclusion, being a Life Member of the Hamilton Diocese is a rewarding achievement, and a true gift, and I encourage you to pray and join us in this role!

Life Members

Currently, our Life Members living in our diocese are:

Anna Brady	Mary Lou Colwell	Pat Crawford
Shari Guinta	Jakki Jeffs	Jacqui Papke
Joan Schurter	Rosanne Sogan	Ana Sousa
Mary Lou Watson	Jeanne Wilson	

Other Life Members who are now living outside the diocese are:

Mary Van Dyke	Mary Jane Yaeger	Theresa Winchester
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LIFE SENTENCE

L iving	S eeing
I n a	E ach other,
F aith-filled	N urturing and
E nvironment	T reating
	E veryone
	N obly and with
	C hristian
	E nthusiasm



Provincial Convention 1992



Diocesan Convention 1977



Diocesan Convention 2012

**Kitchener
Regional Meeting 2005**



REGIONAL CHAIRS



HAMILTON BRANT REGIONAL CHAIR

Colleen Ionson

hamiltonbrantchair@yahoo.com

KITCHENER REGIONAL CHAIR

Joanne Gregson

kitchenerchair@gmail.com



KITCHENER REGIONAL SECRETARY

Sherie Bowen



NORTH REGIONAL CHAIR

Nancy Skiba

northchaircwlhamilton@gmail.com



**The Northern Regional Meeting will be held
on Saturday September 9, 2023
at Immaculate Conception, Formosa
beginning at 9:00 am.
All are welcome!**

**Thanks to all the northern councils who have already taken part in the
Unity Outreach Program. And thanks to the councils who have signed
up for a fall session. It is worthwhile to get the feedback from the
councils. If you haven't already signed up it's not too late.**

Nancy Skiba
North Regional Chair



Shining the Light!

...ON PARISH COUNCILS...

Holy Family, Hanover

**100th Anniversary Celebration Holy Family Parish Council
May 28, 2023**

With joy and delight, current and former members met together for a Sunday luncheon to celebrate this momentous occasion. There were many smiles and hugs as women recognized and reconnected with old friends. Some travelling from a distance. Members and guests also attended from St. Francis Xavier Parish, Karlsruhe and St. Anne's Parish, Chesley.

Guests included Fr. Romelito Guillen, Spiritual Director, Joan Schurter, Life Member and Mary Clark, Diocesan Treasurer.

The afternoon began with a catered lunch of fresh salads, breads, and meats. This was followed by ice cream and a delicious chocolate/vanilla cake beautifully decorated with the CWL colours and crest.

Fr. Guillen addressed the ladies with warm words of congratulations and support.

Life Member Joan Schurter and Diocesan Treasurer Mary Clark brought greetings from Diocesan President, Joyce Cotter, and presented a beautiful anniversary certificate, now hanging on the wall in the Lenhard Room.



Past Presidents in attendance were introduced along with their years of presidency, and a photo taken.



Laura Hergott, Holy Family Parish executive member, shared a wonderful commentary of her recent trip to Jamaica to assist with the poor. She displayed many colourful and heart-warming photos taken at the mission there.

Diana Snowden, former president, offered closing comments of warmth and support. The afternoon concluded at 3:00 pm with the prayer: Glory Be.



St. Louis, Waterloo

St. Louis Council continues to keep active and productive. Now that many of the COVID restrictions are no longer needed, our members are happy to get back to work and play. In May we had our Honouring of Mary ceremony followed by the presentation of Years of Service pins. There were 27 eligible members with some 50, 55, 60 and 65 years recipients! In lieu of a guest speaker, we had an extended social.

At our June meeting, the last one until the fall, we enjoyed a potluck supper. In honour of Canada Day we celebrated our diversity and our togetherness by enjoying ethnic cuisine when members were encouraged to bring a food from their country of origin. A fun evening.

A little break now that summer is here, but we are not idle. Many of our ladies are working behind the scenes updating our records and gathering photos for our upcoming 100th year anniversary celebration to be held sometime in 2024. Stay tuned!

Each year we present a \$500.00 bursary cheque to a deserving high school graduate who must submit an essay to us outlining how they are living a Christian life. Four young children were presented with gifts on the day of their First Communion.



Presentation of Membership Pins



After almost a year of planning, we were finally able to welcome Father Reilander, President of the Catholic Missions of Canada to our Parish. He spoke at all Masses on the weekend of March 27th, 28th and was presented with a gratitude cheque by Rosemary Danayka, our Spiritual convenor who worked tirelessly to bring this visit about.

Sandy Williams presents Fr. Reilander with a prayer shawl made by one of our members, Debbie Delattre. The prayer shawl will be reminder that we care for him as he continues to care for those who need it most. Thank you Fr. Reilander for all that you do.

Respectfully submitted,
Donna Herbstreit
Council President
St. Louis, Waterloo



St. Francis Xavier, Stoney Creek



Reception of Ten New Members

St. Aloysius, Kitchener



Presentation of \$250 educational bursary to Angela Atienza by Kim Ansty in recognition of her contribution to the church through service in the children's liturgy and altar server program. Angela is a role model and mentor to young children and will be attending university in the fall for her honours science program.

National Unity Outreach Project Presentations



St. Raphael, Burlington



St. Basil, Brantford

Sacred Heart, Walkerton



Sacred Heart, Mildmay



St. Michael, Waterloo

On June 12th St Michael (Waterloo) CWL gathered in the Parish hall for our annual Pot Luck and Service Pin celebration. There was a great turn out of members who enjoyed a meal together and an evening of fellowship and recognition. We handed out pins ranging from 5 to 80 years!

Personally, I was truly honoured when presented with the Maple Leaf Service Pin.



Submitted by *Shani Pregelj*
President, St. Michael Catholic Women's League



**Council President Shani Pregelj and
Mary D receiving pin for 75 years**

Our members came together and offered a Spiritual Bouquet for Shari Guinta and the CWL National Executive for their installation in August and two-year term starting January 2024.

Such a wonderful evening together before our summer break.

Basilica of Our Lady Immaculate, Guelph

On June 20, 2023 the council of Basilica of Our Lady Immaculate, Guelph had a membership pin presentation. The members were asked to bring along a friend and as a result two new members joined the council. Great idea!!



Immaculate Conception. Formosa



Float for homecoming parade



First Communion Bookmark

CWL Crafts



St. Boniface, Maryhill



A membership service pin ceremony was held on June 13, 2023 at St. Boniface, Maryhill. Service pins were awarded to new members, 25 & 50 year members.

CATHOLIC
and **LIVING IT!**

St. Mary, Brantford

May Crowning took place at the beginning of our 5:00 pm Mass on May 13, 2023. Almost all parishioners processed from the back of the church with flowers for Our Lady of Fatima. The crown was brought up by one of our eldest CWL member Anna. Her daughter Carla and St. Mary's CWL President Angela were besides her holding the ribbons. Our beautiful soloist, Agatha and organist, Alison sang and played a beautiful rendition of Bring Flowers of the Rarest. Thank to Gail, Kristine, Simone and Fr. Laszlo for all your hard work.



Members collected items for the Hope Pregnancy & Family Support Centre



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.

**Have a wonderful summer
God Bless**