

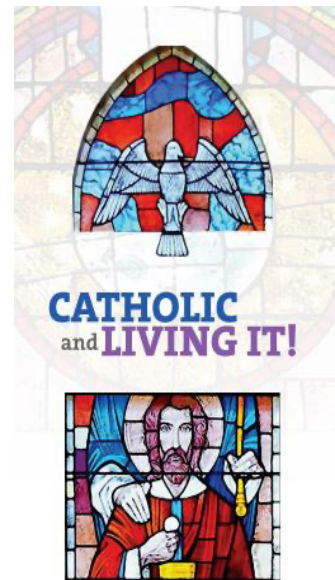
# The Spectrum

SEPTEMBER NEWSLETTER  
Hamilton Diocesan Council  
Of

The Catholic Women's League of Canada

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*Sharing His Promise,  
Love & Hope!*

# *President's Message*

Joyce Cotter

Diocesan President

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



## **Dear Sisters in the League**

Well, the summer has flown by, and we are now in the season of fall. A time where the leaves turn a beautiful shade of red, orange and gold. Where farmers and gardeners harvest their crops, and everything is organized for the coming winter season.

The League has also undergone a season of change since August. The election of a new National Executive under the new League structure with National President and Chairperson of International Relations, Shari Guinta, at the helm. An appointment of Most Reverend Wayne Lobsinger, Auxiliary Bishop of Hamilton, as the National Spiritual Advisor of The Catholic Women's League of Canada for the next two years. The revealing of the new national theme starting in January 2024 is "Here I Am Lord send me" from Isaiah 6:8.

It was a proud moment for Hamilton Diocese to witness Life Member, Shari Guinta, receiving her President's pin from National Past President and Chairperson of Laws, Fran Lucas. An overwhelming feeling of hope, as the executive members and Bishop Lobsinger made their promise and commitment for God and Canada. What a wonderful gift having these very talented people as part of the National executive. We are so blessed!!





The news that virtual meetings will become an official part of the National Policy & Procedures Manual and the motions will no longer need to be ratified is welcome indeed. Hopefully this, will open up the doors of communication for those councils that have trouble meeting in climatic weather.

With the upgrade of the National website, the 70 + resources from the Strategic Planning Committee available online, and a mentor's data skills bank in the works, the League is reaching out to parish councils all across Canada. Please take the time to ponder on some of these fabulous new resources.

The National Unity Outreach Project presentations will begin again in the fall months. If your Council has not been scheduled for a visit, please contact me at [president@cwlhamilton.ca](mailto:president@cwlhamilton.ca)

The feedback from the members has been tremendous and has generated some great ideas for the diocesan, provincial, and national councils to address and to take action. You will see some of these results over the next few months/years.

For the second year, the Provincial Council has asked each Diocesan Council to have a "Go Make A Difference" project. It was decided by the diocesan executive to continue with the "Community Service Project for the Youth" but, by having Parish Councils include their local schools (elementary, high school or both) with the project in some way. I am sure that Councils will plan some very interesting and creative ways to connect with the students all across the diocese. You will find information on the "Community Service Project for the Youth" later in the newsletter.



There are so many possibilities and ideas to consider as you “organize” for the winter months. Be sure to spend some quality time with Our Lord and Our Lady of Good Counsel in silence, reflection and in praying the Rosary.

One book that you might like to read is “The Prayers & Personal Devotions of Mother Angelica” by Raymond Arroyo, especially the section on “The Rosary from the Heart”. This is a quote from Mother Angelica,

“When I say the Rosary, I allow my soul to gaze at God with great love and admiration: to gaze at the particular mystery. You can take any mystery from the Joyful to the Glorious and admire the perfection of Our Lady or an attribute of God.... That’s prayer of the heart because you’re not reasoning. You’re simply gazing upon some admirable attribute or perfection in Our Lady. It’s awesome to say the Rosary that way because you are not in it at all. This prayer of the heart goes beyond us and we are free to admire the Lord, Our Lady, or God the Father.”



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Have a great fall season and enjoy the many splendors around us.

May Our Lady of Good Counsel guide us, as we all work together for God and Canada.

Sincerely,

*Joyce Cotter*

President



## *Diocesan Spiritual Advisor*

**Father Ranjan D'Sa**

**Pastor St. Dominic, Oakville**

**[spiritualadvisorcwlhamilton@gmail.com](mailto:spiritualadvisorcwlhamilton@gmail.com)**

In recent years, there has been a great amount of discussion done on poverty. Many organizations around the globe have tried their best to eradicate poverty and its effects on societies and countries. Right now, it seems that poverty is an integral, inescapable part of human society for poverty is affected by human greed and selfishness.

Scriptures in a way seem to praise poverty. “Blessed are the poor (in spirit)” .... Though the sacred authors extol the life of poverty, their emphasis differ in many ways. Luke challenges the socio-physical poverty, while Matthew looks at poverty to transcend into spiritual wellbeing. Is poverty desirable for the sacred writers? Not at all. We need to fight and overcome every form of poverty.

The modern world suffers not only from the physical poverty but, many other kinds of poverty. Mother Teresa of Calcutta explained a different kind of poverty she experienced in the developed nations. She observed in England, in one of the nicest houses for the aged, run by her congregation, which was equipped with the modern facilities, that the inmates were not happy. Several of them looked depressed and constantly looking at the door waiting for someone to appear. When she inquired about their sullen faces, one of the sisters replied that these people were suffering from loneliness. Every day they would wait for their loved ones to visit them. But nobody would come to see them. Yet, they did not stop waiting for the family members to visit them.

The deepest poverty is loneliness and feeling unloved. These types of poor people are amidst us - they live among us. We see people being abandoned by their own family members – spouses, children, and friends. This is an awful poverty. They don't need our money, but charity of time. They don't need clothes or food, but a few kind words...



## Prayer for Our Members

Please say the prayer below, for each Member of our CWL Council on the specified day of the month. We know how powerful prayer is when directed with love.

1. Insert name of member on specified day of the month
2. Please pray Daily for our Spiritual Advisor, Father \_\_\_\_\_

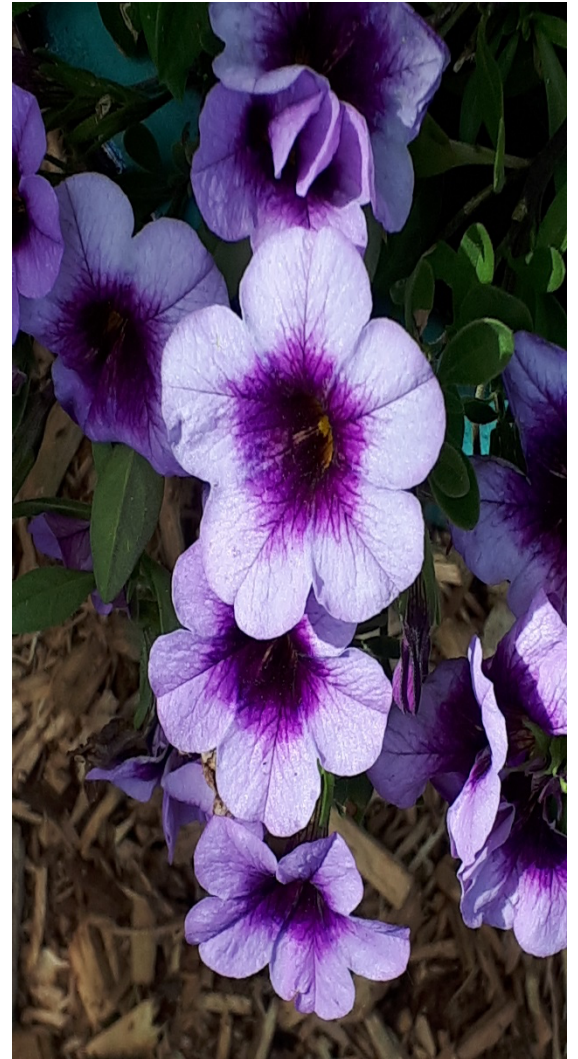
Almighty and eternal God, source of all unity, who desires to be with us. I come to you in humble petition.

I ask that you keep my beloved Sister-in-the-League \_\_\_\_\_ in your loving arms. May you bestow on her your gifts of love and mercy and keep her close to you. Keep her safe, strengthen her faith and at the end of her journey on earth, bring her to eternal life with you.

As each of us strives to fulfill our CWL mission – to grow in faith, and to witness to the love of God through ministry and service”- accompany her on this mission and bring it to fruition through her, for the good of our Church and our country.

We ask this through the intercession of our Patroness, Our Lady of Good Counsel. Amen.

Author: Colleen Hill, St. Gregory the Great, Picton







## Organization

**Teresa DiFalco**

**President Elect/Organization Chair**

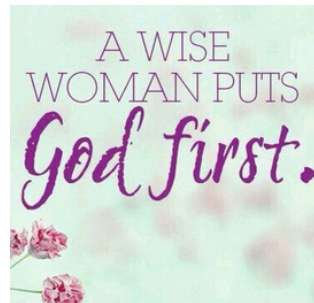
[presidentelect@cwllhamilton.ca](mailto:presidentelect@cwllhamilton.ca)

[organization@cwllhamilton.ca](mailto:organization@cwllhamilton.ca)

### 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.



"A wise woman  
wishes to be  
no one's enemy;  
a wise woman  
refuses to be  
anyone's victim."

-Maya Angelou, 1928-2014

### Dear League Sisters,

As we say farewell to summer and welcome fall, may this autumn reveal God's beauty and presence to you, and may you embrace the beauty of God's creation as our season changes. Be sure to make time for yourselves to enjoy the simple things in life, such as spending some time in nature and listening to the peace of silence. Breathe in the freshness of the cooler evening air, and admire the glorious scenery as the leaves begin to change into vibrant autumn colours.

As many parish councils return from a well-deserved summer break and resume League meetings and activities, the fall provides a great opportunity for Presidents Elect/Vice Presidents/Organization Chairwomen to organize council memberships, plan future League development and leadership training opportunities for their members, plan and prepare for membership drives, and welcome back their members. It is my hope that you were able to savour some moments and opportunities for self-development and reflection over the warm summer months. Whether it was done through prayer, studies, life experiences, or in the stillness of God's presence and peace, I trust that it was meaningful and uplifting. May you return to League business rejuvenated with the Holy Spirit and know that you are God's masterpieces, created in Jesus Christ for a divine purpose, which is to engage in good works that glorify our Creator. God gave each of us gifts and talents to benefit others, not ourselves. May

you use your God given gifts and talents for the glory of God, helping others, and improving the world around you, all for the advancement of God's kingdom. May your blessed gifts and talents enhance the role of women in the church and society, recognizing the human dignity of all people, while defending Christian education and values, and contributing to the understanding and growth of religious freedom, social justice, peace, harmony, and love for one another. Together, may we grow in faith, and witness the love of God through ministry and service.

In this communique, I will continue to share helpful information on leadership development and organization (membership). As a Woman Leader, and more importantly, as a Catholic Women Servant Leader, my focus on leadership will be through the lens of a Catholic Women's Transformational Leader.

While continuing with the leadership trait of integrity, I introduce another leadership trait – **WISDOM**, and continue to incorporate and relate these teachings and resources to our League patroness, Our Lady of Good Counsel, so to help demonstrate our Blessed Mother Mary as woman leader model.

### **OUR BLESSED MOTHER AS WOMAN LEADER MODEL:**

Our Blessed Mother Mary teaches us true Wisdom in all its fullness. Her heavenly instruction to put on the mind of Christ, to know all things in Him, to love all things in Him, to see all things in His divine radiance, to be Christ like. This is the true Wisdom which Our Lady practiced and now teaches each of us. She points us in the direction of Her Son, and to do whatever Jesus tells us.

Mary shows us the path to God, teaching us to invite and embrace the Holy Spirit into our lives and in all we do. This is known as mystical **wisdom**. Our Blessed Mother alone perfectly traveled the path of mystical **wisdom**. It was the Holy Spirit who came upon her and thus embraced her with a perfect union with God. Upon receiving this union, she understood it, and was eager to communicate it to us. Listen to Mary's instruction and allow the Spirit of Wisdom to work in you freely. Mary wants each of us to be entirely inflamed by the Holy Spirit, Her Spouse, in order that we might desire communion with God and receive it, especially in the Holy Eucharist where we received **Wisdom** Incarnate Himself. It is in this Sacrament of Love, worthily received, that Our Lady wants to bring us to "taste and see" that loving union with her beloved Son, our Lord Jesus Christ.

Mary is a woman and is God's chosen leader who sits on the Throne of Divine **Wisdom**. Eternal **Wisdom** dwells within her, and she can intercede for us in order to lead us to God. Mary is the Mother of Divine **Wisdom**, as it was through her YES that the Second Person of the Trinity, Jesus Christ, became our Brother and Saviour. Mary is the Mistress of Divine **Wisdom**, as she is the Lady of the house of God and Mother of God's Holy family.

Our blessed Mother Mary is Our Lady of **Wisdom** who connects us with her Son through her relationship to the eternal and incarnate **WISDOM – Christ Jesus!**

As women and as leaders, we continue to learn from the many attributes and virtues by which Mother Mary lived and how her teachings can journey us towards holiness and to God. Do as Jesus did and call on our Lady of Good Counsel for guidance and **wisdom**. Mary counselled Jesus throughout his entire life, and she championed Him, even when others attacked Him. Mary faced adversity and hatred with grace and always did what was right, no matter how difficult it was to do the right thing. That is integrity and the foundation of good leadership!

The following is from my May 2023 communique, which is relative to this submission and thus worth repeating:

*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.*

*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 counsellor. 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:**

**Wisdom** is the gift from God to judge and guide correctly. We gain **wisdom** through experience and by following God's and our Lady's counsel. Without God's and Mary's help, we do not have true **wisdom**.

As mentioned in my May 2023 communique, learning is a lifelong journey, and sharing what one learns is the first step in being a good leader. Proverbs 2:6-7 – *"For the Lord gives **wisdom**; from his mouth come knowledge and understanding; he stores up sound **wisdom** for the upright; he is a shield to those who walk in **integrity**."*

A wise leader knows that people are the key to an organization or team success and they work to empower others. Championing and supporting your team members builds long-term loyalty, trust, credibility, commitment, and morale in your team, and it gives your team members a confidence boost. It builds love and long lasting relationships. It also demonstrates servant-ship when your focus is on each team member's wellbeing and interests, rather than on yourself.

The following are three ways to become wise:

- 1) Rely on facts, not assumptions, third hand information, or gossip. Most people make assumptions without realizing the damage it can cause to a relationship or the reputation of the person being talked about. If someone talks poorly about someone behind their backs, in all likelihood, they are talking poorly about you as well. Do not listen to gossip, as its intent is to hurt, divide people, and damage reputations and relations. The bible labels gossips as untrustworthy and meddling. Use wisdom and form your own perspectives based on facts. Making assumptions and/or false allegations against someone can lead to larger and serious issues.
- 2) Address issues from a first-principles concept. This is a concept of taking an issue, identifying, and challenging the assumptions based on fact. This can only be done by bringing all parties together at the same table so that truth can come forward and be known at the same time in the presence of all parties. By acting in this manner, it allows you to separate the issue into fundamental principles in order to work towards a solution for moving forward.
- 3) Never ignore an issue and/or conflict. A good servant leader always puts the wellbeing of others first; thus she makes time to address issues and/or conflicts. A good leader also makes it her responsibility and priority to address issues and/or conflicts should they arise, recognizing that if problems are left to fester, they can damage team bonds, sometimes irretrievably. On the other hand, when leaders confront issues quickly and directly, they can build a positive environment in which a team feels respected and appreciated.

Good servant leaders put others before them, make time for people, choose courage over comfort, choose what is right over what is easy, and choose to practice their values rather than simply profess them. These are leaders with integrity! Integrity is the most important quality of a good leader. Having integrity and **wisdom** will allow you to learn from your mistakes, and become a respected and loved servant leader.

Wisdom is knowing to “stay in your own lane” and ensuring others do the same. It is important to establish boundaries and not create walls in relationships. These maintain healthy relationships, allow for honest disclosure of feelings, and respect the emotions of all. Walls are impersonal, prohibit intimacy, and arise upon anger/conflict. When we have clear boundaries, we permit ourselves respect, and demonstrate respect for others. Clear, well-established boundaries are absolutely essential in our relationships with others, whether those relationships are at home with our family, in the League or elsewhere. Boundaries tell others that you respect yourself and that they must as well. It is important to know the difference between putting up walls and setting boundaries. *“Walls keep everyone out. Boundaries teach people where the door is.” (Mark Groves)*



What would happen if vehicles didn't stay in their own lanes? There would be chaos and people would get hurt. The same applies when working in groups such as an executive. It is important that we not step on each other's toes, and instead support and respect the boundaries of each other's portfolios.

The same respect applies when offering suggestions, advice, or corrections. These are best done in private, so to avoid the potential of causing someone upset or humiliation. When members on an executive or committee make suggestions, comments, or ask questions that could be perceived to go beyond their duties or responsibilities/portfolios, it can result in conflict, confusion and undermining.

Communication between two or more people is always personal, even if it is about the League or another entity. The manner in which you communicate with each other makes a huge difference. The golden rule states that relationships always involve human dignity. No one likes to be corrected in front of others or accused of something they did not do. As mentioned, if a person feels called out, shamed, or falsely blamed, the fallout could be damaging to the person and the organization. It is also important to allow a person to "save face" when a tense situation arises. This demonstrates respect for one's personal dignity.

No one else should be providing direction or information on topics that fall under someone else's portfolio. This will not only ensure that correct information is provided, it will also ensure accountability, clear lines of communication, and will build respect and trust within team councils. Requests that come to you for information that falls under another officer's or chairperson's portfolio, should be redirected to the correct person.

If you have a suggestion or information that you believe could be helpful to a team member, share your suggestions or information in private, and respect if or how that person uses/or does not use your suggestions or information. It is important to be mindful that people need the freedom and support to learn and grow, even if that means making the odd mistake here and there. It is also important to remember that we all have our own ways of doing things. Change is innate and can be rewarding if you allow it and support it. Remember, just because someone is doing things differently, it does not make it wrong. It is only wrong if it violates our governing documents or the law of the land.

Staying in your lane can provide benefits of learning to respect the contributions of others, and learning to feel good about yourself for supporting and not overstepping. Also, you no longer bring as much judgement and negativity into your relationships, and can practice humility and patience. By staying in your own lane, you allow love and trust to consume your relationships, and feel better about working as a team, being around people, and people will feel better about working with and being around you. 😊

It is the responsibility of each member and particularly the Council President, to ensure that members are "staying in their own lanes" in order that the team remains respectful and supportive of one another.

I encourage members to go back and re-read my earlier newsletter communiques on leadership, and refer to them as resources.

## MEMBERSHIP/RECRUITMENT/MAINTENANCE/TRANSFERS:

### **Membership and Maintenance:**

Welcoming members back in September is a perfect time to organize and update your membership listing and prepare for a fall membership drive, keeping in mind that membership fees are due by January 1<sup>st</sup>, in accordance with the League's Constitution and Bylaws Part SVIII: Section 4 (a). Ensure that you have correct and complete information for each member, and remember to be mindful of the Freedom of Information and Protection and Privacy Act when collecting and storing member's information. The Organization Chair is accountable for safeguarding a member's personal information, which includes their email address, phone number, home address, or anything else that could identify the member. Such information must be protected and only shared for the operational purposes of the council. Members must be advised and consent to how their information will be used and who will have access to it. Also, copies of membership information in your possession shall be securely handed off to your successor or destroyed upon completion of your term. The same applies to any other executive completing their terms and who have in their possession membership information.

I am re-sharing the following information as a helpful reference with respect to membership:

### **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 women 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 which councils can honour members.*

*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 from the council from which the member is transferring. The form includes the member's name, ID number, the name of the council from which the member is coming, 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.*

### **LEADERSHIP TRAINING AND WORKSHOPS:**

It is my pleasure to support members in their roles, whether it be a general member, executive, or both. I encourage you to reach out to me, especially new presidents and other executives should you have any questions about the League, League development, leadership training, membership, etc... I will continue to offer presentations and workshops on League development and leadership training.

I encourage all members to learn about the League and their roles as members and those serving on an executive. Visit the National website to download and read the League's governing documents, attend League meetings, conventions, League and leadership development opportunities, and ask questions. The League's Constitution & Bylaws (C&B) and National Policy & Procedures (P&P) have been updated and can be found on the National website at [www.cwl.ca](http://www.cwl.ca). I am happy to report that National will be

producing a printed copy of the new C&B, which is scheduled to be ready by fall/winter 2023.

## **OTHER HAPPENINGS:**

### **May 2023**

- A Hamilton Parish Council and their Spiritual Advisor invited me to speak about the League one weekend following each of their Masses, as part of their membership campaign. Their efforts generated new memberships.
- I attended and presented at the Hamilton Diocesan CWL Annual Meeting of Members/Convention

### **June 2023**

- A Hamilton Parish Council invited me to speak about the League as part of parishioner's event for their Parish Priest/Spiritual Advisor.
- I was invited, along with my family to attend an Ordination service.

### **July 2023**

- I attended the Provincial Annual Meeting of Members/Convention in Cornwall, Ontario, as one of the Accredited Delegates for the Hamilton Diocesan Council.

### **August 2023**

- I attended the National Annual Meeting of Members/Convention in Saint John, New Brunswick as one of the Accredited Delegates for the Hamilton Diocesan Council. One of my roles as Diocesan President-Elect and Organization Chair is to prepare a report following my attendance at National Convention and share my report with you at the Fall Regional Meetings. I look forward to seeing you and sharing my report.
- I was invited to attend a Consecration to Saint Francis de Sales ceremony. It was the first to take place in Canada. It was a lovely celebration within a Sunday Mass.

## **FUN FACTS:**

Did you know that the month of September is World Candle Month? The candle symbolizes Christianity as the light represents the presence of Jesus' coming into our world. The candle is used in worship as a symbol of Jesus' among those gathered in His name; and the two candles on the alter are to remind us that Jesus came into our lives as both human and divine. The candle also represents the presence of the Holy Spirit among us, and the flickering flame is a reminder that although, we cannot see Him, the Holy Spirit dwells among and within us. In the Bible, the candle is a symbol of holiness, goodness, knowledge, wisdom, grace, HOPE, and God's promise of life eternal. Candles are also used in prayer services for the deceased to remind us of God's promise to His faithful (that there is life after death).

May the Light of Christ and the beauty of the Lord be upon you and may the work of His hands be mimicked in all you do in service to God and all of God's creation.



## IN CLOSING:

Thank you for your continued prayers for my daughter Amanda and myself as we continue our difficult breast cancer journeys. I prepared this communique at my daughter's hospital bedside this past week. It is times like these that regular check-ins, cards, and words of encouragement mean so much. I like to believe that difficult roads lead to beautiful destinations, and that there is always HOPE beyond what we know and see. That is the blessing of FAITH my dear sisters.

I wish you and your loved ones a Splendid September and an Outstanding October. Be sure to make some time for self-care and prayer.

It remains a pleasure to serve you as your Hamilton Diocesan President-Elect and Chair of Organization, and I look forward to continuing to share and support you in your role(s) as members and executives.

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@cwllhamilton.ca](mailto:presidentelect@cwllhamilton.ca)

Blessings and Hugs,  
*Teresa*

**Teresa DiFalco, Hamilton Diocesan President Elect and Organization Chair**



## *Diocesan Treasurer*

**Mary Clark**

**Treasurer**

[treasurercwlhamilton@gmail.com](mailto:treasurercwlhamilton@gmail.com)



### **Exciting changes happening at National as they adopt the new strategic plan!**

Newly elected National Secretary-Treasurer, Dorothy Johansen's Communique #01 & #02 dated August 30, 2023 have been sent to both your Council President and Secretary or are available by going onto the National website ([cwl.ca](http://cwl.ca)) highlighting "Act" on the home page and scrolling down to "Communiqués".

Dorothy's communiques will be focused on providing oversight for the League and making recommendations.

In her first communique, Dorothy points out that the largest budget item that National has is the "National Development Fund" (Form 512). Application deadline for funding is **September 30, 2023** by emailing the completed form to [executivedirector@cwl.ca](mailto:executivedirector@cwl.ca) with your intent.

In her second communique, Dorothy wishes to make members aware that funds are available through the "National Bursary Fund" (Form 552). This fund is used to provide financial assistance to members needing it to pursue studies, courses, seminars, conferences, workshops, and diploma/degree programs that align with and promote the "Objects of The Catholic Women's League of Canada".

On another note... We have been made aware that some councils have not sent in their collected memberships for not only 2023, but from previous years. Funds collected **MUST** be remitted to National in a timely manner so, as to avoid fraudulent charges.

Direct any financial questions or concerns to either your Regional Chair or to myself. **HAPPY FALL!**



Back to   
SCHOOL

**PRAYER FOR A NEW SCHOOL YEAR**

God of wisdom and might, we praise you  
for the wonder of our being, for mind,  
body, and spirit. Be with all students as  
they begin a new school year.

Bless them and their teachers and staff.  
Give them the strength, grace, wisdom and  
knowledge to their minds as they search for  
understanding; and peace to their hearts.

We ask this through Jesus  
Christ our Lord, Amen  
*(Catholic Company)*



cwlssmdiocese

This Back to School prayer page is  
courtesy of Sault Ste. Marie diocese  
which I found on their CWL Facebook

## *Education & Health*

**Francesca Simone**

**Education & Health Chair**

**[CWLeeducationandhealth@outlook.com](mailto:CWLeeducationandhealth@outlook.com)**



Greetings Sisters in the League,

Hope everyone has had a marvelous summer. Some rainy days but, nature does need the moisture.

This month, I hope to see many of you again at the Fall Regional Meetings.

I have just a few information pieces to share with you in this issue of the Spectrum.

On Monday September 25, 2023, there will be a virtual ZOOM Lecture Series on “Addressing Food Insecurity”. This Moira Ste. Marie Memorial Lecture Series will be presented by Yonge Street Mission which focuses on aspects of challenges of poverty. The Lecture Series is open to everyone. Please mention it to your family and friends. It should be very informative. A free will gift offering of \$10/person or \$25/council for registering is suggested. All monies will be shared between the Society of St. Vincent de Paul and the Yonge Street Mission. You may register with Shaila D’Sousa at [shailaflavy@gmail.com](mailto:shailaflavy@gmail.com). If you will be registering, please send me an email and I will send you the poster. Deadline for registering is Saturday September 23, 2023.

September is Arthritis Awareness Month. Arthritis affects a great portion of our population (1 in 5 over 15 yrs. old and half the population over 65 yrs. old). Everyone feels pain differently but, arthritis can be very debilitating for some persons. Managing pain is also very personal. Some may use pain pills to be able to function while others use a more holistic approach such as exercising (which releases endorphins), eating well (remember the plate portions of ¼ protein, ¼ whole grains and ½ veggies), heat/cold therapy (heat relaxes muscles and cold reduces inflammation), and mindfulness meditation (which can distract the mind



from the pain and focus on breathing). More information can be found at the Arthritis Society website.



Both September and October are concerned with some type of cancer. September is Ovarian and Prostate Cancer Awareness Month and October is Breast Cancer Awareness Month. One can reduce one's risk of cancer by using sunscreen when going out, not smoking, eating nutritious food, having a healthy body weight, minimizing intake of alcohol, and getting enough exercise. Also, one should get screened every couple of years. If cancer can be discovered early, it may be cured. More information can be found at the Cancer Society website.



October is also Social Isolation Awareness Month. As you are aware loneliness can lead to feelings of depression and anxiety. Try to reach out to someone this month who may be feeling alone. Greet a neighbour. Try to connect with someone you know who is feeling unwell. None of us is an island (I am paraphrasing John Donne). We all need someone.

The federal government is asking citizens their opinions in order to support the development of a Safe Long-Term Care Act. There is an online questionnaire at <https://www.canada.ca/en/health-canada/programs/consultation-safe-long-term-care.html> which you may fill in to give your ideas. The questionnaire **must** be submitted by Sept. 21, 2023.

The bill for medical assistance in dying received Royal Assent on Mar. 9, 2023. It is now the law in Canada. The date for those suffering only from a mental illness was postponed till Mar. 17, 2024. This delay was thanks to many persons including the Canadian Conference of Bishops which sent out a statement expressing that “we remain profoundly concerned about, and strongly disagree with the expansion of the ‘eligibility criteria’ for euthanasia and assisted suicide (i.e., ‘Medical Assistance in Dying’ or ‘MAID’) to persons whose sole medical condition is a mental illness...” More information can be found at <https://www.cccb.ca/wp-content/uploads/2023/05/2023-05-05-Open-letter-to-Government-MAID-final.pdf>.

Some people may find this exciting. In the elementary schools, the students will be taught how to write cursive again. Schools are open again for a new school year. I wish all the students, teachers, parents, and everyone connected with education a fantastic school year!

Wish everyone a Prayerful Happy Thanksgiving!

Respectfully submitted by

Francesca Simone  
Education and Health Chair  
Catholic Women's League Hamilton Diocese



**Bursary certificate is available for purchase from the national office**



**The Catholic Women's League of Canada  
Toronto Diocesan Council  
5th Moira Ste. Marie Memorial Lecture Series**

**ADDRESSING FOOD INSECURITY**

*The right to a truly human life logically leads to the right to enough food to sustain a life with dignity. (Catholic Social Teaching)*

Featuring guest speakers from the **YONGE STREET MISSION** (YSM), a Christian development agency specializing in poverty-related challenges, to help individuals, families, children, youth, and entire communities to rise out of poverty.



**Angie Peters**  
President, CEO



**Sandra Seaborn**  
Senior Director Programs



**Ann Mary Nakayima**  
Community Support Services  
Program Coordinator

**DATE: Monday September 25, 2023**

**VIRTUAL: Zoom**

**TIME: 7:00 pm-8:30 pm (EST)**

**GOAL:** To provide background on food insecurity and our part as individuals and councils in addressing the issue.

**REGISTRATION DONATION**

- A suggested registration donation of \$10 per person or \$25 per council.
- All registration donation fees and additional donations will be shared between the Yonge Street Mission and the Society of St. Vincent de Paul, Toronto.  
*The CWL is a not for profit corporation so tax receipts are not issued.*
- Make cheque payable to the Catholic Women's League of Canada, Toronto Diocesan Council and indicate on the memo line 2023 MSMM Lecture Series
- Mail one cheque per council to **Shaila D'Souza, 35 Lilac Ave., Thornhill, ON L3T 5K1**

**REGISTRATION DEADLINE**

Register with Shaila D'Souza [shailafavy@gmail.com](mailto:shailafavy@gmail.com)

Login details provided after registration.

Registration Deadline: **Saturday September 23<sup>rd</sup>**

*\*We are not able to accept late registrations\**

The late Moira Ste. Marie, Past President, Life Member,  
Toronto Diocesan Council



## *Communications*

**The deadline for submissions to  
The Spectrum Diocesan Newsletter  
For the November edition is October 21, 2023  
Please send to [president@cwlhamilton.ca](mailto:president@cwlhamilton.ca)**

### **Provincial Online Newsletter**

**Hamilton Diocesan Council will be featured in the November issue of the provincial online newsletter. If you would like your council to be part of this newsletter, please send the submissions to [president@cwlhamilton.ca](mailto:president@cwlhamilton.ca) by October 21, 2023.**

**Have your activity/event written in “third person” using font Verdana 11. Only one photograph should accompany the article.**

**You can subscribe to the provincial newsletter by going to OPC webpage [www.cwl.on.ca](http://www.cwl.on.ca) and looking under online newsletter.**

## Toolkit for Faith Marian Devotions

### Toolkit Working Group



**GOAL:**  
Through outreach and service, members of The Catholic Women's League of Canada foster a culture where all life is valued with dignity and respect.



**STRATEGIES:** Create ready-made adaptable toolkits for use in parishes.

**Strategic Planning  
Resources and Updates  
on National website**

## Toolkit for Social Justice

### Toolkit Working Group



**GOAL:**  
Through outreach and service, members of The Catholic Women's League of Canada foster a culture where all life is valued with dignity and respect.



**STRATEGIES:** Create ready-made adaptable toolkits for use in parishes.

## Toolkit for Service

### Toolkit Working Group



**GOAL:**  
Through outreach and service, members of The Catholic Women's League of Canada foster a culture where all life is valued with dignity and respect.

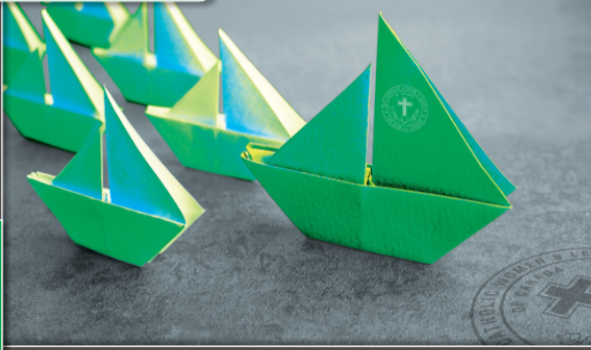


**STRATEGIES:** Create ready-made adaptable toolkits for use in parishes.



## Care for God's Creation Resources

Catholic Social Teaching Working Group



**GOAL:** The Catholic Women's League of Canada addresses and supports Catholic social teaching through advocacy.

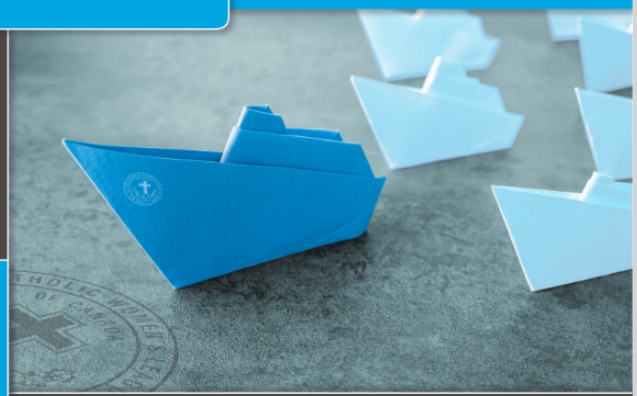
**STRATEGY:** Empower members by providing educational opportunities to learn more about Catholic social teaching.

Check it out!  
[www.cwl.ca](http://www.cwl.ca)

## Strategic Planning Resources and Updates

### Embracing Diversity: Tools for Council Use

Increase participation of diverse cultural and generational groups



**GOAL:** Through outreach and service, members of The Catholic Women's League of Canada foster a culture where all life is valued with dignity and respect.

**STRATEGY:** Embrace diverse cultures and ages.

### Advocacy Workshop: Part One

### Advocacy Working Group

**GOAL:** The Catholic Women's League of Canada addresses and supports Catholic social teaching through advocacy.

**Strategy:** Develop and Deliver Workshops at All Levels



# Webinars for all Members



The Catholic Women's League of Canada  
Toronto Diocesan Council

**CWL Wednesday, October 11, 2023**  
7:00 – 9:00 p.m.

## **Faith, Love and Loss**

*Sustaining Hope amid Memory Loss  
and the Storms of Life*



**Presenters: Harry and Jennifer McAvoy**

*"The McAvoy's story is a real-life story, giving us a glimpse into a health crisis where there has been no diagnosis, thus, no prognosis. They will share memorable moments, lessons learned and the faith and love that has sustained them."*

**Register with Shaila D'Souza: [shailaflavy@gmail.com](mailto:shailaflavy@gmail.com)**

**By Monday, October 9, 2023**

**ALL WELCOME!!**

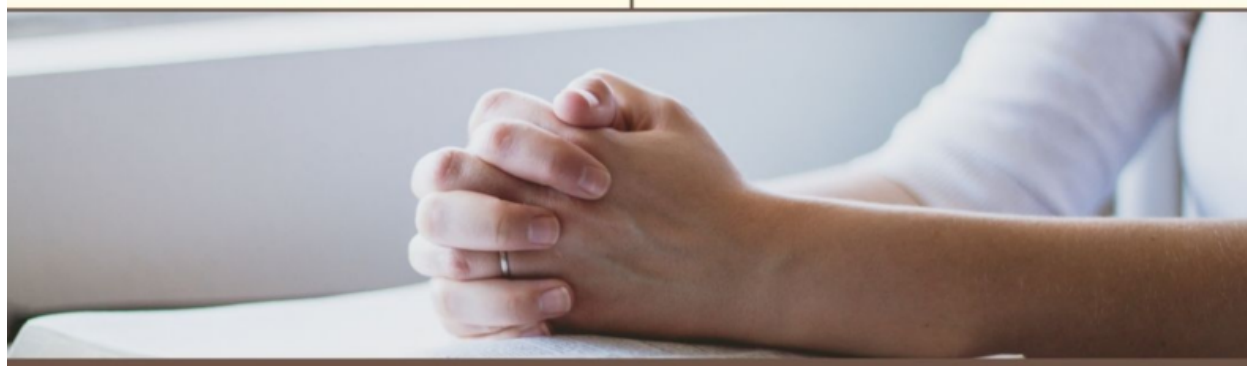
# GROWING IN FAITH



FREE ONLINE WORKSHOP

EXPLORE RESOURCES  
ON SPIRITUAL  
DEVELOPMENT

SAT. OCTOBER 14th, 2023  
1:00 PM - 2:00 PM CST



We are a people of God and are women who seek to deepen our faith in all ways. Join us to explore the resources created by two working groups on the topic of spiritual development. Topics will include:

- a look at copyright free prayers and prayer services that all members have access to.
- a review of a workshop that teaches members how to create their own copyright free prayers and prayer services.
- a review of the newly released Faith toolkit.

Join us to find ways to grow in faith by exploring these resources:  
<https://register.gotowebinar.com/register/2320405373618310997>

# Community Service Project

"For "everyone who calls on the name of the Lord will be saved." How then will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching? And how are they to preach unless they are sent? As it is written, "How beautiful are the feet of those who preach the good news!" Romans 10:13-15



As members of The Catholic Women's League of Canada, we are called to be Disciples of Christ living our faith through service to the people of God. We seek to share those blessings that God has given us with our community by recognizing that unity is formed best by fostering community where we live, where we work, where we worship.

For a second year, we are asking each council to be an active participant in this service to others through a "Community Service Project for the Youth". For year 2, we ask that you work directly with the local schools in your area whether it is an elementary school or high school or both.

## **Action Plan:**

Step 1: Define your goal

Step 2: List tasks

Step 3: Allocate resources

Step 4: Prioritize tasks

Step 5: Set deadlines and milestones

Step 6: Monitor and revise

- ❖ Resource: "Project Planning Form" Addendum 1.1 under "The Joy of Leadership Through Engagement in Ministry" national website
- ❖ Include all members in the planning of the "Community Service Project for the Youth".
- ❖ Community Project can involve any of the Core Values of Faith, Service or Social Justice
- ❖ Send photos of your community project to [president@cwlhamilton.ca](mailto:president@cwlhamilton.ca)

## **Reasons for the Community Service Project for the Youth:**

- To inspire the "youth" in being disciples of the church
- To bring awareness of the mission of the League
- To promote the League in the community
- To make a difference in the life of a youth, parish, community or beyond
- To fulfill our own calling and discipleship of Christ
- To express the themes of the League - National theme "Catholic & Living It!, Provincial theme "Go Make a Difference!" And the Diocesan theme "Sharing His Promise, Love and Hope!"

**40 Days for Life**  
**September 27 – November 5**



**“As the culture of death around us spreads inexorably it is more important than ever that those ‘with eyes to see’ offer a reminder to the wider society that life is a gift to cherish and defend at every stage.”**

**Most Reverend Stephen Jensen, Bishop of Prince George**  
**[www.campaignlifecoalition.com/lifechain](http://www.campaignlifecoalition.com/lifechain)**

The image is a poster for a 'Life Chain' event. At the top, the text 'What is Life Chain?' is written in a large, bold, black font. Below this, a photograph shows a young man and a young woman standing outdoors. The man is holding a sign that says 'Abortion kills children' and the woman is holding a sign that says 'Abortion hurts women'. At the bottom of the poster, there is a paragraph of text: 'Every year, in hundreds of locations across Canada, we gather to silently pray for 1 hour with signs that witness to the dignity of life and injustice of abortion. You can find a location near you, or if there are none, contact Campaign Life Coalition to start a Life Chain in your area.'

**Life Chain**  
**October 1, 2023**



## ***Resolutions***

Mary Helwig-Hall  
Resolutions Chair

[resolutionscwlhamilton@gmail.com](mailto:resolutionscwlhamilton@gmail.com)



- The Fall 2022 Resolutions Webinars were well attended, and the last Webinar was recorded on Zoom. It 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](mailto:resolutionscwlhamilton@gmail.com) You should have received the information from your regional Chair, and you can also find it in the Spectrum Reports. These are posted on the Hamilton Diocesan Website for your reference.
- It is now time for “The next steps”. The first Webinar got us as far as developing a working resolution. The working statements were:
  1. St. Patrick’s, Hamilton- *That City of Hamilton provide washroom facilities for the homeless.*
  2. St. Mark’s, Kitchener - *that the CRTC & OLG provide clear warning disclaimers or limits to the recent On-line gambling advertising on TV and social media.*

“NEXT STEPS” is designed to take us through the DIFFICULT but necessary task of bringing the resolution to the Convention floor in 2024, IF the respective councils still wish to do so. Why? Well, there’s good news to report.

In the case of St. Patrick’s resolution- our Provincial Resolutions Chair recommended that St. Patrick’s approach their local City officials and make their case. In a wonderful turn of events, our local City of Hamilton Mayor, Andrea Horwath, when interviewed by McLean’s laid out some of the changes made to support the homeless. A link to the article will be included



in the Spectrum report but, I'll read a short summary of the plan:

“Canada’s homelessness crisis went from bad to worse during the pandemic years, as encampments popped up in municipalities across the country. In the past, these tent cities were forcibly removed by local law enforcement. (For example: [the now infamous operation to remove encampments in various Toronto parks](#).) But this month the City of Hamilton approved a fresh approach—one that acknowledges encampments as an interim reality of the housing crisis and attempts to balance the needs of all community members.

Per new protocols, encampments of five or fewer tents will be permitted in parks and public spaces, provided they are more than 100 metres away from schools, daycares or playgrounds. Outreach workers (not law enforcement) will be the first point of contact in the case of infraction. “We are moving forward with a housing-first, human rights-based approach,” says Hamilton mayor, Andrea Horwath. The plan will also include **access to washroom and shower facilities and more frequent garbage cleanup.**”

I have as yet to clarify with St. Patrick’s council if they feel it necessary to proceed, or if their resolution purpose and goal has been met.

<https://macleans.ca/news/why-an-ontario-city-is-now-permitting-homeless-encampments-and-tiny-homes-in-parks/>

- In the case of St. Mark’s, Kitchener, resolution, well there has been some excitement there too. Thanks to a few members for sending me links/ article clippings on the organization which has been trying to get *CRTC & OLG to put an end to sports figures being allowed to promote online gambling.*
- <https://www.hockeyfeed.com/nhl-news/no-more-sports-betting-ads-on-leafs-games-in-ontario?fbclid=IwAR2Ruc7XMU5z3VTBQtByW5gtWAt6CRv-7rpEauRO3Mpa9X6e3WEFjFylZy4>

“Toronto Maple Leafs’ Auston Matthews, Edmonton Oilers’ Connor McDavid and Hockey Hall of Famer, Wayne Gretzky, are among high-profile athletes who have starred in recent online sports-betting promotions. Their

commercials will no longer be allowed to be shown in Ontario after February 2024.”

- Will that be enough for St. Mark’s? I don’t know. This is pretty new territory so, stay tuned. I am planning Webinars for OCTOBER/ NOVEMBER 2023. I will set the dates once I’ve spoken to St. Mark’s Committee and will keep you informed through your Regional Chair.
- 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](mailto:resolutionscwlhamilton@gmail.com)



Every member of the League has the ability to bring forward a resolution.

DOWNLOAD

## Dates to Remember

### *National Day of Truth and Reconciliation September 30*

### *Orange Shirt Day - Every Child Matters September 30*

#### ANNEX A

#### NATIONAL DAY FOR TRUTH AND RECONCILIATION

#### DESCRIPTION OF VISUAL ELEMENTS

Among the various visual elements illustrating Indigenous cultures, the circle is at the center which represents being together in a spirit of reconciliation. The orange colour represents truth-telling and healing. The First Nations, Inuit and Métis are represented in the image.

\*Smoke is used in different ways by all three Indigenous groups in Canada. Whether it is to smoke fish and meat, to burn sage and tobacco or for sacred ceremonies, it is a significant symbol in Indigenous culture.

#### DESCRIPTION OF THE THREE ICONS



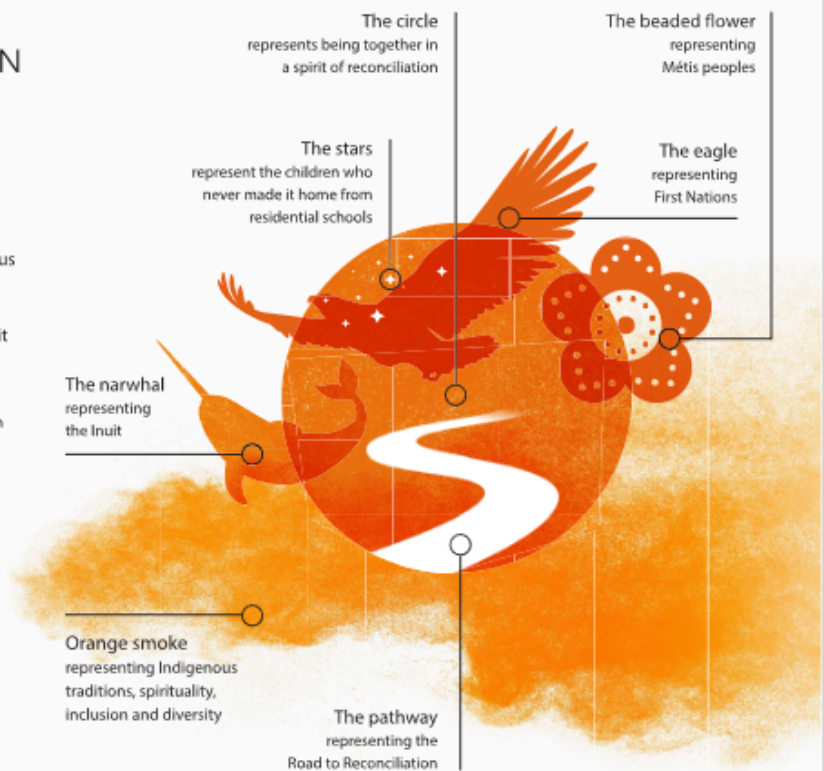
The eagle to represent the First Nations



The narwhal to represent the Inuit



The beaded flower to represent the Métis peoples



Government of Canada  
Gouvernement du Canada

Canada



**ABMK Provincial Council  
Catholic Women's League of Canada  
Invites You to a Virtual Retreat**

**Walking Together as People of Faith  
Celebrating Truth & Reconciliation Day**

*Illustration designed by Elizabeth Ankermann  
Member, St. Martha CWL Council, Lethbridge*

**Facilitator: Father Cristino Bouvette**

Father Cristino is of Métis and Cree-Ojibwe heritage and was a member of the organizing team for the Papal Visit. He will share his views on faith and reconciliation

**Sunday, October 1<sup>st</sup>, 2023  
1:30 – 3 pm MT**

**All CWL Members are Welcome**

**Registration Link:**

<https://us02web.zoom.us/meeting/register/tZYsde6sqj4iHtX5nsYafO-rLWys4wKdKMta>

**For More Info Email:**

**Janet MacPhee [abmkcwlvp@gmail.com](mailto:abmkcwlvp@gmail.com)**

**Mary Hunt [abmkcwlpresident@gmail.com](mailto:abmkcwlpresident@gmail.com)**



is hosting

*Compassionate  
Community Care*

**Being With  
Volunteer Training**

***Gain the confidence to journey and visit with those who are suffering, socially isolated, sick, or dying, to renew their hope and purpose in life.***

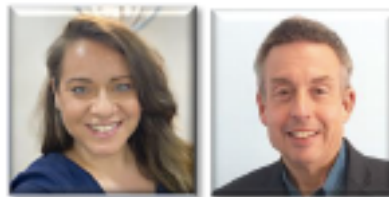
**FREE Visitor's Training – Live and on Zoom!**

**Saturday September 23<sup>rd</sup>, 2023 10 a.m.- 12 p.m. EST & 1 p.m.- 3 p.m. EST**

**In person Session: Saint Joseph's Church, 409 Paisley Rd, Guelph, ON N1H 2R4**

Workshop is two sessions, each session is two hours. There will be a 1 hour lunch break in between the two sessions. Bring your own lunch, coffee and tea will be provided. For in-person session, please RSVP to Jakki Jeffs by email: [ajlo@mel.ca](mailto:ajlo@mel.ca) or call: 519-820-3399. For those joining online, please click on link below and use the same link to rejoin the session in the afternoon.

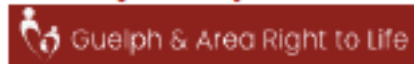
**Register Now:** Online meeting capacity is limited to 100 participants.



With Kathy Matusiak Costa, Executive Director of Compassionate Community Care, and Alex Schadenberg, Executive Director of the Euthanasia Prevention Coalition.

**[www.beingwith.org](http://www.beingwith.org) > Events**

***Event Sponsored by Guelph & Area Right to Life***



Compassionate Community Care: 383 Horton St. E, London, ON N6B 1L6  
Office tel. 519-439-6445 • [info@beingwith.org](mailto:info@beingwith.org) • [www.beingwith.org](http://www.beingwith.org)  
CCC Helpline: 1-855-675-8749 • Charitable registration # 824667869RR0001



## *Historian*

**Rosanne Sogan**  
**Historian**

[chocolatemartinix2@hotmail.com](mailto:chocolatemartinix2@hotmail.com)



Dear Sisters in the League:

Many years ago, my sister lived in Winnipeg with her family. Her son was educated in the Public system while living there. In 1991, they moved back to Hamilton and he was enrolled in to the Catholic School system.

One day, my nephew, who was in grade 8, and I were chatting about school. We spoke about his likes and dislikes, his successes and his frustrations with his new school. His biggest problem was Religion. He just didn't get it!

I asked him if he likes Geography, History and English. It was a resounding YES! I said, "Religion is history, geography and English. Geography as in the areas Jesus was born, grew up, evangelized and died for us on the Cross. Religion is history! It is everything that God has made from the very beginning of life: the universe, planets, all the creatures, mankind, etc. Our religious history is presented to us in innumerable story-like settings through the Bible. And it is definitely an English lesson with the spelling and pronunciation of the people and locations."

When my nephew heard this, he grasped what I was saying and had a better understanding as to how he can achieve a better mark in school for his Religion class. Once he started to apply this new view of religion, he began to excel in the subject.

History with regards to the Catholic Women's League is essential! Without our actions, participation, meetings, AGM/conventions, we would not be able to chart a course for our lives within the League.

As historian, it is our task to keep our story going, to preserve our story and to share it to entice potential members to join.

Read through your history! Bring key meetings and events to light by sharing them once again at meetings. How about putting a small blurb in your bulletin from time to time; “Remember When” or “Did You Know” if there is room and with the approval of your pastor?

As historian, YOU are the keeper of the books, pictures, records, etc. Remember that your financial papers must be retained for 7 years, but your minutes and pictures are forever!

We have just embarked upon new history with the League in Hamilton as well as across the nation. The second National President of the League was Hamilton’s own, Frances Lovering, in 1923, and she was our founding president; Hamilton’s 9<sup>th</sup> President, Henrietta A. McGarry, in 1934, and became the 12<sup>th</sup> National President in 1942, and on August 15<sup>th</sup>, Shari Guinta, Hamilton’s 43<sup>rd</sup> President, became the 53<sup>rd</sup> National President in 2023, making her Hamilton Diocese’s 3<sup>rd</sup> National President. In addition, four women, Isabel Ellinghausen, Jackie Schneider, Patricia Barron, and Shari Guinta, all achieved the role of Provincial President. Many of us have watched over the years as Shari has climbed the ladder and has now reached the bell at the top. Congratulations Shari, from all of the Historians in the diocese.

I am including the 3 lists of names and dates of presidents from three of the four levels of the League for you to view.

I hope you enjoy looking at all these lists as they are a true testimony of our faith, commitment and sisterhood. These were/are women, like you and me, who have dedicated their God-given talents and gifts to help inspire others and to share the good news and deeds for which the League has always stood.

So I ask each of you to PLEASE, think, pray and discern over the next few months to step up and put your name forward for the elections next May.

I look forward to seeing you at the Fall Regional and if you need advice or help, have a question or just want to chat, 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

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**Life Members – Year 1988**

PLEASE NOTE FOR THE LISTS BELOW:

     **underlined names = President from Hamilton Diocese (became National Presidents)**

     **underlined names = President from Hamilton Diocese (became Provincial Presidents, but not National)**

**\* = became President twice**

**+ = Mother and Daughter Presidents (NOTE: to my knowledge they are the only Mother/Daughter Presidents in our diocese)**

## HAMILTON DIOCESAN PRESIDENTS SINCE 1920

NO	YEAR	PRESIDENT	NO	YEAR	PRESIDENT
<b>1</b>	<b>1920 – 1923</b>	<b>Frances Lovering</b>	<b>28</b>	1972 – 1974	Dorothy Schnarr
2	1923 – 1924	Olive Storey	29	1974 – 1975	Joyce Peterson
3	1924 – 1925	Clara Klein	30	1975 – 1977	Clara O’Neal
4	1925 – 1926	Mary Collins	31	1977 – 1979	Jacquie Papke
5	1926 – 1928	Rose McElderry	32	1979 – 1981	Dona Noonan
6	1928 – 1930	Florence Baker	33	1981 – 1983	Helen Chisholm
7	1930 – 1932	Mary Ryan	34	1983 – 1985	Dorothy Bird
8	1932 – 1934	Monica Cote	35	1985 – 1987	Monica McColl
<b>9</b>	<b>1934 – 1936</b>	<b>Henrietta McGarry</b>	36	1987 – 1989	Evelyn Robson
10	1936 – 1938	Elizabeth Quinlan	37	1989 – 1991	Mary Lou Schippling (now Colwell)
11	1938 – 1940	Delia Mackenzie	38	1991 – 1993	Joyce Pecak
12	1940 – 1942	Rose McElderry	<b>39</b>	<b>1993 – 1995</b>	<b>Evlyn Sorbara +</b>
13	1942 – 1943	Leona Fehrenbach	40	1995 – 1997	Jakki Jeffs
14	1943 – 1945	Theresa Kew	41	1997 – 1999	Mary Van Dyk
15	1945 – 1947	Antoinette Bauer *	42	1999 – 2001	Jerri Hasey
16	1947 – 1949	Stella Goodrow	<b>43</b>	<b>2001 – 2003</b>	<b>Shari Guinta</b>
17	1949 – 1951	Helen Regan	44	2003 – 2005	Pat Crawford
18	1951 – 1954	Antoinette Bauer *	45	2005 – 2007	Mary Carlin
19	1954 – 1956	Ann O’Brien	46	2007 – 2009	Georgina Bourke
20	1956 – 1958	Marie Doyle	47	2009 – 2011	Mary Jane Yaeger
<b>21</b>	<b>1958 – 1960</b>	<b>Gladys White +</b>	48	2011 – 2013	Rosanne Sogan
<b>22</b>	<b>1960 – 1962</b>	<b>Isabel Ellinghausen</b>	48	2013 – 2015	Anna Brady
23	1962 – 1964	Genevieve Lippert	50	2015 – 2017	Ana Sousa
<b>24</b>	<b>1964 – 1966</b>	<b>Jacqueline Schneider</b>	51	2017 – 2019	Joan Schurter
25	1966 – 1968	Anita Harper	52	2019 – 2000	Catherine Feren
<b>26</b>	<b>1968 – 1970</b>	<b>Pat Barron</b>	53	2021 – 2024	Joyce Cotter
27	1970 – 1972	Mary O’Brien			

**THE CATHOLIC WOMEN'S LEAGUE OF CANADA  
PROVINCIAL PRESIDENTS SINCE 1947**

<b>NO</b>	<b>YEAR</b>	<b>PRESIDENT</b>	<b>NO</b>	<b>YEAR</b>	<b>PRESIDENT</b>
1	1947 – 1950	Helen Walker	20	1987 – 1989	Margaret Tipping
2	1950 – 1953	Catherine Toal	21	1989 – 1991	Phyllis McIntommy
3	1953 – 1955	Alice McConnell	22	1991 – 1993	Joan Hastie
4	1955 – 1957	Dorothy Donihee	23	1993 – 1995	Janice Deslauriers
5	1957 – 1959	Mabel Knope	24	1995 – 1997	Peggy Nastasiuk
6	1959 – 1961	Doris Davis	25	1997 – 1999	Joan Durand
7	1961 – 1963	Josephine Walters	26	1999 – 2001	Betty Anne Brown
8	1963 – 1965	Evelyn Markle	27	2001 – 2003	Joleene Kemp
9	1965 – 1967	Pearl Keon	28	2003	Patricia Beattie
10	1967 – 1969	Mary Dobell	29	2003 – 2005	Dorothy McGuigan
<u>11</u>	<u>1969 – 1971</u>	<u>Isabel Ellinghausen</u>	30	2005 – 2007	Shirley George
12	1971 – 1973	Agnes Doyle	31	2007 – 2009	Margaret Ann Jacobs
13	1973 – 1975	Mildred Cleary	<u>32</u>	<u>2009 – 2011</u>	<u>Shari Quinta</u>
<u>14</u>	<u>1975 – 1977</u>	<u>Jackie Schneider</u>	33	2011 – 2013	Marlene Pavletic
15	1977 – 1979	Verna Morgan	34	2013 – 2015	Betty Colaneri
16	1979 – 1981	Lillian O'Connor	35	2015 – 2017	Pauline Krupa
<u>17</u>	<u>1981 – 1983</u>	<u>Patricia Barron</u>	36	2017 – 2019	Anne Madden
18	1983 – 1985	Lucille Cullen	37	2019 – 2022	Colleen Perry
19	1985 – 1987	Sheila Howard	38	2022 – 2024	Linda Squarzolo



**Pat Barron**  
**Provincial President 1981 - 1983**



**THE CATHOLIC WOMEN'S LEAGUE OF CANADA  
NATIONAL PRESIDENTS SINCE 1920**

<b>NO</b>	<b>YEAR</b>	<b>PRESIDENT</b>	<b>NO</b>	<b>YEAR</b>	<b>PRESIDENT</b>
1	1920 – 1922	Bellelle Guerin	28	1974 – 1976	Mary Matthews
<b>2</b>	<b>1923 – 1924</b>	<b>Frances Lovering</b>	29	1976 – 1978	Betty Aitken
3	1925 – 1926	Evelyn McCann	30	1978 – 1980	Ruth Cooney
4	1927 – 1928	Margaret Duggan	31	1980 – 1982	Dorothy Brocklehurst
5	1929 – 1930	Mary J. Lyons	32	1982 – 1984	Jean Mahoney
6	1931 – 1932	Mary. E. MacIntyre	33	1984 – 1986	Ardis Beaudry
7	1933 –	Cecile Joyce Keenan	34	1986 – 1988	Irene Lefort
8	1934 – 1935	Fanny P. Coffey	35	1988 – 1990	Evelyn Wyrzykowski
9	1936 – 1937	Florence Boland	36	1990 – 1992	Lucille Cullen
10	1938 – 1939	Agnes Hay	37	Nov 1993	Heather Kolla
11	1940 – 1941	Almira Sims McCabe	38	1992 – 1994	Heather Leier
<b>12</b>	<b>1942 – 1943</b>	<b>Henrietta A. McGarry</b>	39	1994 – 1996	Claire Heron
13	1944 – 1945	Ann Macmaster	40	1996 – 1998	M. Joan Chesser
14	1946 – 1947	Cecilia M. Dundin	41	1998 – 2000	Sheila Pellerin
15	1948 – 1949	Grace Durocher	42	2000 – 2002	Vivian Bosch
16	1950 – 1951	Ishbel M. Hutton	43	2002 – 2004	Marie Cameron
17	1952 – 1953	Ellen M. Drake	44	2004 – 2006	Agnes Bedard
18	1954 – 1955	Marjorie H. Freeman	45	2006 – 2008	Lorette Noble
19	1956 – 1957	Margaret R. Bussieres	46	2008 – 2010	Danielle McNeil Hessian
20	1958 – 1959	Grace L. Caughlin, M.A.	47	2010 – 2012	Velma Harasen
21	1960 – 1961	Marguerite M. Burns	48	2012 – 2014	Betty Ann Brown Davidson
22	1962 – 1963	Isabella Stevens	49	2014 – 2016	Barbara Dowding
23	1964 – 1966	Catherine A. Toal	50	2016 – 2018	Margaret Ann Jacobs
24	1966 – 1968	Mrs. H. T. Donihee	51	2018 – 2021	Anne-Marie Gorman
25	1968 – 1970	Florence Fabris	52	2021 – 2023	Fran Lucas
26	1970 – 1972	Dr. I. (Ipheginie) Arsenault	<b>53</b>	<b>2023 – 2025</b>	<b>Shari Quinta</b>
27	1972 – 1974	Molly Boucher			

# *Life Sentence*

*By Jeanne Wilson*



## Sisterhood in the League

At my first provincial convention in Kelowna, the national Spiritual Advisor, Bishop Smith, told the members that the League is a blessing for the church - the church needs the Catholic Women's League. His mother had been a member, and he knew from his mother and his calling to be a priest how important the sisterhood of the League was to the Catholic women of Canada.

In the past month, I have heard of two occasions when the Catholic Women's League has failed as a sisterhood. I just returned from the National Annual Meeting of Members in St. John, NB and heard a story from one of our life members of how she was treated when she moved from one province to another. She was working in one community and decided to join the League there and paid her membership and never heard from the council. She did join another council. Another incident that happened in my own parish occurred when I was at my local library, and I began talking to a woman who was searching for a book in the same place as I was seeking a book. We began talking about books, and the conversation ended up talking about the church. Then I discovered that in 2020, just before the pandemic, she had been awarded her 40-year pin. I was astonished as I had never been aware of her presence in our council. I know the pandemic had affected our membership but, that was not an excuse to not contact her and reach out to her.

The sisterhood of the League is a wonderful gift that we can give to our members. The National Strategic Committee has developed a fantastic program called the Welcome Program. The

program was developed to address two critical issues - leave no member behind and validate all members.

The program encourages the involvement of all members. The program also reminds members that everyone is responsible for membership, not just the president. I encourage every member to download the program available on the National website - [www.cwl.ca](http://www.cwl.ca). The program contains great ideas and two questionnaires - one for new members and one for returning members that will help councils to get to know their members so that we can become a fantastic sisterhood of the church in which everyone wants to join.

At our provincial convention in Cornwall, at one of our mini workshops, we were presented with a program called Secret Sisters. This program is very easy and a great way to grow the sisterhood of the League. (A copy of the program follows this article. Thank you Claudette Langdon.)

The mission of the League is to call "its members to grow in faith, to witness to the love of God through ministry and service and its core values- faith, service and social justice". We can fulfill our mission statement through our sisterhood.



## Connecting with your CWL sisters through the "SECRET SISTER"

How important is it to connect with our CWL sisters? Let's explore a simple *program* to stay connected with each other to encourage, assist, pray and love each other.

The Secret Sister *Program* was developed by a parish Spiritual Development Chair to stay connected to **all** members.

Not all members attend meetings or can.....

Not all members are engaged in CWL business...

Some members are shy....

Some members do better one on one.....

Who would not like to receive a lovely message or prayer....



The *program* is easy to implement...our goal is to see it in all parishes across the province.

The Parish Faith Chair are the co-ordinations and monitors the 'Secret Sister' *program* in their councils.

At the first/a general meeting have the Faith Chair take note of the members that were present and write the names on pieces of paper with the month and date of their birthday. During the meeting, the names of the members present are placed into a basket and each member picks a name to be their 'Secret Sister'. You can decide if you wish to record the matched Sisters. The members who do not attend that or any meetings are provided a secret sister name by the Faith Chair by putting all council names in a basket and drawing a name for each member who was on the member roster.

A basket is provided for the Secret Sisters' letters at meetings to drop off the letters or cards. The basket is checked before each meeting is over and any letters that have not been picked up by individual members who are in attendance are given to the Faith Chair. The members who are not at the general meeting have their letters mailed to them.

New members throughout the year are always assigned a Secret Sister (usually someone else who is new to the council as well).

Folder file or box can be placed at the church so that members who cannot get to the meetings can drop off their Secret Sister letters when they attend Mass.

Members "send" letters for special events i.e., Mother's Day, Christmas, birthday cards if they know their birthday month, letters of encouragement, and also letters celebrating feast and saint's days.

# Hold the Date

## The Hamilton Diocesan 2024 AMM/Convention

DoubleTree by Hilton Kitchener  
30 Fairway Road South  
Kitchener, ON N2A 2N2



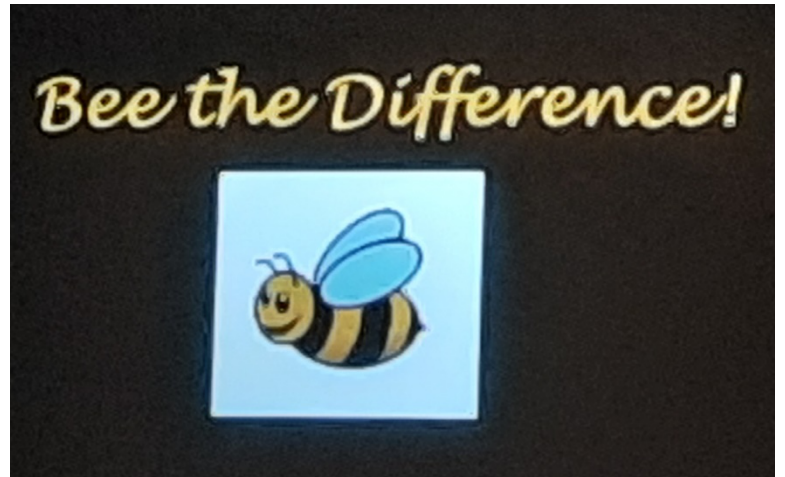
**Saturday May 25 & Sunday May 26, 2024**

**Save  
the  
Date**



**76<sup>th</sup> Annual Ontario  
Provincial Convention**

**Cornwall, Ontario  
July 9 – 12, 2023**



**Resolutions Dialogue**



**Provincial President Linda Squarzolo  
leading the flag procession**



**Diocesan Presidents with Linda**





**Guest Speaker  
Father Eugene O'Reilly**



**President-Elect and Organization Chair Colleen Martin  
With Social Justice Award Winner Joanne Belanger  
From Kingston Diocese**



**National Convention  
Saint John, New Brunswick  
August 13 – 15, 2023**





**Honourary Life Members**



**National Spiritual Advisor  
Most Reverend Wayne Lobsinger  
Auxiliary Bishop of Hamilton**

**Commissioning of Life Members  
Joan Schurter, Hamilton Diocese**





**Members from Ontario**



**Frantastic! Thank you for your dedication to the League**





**Fundraising Event for 2025 National Convention in Toronto**

# FALL GALA DINNER DANCE

Fundraiser for the 2025 C.W.L. National Convention

*Date: Friday, October 20, 2023*

*Venue: LA PRIMAVERA EVENT SPACE  
77 Woodstream Blvd  
Vaughan, Ontario L4L 7Y6*

*Time: Doors open at 6 pm Dinner at 7 pm Sharp  
Four course meal with Wine and Soft Drinks included  
Cash Bar*

*Tickets: \$90 per person*

*Dance the night away with Spin Entertainment  
Silent Auction | Raffle | Draws*

*For tickets contact:*

*Lucia 416-283-3536 lucia.vacca@sympatico.ca*

*Connie 416-258-6678 ccristinziano@rogers.com*

*Ann 905-502-1610 ant\_dsouza@hotmail.com*

*Email: CWL2025GALA@GMAIL.COM*

*Proceeds from this event will be used to support the  
2025 C.W.L. National Convention  
Hosted by the Toronto Diocese*



*Everyone Welcome*

# REGIONAL CHAIRS

## HAMILTON BRANT REGIONAL CHAIR

Colleen Ionson

[hamiltonbrantchair@yahoo.com](mailto:hamiltonbrantchair@yahoo.com)



Dear League Sisters,

Welcome to Fall. It is hard to believe the summer is soon finished. I hope this finds everyone well. As the parish councils were on their summer break, there are no activities to report. Following the Spring Regional there were many councils who put their name forward to host the Hamilton Brant Regional. I solicited information from 4 councils who had not previously hosted or had hosted a long time ago. I am very pleased to announce that the Fall Regional will be hosted by St. Pius X in Brantford and they will be assisted by St. Pius.

League sisters, I encourage parish councils to collaborate and work together, as many hands make tasks easier to manage, and working together provides opportunities to form stronger connections and learn and grow together.

I attended my very first Ontario Provincial CWL Convention, which was held in Cornwall July 8-12, 2023. I enjoyed the format of mini workshops though I found myself wanting more time for my chosen subjects. I found the format for

Resolutions discussion very different from my past experience with Resolutions. In my personal opinion as a first timer, more time was needed. All in all, it was a good experience.

I look forward to see the Hamilton/Brant presidents and members at the Hamilton/Brant Fall Regional Meeting.

Remember to Be Kind, as “Kindness is giving hope to those who think they are all alone in this world.” “Kindness is seeing the best in others when they cannot see it in themselves.” “Kindness is something anyone can give without losing anything themselves.” “Kindness is not what you do, but who you are.”

Sisters take care of each other, watch out for each other, comfort each other, and are there for each other through thick and thin. The Lord has said, “I say unto you, be one; and if ye are not one ye are not mine.”

1 John 4:20-21. 20 “Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. 21 And he has given us this command: Anyone who loves God must also love their brother and sister.”

The following is a one pager from me to you – BEE KIND 😊

May Our Lady of Good Counsel guide us.

Colleen Ionson, Hamilton/Brant Regional Chair





*Bee Humble*  
*Bee Kind*  
*Bee Happy*  
*Bee Grateful*



and BEE the reason  
someone smiles  
today.

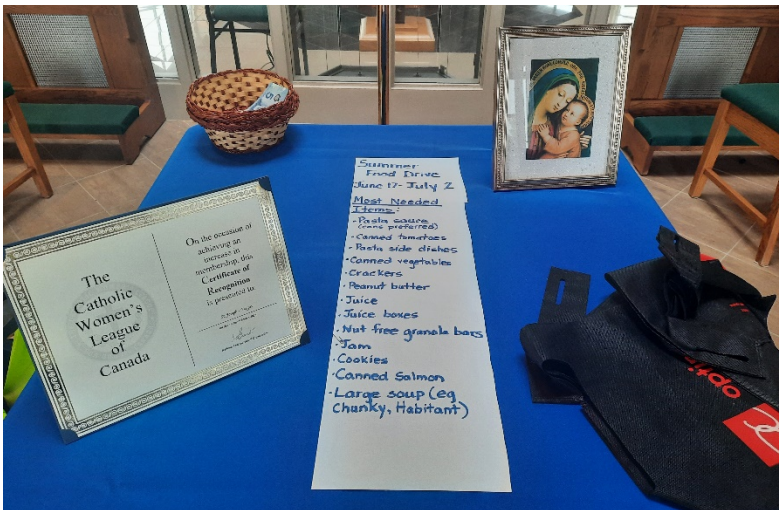


Daily Dose of Inspiration  
Quotes by Catherine



# Shining the Light!

...ON PARISH COUNCILS...



St. Joseph, Fergus  
July Food Drive



Manager Curtis and volunteer  
accept the donations





**St. Mary of the Visitation,  
Cambridge**



**Bursary winner Bradley Low**

**Beryl Stortz receiving 60-year membership pin  
from Council President Carol O'Brien**



**June Potluck**



**St. Aloysius, Kitchener**  
**Membership Pin Presentation and Project Outreach**





## 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.

**Happy Thanksgiving**