

The Spectrum

NOVEMBER NEWSLETTER

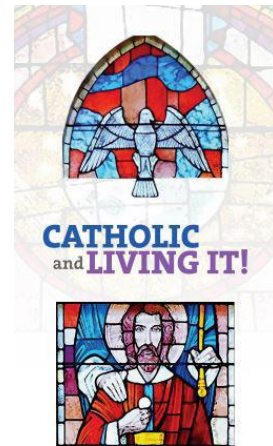
Hamilton Diocesan Council

Of

The Catholic Women's League of Canada

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President's Message

Joyce Cotter
Diocesan President

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Dear Sisters in the League

How are you being called to serve?

"For the Son of Man himself came not to be served but to serve, and to give His life as a ransom for many." Mark 10:45

For myself, I have been called, to serve through The Catholic Women's League of Canada. It began, with a "Yes", when asked by the Organization Chairperson, to join the League. One simple word and action, has totally transformed, my life for the better. I started, as a "Financially Supportive Member" for many years, as I raised my family and then slowly, became a "Partially Active Member" attending events or volunteering at a bazaar.

It wasn't until much, much later, that I started reflecting on what God, was really calling me to do. He was not only calling, He was inviting me, He was choosing me to serve and He was persistent. I heard His message through other League members, through my children and really listened when the priest in his homily said, "How are you serving the Lord and sharing His message of love and hope."

Then began, my journey as a "Fully Active Member" and I have been so blessed as a result. I have received so many gifts: the gift of friendships, the gift of purpose in serving the Lord, the gift of awe and wonderment, as members inspire me through their own actions and the gift of faith.

Later in "The Spectrum" newsletter, three members share their journey in the League and why they continue to serve in the League. Their stories are inspiring and impactful. As Parish Councils begin membership drives, to women 16 years or older, share your own story and how the importance of the League in your life. You never know who might be inspired to join!

I was reading an article from the Spring 2007 issue of "The Canadian League" magazine, called "Transforming Into A Leader" and it was describing how the members of the national executive, were so inspiring.

It said, "How did they get to be who they are today? They got involved! They served whenever they were asked. They served when they didn't feel qualified and lacked the confidence to do what they were asked. They served even, when they didn't know if they had the time. They knew, they couldn't do it alone – they knew, they could only do it with God's help. They prayed for the confidence, the ability and the time."

This article really struck a chord with me, as most members are hesitant about taking on leadership roles. They feel they don't have the ability or the know how to take on these roles. What members need to realize is that God will give you the ability, He will give you the courage, the knowledge and the gifts to carry out these leadership roles. So when, Historian Rosanne Sogan invites you to put your name forward for nominations to the 2024 -2026 Diocesan election, please consider saying "Yes" to this invitation to serve.

I have been so blessed, in visiting with the Parish Councils through the Unity Outreach Project presentations and hearing the wonderful work that is being done. The members share their extraordinary gifts and talents with the League in so many ways, to bring God's love into the hearts of others. These acts of love, are changing lives in profound and significant ways.

In whatever way, you are being called to serve, I thank you for making a difference in The Catholic Women's League of Canada.

I'll end with a quote by Henri Nouwen,

"Our God is a servant God. It is difficult for us to comprehend that we are liberated by someone who became powerless, that we are being strengthened by someone who became weak, that we find new hope in someone who divested Himself of all distinctions, and that we find a leader in someone who became a servant."

May the intercession of Our Lady of Good Counsel continue to guide us and keep us strong.

Sincerely,

Joyce Cotter
President



CATHOLIC and **LIVING IT!**

Loving Father, open our hearts to your infinite love for all people, and to your presence with us wherever we go in your name.

Lord Jesus, deepen the spiritual life of the Catholic Women's League. Strengthen the faith and good works of our members, building-up life in the world by being Catholic and Living It!

May we imitate you with works of mercy, welcoming the forgotten, suffering or vulnerable wherever we encounter them.

Holy Spirit, strengthen us to live our faith, witnessing to life, peace and social justice daily wherever we are in Canada.

Through the intercession of Our Lady of Good Counsel, may we be joyful and responsive to our Christian calling, by truly being Catholic and Living It!

We make this prayer through Jesus, our Teacher and Messiah, who lives and reigns with the Father and the Holy Spirit, forever and ever.

Amen.

Mission Statement

The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.



Diocesan Spiritual Advisor

Father Ranjan D'Sa, O.C.D.

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It is not easy to confess in the present materialist world that Jesus is the Christ, Son of the living God.

The world thinks that the God concept is a delusion, and it has only a 'feel good' effect on people. There are people who suppose that the advancement of knowledge in the fields of science and psychology can explain everything in this universe. Stephen Hawking, in his final book "Brief Answer to Big Questions", describes that there is no need of God to explain the universe. He argues "If you accept, as I do, that the laws of nature are fixed, then it doesn't take long to ask: What role is there for God?"

Pope Benedict responding to such theories said, "Scientists do not create the world; they learn about it and attempt to imitate it." Here I am not trying to debate for or against the idea of God but, rather give a snapshot of an environment which is antithetical to 'god existence'. It is not easy for a young university student to practice his or her faith well, without being ridiculed or looked down upon. In this background of today's ultra-liberalistic atheist culture, the question that Jesus asked His disciples "who do you say that I am" is quite compelling.

The response to this question of Jesus should come from our hearts. We may be able to parrot an answer as good as St. Peter's response. The answer with conviction makes a difference the way we live our faith. We will accompany Jesus all through His life. We will be there to witness him when He transfigures on Mount Tabor, and we will accompany Him when he is tried in Gethsemane. We will stand by Him at the cross and we will rejoice at his resurrection. We will certainly be part of the Pentecost and then proclaim Him to the ends of the earth.

It is only through the gift of the Holy Spirit that we can truly confess that Jesus is Lord (1 Cor 12.3). That same Spirit will help us live by our profession.

Remembering Our Deceased Members

**We were all companions on the journey and God was with us each
and every day.**

We were being led by the Spirit in many hidden ways

We shared in God's revelation to His beloved Son.

Sharing and teaching the faith of God was a great spiritual journey.

God gave us the light of wisdom as we confronted the struggles.

Lord help us to pray for the companions which You had given us.

We thank God, that He had blessed us so much.

For when their journey ends, the darkness of sin will be no more.

You called them to be the salt of the earth

And a light to the world.

In their families and in their parish

They let their light shine before all

So that their good works gave glory to you

And were an example and encouragement for all of us.

As we hold close to our hearts

The memory of the women who have gone before us,

We thank you that they blessed our lives and

The Catholic Women's League of Canada

Adapted "Companions on the Journey prayer"
And "Prayer for the Book of Life Prayer"



"They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them"

Without Forgiveness...

(Inspired by Pope Francis on 'X')

Without forgiveness, there is no hope
and there is no peace
Forgiveness is the oxygen
that purifies the air of hatred
Forgiveness is the antidote
to the poisons of resentment
Forgiveness is the way to defuse anger
and heal ailments of the heart

Every one of us is "forgiven"
yes, Jesus gave His life for us
In no way can we repay Jesus
for His gifts of mercy and love
However, by forgiving one another
we can bear witness to Jesus
Yes, by forgiving one another
We can sow new life around us

Without forgiveness, there is no hope
and there is no peace



September 17, 2023
Feast of St. Robert Bellarmine
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Organization

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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,

Here we are in November and nearing another year end.

November is a time for remembrance of those who have been called home to Jesus, the Holy Souls in Purgatory. November is also a time of preparation for change and what is to come. Traditionally, November ends the Liturgical Year and the starting of the new Liturgical Year with the Start of Advent, preparing for the birth of Jesus Christ.

November is also a time for parish councils to prepare for several League Organizational and/or Operational activities, such as:

- 1) Starting the Nominations and Elections Process, with the President appointing a Chair and Committee (for parish councils whose two-year term is coming to an end in January or February 2024).
- 2) Gathering information for Annual Reporting with a December 15th deadline to National for those councils completing reports manually. Please see below for more information.

3) Prepare membership lists and ensuring that members renew their membership before December 31, 2023, for the 2024 year, as memberships are due by January 1st.

In this communique, I will continue to share helpful information on leadership development and organization (membership). My focus on leadership development remains through the lens of a Catholic Women Transformational Servant Leader.

LEADERSHIP: (Transformational Servant Leadership)

In the past few Newsletters, I wrote about Servant Leadership, putting God first, and others before ourselves, and recognizing the human dignity of all people. Servant Leaders lead with integrity, transparency, wisdom and grace. I shared the importance of looking to our Blessed Mother Mary for direction and intercession, Blessed Mary is our woman model leader, our League Patroness Saint – Our Lady of Good Counsel. So, what does counsel mean, and why is it important? We are going to look at that, why counsel is an important and helpful resource for every member.

OUR BLESSED MOTHER AS WOMAN LEADER MODEL THROUGH COUNSEL:

Our Lady of Good Counsel was overshadowed by the Holy Spirit, and we are too. We received the Holy Spirit when we as Catholics were Baptized and become sons and daughters of God (Catechism 1265), and again through the Sacrament of Confirmation. We, as baptized children of God, are “sealed with the gift of the Holy Spirit”, and we are strengthened for service to the Body of Christ.

Our Blessed Mother Mary had great faith in God, but her intuition, through the Holy Spirit, told her to trust. She listened to God’s will and allowed the Holy Spirit to work through her to carry out God’s plan by using the gifts and talents God graced Mary with. God has graced each of us with gifts and talents, which He expects us to use them for His work. Mother Mary prayed often and called on the Holy Spirit for wisdom and guidance in her gift of counsel to her son Jesus. We too must pray and ask the Holy Spirit for wisdom and guidance on how we can give and receive counsel to and from each other. Recognizing that counsel comes from a place of love and compassion, as it is intended to serve and help make things better and easier for others.

What is the meaning of counsel?

Counsel, is the third gift of the Holy Spirit, and is the perfection of the cardinal virtue of prudence. Prudence can be practiced by anyone, but counsel is supernatural. Through this gift of the Holy Spirit, we are able to judge how best to act almost by intuition, just as our Blessed Mother did.

Counsel is synonymous with guidance, direction and instruction. The Hebrew word that best communicates the concept of counsel is 'esah, which adds purpose or plan to the definition. It is both used of God's counsel and of human counsel.

The noun "counsel" means advice. Other words for counsel are: guidance, direction, and instruction. The Hebrew word that best communicates the concept of counsel is 'esah, which adds purpose or plan to the definition. It is both used of God's counsel and of human counsel. There is an excellent lesson here. When giving or receiving counsel, do so with wisdom and love.

An example of the gift of counsel is: With the Gift of Counsel, I hear God through the people He puts into my life. Every person I meet is someone sent to me by God in order to show me how present He is in my life. I ask you to pause for moment and repeat this bolded statement. What a blessing!

Our Lady of Good Counsel used her practical advice (wisdom) and her direction is above all to trust in the Will of God. Like Blessed Mary, good leaders who mentor and provide counsel, lead by example. Mother Mary demonstrated the ability to make good judgements, based on a deep understanding and experience on a subject matter. In Mary's case, that deep understanding was her faith and then her lived experience trusting in God and doing His Will. The prophets of the Old Testament foretold that God's Spirit would rest upon the Messiah to sustain his mission.

When seeking or giving counsel, be sure that it is coming from a place of experience and deep understanding of the matters that others are thirsting to understand better. It would be a disservice, and many times, harmful, to give counsel on subject matters that you are not fully experienced with. This is when wisdom, integrity, and humility should kick in, so that you can redirect people to others who can better counsel and service them. Transformational Servant Leadership is when you can humbly put the needs of others before your own.

We call on our Blessed Mother to guide us and to bring us good counsel. *"Bring us good counsel, O Blessed Virgin Mary. O God, the giver of all good and perfect gifts, let us, who seek refuge with Mary, obtain in all our wants, troubles and affairs, good counsel, help and assistance for the sake of Jesus Christ Your Son. Amen."*

Let us continue to learn from the many attributes and virtues that our Lady of Good Counsel demonstrated on how she lived as a woman leader model, her teachings, and her counsel to Jesus throughout his earthly ministry. Mary's intercession can journey us towards holiness and to God. Mary stood by Jesus, when haters surrounded 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. Her integrity did not flicker.

Integrity is: Doing what is right, no matter what. Following through with what you say you are going to do, no excuses.

The essentials for a successful Servant Leader are:

- ❖ **Faith**
- ❖ **Integrity**
- ❖ **Love**
- ❖ **Honesty**
- ❖ **Loyalty**
- ❖ **Humility**
- ❖ **Putting others before yourself**
- ❖ **Character**
- ❖ **Inclusiveness**
- ❖ **Transparency**
- ❖ **Communication**
- ❖ **Courage**
- ❖ **Trust**
- ❖ **Hope**

GOVERNANCE

I continue to encourage all members to learn about the League, and their roles, rights, and responsibilities as members and as executives (if 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. As an update, as of October 16, 2023, National Office informed me that there is no confirmed date as to the release of the new printed booklet of the new C&B. I will continue to keep you informed of new updates.

MEMBERSHIP / RECRUITMENT / MAINTENANCE:

Membership recruitment and maintenance should be an ongoing activity. Promoting the League and encouraging new women to join can be done through regular membership drives, parish bulletin announcements, social media, including reaching out to our youth, as membership eligibility begins at age 16. Other successful initiatives include, sponsoring events such as women retreats, or other events that welcome all women from the parish to attend.

Membership Fees

According to the League's Constitution & Bylaws, **Membership Fee is due January 1st** annually. Parish Councils should be reaching out to their members now and collecting membership fees before the end of December, to ensure that members

remain active (in good standing), and don't terminate. The League's Constitution & Bylaws also states that membership is terminated only when the member's term of membership expires through non-payment of membership fees. Memberships term is from January 1 to December 31st.

"Membership is established and maintained by payment of the annual prescribed membership fee through a local parish council in accordance with Part XVII, Section 4 of the League's Bylaws. Part XVII 4(a) "A membership fee is determined by each individual parish council and shall be **due on January 1.**"

MEMBERSHIP PER CAPITA FEE

The following is a breakdown of:

The Per Capita Fee is broken down for the Hamilton Diocesan Council as follows:

- **National: \$25.00** (Plus insurance)
- **Ontario Provincial: \$3.00**
- **Hamilton Diocesan: \$6.00**
- **SUBTOTAL: \$34.00**
- **Parish Council FEE Varies per council. Adding the portion of your Council FEE will give you your Membership Fee amount.**

LEADERSHIP TRAINING AND WORKSHOPS:

PARISH COUNCIL NOMINATIONS AND ELECTIONS PRESENTATION/WORKSHOP

I will be holding virtual Leadership Development workshops again this year on the parish council nominations and elections process. All members are invited. More information will be shared by email. I am also available to provide in person or council specific presentations in person or virtually upon request. Interested members may also contact me directly at presidentelect@cwllhamilton.ca I invite and encourage councils whose two-year term is up by the end of January and/or February 2024, to attend.

PARISH ELECTIONS

Parish elections are to be held in **January** or **February** at the parish council annual meeting of members, in accordance with the League's Constitution and Bylaws.

TERM LIMITS

At parish, diocesan, provincial, and national levels, the term of office for elected or appointed officers is **two years**. Parish Councils must hold nominations and elections every two-years in accordance with the League's Bylaws.

ANNUAL REPORTS

By the time you read this November Newsletter, you would have hopefully received my email, sharing information from National regarding Annual Reports, along with a pdf copy of the report to share with council executive to use as a practice guide prior to inputting responses electronically into the survey system. Like last year, there are two options for submitting responses. 1) Your council may choose to complete the survey manually, which can be scanned and sent to National via email or mailed to Celestine Ufeli at officeassistant@cwlc.ca 2) Councils may choose to the electronic option and complete their report digitally. The online survey will be launched November 1, 2023, at <https://online2.snapsurveys.com/2023CWLSurvey> I ask every council to participate in this process and complete your reports before the deadlines.

MENTOR SKILLS BANK

An initiative out of National, derived from the mentor members working group entitled Mentor Skills Bank, was created with the purpose of completing two strategies 1) Capitalize on the expertise of other, and 2) Focus on intergenerational skills mentorship. The Mentor Skills Bank will allow councils to draw on the expertise of members. Members can search the Mentor Skills Bank and get assistance on an array of topics. Some examples include: creating a council policy and procedures manual, running nominations and elections, and creating a prayer service. A members can search the database and when an inquiry is made, the mentor will be provided with the contact details of the member inquirer. If the mentor wishes to offer her expertise/services, she will contact the member inquirer directly. The Mentor Skills Bank will be posted on the National Website, as well, a Communique was sent to all parish council Vice Presidents at each level (new structure) ad Chairpersons of Organization at All Levels (old structure).

YOUR UP-TO-DATE PARISH COUNCIL INFORMATION IS NEEDED

Please remember to send me updated information when there is a change to your executive councils. The diocesan parish council presidents listing that I am responsible for keeping includes the name/address and contact information (email and phone numbers) for the Parish Council President, And their council Spiritual Advisor, and the name and contact information (email) for the parish council secretary.

OTHER HAPPENINGS (Some of my activities since the September Newsletter):

SEPTEMBER 2023

- Prepared a Report on the 2023 National AMM/Convention for the Fall Regional Meetings.

- Prepared a Leadership Development Presentation for the Hamilton-Brant Fall Regional Meeting and delivered the presentation with Hamilton-Brant Regional Chair Colleen Ionson.
- Prepared a Diocesan Organization report for the Fall Regional Meetings in September 2023.
- Prepared evaluation forms and analysed over 100 evaluations from the Fall Regional Meetings
- Attended a CWL Council Communion Luncheon and assisted the Parish Council President in presenting several members years of service and Maple Leaf Service Pins.
- Invited to sit as a member of the Diocesan Budget Committee.
- Worked with parish councils to get their outstanding membership fees paid to National for 2023, and reported back to National and Provincial on the results of successfully addressing and completing this National request. Also, updated National and Provincial on disbanded councils.

OCTOBER 2023

- Invited along with Diocesan First Vice President Laura Grint to present a training presentation on parish council nominations and elections process.
- Attended the grand-opening of Sacred Heart Parish Hall in Paris with Hamilton/Brant Regional Chair Colleen Ionson.
- Prepared a Report for a October 21, 2023, Diocesan Executive Meeting
- Updating the Parish Council President/Secretary/Spiritual Advisor listing.
- Preparing to oversee the coordination of League Annual Reporting for the Hamilton Diocese.

FUN FACTS / INFORMATIVE FACTS:

Novem is the Latin word for 9, although November is the 11th month. Interestingly, before January and February were added to the calendar, November was the 9th month. Instead of changing November to Undecimber (Latin for 11), the name Novem was kept.

November is Movember, which draws attention to men's health. Let's support and remind the men in our lives to take care of their health by getting regular check-ups, eating healthy and exercising, and the same goes for women. Let's not forget that October was Breast Cancer Awareness Month. 1 in every 8 women in Canada will be diagnosed with breast cancer in their lifetime. Take care of your health sisters and get screened regularly. It can save your life, like it saved mine, my daughters, and well as many CWL members, who have courageously and lovingly shared their stories with me. Let's be mindful and attentive to our health every day, and also be thankful and grateful for God's many blessings.

IN CLOSING

I invite and 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, governance, membership, etc....

I wish you and your loved ones a Nurturing, Nice, and Noble November. Remember to pray for all those who have gone before us, and prepare for everything to come. Count your daily blessings and try to live each day in a state of gratitude, as there is a saying "living in a state of gratitude is our gateway to grace". Living in a state of gratitude, is saying yes to God's gift of life and making each day count. Be sure to spend quiet time with God and nature to find peace. Spend quality time with family and friends and embrace joy and love.

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!"*

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

Blessings and Hugs,

Teresa

Teresa DiFalco, Hamilton Diocesan President Elect and Organization Chair



**Statue of the Virgin Mary
in Lisbon, Portugal**

Diocesan Secretary

Kim Ansty

Secretary

secretarycwlhamilton@gmail.com



As I am moving into the latter half of my position of Diocesan Secretary, I can promise that I continue to learn new things all the time.

Asking questions when you are not sure what is required is a good thing to do. I tend to add more information to my notes than I need to. However, I would rather err on the side of caution and have too much than not enough. I love that I can always ask the ladies on the executive about tweaking my Minutes or checking my grammar and punctuation. There has never been a time when I felt I could not reach out to these ladies for direction in my position as secretary.

If you are new to a position like this, do the best you can! If you miss something or add too much that is not necessary to your Minutes you will always be gently redirected or given sage advice on how to make the Minutes concise and correct. Please, always take these suggestions with grace and thankfulness. The whole purpose is help you get better.

The job of secretary is a big one. As you are aware, I was very nervous taking on this position. I didn't want to miss anything as my notes are relied on in the future to help us refresh our memories on what happened at our meetings. There are lots of discussions at most meetings and some of it can get lost in the side bars that sometimes happen. I don't hesitate to politely interject if I am unsure of something and the ladies always more than happy to answer my questions to ensure we keep our Minutes on track.

There is a wealth of knowledge sitting at each of our meeting tables. We have ladies from all types of educational backgrounds; from nurses to law clerks to teachers and retail service providers. We all have something to offer on any executive, from Parish to Diocesan and from Provincial to National. We are all on the same team and offer different viewpoints and knowledge that help us all to be better.

As we head into the end of 2023 I want to wish everyone a wonderful and blessed Christmas and pray for a successful 2024. It has been wonderful to get out and meet some of you personally at the Outreach Meetings. Thank you so much for your candid conversation and welcoming smiles. I really enjoyed my time with you, but I would not be telling the whole truth if I didn't mention that the snacks were a bonus too!

Many blessings

Kim Ansty
Diocesan Secretary

Vi. Territorial Acknowledgements

Start with: The Catholic Women's League of Canada thanks God for all creation. We acknowledge the many First Nations, Metis and Inuit whose footsteps have marked these lands for centuries and whose respectful stewardship has enabled us to enjoy the richness of the Creator's blessings.

Then add official treaty territorial message: For example, "We acknowledge that we are on Treaty 6 territory, a traditional meeting ground for many Indigenous people, and in particular, our neighbours, Paul First Nation, Enoch Cree Nation, Alexis Nakota Sioux Nation, Alexander First Nation and Papaschase First Nation on whose territory we work live and play, and on whose territory we stand. We commit ourselves to being in solidarity with Indigenous peoples and to the work of ongoing reconciliation and healing."

For official guidance on territorial acknowledgments, please visit the following federal government site, csps-efpc.gc.ca/tools/blogs/insights/indigenous-territory-eng.aspx.

Guide to Simplifying Meeting and Reporting Processes
National website – Strategic Planning Resources

DIOCESAN TREASURER

Mary Clark

Treasurer

treasurercwlhamilton@gmail.com



FALL SEASON IS IN THE AIR, COLOURFUL LEAVES ARE FALLING AND FROST IS ON THE PUMPKINS!

Many councils are getting back into the swing of things. We heard at regionals that many of you are looking forward to getting together and bringing back activities that you did so well before Covid and coming up with some new ideas.

Budgets: This time of year, is when you as the Treasurer begin gathering information in order to prepare for next year's budget. Begin by asking your executive if they anticipate any upcoming expenditures or if they are planning any new projects. As annual reports indicate councils support their parish and many local charities. I encourage you to continue these good works, but also keep in mind the areas that the other levels of the Catholic Women's League ask for parish council's charitable support. At a Diocesan level you may wish to budget a donation towards Development & Peace and/or Our Lady of Good Counsel – Seminarian Bursary. These funds collected during the year are then presented at the May Convention closing banquet to the Bishop. Along with these two we continue to collect for Pornography Hurts. Check out the Provincial and National websites for their donation requests.

Annual Reports: It is also the time of year where annual reports are requested. I encourage all Treasurers to complete the online survey. This information is important to all levels as they complete year end reports, and analyze what has changed and what is required. In addition to the online survey, in the early part of December, I as your Diocesan Treasurer will be requesting all parish councils to complete the "**Parish Treasurer's Annual Report**". From these reports, I then compile a report which is sent to the Provincial Treasurer for further compilation and analyzation.

\$100.00 Administration Fee: As Per Diocesan Policy & Procedure 2.0 (2.2 i & ii) \$50.00 covers the operating cost of the regional meetings and \$50.00 for

parish council convention fee to offset the cost of the diocesan convention. **Note:** registration to convention for any member, including diocesan officers and life members, will not be accepted until this fee is paid. I will be emailing the annual invoice in the early part of December as your Diocesan Treasurer.

E-Transfer: Many councils ask if they can e-transfer. The answer is **Yes** and **No**.

YES - you may receive e-transfers from your members or others who wish to pay you by e-transfer for membership fees and any other monies you may receive from activities such as a bazaar, silent auction or other types of fundraising. All you need is your access card which most banks issue at time of signing officers meeting with bank. The other is an email address to attach to your council's account. I would suggest if you don't have a CWL email to set one up (which National is encouraging) rather than using your personal email.

NO – your council may not make any sort of payments out of council funds as two signatures are needed on all spending of funds.

NOTE: In an effort to communicate more fully, I wish to compile a file with council Treasurer Email addresses, so that besides your President you will also receive communiques related to financial matters. To begin receiving communiques, please send your email address to treasurercwlhamilton@gmail.com.

As always, I am here to help you with any financial questions or concerns, so either email myself or your Regional Chair.

As this is my final Spectrum Newsletter for 2023, I personally wish you and your family a Very Blessed and Joyful Christmas Season!





THE CANADIAN FEDERAL GOVERNMENT'S WAR AGAINST MOTHERS EXPERIENCING UNEXPECTED PREGNANCY


We call on the Liberal Party to cease its paternalistic view that it knows better than women what they need. Women overwhelmingly say they need help to bring their babies to term, not help in killing their own children!

#WOMENDESERVEBETTERTHANABORTION

 ALLIANCE FOR LIFE
ONTARIO

FACEBOOK/INSTAGRAM

(See two to choose from)

The  Government's War Against Mothers Experiencing Unexpected Pregnancy: We call on the @LiberalCA to cease its paternalistic view that it knows better than women what they need. Women overwhelmingly say they need help to bring their babies to term, not help in killing their own children! <https://tinyurl.com/534p4kjf> #WomenDeserveBetterThanAbortion

OR

Did you know that according to our #abortion obsessed regime under Justin Trudeau that "continuing a pregnancy" isn't worthy of any funding? — But if you want to kill your child, then they've got plenty of money for you. <https://tinyurl.com/534p4kjf> #WomenDeserveBetterThanAbortion

TWITTER/X

We call on the @liberal_party to cease its paternalistic view that it knows better than women what they need. Women overwhelmingly say they need help to bring their babies to term, not help in killing their own children! <https://tinyurl.com/534p4kjf> #WomenDeserveBetterThanAbortion

EDUCATION & HEALTH

Francesca Simone
Education & Health Chair



CWLeducationandhealth@outlook.com

Dear Sisters in the League,

As Daylight Savings ends on November 5th (spring forward, **fall back**), the days are growing shorter, and the nights are growing longer till the winter solstice.

November, in Canada, is Fall Prevention Month. Did you know that falls are the primary reason for visits to the ER or for dying from injuries for seniors? We all need to be careful. Some ways to help with our balance happen to be: exercising (which as always, builds strength), getting restful sleep, eating nutritious food, staying well hydrated, getting one's vision and / or hearing checked regularly, walking carefully (not rushing) with shoes that fill one's feet, and reviewing one's medications regularly with one's physician. If one needs to use a cane / walker, please do so. It will help to prevent falls. In the home, make sure that there is enough light in the bedroom, bathroom and especially the stairs. Rugs should be non-slip. Handrails and grab bars are a good idea for the bathroom. Most importantly, be extremely careful walking on pavements covered with snow or ice. Following these suggestions may make seniors safer.

November is also Osteoarthritis Month. Osteoarthritis is a disease which affects bone density. It not only effects older adults but also younger ones. Dubbed the "silent thief", one may not know if one has OS until one actually fractures a bone. A bone scan may be needed to see if one's bones are deteriorating. Unfortunately, at least 1 in 5 women will fracture a bone because of this disease. There are medications nowadays that may help with OS. Another way happens to be by preventing falls.

Last month, I attended a webinar on the climate crisis. As we can see, the climate in the world is changing rapidly. We have noticed that the Arctic is getting warmer; storms (hurricanes, etc.) are getting stronger; and there are more reports of droughts (e.g., the water in Lake Meade is receding).

This year, we have even witnessed the clouds of smoke from the forest fires drifting around us polluting our air. Closing the businesses and sheltering at home because of COVID brought us one silver lining. Our carbon emissions were almost non-existent so, our breathable air was much cleaner. Every year, 7 – 8 million persons die from the effects of burning fossil fuels. We have the technology to help the planet. We have electric cars and airplanes which do not produce harmful emissions. Solar panels allow us to use the sunlight for energy. Windmills are another way to produce energy by employing the power of the wind. We certainly have the knowledge; now it is up to everyone to use it to protect our planet.

December is the month when we remember our Saviour's birth. Wishing you and your families a Blessed Christmas and a Happy New Year.

May Our Lady of Good Counsel protect you all. Peace and joy to everyone.

Respectfully submitted by:

Francesca Simone
Hamilton Diocesan Council
Catholic Women's League
Education and Health Chair
CWLEducationandhealth@outlook.com



October 31, 2023



A call for **peace** and generosity

Last week, **Development** and **Peace** — Caritas Canada issued a press release, in which we:

- Announced an **allocation of \$150,000 to Caritas Jerusalem**
- Announced that we have joined the Humanitarian Coalition's **Gaza Humanitarian Emergency appeal**, donations to which will be **matched dollar for dollar** by the Government of Canada
- Called for an **immediate ceasefire**, as even [Pope Francis has done](#)
- Invited Canadians to **give generously to help families affected by the conflict** (select **Gaza Humanitarian Emergency** in the drop-down menu on [our donation page](#))

We are now also **urging the Government of Canada to call for a ceasefire** to protect women, men and children in Gaza. You, too, can **help us by writing to your MP** and making this demand.

Historian

Rosanne Sogan
Historian

chocolatemartinix2@hotmail.com



Dear Sisters in the League,

The hot days of summer have come to an end, and now we enjoy the colourful days of fall. Soon enough we will be preparing ourselves to hunker down for the long cold winter ahead.

Now is the time to start reflecting on what you have achieved over the past year and to consider what else can be done in the future.

December 31st ends the theme of **Catholic and Living It!** and, with January, starts the new theme for The Catholic Women's League; **"Hear I am Lord, send me."** Let us give ourselves to Our Lord as we work together for God, Canada and the Catholic Women's League.

A history lesson some may not be aware of:

In Manchester, the Women's Suffrage Committee had been formed in 1867^[clarification needed] to work with the [Independent Labour Party](#) (ILP) to secure votes for women, but, although the local ILP were very supportive, nationally the party were more interested in securing the franchise for working-class men and refused to make women's suffrage a priority. In 1897, the Manchester Women's Suffrage committee had merged with the [National Union of Women's Suffrage Societies](#) (NUWSS) but Emmeline Pankhurst, who was a member of the original Manchester committee, and her eldest daughter [Christabel](#) had become impatient with the ILP, and on 10 October 1903, Emmeline Pankhurst held a meeting at her home in Manchester to form a breakaway group, the Women's Social and Political Union (WSPU). From the outset, the WSPU was determined to move away from the staid campaign methods of NUWSS and instead take more positive action. (Wikipedia)

My sisters, we have this group of women to thank for standing up for the rights of women to vote. As the old saying goes, "We've come a long way baby!"

I bring this to light as we have come a long way since the 1867 start of the *Suffragette Movement*. Women not only have the right to vote, but we also have the right to stand for office in political forms as well as many other places, and including the Catholic Women's League!

Are elections for your council taking place this fall? Please remember to use the **Nominations and Elections** outline on pages 102-109 of the **National Policy and Procedure Manual** found on the National Website **www.cwl.ca**. Encouraging and personally asking members to stand for a position is most often the best way to find candidates. If you require assistance with this process, the Diocesan Elected Officers are here for you.

A nice thing to remember for those that may be struggling to find enough members to cover the positions is that you now only require 8 and not 12 members for your council executive. If you are one of the very fortunate councils that have an abundance of members who wish to run, those that do not make the roster, can be sub-committee chairs as the areas of Faith, Service, and Social Justice have many sub-topics to deal with.

As you know, I am covering the area of Historian for the Diocesan Council; however, President Joyce Cotter has requested that I also run the elections of officers at the Annual General Meeting in May 2023. This elections process and installation service is normally conducted by the past-president of the council.

Currently, I am reviewing the president's listings across the diocese and determining who is eligible to run for Diocesan Council. There are many women amongst us that are qualified and would do an incredible job as a diocesan officer. God has given each and every one of us many gifts and talents to be shared. Let us also recall what our Mission Statement says: *The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.*

Be not afraid (Isaiah 41:10); prepare to hear and listen to the call from Our Lord and answer: **Here I am Lord, send me!** You are not alone on this journey as you have God and your sisters in the League by your side every step of the way.

The Diocesan Council is waiting for you to join them for 2024-2026 term!

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



1975

Front: Marcella McReavy, Audrey Wallner, Dona Noonan, Joyce Peterson, Dorothy Schnarr

Back: Rev. Phillip Sherratt, Clara O'Neal, Jacquie Papke, Gertrude Whelan, Bishop Paul Reding



**Life Member
Georgiana Bourke 2006**



**Installation Ceremony
Diocesan Convention 1971**

COMMUNICATIONS



**The deadline for submissions to
The Spectrum Diocesan Newsletter
for
the January edition is January 5, 2024
Please send to
president@cwlhamilton.ca**

**Hamilton Diocesan Council is featured in the
November issue of the
Ontario Provincial Online Newsletter
You can subscribe to the newsletter or
Visit www.cwl.on.ca**



Faith

Service

Social Justice

**Membership drives are just around the corner.
How are you promoting the League in your council?**

**How you promote the League will make a big difference in
how you attract new members to join.**

Use of Media to promote the League

- Advertise meetings and events in local papers, television, and radio
- Submit articles regarding special events or activities to local papers
- Invite representatives of media to attend special events – presentation of awards, service pins etc. to members
- Advertise in high school yearbooks
- Encourage use of National, Provincial and Diocesan websites for information and ideas, reports, communiques etc.
- Develop or update Parish Council website
- Provide information to members regarding web sites for organizations



***WE NEED YOUR VOICE NOW
MORE than EVER***

Because we have thousands of members across Canada, the government listens to The CWL. But we can't do it without you! Simply by becoming a member you help us speak louder than any of us could on our own.

USING OUR VOICE FOR GOOD

Advocating on Issues that Matter to Catholic Women

70,000+ MENTAL HEALTH ADVOCATES

RECOGNIZING AN EXISTENTIAL THREAT

SPEAKING OUR FAITH ON FAMILY VALUES

What is the message you wish to express? Recognize that different messages suit different audience targets!

1. Core Principles and Objects of the League

CORE PURPOSE

Uniting Catholic women to grow in faith, and to promote social justice through service to the church, Canada and the world

CORE VALUES

FAITH – following Catholic teaching
SERVICE – local, national and international
SOCIAL JUSTICE – actively involved in society

MISSION STATEMENT

The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.

ENVISIONED FUTURE

The Catholic Women's League of Canada is an inclusive and engaged community of Catholic women inspired by faith. It is:

- A vital participant in the church;
- A valued partner for social justice;
- A respected advocate at all government levels;
- Connected to the world.

Objects of the League

The Objects of the League shall be to unite Catholic women of Canada:

- to achieve individual and collective spiritual development
- to promote the teachings of the Catholic church
- to exemplify the Christian ideal in home and family life
- to protect the sanctity of human life
- to enhance the role of women in church and society
- to recognize the human dignity of all people everywhere
- to uphold and defend Christian education and values in the modern world
- to contribute to the understanding and growth of religious freedom, social justice, peace and harmony.



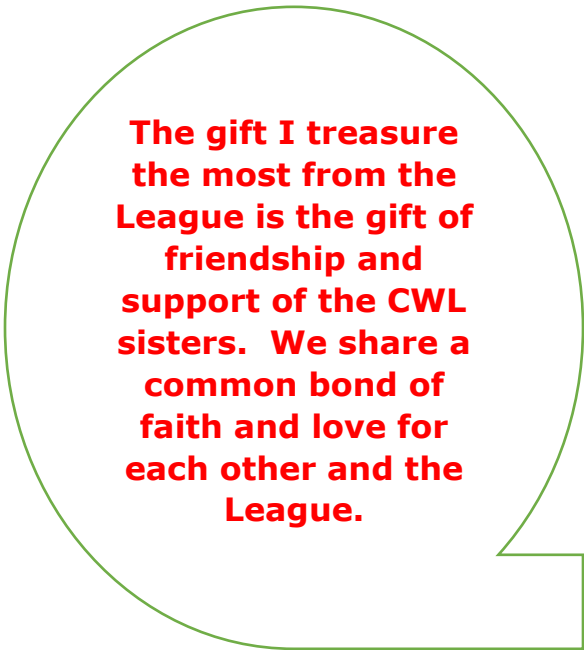
2. The different categories of membership. All are equal in the League, and by just being a member you have made a difference.

I. Category of Membership

- a. **Fully Active Members:** *These members pay dues, attend meetings, take part in business procedures with voting privileges, serve on committees and can take advantage of the many opportunities for personal and spiritual development offered by the League.*
- b. **Partially Active Members:** *These members pay dues but cannot always attend meetings or functions. They are willing to help when needed, on a task-by-task basis. They want to be part of the organization and make a difference but have limited time to offer.*
- c. **Financially Supportive Members:** *These members pay dues to support the national organization and their local council. They cannot be fully or partially active currently but may become more involved in the future. They wish to stay informed of events and educational updates through the League website and The Canadian League.*
- d. **Prayer Partners:** *These members pay dues, taking part spiritually as prayer partners—either with a specific person or generally for all members. In turn, they are included in all League prayers.*

3. Sisterhood

**SISTERS
INSPIRE
SHARE
TEACH
ENCOURAGE
RESPECT
SUPPORT**



The gift I treasure the most from the League is the gift of friendship and support of the CWL sisters. We share a common bond of faith and love for each other and the League.

4. Legacy

The League was first formed in 1920 in response to Pope Pius XI's call for "Catholic lay action" and Catholic women's groups began forming all across Canada. In Hamilton Diocese we have a legacy of 103 years.

Be proud of your Parish Council and all that has been accomplished for God and Canada however long it has been a council.

5. National Organization

When nationally organized women's groups were called to Ottawa to share their opinions with the Minister of Reconstruction & Immigration on how to address the task of settling thousands of immigrants flocking to Canada from war-ravaged Europe, there were no Catholic women represented at that meeting. Thus began the invitation to all Catholic women's groups across Canada to **form as one national organization so that they could have a voice and become a real power for good.**

- We are the largest organization of Catholic women in Canada
- We are invited to visit with government officials to discuss concerns of the League because our Resolutions are well researched, well presented and forward thinking and we have the members to carry out the action plan
- The CWL of Canada is part of WUCWO (World Union of Catholic Women's Organizations). WUCWO unites Catholic women in the world to give them a voice on the international platform.



“WUCWO: CATHOLIC WOMEN FROM DIFFERENT NATIONALITIES WITH ONE FAITH SERVING WITH LOVE AND JOY”



“WUCWO: AN UMBRELLA WHICH GUIDES, DIRECTS AND HELPS US TOWARDS THE KINGDOM OF GOD”

6. Resources





The Catholic Women's League of Canada



**Faith – Service – Social Justice
Sisterhood**

Why am I a member?

**Faith
Fun
Fulfillment**



The Catholic Women's League of Canada

WELCOME PROGRAM



"Whoever welcomes you welcomes Me, and whoever welcomes Me welcomes the One who sent Me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward!"

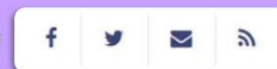
[Matthew 10:40-42]

Embracing Diversity... Sharing and Celebrating it with the Catholic Women's League



- **Advocate for human rights**
- **Sisterhood of prayer**
- **Improve organization and leadership skills**
- **Having fun and making new friends**

www.cwl.ca





PURPOSE

Faith, service and social justice are the cornerstones of the Catholic Women’s League. They give purpose to our lives. Come and grow with us.

OUTREACH

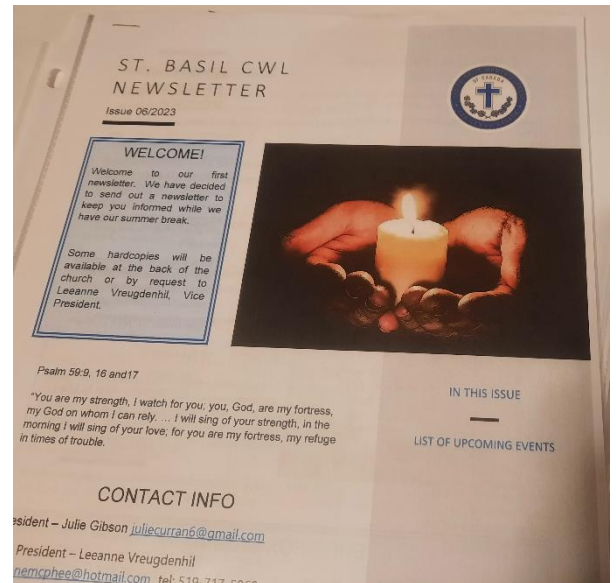
“For it is in giving that we receive.” Members of the Catholic Women’s League strive to reach out to those in need. Won’t you help us reach further? Come and join us.

INSPIRE

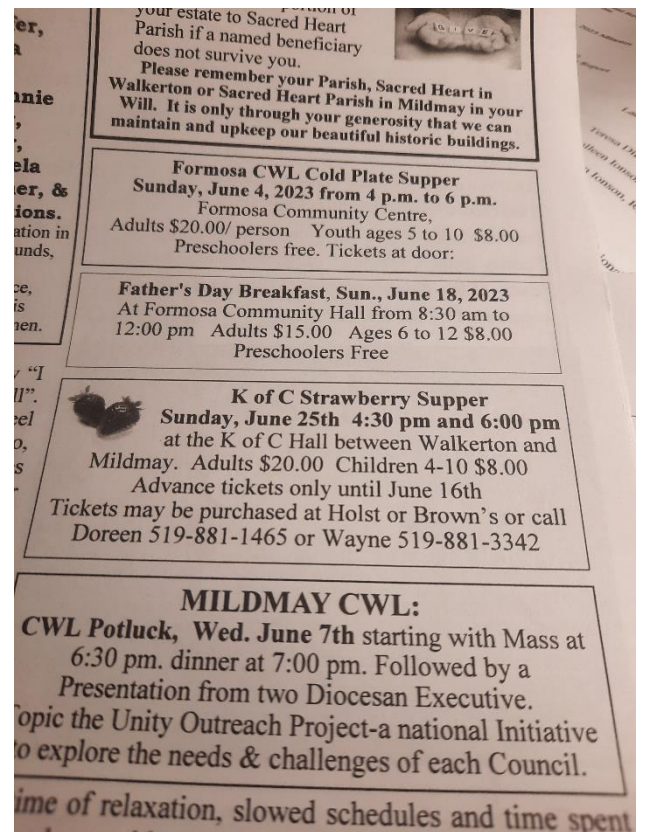
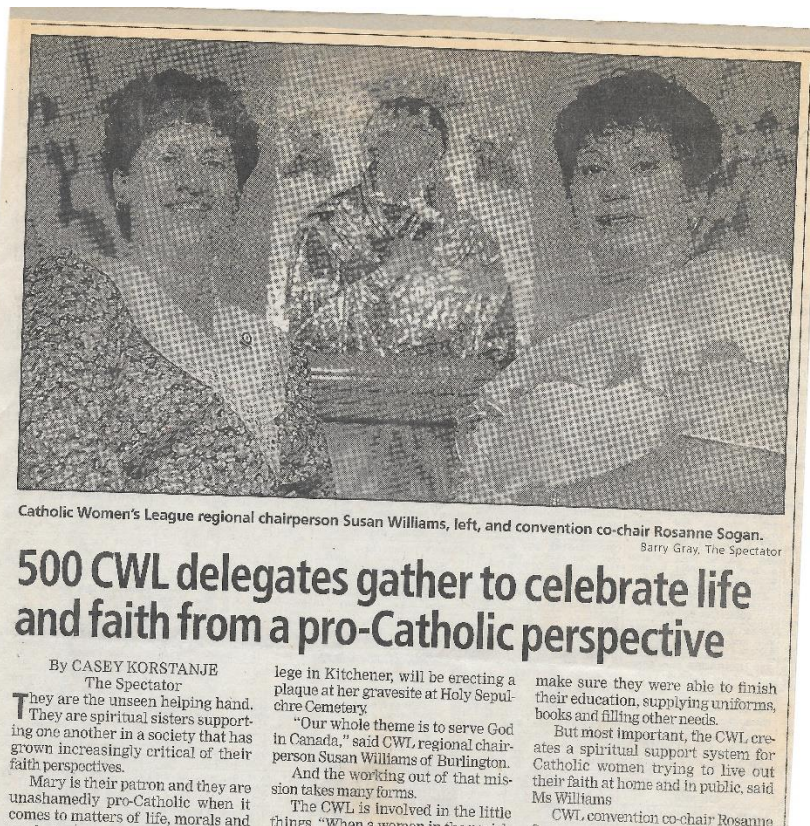
Catholic Women’s League members’ passion is to inspire women, to grow in faith, and to witness to the love of God through ministry and service. Need inspiration or have inspiration to share? We are excited to have you join us!

A National Sisterhood
Visit cwl.ca to join.

7. Advertise



Bulletin boards, parish bulletin, newsletter, poster, newspapers, emails, pulpit speech, word of mouth and more!



8. Social Media



Faith & Service in Action.

DOWNLOAD

This information and more can be found on the National website under "Resources".

Guide to Creating a Parish Council Facebook Group

In *your personal* Facebook account, click on *Groups*, then *Create a New Group*.

On this screen, you can:

- name the group (e.g., SJTD CWL group).
- choose the privacy setting. Groups can be private (only members see the posts) or public (anyone can see the posts).
- hide group: The group can be **hidden** (people will need to be invited) or **visible** (anyone can find it publicly and ask to join).



Customize Group

This section allows you to choose:

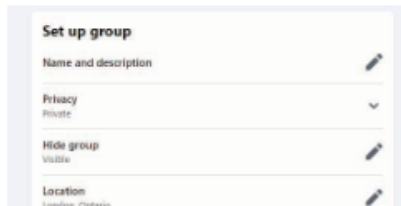
- a group colour
- badges: These are given to people in the group for being new members, group experts, etc.
- group affiliations: Add a group affiliation to show that a specific person or organization is an administrator of the group. The administrator's name will appear at the bottom of the group's cover image.
- the group type (general, buy and sell, gaming, etc.).



Group Settings

You can edit:

- the group's name (if you misspelled or want to change the name).
- the description of the group. When people read about the group, they can choose to join or not.



9. Visual and Visible Presence



Wear your pins, scarves, sashes, aprons, t-shirts etc. and participate!

Catholic Women Unite t-shirts (limited edition) are available for members and non-members for purchase online from the National office. Orders close November 15, 2023.



This is how one council increased their membership!

Dear Sisters in the League,

This year, we are blessed with 10 new members to our council at St. Francis Xavier in Stoney Creek. These ladies have enriched our council with their ideas, prayers, and service.

Our council is fortunate to have many women who believe in the Catholic Women's League. They will speak to their acquaintances about the League and bring them to our meetings. They are a friendly group of ladies who greet everyone, and make them feel as though they belonged. At our many activities, one can see them going to up to others and making them feel welcomed.



In January, when we have our Recruitment Weekend, our many volunteers approach any woman 16 years and over to tell them about our activities. They describe the goals of the League and invite them to our meetings.



Our council, with our parish pastor's permission, holds a variety of activities to attract members by making the community more aware of our function. As a council, we are very busy. Last year, we held a Quirky Fashion Show. (Quite funny!) We have provided for the less fortunate by having Birthright Showers, and by collecting items to send to the various charities around the city. We have a few ladies who write cards to the shut-ins and those in the nursing homes. Our luncheons and potlucks attract numerous women. We participate in the readings of the Stations of the Cross (Lent) and the Stations of the Nativity (Advent). There are many more activities but, it would take pages to enumerate them all. An enormous thank you goes to all our volunteers!

Approximately a month ago, I spoke with a few newer members to our council and asked them their reason for joining the Catholic Women's League. A few stated that their mothers were members and it brought joy to them to be part of this organization. Others, who had retired, expressed the sentiment that they needed something in their lives to make them feel useful to others. (Yes, we are always happy to have volunteers.) Quite a few conveyed that they enjoyed the feeling of friendship within the council. While the reasons are varied, each is incredibly significant.



Our council has 124 paid members. Quite a few of our members are highly active and are ready to volunteer for our many activities. Others, not so active, are ready with their prayers for the League. All are made to feel welcome.

May Our Lady of Good Counsel protect all the members of the Catholic Women's League now and in the future.

Respectfully submitted,

Francesca Simone
Acting President of St. Francis Xavier Council in Stoney Creek
Catholic Women's League



Check out the Welcome Program on the National website for the full new member and renewing member information forms.



The Catholic Women's League of Canada New Member Information Form

Council Name: _____ Date: _____

"Every sunrise is God saying, "Welcome home there is always a place for you!"
(Erwin Raphael McManus)

Part I: Basic Information

This form is an important tool for gaining knowledge about each member's interests and talents, which will benefit both the member and the parish council when planning activities. Because of the important information contained on this form, it is strongly recommended that all members complete this form initially. The council may then use the *Renewing Member Information Form* for future years.
New members should complete each section.

Name: _____

Address: _____

Telephone number: _____

E-mail: _____

How do you prefer to be contacted?

To plan council activities and events effectively, may we share your interests and skills as answered in the questions below with the members of the parish council executive?

May we share your contact information in the shared membership list?


Due to privacy requirements, if you answered yes to either question above, please sign in the space below:

Birth day (dd/mm/yyyy): _____

Anniversary: _____

What age group do you belong to:
 16-24 25-34 35-50 51-70 70+

10 THE CATHOLIC WOMEN'S LEAGUE - WELCOME PROGRAM



The Catholic Women's League of Canada Renewing Member Information Form

It is as important to connect with renewing members as it is to get to know new members. Although meeting in person with a renewing member is not always possible, every effort should be made to update information and interest areas. At the very least, a telephone call should be made.

The following comments can guide the conversation.

Thank you for choosing to renew your membership for another year! We are happy to have you back!

Member Name _____

Date _____

We would like to take the opportunity to ensure the correct contact information for you is on file. Has anything changed since last year (address, telephone number, e-mail)?

What are you passionate about within the League?

What gifts and talents do you have that would be meaningful for you and would complement the League's values?

What areas of the League would you like to explore more in-depth?

If the renewing member has not attended many meetings and events, remind her of the times and dates. Finish the conversation by thanking the member for taking time to speak with you about her interests in the League. Let her know the parish council will prayerfully consider her responses.

Printable form found in Addendum 1.2

14 THE CATHOLIC WOMEN'S LEAGUE - WELCOME PROGRAM



The League is many things to many people. Here are testimonials from three members on why they became members of the League.

My name is Michelle Versluis and I am the Communications Chair for our St. Louis CWL in Waterloo. Thank you for asking me to explain what led me to join the CWL. Back in 2015, I was reading our parish bulletin and I saw an advertisement for a "CWL General Meeting" and I wondered what happened at those meetings. I was craving to spend time with other Catholic Women because I had no one else outside of my family who were Catholic. I wanted so much to meet like-minded women, so I gave it a chance and went to their next meeting.



The wonderful Gerri Duque was our President at the time and she met me at church for the Mass before our meeting. While I don't remember the words she used to greet me, she hugged me and made me feel so welcome. She introduced me to many of the ladies and I realized that night that I needed to become a member. Here, I knew with certainty, I would make many friends and grow as a Catholic woman.

I was honoured to be asked to join the Executive the next year as the Recording Secretary. They didn't even know if I was capable of doing such an important job but they had faith in me and I ended up loving it. Whenever I'm leaving to go to one of our CWL meetings, I say to my husband: "I'm off to see my ladies". I love spending time with our CWL ladies and my life has been greatly enriched by knowing these women. It is deeply rewarding to spend time praying, socializing and working toward common goals with other Catholic Women. We are so lucky to live in a country like Canada where we can freely practice and celebrate our faith. I pray for all of our members and I hope they know that each one of them makes a difference in the lives of their Sisters in the League.

Michelle
St. Louis Council, Waterloo

My name is Kristine Paul and I have been a member of the CWL at St. Mary's in Brantford for 23 years.

They say that you remember life changing moments. 23 years ago, three friends and I were convenors at a Christmas bazaar in our parish hall. We stood looking at the CWL display and were commenting on the aging membership of the CWL and what it needed were younger members. Then came the **AHA moment**, we were younger. What was stopping us from becoming members? We walked over and joined.

Fast forward 23 years. During those years, I have been president of my council, regional secretary, regional chair, Diocesan Communications Chair as well as holding various positions within my council as required. I was selected by my Council to receive the Maple Leaf pin as well as nominated for the Frances Lovering award. It is this recognition of service by my council sisters that I cherish the most.



My decision to not only BE a member but to be an ACTIVE, ENGAGED member comes from the fact that I am not a "joiner" but take my membership seriously when I join any organization.

How could I not when realizing I was standing up for GOD and my country, CANADA, by joining the League.

How could I not when being mentored by the likes of women like SHARI GUINTA and ANNA BRADY.

How could I not when being supported in good times and bad by an amazing sisterhood of Catholic women WHO ARE LIVING THEIR FAITH and having FUN doing it.

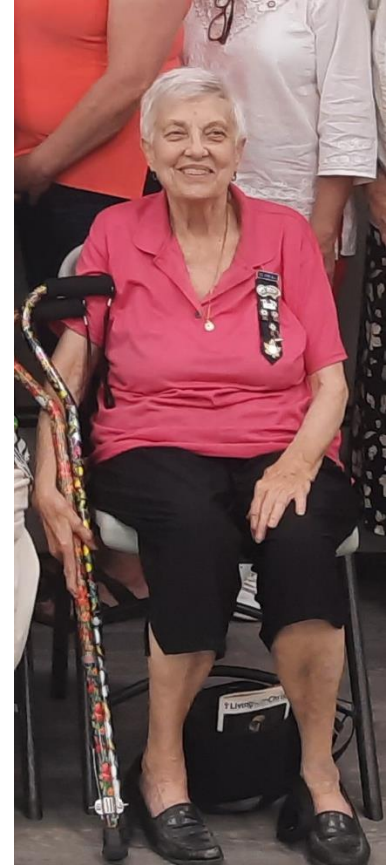
Lastly, I **stay** a member because it is my CWL sisters who have become my closest friends, who have taught me what it is to become a woman of faith and action, who have shown me that age is just a number.

Respectfully submitted,

Kristine Paul
St. Mary's CWL Council (Brantford)

Maryanne Beuhlow has been a member of the Walkerton CWL for over 45 years. She has served as President, Co-President, Past President, Spiritual Convener, Community Life and organized speakers for meetings.

My involvement in the parish and Catholic Women's League was born from various sources. God calls me to live an active faith life. My parents modelled the importance of being active in the parish and faith organizations – mom was in CWL; my dad in Knights of Columbus. Mom was active in our Sacred Heart Parish Walkerton CWL, always ready to lend a hand in CWL activities. Dad was active in the Knights of Columbus including being Grand Knight. Both parents gave time to community – mom in a more behind the scenes way, quietly helping people, donating time and prayer for others. Dad was active in a more public way including municipal council. Both were open about their Catholic faith which was important to them – daily prayer including the rosary as a family, and attending mass faithfully, often on a daily basis when possible. They felt it was important to be a Catholic presence in the community and the world. For me membership in CWL is important for living my life as a Catholic woman. I need and appreciate the prayer support, the companionship, the concern for each other that members have. Our support for local and other charitable causes and for students (e.g. 1st Eucharist) are important to actively living a call to serve others. Membership gives us a connection to others at the diocesan, provincial, and national levels. Of importance to me is the way CWL prepares and presents resolutions to government who are respectful of the effort and impact of those who prepare these. I feel it is important to live my life as an active Catholic Christian. CWL helps me to do this. I hope that my involvement in CWL and actively living my faith life is a positive witness for others.



Maryanne Buehlow
Sacred Heart Council, Walkerton



Unity Outreach Project

...ACTIONS...

Unity Outreach Project Actions

Ideas to Promote Participation of Members Who are Seniors, or Homebound

General Meeting Location/Time

- Change meeting times to make them more accessible (after Masses)
- Hold a meeting in a retirement home
- Offering rides to general meetings or events
- Luncheon meetings or a luncheon (soup & sandwich)

Meeting Agendas

- Incorporate faith, fun, and fulfilment at meetings
- Craft nights
- Games – write a trait about yourself and have others guess who it is
 - euchre night
 - bingo
- Guest Speaker on Topics: downsizing
 - Power of attorney
 - Wills
 - Ontario caregiver organization
 - Sponsorship opportunity of organizations
- Seniors bowling league
- Girls Night In – chop n' chat
 - swap recipes

Communication

- Identify members who don't have email – physically mail out newsletters
- Send reminders to senior members of meeting dates, membership renewal

- Make a phone call and visit (ask for volunteers to visit)
- Remind them to pray for members, League
- Part of phone tree
- Prayer chain
- Zoom chats – reminisce about the legacy of the League, stories from the past
- Mass cards at Christmas

Outreach

- Potlucks together in each other's homes
- Call other widows together for coffee, potluck, shopping
- Pass on skills to younger women, youth (knitting etc.)
- Use common kitchen for widows to prepare meals together
- Organize "Ministry to the Elderly"
- Going for a manicure together

Purpose

- Profile senior members and share (write) their stories
- Professional career – share skills and wisdom
- Incorporate opportunities to share ideas at meetings (goal setting)
- Devise a task they can do in their home

Long Term Care Facilities

- Sing Christmas carols at nursing homes
- Send cards and letters to residents – involve the youth in card making
- Schedule visitation programs
- Monthly Mass at nursing homes
- Pay membership for those in nursing homes

Unity Outreach Project Actions

Ideas to Promote Participation of Younger Members and Attract New Members

Barriers

- parents not attending Mass regularly/only children's sacraments and special events
- priest may not be engaging to the youth
- priests are pastoring more than one church and have increased responsibilities
- not enough school Masses

Outreach

- need to show the young students/families the value of our church and faith
- parish/regional family retreats
- parish Sunday school
- challenge youth to do "Bible in a Year" or "Catechism in a Year"
- Mom & Tot group work with CWL members
- incorporate the "youth ministry" (parish or school) & youth in CWL events
- invite younger members to run a program for the League
- Mom's Group – an organizational package used for setting up (i.e. St. John, Kitchener?)
- involvement in CYO Youth Ministry

Events

- dance in parish hall
- Sports night
- movie nights
- family activities
- coffee breaks for Moms & Kids
- Pie baking – teaching younger children to bake
- babysitting service for younger children
- coffee Sunday once a month
- potluck for families
- host a "Family Day" or "Family Fun Night"
- "Ladies Day" supper
- pot luck, order in, subsidize meals

- Girls Night In – manicure, pedicure, board games, karaoke night, cooking meals together,
- guest speakers relating to the youth
- Retreat –Mount Carmel in Niagara Falls,

Schools

- gifting children with Sacramental gifts
- Teaching the rosary – in parish or school
- Information boards in community – i.e. fall fairs
- invite teachers/students to tour church and learn about church symbolism
- Start building a relationship with school principals – how you can support them
- asking students what social justice issues concern them
- blessing of backpacks in September (for younger grades in for a special blessing)
- invite the High School chaplain as a guest speaker to talk about outreach to students/ motivate participation/issues of importance to the youth
- Cooking together; how to make a meal for 75 people etc.
- offer religious studies class or become involved in these classes if available
- Involve the school in your “community project”; “Hands On’ activities – recycling, waste, homelessness, etc.
- offer guest speakers: living history from seniors – speak about life through the war; the great depression; before credit cards; early League years
- PD day camp for kids
- engage students at the University, visits to the Newman Centre at U of G
- University orientation – a family for new students; sharing information with the Chaplain of the University
- information display tables at universities (during school tours, open houses, the universities let small businesses and non-profit organizations set up tables in community areas
- display of CWL mission/actions
- sponsor, volunteer or organize vacation Bible school camp
- Sponsoring –“Swim to Survive” programme through the school
- sponsor skate days at the local community centre
- incorporate Catholic Girls League into student council via school

- sponsor student athletic award for graduation

Communication

- welcoming
- Outreach to new parishioners – conversation
- look at youth activists on social media
- social justice issues on social media
- Tik Tok videos: recreating older recipes with junior/senior high school students
- download Catholic Girls League Program & video for resources
- survey younger people on their interests/social justice issues
- Theology on Tap

Promotion of the League

- Send a letter of invitation through the mail – Why Be A Member?
- personal invitation to join or to an event
- info table at parish events
- have a bake sale after Mass
- Visible presence – wear CWL pin, scarves, sash
- visual signage at diaper change stations
- members encouraging their daughter/granddaughter who can invite their friends
- promote League at parish potluck suppers
- participate in parish ministry weekend
- Membership drive – give handouts after Masses
- promote the four categories of the League
- promote the League involvement with the government (Resolutions/Legislation) and that we have a voice
- CWL info pack
- billboard advertising at community centres, banners in town
- Promote League on social media – Instagram, Facebook, X, parish website

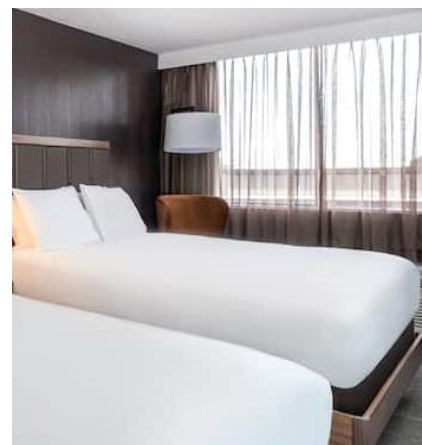
These ideas were suggested at workshops at the fall regional meetings. If you have any suggestions, please send them to president@cwlhamilton.ca under Unity Outreach Project Actions



WHAT'S THE UPDATE!

...ON THE DIOCESAN CONVENTION...

May 25 & 26, 2024



Group Rates for

**Catholic Women's League
Friday May 24 – Sunday May 26, 2024**

King Rooms \$179

Double Queen Rooms \$189

**Per night plus taxes
Included Wi-Fi and parking**

Based on availability until April 25, 2024

30 Fairway Road South, Kitchener ON N2A 2N2
519-893-1211



guestservices.kitchener@sunraygroup.ca
www.dtkitchener.doubletreebyhilton.com

More information will be coming in the January issue!



Be sure to put aside some funds in your 2024 budget for the Hamilton Diocesan Convention.

Here are some reminders of past conventions!



Convention 1977

Convention 2014



CWL CONVENTION — Joan Myatt (left) and Hilda Brown register Pat Visca of Hamilton at the Catholic Women's League convention being held this weekend at Georgian College. Sun-Times photo



Convention 1993

REGIONAL EXECUTIVE

HAMILTON BRANT REGIONAL CHAIR

Colleen Ionson

hamiltonbrantchair@yahoo.com



*Remember to walk in Kindness. The greatest power we as humans have is how we treat each other. When we show kindness to our community and friends, or offer simple acts of kindness, that good will spread. Project your love, let others experience your goodness, be gentle with your words. Kindness is a powerful tool!
(Art by Canadian First Nations Artist Maxine Noel)*

Dear League Sisters,

I hope this finds everyone well. The Hamilton/Brant Fall Regional Meeting, which was held at St. Pius X co-hosted with St. Basil and St. Mary's. It was a well-organized event with yummy soup and sweet offerings.

League sisters, I encourage all 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 with Diocesan President Elect Teresa DiFalco, the grand opening of the new hall at Sacred Heart Parish in Paris. Another significant event that

took place in the Hamilton/Brant Region is the Dedication Mass for the opening of St. Catherine of Siena Church in Hamilton. Below, I have included some pictures of these events.

Sisters take care of each other, watch out for each other, comfort each other, and be 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.

I look forward to the Hamilton/Brant Spring Regional Meeting in March which will be held at Our Lady of Assumption and co-hosted/collaborated with St. Eugene's council. The date is March 16, 2024.



Hamilton/Brant 2023 Fall Regional Meeting

Pictured above: Julie Gibson, Angela Rowley, Patricia McDougall, Joanne Palmer Second Vice President & Christian Family Life Chair



CWL members of Sacred Heart's Council and other CWL Councils, along with myself and Diocesan President-Elect Teresa DiFalco, who attended the grand opening of the new Hall at Sacred Heart Church in Parish.



Dedication Mass of the new St. Catherine of Siena Church Hamilton (October 22, 2023)



Shining the Light!

...ON PARISH COUNCILS...

St. Patrick Council, Hamilton

Submitted by Council President Evelyn Shoemaker



At St. Patrick Council, Hamilton an Installation of Officers ceremony was held after the 11:30 am Mass, following by a meet and greet in the chapel room of the CWL. A draw was held for a free 2024 membership and the lucky winner was delighted to receive this great prize.



St. Pius X Council, Brantford

Submitted by Council President Patricia McDougall

Dear sisters in the League,

It was our great pleasure to welcome President Joyce Cotter and the Catholic Women's League Executive of the Hamilton Diocese, and members of the Hamilton/Brant CWL councils, to St. Pius X Parish on September 23, 2023, for the Hamilton/Brant Diocese Regional Fall Meeting. We were blessed with a lovely day, and a positive, well-attended turn out. A big 'Thank You' to Julie Gibson, President of St. Basil's Council and Angela Rowley, President of St. Mary's Council, who co-chaired this event.

Fr. D'Sa and Fr. Murrin celebrated the Eucharist for us in a solemn service. Several councils brought their CWL banners and Books of Life, which were displayed near the altar. It was beautiful to see. Colleen Ionson, our Brant County Representative, called the meeting to order. After the opening Prayer and Spiritual Reflection, our Land Acknowledgement, and Greetings from President Joyce Cotter, morning reports from the Hamilton Executive Chairs were given. Everyone then enjoyed a brown-bag lunch. A hearty home-made 'mug-a-soup' was available along with a tasty dessert selection.

Following the lunch break, President Elect and Organization Chair, Teresa DiFalco had an informative and thoughtful video presentation about Leadership Development. Are we a strong Banyan or a lowly Dandelion in our leadership styles? 'Take care of your team!'

Reflection and prayer closed the meeting.

I wish to thank the ladies of the Hamilton Diocese for their continued kind support and guidance; and all the eager volunteers who gave of their time and effort to help make the Regional Fall Meeting a success. With continued prayer and our dedicated service to Mary, Our Lady of Good Counsel, together we can achieve more!

"Catholic and Living It"



"Sharing His Promise, Love and

Hope!"

Peace and God Bless, Patricia McDougall, President, St. Pius X Parish Council

St. Augustine Parish Council, Dundas

Submitted by Council President Phyllis Missett

THANKSGIVING PIE SALE

This is the third year that the St. Augustine's Parish CWL Council in Dundas has organized a pie sale. A local bakery guarantees to provide one hundred pies.

Parishioners' pre order and pre pay for the pies the weekend prior to Thanksgiving. The pies are picked up during the Thanksgiving Weekend. At the same time, there are small floral arrangements and canned preserves for sale. Another successful pie sale fundraiser this year – all the pies sold!



St. Anthony of Padua Council, Kincardine

Submitted by Council President Emily Lutz

In response to the call from our Diocesan Catholic Women's League for a Community Service Project for Youth last spring, St. Anthony of Padua CWL created a cursive handwriting club at the local elementary school of St. Anthony's. CWL Sisters, Parishioners and members of the community offer their time to run a voluntary "handwriting club" to students in Gr. 3-6 and in this club, the volunteers teach and support youth to learn this valuable skill that has not been included in the Ontario Curriculum as a separate subject since approximately 2005. The volunteers are an amazing, positive and encouraging group. There are many numerous benefits to learning cursive handwriting, including brain development and organizational skills and the preservation of family history. These children will be able to read their parent's and grandparent's cards, letters and handwritten recipes. It is important to encourage our youngsters to learn and retain these skills. One goal of this club is to help youth learn to sign their name. The "Thinking of You" CWL postcards were handed out at the last club meeting of the school year as a practical exercise.

The reinstating of mandatory cursive handwriting in the Ontario School curriculum this year starting in grade 3, arguably shows that this club has hit on a valuable skill on which to focus. Youth gain the foundations of handwriting skills, and further opportunities to practice and challenge themselves to their full potential with writing and reading skills.

St. Anthony of Padua CWL are immensely thankful for the school staff's help in creating and supporting this initiative. The club restarted Thursday October 5, 2023.

St. Anthony of Padua CWL would appreciate it if our sister Councils would support this initiative by handwriting a short note with a favourite Bible verse to provide our youth with handwriting examples to read. Also, the children will experience the joy of receiving a letter. Address letters to "CWL Handwriting Club Member" and mail to St. Anthony of Padua CWL via St. Anthony of Padua Parish in Kincardine.



L-R: Kathy Milne-Day, Heather Baker, Nora Bamsey, Emily Lutz, Heather Finnie, and Lillian Watterworth.

St. Peter & St. Paul Council, Durham

Submitted by Council President, Kathryn McManus



On Divine Mercy Sunday, April 16, 2023, the Divine Mercy tapestry displayed in St. Peter's Church in Durham was blessed by Father Grayson Hope. This beautiful image was donated by St. Peter & St. Paul's C.W.L. member, Marie Browne, who, unfortunately, passed away before this installation. An

engraved plate is affixed to the stand, recognizing Marie's generous donation to promote Divine Mercy in our parish. The well-crafted base was made by parishioner Jim Sweeney.

During the month of April 2023, the churches of St. Peter's Parish collected items for Ramoth and Grey Bruce Pregnancy Centres. The bountiful donations were sorted by members of St. John's Glenelg and St. Peter & St. Paul's C.W.L. Councils and taken to the two local centres to benefit mothers and babies. This Parish Project initiated by Elly Pennings proved to be very successful.



In June 2022, a Ginkgo Tree was planted outside St. Peter's Church, Durham, to commemorate the 100th Anniversary of the Catholic Women's League of Canada. The tree was generously donated by the Woznuik Family and an engraved plaque recognizing this C.W.L. milestone will be installed at the base of the tree.



St. Mary of the Visitation Council, Cambridge

Submitted by Council President Carol O'Brien

St. Mary of the Visitation Council, Cambridge held a September chicken supper. Above are door prizes and the set up crew is beside.



Installation Ceremony of new members



Upcoming Events

...PUT IT ON YOUR CALENDAR...

Our Lady of The Assumption Parish
Catholic Women's League

**CHRISTMAS
MARKETPLACE 2023**

NOVEMBER 11TH
SATURDAY 9:00 AM - 7:00 PM

NOVEMBER 12TH
SUNDAY 9:00 AM - 1:00 PM

VISIT WITH SANTA
SUNDAY ONLY
11:00AM-2:00PM

CAROL SINGERS

COME & JOIN US!

MARKETPLACE VENDORS	SILENT AUCTION	CURIOSITY SHOP
BAKE SALE	PENNY SALE	TEA STATION

*'tis the season
TO BE JOLLY*

63 HIGHWAY 20 EAST
STONEY CREEK, ON L8J 2W9

REGISTRATION OPEN

Canadian Conference of Catholic Bishops

WEBINAR SERIES
THE FOUR CONSTITUTIONS OF
Vatican II

7 NOVEMBER <i>Sacrosanctum Concilium</i> MSGR MURRAY KROETSCH	14 NOVEMBER <i>Dei Verbum</i> MOST REV. YVAN MATHIEU, SM
21 NOVEMBER <i>Gaudium et Spes</i> SR. DONNA GEERNAERT, SC	28 NOVEMBER <i>Lumen Gentium</i> DR. CATHERINE CLIFFORD

TUESDAYS IN NOVEMBER 2023 FROM 1:00-2:30 PM EST
SIMULTANEOUS INTERPRETATION WILL BE AVAILABLE

All webinar sessions will be recorded and packaged with a reflection guide for later release.

https://cccb-ca.zoom.us/webinar/register/9416927172336/WN_Xf09Vsi_SjiiIwdLPzWMdQ#/registration

Also see online at cccb.ca

St. Benedict's Parish
Catholic Women's League
 Presents
Handmade Christmas Craft Show

Saturday, December 2nd, 2023
 St. Benedict Church Hall & Narthex
 More details to follow
 Table Price: \$40

To participate as a vendor, please contact: cwlmilton@gmail.com
 Or send payment to: ghada.rassam@gmail.com



ONTARIO PROVINCIAL COUNCIL
of
The Catholic Women's League of Canada

**Along with our Provincial Spiritual Advisor and
Diocesan Spiritual Advisors**

Invites You



**To a Virtual Prayer Service
for the intention of
all our Spiritual Advisors,
Priests and Vocations**

December 11, 2023

7:00pm

Please register to attend using the link below:

<https://us06web.zoom.us/meeting/register/tZMvdOqurjovGNx1leK4M8Osjnf7cCW4gmuP>



An Advent Reflection

Margaret Ann Jacobs
National Chairperson of Spiritual Development
December 2011

During Advent, all members are called to find opportunities to become more aware of how God touches our lives each day so that we can be a sign of this love in the world. Daily meditation, liturgy of the hours, scripture reading and reflection, perhaps Advent calendars or Jesse trees may be a preferred avenue of preparation for the rebirth of Christ in our lives. Let this be an opportunity to activate the principles of all members as we pray together, "Dear Lord, during this Advent season mould our hearts in preparation for your return." Specifically, I would like to encourage the renewal of the tradition of the advent wreath. What an amazing way to refocus on the value of family prayer and channel energies and highlight our responsibility as Christians to reach out to others in need.

Create an advent wreath together: evergreen symbolizes renewal in Christ – renewal hoped for by those before Christ's first coming and the ultimate renewal we long for in Christ's second coming; the circular shape symbolizes the completeness of God; the candles symbolizing the light of Christ coming into the world – three purple, one rose, one white in the centre for Christmas day. Candle 1 – Hope (purple); Candle 2 – Peace (purple); Candle 3 – Joy (rose); Candle 4 – Love ((purple); Candle 5 – Christ (white). Each candle is lit on the appropriate Sunday of Advent and then each day as part of the family's daily prayer routine. Gathering around the dinner table offers a wonderful way to encourage family bonding and for each member to share. After the prayer is said for the week, each member of the family could offer an individual request focusing on the theme for each week (i.e. hope, peace, joy, love). This would be an excellent opportunity to reach out to others less fortunate, focus on the presence of Christ in our world and highlight the real meaning of Christmas.

Advent Wreath Prayers

Focusing

Lighting the Advent Wreath:

Almighty God, we begin this advent season as an advent people – ready to do your will. Let your blessing come upon us as we light this wreath. May it turn our hearts to you in the days ahead. Grant us the peace and joy we long for, as we await the coming of your Son with patient hearts. We ask this through Christ our Lord.

Scripture

"Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. Strengthen your hearts, for the coming of the Lord is at hand." (James 5.7-8)

Reflection

Advent is a waiting time,
*we await the celebration of the birth of Jesus,
*we await Christ's second coming,
*but God waits for us too.

God lives today, and so ... our first challenge is to bring Jesus to life in our own living, to become aware of his presence, the presence of the Spirit within us, prompting us, sustaining us, working through us, waiting for us.

Week One

R. Come, long-expected Jesus.

Excite in me a wonder at the wisdom and power of Your Father and ours. Receive our prayer in the hope that we may do our part in God's own work for justice. Sharing time – what hope do we have for the world? **R.**

Week Two

R. Come, long-expected Jesus.

Excite in me a hunger for peace: peace in the world, peace in our home, peace in ourselves. Sharing time – how can we be an instrument of peace? **R.**

Week Three

R. Come, long-expected Jesus.

Excite in me a joy responsive to the Father's joy. I seek His will so I can serve with gladness, singing and love. Sharing time – how can we be more joy filled? **R.**

Week Four

R. Come, long-expected Jesus.

Excite in me the joy and love and peace it is right to bring to the manger of my Lord. Sharing time – how can we be more loving members of the family, church, community? **R.**

Closing Prayer

O God, open our hearts to prepare the way for the coming of Christ. Guide us in your ways of compassion so that we may extend your love and mercy to all people. We ask this in the name of Jesus, our Lord, who lives with you and the Holy Spirit forever. Amen.



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.

May God's blessings be with you, this Christmas time.

We pray for joy in our heart, hope in our God, love to forgive and peace upon earth.

Wishing you a very Merry Christmas and a wonderful year to come!