

The Spectrum

JANUARY NEWSLETTER 2024

Hamilton Diocesan Council

Of

The Catholic Women's League of Canada

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*Here I am
Lord
send me*

Isaiah 6:8

Ella Clark

HERE I AM LORD, SEND ME

Heavenly Father,

Through the ages, you have called many to serve you.

Abraham, Sarah and Samuel; Martha, Mary and Elizabeth,

As well as countless men and women throughout the ages.

All were different, and each brought unique gifts to your service.

Now today, we too hear your call to come and follow, to bring our gifts to your service.

Help us, O Lord to make our reply, “Here I am Lord, Send me” with full and generous hearts,

In order that we may be your instruments in the building of your Kingdom.

We ask that you hear and answer our prayers through Christ our Lord.

Amen.

Bishop Wayne Lobsinger



President's Message

Joyce Cotter
Diocesan President

president@cwlhamilton.ca



“Giving God glory means honouring him and praising who he is! It means magnifying and reflecting his loving character through our own thoughts, words, and actions.

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Happy New Year, and a warm welcome to all new members. I am so pleased you have joined the Catholic Women's League of Canada, and look forward to meeting with you. I remember my first experience with fondness and one of anticipation. A wonderful chance to meet women in my own parish, an opportunity to learn more about the League, and a great way to contribute to the parish and the community.

For those councils, who have had elections, I offer congratulations to the new Council Presidents and their executive. I know that you will do a wonderful job in leading your councils and making a difference in your parishes and community. As Council Presidents, you might be a little bit overwhelmed with all the changes with the new League structure of faith, service and social justice but, mentors like your Past President, Life Members and the Diocesan Executive are always available to lend a helping hand.

We embrace a new national theme for the next two years: **“Here I am Lord, send me”**. As Sisters, let us draw closer to Jesus, joining Him in His work to spread the news of His love, justice and coming Kingdom. Some members will be called to go to the ends of the earth to share the Gospel to the unreached. Others are called to reach out to their own neighbourhood. Others may be called to step forward in leadership roles on the Diocesan Executive. However the Lord is sending you, may you stir up your courage, reach out in faith, and let your life be transformed by His power.

Mental health will be a focus for the next two years. There are so many ways to make a difference in mental health, and the diocesan council will be discussing in which direction we would like to narrow the focus. Our first act towards mental health could be to smile more often.

Smiling is a holistic impact on our overall well-being. Smiling releases endorphins, natural painkillers and serotonin, three neurotransmitters that make us feel good from head to toe.

Smiling:

- ❖ Stimulates your brain
- ❖ Helps to reduce stress
- ❖ Improves our mood, more optimistic, uplifted
- ❖ Enhances our physical health
- ❖ Makes one appear more likable, more polite, and easily approachable
- ❖ Communicates trustworthiness, more competency
- ❖ Builds a positive and cordial atmosphere



A smile is one simple act capable of changing your relationship with everyone around you. I especially enjoy receiving the emoji faces. It lights up my day.

Preparations are well under way for the 104th Annual Diocesan Convention on May 25, & 26, 2024 at the DoubleTree by Hilton Kitchener. A registration package will be sent to each Council President, put online, and is posted in the newsletter. I hope every member puts the date on the calendar, and plans to attend because we have some wonderful guest speakers, workshops planned, and the bonus of our National President, Shari Guinta, attending.

Be sure to keep your calendar open for the Spring Regional Meeting where you will find out further details of the convention and updated news from the provincial and national councils, as well. All Council Presidents, along with their executive/members, are welcome to attend in any of the regions.

While cleaning up some files, I came across an article written by Life Member Joan Schurter (who was Diocesan President at the time), that spoke to me, and thought the members could benefit from this as well. You will find it on the next page.

Wishing you well in your membership recruitment, outreach to your parish/community, and living out your League mission.

“You are the light of the world – like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.” Matt 5: 14-16

God Bless,

Joyce Cotter
President

I always **open with a prayer...**

Let us be still within and without. Let us place ourselves in the presence of the Lord. God is here with us now. Close your eyes and let us pray together: Father, Creator God, who formed us in your image, and gifted us; Jesus, Saviour God, who came and walked with us, and shows the way; Holy Spirit who inspires us and gives us the courage to be all that we can be; we ask that You bless us today as we come together. Open our hearts to your invitation to use these gifts as we continue to journey as members of The Catholic Women's League of Canada, in the service of God and of all God's people.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen

Before I say the closing prayer I want to share a quote I read in a letter from the Saskatoon Diocesan CWL council to the Humboldt Broncos Association. The quote touched me, and I feel it is relevant, not only to the times we live in but, to today, and why we are here in this moment...

The quote is from the book Be the Gift by Ann Voskamp.

"Our call is to be compassionate, to be a community, a communion, of broken bread and poured out wine, to live formed like a cross. Our call is to take the form of reaching hands, open ears, listening hearts because our God is with us, and we're called into communion with Him and with each other. Because our compassionate God is all-powerful. If we cannot help but be compassionate with each other because this is the way of the most powerful; If you lean in close, you can hear it, the faint heartbeat of a strong hope, of people coming together to give grace to each other, to be the gift to each other, through the brokenness of everything being re-membered... everything being put together. This is what it means to be the GIFT to each other."

Closing Prayer (extend your hand and pray the blessing over each other)

May you be blessed with a spirit of gentleness, a heart that is tender.

May you be blessed with a spirit of strength, shining within you. May you be blessed with a spirit of compassion, a fervent caring. May you be blessed with a spirit of compassion, understanding and respect.

May the earth hold you.

May the wind lift you ever up.

May the fire draw and warm you.

May the water quench and soothe your soul.

May God bless you with a spirit of wonder and joy.

Amen



Diocesan Spiritual Advisor

**Father Ranjan D'Sa, O.C.D.
Pastor St. Dominic, Oakville**

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Family – Foundation of Humanity

While addressing the 7th World Meeting of Families, Pope Benedict XVI said, “...Without the family, humanity has no future; young people in particular need to learn the values that give meaning to life. They need to be born into and grow up in that community of life, and love which God himself desired for men and women.”

As we begin 2024, let us focus on the family life that we live in the present world. Family is the most important aspect of our life. It is the basic social structure that gives us protection, and holds our civilization strong. All the human values that Christianity holds close to her, like “love, peace, joy, compassion, care...” can be lived well - only in the context of a proper family.

The words of Pope Benedict XVI are very true and extremely powerful: “without the family, humanity has no future”. It is in the context of family, especially on the lap of our parents and sometimes grandparents, that we learn the values of love and forgiveness. Family teaches its young ones for the first time how to receive love and share it with others; forgive each other and care for each other’s wellbeing. It is the family that forms us, and makes us true human beings. In a way, family gives us our identity.

True faith in God is passed on to us in the family. If we want to create the best possible family for the future (our children), then one thing we must remember is to give them the taste of God. The Psalmist invites us to taste the goodness of our God – “Taste and see that the LORD is good” (Ps34:8). Love and respect for God is a key ingredient that makes a family, an ideal family. The best family values are biblical values – given by God – and only they can make us true human persons.

Faith-filled family is the surest hope for the future, for each member is led by the hand of God.

Organization

Teresa DiFalco
President-Elect/Organization Chair

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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,

INTRODUCTION: (New Year – New Beginnings)

Happy New Year!

May 2024 bring you peace, prosperity, joy, and love. May God's blessings shower you and bestow upon each of you a vibrant and healthy new year. Let us renew ourselves in the Light and birth of Jesus, and let our focus be outwardly toward Christ and not inwardly toward ourselves. *"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"* 2 Corinthians 5:17.

January provides opportunities for fresh starts, to allow for change, new energy, fresh ideas, purification, wellness, and peace in one's life. We can do this in our own lives through commitments of self-care and love. Setting goals for self-improvement each year is a personal process, which grows us as better human beings, and draws us closer to God through goodness and love. The process involves self-reflection, prayer, dedication and discipline to address matters that cause harm to our body, mind, heart, and soul.

Proverbs 16 is an excellent reference in understanding what Scripture and God says about New Year's "resolutions", for through Scripture we find truth. Proverbs 16:9 says, *"The heart of a person plans his (her) way, but the Lord establishes his (her) steps."* Proverbs tells us that as we grow and discover our gifts and talents, we make plans that we hope

would be fulfilling for us in the future, but we must put our trust in God, as it is His plan and, only He knows our future. Proverbs 16:3 says, *“Commit to the Lord whatever you do, and your plans will succeed.”* One of the most powerful Bible verses about new beginnings is: *Jeremiah 29:11 “For I know well the plans I have in mind for you—oracle of the LORD—plans for your welfare and not for woe, so as to give you a future of hope.”* Here again is my puissant word – **HOPE**.

A servant leader has the ability to let go and let be by submitting to God’s higher purposes. In doing so, one can experience a deeper sense of fulfillment, purpose, and alignment with His perfect plan. Embracing God’s wisdom and surrendering control will not only calm your body, mind, and soul, it will provide you with peace and confidence. This is especially true for those facing difficult situations in their lives. Praying for patience will give you the perseverance needed to face and see through difficult challenges through. Knowing that God does not promise to immediately rescue us from hardship or suffering but, rather He has a plan for our lives which we must trust. Regardless of our current situation, He can work through it to prosper us, and give us the hope we need for living out our lives with purpose, love and gratitude. May these words provide you and your councils hope, and trust in God.

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 Woman Transformational Servant Leader. We look to Jesus as the perfect model of Servant Leadership, and to Our Blessed Mother Mary as woman Servant Leader, who always put God first.

LEADERSHIP: (Transformational Servant Leadership)

As previously stated, putting God first, followed by putting others before ourselves, are important traits in being a true and good servant leader. Recognizing the human dignity of all people, and making peace when we do wrong and/or cause hurt or harm to others, are critical actions in transforming into a servant leader. St. James said it best when he said, *“Faith without deeds is dead.”* Integrity, transparency, wisdom, and grace are important attributes of a transformational servant leader, but mean nothing without action. Pray for courage and patience to always do what is right no matter how difficult. May Our Lady of Good Counsel guide you in your decisions and actions.

OUR BLESSED MOTHER AS WOMAN SERVANT LEADER MODEL:

Our Blessed Mother Mary is a model servant leader for many reasons but, her most important virtues are: putting God first, humbling herself to do God's will by giving of herself completely, and playing a critical role in the salvation history of humankind.

The new National theme for 2024 & 2025 "Here I am Lord, send me" ties in perfectly with our Blessed Mother's response to God's request of Her through God's messenger, the Angel Gabriel, to be the Mother of God. Mary's response was, "Here I am, the servant of the Lord" (Luke 1:38). Mary's response was a testament in knowing God's pure and gratuitous love for her. Mary accepted not only to carry, birth, and be the mother of the Christ child, she also freely chose to lovingly become a servant and mother to all. Mary gave of herself freely for the sake of the greater good for everyone.

Mary's submission to God's plan knew the sacrifice she would face and, that it would cost her dearly, yet she was willing to be God's servant, and a servant to all. Mary was a woman of great faith, strength and courage. She gave birth to Jesus as her baby, and watched him die as her Savior.

In Luke's Gospel, Mary functions as the first disciple because she [1] receives the grace of God, [2] responds to this grace by confessing her faith in Christ, and [3] proclaims the Gospel of Christ to others. In short, St. Alphonsus states that Mary was truly humble because she gave all the glory to God for everything good in her life: ***"A soul that is truly humble refuses her own praise, and should praises be bestowed upon her, she refers them all to God."*** This is a valuable lesson of leadership and humility for those who look to others for praise. We must remember that we are created in God's image, and blessed with gifts and talents to serve and love our Lord and each other. It is a sin to look or need praise from others, as it often serves a darker purpose, such as covetousness, which is an insatiable desire to find fulfillment, meaning and purpose in things, instead of in God, and this can lead one's spirit to other sins.

Mary's top eight qualities were: profound humility, living faith, blind obedience, continual prayer, divine purity, ardent charity, universal mortification, and heroic patience and perseverance. Mary had gusto, strength, and perseverance to always do the right thing, no matter how difficult or what consequences she would endure. Blessed Mary demonstrated model servant leadership through her actions as a disciple in three key areas: 1) invitation (openness and inclusiveness), 2) obedience (following rules and

direction), and 3) perseverance (the courage to press on and always do the right thing no matter how difficult).

There are three important teachings from Our Lady of Good Counsel. These three teachings are:

- 1) To evangelize and teach people to experience the joy of Christ and to spread that joy with others
- 2) To never let adversity beat you down.
- 3) Always help those in need with love and mercy.

Following in our Lady's footsteps, and living our lives through her attributes and virtues, will help us become better women servant leaders. Let us journey towards holiness and to God through the intercession and footsteps of our Blessed Mother. Mary stood by Jesus when haters surrounded him. Mary faced adversity and hatred with grace and great integrity.

The following is a list of essential attributes needed in being a successful servant leader, which I shared in my last newsletter on integrity, which I believe is worth sharing again. 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 successful Servant Leader are: Faith – Integrity – Love – Honesty – Loyalty – Humility - Putting others before yourself – Character – Inclusiveness – Transparency – Communication – Courage – Trust – and Hope.**

GOVERNANCE

I continue to encourage all members to learn about the League, its governing documents, and the 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.

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. **Please remember to forward me your new parish council executive listing at presidenelect@cwlhamilton.ca**

TERM LIMITS

The League's Bylaws state that elected terms are held for two years, and elections are to be held every two years to vote in a new slate of executives.

PARISH COUNCIL ANNUAL MEETINGS AND NOMINATIONS & ELECTIONS

It was a pleasure assisting many of our parish councils to prepare for their upcoming annual meeting/elections. For those parish councils reaching their two-year terms this January/February, I will keep your councils in prayer for a successful annual meeting and election outcome.

MEMBERSHIP / RECRUITMENT / MAINTENANCE:

It was a pleasure to work with many parish councils over the past few months. Just a reminder that 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, and 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 and outside the parish to attend.

Membership Fees - Due January 1st

According to the League's Constitution & Bylaws, **Membership Fee is due January 1st** annually. 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 terms are 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.**"*

ANNUAL REPORTS

I asked every council to participate in this process and to complete the reports before or by the assigned deadlines. I also offered my assistance to any councils needing help, and happily assisted several councils who reached out. Thank you to the councils who participated in this important process. Your time, efforts, and hard work is greatly appreciated.

MENTOR SKILLS BANK

Just a reminder that National implemented a Mentor Skills Bank, which is a resource for councils to draw on the expertise of members on an array of topics. The Mentor Skills Bank is to be posted on the National Website.

YOUR UP-TO-DATE PARISH COUNCIL INFORMATION IS NEEDED

Please 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, Parish Council Secretary, **and** the Parish Council Spiritual Advisor. Please forward changes to me at presidentelect@cwllhamilton.ca

FRANCES LOVERING WOMAN OF THE YEAR AWARD NOMINATIONS:

Please start thinking about nominating one deserving member from your council for this prestigious award. I will be preparing and distributing nomination packages to parish council presidents before/or at the Spring Regional Meetings, which will provide more information. The winner of the award, along with all nominees, will be recognized and announced at the diocesan convention closing banquet in May 2024.

INCREASE IN MEMBERSHIP CERTIFICATES:

Parish Councils with an increase in memberships will be acknowledged and will receive a certificate at the Spring Regional Meetings 2024.

LEADERSHIP TRAINING AND WORKSHOPS:

I continue to offer training and workshops on leadership development, recruitment of members and membership management, League resource materials, annual reports, governance, and the operations of the League. I can offer these in person or virtually. I am also available to provide in person or virtual council specific presentations upon request. Interested members may contact me directly at presidentelect@cwllhamilton.ca

OTHER HAPPENINGS/UPDATE:

Since my last newsletter submission in November, I have been busy assisting councils with the Parish Council Nominations and Elections process, membership drives, Parish Council Annual Reports for National, and various other topics. I received many invitations from parish councils to be a guest speaker, present awards, attend special dinners, and councils events. The work being done by our parish councils is inspiring and greatly appreciated.

NOVEMBER 2023

- Participated in a four-week Webinar Series - The Four Constitutions of Vatican II (Sacrosanctum Concilium, Dei Verbum, Gaudium et Spes, and Lumen Gentium)
- Prepared a Diocesan Organization report for a Diocesan Executive Meeting.
- Reviewed materials and briefed Diocesan First Vice President Laura Grint to attend a Diocesan Budget Committee Zoom Chat on my behalf.
- Sent an email and instructions to Parish Councils via the Regional Chairs, for completing and submitting their annual reports to the National Office.

DECEMBER 2023

- Updating the Parish Council President/Secretary/Spiritual Advisor listing.
- Coordinating League Annual Reporting for the Hamilton Diocese. Addressed several inquiries and issues of Parish Councils and National pertaining to annual reporting.

FUN FACTS / INFORMATIVE FACTS:

- January was named after a Roman god - Janus, who had two heads, symbolizing one head looking backward and one looking forward. Perhaps it represented reflecting on the past, and looking forward to the future.
- The original Roman calendar only had 10 months and January only had 30 days. Julius Caesar added the 31st day to the month.
- Ellis Island opened on January 1, 1892, and welcomed over 20 million immigrants who traveled for weeks through the rough ocean waters to find work and a better life in North America. Many of our ancestors made this courageous journey.

IN CLOSING

As a woman of faith and hope, I know first-hand that there is healing in Jesus. Being a woman of hope is believing in God and knowing that God has not forgotten us, even when we are faced with challenges. A woman of hope has faith in God's plan, and believes it will give us hope for a future.

Despite setbacks of unplanned challenges and events, I encourage you to remain optimistic and hopeful. Hold on to your faith, and lean on each other for strength and support. Psalms 27:13-14, ***"I believe I shall look upon the goodness of the Lord in the land of the living. Wait for the Lord, be strong, and let your heart take courage, wait for the Lord!"*** ***"God tells us, 'I am making everything new!' (Rev 21:5).*** Let us pray together that the new year will bring new light to our League and all councils. God will light the path and show us the way.

As always, 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 many blessings for 2024, and remember to live each day with gratitude and grace. Schedule time for self-love and quiet time for prayer and reflection, listening carefully for God's voice, and having the gusto to say yes to God's callings of you. Embrace and enjoy God's gifts bestowed upon you and use them wisely by living each with purpose through Faith, Service, Social Justice, and love.

League sisters, may you always know your value and that you are strong beautiful Christian women. May you always sparkle in 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

Lastly, I would like to extend a warm and gracious thank you to everyone who sent me beautiful Get Well Cards, Mass Cards, emails, text messages, voicemail messages, and gifts during my recent hospitalization. Your love and compassion truly warm my heart and lift my spirits.

Blessings and Hugs,

Teresa

Teresa DiFalco, Hamilton Diocesan President-Elect and Organization Chair



Spiritual Development

Laura Grint

**First Vice President/Spiritual
Development Chair**

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Greetings Sisters, Happy New Year!

I hope you all enjoyed some time with family and friends. Over a thousand years ago, a small family travelled to the land of their family to be counted in the year of the census. Mary, trusting her husband, travelled away from her family when she was heavy with child, not an easy journey with no Uber and only a donkey, no amenities, and certainly no hotel rooms, with only each other on whom to lean on. Mary trusted the message of an Angel, trusted her husband, and trusted her God.

From a young age, Mary was obedient to her God. She learned as a mother that, when her son grew, she was to become obedient to him, and wanted others to follow her example. She knew after finding him in the Temple that he was to be listened to and obeyed. In one of the readings this week, it is asked “Can anything good come from Nazareth?” Yes, Jesus came from Nazareth, come and see. Every day he invites us to come and see. Are we ready to hand over a new year to him?

Mary asked the waiters at the Wedding at Cana to “do whatever He asks.” They obeyed him. He told John to “behold his mother, and his mother to behold her son.” We should always listen to Mary for, anything asked in her name, shall be granted. We are to lean on her. She is an intermediary between earth and heaven. She is our mother.

This year, place your hopes, dreams, and necessities in her loving care, and know that all prayers will be heard. Remember you can always pray the Rosary.

Here is a prayer for the New Year:

**Dearest Mother,
I place my cares in your loving hands
Be my aid in times of joy and stress
You are my hope in every day
I ask you place your mantle of protection
Over my family and children for this New Year.**



Laura Grint
First Vice President/Spiritual Development Chair

Diocesan Secretary

Kim Ansty

Secretary

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Welcome to 2024 and an election year! If you have not been contacted yet, please make yourselves open-minded about the request to take on a position with the Hamilton Diocesan Executive. Aside from the comradery that you will create with some wonderful ladies, you will get an opportunity to meet many new friends from the different parishes in our Diocese. During my time as secretary, it has been a wonderful opportunity to learn more about each of our parishes, the ladies leading each of the executives, and what they do to advance the league in their respective parishes.

Aside from the relationships I have been able to create, I have also learned how to properly run a meeting, by watching **Joyce Cotter** lead hers. I have learned to create Motions by following the direction of **Teresa DiFalco**. I now understand how to add a spiritual dimension to our meeting, thanks to the hard work of **Laura Grint**. My knowledge of budgeting and accounting has been greatly expanded thanks to the detail and the explanations by **Mary Clark** regarding the financial workings of the league. The calm demeanor and general sweetness of **Joanne Palmer** was always a welcome addition to our meetings. Although **Rosanne Sogan** came to the table later in my time with the executive, I can say she is one of the loveliest people I have met. Aside from being a wealth of information, she has been so welcoming and supportive. I have been deeply moved by the faith I have seen expressed **Mary Mutiibwa**. I absolutely love **Mary Helwig-Hall's** passion and energy. The attention to detail and the research that I have seen from **Francesca Simone** has left me in awe at how committed she is to providing us with current information that is applicable to the here and now. You couldn't ask for a nicer person than **Katherine Imperatore**. She always offers her assistance where she can. I am amazed at all the hard work and organization of **Colleen Ionson, Nancy Skiba and Joanne Gregson** as chairs for the different regions. They are the heartbeat of communication in the executive. I can say that the sage advice and deep spiritual connection that **Father D'Sa** has expressed to the executive, has been invaluable. He is such a wonderful person and so fun to be around.

Taking an executive position is not just your opportunity to serve the league but, also an opportunity for building relationships, learning leadership skills and increasing your spiritual development. I look forward to seeing you at the head table in 2024!

Celebrating a special anniversary in your council and would like a commemorative anniversary certificate?

- ✚ Please send a formal letter to the Diocesan President requesting this certificate.**
- ✚ Also if you would like a certificate from the Provincial Council, please send a formal letter through the Diocesan President two months before the celebration date.**
- ✚ Anniversary certificates from the National Council can be found online at cwl.ca and printed off yourself.**

New Member's Information Package

If you would like a welcome letter from the Diocesan President for the parish council "New Member's Information" package, please send a request to president@cwlhamilton.ca

Diocesan Treasurer

Mary Clark

Treasurer

treasurercwlhamilton@gmail.com



HAPPY NEW YEAR 2024!

Welcome to any new treasurers and those continuing their term. As keeper of your council's finances, I encourage you to either download free of charge to a memory stick or print a copy of "*Guidelines for Treasurers*" which can be found on the National website (cwl.ca) under the caption "to organize" under 600 Series "Manuals" scroll down to 609.

Councils have questioned what the .50 cents per member on your annual membership fee remittance covers. Intact Insurance provides insurance for the Catholic Women's League of Canada. *Location and Operations to which this certificate applies is* - Location: Recognized Parish Councils of the Catholic Women's League of Canada; Operations: Catholic Women's Service Groups. This covers all parish members in good standing while performing duties your council provides, such as funeral lunches, coffee socials etc. in your parish. A special certificate is needed if you go outside your parish hall. A special certificate will need to be issued with the outside venue added as "additional insured" which is usual for most malls or any other venue outside your parish hall. I can provide you with Intact contact information if this is needed by your council. **INTACT CANNOT PROVIDE a certificate for ANY venue where CWL has ALCOHOL SERVICE.** Your parish office may request a copy of this certificate indicating coverage. If you or your President did not receive your 2024 Certificate of Insurance through your Regional Chair, please reach out to me, and I will gladly send it to you.

A few reminders for the New Year

- Submit the Annual Administration Fee – Invoice was emailed to all Presidents by your Regional Chair. Thank you to those who have mailed their cheque to me to date
- Submit your Parish Treasurer's Annual Summary Report by January 31, 2024
- Submit your parish membership fees to National by February 28, 2024
- Submit your donations for Pornography Hurts, Our Lady of Good Counsel Seminary Fund at any time during the year
- Reminder that all cheques are to be made payable to "Catholic Women's League of Canada Hamilton Diocesan Council" and note on memo line what cheque is for

Direct your questions or concerns to either myself or your Regional Chair.

Guidelines for Treasurers

-find under "Resources", then Manuals on the National website

- Bank Reconciliation
- Treasurer's Annual Report
- Budget
- Preauthorized Debit Plan
- Electronic Deposit
- National Voluntary Remittance Form

Education & Health

Francesca Simone
Education & Health Chair

CWLeducationandhealth@outlook.com



Dear Sisters in the League,

Wow, we have begun a new year. I would like to wish everyone and their loved ones a very happy 2024.

I would like to highlight a couple of points in this issue of the newsletter. Firstly, I would like to remind everyone of the Bell Let's Talk day. This year it is on Wed. Jan. 24th. This campaign serves to allow conversations about mental health so that the stigma associated with the disease can be lessened and where care is available.

Since January is Alzheimer's Awareness Month in Canada, I would like to give you a little information which I learned at a virtual webinar with Dr. Romi Fung entitled "Dementia Starts in the Body". I attended this webinar last month. It began with a definition of Alzheimer's as being a cognitive mental decline which results from a variety of diseases and injuries which affect the brain cells. There are many possible risk factors such as: smoking, physical inactivity, trauma to the brain, diabetes and blood sugar dysregulation, lack of cognitive stimulus, family history, ApoE gene status, and (something that surprised me) sleep apnea. Apparently, oxygen is extremely important for brain health. The brain needs blood to be able to carry fuel (glucose) and oxygen to the brain. Sleep apnea is dangerous because one stops breathing for a time so, the brain cannot get enough oxygen. Insulin resistance can be a problem because it makes it harder for the cells to receive the glucose they desperately need. To avoid this problem, make sure that protein is part of every meal. Pair carbohydrates with proteins or fibre to prevent blood sugar spikes and insulin resistance. Exercise, both aerobic (eg. 10,000 steps) and anaerobic (eg. resistance bands), can help with the flow of oxygen to the brain. Try to get moving every day and exercise most days of the week.

February is Cancer Month. One of the ways which Canadian Cancer Society is trying to raise awareness of cancer happens to be the challenge of Dry Feb. It is a fundraiser for the society but, it touches on the reasons to avoid drinking. Any alcoholic drink is a downer which affects our mental thinking. Doctors cannot agree on the amount which is safe. Any type or amount of alcohol can increase one's risk for many cancers. Good idea to avoid alcohol.



February 4th, this year, is World Cancer Day. Please say a prayer for all the persons who are afflicted by this disease.

February 28, in 2024, is Pink Shirt Day. Unfortunately, many students are bullied in schools. This day reminds us to practise kindness and to stop the bullying both online and in person.

Again, wishing you and your families a great start to the new year and many blessings throughout.

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

THE MENTALLY ILL

*The righteous cry out, the Lord hears
and he rescues them from all their afflictions.
The Lord is close to the brokenhearted,
saves those whose spirit is crushed.*

PSALM 34:18-20

Prayer for Mental Illness

A prayer for someone suffering with mental illness
for their healing

Dear Lord Jesus,

I come before you to ask for the restoration and
healing of my mind. Thank you that you became fully
human and walked amongst us, so you understand the
complexities of the human brain.

So I lay this mental illness before the cross. I
surrender it now to your grace, knowing that you
have paid the price for my freedom. Come, Holy
Spirit bring the touch of new balance, correction and
wellbeing to my thought life.

Come into the memories of my past and the
confusion of my present with new hope, hope for a
future of breaking free from mental illness into a new
dawn.

Lord, right now I trust in the power of your unfailing
love and grace, and the freedom that is found in you.
Come release me into all the good things that you
have instore for me. Amen.

(A prayer for wellness from www.lords-prayer-words.com)

Read more at: https://www.lords-prayer-words.com/topics/prayer_for_mental_illness.html

Resolutions

Mary Helwig-Hall
Resolutions Chair

resolutionscwlhamilton@gmail.com



This is an exciting year for CWL Hamilton Diocese! I've been following up on two proposed Resolutions from two parishes in our Diocese in 2023 and there is good news to report.

St. Patrick's, Hamilton has been serving the Homeless in Hamilton and President, Evelyn Shoemaker reported that City of Hamilton has provided 24 hour access to washroom facilities in 2 city parks so they consider their resolution "closed". Their parish advocacy and that of other agencies in the city helped to achieve their goal without it officially reaching the Convention floor.

While I have not been able to directly follow up with St. Mark's, Kitchener regarding their resolution re: ending online/ TV Gambling advertising, there has been some activity in the wider community on this. I have received a number of emails with newspaper and social media reports that another group, <https://www.banadsforgambling.ca> has had success in effecting change. Notably, the Alcohol and Gaming Commission of Ontario has banned professional athletes from sponsoring or promoting gambling ads as of the end of February 2024. This is a small win for the cause, but a win none the less.

I am Highlighting the Ad Hoc Resolutions Committee from St. Michael's, Kitchener who have worked long hours to get THREE resolutions ready for submission to Mary Capobianco, Provincial Resolutions Chair. No other councils in Ontario are addressing these resolutions. Congratulations to committee champions Denise Dolff, Shani Pregelj and Jakki Jeffs who have been meeting regularly (1-2 times/ week at least) to provide letters, Resolution briefs and references for the January 31/ 2024 deadline. The resolutions will be scrutinized by the Provincial Resolutions Committee and we anticipate a positive response by February/ March 2024. A positive response means a motion from the Hamilton Executive who approve that these can be brought to the floor and presented at the convention.

The resolutions are:

1. **2024: 01-** Enact definition amendments - expand elective treatment consent requirements in Ontario's 1996 Health Care Consent Act.
2. **2024: 02-** The Canadian Institute for Health Information establish enhanced data collection regulations pertaining to induced abortion.
3. **2024: 03-** The Ontario Government create and enact legislation, mandating the collection and annual reporting to the Ministry of Health, of demographic data, from all Ontario out of hospital health facilities providing induced abortion.

I'm very excited to be presenting these 3 resolutions at AMM and as the group has said, if they move forward GREAT. If they don't we will at least have educated over 200 women who will be taking the information back to their parishes. We will at least have INFORMED our members on these issues.

Look out for:

- Updates at the March 2024 Regional Meetings
- Join us at the Resolution Dialogue on Saturday-May 25/ 2024 for a very brief overview.
- Reading of the Resolutions and a successful voting process with passing of the Resolutions by members at the 2024 CWL-AMM

Respectfully Submitted by:

Mary Helwig-Hall

CWL Hamilton Diocesan Resolutions Chair

Historian

Rosanne Sogan
Historian

Chocolate3martinis@hotmail.com

Note the new email address



Dear Sisters in the League,

I hope that each of you had a beautiful and heartwarming Advent and Christmas with your loved ones and happy 2024.

I would like to take a moment to apologize to those who may have received an email from me on December 22, asking for a favour from me. It was asking you to purchase gift cards for me as I was unable to get them (for various reasons). That was not !! My email was hacked while I was in the Sault Ste. Marie Cathedral, attending my aunt's funeral. Since then, I have had to not only change my password for protection but, my email address had to be changed as well. So, if you receive anything coming from chocolate3martinis@hotmail.com it is me!

As previously mentioned in earlier newsletters, the role of a Past President and Historian is responsible for the archiving and the history of your council.

I would like to reiterate what items should be preserved for your council in your archives. Items such as minutes, treasurers' ledgers, resolutions, motions, reports, and other items should be placed in the archives.

Remember to ensure that your archives are stored in a fireproof and dry cabinet which has a lock. It is highly recommended that acid free paper be used, and acid free books for your pictures as well. These should be maintained on church property and not in someone's home.

Minutes

The official copies of the minutes signed by both the president and secretary must be placed in your archives. These pages should be numbered as well for the term in the bottom right side of the page and initialed by the secretary. The minutes from the current secretary's term and the two previous secretarial terms are kept. These should be archived after six years. Meaning: Past-past secretary, past secretary and current

secretary is kept by secretary = 6 years. At the end of her two-year term, the past- past minutes are archived and the past and current minutes are given to the new secretary. Then, in two years' time, the past-past minutes are archived, and so forth.

The hard copy of your minutes is permanently retained. If you do have electronic copies, they may be destroyed. Your annual reports, i.e. to diocesan for convention purposes, should also be retained as well, and kept safely archived. Additionally, names mentioned in your minutes, motions, and reports should be first and last names, to ensure the correct person is being accredited with the information provided, etc.

Please, do not permanently store anything on floppy disks, CD's or thumb-drives alone. I say this because technology is continuously changing. Computers were established in 1947, and as you may not know, they started out the size of a room. Now they are quite compact and portable. You may remember the laser and floppy discs; you probably thought that this is a great storage field. Unfortunately, these are no longer used in computers. The disc was replaced by CD's which are now also becoming obsolete for computers. That brings us to the thumb drive which is the current preferred storage utensil. BUT, this too will eventually be replaced. If everything was kept on one of those devices, not only may you not be able to retrieve the information because of the way computer's outside storage has evolved, but at times the outside storage becomes corrupt, and the information irretrievable, resulting in lost information. As much as we would like to achieve a paperless society, somethings do need to be hard copied!

Motion Books

The official copies of the signed and dated motions should remain with the secretary in a 3-ring binder just as the minutes. After six years, the motions then should be put into a file in your storage area and permanently retained, once again using acid free paper or sleeves to preserve them.

Treasurer's Ledgers

The treasurer retains the ledgers for the council for five years, then, they are placed in archives and kept permanently. Any receipts and or cheques should be retained for 7 years, and then destroyed.

Deceased Members Book

The council's Deceased Members Book is very much the history of your members being a part of your council. The book should be retained permanently. The name and year of the deceased member should be placed in this book. If you have a picture of the member and/or her obituary or prayer card with the member's notice, it too, may be

kept but is not necessary. This book is wonderful to share at a memorial service celebrating your deceased members. There is a prayer service for this purpose found on the national website or, you can create your own.

There is more information which I will share with you when the next newsletter is published.

May Our Lady of Good Counsel continue to bless you, and guide you in all you do for God, Canada and the Catholic Women's League of Canada.

Rosanne Sogan
Catholic Women's League Diocesan Historian



Hamilton Diocesan Elections 2024 - 2026

Dear Sisters and Friends in the League,

I have been asked by our diocesan president, Joyce Cotter to run the Elections for 2024-2026 term.

I recently have sent out the elections eligibility information, via email, to the majority of those on the eligibility list, while others receiving their information via Canada Post. The eligibility list is for those presidents who have completed their term between 2017 and 2023, which equals 3 full terms in office. Presidents before 2017 are ineligible and those who may have co-chaired the role of president, are not eligible as well, as are those who are currently in the role of president.

The elections will take place on Sunday, May 26 at the AGM/Convention.

PLEASE consider submitting your name to the roster. God has given each one of us many gifts and talents that should be shared with others. Discern carefully before you make your final decision.

OBJECT OF DISCERNMENT

1. What gifts and talents do I have to offer?
2. Am I called by God to offer my name for election to the Hamilton Diocesan Council?
3. How can I best contribute to the Hamilton Diocesan Council? What role would allow me to best share my talents? (First Vice, Secretary, Treasurer, Chairperson of Faith, Service, and Social Justice)
4. Am I truly able to make this commitment?

A Prayer to Discern God's Plan for my Life

Dear Lord Jesus I know that you have a plan for each of your children for you scheduled each day of our lives before we were even conceived in our mother's womb. Help me, Lord, to discern that plan – the plan that you have chosen for me – for I desire to be in the centre of your will and not follow the empty desire of my heart. I thank you that you have also given each of us a free will to choose the good and to reject the evil – help me, I pray to choose to do what is right in Your sight – to go where You are calling me.

Help me in my desire to serve you as a member of the League. Lead me to the best response in my call to service. Give me a discerning heart to know your will. Amen.

Adapted from: <https://prayer.knowing-jesus.com/Prayers-for-Discernment>

I pray with you and for you and await your decision.

Yours in the Sisterhood of the League,

Rosanne Sogan
Elections Chairperson



**2005 Diocesan Executive
Pat Crawford as Diocesan President**



**Installation Ceremony at 1991 Convention
Joyce Pecak became Diocesan President**

COMMUNICATIONS



**The deadline for submissions to
The Spectrum Diocesan Newsletter
For
The March edition is March 2, 2024
Please send to
president@cwlhamilton.ca**

Are you receiving your League Magazine?

- ✓ Printed copies of the League magazine are sent out to all Members, 3 times a year. Spring, Fall & Winter.
- ✓ Please make sure the mailing address is current, and updated as many magazines are being returned to the national office.
- ✓ Members who prefer the online version and do not wish to have a hard copy, make sure you tell the Vice President/Organization Chair and she will tick off that box when she sends your membership per capita fee into the national office.

LIFE SENTENCE

BY ANNA BRADY



Dear Sisters in the League:

I want to thank Diocesan President Joyce and her executive for the publication of the Spectrum. It is always an interesting and informative read.

I hope the members of our councils take note of the information and news presented. It is good for all members to have some basic knowledge about the League. Each parish council does such important work in its parish, the grass roots of our national organization. I encourage members to expand their knowledge by attending Spring and Fall Regional Meetings. Attend the Annual Meeting of Members/Diocesan Convention. If possible, attend a provincial and/or a national convention. You will not be disappointed. You will certainly learn much, and become more enthusiastic about our League.

Choose one day a week to visit the diocesan, provincial and national websites (hamilton.cwl.ca; cwl.on.ca; cwl.ca). You will find a great deal of information and interesting reading.

This is an election year for our diocese. If you are an eligible candidate, you will receive an "election letter". Please, don't ignore this letter. Pray on the matter. We need strong, enthusiastic women to let their name stand and become part of the diocesan executive. *Here I am Lord; Send me* Isaiah 6:8
You will find it a very rewarding experience. Remember the Life Members are there for your support.

When I was on the diocesan executive, I encouraged a program I called "Just In Case". Some of you may know I lost my husband less than two years ago and so, my personal program was a great help to me. Keep a book or binder or list of important topics:

- *Bank accounts
- *Wills
- *Safety deposit box
- *Pensions
- *Insurance—life, house, car, travel
- *Investments
- *RRSP's
- *Numbers
- *Documents

*Fingerprints

The book does not contain the documents; it lists where to find them. Of course, keep the information up to date. You may wish to organize your own Just In Case system.

Recently our council organized a three-part series of workshops called "A Journey of Sorrow"

#1 Understanding the Funeral Liturgy: Finding Hope

#2 Learning about Christian Burial: Finding Comfort

#3 Healing a Broken Heart: Finding Support

The presenters were from the Diocese and were very informative.

Stay informed.

May Our Lady of Good Counsel bless you in your work for God and Canada!

Anna Brady

Life Member

"Lord, help me remember that nothing is going to happen to me today that YOU and I can't handle"



Convention 2008



SISTERS

Have you ever longed for a sister? The Catholic Women's League will bring many women into your life. Some will journey with you through thick and thin, some will come and go. Always, these women will carry and support you with their prayers and sisterly love. Come meet new sisters.

CONNECTION

My Catholic Women's League council is parish-based yet connected to Canada's largest women's organization. How connected are you? You will meet women from your region, diocese, province and country by becoming involved in your parish Catholic Women's League council! Your place is among us!

ACTION

As a Catholic Women's League member, you are part of an organization of women who act through prayer, faith development, ministry, service, education and advocacy on social justice issues. Choose your action. Join us today.

HOPE

Hope is the essence we hold onto during times of adversity and is the beacon of light in the darkness. Anyone seeking refuge and hope can find it in the Catholic Women's League. Members find hope in one another. Join us and be a woman of hope.

What's Your CWL?

My name is Mary Clark, and I have been a member of St. Mary Immaculate, Elora Catholic Women's League since 1976. My mother enrolled me after graduating from college and living back at home, until I married in 1980. This was also her way of becoming more involved in our parish league, as she did not drive.

She became a member in the mid 1950's, when someone from the parish knocked on the farm house door and asked if she would like to become a member. As she was not very fluent in English, having immigrated to Canada in 1950, she told me and my sister that she just said, "YES," not really understanding what was involved in membership in the Catholic Women's League. She received her 50-year pin, which went with her to her eternal resting place in 2013. As some family members do, I returned her other pins, but held onto her 40-year pin which I now proudly wear.

Following my mother's example, I have also enrolled my two daughters, one at age 18

"CWL 80" ANNIVERSARY

Celebration dinner with Fergus St. Joseph's CWL, Rev. Ken Miskiewicz, Mary Clark, Audrey Paty, Rev. P. Sherratt



and the other at age 16. They are not active, due to having a young family and work commitments but when asked by their mom to help out with parish activities such as bake sale, bazaar, they are always willing.

Once I became a member, it did not take very long before I was a member of the executive. I have served as Recording Secretary, Treasurer, President, Co-President, Past President, Organization, and Spiritual Chairperson on my parish

level. In May of 2015, I finally stepped forward to take a position on the diocesan executive.

Many road trips later, with now Diocesan President, Joyce Cotter, who had again put the bug into my ear in April, as had many other diocesan executive officers over the past years, and my answer had always been “no” due to family commitments. After discussing it with my husband, Paul, and letting him know that I would be leaving him alone again (many years of driving and caring for my mother) and his “okay” and my three grown children’s reply being, “What else! You like to be busy, involved, and being social”. Currently, I am serving as Diocesan Treasurer, and have held the position of Community Life Chairperson, Recording Secretary, Communications Chairperson, and Acting Diocesan Treasurer.

I very much enjoy being a member of the Catholic Women’s League and what it promotes, such as what they have accomplished over the years, with various levels of the government. “Sisterhood”. I come from a family of 5 brothers and 1 sister, and through the league have gained many more sisters. I have gained many friendships both at the parish and diocesan levels. God willing, I will continue the good works of the Catholic Women’s League for God and Canada.

ergus. **“CRAZY HAT” THEME** Prizes, Games and Great Food. COME JOIN IN THE FU



June Potluck
Mary Clark, Colleen Cudney, Helen Hilker,
Bev Lavigne, Rosemary Downey, Karen Thomas,
Jean Kreamer, Jessie Dorscht



Unity Outreach Project

...ACTIONS...

Ideas for League promotion by Kitchener Regional Secretary Sherie Bowen

Bulletin notice:

“Breakaway from the noise and refocus on what’s important **For the Mom** looking to deepen her Catholic Faith, **For the student** discerning her vocation, **For the single woman** seeking intentional discipleship, **For the grandmother** wanting renewed direction in her life. Our hope is to create a space for intentional investment to enrich your ordinary everyday life and help you receive the gifts and graces necessary to live boldly and authentically as Catholic Woman. NO MATTER YOUR AGE OR STAGE IN LIFE”

CWL – We should focus on the “**W**”:

WHAT is the Catholic Women’s League of Canada all about?

WHY the Catholic Women’s League?

WHERE does the Catholic Women’s League belong at your stage in life?

Work with Confirmation students on **WHAT KIND OF PEOPLE SHOULD WE BE?**

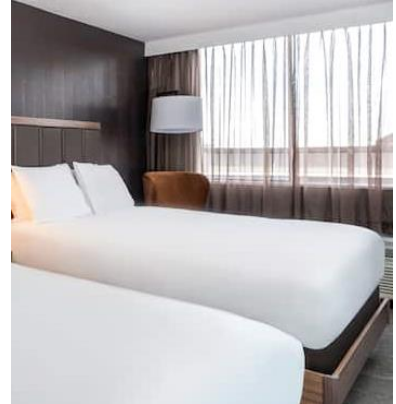
BEE-ATTITUDES

- The Selfless Attitude – The Hard Up – Blessed are the poor in spirit
- The Sensitive Attitude – The Heavy Hearted – Blessed are those who mourn
- The Submissive Attitude – The Humble – Blessed are the meek
- The Seeking Attitude – The Hungry – Blessed are those who hunger and thirst after righteousness
- The Sympathetic Attitude – The Humane – Blessed are the merciful
- The Sanctified Attitude – The Holy – Blessed are the pure in heart
- The Serene Attitude – The Harmonious – Blessed are the peacemakers
- The Suffering Attitude – The Harassed – Blessed are those who are persecuted for righteousness sake
- The Slandered Attitude – The Harangued – Blessed are ye when men shall revile

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

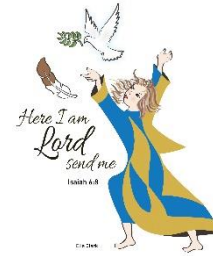


guestservices.kitchener@sunraygroup.ca www.dtkitchener.doubletreebyhilton.com



**Hamilton Diocesan Council
of
The Catholic Women's League of Canada**

***Here I am Lord, send me
Go Make A Difference!
Sharing His Promise, Love and Hope!***



My Dear Sisters in the League,

On behalf of Hamilton Diocesan Officers, it is my pleasure to invite you to the 104th Annual Hamilton Diocesan Convention of The Catholic Women's League of Canada at DoubleTree by Hilton, 30 Fairway Road South, Kitchener ON N2A 2N2. **The convention begins on Saturday May 25, 2024 to Sunday May 26, 2024.**

Your Diocesan Officers, Regional Executive, Convention Chairwomen Ana Sousa and Joan Schurter, Convention Registrar Joanne Gregson, will welcome you with open arms to this exciting convention. We will be celebrating 104 years of League sisterhood and service to God and Canada!

Some highlights and incentives to entice you to attend:

- **Each member who attends will receive an opportunity to win a "League Promotion" gift package!**
- Provincial representative will present a **workshop on "Goal Setting under the Three Pillars of Faith, Service & Social Justice"**
- Diocesan Resolutions Chair, Mary Helwig-Hall, will give a presentation at the "Resolutions Dialogue"
- Special Prayers throughout the convention including May Crowning and vigil prayer service Saturday evening
- **Keynote Speakers of Linda Staudt and National President, Shari Guinta**
- entertainment Saturday evening
- Instructed Voting on Diocesan Elections
- Saturday evening banquet and presentation of special League Awards

And so much more!

On Saturday, the Opening Eucharistic celebration at 11:00 am with celebrant Diocesan Spiritual Advisor Father Ranjan D'Sa and host council St. Michael Council, Waterloo.

Our Sunday Closing Mass with **celebrant His Excellency Auxiliary Bishop Wayne Lobsinger, VG, EV** will be held at 3:00 pm at the St. Aloysius, 11 Traynor Ave., Kitchener ON N2C 1W1. An installation ceremony of the elected Diocesan Officers will be celebrated.

Parish Spiritual Advisors

Please invite your **Spiritual Advisors** to participate in the Saturday Morning Coffee Social, round table meeting on Saturday morning, Masses on Saturday morning and Sunday afternoon and Saturday buffet lunch and the banquet on Saturday night.

You will find a tentative agenda, registration information for business sessions, meals and transportation to the closing Mass as well as details about opportunities to pray and celebrate with your sisters from across Hamilton diocese. Please complete all the forms either online at

www.cwlhamilton.ca or mail registration forms to Registrar Joanne Gregson 80-6478 5th Line Fergus, ON N1M 2W5

The **deadline date of May 3, 2024** is the final date for all registrations, meals & transportation.

Presidents, please ensure that the Organization Chairwoman and Treasurer have submitted your councils' membership fees to the National Office along with the Annual Administration Fee of \$100 to the Diocesan Treasurer prior to registering for the convention. This enables all members of your council to attend the convention free of any other preregistration charges.

Again, this year is online registration and payment by e-transfer, in addition to the option to pay by cheque. Check it out and see just how convenient it is!

Accommodations are booked directly with the hotel by **April 25, 2024**, to receive our special room rates. Please contact DoubleTree by Hilton Kitchener at:

519 893 1211 and asking for the "Catholic Women's League" group block or online:

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

Please note that no outside food or beverages will be allowed in the convention ballroom/foyer. Only reusable bottles, not one-time use disposable bottles may be brought into the hotel. If a member disregards this notice, a fee of \$500 will be charged.

This is our Annual Meeting of Members and, as the Constitution and Bylaws mandate, it is the responsibility of each parish council president or her representative to attend as the voting delegate. Two members from each council are encouraged to register as accredited delegates and participate in voting. All Catholic Women's League members are especially invited to attend and experience the League in a new way, and be a part of our 104th convention and celebration.

I encourage you to bring as many of your sister executive and general members with you to experience this convention. Not only are we voting on a new diocesan executive, but we are also rejoicing and giving thanks to the members of the Hamilton Diocesan Catholic Women's League of Canada for their service to the community. Your presence is required for this important vote and celebration.

For further information please see the Hamilton Catholic Women's League Diocesan website: www.cwlhamilton.ca If you have any questions or concerns, please contact Convention Co-chairwomen Ana Sousa (519 654 0118) or Joan Schurter (519 893 7429). conventionchair@cwlhamilton.ca

I look forward to seeing you all in Kitchener on May 25 & 26, 2024!

Warmest regards,

Joyce Cotter

Hamilton Diocesan President

This Convention is a scent free event.

Help us keep the air we share healthy and fragrance-free!

Many members suffer from allergies and respiratory problems so please be aware.



Registration Form
The Hamilton Diocesan Council of the Catholic Women's League of Canada
104th Annual Convention

May 25 & 26, 2024

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

Registration Deadline – **May 3, 2024**

Please complete all areas of the form.

Name _____

Address _____

City/Town _____ Postal Code _____

Telephone () _____ Email Address _____

Region ___ Brant ___ Hamilton ___ Kitchener ___ North

City _____ Parish Council _____

This is my first diocesan convention. ___ Yes ___ No

Please check **only one item** in this section

I am attending this convention as a:

<input type="checkbox"/>	Voting Delegate (Parish President or delegate)	Attach credentials form
<input type="checkbox"/>	Parish Accredited Delegate	Attach credentials form
<input type="checkbox"/>	Diocesan Officer	Attach credentials form
<input type="checkbox"/>	Life Member	Attach credentials form

Non-Voting attendees:

<input type="checkbox"/>	Diocesan Spiritual Advisor
<input type="checkbox"/>	Parish Council Spiritual Advisor
<input type="checkbox"/>	Catholic Women's League Member
<input type="checkbox"/>	National Representative
<input type="checkbox"/>	Provincial Representative
<input type="checkbox"/>	Member of the Hierarchy
<input type="checkbox"/>	Guest

I will be attending these events: (select all that apply)

___ Saturday Presidents' Preconvention Meeting ___ Saturday Sessions
 ___ Saturday Resolutions Dialogue ___ Sunday Sessions
 ___ Saturday Spiritual Advisors' Meeting ___ Sunday Banquet Only

Please complete forms online: www.cwlhamilton.ca

Or mail to:

Convention Registrar Joanne Gregson 80-6478 5th Line Fergus, ON N1M 2W5

This Convention is a scent free event.
Help us keep the air we share healthy and fragrance-free!

The Hamilton Diocesan Council of the Catholic Women's League of Canada
104th Annual Convention
May 25 & 26, 2024

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

ONE FORM PER PERSON

Deadline – May 3, 2024, no refund after this date

Name: (please print) _____

Address: _____

City: _____ Postal Code: _____

Telephone: _____ Email: _____

Parish: _____ City: _____

Please specify any special needs: (i.e. Mobility, etc.) _____

Dietary Needs:

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Dairy-free | <input type="checkbox"/> Vegan |
| <input type="checkbox"/> Diabetic | <input type="checkbox"/> Vegetarian |
| <input type="checkbox"/> Gluten-free | <input type="checkbox"/> Other (please specify) _____ |

Best time to contact with respect to special needs: _____

Saturday May 25	Coffee Social AM (muffins, danishes, croissants)	<input type="checkbox"/> Coffee <input type="checkbox"/> Tea <input type="checkbox"/> Cold Beverage	free	
	Cold Sandwich Lunch		\$45.00	
	Break PM	<input type="checkbox"/> Coffee <input type="checkbox"/> Tea <input type="checkbox"/> Cold Beverage	\$5.00	
	Buffet Dinner		\$81.00	
Sunday May 26	Breakfast Buffet		\$23.00	
	Break AM	<input type="checkbox"/> Coffee <input type="checkbox"/> Tea <input type="checkbox"/> Cold Beverage	\$5.00	
	Cold Sandwich Lunch		\$45.00	
	Buffet Dinner	<input type="checkbox"/> Chicken <input type="checkbox"/> Beef <input type="checkbox"/> Ravioli	\$78.00 \$80.00 \$55.00	
	Bus Closing Liturgy		\$10.00	
	TOTAL MEALS & TRANSPORTATION:			
	Extra Annual Report Books		\$10.00	
	TOTAL ENCLOSED:			
Payment Method	<input type="checkbox"/> e-transfer <input type="checkbox"/> cheque			

*Annual report books are available for no cost on our website: www.cwlhamilton.ca

All cheques payable to: The Catholic Women's League Hamilton Diocesan Council
Please send completed forms to: Convention Registrar Joanne Gregson
Online www.cwlhamilton.ca or Mail: 80-6478 5th Line Fergus, ON N1M 2W5

CONVENTION MENU

SATURDAY LUNCH – Cold Sandwich Buffet

Spring Mix Salad with 2 Assorted Gluten Free Dressings
Chef's Greek Style Pasta Salad

A Selection of Sandwiches with Assorted Fillings including:
Turkey and Cheese, Egg Salad, Tuna Salad, Roast Beef and Provolone,
Ham and Cheese, Pastrami and Grilled Vegetable and Goat's Cheese
On a variety of Specialty breads

Assorted Dessert Squares, Sliced Fresh Fruit,
Freshly Brewed Coffee and Tea, and Assorted Soft Drinks

SATURDAY BANQUET – Premium Dinner Buffet

Appetizers

Antipasto Grilled Vegetables,
Deli Meat Platter with Dijon and Pommery Mustards,
Garden Salad with Three Dressings

Salads

Apple Cranberry Coleslaw,
Greek Style Pasta,
Moroccan Chickpea and Quinoa

Entrée

Stuffed Sole with Dill Hollandaise Sauce,
Grilled Chicken Breast,
Soy Emulsion

Dessert

Assorted Cakes, Pies and Squares,
Gluten Free Chocolate Cake and Sliced Fresh Fruit
Freshly Baked Artisan Rolls and Butter
Freshly Brewed Coffee and Tea

SUNDAY BREAKFAST – Morning Grind Buffet

Freshly Baked Danishes, Muffins and Croissants
Selection of Sliced Fresh Fruit
Assorted Individual Yogurts
Chilled Fruit Juices
Freshly Brewed Regular and Decaf Coffee
Assortment of Herbal and Regular Teas

SUNDAY LUNCH – Cold Sandwich Buffet

Spring Mix Salad with 2 Assorted Gluten Free Dressings
Chef's Greek Style Pasta Salad

A Selection of Sandwiches with Assorted Fillings including:
Turkey and Cheese, Egg Salad, Tuna Salad, Roast Beef and Provolone,
Ham and Cheese, Pastrami and Grilled Vegetable and Goat's Cheese
On a variety of Specialty breads

Assorted Dessert Squares, Sliced Fresh Fruit,
Freshly Brewed Coffee and Tea, and Assorted Soft Drinks

SUNDAY BANQUET – Plated Dinner

Soup

Creamy Butternut Squash

Entrees

Stuffed Chicken Supreme

Or

6oz Beef Striploin

Or

Wild Mushroom Ravioli

Dessert

Belgian Chocolate Truffle Cake

Fresh Rolls and Butter
Freshly Brewed Coffee and Tea

Credential Form –Accredited Delegate

Please check: Honorary Life Member Life Member Diocesan Officer/Chairperson

Name of Accredited Delegate _____

Address: _____

Parish Council: _____

Complete online or mail to: Joanne Gregson 80-6478 5th Line Fergus, ON N1M 2W5

This contact information will be used by the Registration Committee and Diocesan Recording Secretary for checking credentials, preparing voting cards and credential record. Information will be destroyed once the convention is completed.



Credential Form – Parish Council Voting Delegate (president or her alternate - one per parish)

Each co-president must specify when she will be the voting delegate on her credential form.

Saturday: Sunday:

This is to verify that:

Name of Voting Delegate _____

Address: _____

Parish Council: _____

Complete online or mail to: Joanne Gregson 80-6478 5th Line Fergus, ON N1M 2W5

This contact information will be used by the Registration Committee and Diocesan Recording Secretary for checking credentials, preparing voting cards and credential record. Information will be destroyed once the convention is completed.



Credential Form – Parish Council Accredited Delegate (up to 2 Accredited Delegates per council)

This is to verify that:

Name of Accredited Delegate _____

Address: _____

Parish Council: _____

Complete online or mail to: Joanne Gregson 80-6478 5th Line Fergus, ON N1M 2W5

This contact information will be used by the Registration Committee and Diocesan Recording Secretary for checking credentials, preparing voting cards and credential record. Information will be destroyed once the convention is completed.



Credential Form – Parish Council Accredited Delegate (up to 2 Accredited Delegates per council)

This is to verify that:

Name of Accredited Delegate _____

Address: _____

Parish Council: _____

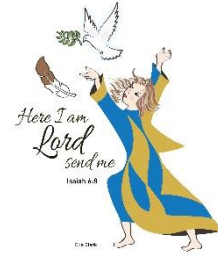
Complete online or mail to: Joanne Gregson 80-6478 5th Line Fergus, ON N1M 2W5

This contact information will be used by the Registration Committee and Diocesan Recording Secretary for checking credentials, preparing voting cards and credential record. Information will be destroyed once the convention is completed.



**Hamilton Diocesan Council
of
The Catholic Women's League of Canada**

***Here I am Lord, send me
Go Make A Difference!
Sharing His Promise, Love and Hope!***



LIFE MEMBER CONVENTION INCENTIVE FUND

Criteria

This fund has been created to encourage members to attend the **Hamilton Diocesan Annual Convention.**

Applicants for this fund are:

- a) A member whose membership has been paid for the present year
- b) A member interested in learning more about the Catholic Woman's League
- c) A first-time attendee to a diocesan convention
- d) A member who has submitted her registration for the convention
- e) A member who is not a parish president or co-president
- f) A member who is not a voting delegate

One application for each parish council per year will be considered. Please ensure that the application has been signed by the applicant and parish council president.

The sum up to \$200.00 will be awarded to cover the cost of hotel accommodation, meals, annual report book and bus transportation to and from the opening and closing liturgies for each recipient.



**HAMILTON DIOCESE
LIFE MEMBER CONVENTION INCENTIVE FUND**

**APPLICATION FORM
PLEASE PRINT CLEARLY**

Member's Name: _____

Address: _____

City: _____

Phone Number: _____

Email Address: _____

Parish Council (include city): _____

I affirm that I am applying for the **LIFE MEMBER CONVENTION INCENTIVE FUND**.
I have paid my membership for 2024 to the parish council.
I am not attending the convention as a voting delegate.
I have not attended a Diocesan convention

Member's signature: _____

I affirm that the applicant has paid her membership for the year 2024.
I affirm that our membership fees have been sent into the National office for processing.
I endorse this applicant for the **LIFE MEMBER CONVENTION INCENTIVE FUND**.

Parish President's Signature: _____

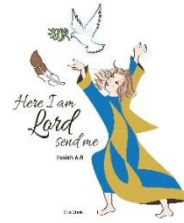
All applications are to be submitted to convention co-chair Ana Sousa via email by the convention registration deadline of May 3, 2024:
lifememberliaison@gmail.com.





Hamilton Diocesan Council
of
The Catholic Women's League of Canada

*Here I am Lord, send me
Go Make A Difference!
Sharing His Promise, Love and Hope!*



Is this your first time at a Diocesan Convention?

If you are attending a CWL Diocesan Convention for the first time... WELCOME!

Saturday morning

In the morning there is a pre-convention meeting for parish council presidents or their representative. Parish accredited, Life Members, members and guests have the opportunity to attend a **workshop on "Goal Setting under the Three Pillars of Faith, Service and Social Justice"**. This is followed by a Resolutions Dialogue presented by Diocesan Resolutions Chair, Mary Helwig-Hall, where all registered members can attend.

Spiritual Advisors are invited to attend a meeting with the Diocesan Spiritual Advisor, Father Ranjan D'Sa, to discuss and share information on the League. They are invited to stay for the Mass and lunch that follows the meeting.

The Opening Eucharistic Celebration begins at 11:00 am with Diocesan Spiritual Advisor, Father D'Sa as celebrant. An offering will be collected at this Mass for a specific group or organization which will be stated before the Mass.

Members may enjoy a lunch buffet in the ballroom.

Saturday afternoon

The afternoon begins with the business sessions, where reports are given by diocesan officers, national & provincial representatives, and Diocesan Spiritual Advisor.

Keynote speaker, Linda Staudt will share her experience attending the "Synod" in Rome and how the Catholic Women's League can support and participate in becoming a synodal church.

A beautiful May Crowning will uplift your Spirit as we honour Our Lady of Good Counsel with this procession.

A panel of guest speakers will discuss outreach to youth, moms, and seniors in the **"From Faith to Action with Living Compassion"** presentation.

Saturday evening is a time for having fun! We meet for cocktails & banquet. Shortly after, we will have evening entertainment and a chance to bid at our silent auction. Don't forget your chequebooks!

Sunday

During the morning, we gather for a buffet breakfast, Resolutions, and the continuance of business sessions.

A workshop on "Rebooting after COVID" will be given by National President, Shari Guinta, which will be interactive and compelling.

The Diocesan elections will be held, and a new diocesan council will be voted into office. We close with **Mass at St. Aloysius, Kitchener, with Bishop Lobsinger as celebrant** and install the newly elected Diocesan Officers.

Cocktails and a closing banquet will be held in the hotel ballroom with presentations, and the winner of the Frances Lovering Women of the Year Award will be revealed.

Registration

Simply sign in at the Convention Registration Desk in the hotel lobby to receive your package.

Seating in the Meeting Room (Main Ballroom)

NOTE that there is reserved seating for the delegates.

White signed tables are for the “voting delegates”, while the blue signed tables are for the “accredited delegates”. Life Members have their own table, which has a statue of Mary on it.

The elected officers and chairpersons, Diocesan Spiritual Advisor, national & provincial representatives sit at the head table.

Voting

At our convention, there are two categories of delegates who have the right to vote on motions: voting and accredited.

A “**Voting Delegate**” is the parish president or her designate. They may vote on ALL issues.

“**Accredited Delegates**” include Diocesan Officers and Committee Chairs, parish delegates, Life Members and Honourary Life Members. Each parish council is encouraged to have two (2) accredited delegates who vote on all issues except election of officers, increase in per capita fee, and amendments to the constitution & bylaws.

As you can see, most delegates do not have voting status and attend as interested League members. See the “Rules of Order” in the program book at convention for more information.

Spiritual Celebrations

As members of The Catholic Women’s League of Canada, we are directed through the Objects of the League to achieve individual and collective spiritual development. We work towards those objects through wonderful meaningful Masses and prayer services at the convention.

Besides the two scheduled Masses, we have special prayers, an evening prayer vigil and a “Prayer Room” is offered to the members on Saturday.

It is truly a weekend filled with ways to celebrate our faith with our League sisters.

Wear your convention nametag

Your nametag identifies you as a registered delegate of this convention. You must wear it to enter the meeting hall.

Outside food/beverages

There will **be no outside food or beverage allowed** into the hotel convention hall or foyer. Only reusable bottles, not one-time use disposable bottles may be brought into the hotel. If a member brings/disregards this notice, a **fine of \$500** will be charged accordingly. Members, though can bring their own food or beverage into their own personal hotel room. This is the only condition.

Enjoy the fellowship and share in the love with the members from Hamilton Diocese!

This Convention is a scent free event.

Help us keep the air we share healthy and fragrance-free!

Many members suffer from allergies and respiratory problems so please be aware.

The Catholic Women's League of Canada
May 25 & 26, 2024
DoubleTree by Hilton Kitchener
Tentative Agenda

Saturday, May 25, 2024

8:00 a.m. - 4:00 p.m.	Registration
9:00 a.m. – 6:00 p.m.	Vendors – Vestibule
12:00 pm – 9:00 pm	Prayer Corner (Ontario C)
8:30 a.m. - 9:00 a.m.	Coffee Social
9:00 a.m. – 10:00 a.m.	Pre-Convention Executive Meeting (Council Presidents or their representative only)
9:00 a.m. – 10:00 a.m.	“Goal Setting under the Three Pillars” Keynote Speaker – Provincial Rep (Parish Accredited, Life Members, Members, Guests)
9:30 a.m. – 10:30 a.m.	Spiritual Advisor's Meeting
10:00 a.m. -10:45 a.m.	Resolutions Dialogue
11:00 a.m.	Opening Eucharist Celebration St. Michael, Waterloo
12:00 p.m.	Lunch
1:15 p.m.	Call to Order and Business Sessions
2:00 p.m.	“Synodality and the CWL” Key Note Speaker – Linda Staudt
3:00 p.m. – 3:30 p.m.	Health Break (30 minutes)
3:30 p.m.	May Crowning
4:00 p.m.	“From Faith to Action with Living Compassion” presentation
5:00 p.m.	Announcements
6:00 p.m.	Cocktails
6:30 p.m.	Dinner and Silent Auction
8:00 p.m.	Entertainment
9:00 p.m.	Evening Prayer

Sunday, May 26, 2024

7:00 –8:30 a.m. Registration

7:00 -8:30 am Breakfast

8:30 a.m. Opening Prayer
Resolutions
Business Sessions

10:10 a.m. Health Break (20 minutes)

10:30 a.m. “Rebooting After COVID”
Keynote Speaker – National President, Shari Guinta

12:00 p.m. Lunch

1:00 p.m. Business Sessions

1:30 p.m. Diocesan Elections

2:00 p.m. Announcements

3:00 p.m. Closing Eucharist Celebration
Installation of Officers
St. Aloysius, Kitchener

4:30 p.m. Cocktails

5:00 p.m. Banquet

6:30 p.m. Presentations



The Catholic Women's League of Canada
Hamilton Diocesan Council
2024 CONVENTION MAY 25 & 26

SILENT AUCTION DONATION

Please complete and return Form.

Name of Donor: _____
Parish / Region / Individual

Mailing Address: _____

Phone #: _____ Email: _____

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

Dollar Value: _____ **(Maximum value should be less than \$200)**

Return Form To: Kitchenerchair@gmail.com

***Please bring a copy of your form and auction item to your
Spring Regional Meeting.***

This will allow setup at convention to be completed in a timely manner.

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



Volunteers Needed



For the Hamilton Diocesan 104th Convention

As you know many hands make light work. We are looking for volunteers to help with different divisions at the convention. Some time slots range from 1/2 hour to 2 hours depending on the divisions. If interested in any one of these jobs **please contact Co-Convention chair Ana Sousa 519 654 0118** or conventionchair@cwllhamilton.ca

Divisions:

Registration Desk

- working the registration desk and giving members their registration/meals packages
- 1 hour time slots; registration desk is closed during Mass
- Saturday 7:00 am – 4:00 pm; Sunday 7:00 am – 8:30 am

Meals

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

Transportation

- collecting bus tickets for the Sunday Closing Mass
- 1/2 hour time slot

Hall Properties

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

Set Up/Take Down

- helping set up displays, archives, grotto, altar, silent auction
- helping take down displays, putting items into storage containers, removing of unnecessary items
- 1-2 hour time slots
- Saturday morning & Sunday adjournment

Let's All Work Together!!



Rocks Wanted for Diocesan Convention

We are asking for donations of rocks with words from “52 Reasons to Talk About the CWL” painted on them.



You can engage members of the parish councils, friends or local schools to paint each word on a rock. Donations of rocks can be brought to the Spring Regional Meetings in March. These rocks will be used for decoration at the 104th Annual Diocesan Convention in May.

We appreciate anyone who is willing to paint rocks and donate the rocks for the convention, as we hope to cut down on costs. Below are samples of rocks for your input. You can find the “52 Reasons to Talk About the CWL” on the national website www.cwl.ca under “Inspire”

Please let the Regional Chairs know if you are willing to paint rocks for the CWL convention.

Thank you



REGIONAL EXECUTIVE

HAMILTON BRANT REGIONAL CHAIR

Colleen Ionson

hamiltonbrantchair@yahoo.com



Dear League sisters,

Welcome to 2024, and Happy New Year. I hope you are all well, and enjoyed the blessings of the Christmas season.

Plans are under way for the Hamilton/Brant Spring Regional Meeting on March 16, 2024, which will be held at Our Lady of the Assumption Parish Hall, in (Elfrida) on the Hamilton East Mountain. Our Lady of the Assumption Council and St. Eugene's Parish Council have collaborated to co-host the meeting. I

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

Since the last newsletter, I have attended one diocesan executive meeting, assisted councils with various questions, distributed various communications for the diocesan executive, and provided guidance and assistance to some parish councils who reached out when completing their Annual Reports. I was invited and attended a parish council's Christmas Marketplace, which was fabulous!

BEE Informed:

I have been asked why I am so drawn to the honeybee symbol. There are many reasons for this. Firstly, there is a significant spiritual meaning of Bees and honey, as they represent and convey God's blessings, God's love, strength, service, wisdom, community, things of great worth, and even references to Christ. Bees are humble, discreet yet very inspiring and creative. Bees are known servants for the betterment of others, and also known to be messengers of God in some parts of the world. I believe Bees serve as an example for how people should be with one another, for they are reliable, sincere, work in harmony, do every work in proper order to ensure a job well done. I am also drawn to Bees because of their long history and significance to the Catholic faith and Church.

The following may be of interest:

Significance of Bees in the Catholic Church, in particular Honeybees

The Church and the honeybee have a long-entwined history. Early Christians revered the honeybee so much that they have attempted to mimic their fine attributes; they were highly valued. They made certain that bee products which were sacred. They have referenced honeybees in scripture, liturgy and architecture. For example, the Paschal Candle is made from beeswax.

Beyond the candle as a symbol for Christ, it also represented the most holy chastity of Mary the Mo of Christ, "Like Mary, the wax producing bees possessed a mystical combination of fecundity and virginity.

What Saint is associated with bees?

The answer is St. Ambrose, the early Christian philosopher and theologian who encouraged monks to think of the chaste bee as a model for those with qualms about their life burdens. Bees have been associated with St. Ambrose, because of a legend that his father found his infant son's face covered with bees. This was taken as a sign of his future eloquence or speaking with a "honeyed tongue."

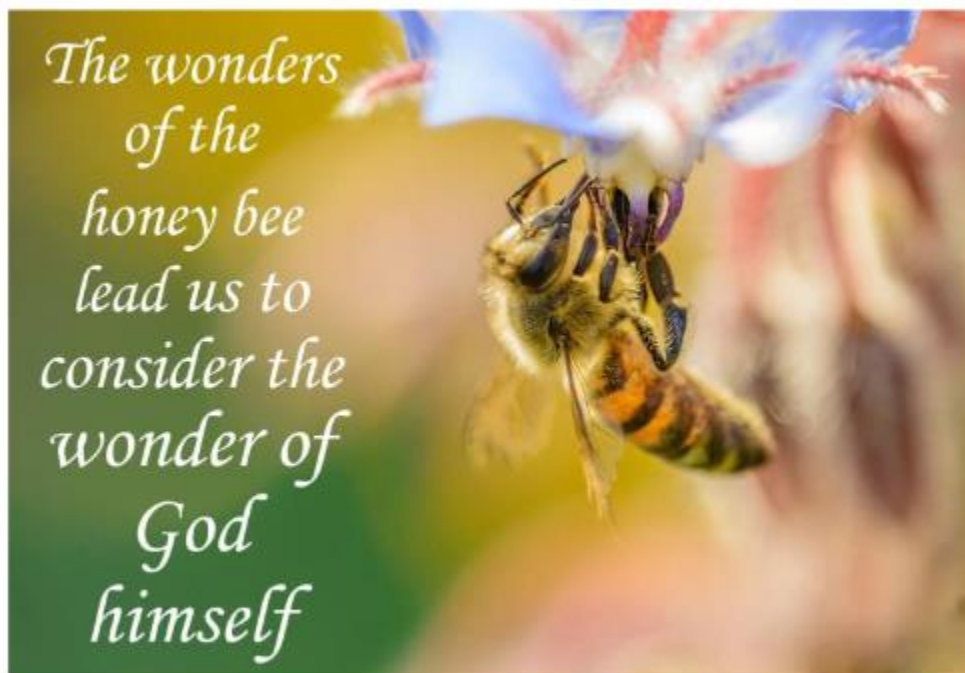
Sisters, take care of yourselves and each other. "The Art of Kindness is more than behaviour. It involves harbouring a spirit of helpfulness, being generous and considerate and doing so without expecting anything in return." (excerpt from a Mayo Clinic article)

Prov. 16:24 (NAB): "Pleasing words are a honeycomb, sweet to the taste and healthful to the body."

Continue to walk in Kindness, and may Our Lady of Good Counsel guide us.

Bee Kind! 🐝

Colleen



NORTH REGIONAL CHAIR

Nancy Skiba

northchaircwlhamilton@gmail.com



Greetings from the Northern Region. In the North, our councils have been busy with bazaars, bake sales, Christmas meetings, and Sunday socials. We have also been busy with membership drives, and completing the reports for 2023. With 2024 here, the Holy Father has asked that 2024 be a Year of Prayer, as a preparatory year for the Jubilee. In preparation for the Jubilee, dioceses are invited to promote ways to remind people of the centrality of both individual prayer and community prayer. So let this be one of our initiatives for 2024.

More information can be found at <https://aleteia.org/2023/11/12/2024-will-be-year-of-prayer-says-pope/>

Respectfully submitted

Nancy Skiba

North Regional Chair



Kitchener Region Chair

Joanne Gregson

kitchenerchair@gmail.com



Happy New Year to all our fellow Sisters of the League. Our Spring Regional meetings are fast approaching. Kitchener Regional Meeting is to be held on March 9th, hosted by St. Agatha CWL, St. Agatha.

Convention is fast approaching in May, and I am happy to say that it is in our Kitchener Region. There are many volunteers required to make this a very successful convention. Information will soon be available.

Over the last few months, I have had the opportunity to be part of the budget committee. It is important that we remember that as a Diocesan, we need to ensure that we have two years' worth of funds in our reserve.

Throughout the year, I visited a number of the CWL Councils to do the Unity Outreach Project Presentation. It has been a very interesting experience, hearing what some of these councils do throughout the year.

I look forward to continue working with the Diocesan Executive, and my fellow sisters in the Kitchener Region.

Joanne Gregson





Shining the Light!

...ON PARISH COUNCILS...

St. Thomas Aquinas Council, Wiaraton

Submitted by Council President Debbie Heard

Fall 2023 events

St Thomas Aquinas Council, Wiaraton held a couple of 'Coffee Sundays', a fall 'Apple or Rhubarb crisp Sunday' in October, and a Christmas bake sale and coffee in December, all after mass in our hall. People really enjoyed the fellowship, as well as the homemade baking! In November, we did our first run of selling gift cards for ordinary purchases (groceries, gas, restaurant and department store chains for example) to our parishioners and their friends. Our CWL gets a small percentage of the sales. For a first time, we did very well according to the fundraiser company 'Fundscrip', a Canadian company. We look forward to one or two more sales before summer. We are, using some of our profits to build a rosary display cabinet for the rosaries, and one decade rosary bracelets that we make a couple times per year, as well as other church needs.

Wishing everyone a happy healthy 2024. Keep smiling!

Respectfully,
Debbie Heard

St Thomas Aquinas CWL President



St. Dominic Council, Oakville

Submitted by Jennine Ehlers

This year's successful St. Dominic's CWL Bazaar was held on Saturday, November 25, in the St. Dominic's Parish Hall. The five-hour event catered to parishioners and community members of all ages.

Organized and run by CWL members and a small army of volunteers, the Bazaar offered something for everyone. Sweet and savoury treats, lovingly prepared by

our parish bakers and chefs, provided a wide variety of choices to entice. High Tea was served in the Tea Room offering a quiet respite away from the Bazaar bustle while enjoying a lovely selection of sandwiches and teas. Shoppers interested in a little more excitement entered bids on silent auction items. Kids were kept active and entertained with games and colouring activities in the Kid's Corner while mom or dad did their shopping and parishioners who had pre-ordered CWL poinsettias were encouraged to pick these up at the Bazaar providing an opportunity for a little shopping at the same time. The CWL also offered parishioners and friends to join in the fun by purchasing a table where they could show-off and sell their own craft items or culinary delicacies. All of this made for a fun, lively and well-attended Bazaar event.



The 2023 CWL Bazaar was a great lead up to the Advent season and the new



liturgical year! We are grateful to all who attended and contributed to the Bazaar's success with special thanks and congratulations to our CWL-member organizers and volunteers without whom the event would not have been possible.

St. Mary of the Visitation Council, Cambridge

Submitted by Carol O'Brien



Father Ed welcomed Rosetta Delmonte, a Spiritual Director from Guelph to give a presentation on "Silence & Solitude to 32 members.



Members enjoying a Mass & Social with the Knights of Columbus honouring deceased members

5:06 LTE

 **Lisaard & Innisfree Hospice** ... X

7h ·

Susan, our Clinical Intake Lead, was pleased to recently visit with the Cambridge CWL ([The Catholic Women's League of Canada](#)) team to share how our organization and team supports neighbours in our community with a life-limiting illness. It was a great evening, and we heard from Carol the next day:

"What a remarkable woman! Thank you for sending Susan to speak to our CWL. She indeed touched our hearts and our souls with her inspiring, compassionate, informative message. Her love for her wonderful work poured out to us with such ease. Susan praised her co-workers to the highest - we are so happy to have met Susan and to learn all the important details about Lisaard & Innisfree Hospice."

It was a pleasure meeting you! 😊

[#hospice](#) [#hospicecare](#) [#thisishospice](#)
[#makingmomentmatter](#)



12

Sacred Heart Council, Teeswater

Submitted by Jean Culliton

Our ladies enjoyed making these Nativity Scene Christmas Cards for our shut-ins and senior CWL members. Lucy, our Past President, brought her card craft supplies and the ladies enjoyed some social after the meeting.

A poinsettia and a special card was delivered to our valued members to wish them a Very Merry Christmas. A fun activity to show our members they are remembered and treasured.

Sacred Heart CWL Teeswater
President, Jean Culliton



St. Francis Xavier Council, Stoney Creek

Submitted by Francesca Simone



General Meeting in November 2023

Wellington Catholic reposted



St Joseph, Fergus

@sjfgator

Follow

St. Joseph Council, Fergus Submitted by Sue Beatty

We have had a busy couple of months, with card making for shut ins at the November general meeting. To hosting the parish bazaar, and donating \$3,000 to Groves Memorial Hospital Fund. We collected gifts, and monetary donations for Elora House and 13 families, from St. Joseph school for the Giving Tree of Hope campaign. Held our first ever PD Day camp for the youth, which included an Advent theme, wreath making, tour of the church with Father Ken, craft of advent calendar, snacks, lunch and outdoor play. Hosted a luncheon for 55+ men & women of the parish, with entertainment by the local school students. We finished the year, with a Christmas social with St. Mary Immaculate Council, Elora. We have so many plans for 2024, when we celebrate our 100th anniversary, so stay tuned.

What a wonderful performance Mrs. Norrish/Mrs.Tremaine's FDK's put on for the CWL's Christmas luncheon for men & women 55+ last Thursday in the Parish Hall. They sang Children of the Light, along with a few Christmas carols. Thanks to Mr. O'Rourke for leading them with the guitar



PD Day Camp at St. Joseph, Fergus



Sacred Heart Council, Walkerton

Submitted by Debbie Hicks

The Walkerton CWL has been very busy this past December! We organized a greenery workshop and then used the arrangements to sell at our craft and bake sale. Our craft and bake sale made \$1868.85 in profit.

We worked on a joint project with Sacred Heart High School. The CWL ladies teamed up with a food class from SHHS to host a Christmas Luncheon. It was an excellent success and produced \$577 in profit to be used for the foods program at the high school. We hope to plan another luncheon in May or June.

We had our Christmas Dinner catered so that none of our ladies worked preparing the meal and all could enjoy the celebration. We were entertained by the highland dancers from Kerry Moore's School of Dance.

We hand delivered our Christmas newsletter to all of our members. We also delivered packages to our shut ins. The January newsletter is prepared and ready to send. We are hosting a Sunday Social after the 11 am mass this Sunday.

Of course we can't forget to mention that we are preparing for our 100th Anniversary in April!!! Lots of work to be done.



Holy Family Council, Hanover

Submitted by Anne Gateman



Members gather to complete the "Kindness Rock Project". Below members are present at a general meeting to answer questions regarding the "Unity Outreach Project." Their input was valuable to the future of the League.



Sacred Heart Council, Milmay

Submitted by Pauline Diemert



Members gathered for their Christmas dinner on December 6, 2023.

Membership presentations were made at the dinner. Jean Beitz (left) is receiving her 50th membership pin from President Pauline Diemert.

Janet Reinhardt Kennedy, Shelley Weber received their 25 year pin. Absent were Edna Beitz (40 year), Mary Dickert, Dolores Diemert, Kathy Liesem (25 year)

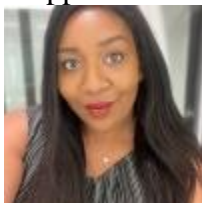


St. Aloysius Council, Kitchener

Submitted by Kim Ansty



Members of the Catholic Women's League at St. Aloysius Church in Kitchener, Ont. (Karis Mapp/CTV Kitchener)



[Karis Mapp](#)

Multimedia Journalist

[Follow](#) | [Contact](#)

Published Nov. 18, 2023 5:45 p.m. EST

A popular Christmas bazaar returned Saturday to a Kitchener church.

The Catholic Women's League at St. Aloysius Church hosted the event, now in its 67th year.

Hundreds of items were raffled off to raise money for good causes.

They were sorted into a variety of tables for attendees to browse.

“We have a tombola table, which has 100 items on there. Then we have a craft table, children's table and a bake table. We have a repeat jewelry table – the Repeat Boutique as we call it –

which is used jewelry,” said Lorraine Jack, Catholic Women’s League president. “We also feature a lunch room with some lovely sandwiches, desserts and tea and coffee.”

A portion of the money raised goes back to the church, but organizers say majority of the proceeds are donated to local and international charities.

“It sure has been a lot of planning and it really pays off when we receive the support, just knowing the fact that we can make those donations every year,” Jack said.

The long-standing tradition is one that organizers and community members hope continues.

“It’s our history now,” explained Jack. “It gets a little bit harder each year because of soliciting help, but it always comes through. It’s a little bit panicky leading up, but on the day of, everything falls into place.”

Up next, the women’s league will be hosting its annual Christmas Senior Supper on Dec. 6.

“It’s a full turkey dinner and that has also been happening for as many years. Those are our traditional pay back to society, if that’s what you want to call it.”



Kitchener CTV News came to St. Aloysius, Kitchener to report on the bazaar. What a great way to promote the League!

St. John Council, Glenelg

Submitted by Elly Pennings

Members of St. John Council, Glenelg received membership service pins in May but Joan O'Neill who was not able to attend, received her 60 year pin in September.

Pictured are Sheeva Wosnuk, Colleen Boer, Vicky Manion, Elly Pennings, Father Grayson Hope, Jean Wismayer, Kay McManus, Ingrid King, Cathy Aylott, Mary Manion, and Theresa Manion with Joan O'Neill in the front.



Upcoming Events

...PUT IT ON YOUR CALENDAR...

OPC League Development Zooms

February 19	7:30 pm	Calling All Members – to What? Colleen Martin Provincial President-Elect OPC
March 7	7:30 pm	What’s your passion? Colleen Martin Provincial President-Elect OPC
March 18	7:30 pm	How is St. Patrick an example for Christians in today’s world? TBA
April 24	7:30 pm	What makes a team? TBA
May 6	7:30 pm	Conflict Resolutions TBA

Contact President-Elect Colleen Martin to register for the OPC League Development Zooms

Email: preselectopc@tbaytel.net



Serra Club OF HAMILTON

The Serra Club of Hamilton invites you and your members to the 21st Annual Vocations Recognition Dinner. We celebrate the service given by our Priests, Deacons, Religious Brothers and Sisters, and Consecrated Virgins to the Diocese of Hamilton. Encouragement to attend the evening gives those who have chosen a Vocation in Christ the appreciation they deserve. Milestone years will be celebrated, and we will hear the faith journeys of the ordinandi and candidates. We look forward to having you join us.

Date: Wednesday May 15, 2024

Venue: Luina Station
(360 James Street North, Hamilton)

Cocktails: 6:00 pm

Dinner: 7:00 pm

Tickets are \$90.00 per person.

If you wish to make a donation toward this event, follow this link:

<https://www.canadahelps.org/en/charities/r-c-episcopal-corporation-of-the-diocese-of-hamilton-in-onta/>, enter the amount of the donation and ensure you use the drop down list to the Serra Club of Hamilton.

To pay for your tickets, please e-transfer using serrahamilton1965@gmail.com through your banking institution. Paying by cheque is also accepted at the address below.

Yours truly,

Margaret Carreiro
President and V.P. Vocations Activity
Serra Club of Hamilton
c/o 700 King Street West (Chancery Office)
Hamilton, ON L8P 1C7

Phone: 905-628-5682 (leave a message and I'll return your call)

Email: SerraHamilton1965@gmail.com

"Always go forward; Never go back!" – St. Junipero Serra



Spring Workshop Series: The Pastoral Parish in the Modern World



**February 10,
2024**

Chancery Office,
Hamilton (700 King
Street West)



March 9, 2024

St. Michael's Parish,
Waterloo (80
University Ave W)



April 13, 2024

St. John the Baptist
Parish, Guelph (45
Victoria Rd N)

Contact the Office for Evangelization & Catechesis for more information at the Diocese of Hamilton



Openness to God's World Lenten Novena

Meditation:

Lent is the special season of conversion and spiritual renewal that prepares us for the Easter miracle of Christ's death, resurrection and triumph over sin. The penance, fasting and denial of worldly pleasure consciousness in God at a time when we again relive the power of Jesus' sacrifice on our behalf. This Lenten novena encourages us to reflect upon the priorities we set for ourselves as we progress along our journey toward salvation.

Novena:

Say this prayer once a day for nine consecutive days:

Father, all-powerful and ever-lasting God, during the Holy Season of Lent You call us to a closer union with Yourself. Help me to prepare to celebrate the Paschal Mystery with mind and heart renewed. Give me a spirit of loving reverence for You, our Father, and of willing service to my neighbour. As I recall the great events that gave us new life in Christ, bring the image of Your Son to perfection within my soul.

This great season of grace is Your gift to Your family to renew us in spirit. Give me strength to purify my heart, to control my desires, and so to serve You in freedom. Teach me how to live in this passing world with my heart set on the world that will never end. I ask for the grace to master my sinfulness and conquer my pride. I want to show to those in need Your goodness to me by being kind to all.

Through my observance of Lent, help me to correct my faults and raise my mind to You, and thus grow in holiness that I may deserve the reward of everlasting life. In Your mercy grant me this special favour... (mention silently your special intentions). The days of the life-giving death and glorious resurrection of Jesus Christ, Your Son, are approaching. This is the hour when He triumphed over Satan's pride, the time when we celebrate the great event of our redemption. The suffering and death of Your Son brought life to the whole world, moving our hearts to praise Your glory.

The power of the Cross reveals Your judgement on this world and the kingship of Christ crucified. Father, through His love for us and through His sufferings, death and resurrection, may I gain eternal life with You in Heaven. Amen.

Favorite Catholic Novenas For All Occasions

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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.

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.