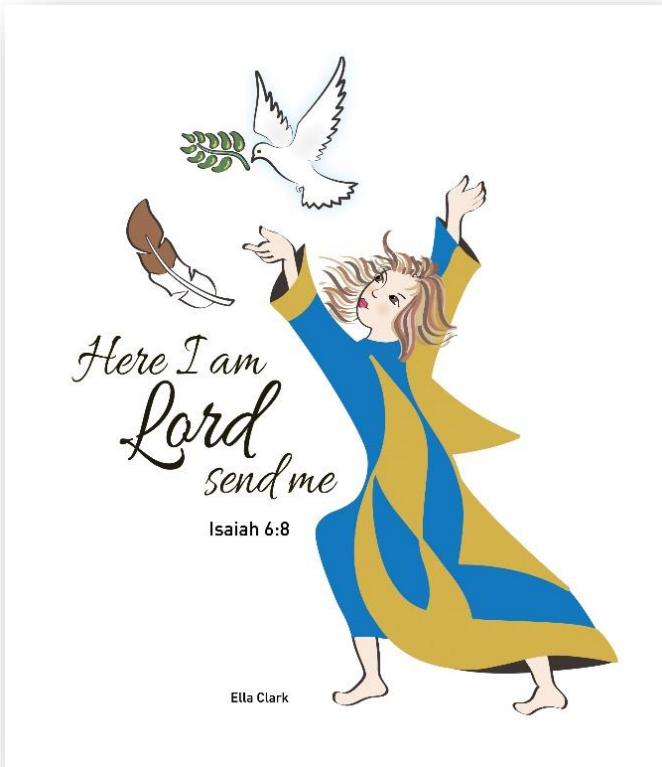




# May 2024 NEWSLETTER



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## ***President's Message***

**Joyce Cotter**  
**Diocesan President**

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

Dear Sisters of the League,

I so enjoy the month of May. The beautiful ritual of May Crowning and honouring Our Lady of Good Counsel as Queen of Heaven and Mother of God. The Blessed Mother is the greatest example of motherhood ever known. She loved, protected, nourished, supported, encouraged, and taught Jesus. She is also a woman who makes a very strong choice for God in her life, whose vocation, like ours, was to bring Christ to the world. We pause in remembrance of Mary, and the grace she brings to us through her Son as we continue our work in the Catholic Women's League.

The anticipation of the Annual Diocesan Convention is another highlight of the month. I remember my first diocesan convention in 2006 with Council President, Terri Wellstead, and President-Elect, Jennifer Bielby. It was great fun meeting members from across the diocese, and listening to reports of all the great work done by the League. The feeling of the Holy Spirit's presence in the room was unbelievable. I have never missed a diocesan convention since.

This experience is magnified when you attend either the Provincial or National convention, as well. I encourage you all to participate in these events, as it is a great opportunity to see the workings of the League in a grander way. I was delighted to celebrate the Anniversary celebrations of League councils around the diocese. There is no greater joy than witnessing the hard work and service of our dedicated members in the League, and the legacy from members of the past and present. You offer such amazing accomplishments for God and Canada. We couldn't be prouder of all that you have achieved.

My term as Diocesan President is nearing completion on May 26, 2024. I want to thank all the members for their support, encouragement, advice, and counselling on my endeavours as President. I am extremely grateful for this opportunity to have represented the Hamilton Diocesan Council, and will work equally hard in my new role as Past President Historian.

We will start a new chapter with the new League structure, and many changes will occur as a result. Yet, the affirmation of a commitment to continue serving our parish and community will never falter. Centered on faith, service and social justice, members will continue to enrich the lives of many and be a source of joyful hope to others. Thank you for being an inspiration to me in my work for the League.

I leave you with a meditation and prayer from “Let’s Begin with a Prayer, 101 Prayers for Meetings” by Sally Macke

### ***The Visitation of the Blessed Virgin Mary***

***“Meditation: Every time we celebrate the gift of new life, we remember how joyfully Elizabeth greeted her cousin Mary when Elizabeth came to visit her. Our own lives are full of new beginnings, new adventures in ministering to God’s people to which the Lord invites us. When we assent to God’s call to further Jesus’ mission, we remember Mary, who said, “Yes” to God’s call to be Jesus’ Mother.***

***Prayer: Loving God, many are coming and going in our own lives; there are times we greet joyfully those whom we love, and there are times we sadly bid our loved ones goodbye.***

***No matter our circumstances, help us to always seek to follow you in our transitions. At the start of a new project or the close of a chapter in our life, let us look to you for courage, guidance, and strength.***

***Like Mary, who humbly proclaimed your greatness in the midst of Elizabeth’s praise, we honour and glorify you, Lord, as you summon us to be your instruments in a world that cries out for your presence. We recognize that it is only through your grace that we are able to accomplish the good to which we are called.***

***We ask that you help us to value not only our own but, others’ roles in doing your work. In your marvelous plan of salvation, Lord, everyone has assigned a task to complete. Help us to be like Mary, who models for us what it means to joyfully give her all to you.***

***We ask this in the name of your Son, Jesus. Amen.”***

May Our Lady of Good Counsel continue to bless you and guide you in all your endeavours and keep you in her loving care.

Sincerely,  
Joyce Cotter, President  
*Joyce*





## ***Diocesan Spiritual Advisor***

**Fr. Ranjan D'Sa O.C.D.**

**Pastor Saint Dominic, Oakville**

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

For Evangelist John, love marks the core identity of every Christian. John exhorts all Christians to love each other as he describes them as people who love their neighbour (1 Jn 2:10, 3:11).

He also describes God as love – God Is Love. This statement is found only once in the scripture, yet it is the essence of the entire Bible. This revelation about God is an outcome of John's intense meditation about Jesus and His need to come into the world. Jesus' death on the cross is the sign of God's love for humanity. All love, "comes from God," and therefore, everybody who loves is born of God.

In the epistles, John makes three parallel statements about God. They are:

- God is Light (1:5),
- God is Love (4:8), and
- God is Spirit (4:24).

'God is Spirit' explains the metaphysical nature of God. 'God is Light' may give the idea of God's appearance and glory. But the statement, 'God is Love' expresses the character of God which is more appealing to the human heart.

In John's Gospel, the evangelist presents the ultimate expression of God's love - not as a model to be imitated, but as a source of Christian life to be lived. Therefore, when the disciples of Christ express their love, it is, in fact, Christ manifesting His own love through them. Through our love for others, Jesus cares for others, He comforts the people, helps the poor, heals the sick and guides them to the Father.

Christian love, therefore, is dynamic. It has the power of God. It creates and recreates. Love carries with it the reward of joy which is the reward of life fully lived in the presence of God who is absolute love.



## ***President-Elect and Organization Chair***

**Teresa DiFalco**

**President-Elect/Organization Chair**

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



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,**

Throughout my term as President-Elect and Organization Chair, I have focused on leadership development through the lens of a Catholic Woman Transformational Servant Leader. I will continue this focus during my upcoming tenure as Diocesan President. This being my last submission for the Diocesan Spectrum/Newsletter as your Diocesan President-Elect and Organization Chair, I will maintain consistency in my communicate flow and headings, which include: Significance of the month of May; Blessed Mary as our role model leader; Leadership Development; and League and Organization Information.

As such, I will cover: the inner strengths of Mary as servant leader model, leadership self-care, gratitude is the attitude of great leaders, the importance of love and connectedness, the power of hope and prayer, information on the month of May, and important League information.

### **SIGNIFICANCE OF MAY:**

The month of May has a long standing Catholic tradition of holding a special dedication to honouring our Blessed Mother, Mary. The Catholic Church practices

several devotions to Mary during the month of May which include May Crowning, which symbolizes Mary's queenship and her special role in the Catholic Church and in the lives of the faithful. Marian Devotions of the Rosary and other prayers recognize and honour Mary and her significant role in salvation history and seek her intercession and protection. Processions and Pilgrimages provide community gathering opportunities to come together in prayer, reflection, and fellowship, deepening our faith and growing towards holiness. May altars serve as a focal point for prayer and reflection throughout the month of May, fostering a sense of devotion, love and reference for Mary. Special Feast Days are dedicated to Mary, such as the Feast of Our Lady of Fatima on May 13<sup>th</sup>, and the Feast of the Visitation on May 31<sup>st</sup>, which provide opportunities for Catholics to celebrate and honour Mary's life, virtues, and the significant role she played in salvation history, by her YES to God's will.

The month of May holds great significance in our Catholic Church as time of dedication to our Blessed Mother Mary, and deepening our devotion to her, seeking her intercession and guidance in our lives as Christians. Let us continue to pray to our League's Patroness Saint, Our Lady of Good Counsel, and dedicate the month of May to Mary through prayer, reflection, and by celebrating her unique and central role in the life of the Catholic Church and in the lives of the faithful.

### **LEADERSHIP DEVELOPMENT:**

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

Mother Mary serves as a profound role model for us as Catholic women for several reasons, which are deeply ingrained in Catholic tradition and theology. These include:

- ▶ **Humility and Servanthood:** Mary's humility and willingness to serve as the handmaid of the Lord exemplify the meaning of servant leadership. Without hesitation she humbly accepted her role in salvation history, recognizing that her life was not about herself, but it was about serving God and His people according to God's will.
- ▶ **Devotion and Faithfulness:** Mary's steadfast devotion and faithfulness to God's will serves as an example for Catholic women. Mary's unwavering response to the Angel Gabriel, "Behold, I am the handmaid of the Lord; let it be done unto me according to your word", demonstrates her complete trust,

faith, and humble surrender to God's plan, despite her fear of the uncertainty and challenges to come.

- ▶ Strength and Resilience: Blessed Mary demonstrated incredible strength. From Jesus' conception to crucifixion, Mary endured pain and sorrow yet, she remained steadfast in her love, faith, and devotion to her son and to God.
- ▶ Intercessor and Advocate: As the mother to Jesus, she is closest to our Savior and can intercede our prayers to her son for us. We, as Catholic women, can turn to Mother Mary in times of need to seek her counsel, guidance, protection, and intercession.
- ▶ Grace and Virtues: Our Heavenly Mother Mary is the epitome of virtue. She embodies purity, obedience, humility, and great faithfulness and grace. She is our role model as woman, mother, servant, and leader.

Mother Mary's unwavering devotion to God and all of her virtues makes her the perfect role model for every woman, mother, and servant leader.

### **GOOD LEADERS NEED GOOD SELF-CARE FOR THEMSELVES AND THOSE THEY LEAD:**

Good self-care starts with self-respect by demanding respect from others and making time for ourselves. It also starts by recognizing the responsibilities of leadership and the importance of providing a welcoming, inclusive, safe, joyful, and productive environment for those you lead in which to thrive. It is important that we set boundaries for ourselves and use our free will to protect ourselves from the snares of evil, which can attack us in many forms, including in places where we believe to be the safest. Have you ever heard of the phrase "devil in the pews"? It is a metaphorical phrase used to describe people who outwardly appear to be devout/pious yet, their unjust and malicious intentions and actions cause great harm to others. These attacks can come in various forms and, as leaders, it is important to recognize them, shine the light on them, and rid them. Some examples include:

- ◆ Gossip, which can cause damage to one's reputation, erosion of trust, and psychological harm.
- ◆ Slander, which are false or malicious statements made about someone with the intent to damage their reputation, and could have legal consequences.
- ◆ Ostracizing, which involves excluding or shunning someone from something. This is often done as an abuse of power and as a form of punishment or retaliation. This attack can cause social isolation, withdrawal, loss of support, and diminishing one's sense of self-worth, belonging, and self-esteem.

- ◆ Sabotaging, which involves intentionally undermining or “sabotaging” someone’s efforts, goals, or achievements, which can cause the person to fail, destroys relationships, trust, violates integrity, and opportunities.

Gossip, slander, ostracizing, and sabotaging are destructive behaviours that have far-reaching consequences for individuals, teams, and organizations. Good leaders need to raise awareness of the dangers of these behaviours. By promoting empathy and compassion, and fostering a culture of respect and inclusivity, we can create safer, more supportive environments where everyone can thrive and contribute positively and respectfully. Nobody likes to deal with controversy or issues, but good leaders recognize that it comes with the territory and have the courage to address it and not condone or ignore it.

### **GRATITUDE is the ATTITUDE of EVERY GOOD LEADER:**

“Gratitude is the Attitude” is a powerful mindset and philosophy for every leader, as it emphasizes the importance of cultivating gratitude as a fundamental aspect of well-being and personal development, which is also a component of self-care. The daily practice of having an attitude of gratitude enables us to acknowledge and appreciate the positive aspects in life, even the ones we take for granted, like waking up each morning, breathing, having food and a roof over our heads. We begin to see through the weeds that clutter the beauty in our lives, the people, experiences, and the blessings that bring joy, fulfillment and true meaning to our existence. The ability to develop an attitude of gratitude will improve your mental and physical health, enhance relationships, and enhance your resilience and coping skills so as to resolve issues with logic and peace.



**GRATITUDE  
IS THE  
ATTITUDE!**

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

I am a strong believer that knowledge is power and that, in order to do any job well, people must be equipped with all the information and tools they need to fulfil their responsibilities and succeed. My father taught me that people must be equipped with the right tools in order to do a job well. My mother taught me, when working with others, there needs to be clear and understood vision and expectations that is

supported and respected by all. The message here ladies is that good leaders are transparent, share what they know and share new information in a timely manner. They are mentors and champions for those they lead. Good leaders communicate a clear vision, instructions and allow for growth of those they lead. Our Hamilton/Brant Regional Chair, Colleen Ionson, often uses a famous quote “The secrecy of my job prevents me from knowing what I’m doing “.

Since joining the diocesan executive council, I have made it a personal mission to develop and deliver training tools and workshops on: leadership development, Catholic women leadership, recruitment of members, membership management, League resource materials, annual reports, governance, parliamentary procedure, best business practices, parish council nominations & elections process, and operations of the League. I also customize specific presentations upon request.

I also remind you of Nationals Mentor Skills Bank, which is an excellent resource for councils looking to draw on the expertise of members on an array of topics.

As the soon to be Diocesan President, I look forward to continue helping our members grow in the League and as Women Transformation Servant Leaders.

### **LEAGUE AND ORGANIZATION INFORMATION:**

#### **FRANCES LOVERING AWARD**

Thank you for your nomination submissions. My committee and I enjoyed reviewing each nomination and feel blessed to serve among these incredible women. I look forward to announcing and recognizing each nomination and announcing the winner of the Frances Lovering Woman of the Year Award at the Diocesan AMM/Convention Banquet.

#### **ANNUAL REPORT BOOK:**

I continue to work on preparing our 2023 - 2024 Diocesan Annual Report Book, and will soon share it with my committee to review. The Annual Report Book highlights our activities and accomplishments as parish councils and/or as diocesan officers since May 2023 – April 2024.

## **NOMINATIONS AND ELECTIONS:**

This year will see all councils across Canada transition into the new League structure. I look forward to being the first Diocesan President to lead our Diocesan Council under our new League structure. Fair nominations and elections are not only a member's right; they are essential components of democratic governance, organizational decision-making, and representation, in ensuring the integrity of the League. Without it, the risk of compromising the process is present, which can lead to challenging the validity of the outcome of the nominations and elections process. Fair nominations and elections are essential for upholding democratic principles, promoting members' rights, inclusivity, and fostering trust. Those entrusted with the responsibility must invest time into learning the process and do whatever is possible to ensure that member's rights and the integrity of the process are given priority.

## **DON'T FORGET TO SEND ME PARISH COUNCIL EXECUTIVE CHANGE INFORMATION:**

As this term of the diocesan council winds down and a new council is elected to commence its term on May 26, 2024, it is important that I have your updated executive listings for your council as the soon to be Diocesan President. This information can be sent to me by email at [presidentelect@cwllhamilton.ca](mailto:presidentelect@cwllhamilton.ca)

## **MEMBERSHIP / RECRUITMENT / MAINTENANCE / PROTECTION OF INFORMATION:**

Please continue to promote the League and do your best to recruit new members and maintain existing members. You can do this through regular membership drives, pulpit presentations, parish bulletin announcements, and social media including reaching out to our youth 16 and older. Hold events and invite women from within and outside of the parish to attend.

The collection and retention of a member's information is to be protected and safeguarded by the Vice-President/Organization Chair (formally known as the President-Elect/Organization Chair). It is important to be familiar with the *Freedom of Information and Protection of Privacy Act*, also known as FIPPA. The *Act* protects the privacy of personal information while providing individuals with a right of access



to their own information. It is thus critical that member's information is kept safe and secure.

### **LEAGUE MEETINGS AND ANNUAL MEETINGS OF MEMBERS (CONVENTIONS):**

I am often asked if any member can attend a League meeting or an Annual Meeting of Members. The answer is, YES! I refer you to Part XV Section 4: of the League's Constitution and Bylaws. It states: "Any member may attend annual meetings or conventions at any level and may speak at business sessions at the discretion of the chairperson."

### **CWL INSURANCE COVERAGE:**

I decided to keep this in for this edition as I continue to receive inquiries about our CWL insurance and our coverage. Members should know that they are covered under the CWL Insurance policy when attending CWL meetings, no matter where the meetings are held.

***\*NOTE: CWL events that councils hold that include liquor is not covered under this policy. Councils will need to purchase Special Event Insurance at their own expense.***

Councils may apply for special "top up" insurance. For example, if a council wanted to sell tickets in a mall and the mall required more insurance than the maximum insurance coverage in our policy. A council can request a one-time top-up and pay for additional insurance coverage for a specific activity. This is done directly between the council and the Insurance Broker.

Please ensure that your council has a copy of the 2024 Insurance Certificate. If you do not have a copy of the 2024 Certificate of Insurance, or if you have any questions, please contact me at [presidetelect@cwllhamilton.ca](mailto:presidetelect@cwllhamilton.ca)

### **IN CLOSING**

May you live each day with an attitude of gratitude and grace. Put others first and empower others by lifting them up through respect, encouragement and love. Embrace your call to serve and share your God-given gifts with purpose through Faith, Service, and Social Justice. Working together through challenges make us

more resilient and grow us closer together. This is what women of faith and hope do.

League sisters, may you always know your value and that you are strong, beautiful Christian women. May you always sparkle God's way and be beacons of hope and light to all you meet. *"May the warmth of complexity shine on your face. May the winds of good change blow gently at your back. May your feet find the roads of authenticity. May the web of change begin!"*

It has been an absolute 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 my new upcoming role as Diocesan President. I invite any member to feel comfortable reaching out to me if I can be of any assistance to you, or if you have any questions about the League, leadership training, governance, membership, etc...., I invite any member to reach out to me at [presidentelect@cwllhamilton.ca](mailto:presidentelect@cwllhamilton.ca)

May our Heavenly Mother Mary, hear our prayer for all women. O Woman, you who are the Model of women, keep all women close to your Immaculate Heart, and present them to the Most Sacred Heart of your Divine Son, Jesus Christ, Who, with the Father and the Holy Spirit, is always Our Hope and the Source of our strength forever.

"I praise **you** for I am **fearfully and wonderfully made.**" (Psalm 139:14). Have courage, dear sisters, knowing that God is with you. Always do what is right, remembering that "Each time a woman stands up for herself, she stands up for all women." (Maya Angelou)

Blessings and Hugs,

*Teresa*

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

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## ***First Vice President/Spiritual Chair***

**Laura Grint**  
**First Vice President**

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

Greetings, Sisters:

In the month of May, we honour Mary our Mother. In my youngest conversations with my own mother, she often explained that she was only my mother on earth but, Mary was my mother.

As a child, this took a lot to imagine. How could I have a real mother and not see her or know her? As our faith develops, as we learn that Mary had the same somewhat humanly problems when raising her son as some of our mothers. He went missing for three days and she finds him in the temple; he goes into ministry and has to travel for his work; and he truly loves and cherishes her even from the foot of the cross when he gives her to humanity.

As they often do, mothers hold a very dear place in our lives: we are conceived in them, born through them, and nurtured by them. They are the ones to comfort us, console us, laugh with us and love us almost as unconditionally (as humanly possible) as God the Father, for only He loves us wholly and unconditionally. Who better then to go to in times of sadness, sorrow, worry, or gladness than to our Mother Mary? Nothing is more fitting then to say these words:

*Hail Mary Full of Grace The Lord is with Thee  
Blessed art thou among women  
And blessed is the fruit of thy womb Jesus  
Holy Mary Mother of God  
Pray for us sinners  
Now and at the hour of our death  
Amen.*



In the footsteps of Mary,

Laura Grint  
Peace & Love,  
First Vice President/Spiritual Development Chair

*Laura*



***Second Vice President/Christian Family Life***

**Joanne Palmer**  
**Christian Family Life Chair**

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

Thank-you, Joanne Palmer

*Joanne*





## ***Diocesan Secretary***

**Kim Ansty**  
**Secretary**

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

It is hard to believe that two years have gone by, and that my term as secretary is coming to an end.

I want to thank all the ladies on the executive for their patience and guidance as I learned how to complete my role as secretary.

I am so thankful for the opportunity to serve in this capacity. It has allowed me to bring back some valuable tips on how to incorporate some of the protocol into our local Parish CWL.

As I have mentioned in other posts, I truly believe that taking on this position has also advanced my spiritual life. With the wonderful examples of the Diocesan Executive and the opportunity to see faith in action at the local councils during my visits over the last year and half, I couldn't help but see a better version of myself through all of you ladies.

The biggest lessons I have learned throughout my time as secretary is to humble myself and to be patient. I learned to be patient not only with others, but quite often with myself. I don't always have the answers and that is OK. This is why we are all sisters. To lean on each other and glean from the talents and wisdom of those who have gone before us.

I look forward to seeing the wonderful things our new executive has in store for us for 2024/2026. I plan to continue being active in my local Parish, and will return my services to the Diocesan Executive at a time in the future, if you will have me, and God willing.

*Kim*



## ***Diocesan Treasurer***

**Mary Clark**  
**Treasurer**

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

### ***Welcome to the month of May!***

My final newsletter! What am I going to share with you and not sound like a broken record?

It came to me when several councils asked, “What do I need to save?” Archiving is an important part of keeping your council’s history for current and future members to look back on, to see how and what their parish Catholic Women’s League has accomplished in serving God and Canada over the years. You may ask “What as Treasurer do I need to save?” Interesting enough as I was looking into this to answer the council’s question, I learnt a few things. The first place I went to look was the National website. I found under “RESOURCES” “MANUALS” 601 Archive Guidelines for League History and 601B Archives Brochure. The following is taken from the archive guidelines --- “Treasurers’ books (ledgers only) are retained and may be placed in archives after five years. Cheques and receipts are kept for five years and then destroyed.

The second place I went to was the Policy and Procedure Manual. The National manual states what they have listed in the Archive Guidelines and Brochure. The following is taken from the Hamilton Diocesan Policy and Procedure Manual - - Section 4 xxiv keep the following in storage for 7 years in a safe place: a) cancelled cheques; b) receipts; c) expense statements and bills; d) general ledgers; e) per capita journal; f) bank statements; g) deposit books.

Your own council’s Policy and Procedure Manual would be your go to place. If there is nothing on archiving in your manual then I encourage you to do so by following the National Guideline and Brochure.

There are many resources and manuals available to help you in your position as Treasurer. Most of them can be downloaded, printed or saved on a USB from the National website. I recommend you print of a copy of Guidelines for Treasurers to reference. Your President receives communiques from the National office so ask that she pass onto you any from the National Secretary-Treasurer. These communiques are also found on the website. I encourage you to go to the Diocesan website [cwlhamilton.ca](http://cwlhamilton.ca) and check out the Spectrum newsletters posted over the past two years, containing many helpful items from your diocesan executive.

In closing I wish to thank you for your support and sisterhood over the past two years as your Hamilton Diocesan Treasurer. It has been a joy to serve and share with you.

*Mary*



***Historian***

**Rosanne Sogan**  
**Historian**

**[Chocolate3martinis@hotmail.com](mailto:Chocolate3martinis@hotmail.com)**

Dear Sisters in the League,

I love to watch a good TV show or movie, although I can attest to you that I do not do much of either since COVID-19 entered our lives. Instead, I actually find myself reading much, much more.

However, there were a few shows that I did like some years back. Everyone's taste is different so, I judge no one as to their taste of music, books, movies, etc.; as "they say to each their own".



From 1994 – 2003 a show called **“Touched by an Angel”** starring **Roma Downey, Della Reese, and John Dye** were angels who came back to teach people that there is much good in the world, you just needed to open your eyes to see it. It was fiction but heartwarming at times. I did enjoy it when I watched it.

Back in the early 2000’s, on a snowy Sunday morning, I drove to Oakville to be present at a parish who had asked for the diocesan council to come in and help their council. What I didn’t know, when I left the house, was how bad Highway 403 was. The cars were spaced well apart and not going more than 50 Kph. All of the cars were in the inside lane, in 5 – 6 inch ruts of snow. I knew I needed to get off at Trafalgar Road. I started to make a lane change. I could feel the back end of the car fishtail a bit but, I was able to correct it with no problem.

My mind was contemplating how I was going to make this lane change safely when I suddenly went into a spin. I made 1 ¾ rotations not hitting another car, the guard rail, or cement abutment, and stopped perfectly sideways underneath the overpass.

Then, a most glorious thing that happened: I was **touched by 3 angels!** A set of hands held my head firmly back against the head rest, while 2 other sets of hands held my shoulders and just below my clavicles. I could feel every finger pressing on me. And while this was taking place, a voice called out:

**“Bruce (that is my husband) said, ‘Take your hands off the wheel.’”**

I thank these angels for saving my life that snowy morning, and think of them often wondering who they were! Were they my parents, my grandparents, other family members or friends, or were they my own special guardian angels sent down from heaven and from God to protect me that snowy Sunday morning?

I finally did make it off the highway and stopped to thank God, and to compose myself. I made it to the church where I met the others: Mary Carlin, Georgina Bourke, and Pat Crawford. They all said I looked like I had seen a ghost! And, then I told them my story. My efforts going there that morning did pay off as the council continued to survive and stay alive.

Later that day, I went home via Lake Shore with the sun shining brightly and those angels smiling upon me, on cleared roads.

Another show which ran from 2005 – 2011 was **“Medium”** starring **Patricia Arquette, Miguel Sandoval** and **Jake Weber**. In this show Patricia Arquette could see the dead; she could see things that happened or were to happen, and solved mysteries and homicides.

Being the Historian over the past year, and going through all of the names of past presidents in parish councils and elected officers, I too, can see the deceased in my mind's eye!

While updating a binder filled with hundreds of names of women throughout the diocese from between 1993 until the present day, I would read a name, stop and reminisce on her, and sometimes even a tear and a smile would appear. There were diocesan presidents such as: Evelyn Sorbora 1993-1995, Jerri Hasey 1999-2001, Mary Carlin 2005-2007, and Georgina Bourke 2007-2009, all who have returned to the Lord. And of course, there are other dear friends/officers: Moira McPherson, Carol Gorgi, Beth Anne Elliott, and Shirley Sullivan. How I miss them.

When I went through the parish listings, oh, how my heart ached when I read, and remembered these women's faces, and recalled their passion and love of the League. There were wonderful women like: Sue McDonald (we worked many hours on resolutions), Annie Settimi, Julia Henry, Gemma Wells, Paula Pelcar, Doreen Redmond, Lilian Orzel (my very special friend), Audrey Horvath, Rosanna Carrozzella, Patricia Collins, Mary Glaab, Barb Ashby (we were Regional Secretaries together), and all missed by their League Sisters and family. So, as you see, I do see angels and I do see the dead (in my mind only). I pray for them, and ask them to watch over me, and my Sisters in the League.

May Our Lady of Good Council be our eternal angel.

*Rosanne*

Rosanne Sogan,  
Life Member and Historian



## Communications



**Esther Shaye**  
**Interim Communications Chair**

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

Dear Sisters in the League,

My assignment for the upcoming Convention is to be the “roving photographer.” I’m looking forward to capturing all of your smiling faces.

.....*see you there!* 

*“Make visible what, without you, might perhaps never have been seen.” -  
Virginia Wolfe*

**Apud Deum in Cordibus Nostis**

With God in our Hearts

*Esther*

---

## ***Education and Health***



**Francesca Simone**  
**Education and Health, Chair**

[cwleducationandhealth@outlook.com](mailto:cwleducationandhealth@outlook.com)



Spectrum Report – May, 2024  
Go Make a Difference!  
Sharing His Promise, Love and Hope!



Dear Sisters in the League,

As I compose my last Spectrum Report as the last Hamilton Diocesan CWL Education and Health Chair, I think back to the last two years. While I have tried to educate myself in the various aspects of my convenorship, I hope to also have imparted the information to you, the readers.

Last month, I attended a webinar on climate change with Nikki Sanchez who has worked with David Suzuki. The webinar “Everyday Climate Solutions” gave many ideas of how to protect our environment. Did you know that only 9% of our recyclables actually get recycled? Most of them end up in the landfills or oceans. We need to think before we purchase anything. Don’t consume unnecessary products (reusing is very important). We should eat locally sourced foods so as not to have them travel such a great distance. Try not to waste paper since it takes 6 lbs. of water to make only a few sheets of paper. Did you know that Canada has become the #1 deforestation country in the world? Unbelievable! We require the trees to take in the carbon dioxide and give us oxygen in order to live. A suggestion to fight this atrocious behaviour would be to get in touch with our MP’s and MPP’s and tell them that this is not right.

May 6 – 10 is Mental Health Week. Mental illness may affect anyone.

Approximately 1% of Canadians suffer from bipolar disorder while another 1% suffer from schizophrenia. Other mental illnesses include major depression (about 5.4% of Canadians) and anxiety and eating disorders (4.6% or more of

Canadians). The youth in this country may start to experience some sort of mental illness before their 20's leading many to take their own lives. Unfortunately, Canada does not contribute enough funds for the population to receive sufficient mental health services. Something needs to change in order for the persons who are afflicted with mental illness to get better.

May 5 – 11 is National Hospice Palliative Care Week. Palliative care seeks to relieve the suffering in terminally ill patients till the end of their natural life. Life is a gift from God. MAID (medical assistance in dying) strives to end their life before the natural conclusion. A kit ("12 Hours of Prayer for Palliative Care") full of prayers and other resources can be downloaded from the National website (cwl.ca). Hopefully, many councils may encourage their members to pray for palliative care.

During the month of May, school boards celebrate Education Week with many activities which complement the work of students. Hopefully, many of our members will be able to attend the happenings, and see what the schools have to offer. I would like to thank the teachers, principals, school employees, students, and their parents for all the work that they perform for education.

June 4th is National Health and Fitness Day. I have written quite a few times about the importance of good nutrition (the plate solution). This time, I would like to speak about exercise. Everyone should be following a moderate endurance activity most days in order to feel better. Moderate exercise, such as brisk walking, swimming, and dancing, will make your heart rate go faster, your breathing quicker, and your body temperature slightly warmer. You should feel completely recovered after 30 minutes of rest. Remember, for the most benefit with each day of exercise, use the Be FIT acronym: Frequency (most days of the week), Intensity (how hard), Time (length of time you exercise each day).

Hope to see many of you at the CWL Convention in Kitchener on May 25 – 26. It will be remarkable!

Respectfully Submitted by:

Francesca Simone

*Francesca*

# What To Do If You Fall

Try not to panic, rest for a moment

## If You Can Get Up

1  2 

- Roll onto your side
- Push up into sitting position
- Turn onto your hands and knees
- Crawl to the nearest stable furniture, e.g. bed, chair, stool, toilet

3  4 

- Place your hands on the seat
- Place one foot flat on the floor

5  6 

- Lean forward and push up with your other foot
- Sit, rest, then tell someone you have fallen

Figures used with permission: Maimern Health Centre, Worcester, UK.

## If You Are Injured

DO NOT try to get up.

**Get Help**  
Drag yourself to a phone.  
Call 911 and stay on the line.



**Keep Warm**  
Use anything that is near:  
bedding, a coat, even a tablecloth.



**If You Are Wet**  
If your bladder "lets go" in the fall, move away from the damp area to keep warm.

**Move Your Limbs**  
Gently moving your arms and legs will help your circulation, and reduce pressure areas.

### BE PREPARED

- ✓ practice getting up before a fall occurs
- ✓ activate your personal alarm call system if you fall
- ✓ have your phone at table level for easier access
- ✓ find a daily telephone buddy

Supported by the Government of Ontario  
 Ontario

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## Legislation

**Kathryn Imperatore**  
**Diocesan Legislation Chair**  
[misiterane@yahoo.com](mailto:misiterane@yahoo.com)

Dear Sisters,

I encourage all members to become aware and informed about the social justice

*Kathryn*



## ***Life Members Liaison***

**Ana Sousa**  
**Life Member Liaison**

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

Respectfully submitted,  
Ana Sousa, Life Member Liaison  
*Ana*









Colleen Ionson  
(Hamilton Brant  
Regional Chair) with  
Josephine Jackson



Amanda DiFalco (Guest  
Speaker) on Canadian  
Alliance to End  
Homelessness



Musical Chairs!



A packed room of Regional Meeting Attendees





## Hamilton / Brant Regional

Colleen Ionson

Hamilton-Brant Regional Chair

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

Dear League Sisters,

In my responsibility to serve you as Hamilton – Brant Regional Chair, and be a liaison between parish councils and the diocesan council, I ensured that the voices of parish presidents in the Hamilton and Brant regions were heard around the diocesan table, where I was your representative at the diocesan meetings.

I trust you found my sharing of information and communications timely. I enjoyed fostering close relationships with parish council presidents, which I believe was evident at the Hamilton – Brant Regional meetings. Here again, I had two councils co-hosting and sharing their talents and resources to bring you together in sisterhood, and experience another successful regional meeting.

I continue to promote the need for kindness and becoming humble like Mary.



Madonna of humility by Fra Angelico, c.

*Why is May the Month of Mary?*

The tradition of dedicating the month of May to Mary came about in the 13<sup>th</sup> century. Some say it was created to replace pagan rituals. In fact, May is the month when spring is at the height of its beauty. Spring is also connected with nature renewing itself. In Her way, Mary gave new life to the world when she gave birth to our Saviour, Jesus Christ. The link between Mary and the month of May became popular among the members of the Jesuit Order on or around 1700.

The Pious practice of honouring Mary in May has been promoted by the Popes. Pope Pius XII made frequent references to it in his great Encyclical on the *Sacred Liturgy Mediator Dei*.

Devotion to Mary is an important part of the Catholic identity. As our Mother, she is an example of a committed “Yes” to the will of God. As a Catholic woman and member of the League, I believe our Blessed Mother is particularly important as a role model for every Catholic woman and League member.

Let us pray,

*Hail Mary, full of Grace, the Lord is with thee.*

*Blessed art thou among women and blessed is the fruit of thy womb Jesus.*

*Holy Mary, Mother of God, pray for us sinners now and at the hour of our death, Amen.*

Remember to bee 🐝 kind and bee 🐝 humble. May our Lady of Good Counsel continue to guide you in your fulfilment of our three Pillars of Faith, Service, and Social Justice. May she also keep you safe as we move into the summer months.

Submitted by:  
Colleen Ionson  
*Colleen*



**Mary Mother of God, Oakville – Crowning of Mary Ceremony (2023)**

*Submitted by Audrey Almeida*



**Mary Mother of God – CWL Council**



## **KITCHENER REGION**

Joanne Gregson  
Kitchener Regional Chair

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

It has been a busy month attending a number of special events held in honour of council's Anniversary Celebrations. First one being St. Joseph, Fergus, which is my own council that celebrated their 100th Anniversary on March 14th. This was followed by St. Aloysius, Kitchener, which celebrated their 70th. On Sunday, April 14th, I attended the 100th Anniversary of St. Louis in Waterloo, as well on Sunday, April 21st, the 100th Anniversary Celebrations for St. Clement, Cambridge, were held. St. Patrick, Cambridge celebrated their 70th on Saturday, April 27th which was attended by Hamilton Diocesan President, Joyce Cotter. Many of these events were attended by either Bishop Crosby or Bishop Lobsinger. Our own Shari Guinta attended as many as her schedule allowed. Honour guards by the Knights of Columbus was seen at most of the celebrations.

Thanks to St. Agatha, St. Agatha, for hosting our Spring Regional meeting, which was well attended. President Joyce Cotter presented a workshop on "Connecting the Dots", one of many that can be found on the National Website, a phenomenal source of information.

Looking forward to seeing many at the Convention on May 25th and 26th at the Double Tree Hilton in Kitchener. Any councils still wishing to donate to the silent auction may do so by sending an email to [kitchenerchair@gmail.com](mailto:kitchenerchair@gmail.com) giving what the donation is going to be along with the value. Have had the opportunity to be Convention Registrar, which is keeping me very busy for now and will keep me busy up to the convention.

Enjoy the many photos that I share below.

*Joanne*



# Kitchener Regional Spring Meeting St. Agatha Council, St. Agatha

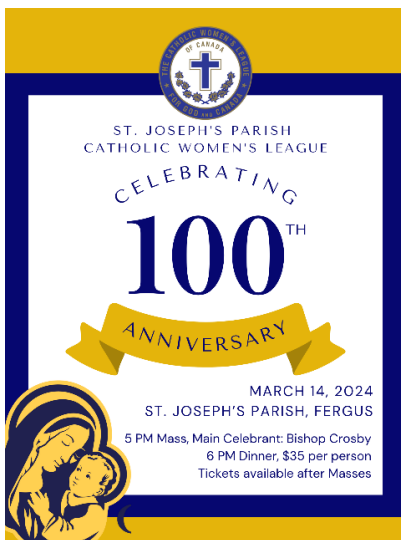


## St. Joseph, Fergus – 100th Anniversary

We were so honoured to have His Excellency Bishop Crosby celebrate the Mass with us on March 14, 2024 to commemorate the 100<sup>th</sup> Anniversary of the CWL at St. Joseph's Parish along with our own clergy and presidents from CWL National, CWL Provincial and from CWL Hamilton Diocese and many CWL members, choir members and parishioners!



We express our deepest appreciation to each individual who contributed in any capacity to ensure the success of this significant event. Your support and participation made our milestone celebration truly memorable. Thank-you!



St. Joseph's Spiritual Advisor, Fr. Robert Hetu presented President Susan Beatty with a certificate from the Pope.





Left - Joanne Gregson, St. Joseph's treasurer, presented certificates from Michael Chong, MP and Ted Arnott, MPP to President Susan Beatty.



Right - St. Mary's /St. Joseph's Knights of Columbus presented a plaque which had the picture of the 100th Anniversary poster on it to Susan Beatty, President.



Bishop Crosby praised the posters and cards made by the students from Mr. Burt's and Mrs. Fuller's classes.



Photo consisted of the Past Presidents who attended the evening event following Mass with Celebrant, Bishop Crosby, Fr. Robert Hetu, and Fr. Ken Miskiewicz (retired Parish Priest).

## CWL Memories by Mary Epoch

100<sup>th</sup> Anniversary of St. Joseph Council, Fergus

Our family moved to Fergus in 1974 and Gwen Sytsma invited me to my first CWL meeting shortly after. I recall going to Dorothy Bergen's house to peel apples for the bazaar and one of the other women present was Mame Fardella. Mame was a great and faithful member of the parish.



In the later part of the 70s, as is usual every year, there

is a great search for a new executive to take over the reins. I was aware of this but had absolutely no experience of how to facilitate a meeting and let this pass by. A short time later I had the deepest sense that God was calling me to be President of the League. With great trepidation, I let my name stand for election and of course I became President.

One of the great concerns for me was how the bazaar was organized, but it all came together as if magical.

During this period in the late 70s, the Hamilton Diocese Convention took place in Guelph and all the outlying leagues were expected to take part in the organization meetings. Our league was responsible for the media coverage, such as calling newspapers and television stations for coverage of keynote speakers and resolutions. This was a great time altogether with many from our league attending many of the events and talks.

Overall my time as president was a great time of growth in my spiritual life, certainly God was very present with me. Also I grew in confidence as a woman, and the great value we should place on the league and its greatness in Canada as a whole. Never underestimate the Catholic voice we have in Canada. And oh how our country needs us right now.



## St. Aloysius, Kitchener – 70th Anniversary



Photo of the members of St. Aloysius who were in attendance at the luncheon following Mass.



Kitchener Regional Chair, Joanne Gregson, presented the 70<sup>th</sup> Anniversary Certificate to President, Catherine Bennett, on behalf of Joyce Cotter, Hamilton Diocesan President.

**ST. LOUIS COUNCIL, WATERLOO** has been busy! Our league started in March of 1924 when a few ladies gathered and decided to form a CWL council. One hundred years later, we are still going strong. With over 100 members, we continue to embrace our core values of faith, service, and social justice. On April 14th, a wonderful centennial celebration took place. Starting with a Concelebrated Mass with Bishop Crosby, church bells ringing, piano, guitars, pipe organ and trumpet, and the combined voices of three choirs, we let our songs of praise reach the heavens. We then welcomed over 150 guests to a wonderful lunch. Many honoured guests were at our tables, including CWL representatives from national, provincial and regional executives and councils. Our keynote speaker was Shari Guinta who expounded on our motto “Here I am Lord, send me”. Our guests were entertained by a short play “CWL GOES TO COURT” written many years ago by our own, Rosemary Danayka. Around the perimeter of the gym were display boards showing our history through pictures, documents and newspaper articles.

A day to remember!

On May 1st, we had our crowning of Mary ceremony and presentation of “years of service pins”. We recognized over 30 members including three 50-year, six 55-year, and one 65-year pin presented to Donna Donkers.

*Submitted by Donna Herbstreit*

### **St. Louis, Waterloo – 100th Anniversary**



Life Member, Joan Schurter, presented the Hamilton Diocesan certificate on behalf of the Diocesan President, Joyce Cotter.

St. Louis Council President, Donna Herbstreit, was presented a beautiful bouquet of flowers for her excellent leadership and work that she put into this special celebration by Patti Pagett.



Life Member, Anna Brady, presented the Provincial certificate on behalf of Linda Squarzolo, Provincial President.

## St. Clement, Cambridge – 100th Anniversary



Photo of the Past Presidents, along with the current President, Melissa Kuchma, at the 100<sup>th</sup> Anniversary Celebrations. From left to right: Melissa Kuchma (President), Past Presidents; Cecelia McEachern, Jane Goad, Judy Isley, and Marg Pedro.



Group picture of St. Clement Catholic Women's League members in attendance at the Tea Luncheon held following the 9:30 am Mass.



## St. Patrick, Cambridge – 70th Anniversary

St. Patrick CWL Council (H-087), Cambridge, Ontario is having our 70<sup>th</sup> Anniversary this year. In celebration of this milestone, we are having a Family Tea and a Celebratory Mass on Saturday, April 27, 2024 - the Saturday following Our Lady of Good Council's feast day.



Council President Mary Ann Costa  
With Joyce Cotter



St. Patrick Cambridge, Executive



### **Northern Region**

Nancy Skiba

Northern Regional Chair

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

Greetings from the Northern Region!

It has been a busy time in the North. We had a very successful regional meeting on Saturday March 23<sup>rd</sup> at Sacred Heart Parish in Walkerton. There were 10 councils present, 8 diocesan executive, 2 life members, and 31 members plus myself. It began with Mass celebrated by Father Tom Moisan who was a former diocesan spiritual advisor for 10 years. This was followed by fellowship, and then the meeting. There was so much information and sharing passed on by the presidents of the North Region and the diocesan executive. The day involved both business and socializing.

I have kept the councils in the north up-to-date with all the events that are happening in the north and in the diocese with the due dates, the material that is due, and the attachments. It has been busy. I am looking forward to the 104<sup>th</sup> Hamilton Diocesan convention which will be held in Kitchener this year – a little closer to home and to the councils in the north.

I believe that we as a Catholic Women’s League do make a difference in our parishes, in our communities, in Canada and beyond. The national prayer this year is “Here I am Lord, Send me”. In this prayer, we are asked “to hear Your call...to bring our gifts...with full and generous hearts...in order that we may be Your instruments in the building of Your kingdom”.

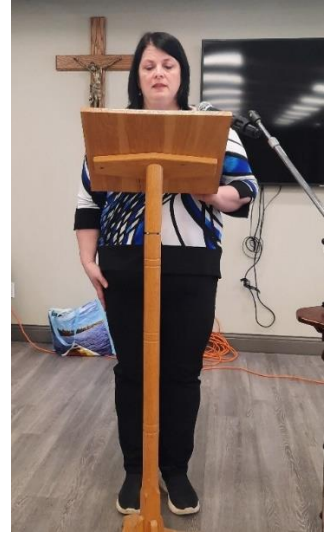
See you at the convention!

Respectfully submitted

*Nancy*

## Northern Region Spring Meeting March 23<sup>rd</sup>, Sacred Heart Council, Walkerton





**Immaculate Conception, Formosa**







**Immaculate Conception Council, Formosa** had their Communion Breakfast Sunday April 28th, with special mention and prayer to our Lady of Good Counsel, the patroness of the Catholic women's league. Four members received their 50 year membership pin and three members received their 25 year membership pin. Our guest speaker spoke about the work of The Christian Ministries around the world.



This is a picture of Michelle Pletch from **St. Joseph's CWL in Cargill** making a cheque presentation to Erika Werger, the Principal of Mary Immaculate and some of their students. The \$1000 is directed towards the school's Breakfast Program to address food insecurity. *Submitted by Michelle Pletch.*



**St. Joseph's CWL in Cargill** made a \$1000 donation to Saugeen Hospice. Accepting the cheque is Kelly Fortheringham from the Saugeen Hospice with some CWL members. These include Marlene Zettler, Debbie Wilhelm, Pauline Cuneo, Stephanie Fortney, Marlene Middelholtz, and Roseann Steffler. Photo submitted by Michelle Pletch

### **Sacred Heart, Walkerton – 100th Anniversary**

Submitted by Debbie Hicks

On April 21, 2024, Sacred Heart CWL Walkerton celebrated their 100th Anniversary as a league. Mass was officiated by Bishop Crosby and Fr. Les Szczygiel. CWL ladies were the ushers, greeters, readers and part of the choir. A group photo was taken on the front steps of the church at the conclusion of mass to preserve the memory of the day. A luncheon in the church hall followed. Debbie Hicks, current president, was the MC for the luncheon. Special guests included Joyce Cotter-Hamilton Diocesan President, Mary Clark-Hamilton Diocesan Treasurer and Nancy Skiba-Northern Hamilton Diocesan Chair. Andrew Zettel was the guest speaker. To honour all of our past presidents a plaque was presented at the luncheon listing all the presidents and their years as president. It will be displayed on the CWL wall.







## **HOLY FAMILY, HANOVER**

*Submitted by Anne Gateman*

At our March meeting, two tables overflowed with baby items donated by members. The meeting focus was on the Hanover Pregnancy Care Centre. This is a centre run by volunteers to offer prayerful support and needed baby items to expectant and new parents. A representative from the centre spoke on the work that the volunteers do and gratefully accepted the donations along with our cheque.





# 52 Reasons to Talk About the CWL!

## ***COURAGE***

If you only knew the courage of Catholic Women’s League members. In the 1920s, Winnifred Fulton travelled by horseback to start more than 30 councils. Today we continue to carry the message of faith, service and social justice to women across Canada and internationally. Pack your courage! Your place is among us.

## ***Meaning***

Life has meaning when you recognize your God-given gifts and share them with others. Join the Catholic Women’s League and celebrate the meaning of life as you share your gifts.

## ***Spirituality***

We are called to live in relationship with God, others and creation. Spirituality nourishes us on our faith journey enriching us as we grow. The Catholic Women’s League calls us to be witnesses to the love of God through ministry and service. Connect and grow with us

## ***Voice***

If you only knew... the Catholic Women’s League has a ‘voice’ to create change! Backed by thousands of Canadian Catholic women - it meets with government and influences laws, stands up for social justice and speaks up for those who do not have a voice. Is there a cause or issue you would like to see brought to the attention of government? Your voice matters – we can help!





- prayer card or item (such as small wooden ornament) to all homebound/nursing home parishioners/members
- those who have email – send out requests for agenda items and the meeting minutes
- updates & notices in parish bulletin, parish website, posters in church-
- Invite for coffee as a treat
- Smile, eye contact
- Newsletter, handouts
- Social after Mass
- Give reasons for importance of meeting together as a League

### **3. How can you stay connected and build a relationship with the women of the parish who are not members?**

- Keep inviting them to CWL events,
- Chat informally with them; invite to CWL event
- Personal invitations
- Mom’s group – fill the void or collaborate with the Moms & tots group
- Gathering vs. meeting/social
- Get to know the lives of the women in the parish
- Connect through email to invite them to CWL events
- Share the League has like-minded goals and faith
- Welcome, say hello and just start making friendly conversation every time you see them
- Coffee Sunday
- Sit with women you don’t know instead of always sitting with your friends/Sisters
- Ask the priest to promote CWL more
- Create an intergenerational program to get younger people involved
- Bulletin board and parish bulletin
- Visibility
- Holding events, getting together, guest speakers
- Publish membership pin presentations in bulletin
- Stations of the Cross

### **4. How can you stay connected and build a relationship with other League councils or parishes without a council?**

- Invite via email to other parishes

- Advertise in parish bulletins in local area
- Encourage priests to revitalized CWL and support the League in their parish
- Invite other councils to join in an honour guard
- Encourage young people to join and advertise the four Categories of the Membership
- Invite other parishes to join in CWL events (President to President)
- Outreach – invitation to nearby parishes for CWL events
- Have “craft social” – share quilting, knitting, prayer shawl ministry
- Take part in ecumenical events
- Activities with seniors in long term care facilities, invite women to join together e.g. BINGO, visiting
- Host “no tech” day without screens, social family activities

#### **5. How can you stay connected and build a relationship with other Levels of the League?**

- Attend annual convention/AMM meetings at the different levels
- Read “The Spectrum” Hamilton Diocesan newsletter, online newsletters – Diocesan, Provincial
- Gain knowledge on who to contact at different levels for guidance
- Invite a member of the Diocesan executive as a guest speaker to your meeting/event
- Volunteer to help at annual conventions
- Attend regional and parish meetings
- Advertise meeting in bulletin
- Newsletters, pamphlets of events
- Word of mouth
- Utilized national, provincial and diocesan websites
- League magazine - read, offer articles, discuss items

#### **6. How can you stay connected and build a relationship with your Spiritual Advisor?**

- If new Spiritual Advisor – meet with for a chat and ask how he would like to be involved
- Ask his opinion on special occasions
- Send copies of general meeting agenda & minutes, CWL newsletters
- Keep them informed of projects (Faith, Service, Social Justice)
- Invite him to attend special events or as a guest speaker



- Give a gift basket prepared by CWL members (spiritual bouquet and gifts)
- Ask Diocesan Spiritual Advisor for suggestions or Bishop Crosby
- Ask Spiritual Advisor to attend meetings to:
  - Give a spiritual presentation
  - Share stories of returning from a home visit
  - Share stories of his hobbies
  - Artistic abilities to offer

#### **7. How can you stay connected and build a relationship as a mentor?**

- Attend meetings and offer assistance
- Be approachable, positive attitude, engaging,
- Open minded to new ideas
- supportive of changes in leadership style

#### **8. How can you let members know that they are noticed, needed and valued?**

- Call them by their first name
- Smile and be welcoming
- Be yourself and allow them to be themselves as well
- Take time to listen
- Be inviting and ask if they are interested in helping with a new project
- Ask member what interested them in coming to the meeting/event; what or who brought them to the meeting or how did they hear about the meeting?
- Make the atmosphere welcoming
- Make sure to mingle and have social time at the general meetings
- Use the 1/3 business, 1/3 faith, 1/3 fun at all meetings
- Give words of thanks, send cards and phone calls
- Good will personal calls, emails, cards
- Special occasions recognition
- Changing meeting times for seasons and time changes
- History spot highlights in bulletins
- Cookbooks
- Visiting long term care facilities
- Call members by name, family members
- Offer help ...appointments, groceries
- Meet them where they are, inclusive



## Blessing Prayer for Healing By Joyce Rupp, "Out of the Ordinary"

May you desire to be healed.

May what is wounded in your life be restored to good health.

May you be receptive to the ways in which healing needs to happen.

May you take good care of yourself.

May you extend compassion to all that hurts within your body, mind, spirit.

May you be patient with the time it takes to heal.

May you be aware of the wonders of your body, mind, and spirit and their amazing capacity to heal.

May the skills of all those who are caring for you be used to the best of their ability in returning you to good health.

May you be open to receive from those who extend kindness, care and compassion to you.

May you rest peacefully under the sheltering wings of divine love, trust in in this gracious presence.

May you find little moments of beauty and joy to sustain you.

May you keep hope in your heart.

Hold your hands over your own heart and remember the power of love within you. Then, extend your hands of love toward the one who needs healing. Give this healing love to the one being blessed. If blessing oneself, recognize and accept this power of love within you.

\*If praying for oneself, insert "I" instead of "you".



***My Journey in the League***  
***By Nancy Morley***

My journey in the Catholic Women's League began 44 years ago at St. Luke Parish, in Hamilton. I was in a newly created parish, and I decided to go to a CWL meeting to meet other women. I joined the League, and have never looked back. I have enjoyed learning about the League, and wanted to be a part of it at the parish level. I got involved in helping establish our council as a group of Catholic women dedicated to helping our parish grow in faith and service to our community at large. I am extremely dedicated to SERVICE.

Throughout the years, I have served in all positions of the executive. Organization is the "Getting to know you" convenorship, where you can make new friends and help them get involved in the League. The other convenorships help you discover and enrich your faith. Service helps you discover yourself and where you can help in your parish and community.

I have been Council President several times, and with the mentoring of my League sisters, have enjoyed the experience, and have grown in the ways of the League.

My horizons continued to expand when I was encouraged to become the Hamilton Regional Chair. I visited all the regional meetings in the diocese to learn more about the position, and from what I learned, I then said YES to my mentor. I have enjoyed meeting other councils in the region; making new friends; and being of service to them in the workings of the League. This brought me to attending a Diocesan Convention.



As Hamilton Regional Chair, my responsibility was to help set up for Convention with the help of other councils in the region, and to be part of the Convention experience.

Following that, I became a member of the Diocesan Council, and working with all councils – to help them grow in their knowledge of the League. This step in my journey, took me to Provincial and National Conventions. Here I learned about the upper levels of the League; developed a greater understanding of who we are as a League of Catholic Women; and understand the strength we have to make changes in society.



My learning and understanding of the Catholic Women's League are still ongoing as we experience change. Each month I visit the Provincial and National websites, for ideas and insights I can bring to my council, to further our growth.

My journey has been a very fulfilling adventure, with thanks to my husband and family who have supported me along the way. I am also thankful to my mentors and Sisters in the League, both in my parish and throughout the Diocese. Thank you for cultivating my continued growth, and making it a very enjoyable experience.

Saying, "YES" provides the opportunity for personal growth in yourself and the League. You are not alone on your journey, as there are members, especially Life Members, who have gone before you, to provide support and advice. I have been blessed many times through the years from these very capable women, who also have said, "YES".

May Our Lady of Good Counsel continue to guide us on our journeys.

## Summer Edition of your Spectrum Diocesan Newsletter

**The deadline for submissions to**

**The Spectrum Diocesan Newsletter**

**For**

**The July edition is June 29<sup>th</sup>, 2024**

**Please send to**

**[president@cwlhamilton.ca](mailto: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 National Office.



**Sharing His Promise, Love and Hope!**

**104<sup>th</sup> Annual Diocesan Convention**

**MAY 25-26, 2024**

***Kitchener Ontario***

**The 104<sup>th</sup> Annual Diocesan Convention in Kitchener. DoubleTree by Hilton Kitchener, 30 Fairway Road South, Kitchener, ON N2A 2N2.**

We will be celebrating 104 years of League Sisterhood and service to God and Canada!





ALLIANCE FOR LIFE ONTARIO CONFERENCE\*

**WITH EVERY WOMAN – FOR EVERY CHILD & SOCIETY'S VULNERABLE MEMBERS**




**JUNE 15, 2024**

St. John Paul II Polish Cultural Centre  
4300 Cawthra Road, Mississauga, Ontario

**SCHEDULE**  
Annual General Meeting 9-10:30am

11:00am: Canadian Women undergoing unwanted abortions - 2024 Survey - David Reardon, Elliot Institute  
12:30pm: Lunch  
1:30pm: Hospice Fights back against forced MAID inclusion - Angelina Ireland, Delta Hospice - BC  
2:30pm: Defending our inherent Freedoms as Pro-Life Canadians - Blaise Alleyne, Right to Life Toronto  
3:30pm: Break  
3:45pm: Medical Abortion - "The Deception - The Numbers - The Reversal" Jakki Jeffs, Alliance for Life Ontario  
4:30pm: Farewell

\*AFLO dedicates this conference to the loving memory of Irene Urbanik.

**REGISTRATION**  
Visit [allianceforlifeontario.ca](http://allianceforlifeontario.ca) to register.  
Deadline to register is June 10th 2024.

Adults \$75  
Students \$45

Conference includes, continental breakfast, lunch, refreshments throughout the day.

**FOR MORE INFORMATION**  
Contact: Email [aflo@mgl.ca](mailto:aflo@mgl.ca)  
Text or call 519.820.3399




**Registration for the 77<sup>th</sup> Ontario Provincial Convention!** Join us in Sudbury, from July 7<sup>th</sup> to 10<sup>th</sup>, 2024. Visit the Ontario Provincial CWL website ([cwl.on.ca](http://cwl.on.ca)) or click on this link

[Information-and-Registration-Package-77th-Ontario-Provincial-Convention.pdf \(cwl.on.ca\)](#)



*St. Mary's Ukrainian Catholic Church, Sudbury*





Registration is also available **NOW** for the **104<sup>th</sup> Annual National Convention**. August 11<sup>th</sup> to 14<sup>th</sup> in Saskatoon. Visit the website for our Canadian CWL ([cwl.ca](http://cwl.ca)) for more information or click on the link below.

[event-attachment-3896-1033-2\\_o.pdf \(amsoftlive.com\)](#)



*Cathedral of the Holy Family, Saskatoon*

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

- Please send a formal letter to the Diocesan President request 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 celebration date.
- Anniversary certificates from the National Council can be found online at [cwl.ca](http://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](mailto:president@cwlhamilton.ca)





### *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.