

# SAULT STE. MARIE DIOCESAN CWL NEWSLETTER

Issue 11/2023

## WELCOME!



God's glory is everywhere!  
October on Robertson Cliffs north of Sault Ste Marie

This newsletter is distributed by email to our Parish Presidents. We trust that it gets circulated to as many members in our Diocese as possible.

*Chemistry teacher:* Did you know  
protons have mass?

*Student:* I didn't even know protons  
were Catholic!



## IN THIS ISSUE

(Ctrl+Click to jump)

Diocesan/Provincial/National Events.....	2
FROM THE PRESIDENT'S DESK ....	2
FAITH .....	3
SERVICE .....	5
SOCIAL JUSTICE .....	6
My Favourite Things! .....	7
PARISH EVENTS .....	11
Reverse Advent Calendar .....	17
The Unity Outreach Program ....	18



Faith

Service

Social  
Justice

## FROM THE PRESIDENT'S DESK

### What Does Advent Mean to You?

In the quiet anticipation of Christmas, we seek to prepare our hearts through quiet and spiritual reflection. It is a time marked by the lighting of the candles and other cherished traditions. It holds the promise of something extraordinary yet to come.

There are beautiful and rich traditions that we embrace as we prepare to celebrate the season of Advent. Do you recall some that have special meaning for you?

I've grown to allow myself to truly embrace this season as a time to anticipate with wonder the coming of Christ. It is a time to slow down, seek silence, to turn inward to reflect on the longing and joy of Advent. It is a reminder of God's everlasting love. And Advent is joy, not just in that third week when the rose-coloured candle glows, but all season long. What does Advent mean to you?

After the Bazaars and the council Christmas gatherings are over, may you find time to slow down this Christmas season and say "no" to the things that distract you from Jesus, and say "yes" to the gift that God wants you to experience. May you enjoy the gift of time with dear family and friends and may you be blessed with light and love.

### ADVENT PRAYER

Lord Jesus,  
Master of both the light and the darkness,  
send your Holy Spirit upon our preparations for Christmas.  
We who have so much to do and seek quiet spaces  
to hear your voice each day,  
We who are anxious over many things look forward  
to your coming among us.  
We who are blessed in so many ways long  
for the complete joy of your kingdom.  
We whose hearts are heavy seek  
the joy of your presence.  
We are your people, walking in darkness, yet seeking the light.  
To you we say, "Come Lord Jesus!". Amen.  
- Henri Nouwen

Peace, Joy and Blessings,

Lisa Henry

## Diocesan/Provincial /National Events

***"Advent – The Season of Hope  
and Expectation"***

### Diocesan Spiritual Reflection

**Saturday, November 25 11am**

**Join by clicking on this link:**

<https://tinyurl.com/SSMCWLADVENT>

### Sudbury Regional Meeting

Sunday, November 26

Our Lady of Hope

### Sault Ste. Marie Diocesan Convention

Sault Ste. Marie

April 25-29, 2024

***"Joy"***

### Ontario Provincial Convention

Sudbury, ON

July 7-10, 2024

***"Go Make a Difference"***

### National Convention

Saskatoon, SK

August 11-14, 2024

***"Here I am Lord, Send Me"***



# FAITH

## **The Advent season is upon us! A Season of Anticipation and Hope**

Submitted by Betsy Currier – Spiritual Development Diocesan Chairperson

Advent begins Sunday December 3, 2023 and marks the beginning of the ecclesiastical year in our church. The word 'advent' means 'coming'. During this time, we are encouraged to prepare ourselves worthy to celebrate the anniversary of the Lord's coming into the world as the incarnate God of love.

The Advent season invites us to step away from what can be a frenzied time of parties and shopping to consider how we commemorate the birth of Jesus, one of the holiest times in Christian faith. It is also a time to reflect on the triumphant return of Jesus at the second coming.

During Advent, Christians prepare for this here-and-now coming of Christ by remembering the long years during which Israel waited for the coming of the Messiah, and by looking forward to the final coming of Christ at the end of time.

You will hear both themes reflected in the Church's readings during Advent.

### **Advent Prayer**

Father, all powerful and ever-living God, we do well always and everywhere to give you thanks through Jesus Christ our Lord. When he humbled himself to come among us, he fulfilled the plan you formed long ago and opened for us the way to salvation. Now we watch for the day, hoping that the salvation promised us will be ours when Christ will come again in his glory. And so, with the choirs of angels in heaven we proclaim you glory and joy in their unending hymn of praise:

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord, hosanna in the highest.

### **Sunday, December 3, 2023 The First Sunday of Advent**

On the first Sunday, we light the Prophecy Candle, the Candle of Hope, which reminds us that Jesus' coming was prophesized hundreds of years before his birth. The purple colour represents Christ's royalty as King of Kings.

The prayer as we light the first candle:

Stir up thy power, O Lord, and come, that by thy protection we may be rescued from the dangers that beset us through our sins; and be a Redeemer to deliver us; Who lives and reigns with God the Father in unity with the Holy Spirit, ever on God, world without end.

Amen.



### **Sunday, December 10, 2023 Second Sunday of Advent**

The second candle is the Bethlehem Candle, the Candle of Peace, reminding us that Jesus was born in Bethlehem. It too is purple reminding us that it was a King who was born in the manger.

The prayer as we light the second candle: Stir up our hearts, O Lord, to prepare the paths of thy Only-begotten Son, that we may worthily serve thee with hearts purified by His coming; Who lives and reigns with God the Father in unity with the Holy Spirit, ever on God, world without end. Amen.

### **Sunday, December 17, 2023 Third Sunday of Advent**

The third candle, the Shepherds' Candle, the Candle of Love, reminds us that God sent angels to proclaim His arrival to common man. It reminds us also that He still uses ordinary people today to spread the good news of Christ. This candle is pink and represents God's love and faithfulness.

The prayer as we light the third candle: We beseech thee to listen to our prayers, O Lord, and by the grace of thy coming enlighten our darkened minds; Who lives and reigns with God the Father in unity with the Holy Spirit, ever on God, world without end. Amen.

### **Sunday, December 24, 2023 Fourth Sunday of Advent**

The fourth candle, is the Angel's Candle, the Candle of Joy. We are reminded of the heavenly hosts that proclaimed Christ's arrival with, "Behold, I bring unto you good tidings of great joy!". The Angel's Candle, also purple, reminds us that it was a King's birth the angels were announcing.

The prayer as we light the fourth candle: Thank you, God, for the joy you give us. We ask that as we wait for all your promises to come true, and for Christ to come again, that you would remain present with us. Help us today and every day to worship you, to hear your word, and to do your will by sharing your joy with each other. We ask this in the name of the one who was born in Bethlehem. Amen

### **Sunday, December 25, 2022 Christmas Day**

The last candle is to remember the birth of our Lord and Saviour Jesus Christ. As the prophets promised so long ago, you have come to us once again, with the shepherds we are filled with wonder and amazement. Some will additionally light a fifth candle, located in the centre of the wreath on Christmas Eve or Day. This is the Christ Candle, the large white candle in the middle of an Advent wreath.

The prayer as we light the Christ Candle: Lord, you come as a tiny, fragile baby; yet we know that you are God and you are with us. May the flame of this candle remind us that you are the light of the world and that if we follow you, we will never walk in darkness, but will have the true light of life. Come, Lord Jesus, come. Amen

**Wishing each of you a very blessed Advent season.**

**Sault Ste. Marie Diocesan Council**

# **SERVICE**

## **Upcoming Parish Council Events**

### **Sault Ste. Marie Region**

**Precious Blood Mass for Deceased Members**

Thursday, November 16

**St. Jerome Turkey Pie Sale**

Saturday, November 18

**Our Lady of Good Counsel Mass for Deceased Members**

Sunday, November 19

**St. Gregory's Parish Bake/Raffle**

Saturday, November 25, 1-6 and Sunday November 26, 10 – 12:30.

Our specialty is Italian baking!

**St. Jerome Awards Dinner**

Sunday, December 3

Collecting Socks/Mitts

**St. James the Greater Cookie Walk**

Saturday, December 9

**St. Veronica Bake Sale**

Sunday, December 10

### **Sudbury Region**

**St. John the Evangelist Bazaar**

Sunday, November 19

**St. Paul the Apostle Pasta Takeout and Dinner**

Sunday, November 19

**St. Francis of Assisi Christmas Tea and Bazaar**

Sunday, November 26

**Our Lady of Hope Christmas Turkey Dinner and Social**

Sunday December 3





# SOCIAL JUSTICE

## *People of Hope Seeking Reconciliation*

Ad hoc Committee: Mary O'Donnell Chairperson (CWL OLGC), Lisa Henry (Diocesan President), Sister Priscilla Solomon csj, Catherine Boudreau (North Bay CWL Representative), Faye Wafer (Sudbury CWL Representative), Jane Chaput (SSM CWL Representative)

Our plan is to promote Truth & Reconciliation with the Reconciliation Tapestry from Attawapiskat created by Jackie Hookinmaw-Witt and Norbert Witt, and the First Nation Elders and Children of the village. It is a profound teaching and learning tool as we move forward with truth, healing, and reconciliation.

We hosted a workshop at the Anishinabe Spiritual Centre in May and one at the Mother House in October. We would love to see the Tapestry Story on Salt and Light Media presented Canada wide.

Also, we are interested in presenting the Tapestry to parishes.

The efforts of this group are in the early stages guided by the Holy Spirit. We are moving slowly, intentionally and with deep respect for the work we are undertaking.



Our intention is to share the stories of Indigenous people in their words through this Tapestry. We will learn and build relationships in Indigenous spiritual traditions and Catholic spiritual traditions.

Submitted by Mary O'Donnell



# My Favourite Things!

Thank you to the many members who have shared their favourite and inspirational suggestions. We hope you find something here to stir you!

## Books

**Title:** The Little Way of Living with Less

**Author:** Laraine Bennett

This book focuses on the words and example of the *Little Flower*, where one learns to overcome disorder - whether physical, mental or spiritual - that will lead to peace, joy and security. St. Thérèse will help form us in single-mindedness to complete the ordinary with extraordinary, selfless love to become intentional about making God the centre of our lives.

Submitted by Lisa Henry

**Title:** With All Her Mind: A Call to the Intellectual Life

**Author:** Rachel Bulman

A collection of essays written by Catholic women of diverse background and vocations. It is filled with practical advice and personal testimonies and opens the reader to the unique ways for a woman to follow the first and greatest commandment: to love the Lord with all her soul, with all her heart and with all her mind.

Submitted by Lisa Henry

**Title:** The Measure

**Author:** Nikki Erlick

An interesting twist to life when you know how long you will live!

Submitted by Colleen Murphy

**Title:** Can You Drink the Cup?

**Author:** Henri Nouwen

Uses the metaphor of the Cup - holding, lifting and drinking to describe the basics of spirituality

Submitted by Betsy Currier

**Title:** The Return of the Prodigal Son

**Author:** Henri Nouwen

Using Rembrandt's painting as inspiration he probes the parable under themes of homecoming, affirmation and reconciliation

Submitted by Betsy Currier

**Title:** God isn't finished with me yet

**Author:** Barbara Lee

Discovering the spiritual graces of later life (Novalis)

Submitted by St. Alphonsus Liguori Parish

**Title:** Faith Love and Loss

**Author:** Harry and Jennifer McAvoy

Sustaining hope amid memory loss and the storms of life (Novalis)

Submitted by St. Alphonsus Liguori Parish

## **Books (cont'd)**

**Title:** The Holy Longing

**Author:** Ronald Rolheiser

The search for a Christian spirituality

Submitted by St. Alphonsus Liguori Parish

**Title:** The Rocking Chair Prophet

**Author:** Matthew Kelly

"There's a voice within you. Listening to that voice is the difference between happiness and misery, wonderful memories and heartrending regrets. *The Rocking Chair Prophet* is an invitation to rediscover yourself and reorient your life."

[www.DynamicCatholic.com](http://www.DynamicCatholic.com)

Submitted by St. Alphonsus Liguori Parish

**Title:** Holy Moments

**Author:** Matthew Kelly

"A handbook for the Rest of Your Life"

Submitted by St. Alphonsus Liguori Parish

**Title:** Joyful Momentum

**Author:** Elizabeth Tomlin

A wonderful read and reference for women's ministry, [www.joyfulmomentum.org](http://www.joyfulmomentum.org)

Submitted by Patricia Clizia

## **Hymns/Songs**

**Christian artists:** Matt Maher- contemporary, Steven Curtis Chapman, Michael Card, Michael W Smith, Amy Grant, John Michael Talbot, Jesse Manibusan, MercyMe, Matthew West, Chris Tomlinson, Sidewalk Prophets

Submitted by Cathy McKinney

**Title:** You Are Mine

**Artist:** David Hass

Helped me accept my mother's passing when I couldn't be with her

Submitted by Colleen Murphy

**Title:** The Prayer

**Artist:** Celine Dion & Josh Groban

Submitted by Betsy Currier

**Title:** Comme en vacances (can be translated to "Like on vacation")

**Artist:** Andre Gagnon.

It is a piano instrumental with an accompanying orchestra. It has an uplifting melody.

Submitted by Patricia Delorme



## Hymns/Songs (cont'd)

**Title:** Calypso

**Artist:** John Denver

This song is about the ship Calypso, which was bought by Jacques-Yves Cousteau and converted to an oceanographic ship. Cousteau wanted to understand "The silent world" better, in order to protect it. "To live on the land, we must learn from the sea" - Cousteau was the first to do research on pollution and its effects on the sea and received many honors for his accomplishments. John Denver cared deeply about nature and this song was a tribute to both Calypso and her captain and their valuable work.

Submitted by Patricia Clizia

**Title:** Divine Mercy

**Artist:** Anna Nuzzo

**Title:** My Soul Rejoices

**Artist:** Jackie Francois

Mary's Fiat

**Title:** Jerusalema

**Artist:** Master KG

Impossible to sit still when this song plays

**Title:** Charlie Brown Instrumental Songs

**Artist:** Vince Guaraldi Trio

Skating, Thanksgiving, Linus and Lucy

All above submitted by Patricia Clizia

## Movies

**Title:** The Passion of the Christ

A powerful movie of the passion and death of Jesus

Submitted by Betsy Currier

**Title:** The Chosen

A wonderful realistic glimpse into Jesus' life

**URL:** <https://www.angel.com/watch/the-chosen>

Submitted by Colleen Murphy



## **Websites**

**Title:** [www.Hallow.com](http://www.Hallow.com)

Find peace, sleep better, pray more, and deepen your relationship with God.

Submitted by Betsy Carrier

**Title:** Morning Offering with Father Kirby

[YouTube Channel: Good Catholic](#)

Has daily bite size faith meditations under 5 mins.

Submitted by Patricia Delorme

**Title:** Holy is His Name-the Story behind the Song

**Author:** John Michael Talbot

A video that includes storytelling and song

**URL:** <https://www.youtube.com/watch?v=zmDwA6mdLlo>

**Title:** Centre for Action and Contemplation

**Author:** Richard Rohr

The Center for Action and Contemplation (CAC) is an educational nonprofit introducing seekers to the contemplative Christian path of transformation. Founded by Father Richard Rohr in 1987, our programs and resources are designed to help deepen prayer practice and strengthen compassionate engagement in the world.

**URL:** <https://www.youtube.com/channel/UCMkqKAtSgijU439fJUNHnkA>

**Title:** Veggie Tales

My two grandsons Carter and William enjoy these short videos; providing hilarious stories and silly songs filled with values that kids can both learn and grow from for 30 years.

**URL:** <https://www.youtube.com/@veggietales>

**Title:** Contemplative Society

**Author:** Dr. Cynthia Bourgeault

Cynthia Bourgeault is a modern-day mystic, Episcopal priest, writer, and internationally acclaimed retreat leader. She divides her time between solitude in her seaside hermitage in Maine and a demanding schedule traveling globally to spread the recovery of the Christian contemplative and Wisdom paths. She is a faculty member emeritus of the Center for Action and Contemplation and the founding director of an international network of Wisdom schools, uniting classic Christian mystical and monastic teaching with contemporary practices of mindfulness and embodied presence. She has been honored as one of the 100 most spiritually influential living people in 2021

**URL:** <https://www.cynthiabourgeault.org/>

All above submitted by Patricia Clizia

# PARISH EVENTS

## St. Patrick's CWL 70<sup>th</sup> Anniversary Celebration

October 18<sup>th</sup>, 2023



This year, St. Patrick's CWL was blessed to have four **Centenarians**: Ines Fabbro, Irene Ovis, Frances Mei and recently deceased CWL member Folly Markle at age 105. We honoured these special ladies with "Gift Memberships for Life" on behalf of our members.



Ines Fabbro



Frances Mei



Folly Markle+




Irene Ovis



## St. Patrick's CWL Fall Harvest Tea



### St. Patrick's CWL **HARVEST TEA** Sunday, October 29 at 11:15 am - 2:00 pm

39 Walford Rd., Sudbury in the Parish Hall   
**Admission: \$6 per adult, \$2 children 5-12 yrs.**

- Featuring:
- light refreshments included
  - Italian table (home made pasta, crostoli and meat sauce)
  - bake table
  - penny table
  - craft table
  - book table
  - 50/50 draw



### **St. Francis of Assisi Council Celebrated 95 years!**

On Saturday September 16, St. Francis of Assisi Council in Walford joined together with special guests and sister members to celebrate their 95th Anniversary. At the Liturgy, a 25 and 50 yr pin were presented. The council also presented our eldest member, Irene Hopkins, with a Maple Leaf Service Pin for her 47 yrs of service to our council as a well as being an outstanding member of the community, belonging to every group except for the firefighters. Her husband though was a volunteer firefighter for over 35 years. Irene continues to be an active member. She attends meetings, bakes, assists at funerals, Eucharistic Minister, Sacristan and in Fr. Ignatius' words "is his angel".



Photo from left,  
Council President Cheryl Phillips,  
Irene Hopkins and  
SSM Diocesan President Lisa Henry.

### **St. Gerard Majella CWL Mass for Deceased Members**

On Sunday, November 12, our parish council honoured our CWL members who have died. We had a short prayer service during our 11am Mass, with candles lit for those who have passed in the last 5 years. All of the ministries were handled by CWL members including the coffee hour in the parish hall following the mass.



From left to right: Louise Crema, Mary Davies, Jeannette Waymouth, Sheila Shannon, Teresa Zuppa (carrying cross), Josephine Bennardo (President), Father Charles Abiamiri, Sheila Beishlag, Maria Pagnotta, Rose Mammarella



## **Jeanne Bowman is 100 years old!**

Jeanne Bowman was born October 13, 1923 in Tecumseh, Ontario. She attended school at St. Mary's Academy in Windsor. Jeanne received her BA in English from the University of Windsor and her MA from the University of Notre Dame in Indiana.

Jeanne taught numerous grades and was also principle in numerous schools in Windsor and Clarkston, Michigan. She taught for 42 years and retired in 1985. Jeanne's husband of 16 years was an engineer and they travelled the world together for his job.

Jeanne was asked by her friend, Fr. Ken, to come north to teach religious classes in Callander, Ontario. She was also diagnosed with COPD and encouraged by her physician to move to the north for "the good air". She found a lovely home on Lake Lauzon in 2003 on her 80th birthday.

Jeanne has been a member of St. James the Greater parish CWL in Blind River since then. She has been a member of CWL for many years in the parishes where she has worshiped. A celebration has taken place on her 100th birthday, October 13th with mass and party. She was presented with a 100<sup>th</sup> Birthday Certificate from National as well as a 65-year pin.



Jeanne is presented with her CWL certificate, and pictured with Fr. Clarence, Fr. Ken Gauthier and Deacon.

## St. Ambrose CWL Council 60th Anniversary

On Sunday, September 10, 2024, St. Ambrose CWL Council in Thessalon celebrated their 60th Anniversary that opened with an uplifting mass followed by a wonderful luncheon. They were joined by many special guests from across the diocese as well as the Mayor of Thessalon. It was a beautiful day of celebrating the rich history of this council.





## St. John the Evangelist 85th Council Anniversary

On Sunday, October 15, 2024, St. John the Evangelist CWL Council in Garson celebrated their 85th Anniversary that opened with an uplifting mass followed by a delicious brunch. The day was spent celebrating the long legacy of this council and their wonderful impact in their community.







Consider using this Reverse Advent Calendar to collect food for those struggling to make ends meet. It ends in time to deliver to your local Food Bank in time for Christmas. Your generosity will help feed the hungry in our midst.



## HAVE YOU EVER THOUGHT I'M FAT, I was young once. I'M OLD I'M WORN OUT....

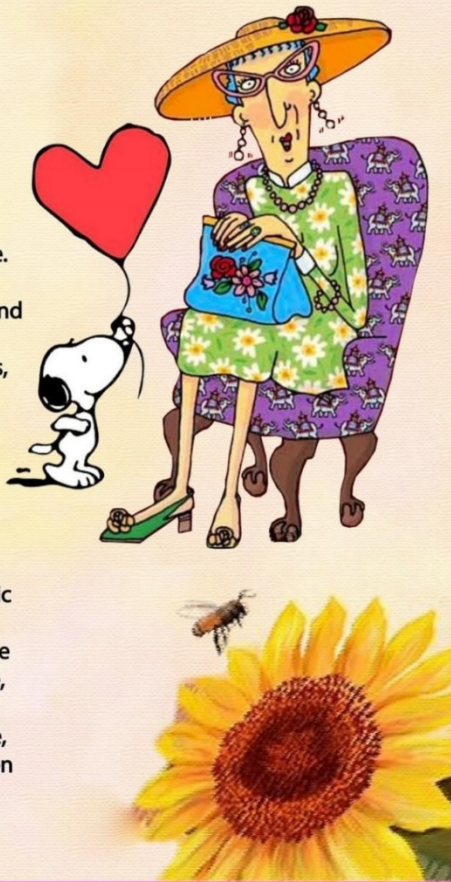
To all my female friends from 50 years and up.

Most of us are ageing through the next phase of our lives. We're at the age where we see wrinkles, grey hair, and extra pounds. We see cute 25-year-olds and reminisce. But we were also 25, just as they will one day be our age. We aren't those "girls in their summer clothes" anymore. What they bring to the table with their youth and zest, we bring our wisdom and experience.

We have raised families run households, paid the bills, dealt with diseases, sadness and everything else life has assigned us.

Some of us have lost those that we're nearest and dearest to us. We are survivors. We are warriors in the quiet. We are women, like a fine wine or classic car.

Even if our bodies aren't what they once were, they carry our souls, our courage, and our strength. We shall enter this chapter in our lives with humility, grace, and pride over everything we have been through, and we should never feel bad about getting older. It's a privilege that is denied to so many. ~unknown



Submitted by Jackie LeDrew  
St. Alexander Council - Chelmsford

## Diocesan, Provincial and National websites:

Sault Ste. Marie CWL  
Diocesan: [ssmcwl.ca](http://ssmcwl.ca)

Ontario CWL Provincial:  
[cwl.on.ca](http://cwl.on.ca)

CWL National: [cwl.ca](http://cwl.ca)

### 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.



## The Unity Outreach Program

All of our parish councils have been visited by Diocesan executive members this year.

Thanks to all of the parish CWL councils that have welcomed us in and shared their stories with us. We've heard of great successes, ongoing struggles, and wonderful testimonies from members who speak to the sisterhood of their parish council and the support they provide to their members.

Our national, provincial and diocesan councils are amalgamating the outcomes and preparing more resources for our councils. Stay tuned!!!