
THE CATHOLIC WOMEN'S LEAGUE OF CANADA

SAULT STE. MARIE DIOCESAN COUNCIL



Prayer to Our Lady of Good Council

*Patroness of The Catholic Women's
League of Canada.*

Mary, Our Lady of Good Counsel:
filled with the Holy Spirit,
you were a faithful disciple
of Jesus, your Son.

Intercede with your son
for us that we may be faithful to our
baptism, fervent in prayer, and
generous in the service we give to
our sisters and brothers.

May the spirit of the living God,
who graced you with the gift of
counsel, lead us in the way
of truth and love.

With the help of your prayers, may
we come to rejoice forever with you
and the great company of saints in
the kingdom of heaven.

Amen

Spring Newsletter 2022

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.

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 fulfill 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

CATHOLIC and LIVING IT!

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

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

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

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

Through the intercession of Our Lady of Good Counsel,
may we be joyful and responsive to our Christian calling,
by truly being **CATHOLIC** and **LIVING!**

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

Amen.




CATHOLIC and LIVING IT!

National President and Chairperson of International Relations Fran Lucas has gifted the Catholic Women's League members with a new national theme for 2022 – 2023 *Catholic and Living It!*

In the 2022 Winter edition of The Canadian League Magazine, Shari Guinta, the National President-Elect and Chairperson of Organization speaks about the work the League being incredible in many sectors of society - social justice, social awareness, mission to those in need, helping those experiencing poverty, resolutions concerning the protection of life, palliative care, hospice services, soup kitchens, clothing the poor and more. Members' hands, minds and voices express their beliefs.

She talks about a wonderful book by Brandon Vogt, entitled *Why I Am Catholic (and You Should Be Too)*, he offers a refreshing explanation of the Catholic faith. "In addition to teaching people, the Catholic Church has also fed, healed and housed more than any institution in history." "Although you may not find it celebrated in many textbooks, the Catholic Church has contributed a massive amount of good to Western civilization and has been perhaps, its most indispensable builder." Shari adds, this is quite an accomplishment, and says "Is this not *Catholic and Living it!*"?

She encourages us, the members of the Catholic Women's League, not to keep this to ourselves and challenges us to reach out to women in our parishes to invite them to join the League. We just have to ask, reach out and invite. Let women in Canadian parishes have the chance to be women who can learn about our faith and then serve humanity the way God meant us to. That is *Catholic and Living it!*



DIOCESE OF SAULT STE. MARIE



DIOCÈSE DE SAULT STE-MARIE

Dear brothers and sisters,

The tragedy of war has once again visited our world. Given the parties involved, it is not an exaggeration to say that this war in Ukraine is a particular threat to the entire world order, and even to civilization itself.

The images coming from Ukraine are particularly shocking for me. My mother was born in 1940 in Germany. Her earliest memories are of bombs exploding around her, and of life in a refugee camp. She taught me to cherish peace and justice, and to work for them.

It is always the innocent who suffer the most in war: children, the sick, the elderly, and so on. I include as well soldiers who were forced into war and who never wanted to attack anyone. Even in self-defense there is nothing glorious in war; it is always a tragedy that brings evils and injustices in its wake.

In this time of great crisis in our world, I invite all the Catholics of our diocese, and indeed all people of good will, to pray for peace, and if you can, to attend a prayer service for peace, either in person or on-line. For those who wish to donate to help those in need, the Ukrainian bishops of Canada have suggested the charity CNEWA.ORG

Together let us say NO TO WAR, and YES TO PEACE!

Bishop Thomas Dowd

Chers frères et soeurs,

La tragédie de la guerre vient de nous visiter encore une fois. Compte tenu des parties, cette guerre est une menace d'une manière particulière pour l'ordre mondial, et même pour la civilisation elle-même.

Les images venant d'Ukraine me choquent beaucoup. Ma mère est née en 1940 en Allemagne. Ses premiers souvenirs sont des bombes qui tombaient autour d'elle, et de sa vie dans un camp de réfugiés. J'ai appris d'elle l'importance de travailler pour la paix et la justice.

Ce sont toujours les innocents qui souffrent le plus: les enfants, les malades, les aînés, et même les soldats forcés d'aller en guerre qui n'ont jamais voulu attaquer personne. La guerre n'est jamais glorieuse, même une guerre défensive; elle est toujours une tragédie pleine de mal et d'injustice.

En ce temps de crise dans notre monde, j'invite tous nos diocésains, ainsi que toutes les personnes de bonne foi, à prier pour la paix, et (si possible) d'assister à un temps de prière, soit en personne ou en ligne. Pour ceux qui veulent donner afin d'aider les gens en besoin, les évêques ukrainiens au Canada suggère l'oeuvre de charité CNEWA.ORG

Ensemble, disons NON À LA GUERRE, et OUI À LA PAIX!

Mgr Thomas Dowd



The Catholic Women's League of Canada Sault Ste. Marie Diocesan Council

President - Cathy McKinney



CATHOLIC and LIVING IT!

My Dear Sisters in the League;

So much has changed in everyone's lives since we were last able to meet as a sisterhood. As I write this final newsletter submission as your diocesan president, I am reminded how quickly life changes. We had such high hopes for our 100th year and the celebrations we would have throughout the year. As I have stated several times since the pandemic began, I am not sure of God's plan for me, but, He put me here to be your president during the pandemic for a reason. I wish many things had been different during my time as the president as I tried to engage our members throughout. The challenges the executive team have been met with were handled graciously and expertly. I give thanks to the members who jumped on board with meeting virtually and suffering through the growing pains we had holding our first virtual AGM. Our regional spiritual events have been well attended by many in our diocese, as well as members from all over Ontario and the country. We cannot forget that we are all one sisterhood in the Catholic Women's League!

As we are a national organization, we are committed to following the bylaws and procedures of the organization. Our diocesan AGM will be in person, the old convention style, as close to normal as we can, while keeping our members safe. At the convention we will be voting in a new executive who will lead us into the second one hundred years! Please continue to pray for all of your Sister's in the League.

Respectfully,

Cathy McKinney

President

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CATHOLIC and LIVING IT!



To my dear League sisters and spiritual advisors.....

I so difficult for me to wrap my head around the fact that this is my last newsletter submission. 😞 I have served on the diocesan council for the last 10 years, and it has been an amazing 10 years! Where has the time gone?

I want to take this opportunity to thank all of you. You gave me such a tremendous gift when you elected me to positions on this diocesan council. Thank you for showing me kindness and sharing your wisdom and experience. You helped me to grow in so many ways. Like every great team, you encouraged me, assisted me, and made me look good especially through my presidency.

I was especially blessed to be president when we celebrated the theme of *Homelessness*. It resonated among our members. Councils participated in several projects. In April 2018, a tremendously successful diocesan wide food drive, "Hunger Knows No Season," collected over five tons of food for soup kitchens and food banks across the diocese.

At our 98th annual diocesan convention, 34 sleeping bags were blessed by then Diocesan Spiritual Advisor Father Trevor Scarfone and presented to L'Association des Jeunes de la Rue, an organization which provides assistance to homeless youth in Sudbury. Councils also generously participated in a provincial incentive to collect \$5.00 Tim Hortons Gift Cards, which were presented at the provincial convention in July, 2018 (many of our councils have continued this project to present time). The initiative *Warmth and Comfort*, collected 4,006 pairs of socks, along with peanut butter and crackers; many councils also collected mittens and scarves and stuffed blessings bags with feminine hygienic products. This is service and social justice at its best!

At our 99th annual convention in Sault Ste. Marie in April 2019, I was especially honoured to present awards at our opening mass to three members who exemplify the League in all they say and do: a Life Membership Award (with Linda Squarzolo, Provincial Representative) to Anna Tremblay, from St. Peter the Apostle Council in North Bay; and (with Karen McDonald) two Bellelle Guerin Awards, to Denise Moreau from Precious Blood Cathedral Council, Sault Ste. Marie and Barbara Lawrence from St Jerome Council, Sault Ste. Marie.

The convention highlighted the national theme *Care for Our Common Home*. The prayer services and hymns reflected the theme. Keynote speaker Paul Baines, Blue Communities Coordinator for the Federation of Sisters of St. Joseph, presented "Becoming a Blue Community through Spirit and Action." He spoke about water as a human right, shared commons, and sacred gift. We were enlightened about many water issues, especially those relating to commercialized water sold in plastic bottles. We were charged to protect, preserve and conserve the watersheds in our areas. Members also participated in a Kairos Blanket Exercise, facilitated by the blanket exercise team from the Huron-Superior Catholic District School Board and First Nations elders. This exercise took participants on a journey through the history of Turtle Island, known as North America, as seen through the eyes of Indigenous people.

I have learned so much through sharing with each of you the spirit of sisterhood that only the Catholic Women's League of Canada provides. I truly cherish having been present with you at regional meetings, presidents' meetings, webinars, workshops, spiritual reflections and conventions. But that won't end...we'll continue to see each other!

I look forward to continuing our friendships and my best wishes are always with you all.

Blessings, hugs and lots of love!
Betsy ❤️





Chairperson of Organization

Lisa Henry

CATHOLIC and LIVING IT!



On our Lenten journey, let us be careful to accept Christ's invitation to follow him more decisively and consistently, renewing the grace and commitments of our baptism, to cast off the former person within us and put on Christ, in order to arrive at Easter renewed and able to say, with Saint Paul: It is no longer I who live, but Christ who lives in me (Gal 2:20). ~ Pope Benedict

As I write this, we have just entered into the season of Lent, a season of transformation and commitment to our baptismal promise calling us to a deeper faith and renewal of heart.

The pandemic forced us to press pause and learn how to adapt to ever changing COVID restrictions. From complete freedom to the isolation of lockdown to openings with restrictions and now, the possibility of restrictions being lifted completely on the horizon. Whew! What a rollercoaster ride of uncertainty!

Throughout this term, I was able to witness the incredible resilience and tenacity of members regardless of ever-changing restrictions. Diocesan Organization Chairpersons are responsible for collecting the annual reports from councils and passing them on to the Diocesan counterparts to summarize and then onto the Diocesan President to pass on to the Provincial level. Being able to share the amazing works carried out by our council members was an absolute honour. The pandemic did not deter the spirit and resolve of members across our diocese to find ways to continue works of faith, service, and social justice.

It was an honour to be a part of the Implementation Committee that was responsible for the implementation of the 5-year National Strategic Plan. The working groups made up of members across the country work tirelessly to achieve the objectives for their strategies and bring about the envisioned future of the CWL. Their energy, enthusiasm, gifts, and talents are truly inspiring. You can find the many different resources developed by the working groups on the national website (cwl.ca) in the 300, 600 and 800 series under the "To Organize" tab and continue to monitor social media and the website for new releases of resources as the working groups continue in their final two years of their work.



Virtual meetings became a big part of our lives to stay connected and I thoroughly enjoyed the opportunity to see everyone across the miles on prayer services, meetings, and various updates of events going on in our League. We even had CWL members join in from across the province and country! Our National and Provincial Presidents even joined in when their schedules permitted! It was during these times that I would feel most encouraged by simply seeing your smiling faces on the screen and being able join together in prayer and sisterhood.

There is so much the pandemic robbed from us and yet there were also unexpected gifts. The ability to adapt through adversity by finding countless ways to take care of one another, gaining a deeper understanding of how loneliness manifests and reaching out to those who don't have anyone through cards, letters, prayer shawls and lap quilts, contactless visits to those in need, ministry to the homeless, continuing membership drives, (even a drive-through membership drive!). I could go on and on, but I am truly in awe and inspired by your service to God and Canada.

As restrictions are now easing, the longing to reconnect in person once again is within our reach. The social isolation we endured took a toll and significantly impacted our emotional well-being. We are social creatures by nature and not meant to lead solitary lives. It's important to engage with one another, share our experiences and feelings with others and bear witness.

Councils are slowly returning to in-person meetings with a renewed sense of purpose. Our 100th Convention in our 102nd year is taking place April 22-24, 2022 at the Best Western Hotel and Conference Centre in North Bay! Registration packages are available from your council president or by downloading at the following link: <https://ssmcwl.ca/wp-content/uploads/2022-convention-package-1.pdf>

Our new national theme for 2022-2023 gifted to us from National President, Fran Lucas of "*Catholic and Living It*" could not be more appropriate as we gradually re-emerge from being isolated for so long. For over 100 years, we have stood strong and persevered through many years of change. We are the strength, promise and future of the League.



FINALLY, I LEAVE YOU WITH THIS: (THE "NOW NORMAL": RECONNECTING WITH FRIENDS ~ SONIA GILMAN)

If there was a prescription with the following benefits, would you want it?

- Strengthens your immune system
- Challenges you intellectually
- Sharpens your memory
- Helps you heal more quickly from illness and injury
- Boosts your mood
- Motivates you to engage in physical activity, social and creative engagement, and eat well
- Provides a space for tears and laughter

Sounds wonderful, doesn't it? I thought so too! And the amazing thing is that this "prescription" and its benefits are the result of friendships. Yes, friendships! Social engagement and purpose bring incredible benefits to our health and overall wellbeing.

The friendships cultivated in the CWL are built on faith and love and last a lifetime!



1st Vice President Spiritual Development Chairperson

Patricia Clizia

CATHOLIC and LIVING IT!



Pray without ceasing, and pray some more.

You've heard the adage, when you sing you pray twice. Imagine the gifts when prayer is combined with action – it is sure to be heaven sent!

As I pause to reflect upon the end of this term serving as diocesan spiritual chairperson, I am inspired by your resilience and humbled by your dedicated and faith filled service in the League during these ever-changing times.

We have just marked two years of living in a pandemic world - **together** while having to stay apart. There were many breaking news headlines and pandemic protocols and restrictions. Perhaps like me, you spent time de-cluttering, seeking out new recipes and learning to do things again, only differently.

The good news story woven through the last 24 months is a headline for our time; God is with us. His gifts of faith, hope and love are never cancelled and are available to us in abundance, in his time and by his hand.

Online Masses, Spiritual Communion, Ash Wednesday and Palm Sunday supply pick up visits were launched. Prayer chains, telephone calls, virtual spiritual reflection workshops, online group rosary prayers and live streamed funerals provided us an opportunity to pray together in a new way, while bearing witness with one another. We continued to dedicate Mass intentions, supported as ushers and cleaners and signed up to attend Mass when it was important to count people and contacts.

Zoom socials, Go To Meetings, Skype calls, Face time celebrations, online learning and workshops were implemented with a spirit of creativity, a generous dash of patience *and* a good measure of kindness to counteract the imperfect technology. It wasn't a tried-and-true recipe, but it yielded abundantly!

Everything became labelled as essential – workers, health care heroes, food banks, housing, employment benefits, school lunch programs, vaccines, boosters, protection for the vulnerable – our seniors, our children, our neighbours at risk. What we are called to live out in Christ- for the hungry, for the homeless, for the lonely, for our neighbours near and far, *remains* essential.

We are Catholic, and we are called to *live* it every day! By way of our fervent prayer, in a spirit of hope, with generous gifts of mercy and service with love; we can indeed be the vaccine for our troubled world.

Patricia Clizia



Second Vice President Sudbury Regional Chairperson Community Life Chairperson

Kathleen Niro

CATHOLIC and LIVING IT!



Jesus took Peter, John, and James and went up the mountain to pray. While he was praying his face changed in appearance and his clothing became dazzling white. And behold, two men were conversing with him, Moses and Elijah, who appeared in glory and spoke of his exodus that he was going to accomplish in Jerusalem... ³⁴While he was still speaking, a cloud came and cast a shadow over them, and they became frightened when they entered the cloud. ³⁵ Then from the cloud came a voice that said, "This is my chosen Son; listen to him." Luke 9:28B-36

A new world is upon us longing for the embrace that each of us has to offer. It has been a long two years of waiting, a waiting for many things as this looks different for each of us.

I recall the day I was sent home from work March 17, 2020. Fear was administered in the work environment, we were to go straight home, and we are to remain at home until further notice. Little did I know what was to unfold in the coming weeks, months, and years. This fear has stayed with me as we now venture forth gently into society again hoping to get things back to 'normal'.

I have always said that the CWL gives us opportunity. During this time, I have had multiple opportunities to do things differently, find a new perspective, try to understand the ever-changing conditions we live in and show compassion and empathy.

The one opportunity I would like to share as a Regional Chairperson, and later Community Life Chairperson, is listening.

In my position as Sudbury Regional Chairperson I have been privileged to meet and get to know so many of our Presidents as they persevered through the pandemic and did the best they could in the moment. My home driveway became a destination of life stories. Journeys that brought tears and no hugs to be shared, pick up of CWL fundraising items, exchange of puzzles or books. I met many husbands also, caring for their wives, our sisters, by protecting them from unnecessary contact, them waving from the vehicle or following up in an email with gratitude or further news. Everyone had something to share and often left with the resolve '*what are we gonna do*' sigh.

I observed the members in attendance for the Centenary Tree Planting ceremony. The comfort and excitement of our sisters at this event to participate and visit with sisters from across the diocese was moving. Sharing stories, listening, laughing. These experiences leave me with many more prayers to be said, Masses to be offered for my sisters in the League.

Our struggles are real. The past two years have been overwhelming and chaotic. Our times are uncertain as we begin to open. Our Parish Council Presidents are leaders in faith as the prophets were before them.

I was reflecting on Abraham, Elijah and Moses the other night. What is it that brings my attention to them? My first thought is obedience, because I do not understand this completely and strive to reach that goal one day. Then I thought faith and trust, letting go of unjustified fear. Then I realized it is more basic than those and equally hard, *listening*. The scripture passage of the transfiguration above has so much in it for us. I draw your attention some key words and ideas that stand out for me.

Invitation – Jesus took Peter, James and John up the mountain, he welcomed their company.

Prayer – a conversation with another. This involves speaking and listening.

Mindful – paying attention in the present moment, on purpose, non-judgmentally. Jesus, Moses and Elijah share his exodus to be accomplished in Jerusalem.

Mission – ‘This is my chosen Son; listen to him.’ To follow Jesus is an arduous mission of faith and trust.

I encourage each member to consider our missions as members of the Catholic Women’s League of Canada, as followers of Jesus, to extend the invitation, be welcoming, continue to pray and encourage others in faith and trust of the Gospel message.





Corresponding Secretary

Diane Carmichael

CATHOLIC and **LIVING IT!**



My sisters in the League:

I have been the Corresponding Secretary for the past 3 years. I've enjoyed my time on the Diocesan Council. And I've learned much as well.

Everyone enjoys getting a note of some kind with snail mail. It seems to be a bit more personal. Email has its place. It is more for quick notes/letters that need more timely responses or possibly to reach a group of people with the same information.

I've sent out cards for various reasons: sympathy, get well, thinking of you, congratulations, council anniversaries. I hope that each of those cards has meant something for the recipient. So that she knows she's not alone in struggles or grief, or that we all celebrate those milestones!

I also try to keep contact lists for the various councils and committees up to date. As well as the recipients of the Bellelle Guerin award, Honorary Life and Life Members, past Diocesan Presidents, and all Diocesan Presidents since 1920.

I've helped with the sale of promotional items for our Diocesan Council. We sold t-shirts, bags, note books and cell phone stands. This was a fundraiser for our 100th Anniversary which will be celebrating this year in North Bay. I collected orders from the councils in our Diocese for National's initiative to sell pashminas.

Lastly, there's the convention/AMM. My role is to help the President get the registration packages together to send out to everyone. But since Covid there has not been a convention until this year. So, I got off easy in that department!! Hahaha

Praying for a Holy Lent for all.
Your sister,

Diane Carmichael



Christian Family Life Chairperson

Lorraine Greasley

CATHOLIC and LIVING IT!



What a challenging time the last three years has been! Two years became three years!

In my last voluntary job, I had to buy a computer and learn to do "Email". Now, I had to buy an I-pad so I could go Zoom! No doubt Covid-19 has affected all of us - some of us into despair and frustration.

We missed our contacts, our smiles, and our hugs! We had to learn to smile with our eyes!!! On the other hand, this has possibly been a great learned lesson - to appreciate each day and thank God for his care and promise to always be with us. How many of us have lost friends and relatives without being able to say "goodbye"? How many of us have said "I should call, I should send a card or I should take over a pan of fresh muffins but didn't? A priest recently said that the three great things are: 1. Faith 2. Family and 3. Food (food for the body and food for the soul).

Our theme has been "Care for the Common Home" with a subtheme of "Loneliness". Nine communiques have gone out from National Office to our local councils with regards to the widening of laws regarding euthanasia and abortion. Mental Health has become a critical issue. Many councils have been vigilant in contacting members, visiting where possible. Many families have kept in touch through social media meetings and saying the rosary on a weekly basis. This has not been easy or possible for many.

No one can take our faith away without our permission. Now more than ever we need to strive for "our family and freedom of religion". We need to instill our Catholic values in our families and our culture.

A canon lawyer once said that the first signs of trouble in a marriage was when the family stopped eating together and communicating at the family meal. More than that this is where the children first learn their prayers.

He attested, that children made their First Communion at the age of five because they understand the meaning of the Eucharist. Of course, we all know that the greatest food for our soul is the body and blood of Jesus at mass. Today it is thought that the greatest comeback will be through the recitation of the rosary.

This is what Mary asked at Fatima and blessed Pope Pius IX said "Give me an army saying the rosary and I will conquer the world".

In closing, Due to Covid, I am sorry that I did not have the chance to really get know the ladies on the Diocesan Council. I thank them for all their support these past two and a half years and wish them success in their upcoming term.



Education & Health Report

Colleen Murphy

CATHOLIC and LIVING IT!



An unexpected phone call a year ago offered me the opportunity to participate, to a small degree, in, hopefully, a once-in-a-lifetime experience.

I retired from work in IT at City Hall in June of 2019, but found myself surprisingly with too much time on my hands after a summer of freedom. I was asked by Algoma Public Health to assist with data management of the Covid-19 vaccination rollout in our health unit. I accepted the part-time job, afternoons only, of course. I worked with the APH staff that was needed in the office, while many were working from home. I was able to witness the momentous efforts of many in this huge task of managing shipments of vaccination vials, distributing them to the vast Algoma region, taking bookings for vaccinations, holding mass immunization clinics and smaller pop-up clinics, and managing all of this data. I applaud all of the staff, from summer students patiently manning the phones, the health care workers, the support and clerical staff, the volunteers and management that work above and beyond their job descriptions to orchestrate this large initiative. With changing protocols and directives, with learned experience through trial and error, I am proud of the task accomplished so far. With the waning of infections, and reduced vaccination requests, I've just finished my job, but was proud to be a tiny part of a great effort! I hope they all get to relax soon, take well-deserved time off, and pat themselves on the back!!

Sault Ste. Marie Regional Report

Being a Regional Chairperson is like pretending you're the big cheese without all of the responsibility! Thank you to Madame President, Cathy, for trusting me in this position, and to all of the Presidents in our Sault region for their efforts during this very unusual time. Thank you for persisting and for the big and little things you have done for your members and parish. Thanks to Maureen Gooderham and Elisa Caputo, our Regional Secretary and Treasurer, for sticking with me during these last 3 years. Thank you to Sister Pat Carter, our Spiritual Advisor, for your inspiration and dedication in your vocation. Let's pray our Catholic Women's League will continue to feed our souls, lighten our moods, aid those in need, and respond to God's call when needed.

Colleen Murphy



Communications Chairperson

Kelly Langevin

CATHOLIC and LIVING IT!



I will start off telling you that two and half years ago I was a terrified mess. What had I signed up for, accepting the SSM Diocesan Communications Chairpersons position? I was to keep the diocesan website up to date, post events, spiritual reflections and more on the Diocesan Facebook page, promote the League, be the liaison for the Pornography and Mandatory Age Verification campaign and produce a semi-annual diocesan newsletter. All of which I knew very little about.

I had most of the summer of 2019 to stew over this convenorship, not having many tasks to handle. My predecessor was very encouraging and above all showed great patience as she worked with me, teaching me what was needed to fulfill my duties. At the fall diocesan executive meeting I was asked about the 2019 Fall Newsletter. At this point I knew I was in over my head. I spent the next two weeks convincing myself that there was no way I had it in me to produce a newsletter. I even called Madame President to say she had the wrong person for this job. Her words were so kind and encouraging, she had faith in me and told me to take a couple of weeks to think and **pray** over this, and I did. God answered my prayers and gave me the confidence to accomplish this task. In November of 2019 I sent out my first newsletter. What was to be four newsletters turned into six, as the diocesan council was asked to add another year to our term.

I am so grateful for having answered the call to seat on this diocesan board. I have grown spiritually, gained confidence by stepping outside my comfort zone, learned new skills and made life long friendships.

As Covid 19 restrictions are relaxed and life starts returning to a *new* normal, reach out to our sisters to encourage them to join in League activities. Changes are being made to keep the Catholic Women's League alive in our parishes, provinces and country. Great work is being done to attract new members as many of our older members pass on. Prayers are needed to keep our sisterhood strong.

Taken from the CATHOLIC and LIVING IT prayer: *Lord Jesus, deepen the spiritual life of the Catholic Women's League. Strengthen the faith and good works of our members, building-up life in the world by being CATHOLIC and LIVING IT! May we imitate you with works of mercy, welcoming the forgotten, suffering or vulnerable wherever we encounter them.*

I look forward to serving you on the diocesan council, in the new roll our president-elect, Lisa Henry, has planned for me.

Blessings



Spiritual Chairperson – Sudbury Region

Ruth-Anne Ingram

Catholic and Living It

CATHOLIC
and **LIVING IT!**

Greetings, sisters in the League ! It has been an interesting season. I think again of how we are a Synodal organization – collaboration, discernment and community – and the freedom to share our faith, our views, our hopes – a freedom that many are denied. Our strength is in our diversity; the bond that unites us is the faith we share.

Ahh, 2021 . . . I navigated through the first online reflection afternoon I offered with a few glitches . . . and we adapted. Singing together seemed like a great idea at the time – but with the time lag challenges of the internet . . . let's just say that God was smiling ! And all of you were patient.

During the past year I attended several reflection afternoons offered by and through the Catholic Women's League. With thanks to our leadership team at the Diocesan and Regional level (at the risk of leaving someone out I won't name anyone !) I had the opportunity to be part of some of these – to share with others, in the words of Saint Mother Theresa – in making something beautiful for God.

To plan (and planning works much better when I pray and reflect) a reflection afternoon is one thing . . . to collaborate with others allows me to be open to new understandings and to appreciate the gifts of others.

What never ceases to amaze me . . . the " yes " I receive when I reach out. " We need someone to lead a decade of the rosary. . . to read a passage from scripture . . . would you be available ? " Yes ".

As for Covid – the blessing for me of the Covidian Era – as I shared recently, the gift of Covid was the disruption of my human plans and dreams and schemes . . . a reminder of who I really am . . . a human being, created in the image of God. Everything else – as beautiful, wonderful and fulfilling as it is – is fleeting.

During the Covidian Era (it may feel like the 40 years in the desert but it hasn't been that long – it's been shorter than most of the wars that continue throughout the world, shorter than the average time spent living in a refugee camp – 17 years) . . . the ways in which we connect and serve changed at warp speed. Technology became an integral part of our lives. For some it's been an easy transition –for others it is a reminder of their isolation and that feeling of disconnect from the social fabric of their lives – their parish community, their sisters in the League.

We adapt. As Sister Robbie Pentecost said in Global Sisters' Report (2022 February 15) " We were resistant to online because we didn't think we could deliver the quality of service that you can in person. We have found that online you can still form community." And we have.

<https://www.globalsistersreport.org/news/ministry/news/q-sr-robbie-pentecost-reaching-out-isolated-women-appalachia>

The various online meeting platforms – I respond like the Israelites in the desert:

" I don't like this; I want meat " = " I don't like this; I want to meet in-person". "I don't like this manna" = "I like the other platform better". " This manna's pretty tasty" = " I'm likin' this platform but I don't want to have it all the time". "Where's the manna ?" = " We are experiencing technical difficulties ". Man, o manna ! I always want more and don't appreciate what I have. I'm human – just as they were.

As I shared recently, the timing of the easing of the restrictions of Covid measures is interesting. We are called to our 40-day Lenten journey of reflection and repentance just as things are " opening up ". It is not either/or. As we respond to our Baptismal call it is always Lent, always Easter, always Advent, and always Christmas. We embrace and enjoy what is given to us – and we remember our roots. It is written in the Torah : "hadran alach, ve-hadrach alan"—"we will return to you, and you will be returned to us."

May we continue to serve – and to return to our one God – joyfully. Enjoy the gifts of the desert on your journey to the oasis – the Living Water **Who** is always there for us.



Meet our North Bay Presidents

Christine Osborne – St. Peter the Apostle



I have been a member of St. Peter the Apostle Parish CWL since 2000 but I only am a member for 16 years as for a few years I was questioning my faith. I joined because my mother was a long-standing member, and she paid my dues for the first few years. When I came back to the CWL and the church in 2019, I understood more about my faith and how it guides me to do God's will. I like belonging to a sisterhood of faith filled women, who use their voices to advocate for others. I am not an outspoken person myself, but I find when I am around my sisters in the League, I am more likely to voice my thoughts as I feel extremely supported.

I have held the position of Organization chairperson. In November of 2021, I was elected to be the President of our parish council and I am finding it very rewarding. All my sisters in the League have been very supportive of me and the work we are trying to accomplish.

Debbie Jones – St. Alphonsus

I joined the CWL at St. Alphonsus Liguori Parish in Callander in 1991 while I was working full time as a Registered Nurse in North Bay. In my working years my involvement in the League was very limited. After retiring I became more involved in the League activities as well as in the Parish. I have been a Lector of the Word at Mass for over 20 years. My first executive position was Chair of Christian Family Life from 2017-2018. In the years 2019-2021, I was Chair of Spiritual Development as well as Christian Family Life. As the new President, I look forward to "New Beginnings" as we gradually resume League activities with the Pandemic guidelines being slowly lifted



Frances Ann Mallette – Holy Name of Jesus

I joined the CWL 25 years ago at Corpus Christi parish mainly because many of my friends from church belonged. I did not attend many meetings then, so I was shocked when the Membership chair called to asked if I would be attending the next meeting to receive my 5-year pin. THAT WAS A TURNING POINT! If I was going to belong, I HAD to participate more! It wasn't long before I became chair of the Community Life standing committee.

When the Corpus Christi parish closed, I joined the council at Holy Name of Jesus. I have been on the executive ever since, taking over the presidency in 2018. We have not been able to attract many new executive members since then or hold many meetings. Hopefully this will change with lessening of Covid restrictions!

Catholic and Living It: I am greeter and lector, chair of the funeral lunch committee, which I really enjoy doing. I am a member of the Compassionate Committee for the Homeless in North Bay. We have packed and delivered approximately 300 backpacks, 150 supplementary bags and 50+ pairs of new boots for the Homeless in North Bay.

Annette Dutrisac - Pro-Cathedral of the Assumption Council

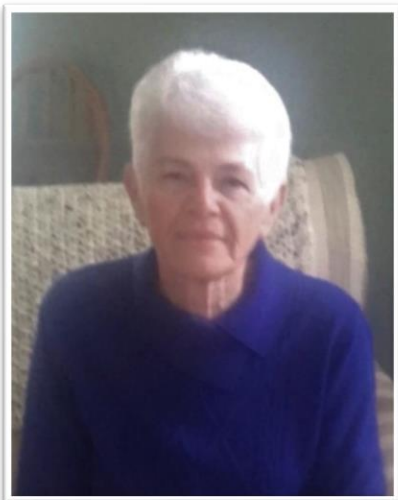


My family, 4 generations, are proud members of the Catholic Women's League of Canada. I am a 25-year member, my daughter Laurel is a year 10 member and her daughters can always be found helping grandma at CWL events, became active members when they turned 16. We donated my mother Germaine (Jane) Masson's Service Pins to the Pro-Cathedral Council, in Memorial. Her Maple Leaf Pin was passed on to Leah Pierce. She was a 60-year member.

It is such an exciting time, to be President as the Strategic Plans comes into effect. I look forward to slowly introducing this Plan as it evolves during my term in office.

My best wishes to the Strategic Plan Teams and prayers as they determine the future of the Catholic women's League!

Meet our Sudbury Presidents



Sue Quakenbush – St. John the Evangelist

I joined the League in 2007 to meet new people and see what the League was all about. After six months, I became the Corresponding secretary and have held an executive position since. Treasurer for 6 years, President and Past President. I am currently the President again, this time since 2019. I was the Regional Chair from 2017 to 2019.

To me, **Catholic** and **Living It**, means serving whenever you are able to with a smile. I enjoy spending time with my great granddaughter, she makes me smile

Angelika Beauchamp - St. Patrick's

I am Angelika Beauchamp and my friends call me "Geli". I have been a Catholic for 38 wonderful faith filled years!

When I first moved to Sudbury and attended Patrick's Parish, I knew no one. One wintery Sunday morning, a small, friendly little Filipino lady (hint: name begins with Z) introduced herself and invited me to a fund raiser sleigh ride in the city. It wasn't long, before I was invited to my first CWL meeting... Nineteen years later, I am in my third term, as St. Patrick's CWL's President/Spiritual Development Chair and a Maple Pin recipient.

Like so many of our CWL ladies, we are a dedicated, hard-working lot, in giving the "gift of self" through lives of service to our Parishes and communities. We are truly **Catholic and Living It!**



Marlynn Paul – Our Lady of Peace

I have been president for many years and really enjoy being one. The members are very good, kind ladies that believe in The Catholic women's league and we practice our Catholicism. Most of our members are older. They are very helpful to me in organizing meetings and take on responsibilities to help the league.

We are all proud to be **Catholic and Living It!**

Terry Rapsky – St. Bartholomew

Terry Rapsky has been an active member of St. Bartholomew CWL for 40 years, due to an unrelenting CWL member, Doris Raymond. It wasn't long before she became an executive member, then the president. With her councils' help, she has served many terms; 1987-1989, 1995-1995, 2006-2007 and 2017 to present. The CWL means a lot to Terry as she continues to promote The League and tries to inspire new members. Her council reaches out to its members through the Church bulletin and newsletters.

Terry is a very active parishioner. She is a sacristan, assists the priest during special masses, is a lecturer for every weekday mass, greets parishioners, and during the pandemic was there to sanitize hands and ensure all contacts tracing. She's an inspiration for all of us and, we don't know what we would do without her. She's an angel that walks among us.

Submitted by Elise Charron



Jackie Ledrew – St. Alexander

My name is Jackie LeDrew. I`ve been married for 56 years and have 4 children, 13 grandchildren and 1 great-grandchild. 39 years ago, I was approached to join our C.W.L. parish council of St. Alexander, Chelmsford-Azilda. Being self-employed I was a little reluctant to join because I thought I was too busy. I am proud to say that I belong to a group of dedicated and generous ladies. I was impressed with their friendliness and good works and especially their spirituality which is missing in most organizations. I was insecure in stepping out in the limelight but eventually with support I agreed to join the executive, eventually taking on a number of positions before becoming president. This is my third term as president which is slowly turning into an extended term because of the pandemic. I am so proud to belong to the League and work with my sister members who never cease to amaze me with their support and generosity. I look forward to the future with hope and a sense of renewed faith in new ways to serve God and Canada. May the Lord bless each and every member from sea to sea.



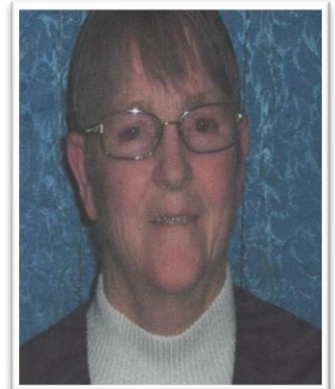
Dorothy Boyer – Our Lady of Hope



Dorothy Boyer is a retired nurse, who was born & raised in Toronto. She is the second of nine children, coming to the Sudbury area in 1974. She is currently a member of Our Lady of Hope parish in Sudbury, & has been a CWL member for 27 years serving in various roles. Married to her soul mate Reg, who passed away in 1996, they were blessed with a daughter & shares a house with her & her husband. She graduated from York Regional School of Nursing in Toronto in '72, & BA in Religious Studies from Laurentian University in '84. She was 50/50 seller at the Sudbury Wolves hockey games for 20+ years and a volunteer with the Valley East Community Action Network. She enjoys people, knitting, reading & travelling, especially to CWL conventions

Pat Hinds - St. Kevin's

As a third-generation member and president of a CWL council I am proud to say I am serving my third term as president. My grandmother was a president in Nova Scotia and my mother was president at two different councils in Sudbury. I have served as treasurer at both parish and regional level at different times. I have also been treasurer of the Sudbury Convention committee. Right from my birth when I was baptised in the hospital, I have been **Catholic and Living It!**. As the mother of two children who went to public schools, I was one of the organizers of a Catechism for public school children. I have also been a member of the pastoral council of St. Kevin's for a number of years. Recently I was a recipient of the maple leaf pin where I actually reused the pin that my mother had proudly worn. Hopefully I will soon receive my 50 year pin and reuse my mother's pin again. This year I hope to celebrate my 50th wedding anniversary with my husband Don.



Valerie Vondette – St. Jude's

I began my membership 44 years ago in Sault Ste. Marie. I had recently moved to the neighbourhood and was attending the parish of St. Joseph the Worker. Not long after, I was approached by one of the ladies to attend a CWL meeting. I did so and became a member with the intent of only being a member and attending meetings, however shortly after that I was asked to be a convenor. I never dreamed, nor did I desire anything further, but then I was approached to let my name stand for president and was president there for a few years. I later moved to Richmond B.C. Initially I was not an active member but eventually started attending meetings. After several years and a convenorship or two I became president. I moved back to Espanola, my home town, in February, 2009. For several years I was not an active member but eventually started attending meetings and have been president now for five years.



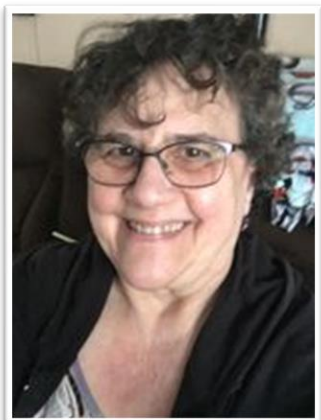
I mostly became a member of the Catholic Women's League to help expand and feed my faith, which it most definitely did.

Cheryl Phillips – St. Francis of Assisi

Greetings, I am Cheryl Phillips, the new/old president of this council. I have been a League member since the early 80's. My mom, Evelyn Gagan (passed in 2010), and my sister, Brenda Patrie (passed in 2014) were also long-time members. My daughter, Christina, became a CWL member and Ellen Phillips, my eldest sister, joined last year. I have held office before and will try to do my best, once again.

I am also a township councillor, an active member of The Walford Community Club (local recreation club) and a rep on the Walford Community Center Board.

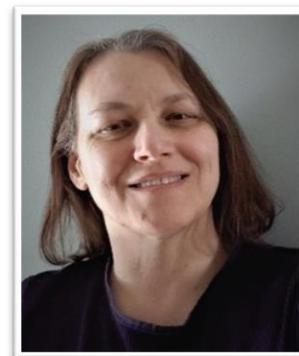
Like everywhere else, we struggle to get members to hold executive positions, attend church or be involved in faith and community development. Many of our members have passed away in the past few years. With aging members, fundraising has also become a huge challenge not only for our CWL but our community at large. I will continue to do all I am able to make this little piece of the world a better place, hoping and praying it will make a difference in the bigger world picture. God bless us all!



Meet our Sault Ste. Marie Presidents

Rhonda DeGraw – St. James the Greater

I became involved with CWL in 2001 through a personal invitation to join, from a member. After helping out at an annual tea, I decided to join because I enjoyed the comradery that the ladies had with each other. Soon after joining I was asked if I would be interested in taking on the role of treasurer. I have learned so much from being a league member. The friendships that I have built are so valuable, I cannot imagine my life without my CWL family.



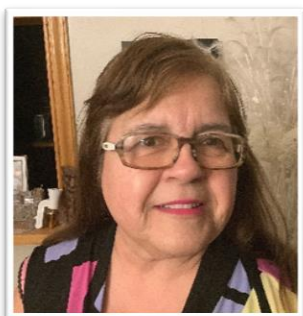
Leah Carson - St. Ambrose Parish

I first became president of our council in 1980-82, then again in 1983-85. Now, 40 years later, I find myself president again. I am one of only a few ladies on our council who uses a computer, so with the help of my son and husband, I am able to keep our council informed. We have 18 members this year who work very hard for our parish and the CWL. Over the years I have also served as secretary for our council. I have been secretary and Regional Chair for the Sault Ste. Marie Region as well, I have chaired and co-chaired two diocesan conventions.

At the Diocesan Level, I worked my way to president-elect, after serving as recording secretary for two years under Shirley Marcotte.

Emma Bonin – St. Gregory

My name is Emma Bonin and I am president of St. Gregory's C.W.L. in Sault Ste. Marie. I am a retired special education resource teacher. I have been involved in many aspects of parish life, such as Parish Council, leadership team, liturgy committee, Renew team and music ministry. Presently I am a lector and welcomer. I have been a C.W.L. member for 21 years. I've served as spiritual coordinator and now as president. I have always enjoyed the sisterhood in the league - wonderful women giving their time and talents for God, parish and country. These ladies continue to be a source of inspiration for me.



Sandy Punch – St. Jerome

I have been a Catholic Women's League member for approximately 35 years. I have had the privilege of being the president for 10 of those years.

There is nothing more rewarding than meeting with fellow ladies every month to discuss world happenings, fund raising for the less fortunate than us, and praying as a member of a national wide group.

Anniversaries

Congratulations

*to the following councils that are
celebrating special anniversaries*

St. Jerome, Sault Ste. Marie

65 Years

St. Bernadette, Elliot Lake

60 Years

Our Lady of Peace

40 Years

CALL TO CONVENTION

TO THE MEMBERS OF THE
CATHOLIC WOMEN'S LEAGUE OF CANADA

DIOCESE OF SAULT STE.MARIE

**THE 102nd ANNUAL GENERAL MEETING OF THE
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AT THE BEST WESTERN CONFERENCE CENTRE

APRIL 22-24, 2022

FOR THE PRESENTATION OF REPORTS AND THE
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DIANE CARMICHAEL

DIOCESAN CORRESPONDING SECRETARY

**SAULT STE MARIE DIOCESAN COUNCIL OF
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(DEADLINE TO REGISTER: APRIL 6, 2022)



CATHOLIC **and LIVING IT!**



Come celebrate over 100 years of service to God and Canada!



CWL Prayer for Renewal

God of new beginnings, ever faithful God,
we thank You for your constant care for the women of
The Catholic Women's League of Canada.

We have sought to serve You in faith by
service to your people.

Under the guidance of the Holy Spirit and with the
help of Our Lady of Good Counsel,
we continue to discern Your call to seek justice
and build Your Kingdom on earth each day.
We ask your guidance as we plan the evolution of
The Catholic Women's League of Canada.
Grant us wisdom, the grace of discernment, and strength.
May each of us open her heart and mind to
Your will and welcome the new life
You bring to the League.

We ask this through Jesus, Your beloved Son
and Our Lord, Who lives and reigns with
You and the Holy Spirit,
God forever and ever.

AMEN

Sr. Susan Scott, CAF