

THE CATHOLIC WOMEN'S LEAGUE OF CANADA SAULT STE. MARIE DIOCESAN COUNCIL



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Spring Newsletter 2016

MISSION STATEMENT

The Catholic Women's League of Canada
Is a national organization
Rooted in gospel values
Calling its members to holiness
Through service to the
people of God

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

Sister Frances McIsaac



1944—2016

Heaven's Light

The sun shines down upon us
and gives us warmth and light.
Then when the day has ended
it disappears from sight

So it is when one we love
comes to their end of days.
They just go to the other side
to shine their loving rays.

That's why heaven is a place
that glows beyond compare.
The lights of those who've left us
are all brightly shining there.

(By: Ron Tranmer)

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



“Rooted in Gospel Values”



Dear Sisters in the League,

In the seminary we were often taught “to forgive is to forget.” This is easier said than done.

How can I forgive?

How can you ask me to forgive someone who has hurt me?

We remember the famous encounter of St. John Paul II forgiving the man who attempted to assassinate him. Following this example we should then be able to go to the people and say “I hope you can forgive me.”

We can then begin to heal and mend those friendships we share, not only with each other, but also with God. In order to feel the Father's forgiveness we have to practice that forgiveness with each other.

Jesus asked people to renounce their sins and return to God. His whole life and ministry, the stories he told, the miracles he performed taught us how much the Father loves and forgives us. Jesus' ultimate act of forgiveness, of course, took place on the cross especially when he said “Father, forgive them for they know not what they are doing.” (Luke 23:34)

Jesus brought about the forgiving love of God in the mystery of his death and resurrection. He poured out his blood, that saving stream, for the forgiveness of our sins. If we do not forgive, we not only hurt ourselves, but also the relationships we share with each other and God.

We are called to continual conversion and renewal. As we begin this Year of Mercy, may that inner conversion of heart embrace the sorrow for the wrongs we have done. May we not only feel the Father's merciful love, but also may we practice it in and by our lives.

Fr. Trevor
Spring Newsletter 2016

President

Karen McDonald

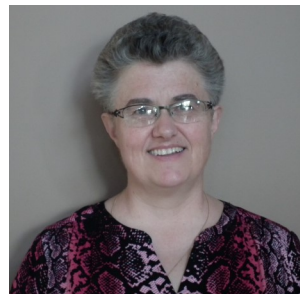
Spiritual Advisor

Rev Trevor Scarfone

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



"Rooted in Gospel Values"



Dear Sisters in the League,

On January 2, 2016, God chose to embrace our beloved Sister Frances McIsaac, csj and take her home to her eternal reward ... we have lost a remarkable woman!

Sister Fran served the League as Sudbury Regional Spiritual Advisor for nearly 10 years and was a member of Holy Redeemer council. I met Sister Fran when I was appointed Sudbury Regional Chairperson. There was a quiet grace about her ... when we were working together, I felt as if I were gazing into the eyes of Jesus. In her humble way, she completed each task with loving care. She was always concerned that members felt nourished by the spiritual programs she had prepared. When I assured her that we did, she was so pleased.

At Sister's funeral on January 6 at St. Joseph's Motherhouse in North Bay, it was a blessing to join my League sisters in an honour guard to show respect for our deceased sister. We thank the Sisters of St. Joseph for this privilege. Rev. Trevor Scarfone, Diocesan Spiritual Advisor, concelebrated at the Mass of Resurrection which was a wonderful celebration of her life!

At the prayer service prior to Mass, Sister Bonnie MacLellan, csj reminded us that it was the Feast of the Epiphany ... the visit by three wise men ... and she said that Sister Fran had brought the gifts of gold, frankincense and myrrh of her being to the feet of God. In his homily, Rev. Peter Moher said that in this Jubilee Year of Mercy, Sister Fran had entered the Holy Door into the Heavenly Kingdom. From my pew, I looked up and read the inscription on a stained glass window above her casket that read, "***Guardian Angel***". Sister Fran is our guardian angel ... she is praying for us ... please pray for her and her family and the Sisters of St. Joseph.

Rev. Moher ended his homily by reciting:

"When the earth shall claim your limbs, then shall you truly dance."

Kahlil Gibran

May Sister Fran dance often in heaven ... and may she rest in peace ... Amen!

President

Karen McDonald

Spiritual Advisor

Rev Trevor Scarfone

Regional Meetings

Thank you to our regional chairpersons for conducting informative Fall meetings.

At the North Bay regional meeting on October 31, members heard from Lorraine Sutherland and Serena Koostachin (aunt and older sister of Shannen Koostachin). At the Sault regional meeting on November 14, Rev. Pat Woods (Spiritual Advisor at St. Jerome Parish) gave a power point presentation on the Year of Mercy. At the Sudbury regional meeting on November 29, Linda Squarzolo (Provincial 2nd Vice President/Resolutions Chairperson) gave a presentation on ... you guessed it ... resolutions. All three were wonderful learning experiences.

Special Awards

We commend Honorary Life Member, Lucille Cullen, and all members in the three regions who were recognized by Bishop Plouffe at the *Celebrations to Give Thanks* for their outstanding service in the life of the church ... congratulations!

Anniversaries

In November, St. Peter the Apostle Council (North Bay) celebrated its 60th anniversary with a Mass, pin ceremony and delicious dinner and entertainment.

96th Annual Diocesan Convention

Plans are well under way for an exciting convention to be held at Quattro Hotel in Sault Ste. Marie. It is the same hotel (formerly the Comfort Suites) with a new name and stunning renovations. Our diocesan team has new and fun activities planned for all of us at convention ... please come. Provincial President, Pauline Krupa, from Thunder Bay will be joining us ... you will enjoy meeting her.

If you wish to attend convention and finances are a concern, why not approach your council to see if they can assist you ... it never hurts to ask! Or, if there is a group attending, hold a fundraiser specifically to cover convention expenses.

Be positive ... smile ... give hugs!

Councils across Canada, including those within our diocese, face the challenge of attracting new members, retaining existing members, and convincing members to join the executive. To attract new members, we need to "*get back to the basics*" and educate our members about the League. A good starting point is for members to **be role models** ... to maintain a **positive attitude** about the League in public and within our parishes ... to show **enthusiasm** in being a member of the League ... to be **welcoming** and **fun** to be around ... and women will want to join us!



Karen

Karen McDonald
Spring Newsletter 2016

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President-Elect and Organization

Betsy Currier



"If anything viewed as negative has happened on your journey thus far, turn the page, create a new chapter, and write your own positive story. Then, bless humanity with the wisdom you have gained by traveling through the experience."

*Molly Friedenfeld
Becoming an Earthly Angel*

As we enter into this year think of what Molly Friedenfeld has said in the above quote. We are beginning a new year, a new chapter. Let's move forward with resolve and vigor.

Welcome Everyone

Many councils have just had elections. We welcome all new executive officers and thank you for saying "yes" to your call to serve your parish council members. Your sisters have recognized your talents and gifts and they truly appreciate your leadership. We also extend a warm welcome back to those returning to office and thank you for your dedication and commitment to service of God and Canada.

In the League we are never alone. Please do not hesitate to contact your diocesan executive for support and assistance in anything you need.

Membership

Your council probably charges \$20.00 or \$25.00 for the year for each membership. Your membership fees or "per capita" is sent to the national council and then is divided as follows: \$13.00 stays with the national, \$3.00 goes to the provincial, and \$4.00 goes to the diocesan.

Some are concerned with the cost of membership. However, consider what one might pay a health club, gym, or personal trainer for one's physical wellness. Isn't your spiritual wellness just as important?

Did you know?

- you can purchase a "gift" membership for someone
- a non-catholic woman, 16 years of age or older, may become an "associate" member with voting privileges but she is unable to hold office
- your membership for the current year must be paid to be a member in good standing and to have voting privileges

President-Elect and Organization

Leadership Development

“Great League members do not just happen; they must be encouraged, trained, helped and supported. Personal growth and friendship are key attributes of League development. It is important to make the CWL credible and relevant.”
Handbook for Organization Chairpersons

Each council should have a training plan for its members. It could include:

- an orientation program
- opportunities for training at the regular meetings
- a workshop or training day

The “Catch the Fire! team” is still alive and kicking even though S’Mores has been introduced. We are more than willing to come out and do a Catch the Fire! presentation for members. It covers a lot of basics about our organization and provides a dynamic and fun opportunity for learning. The new S’Mores program is on the national website at www.cwl.ca. It contains modules that can be presented at a general meeting.

Did you know?

- your council can give a welcome kit to new members – suggested contents can be found in the Handbook for Organization Chairpersons

League Resources

There are so many resources available for your use. Have a look-see on the national website at www.cwl.ca. You can purchase everything using a credit card with no shipping charges. But many can be downloaded free of charge. Promote the use of: the Constitution & Bylaws, National Manual of Policy and Procedure, individual standing committee handbooks, Leading the League, Executive Handbook.

Did you know?

Leading the League is a comprehensive teaching guide. Everything a council needs to know is in this book. I call it “CWL for Dummies”

Annual Reports

Thank you all for completing your annual reports in a timely fashion. The presidents’ reports will be found in the 2015 Annual Report Book that is given out at our diocesan convention. The parish standing committee reports are used by the diocesan standing committee chairpersons to complete their annual reports, which will also be in the Annual Report Book.

Did you know?

- annual reports celebrate our accomplishments, raise our members’ pride, impress our parishes, promote good ideas, attract new members, inform bishops, government and society about the work of the League.

“Be who you are meant to be and you will set the world on fire.”

St. Catherine of Sienna



Betsey Currier
Spring Newsletter 2016

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Treasurer
Beverley Michaud



***“Self confidence is the most attractive quality a person can have.
How can anyone see how awesome you are if you can’t see it yourself”***
(Unknown)

Well, another Christmas season has come and gone already. I hope everyone had a blessed and joyful holiday. This is the first “green” Christmas I have seen for a long time, but the snow is back and with it all the jobs that come with the New Year.

After we get our Annual Reports completed and submitted, the next thing on our agenda is to get our *Per Capita* fees collected and sent to National. The deadline for remitting fees is February 28th. It is very important that you remit these funds in timely manner as that is how funds are funnelled down to Provincial and Diocesan accounts. In addition, members wishing to attend convention as a voting or accredited delegate must be a member in good standing (fees paid AND remitted to national office). Don’t forget to make your cheques payable to Catholic Women’s League of Canada—any other explanation can be entered on memo line ie: Per Capita Dues, Seminarian Fund, etc.

It is the Treasurer’s responsibility to ensure that the Parish funds are collected and distributed properly. After year end, the practice is to gather all records for the previous year and have a simple audit completed. It can be anyone with some financial background, perhaps a previous treasurer, who can do some spot checks and confirm all receipts are there and bank statements balance, etc.

Our current theme is *One Heart, One Voice, One Mission*. I look forward to working with all the Treasurers in our Diocese and encourage everyone to contact me if I can be of any help with your committee.

Respectfully,

A handwritten signature in dark ink, appearing to read "Bev".

Bev Michaud
Spring Newsletter 2016

Recording Secretary

Marlene Sawko



“Faith is not about everything turning out okay. Faith is about being okay no matter how things turn out.”

(Annette Powell)

As we begin our journey into 2016 I would like to congratulate and welcome secretaries newly elected last fall and welcome back those returning. We are thankful for your “yes” to service. Thank you for stepping up! As Recording Secretaries our work becomes the “voice” of our councils as we record our meetings, keep our records and motions for posterity and organize the flow of the meeting.

Our Provincial counterpart, Annette Kelly in her first directive suggested all secretaries obtain copies of the **Handbook for Secretaries**, the **Constitution and By-Laws** and the **National Manual of Policy and Procedure**. All are available on the National website and Annette’s directive can be reviewed on the Provincial website. The Robert’s Rules of Order is also useful and there is a Parliamentary Guide of Order on the National website.

Annette also suggests asking others to take notes at meetings to accompany your own notes and having another executive member review your minutes for accuracy, spelling and grammar is also a good idea.

The importance of keeping up with the both the Provincial and National Website is obvious. Many councils and diocesan councils have their own sites which are interesting reading.

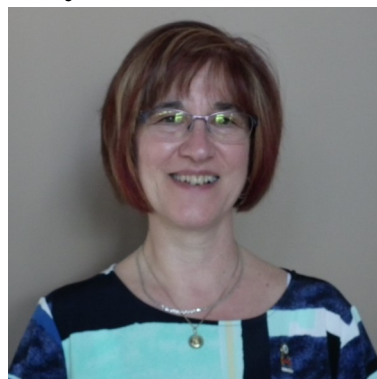
I welcome your enquiries and will do my best to help and keep you informed.

Marlene

Marlene Sawko
Spring Newsletter 2016

Corresponding Secretary

Ann Koivu



A cheerful heart is good medicine.

Proverbs 17:22

BULLETIN BLOOPER ..

The senior choir invites any member of the congregation who enjoys sinning to join us right away!

Welcome to those women who are new to the role of corresponding secretary on their parish councils and thank you to those 'returning' secretaries. Being a choir member in my home congregation, the above 'blooper' certainly made me smile but it also made me think about 'communication' and how privileged we are in our role.

- This fall has seen us send Sympathy, Get Well, Thinking of You and Congratulations cards. We have extended Birthday/Retirement greetings to Bishop Plouffe and acknowledged two new 'Monsignors' of our diocese, Msgr. Brian Dixon and Msgr. James Hutton both serving as spiritual advisors to the Catholic Women's League Council in their respective parishes.
- One of my administrative duties at the diocesan level is to maintain contact information/directories for the parish councils in our three regions (spiritual advisors, presidents, treasurers). Please keep me informed of any changes within your council. Presidents receive current lists for their region at the spring and fall presidents meetings as well as updates as required. Thank you for your help.
- Our annual Diocesan Convention will be held May 13-15, 2016 at the beautiful, newly renovated Quattro Hotel in Sault Ste. Marie. Extensive preparation/planning is well underway; information packages and registration material will be available and distributed to council presidents in the month of February. Convention provides opportunities for prayer, business, education, fun and fellowship. Please consider attending.

Wishing you a blessed Lent and Easter season. Stay in touch!

Ann

Ann Koivu

Spring Newsletter 2016

Past-President/Historian

Anna Tremblay



Over the Christmas holidays I devoted one whole day to cleaning/reorganizing my home office when I came across some old *The Canadian League* magazines tucked away in the bottom drawer of a file cabinet. Intrigued, I pulled out the oldest edition, Winter 1988, and began reading. While the magazine has changed in appearance over the years, the focus of the League remains much the same. There were no email or Facebook addresses included in this early edition but Prayer, Constitution & Bylaws, and Resolutions are all prominently featured in articles.

In that 1988 issue St Gerard Majella Council, Sault Ste Marie, submitted an article outlining how they encouraged and enhanced the Marian Year in their parish, detailing a special ceremony on the Rosary. Councils today are looking for ways to celebrate the Year of Mercy (December 8, 2015 to November 20, 2016) called by Pope Francis. Many are concentrating on the Acts of Mercy and the Beatitudes, while diocesan councils have chosen a Blessed Project. The chosen “Blessed” for our diocesan council is Blessed Giovannina Franchi. Twenty-eight years later, spirituality is still the heart of the League.

Also featured was an article by Glenda Klein (Toronto Diocesan President-elect at the time) about the ordination of Canada’s first married priest, Richard McKnight, on October 31, 1987 at St John Chrysostom Church in Newmarket, Ontario. It is interesting to note that, nearly 30 years later, Glenda is still active in the League. In addition to her League participation, Glenda, now a Life Member, is in her eighth term on the Women’s Inter-Church Council of Canada, proving that The Catholic Women’s League of Canada allows for and encourages leadership development (most recently through *Catch the Fire!* and *S’Mores*) of all members. Equally interesting is the ongoing debate over married priests.

There are many other similarities between the Winter 1988 and Fall 2015 editions of *The Canadian League* but there have also been changes as well. While it may be difficult, perhaps impossible, to see progress and change from our current perspective, it is only when we look through *the eyes of history* that we can see the progress made over the decades.

Anna

Anna Tremblay

Spring Newsletter 2016

Spiritual Development

Cathy McKinney



“Do unto others as you would have them do to you.”
Luke 6:31

As we journey into the Year of Divine Mercy as declared by his Eminence, Pope Francis, I found this verse from Luke very appropriate. Our parents called this verse “the golden rule”. If everyone in the world followed the golden rule, we would have peace and harmony. By now you will have received my second directive regarding our Provincial project for this year. Our Provincial President has asked each of us to pray, act and celebrate the life of one of the Blessed that Pope Francis has named since becoming our Leader. Please read and act upon the directive as many different ideas are welcome!

One Heart, One Voice, One Mission

Our mission has never been more clear! As Christian women, we are called to act on our Baptismal promise. The Spiritual Development Chairperson is a very important member of the council’s executive as your actions, your words and your songs set the tone for each meeting. Please continue to follow our guide that meetings be one third Prayer, one third business and one third social. This is what sets us apart from other women’s organizations.

A reminder for all chairpersons to send in your deceased member forms to national and a quick e-mail is all I require for reporting at the Diocesan level. As suggested by our Diocesan President, Karen McDonald, I have appointed a sub-committee chairperson to aid with the daunting task of updating the Diocesan Book of Life. Past-President Louise McGuire from Precious Blood Cathedral has agreed to take this on beginning in 2016.

I always welcome phone calls or e-mails regarding anything pertaining to your committee. May our Lady of Good Counsel continue to bless the work you do for God and Canada.

Respectfully,

A handwritten signature in blue ink that reads "Cathy McKinney".

Cathy McKinney
Spring Newsletter 2016

Christian Family Life

Rhonda DeGraw



“The Lord is merciful and gracious.” Psalm 103

Greetings League Sisters,

The Canadian Conference of Catholic Bishops (CCCCB), has two insightful newsletters entitled “Elements of a National Pastoral Initiative for Life and the Family” as well as “Building a Culture of Life and the Family in Canada”. Both are a definite read as they address the challenges faced by today’s families. In a statement by Pope Benedict XVI to the Bishops responsible for the commissions for the family and life: “Families are increasingly suffering from adverse situations brought about by rapid cultural changes and social instability, by migratory flows, by poverty, by education program which trivialize sexuality and by false ideologies. We cannot remain indifferent before such challenges.”

Some proposed strategies included marriage preparation (based on John Paul II’s Theology of the Body), baptismal preparation classes, natural family planning, confirmation preparation, formation in evangelization, marriage mentoring programs, marriage counselling/crisis intervention, workshops and sessions addressing the concerns of parents, etc...

There are plenty of resources available through the Catholic Organization for Life and Family (COLF). Together we can achieve this beautiful picture of family. Let us help our parish priests, spiritual advisors and our Bishop achieve this initiative.

Have you checked out www.cwl.ca? There is plenty of workshop information there for all committee chairpersons.

Rhonda

Rhonda DeGraw
Spring Newsletter 2016

Community Life

Laurette Woodliffe



Happy New Year to all Community Life Standing Committee Chairpersons!

With the joy of advent people who have seen their Saviour born we are encouraged to fully participate in the Extraordinary Year of Mercy that we now live, to honour the dignity and rights of all persons, and to remind ourselves and others that 'the moral test of any society is how the most vulnerable are treated.'

In the Diocese:

"Sisterhood...a bond between two or more women, not always related by blood. They always tell the truth, honour each other and love each other like sisters."

Urban Dictionary

The Sisterhood Project needs you!

This special initiative is being launched in the Sudbury region of our Diocese. The ***Sisterhood Project*** will enable outreach for CWL members from out of town who request contact with local members in Sudbury for support while they (or a spouse or family member) are in treatment at Health Sciences North or the Daffodil Lodge and North East Cancer Centre.



The support may be in the form of a friendly telephone call with a listening ear, offering of prayers and inclusion on prayer chains, a visit to hospital or running small errands, or having a few minutes to spare for a visit. The form of support depends on the visiting member's needs and what volunteers can assist with.

This project has been rolled out quietly under the leadership of Diane Pagan, CWL member and Past President from St. Patrick's Church. Our first sister in the League to benefit from the ***Sisterhood Project*** was from the community of Timmins. Many gifts of grace were given and received as part of this support over the Christmas season. Truly the spirit of Christmas in our midst.

More information will be forthcoming about this special project and presidents and members are encouraged to learn more to raise awareness, rally support and be witness to our out of town members requiring support and assistance.

"A sister....one who reaches for your hand, and touches your heart. "

Author unknown

Community Life

Internationally:



It was with refreshed intentions and renewed enthusiasm that I attended the Development & Peace Workshop and Retreat which took place since my last communication with you. I would like to share a few important reasons why we must become aware of the seriousness of global warming now! The following facts were a shock to me and I hope they give you pause for thought as well.

Did you know ... ?

-North America only has about 5% of the world's population but is responsible for 20 to 25% of global warming due to emissions from transportation alone!



-Climate changes created by global warming have shortened the growing season in Ethiopia by 15% even though they are among the lowest carbon emitters in the world! It is hotter and drier there which makes for difficult growing conditions!

-85% of Ethiopians are rural farmers who rely on rain and good soil to grow food

-Women are often more affected by droughts/natural disasters than men usually the result of being less mobile as primary caregivers and the 'home farm' workers.

-If we continue warming the planet at today's rate, an additional 200 million people all over the world will be at risk of death due to hunger by the year 2050, and water shortages will affect nearly half the world's population.

In keeping with Development and Peace objectives we are called to prioritize those most in need of our solidarity, and to love our neighbours, globally and locally; and to prioritize the good of the human family over commercial interests!

Development and Peace is asking you to make a personal commitment to reduce your climate impact and to put pressure on our government to make changes for the benefit of our climate in national policy and international agreements.

Ask yourself, "What can I do to make a difference as an individual in my community, and nationally and internationally as a concerned global citizen?"

In Our Hearts and Prayers:

The life of Sister Frances McIsaac, csj was celebrated on January 06, 2016 in the chapel of the Motherhouse with the Mass of Resurrection. As in life, Sister Frances was surrounded by family, friends, her community and many Catholic Women's League members. Sister will be fondly remembered as a friend, as a mentor, as a CWL member, and as a valued Sudbury Regional Spiritual Advisor.

Into the Future:

I welcome your questions or comments and your interest in joining a Community Life subcommittee. Please contact me at your earliest convenience.

Laurette

Laurette Woodliffe
Spring Newsletter 2016

2nd Vice-President & Education and Health

Giselle Floyd



***“Let us trust in God’s work.
With him we can do great things;
he will give us the joy of being his disciples, his witnesses”. ~Pope Francis~***

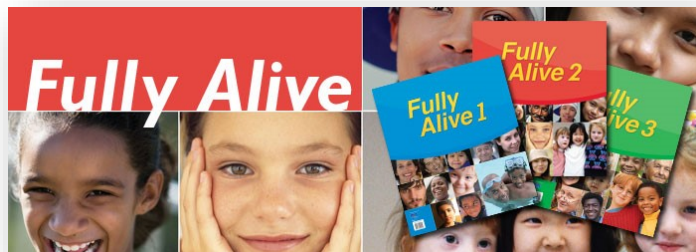
Hello to my Sisters in the League,

I hope that the winter has not been too harsh for you. We now look forward to longer days which brings the promise of spring and new life.

I thank you for the action your councils have taken in the recent requests for letter writing campaigns regarding RU 486 (the abortion pill) and doctor assisted suicide. As members of The Catholic Women’s League of Canada, we must use our voices to express our Catholic values and our belief that all life is sacred.

Colleen Randall, Provincial Education and Health Standing Committee Chair, has passed on information from Arlene Iantomasi, Vice Chair of the Halton Catholic School Board. The Halton Catholic School Board recently hosted two webinars providing information on how they are approaching the Ontario Curriculum with respect to Health and Physical Education with their students.

"Fundamentally, the Catholic Bishops of Ontario, in cooperation with the Institute for Catholic Education, have adapted the Fully Alive Program our Catholic students have been receiving for approximate 30 years to reflect the curriculum requirements. In short, all curriculum is continuing to be taught through a Catholic faith lens, approved by our bishops, in cooperation with Cardinal Collins in Toronto." (Arlene Iantomasi)



2nd Vice-President & Education and Health

The webinars presented were:

Through a Catholic Lens: Implementing the Ontario Curriculum: Health and Physical Education, 2015:

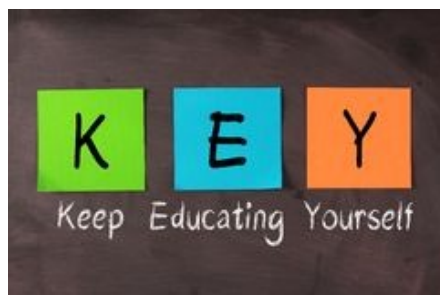
This webinar will provide an update on the materials and resources that have been produced to support the efforts of Ontario Catholic schools in implementing the revised Health & Physical Education (HPE) curriculum. The revised HPE curriculum, last updated in 1998, contains new material related to a number of issues, including mental health, online safety and the risks of sexting, respect for self and consent within healthy relationships, and respect for diversity. This webinar explained how the expectations of the revised HPE curriculum, Human Development and Sexual Health, will be delivered as part of the Family Life curriculum offered in Catholic schools.

Grade 1 Religious Education Resource: Growing in Faith, Growing in Christ:

This webinar explored how the Bishops' new religion program, *Growing in Faith, Growing in Christ*, currently being implemented in Grade One, supports our entire educational community in the New Evangelization.

The two webinars that were presented will be available on their YouTube site in the near future. <https://www.youtube.com/user/HaltonCPIC>

Please educate yourselves and your council members on this very sensitive topic.



Respectfully submitted,

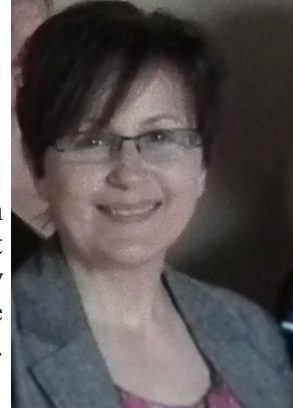
Giselle

**Giselle Floyd
Spring Newsletter 2016**

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Communications

Lisa Henry



As I write this, it is a cold, crisp winter day with the sun shining brightly. I look forward to when the days will get longer and brighter and the thought of Spring lifts my spirits. Thoughts of how we will spread the news of One Heart, One Voice, One Mission is also a reason to smile. The new year brings new work to be done.

Pornography Hurts

January was Ontario's month to promote awareness and mail the Pornography Hurts Campaign post cards. Thank you for "blitzing" our government with your cards.

Women on a Mission

If you did not get an opportunity to see this amazing production on CWL by Salt and Light TV, you may still be able to view it by going to the following link: <http://saltandlighttv.org/womanonamission/> There is also a DVD for purchase.

World Day of Communication

Celebrated each year on the Sunday before Pentecost, which this year, will be May 8, 2016. The theme is "*Communication and Mercy: A fruitful encounter.*" This year's theme was decided in order to coincide with the Extraordinary Jubilee of Mercy, the Holy Year called by Pope Francis to announce the Mercy of God.

In his Vatican radio address announcing the theme, the Pope refers to the language and gestures of the Church but the context makes it clear that all men and women in their own communications, in their reaching out to meet others, ought to be motivated by a deep expression of welcome, availability and forgiveness.

Promotion and Media

I was truly inspired when I read council reports and what is being done to promote and bring awareness to the CWL. Advertising in local bulletins, parish bulletin boards, developing newsletters, social media, notices via newspaper and radio and of course, nothing works like reaching out personally and sharing what the CWL has to offer. Keep up the great work and never stop taking advantage of all the resources at our disposal!

Communication leads to community, that is, to understanding, intimacy and mutual valuing." - Rollo May

Lisa

Lisa Henry
Spring Newsletter 2016

Resolutions

Doris Labelle



My Dear Sisters in the League,

This is my first newsletter for 2016. I want to wish you all a happy and healthy new year.

What a difference a year makes! Last year was not good for me. I suffered a stroke which left me paralysed on my left side. I now reside at York Extendicare in Sudbury. My Physiotherapist is helping me to regain the use of my left arm and leg. This is a long process. I have made a lot of progress but more is needed.

I have been a member of our wonderful league for 55 years and I have sat on the Diocesan council for the past two years in both the Legislation and Resolutions standing committees. I thoroughly enjoyed my work with legislation and I was looking forward to working on resolutions.

This past year, five resolutions were adopted at the Ontario Provincial Convention in July in Niagara Falls and five resolutions (including three from Ontario) were approved at the national convention in August 2015 in Vancouver. Members must be informed about these resolutions and must implement the Action Plans outlined in *The Canadian League* magazine. The Resolution, Brief, List of Resources and Action Plans are found on the provincial and national websites. Let our *One Heart, One Voice, One Mission* resonate through our work on resolutions!

Keep me in your prayers as I will keep you in mine. God willing, I hope to see you at a future convention.

Your Sister in Christ,

Doris

Doris Labelle
Spring Newsletter 2016

Legislation

Nancy Shank



My Dear Sisters in the League,

I trust you have all had a wonderful Christmas with family and friends and are ready to start a new year. This time of year makes me think of the days in school when we would turn to a new page in our scribblers. It holds so much promise and gives us thought for what we would like to accomplish in this new year. What do you want to write on that empty page?

There are two major issues that I find troubling.

The first is the approval of the abortion pill. Those who choose to use this drug are not only denying life to a human being but because they know they can terminate a pregnancy should it occur they may choose not to use protection. This could send the rate of sexually transmitted diseases on an upward swing. In this world of easy fixes some have forgotten how to think about consequences. We need to continue to write to our members of parliament citing these consequences and asking them to rethink this decision.

The second issue is the bill approving the right to doctor assisted suicide. I believe it has been put on hold for a few months to give the newly elected politicians time to review and discuss it. Not only would we be asking our physicians to ignore the oath which is the basis of their profession but it could send us down that slippery slope of deciding who should live. They say there are to be checks and balances but there are those who would have no difficulty circumventing them.

I am anxious to see what our League can accomplish in the year ahead.

Your Sister in Christ,

Nancy

Nancy Shank
Spring Newsletter 2016

Sault Ste. Marie Regional Chairperson

Rhonda DeGraw



My dear sisters,

Convention is fast approaching, and I'm so looking forward to seeing all of you again. Thank you so much for all your prayers for my dad. As I write this he is currently in the hospital. He can no longer walk, as the tumor has taken away his mobility. I am grateful that he has no pain, his appetite is good, and he was able to join us at home on Christmas day for several hours.

On December 8th, Pope Francis inaugurated an Extraordinary Jubilee by walking through the Holy Door at St. Peter's Basilica in Rome. This simple gesture is to lead the Church into a renewed awareness of God's Mercy and a call to human compassion. The motto for the Jubilee is: "Merciful like the Father." It is the Pope's hope that everyone who passes through a "Door of Mercy ... will experience the love of God who consoles, pardons and instills hope." I'll do my best to keep you informed as information becomes available.

While cleaning my bookshelf I came across this poem, I thought I would share it with you:

I believe in the Communion of saints...

Death is nothing at all. I have only slipped away into the next room.

Whatever we were to each other, that we are still.

Call me by my old familiar name. Speak to me in the easy way which you always used. Laugh as we always laughed at the little jokes we enjoyed together. Play, smile, think of me, pray for me. Let my name be the household word that it always was. Let it be spoken without effort.

Life means all that it ever was. There is absolutely unbroken continuity.

Why should I be out of your mind, because I am out of your sight? I am but waiting for you, for an interval, somewhere very near. Just around the corner.

All is well. Nothing is past. Nothing is lost.

One brief moment, and all will be as it was before...only better.

Infinitely happier and forever we will be one, Together with Christ.

Rhonda

**Rhonda DeGraw
Spring Newsletter 2016**

Sudbury Regional Chairperson

Patricia Clizia



*“Let us always meet each other with smile,
for the smile is the beginning of love.”*

Mother Teresa

Warm greetings to my sisters in the League as we begin this new year together united in ONE heart, with ONE voice on ONE mission. The promise and hope of a new year is like a blank canvass, a blanket of fresh snow waiting to be carved out and journeyed upon. May we begin this journey well!

The Sudbury Regional Presidents' meeting was held in early October at St. Patrick's parish. We learned about Mary during some spiritual renewal, visited with each other while sharing a wonderful lunch provided by our sisters from St. Patrick council and shared A LOT of information. Presidents eagerly shared dates for upcoming events for a regional calendar that was circulated to all. Diane Pagan from St. Patrick's council delivered a presentation and issued a call to action for support of the Sisterhood Project.

Following the Presidents' meeting, some members joined in the LIFE Chain which was being held near the church. It was a wonderful afternoon filled with prayer, companionship, business....and action.

A well attended Sudbury Regional meeting was hosted by our sisters from Christ the King council in November as we began the Advent season together. We welcomed guest speaker Linda Squarzolo who shared her passion for legislation and resolutions and provided helpful information and suggestions on how we might identify future issues for action.

Sudbury Regional Chairperson

Sisters were invited to consider signing up for a "Resolutions Think Tank" which will come together in the coming months to support development of a resolution(s) from our Diocesan council. Diane Pagan provided additional information on the Sisterhood Project and all were treated to a buffet of sweet treats and grand hospitality.

Our collective hands were busy this fall as we engaged our parish communities in the various teas, bazaars, clothing collections and food drives to support our mission for outreach into our communities.

Councils celebrated their charter anniversaries and members' years of service within their parishes with dedicated mass celebrations and parish dinners.

Members were recognized with service pins and maple leaf service pins during special pin ceremonies.

Special membership meetings have been hosted by councils to engage members and to discuss/hold elections. I have been blessed to be able to attend some of these events and have been moved by the spirit of service and the dedication of our members. I have been witness to the fruits and blessings of the work we undertake guided by Mary *For God and Canada*.

Let us look forward to a new year filled with renewed energy, hope and resolve.

We are a sisterhood united, deeply rooted in faith and empowered to continue our work *For God and Canada* with *ONE heart, ONE voice and ONE mission*.

*"Yesterday is but a dream, tomorrow but a vision.
But today well lived makes every yesterday a dream of happiness,
and every tomorrow a vision of hope.
Look well, therefore, to this day."*

Indian Proverb

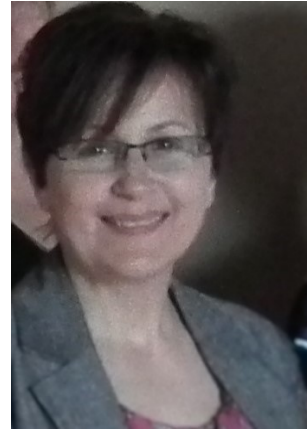


Patricia Clizia
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North Bay Regional Chairperson

Lisa Henry



"Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved." -- Mattie Stepanek

What a busy and productive autumn it was with so many wonderful fall and Christmas bazaars to attend! Your tireless dedication and hard work was a sight to behold and very inspirational!

Many members took part in the Advent Retreat conducted at St. Joseph's Motherhouse. What a great way to prepare our hearts and minds for Advent, not to mention the community that was enjoyed by all.

As we now enter our new year of 2016, there are many dates to mark on your calendar of upcoming events:

- **North Bay Regional Luncheon Meeting:** Saturday, April 2, 2016 – 11:00 am— St. Alphonsus Parish, Callander, ON
- **Diocesan Convention:** May 13-15, 2016 – Quattro Hotel and Conference Centre (Sault Ste. Marie, ON)
- **69th Annual Provincial Convention:** July 9-13, 2016 - Arden Park Hotel (Stratford, ON)

As many executives enter their second term, some councils will be electing a new executive. Our prayers are with you as you continue to do God's work embracing our theme of "One Heart, One Voice, One Mission"

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." -- Mother Teresa

Lisa

Lisa Henry
Spring Newsletter 2016

SPOTLIGHT ON DIOCESAN CHAIRPERSONS



Ann Koivu Corresponding Secretary



Ann has been a member of the Catholic Women's League since 1979 having served on the executive of Our Lady of Hope Council (Sudbury) as recording secretary, president elect, president and past president. She acted as chairperson for publicity and public relations during the 86th Annual Diocesan Convention, as well as chairperson of registration for the 89th Annual Diocesan Convention, both held in Sudbury. She joined the Diocesan Council in 2009 as Sudbury regional chair, served two terms as diocesan treasurer and currently assists as corresponding secretary.

Without a doubt, Ann feels that the skills, relationships and cherished friendships that have developed through League involvement have been, and continue to be, a true and amazing gift in her life!

Music has had a longtime place in Ann's life and in addition to being a teacher and instrumentalist, for the past 27 years she has been privileged to serve as choir director and accompanist to a dedicated group of singers and musicians who devote their efforts to the church's music ministry.



Ann works full-time and brings a business background to her volunteer work being employed in bookkeeping, administration and computer related positions throughout her career. She has been blessed with the support of Brian her husband of 38 years, has one son, Matthew and daughter-in-law, Amie.

(Spotlight Feature continued on next page)

SPOTLIGHT ON DIOCESAN CHAIRPERSONS

Bev Michaud Treasurer

My home parish is Holy Redeemer in Sudbury where I have held the positions of Treasurer, Christian Family Life Chairperson, President-Elect and two separate terms as President. I have made many good friends through my years at Holy Redeemer and was also involved in the building of the new Church as I served on the Finance Committee at the time.



I have been married to my husband, Rick Michaud, for 40 years. We are both retired now and enjoying reading, fishing, gardening & travelling (I read & he fishes). Previously, I worked as Payroll/HR Supervisor at the Sudbury Community Care Access Centre and I have a working background in finance.

I spent the previous two years on the Diocesan Executive as Communications Chairperson and am pleased to have the opportunity to serve as Treasurer since accounting is so interesting and challenging to me.

Marlene Sawko Recording Secretary



I'm a northern girl. I'm from Kirkland Lake. I have been a League member since I was given a membership as a gift when I became a Catholic more than 25 years ago. I'm the Organization Chair for my council at St. Jerome Parish in Sault Ste. Marie. The League is a wonderful organization where I have made many close friends, worked hard at MANY activities and found prayerful support in everything I undertook.

I'm retired from the Workplace Safety and Insurance Board where I worked for 35 years. Workplace health and safety continues to be a passion of mine and I still volunteer in that capacity.

My husband George and I celebrated our 40th anniversary in 2015. We have three grown children and three grandchildren. My mother moved from Kirkland Lake to the Sault three years ago and is a resident at the FJ Davey Home here. I also volunteer on the Family Council there.

I'm a terrible golfer but love the game. I panic if I don't have a book to read and belong to two book clubs. I love to garden but unfortunately I have little skill in that area. One of these days I plan to get some exercise.



EXTRAORDINARY JUBILEE OF MERCY

DEC. 8, 2015 - NOV. 20, 2016

Pope Francis invites us to think about mercy anew as the "act by which God comes to meet us" but also mercy as the "fundamental law that dwells in the heart of every person who looks sincerely into the eyes of his brothers and sisters on the path of life". He invites us to live by this mercy in our parishes and lives, to forgive others as well as to seek reconciliation. He challenges us to understand mercy and justice as "two dimensions of the same reality" on the way of conversion of the sinner towards love.



"IT WILL BE A HOLY YEAR OF MERCY."
-POPE FRANCIS

"We constantly need to contemplate the mystery of mercy.
It is a wellspring of joy, serenity, and peace. Our salvation depends on it."
~ Pope Francis

Ways to Live Out the Jubilee Year of Mercy

1. Go to Confession

"Let us place the Sacrament of Reconciliation at the center once more in such a way that it will enable people to touch the grandeur of God's mercy with their own hands. For every penitent, it will be a source of true interior peace".
(*Misericordiae Vultus, Bull of Indiction of the Extraordinary Jubilee of Mercy, para. 17*).

2. Forgive Those Who Have Hurt You

Forgiveness of others, especially those who hurt us the most – difficult though it surely is – will help us truly live out the Year of Mercy.

3. Cancel Debts

The Jubilee tradition includes the cancelling of debts. Do you have debts owed you that you can cancel? Maybe a friend borrowed money and is afraid to tell you he can't pay it back.

Maybe a son or daughter needed a temporary loan. Maybe a renter is behind on payments because he lost his job. Extend mercy them by telling them they don't have to pay part or all of what they owe.

4. Pray the Divine Mercy Chaplet

Jesus revealed to St. Faustina his Divine Mercy – his unlimited and supernatural capacity for forgiveness. The chaplet can be prayed on rosary beads (at 3pm if possible), and is a simple mantra on Jesus' mercy. Make this chaplet your new devotion.

Ways to Live Out the Jubilee Year of Mercy *(continued)*

5. Show Mercy to Others

Every day offers new opportunities to show mercy to the people around you. When someone makes a mistake, hurts your feelings, cuts in front of you in line, or is rude or annoying, give that person the benefit of the doubt. Smile and offer a word of kindness or encouragement. Remember the times when you made a mistake or hurt someone's feelings. We are all human; none of us is perfect. By showing mercy to others, you are practicing virtue and showing Christ-like compassion.

6. Practice the Corporal Works of Mercy

- † Feeding the hungry
- † Giving drink to the thirsty
- † Clothing the naked
- † Welcoming the stranger
- † Healing the sick
- † Visiting the imprisoned
- † Burying the dead



7. Practice the Spiritual Works of Mercy

- † Counselling the uncertain
- † Instructing the ignorant
- † Admonishing sinners
- † Comforting the afflicted
- † Forgiving offences
- † Bearing patiently those who do us ill
- † Praying for the living and the dead



8. Immersing ourselves in God's Word

God's word in scripture is spoken for us. Entering more deeply into the great examples and parables of mercy in Scripture, praying them, can help us better understand and then live mercy for others.

9. Contemplation

We can contemplate mercy. The motto for the Jubilee year is 'Merciful like the Father'. When we make the effort to meditate on God's mercy by using Scripture we begin to see more deeply how boundless is the mercy of God. We see how much we are in need of mercy ourselves and how we can give it to others. Giving himself to us completely, God asks nothing in return.

10. Invite someone Back to Mass

Everyone knows someone who has fallen away. Invite them to come home. Share how God's mercy has touched your life and how you want them to experience it too.

Prayer of Pope Francis for the Year of Mercy



Lord Jesus Christ,

You have taught us to be merciful like the heavenly Father, and have told us that whoever sees you sees Him. Show us your face and we will be saved.

Your loving gaze freed Zacchaeus and Matthew from being enslaved by money; the adulteress and Magdalene from seeking happiness only in created things; made Peter weep after his betrayal, and assured Paradise to the repentant thief.

Let us hear, as if addressed to each one of us, the words that you spoke to the Samaritan woman:

“If you knew the gift of God!”

You are the visible face of the invisible Father, of the God who manifests his power above all by forgiveness and mercy:

let the Church be your visible face in the world, its Lord risen and glorified.

You willed that your ministers would also be clothed in weakness in order that they may feel compassion for those in ignorance and error: let everyone who approaches them feel sought after, loved, and forgiven by God.

Send your Spirit and consecrate every one of us with His anointing, so that the Jubilee of Mercy may be a year of grace from the Lord, and your Church, with renewed enthusiasm, may bring good news to the poor, proclaim liberty to captives and the oppressed, and restore sight to the blind.

We ask this of you, Lord Jesus, through the intercession of Mary, Mother of Mercy; you who live and reign with the Father and the Holy Spirit for ever and ever. Amen.