



Special Interest Articles:

- Our New Look!
- A Lenten Reflection by Fr. Jessimar

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Ottawa Diocesan Council of the Catholic Women's League of Canada

Our New Look

The purpose of this newsletter is to provide information to our members.

Newsletters are a great way to share our stories and rejoice in the work all members are doing to support each other, our parishes, our communities, our cities, province and country.

The stories shared are meant to encourage and inspire. They are meant to

provide information and encourage leadership. They are sad, happy, funny, serious and all parts of the lives of the authors.

Get a cup of tea, sit down in a comfy chair and enjoy the read!

Please take the time to pray for those who submitted articles and communiqués. Your prayers are appreciated. We all know how powerful

prayer is.

If you are reading online, send the newsletter to someone else who may enjoy it. Print a copy and share it with a neighbor who does not have email. Take a copy to the church and put it up on the bulletin board (with permission).

Please send feedback to the Diocesan Communications Chair.

God bless you all

Reflection for Lent and on Fasting / Abstinence

Prepared by Father Jessimar Tapia, Diocesan Spiritual Advisor

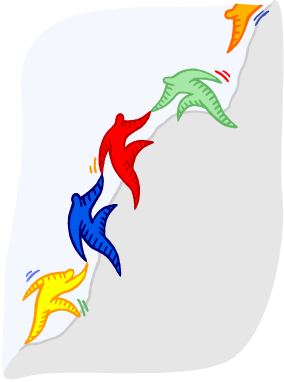
From Living Lent (Liturgical Leaflet, edited by the National Liturgy Office, and published by Publications Service, Canadian Conference of Catholic Bishops, 2500 Don Reid Drive, Ottawa, Ontario K1H 2J2 Canada).

History: Lent has been part of the Church's life for at least the past 1700 years. It began as a period of special preparation for adults being baptized during the Easter vigil. Gradually it became a period of penance and conversion for public sinners and also for devout members of the community.

Purpose of Lent today: Lent is a time of prayer and penance, when Christ wants to lead us back to our baptismal promises of dying to sin and of living for God. We prepare ourselves to enter once again into Jesus' Paschal mystery and to renew it in our lives.

- **Dying to sin.** During Lent, God's people seek to put sin out of their lives by uprooting habits and tendencies that are contrary to God's will. It is a time of conversion, of turning away from our sins and of turning back to God.
- **Living for God.** The Lord Jesus is calling us to be people of praise and prayer, and living signs of his love for all. During Lent, we open our hearts to our Father, so that we may live with Christ for God.

Reflection for Lent and on Fasting / Abstinence (continued)



The elect: The catechumens who will be baptised at the Easter vigil take a prominent place in the Lenten Sunday liturgies and at celebrations during the week. We join in prayer for them and, through our participation in the various rituals (for example, the scrutinies) come to a better understanding of the grace of our own initiation.

Lenten works: What should we be doing for Lent? Today the Church invites us to prepare for Easter by doing individual penance and penance as a group; by reading God's word more carefully; by praying more ardently, including sincere prayer for sinners; by giving of ourselves to the service of God's people.

*All weekdays in Lent are days of special penance. We are obliged to join the Church around the world in **fast and abstinence on Ash Wednesday and on Good Friday**. On Good Friday and Holy Saturday we keep the solemn Paschal fast.*

Ten forms of penance: These are "the top ten" in the tradition of the Christian people. They are our daily responsibility as believers; in Lent, we concentrate on them even more seriously.

1. *Giving up sin.* Jesus tells us that we show our love for him by keeping his commandments, especially by loving others as he has loved us. We are called to live blameless lives as God's holy people, the Church. Our God wants us to turn away from our sins, our failings, our laziness in prayer, our unwillingness to do better.
2. *Praying.* Jesus and his apostles tell us to pray always, to be constant in prayer. Traditional times for Christians to pray are morning, evening and mealtimes. Personal prayer is a necessary preparation for our sharing in the Church's public worship, the liturgy. In our love, we join Jesus and all God's people in praying for ourselves, for our family and friends, for our leaders, for those who suffer, and for the Church and the world.
3. *Fasting.* Fasting means cutting down on the amount and richness of our food and drink. Done as a penance for sin, it helps us to pray better: an empty stomach can lead to more attentive prayer. The money we save on food should be given to others in alms. The law of fasting obliges adults until they are 60 years old.
4. *Doing good works.* Jesus went about doing good. The apostles continued to teach us to do good works, to help those in need, to give others the good example of our living, to pray for other people and to be ready to serve them in their time of need. The list is endless, but can be summarized in a few words: we are to help Jesus and come to his aid by helping other people in a spirit of love.

"Our God wants us to turn away from our sins, our failings, our laziness in prayer, our unwillingness to do better."

Reflection for Lent and on Fasting / Abstinence (continued)



“Christians need to be a sign of contradiction to the world, and to spend more time in serving God and people.”

5. *Giving alms.* We give alms to help God’s poor and to support the good works of the Church and other positive agencies. Again our help is being given to Christ in his brothers and sisters. Many Churches encourage giving 10%— the biblical tithe—as the minimum gift to God and to God’s works. We do not give in order to show off or keep up with others; instead we give cheerfully to God, who has given us everything we have.

6. *Abstinence.* This form of penance needs to be seen as a near cousin of fasting. We may give up meat or other desirable foods on one or two days a week during Lent, especially on Friday, the day of Christ’s saving death on the cross. Our abstinence is another way of sharing in Christ’s work of saving the world. Throughout the year, every Friday is a day of abstinence from meat, obliging all Catholics who are 14 years or older. We may also substitute other good actions for abstinence from meat. These could include special acts of charity (visiting the sick or aged, helping those in any need, contributing time or money to a work of charity) or other acts of piety (taking part in a service of worship with others, praying with our family, spending some extra time in personal prayer, especially with God’s holy word in the scriptures).

7. *Carrying out our duties of life.* This is perhaps the hardest and most unrecognized form of penance. We serve God by living out our vocation in love each day. We do our best for God by being a good mother, father, teacher, worker, student, religious, minister, priest. God is calling each of us to be a living sacrifice, and to offer our daily life through Christ.

8. *Meditative reading.* In an age of constant bombardment by noise and sights, Christians need time to read and reflect. Believers have to nourish their faith by reading. Prayerful reading of God’s word each day opens our hearts to the Spirit, and lets God’s thoughts and ways influence ours. Reading other Christian books and magazines will help us to be stronger in our faith and in our living.

9. *Controlling our desire for possessions.* Jesus reminds us that our heart will be wherever our treasure is. He tells us to build up treasures in heaven rather than on earth. Today’s consumer is constantly tempted to buy more and more things: everything has to be newer, bigger, better—and automatic. As Christians, we should be cutting down on our possessions, eliminating frills, giving our surplus to others, lessening our wants, and sharing ourselves, our time, our talents and our possessions with others.

10. *Controlling our desire for entertainment.* Too much entertainment—by radio, TV, movies, spectator sports, light reading, distractions—can dull our taste for the things of God, and lead us to have no time for the works of the Lord. Christians need to be a sign of contradiction to the world, and to spend more time in serving God and people.

Reflection for Lent and on Fasting / Abstinence (continued)

Lent in Our Home



Examine your conscience: At the beginning of Lent, discuss each of the ten penance suggestions with your family. How can you improve your present way of life?

Your resolution: Make a serious resolution to do several actions of penance, both individually and as a family, each day during this Lent.

Rewards of a good Lent: The Lord Jesus rewards those who are generous in his service. A good Lent is a sharing in his cross, and leads us to renew our baptismal promises at the Easter vigil.

Paschal fast: Make a particular effort to keep the days of the Triduum, and especially Good Friday and Holy Saturday, as a period of prayer and reflection.

All praise to you, Father in heaven, for leading us out of the darkness of sin into the light of your kingdom.

*We bless you for sending us your Son to save us,
to die for us that we might die to sin,
to be raised that we might share your life.*

*We thank you for giving us your Spirit of love,
to live in our hearts and lead us to you.*

*All glory, praise and honour be yours,
Father, Son and Holy Spirit,
now and evermore. Amen.*

“A good Lent is a sharing in his cross, and leads us to renew our baptismal promises at the Easter vigil.”



President's Report

I have just come from our parish Ash Wednesday service and I am inspired by the words of St. Paul in today's second reading "So we are ambassadors for Christ, God making his appeal through us. We beseech you on behalf of Christ, be reconciled to God." 2 Corinthians 5: 20. I urge all members to be ambassadors for Christ. Through this work we can fulfill his words.

It was my privilege for the last time to represent you at the winter meeting of the Ontario Provincial council. On Thursday evening we shared in two workshops: the first presented by Anne Madden, Provincial Legislation Chair called Decision Making in Health Care – the ethical and legal implications and the second presented by Mary Lou Watson, Provincial Education and Health Chair on the new privacy policy for the provincial council. Mary Lou is serving as privacy officer for this term. They were both very informative.

On Friday Dr. Perrin, President of St. Jerome University in Waterloo gave us a talk on the Importance of Catholic University Today. The talk was well received by all. Our time together was short but fulfilling. I want to thank you for allowing me to participate on that team.

Velma Harasen, National President in the "Canadian League" magazine suggests that we be **Women Against Poverty** (WAP). Change for Change will be a national project for April 26th, the feast of Our Lady of Good Counsel. A little change from your purse or pocket can make a big change in the life of someone in need. Your council may choose a project that will aid the eradication of poverty, helping women and children in poverty, in parish families or communities. With the permission of pastors, at Easter weekend masses and services, which fall just before April 26th invite parishioners to empty their loose change into a basket. Promote this in

parish bulletins with information on how the money will be used. Consider inviting women the neighbouring churches to join in the cause. On Tuesday April 26 donate the proceeds to the project selected.

The Feast Day of Our lady of Good Counsel will be celebrated at St. Patrick's Fallowfield on Tuesday April 26th at 7pm. Please make sure that you have sent a list of all pins and awards for 2010 to the Spiritual Development Chair, Joanne Sisk. They will be read at the Mass.

Registration Forms for Provincial Convention to be held July 10-13, 2011 at the Sheraton Hotel in Hamilton Ontario will be available through a link on our diocesan web site www.ottawa.cwl.on.ca . Register early to avoid disappointment.

May Our Lady of Good Counsel bless us all.

Colleen Randall



Spiritual Development: Joanna Sisk

This month we begin our Lenten journey: our 40 days of prayer, fasting and almsgiving that lead us, with Jesus, to Jerusalem and to the Cross. As we know, the journey does not end with the Cross but with the empty tomb – with victory over death and new life.

Prayer: Find a quiet, private space where you can be alone with your thoughts and alone with God. It could be when you go for a walk, while you are folding laundry, when you are working on a hobby, on your bus commute to or from work, or that precious time after the kids are in bed. Taking time for yourself isn't selfish; it is about making room in your life to nurture your relationship with God.

Fasting: Think about what you eat and drink, and why. Try to make healthy choices and support local producers. If you are able, take a short pause from consuming your favourite foods. Take an objective look at your words and actions.

Consider fasting from criticism, impatience and inflexibility. Thoughtful self-denial cleanses both the body and the spirit.

Give alms: With a generous spirit, share what you have with those who have less. And share often. Know that acts of justice and compassion bless both the giver and the recipient.

(By Susan Eaton)

There are two sides to the nature of Lent it is revealed in the various names for this season. 'Lent' comes to us from Old English for spring, referring to the lengthening days and increasing daylight. In Eastern churches, Lent is a season of "bright sadness". And in other languages, the name for Lent refers to the 40 days of the penitential journey. (Nancy Kayes, "Living with Christ")

Lent is a time of both conversation and hope - a time to be centred on faith and act with justice.

Archbishop Prendergast also writes about prayer, fasting and almsgiving as a way to renew our own commitment to holiness of life in his "2011 Letter for Lent, God's Word for Our Lives in Lent" This can be found on the (www.ArchOttawa.ca) under Home.

The Feast of Our Lady of Good Counsel

April 26, 2011

St. Patrick's Church (Fallowfield)

7:00p.m.

Hosted by C.W.L. of St. Patrick's Council.

The feast day of our patroness falls just two days after Easter but please make an effort to attend and encourage others to join us, as we remember our members who have died and pray to Our Lady of Good Counsel. Mass will be at 7pm followed by a reception.

Remember to bring your Council's Book of Life

Organization: Heather Sisk

MEMBERSHIP AND RECRUITMENT

This is the ninth Communiqué I have written since taking on this chair almost 2 years ago and I'm really coming up blank with anything new to tell you. The following came across my desk from somewhere. It was taken from "The Jewel in God's Crown" – a speech given by a CWL member Maura Canavan during the 2006 CWL Leadership and Public Speaking Course in Peel Region and I think it sums up beautifully what the CWL is all about. I'm happy to share it with all of you – maybe there's something in it you could use in your membership drives.

Why Become a CWL Member?

If I offered you a shiny, sparkling diamond for \$20 a year – would you go for it? If I offered you a chance to improve the quality of your life, the life of your family – would you go for it? If I offered you a chance to know God, to grow spiritually – would you go for it? I

wonder, if I asked you if you wanted to let your hair down and have some fun, would you go for that?

As we go through life, we make choices: We choose to love. We choose good over evil. We choose our mate, our friends, a certain life style and the list goes on and on.

I am inviting YOU to choose to become a member of the Catholic Women's League of Canada. If you choose the CWL, it is a diamond, a sparkling, twinkling diamond in God's crown, and there are many facets to this diamond.

Yes you will have the opportunity to improve the quality of your life and the lives of those you love. Yes you can help your neighbour. Yes we do raise money for the church. Yes we do encourage and recognize our youth. Yes we take action on health issues. Yes we are a powerful force in the church. Yes our voice is heard in the local, provincial, national and international community. Yes you will

come to know God. Yes you will have fun getting together with your sisters in the League, laughing and joking in a Christian atmosphere of friendship and sharing. We need you and we want you to infuse us with your fresh new ideas, with your energy and your positive attitudes – we know you have a lot to give. Just as God has a place for us, there is a place for each one of us within the framework of the CWL. I ask you to join us and choose to be a part of that precious jewel in God's crown.

PINS AND AWARDS

If you have members who received Maple Leaf pins, years of service pins, certificates of merit or other special awards during 2010 please send me a list of those members as soon as possible. They will be recognized and celebrated at the Feast of Our Lady of Good Counsel on April 26th and will be listed in our annual report book.



Treasurer: Helen Bissonnette

We have just completed our Annual Report and the question as to what to include in "Convention Subsidies" was raised. If your council pays for any part of the fees for members to attend a convention, this would be considered a subsidy i.e. registration, meals, accommodation and mileage.

Signing Officers

It cannot be stressed enough how important the following information is: "Signing officers have a fiduciary responsibility for League funds and are accountable for all distribution of monies. The treasurer shall arrange for three signing officers (president/treasurer/and one other). For more information please refer to the Treasurer section of the [Executive Handbook](#).

To be protected from any potential personal liability, all cheques must be signed by any two of the three signing officers. Further, **blank cheques should never be pre-signed.**

Budgets

Most of you are in the process of drafting a budget for 2011 to be presented for approval. Please refer to the *Guidelines for Treasurers*, page 6, "Budgets" and page 9, "Sample Parish Council Budget". I am sure you will find this helpful. If you have any questions or require assistance, please do not hesitate to contact me, I will be only too happy to lend a helping hand.

Your sister in Christ,
Helen



Past President/Historian: May Lubin

NOMINATIONS AND ELECTIONS COMMITTEE:

I was appointed by the President to be the Chair of the Nominations and Election Committee for the 2011 elections. The other members of the committee are Kay May and Joan Scott who are both Archdiocesan retired Past Presidents. Parish Council Presidents will be receiving shortly, a Nomination Form to be completed at the Executive meeting of the Council and to be returned to me by April 8, 2011. This form when completed and signed is called the ***Instructed Vote***.

When we begin the election process at the Convention on May 14, 2011, the voting delegates (the parish council presidents or their appointed representative) will vote in accordance with the **Instructed Vote** for the first ballot.

Therefore, it is important that councils complete this form and return it by the date requested in order to participate in the election process on the first ballot. **(Constitution and Bylaws Article XV Section 3 refers to this process)**. Each Parish Council Executive shall nominate a slate of officers for the diocesan council from the list of those eligible, who have agreed to let their names stand for nomination.

Updates from the National Website:

To Membership Chairpersons: Remittances received at national office on:
February 17 will be processed by February 28.
February 18 will be processed by March 2.
February 22 will be processed by March 4.
February 23 will be processed by March 8.
February 24 will be processed by March 10.
February 25 will be processed by March 14.

2011 memberships processed to February 15, 2011: 22,150

May the peace of the risen Lord be with you all as we begin our Lenten journey.

May

"I will instruct you and teach you the way you should go"

...Psalm 32:8

As we prepare to enter the season of Lent, let us remember that the Father is always with us and sometimes that is all that keeps us going. Let's thank God for never leaving us "alone". Please keep in mind all of our brothers and sisters who struggle continually from different forms of poverty.

Dignity and Rights of the Person, Social and Economic Justice, Immigration, Refugees and Citizenship

In January, 2011, Provincial Community Life Chair, Willy Wicka, attended the Inaugural Conference for "Alliance Against Modern Slavery", held at York University in Toronto. Many spoke on the awareness of Human Trafficking/Slavery. All agreed we must band together in fight against Human Trafficking. It is estimated that 27 million men, women, and children are bonded in slavery-victims, from various countries, working off "inherited debt". Many are involved in the sex trade in countries where police turn a blind eye. It is big business-bringing in between \$30-32 billion per year. Police, prosecutors, judges, and social workers are under pressure to provide victims with relief and after-care, and to bring perpetrators to justice. Ratanak International is a Christian organization motivated by God's love, to serve Cambodian people.

They hope to enable these people to stand on their own and know dignity in their lives after years of war and oppression. Cambodia is regarded as ground zero for the child sex traffic in South East Asia. Young women and children are bought and sold like animals. They are often the only commodities some communities have. Parents see nothing wrong with selling their children to pay off debt.

Another speaker, Julia Smith-Brake, from Chab Dai Canada, which means literally "joining hands", spoke of their three main objectives- advocacy, raising awareness and research. She spoke of the fact that Human Traffickers collaborate better and are better organized than the organizations who are addressing the issue. Chab Dai Canada is engaged in establishing better collaboration across geographic areas to help anti-slavery groups and movements come together and present a united voice against this injustice.

Adam Churchman, education director for "Canada Fights Human Trafficking", says it is important for us to unify ourselves in fighting trafficking issues. Injustice is seen everywhere in bondage and slavery. Human trafficking is the worst of all evils.

Christine Cudahy, grassroots advocate for the seasonal

Agricultural Workers Program, spoke of unfairness and abuse against seasonal migrant workers in the Niagara region of Ontario. Workers have been denied assistance when sick. Some have their health cards taken from them (for safe keeping). One migrant worker was denied a doctors care in his fight against cancer. Many no longer have their passports, as these too have been taken for "safe keeping". A video depicting the trafficking of First Nation women can be found at

www.indigenoustudentlife.com

Bill C-389, a private members bill, tabled by Bill Siksay, has passed second reading in the House of Commons and will now go to the Senate. The final vote was 143-135 (Feb. 9). This Bill could reshape society's understanding of human sexuality by granting protected status to transgendered and transsexual people. It would add gender identity and gender expression to the Criminal Code and the Canadian Human Rights Act. All opposition leaders voted in favor of the Bill. Most conservatives and the Prime Minister voted against the Bill. Conservative Senator Gerry St.Germain said the vote is "an indication of just how secularized our House of Commons has

become". Concerns have been voiced by many groups including COLF and Campaign Life Coalition. It is felt that by passing this Bill, it will cement the government's agenda to bring these controversial issues into kindergarten classes. Activists behind this legislation will have the perceived "moral authority" to demand that transgenderism be taught in schools as something that is natural and normal.

As many of you are aware, in Oct.2010, several Carleton University students, members of Carleton Lifeline Club, were arrested as they attempted to set up a pro-life exhibit on campus. Their club status was taken away. The club was notified of the denial of status because the clubs "constitution is in violation of CUSA's Discrimination on Campus Policy, which states that CUSA supports a "woman's right to choose", and will not support any student group that holds a different viewpoint.

Ruth Lobo, head of Carleton Lifeline, following denial of CUSA to recertify the Carleton University pro-life club filed a Constitutional Challenge, challenging CUSA's decision and section 5 & 6 of its Discrimination on Campus Policy. When CUSA's Constitution Board held a meeting to rule on Ms. Lobo's challenge, they refused to

allow her legal counsel to speak on her behalf. Lobo said CUSA's policies do not prohibit non-students from speaking at these meetings. They are silent on the issue. She feels her rights are being denied. To keep up to date on this issue, please visit the website:

www.carletonlifeline.wordpress.com

Developing Countries

Voting in the southern Sudan took place January 9-15,2011. This vote would determine whether Southern Sudan would remain part of the Sudan or become an independent country. Results published February 7, stated that 98.83% voted in favor of independence. The predetermined date for creation of an independent state is July 9,2011. Please keep these people in your prayers, as well as all those in the Middle East who are living in such turmoil.

Mining Watch Canada has expressed grave concern over robberies and detentions against El Salvadoran environmental organizations. Also, in the last six months there has been an increase in violence against environmental defenders in Mexico and Central America, too often involving Canadian mining projects. Visit www.miningwatchcanada.ca for recent updates on this and issues

relating to asbestos mining in Quebec.

Development and Peace

First of all I must correct the dates I gave you for the Share Lent Campaign for 2011. It is March 9-April 24. The theme is "Building a World of Justice." We are called to feel the same compassion Jesus felt when faced with human suffering. We are called to feel that same depth of compassion when faced with the suffering of our brothers and sisters in Asia, Africa, Latin America and the Middle East. A short video is available on the Development and Peace website www.devep.org in support of the Share Lent Campaign.

March 10, is Bottle Water Free Day, in support of the Development and Peace education campaign, "Water for All. Let Justice Flow."

**Live simply
Love generously
Care deeply
Speak kindly,**

Your sister in the League,

Sharon St.Jean



CATHOLIC EDUCATION Ontario Provincial Education Network (OPEN) <http://www.edu.gov.on.ca/tools/eduminister/eng/openlist/maillinglist.asp>

This is a new website of the Ministry of Education where information about new initiatives are available and comments can be posted and responded to by Ministry personnel. Do you have a burning question about our educational system, use this site and email the minister. You may access the site by entering 'Ontario Provincial Education Network' into your search engine.

Catholic Curriculum

If you are concerned about how matters affect the Catholic school boards, it is recommended that you contact your local trustee or any of the Ontario Catholic Curriculum Cooperatives in our province. To initiate contact you can access their addresses via the site <http://catholiccurriculumcorp.org/>. Each year the **Curriculum Council** undertakes a review of some

aspect of a subject area of the curriculum to ensure that that the materials are current and that concerns are addressed. The curriculum documents are revised upon the recommendations that they conclude are necessary to provide our students with the necessary skills, knowledge and attitudes that allow them to function in today's society. All partners in the public and Catholic education of our children do feed into this review. The Catholic Association of Religion and Family Life Education of Ontario provides a wide variety of resources and information based on Catholic education in our schools. The Catholic aspect of educational curriculum is addressed where our values are maintained and also meets the needs of the Ministry's policies dictated in their curriculum outlines.

HEALTH Child and Youth Mental Health Toolkit

One in five children suffer from at least one mental health disorder, and usually more than one is the norm. The Child and Youth Mental Health Toolkit was designed to increase awareness for parents and healthcare professions. The kit may be found at the following link: <http://www.shared-care.ca/page.aspx?page=587&app=250&cat1=619&tp=2&lk=no&menu=65> . This kit is depicted as a flower and on each petal is a link to information on a mental health issue for a child: ADHD, Behaviour Problems, Anxiety, Mood Disorders, Trauma, Psychosis, Autism Spectrum Disorder, Substance use & Addiction and at the flower base Separation & Divorce and Healthy Child Development. Behind each is further information which could help parents take the first step in getting help for their child.

Safe Food Handling Tips from the Government of Canada

The government has put out a handy pamphlet entitled **Safe Food Handling for adults 60+**, but most of the points apply to all ages such as: **Wash your hands** with warm soapy water for at least 20 seconds (as long as it takes to sing Twinkle Twinkle Little Star) to prevent bacteria from transferring from your hands to food or surfaces; **Sanitize surfaces and utensils** with the following homemade solution: 5ml (1tsp) of bleach with 750 ml (3 cups) of water in a labelled spray bottle. Spray the solution on the surface, let stand briefly and rinse with lots of clean drinkable running water and air dry; **Wash reusable grocery bags** frequently, especially if you are carrying raw meat, poultry, fish or seafood; **Some foods can be a higher risk for older adults** to eat because of the way they are produced and the conditions and length of time they are stored- you can

minimize your risk of contracting a food borne illness by avoiding these foods and this pamphlet contains a list of foods to avoid and safer alternatives, as well as a list of internal cooking temperatures for meat products. You can get your own brochure from **Health Canada at 1-866-225-0709 or email info@hc-sc.gc.ca.**

Respectfully submitted,
Michelle Morrow



Communications: Barbara Devine

News from Provincial:

When you post something on the Internet it is immediately for anyone to view.

Technology has made research and information you need accessible, but it has also made it easy for criminals.

How to protect yourself:

- Never give out personal information
- Banks will never ask for your personal information via email
- Do not share your password PINS
- Be cautious when using bank machines
- Report any problems to your financial institution and /or police.

What can parents do:

- Keep computers in an open area of the home. Not in the bedroom
- Be wary of web cams. Unplug web cams when they are not in use. Be sure of whom children

- are talking to before allowing them to turn on a web cam.

News from National:

Mary Nordick has become the National Chairperson of Communications. She has written a great article in the Canadian League magazine, Winter 2011 edition. Page 3, on how we can spread the good news of council activities.

World Communications Day: June 5, 2011

Pope Benedict XVI said in his message for the celebration, "In the search for sharing, for 'friends' there is the challenge to be authentic and faithful, and not give in to the illusions of constructing an artificial public profile for oneself."

CATHOLIC REGISTER:

I have written in the past about this great publication. I have been asked about how to get a Subscription: It is published 47 times per year by:

Canadian Register Ltd. 1155 Yonge St. Suite 401, Toronto, On M4T 1W2

www.catholicregister.org

Rates: One year:\$42.70, Two years:\$78.00 (GST incl.)

Seniors 65+and students One year:\$37.40, Two years:\$69.90 (GST incl.) Your council should subscribe and find lots of interesting articles each week to share with your members.

Website:

Do not forget to check on our website

www.ottawa.cwl.on.ca

Your sister in Christ,

Barbara

Resolutions: Patricia Moore

Ladies, I wish to thank you most sincerely for e-mailing me to let me know how you appreciate your Resolution Manual and how it is helping you. I hope you will truly make it a Working Manual in that you will add sections pertinent to your council and build it up with copies of work that you and your council do in relation to resolutions. This then should be passed on to the next Resolutions Chair.

In the Action Plan section of your Manual, I tried to give direction for follow up to Resolutions and Reporting. With this communiqué, I am attaching a copy of Bills before the Government that we are asked to follow up on as much as possible. This opens up our choices for Action for each council.

Remember, some action on the part of all of us is much more positive than no action at all. Please discern what your council can do.

In 2009 a Resolution was passed with regard to Palliative Care. This Resolution was to increase awareness of the issues of Palliative Care among our members and get individuals to understand that palliative care is not just for the dying it starts with the diagnosis of a chronic disease. It is hoped it will bring about a better understanding in the general public. There are services available to people but many are not even aware they exist. It is hoped, through this Resolution, to raise awareness and get people help sooner rather than later. This Resolution was sent to the other Provinces for the same reason but did not go to National. However there are things happening nationally.

I am giving you two websites received from Anne Madden, Ontario Provincial Legislation Chair. They have excellent information. Please take the time to look them up and share them with your council in whatever way you can.

Canadian Physicians for Life Website:

<http://www.physiciansforlife.ca/html/life/palliative/articles/palliacarecomments.html>

Sharon Carstairs has written another position paper titled Raising the Bar: A Roadmap for the Future of Palliative Care in Canada

http://www.sen.parl.ca/scarstairs/PalliativeCare/PalliativeCare_e.asp

Honourable Sharon Carstairs, P.C, Senator in her Position Paper of June 21010 Raising the Bar: A Roadmap for the Future of Palliative Care in Canada

makes several recommendation to

- a) The Federal Government
- b) The Provincial and Territorial Governments and
- c) To the Community. In all there are 17 recommendations. I will be sending these to you for your reading by e-mail.

Resolutions: Patricia Moore (cont'd)

As well, we will have reports back from Pauline Krupa, Provincial Resolutions Chair regarding the delegation's meeting with the government. As soon as I hear from her I will pass the news on to you. Please remember to pray for them at this time.

On May 14th 2011 we will be celebrating our Archdiocesan Convention at my parish St. Martin de Porres in Bells Corners. If your President can briefly include in her oral report Action taken by your council, it would be much appreciated.

We are looking forward to welcoming everyone. If you can, please attend. It is a wonderful experience for everyone and remember it is also our Election Year.

Prayer Reflection: *taken from Prayer for Resolutions Chairpersons*

Heavenly Father may the tasks we share in the resolutions standing committees be a reflection of the love You alone can give. Let your love touch others through our lives, deeds and actions. This we ask in the name of your son Jesus and through the intercession of Our Lady of Good Counsel.

See you at the Convention.
Pat

Holy Spirit Church

Presents

Eleanor Glenn in

her play

The Servant at the Supper

Tuesday April 12, 2011 at 7:00pm following Evening Prayer.

All members are invited to attend this event.

Federal Bill C-22 An act Respecting the Mandatory Reporting of Internet Child Pornography by Persons Who Provide an Internet Service

(short title: Protecting Children from Online Exploitation Act), was introduced in the House of Commons on 6 May 2010 by the Minister of Justice, the Honourable Robert Douglas Nicholson. Status of this Bill: Debated at 2nd Reading in the Senate December 9, 2010

Federal Private Bill C-304 An Act to Ensure Secure, Adequate, accessible and affordable housing for Canadians

- Bill C-304 would require the federal government to consult with the Provinces and Territories to develop a National Housing Plan that would "ensure secure, adequate, accessible and affordable housing for Canadians". Status of the Bill: Debated at 2nd Reading November 24, 2010

Ontario Bill 31 Skin Cancer Prevention Act, 2010

An Act to help prevent skin cancer
First Reading April 13, 2010
(carried)

No person shall market or sell tanning services or ultraviolet light treatments to an individual who is less than 19 years of age. This is a joint NDP-Liberal private member's bill. New Democrat France Gélinas and Liberal Khalil Ramal introduced it. It would ban

tanning salons from serving anyone under 19 years of age and better regulate the industry. The World Health Organization (WHO) calls these devices: "carcinogenic to humans."

Ontario Bill 38, Criminal Record Checks for Volunteers Act, 2010

The purpose of this Act is to promote volunteerism by reducing the frequency with which an organization that retains the services of a volunteer can require a criminal record check for the volunteer and by reducing the cost to a volunteer of obtaining a criminal record check, while still ensuring public safety. Status of the Bill: 1st Reading April 19, 2010.

Resolution 2007.01 Government Funding for Police Records Checks

There has been no current action or activity on this since April 2010, members are to be encouraged to write letters, email, or call MPP's to inquire about this Bill.

Ontario Bill 58 Planning Amendment Act (Enabling Municipalities Inclusionary Housing), 2010

The purpose of the bill is to amend the Planning Act to allow municipalities to introduce Inclusionary Housing By-Laws and programs. This has been sent to committee in June 2010.

Ontario Bill 99 Children's Activity Tax Credit Act, 2010

Received Royal Assent November 23, 2010. To help parents with the cost of enrolling their children in activities that encourage them to be healthy and active, the government is proposing to introduce a new Children's Activity Tax Credit. This would be the only tax credit in Canada provided for a comprehensive range of children's activities. Resolution 2010.02 Income Tax Credit for Participation in Arts and Cultural Activities

Ontario Bill 101 The Narcotics Safety and Awareness Act, 2010

Ontario Moving to Reduce Abuse of Prescription Narcotics, Received Royal Assent November 29, 2010

The Ontario government introduced this legislation on September 15, 2010. If passed, the legislation would seek to improve the health and safety of Ontarians by promoting appropriate prescribing and dispensing practices for narcotics and other controlled substances, identifying and reducing the abuse, misuse and diversion of these drugs and reducing the risk of addiction and death from the abuse or misuse of these drugs.

The Good Shepherd

During 2010, The Good Shepherd Parish Catholic Women's League held numerous events.

Spiritually, we prayed the Rosary before our March general meeting. Along with the Knights of Columbus and the Youth Group, we did the Ways of the Cross followed by a Lenten soup supper. In May and October, we did the Living Rosary. During Lent and Advent, each family in our parish was presented with a specifically designed card to promote family prayer during the respective season. Besides being an effective means of prayer, it had helpful information regarding each liturgical season.

Mothers were given a flower at all masses for Mother's Day. We held a mass in honor of all Fathers in the parish for Father's Day. The children of our parish, who made their First Communion, were given a scroll with a religious verse and flower, which was made from seed paper. The children could plant the seeds and watch them grow as their faith also blossomed. The children who made their Confirmation were

presented with a bookmark, which included a religious medal. On National Child Day, we presented each child in the parish with a prayer card of the Holy Family, a prayer card for families, a Maple Leaf pin and a Discover Canada booklet. In February, we had a mass emphasizing support of the Family followed by our First Family Day Spaghetti Supper with a free will offering to support Fr. Tommy Dougherty's missionary work in Nigeria. We celebrated Valentine's Day by making a poster as well as a spiritual bouquet signed by our members which was presented to the women at the Miriam Centre. We held our annual Spring Tea and June Pot Luck supper. Monies collected at these events were given to support our refugee family who are coming from Africa. In celebration of "The Year of the Priest", we gave a spiritual bouquet to our Spiritual Advisor at our June pot luck supper. For our December Pot Luck Supper, we collected money for a family (parents and 3 children) within our parish. With monies collected, we went out and purchased presents for each member of the family and received donations from other members. We wrapped all the

gifts and presented them to the family a few days prior to Christmas. They were overjoyed.

Our major fundraiser was our Craft Fair and Bake Sale. This event is held every year on the first Saturday in November.

Our event includes various crafters, a bake table, a raffle table, and lunchroom. It was a great success.

During the year, we had two guest speakers at our general meetings. Office St. Denis of the Ottawa Police Department gave a presentation on fraud and scams, especially as directed towards the elderly. Lynn Kachuik gave a presentation and discussion about Palliative Care services available in our Ottawa Hospitals.

Claire Reede
President
The Good Shepherd Catholic
Women's League



St. Isidore

Been in and out of my home, cat/house-sitting for friends and never received your original message – apologies! Here is what I came up with – hope it is what you were looking for:

Because of our position in tearing down and building a new Church, the St. Isidore Council has been somewhat limited in the activities we can engage in.

Has that stopped us?

Oh, no! We are a small group of women who are committed to continuing to live under the mantle of Our Lady of Good Counsel. As a group, we have held Bean Suppers on Palm Sunday (thanks to the availability of St. Isidore School) for families in our Parish, to raise money for Shepherds of Good Hope and The Mission. We have sold meat pies before Christmas to raise funds for our ongoing Charities, such as

rosaries/holy cards for First Communicants, and hosting a retreat for women. We plan on taking part in the Stations of the Cross, along with our Youth Group on the Fridays during Lent. We are also hoping to have an outdoor Rosary in May (Our Lady's Month) before our own statue of Mary (although it is snowing right now so it is hard to think of Spring)!

Individually, we have women working with the children in school, teaching them the Rosary and preparing them for the Sacraments; with the Girl Guides who planted bulbs last Fall to help beautify our Parish grounds (everyone is looking forward to seeing if they really come up); and then there are those who prepare and serve funeral lunches (on hiatus right now until our Church is built); in Pastoral Care, bringing Communion to the sick and shut-ins, and visiting; as Eucharistic Ministers, Sacristans and Hospitality Ministries;

counting collections; and finally, some of us belong to The Women of Zion Group who meet weekly, attending Mass, praying the Rosary, watch a religious video, discuss it and then have prayer request and answers to previous prayers. We keep these intentions in mind during our daily prayers. (It is amazing how many prayers have been answered!)

So, even though we are working in less than ideal circumstances, we are doing our best to continue CWL work with Our Lady's blessings.

Good luck in getting this and the others sorted out.

God Bless you - MJ

St Theresa of the Child

Jesus' Catholic Women's League is looking forward to hosting the 2011 League Development Day and we welcome our sisters on Saturday, March 26th from 9:00 a.m. until 12 noon. Our "Senior's Luncheon" will resume this March 25th, 2011 and continue on the last Friday of every month until and including November 25th, 2011. These luncheons are part of a non-denominational community 'outreach to seniors' effort which is proving increasingly popular within our downtown community core and has drawn St Theresa's CWL members closer to organizers from Knox Presbyterian and St. John the Evangelist. We are happy to report that attendance is ever increasing as the word gets out about this CWL and parish-sponsored event. Some of our past luncheons saw attendance increase to thirty-five or so seniors enjoying a hot lunch and good conversation.

Although there is no charge for this luncheon, attendees themselves proposed a 'goodwill' offering basket which has been very successful in providing funds for this monthly event. We appreciate the huge efforts of the volunteer organizers and workers which continue to yield rewards in promoting faith and justice within our surroundings.

God Bless You All,
Ann M.M. Taillon
St Theresa's CWL President

St. Edith Stein

Our parish is only 11 years old. Our CWL members are very involved in many functions in our community. Just this Christmas past, we ask from our parish community if they could donate toiletry items so that we could give Christmas socks to the senior home in Clarence Creek. We had an overwhelming amount of stuff donated. With this kind of generosity we were able to do two homes. We also gave from our shawl ministry

14 blessed shawls to those who do not get any visitors at Christmas time. We also gave two \$100 gift cards to family of St. Patrick Catholic School in Rockland, which we normally do each year. We will donate again this year another \$200 to the Mary Barrett scholarship fund. Mary Barrett was a CWL member who was a teacher at St. Francis Xavier High School in Hammond, Ontario. At St. Patrick Catholic School in Rockland, some of us will go in to make rosaries with the grade six students and do 1 decade with them. A few us will make rosaries to give out to the first communion students at St. Patrick Catholic School in Rockland. We also have a shawl ministry get together every second Wednesday at one of our members home. We will participate in the way of the cross whether it be in the procession, cooking , reading or music.

Mrs. Toni Belanger
President

Highlights from our Parish Councils

St. Leonard's

Our New Beginnings Workshop, held in January, was a great success. We identified fresh new ideas and ways to make the group more accessible and more relevant to the existing members as well as adding 5 new members to our numbers. These are a few of the things we've adopted from the suggestions we got:

- * Switch up the days of the week for our meetings
- * Have events as opposed to meetings
- * Support existing projects within the parish
- * Have something for the "prayers" and something for the "doers"
- * More charity fundraising
- * More work in the schools
- * More visibility for CWL

Projects that will support the above ideas include:

- * Create prayer intention cards to be placed in the pews – "St. Leonard's CWL Prays With And For You"

- * Put on a fashion show and brunch to raise money for Ratanak – Charity that rescues young girls from the sex trade in Cambodia
- * Support the Knights of Columbus with their parish events
- * Contribute to the Peace and Development initiatives in the North
- * Create a "Learn and Love the Rosary" program at St. Leonard's school
- * Sponsor a writing contest – "Why God Made Moms". Publish the best essays in a booklet to give to parish Mom's on Mother's Day.
- * Organize an Hour of Adoration for St. Leonard's parishioners

We look forward to accomplishing these goals with God's help and to meeting our CWL sisters at the League Development Day in March.

Suzie Noaro
President – CWL St. Leonard's Parish
Manotick



Highlights from our Parish Councils

Greetings to our sisters in the League from the **St. Maurice Council.**

We are delighted to contribute to the first edition of the E-newsletter – more importantly, we are pleased that this website has allowed us the opportunity to connect with you directly across the Diocese.

January 2011 commenced with an almost completely new executive. Our Installation of New Officers was held on January 16th, 2011 during the 9:00 a.m. Mass with Father Simon Lobo presiding.

In the first weekend of February we were given the opportunity to speak about the CWL for a couple of minutes prior to each of the Masses. After each Mass, members at the exits met with parishioners and handed out CWL brochures. The women were invited to join us for our meeting the following Tuesday, followed by a wine and cheese reception. Six new members signed up that night, and an

additional ten since then for a grand total of 24 new members.

The Seniors Service and Social Group at the church made 15 Valentine cards which we distributed to shut-in members and friends of the CWL on February 11th, World Day of Prayer for the Sick. The cards were well received.

The CWL assisted with organizing two very meaningful celebrations for World Marriage Day, held during the weekend of February 12/13. At the dance on the night of February 12th we helped with food preparation and provided the desserts. On February 13th, married couples were invited to renew their vows and each couple received a certificate and blessing from Fr. Francis Ching.

On March 4th, we will be actively participating in the service and social of The World Day of Prayer at City View United Church. The service this year has been written by the women of Chile, and the theme is:

“How Many Loaves Have You?”

St. Maurice Church will be hosting the Pro-Life dinner and auction on March 26th and our CWL will be donating the desserts for this event.

In April, we will be celebrating the Feast of Our Lady of Good Counsel. Sister Betty Ann Kinsella, who recently received the Order of Ontario for her exemplary work at the Youville Centre will be attending and speaking to us briefly. Sister Maureen Killoran from Carty House will be the main speaker. She was recently awarded the province’s Newcomer Champion Award. As CWL members at St. Maurice, we truly live the very essence of who we are by growing in our **faith**, having **fun** and enjoying lots of **fellowship!**

Catherine Pereira
President

St. Margaret Mary, Cumberland

At our General Meeting on Tuesday, February 1st an item on the Agenda was presented or rather was asked, “*Did we want to do something for Valentine’s Day?*” The question hung expectantly over the room. Nobody spoke.

During that silence, one could feel the echo of what once existed, what was cherished, a flashback to a past leader in the St. Margaret Mary Church: Fr. Jim Whalen. Fr. Jim used to organize a Valentine Potluck Volunteer Night, decorating the hall with pictures, hearts and chocolate. His annual event would include all the volunteers of the parish and their families. Since his passing a few years ago, the laughter and joy of those events became fading memories within the walls of the church. Parishioners continue mourning the loss of this special priest.

“*Do we want to do a Bake Sale, a raffle; anything at all?*” I asked. Again that intense silence persisted. Then, Pauline Murray began reminiscing and commented how nice it would be if we could rekindle and host the Valentine Potluck Evening. Five people came forward and offered

their help and finally Pauline decided to be the convenor of this event.

Pauline organized a meeting with her team; Paulette Beaudette, Helen Schulte, Claire McNeely, Naomi Read and me. She had put together all of our ideas and we went through them one by one. We wanted to build on the groundwork laid by Fr. Jim to create an atmosphere of a loving community, inviting all parishioners, and making the event special and memorable. It would reflect the past and at the same time embrace who we are today.

The night before the event, the hall was decorated. Large hearts that Father Jim had made with pictures of the parishioners were hung on the walls. Hearts dropped from the ceiling and tables were covered with red and white tablecloths. There were candles, centerpieces, balloons grouped together to add a festive element, and the back wall was adorned with white and red fabric making it a perfect backdrop for the Valentine Raffle and the giant jelly bean jar contest. This backdrop also became the setting for our MC, Pauline, and our speakers on love; Father Gerard Monaghan, Deacon Tom Donohue, and me. When the evening was all over, everyone left with a chocolate heart and a Valentine card.

Love of a community came alive that night. There was a lot of food, desserts and laughter. Some parishioners were deeply touched. They sensed that someone truly cared after all the challenges our parish community experienced over the last few years. One of our members said with a smile, “*People might think there’s new blood!*” Other women said, “*we would never have done all this!*” A particular parishioner expressed thankfulness for what the organizers accomplished when he said: “*I don’t know if you know, but Father Jim used to do this for his volunteers. What you’ve done here this evening, you’ll never know how much it means to us. Thank you.*” Gratefully I shook this man’s hand and knew by the look in his eyes, that the evening brought back life, hope, and a renewal of faith.

We are social people. Community is the church and beyond. Deacon Tom Donohue said it best when he said, “*It is not just what we do in the church, it is also events like this Valentine Social, which bring us together as the body of Christ.*” Our heartfelt gratitude goes out to our convenor.

Respectfully submitted,
President Lynn Lavictoire, St.
Margaret Mary Council

Highlights from our Parish Councils

St. Martin de Porres CWL

At our Christmas Dinner we were delighted to present the following pins:

- 60 Year Pin to Joan Monette
- 50 Year Pin to Eleanor Sheedy
- 10 Year Pins to Dianne Hendrick and Helen Bissonnette

We will be hosting “Servant at the Supper” on April 14th 2011 at 7:00 pm. We are extending an invitation to other local CWL councils and churches.

At our annual Christmas dinner as an alternative to a gift exchange we take up a collection and make a charitable donation in memory of a deceased member. The family of the deceased decides on the charity and our council rounds off the collection. In 2010 a \$500.00 donation was made to the Western

Ottawa Community Resource Center in memory of Theresa Hall. Our CWL is hosting a trip to St. Joseph’s Oratory on June 9th 2011. In the event that we have available seats on the bus we will extend an invitation to our parish and possibly to other CWL councils.

On May 14, 2011 we will be hosting the Archdiocesan Convention.

Hope to see you at the convention.

Respectfully submitted
Rosanne Nadon, President



St. Mary's Council Almonte

The Friendly Lunch in Almonte has been taking place annually for about 20 years. Four of our long time CWL volunteers, Pat Bailey and Elizabeth Vaughan, Fran Renwick and Fran Shane say they have been involved helping in the kitchen and making sandwiches for at least 17 years. It is said that they make the best sandwiches in the valley (I guess if you had been making sandwiches for 17 years you would be good at it too!). Ladies from the Anglican, United, Presbyterian and Catholic Churches prepare the food and set up for the Friendly Lunch. For the cost of only \$5 guests will be treated to soup, sandwiches, cheese, crackers, pickles, celery carrots and, of course, delicious homemade desserts. The proceeds of the lunch go toward covering expenses, and any remaining funds are donated to a charity (which is chosen

by vote of the luncheon volunteers).

Over the years, the luncheon has served an average of about 75 people monthly. Although, a few years back participation had declined to about 40 people and the group thought they might have to discontinue the lunch, attendance has rebounded,, and some months as many as 90 people attend. Many seniors attend, including some residents of the Fairview Manor. Everyone enjoys the company of a great mix of people at the lunch both young and old

The lunches take place on the first Tuesday of the month from October until May. Each church take turns, twice per year, supplying desserts (and along with the desserts, their Priest or Minister to say grace). In addition, we often have groups who volunteer to provide entertainment.

Not only is the Friendly Lunch an example of great sandwich art, it also exemplifies how we can work together in our community, across faiths, for a common cause. The very fact that our luncheon volunteers have been making sandwiches and serving our seniors for 17 years is a true testament to how much they enjoy being involved in this event.

Submitted by
Nancy Timmons &
Catherine Hudson

Ottawa Diocesan Council

E-MAIL:
Colleen.randall@bell.net

We're on the Web!
See us at:
www.ottawa.cwl.on.ca

Dates to Remember

April 26, 2011
Feast of Our Lady of
Good Counsel

April 30, 2011
Pre Convention
Meeting

May 14, 2011
88th Diocesan Convention

June 11, 2011
Post Convention
Meeting

July 10 -13, 2011
Provincial Convention
Hamilton, Ontario

August 13 – 17, 2011
National Convention
Toronto, Ontario

September 24, 2011
Fall Potluck & Exec
Meeting

Feedback

The main goal of this newsletter is to inform our members. To that end we ask that all feedback, both positive and negative be sent to the Communications Chair Barbara Devine

at
barbdevine@sympatico.ca

Please let us know what you think. This is your newsletter. We cannot always accommodate but all

suggestions will be taken under advisement
God bless you all.
Colleen Randall
President
Ottawa Diocesan Council

About Our Organization..



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.

Congratulations to Heather Sisk for her prize winning suggestion of
Faith in Action
For our new e-newsletter