

FAITH IN ACTION

OTTAWA DIOCESAN COUNCIL OF THE CATHOLIC WOMENS LEAGUE OF CANADA
VOLUME 5 NUMBER 3

THOUGHTS FROM OUR SPIRITUAL ADVISOR

Monsignor Joseph Muldoon Holy Spirit Parish

As we begin a new year in our Catholic Womens' League Councils we are reminded to continue living out the Corporal and Spiritual works of mercy in our faith communities. This Jubilee Year of Mercy will assist us to reach out to those who may be on the margins of our society and those most vulnerable. It is a good time to invite a parishioner or friend to attend a meeting with you and get to know the League and experience the benefits of belonging. Ask them to become a member for we know that many people are waiting for the invitation to join. Consider it your mission for this year to encourage new members and watch the Lord at work as you follow in obedience and in love.

Please be assured that the work you do for God and Canada serves to strengthen in faith and in love the Community of the Church in Ottawa and is appreciated by Archbishop Terrence Prendergast, SJ and all our Spiritual Advisors. You have the assurance of our prayers always in Our Lady of Good Counsel. This anonymous prayer may serve as a reflection for the year.

Many of you are familiar with the childhood prayer "Now I lay me down to sleep", but that it is a shortened version of an Old English prayer, which goes like this:

If I Should Die Before I Wake

Matthew, Mark, Luke, and John,
bless the bed that I lie on.
Before I lay me down to sleep,
I give my soul to Christ to keep.

I go by sea, I go by land,
the Lord made me by his right hand.
If any danger comes to me,
Sweet Jesus Christ, deliver me.

Four corners to my bed,
four angels there aspread,
two to foot, and two to head,
and two to carry me when I'm dead.

He's the branch, and I'm the flower,
pray God send me a happy hour.
And if I die before I wake,
I pray that Christ my soul will take.

UPDATES FROM OUR PRESIDENT

Joanna Sisk, Ottawa Diocesan President

This summer has been one of conventions for me. Our 93rd Annual Ottawa Diocesan Convention was very successful. With *One Heart One Voice and One Mission* we celebrated our blessed, blessed Elisabeth Turgeon and shared our response to the year of mercy challenge, reaching out to others. I was so proud of our members and pleased to share this with Pauline Krupa, Provincial President who joined us for this day of faith, fun and friendship.

It was an honour to present Monsignor Muldoon with our Catholic Women's League spiritual bouquet at a celebration of his 40th anniversary of priesthood.

The 69th Annual Provincial Convention was held in Stratford, Ontario in July. I was happy to introduce Blessed Elisabeth Turgeon, as a Canadian missionary from Rimouski, Quebec and share some of the many works of mercy we participated in. The song that Jan Bentham wrote and performed at our diocesan convention was performed and taped by a group of students from St. John Paul School in Ottawa east.. They were so sincere, singing their hearts out and a huge hit!

At the convention in Stratford, mercy was the main focus with a pilgrimage and opportunities for confession. Some members prepared food for a food bank and others visited a soup kitchen. A very powerful experience for many was the thirteen wooden crosses with the blessed and sainted on them, which were placed in a special focus centre.

Halifax was the city of the 96th Annual National Convention. The first day and half we joined with WUCWO for the North American meeting. Seven hundred sixty four registered for this exciting convention. Eighteen were from the Ottawa Diocese. Thank you for your presence! Wonderful, thought provoking speakers gifted us with their thoughts. Mary Nordick, Life Member has an excellent daily account of the convention and activities on the National website. Please read along and you may feel as if you were with us.

The newly elected National Executive (2017-2019) is:

Most Rev. William T. McGrattan, National Spiritual Advisor

Margaret Ann Jacobs, National President

Anne Gorman, National President-Elect

Fran Lucas, National First Vice-President and Chairperson of Education and Health

Shari Guinta, National Second Vice-President and Chairperson of Communications

Janet McLean, National Secretary-Treasurer

Barbara Dowding, National Past President and Chairperson of Laws

Jacqueline Nogier, National Chairperson of Spiritual Development

Doreen Gowans, National Chairperson of Christian Family Life

Betty Colaneri, National Chairperson of Community Life

Joan Bona, National Chairperson of Resolutions

Nancy Simms, National Chairperson of Legislation

Thank you for allowing me to represent you at the conventions and I hope that you will have an opportunity to attend future conventions. They are very uplifting and challenging.

I will be sharing a lot of information that has come out over the summer. Please check with your president to know what I am referring to.

We are living our faith in action.

Blessings

There is nothing on earth more to be prized than true friendship. Saint Thomas Aquinas

SPIRITUALITY OF MEDIEVAL WOMEN MYSTICS STUDY TOUR – MAY 2016

Lynn Lavictoire, Ottawa Diocesan, 1st Vice President & Christian Family Life

Last May, I had the opportunity to participate in a study tour organized by Dr. Susan Roll, a professor from the Faculty of Theology at Saint Paul University. I travelled for twenty-one days eager to discover something about our medieval heritage and to immerse myself in the historical and geographical context of women mystics of the middle ages. Visiting historical sites associated with Saint Hildegard of Bingen provided glimpses of these times.

My journey began with the world of the Beguines. This was a movement of Christian lay women in the 12th and 13th centuries who lived a common life of simplicity, modesty, and chastity with a religious foundation. The origin of the Beguines is unknown, however, the movement was a practical solution for widows (some with children) whose husbands left for the Crusades but never returned.

Later, the movement appealed to a broader range of society, including the upper classes, as it offered an alternative to matrimony or the strict enclosed life of the religious orders. As I walked through communities in Bruges and Leuven, it felt like I was transported to a different historical era, a time when things seemed much simpler – a place of sanctuary and healing. I was struck by the similarities between the Beguine movement and those of the Catholic Women's League. Both are charitable movements run by women for women and serving real needs in society.

After being immersed in the world of the Beguines, I visited numerous places over the following days, which included guided tours to museums and churches, seminars, discussions and guided meditations, in Cologne, Andernach, Oberwesel, Disibodenberg, Trier and Bingen.

My visit to the Basilica of Saint Ursula in Cologne was an experience close to my heart. The legend of Saint Ursula is based on the remains of fourth century virgins found when they were rebuilding the basilica. It was believed that Saint Ursula fell in love with the Son of God, renouncing the man she was betrothed to as well as the rest of the world. She was later martyred by the Huns. While visiting the basilica, I was introduced to a Japanese Soprano singer, Keiko Sunohara, who sang with such an angelic voice that it carried me in the spirit resonating with the sheer richness of our Catholic faith.

The final part of my journey ended with the first International Hildegard Conference held in Bingen. Participating in several workshops, I gained insight into women mystics' spirituality and the experience of God's presence in their lives. I also came to appreciate that women are still connected to each other through time – there are no barriers. At the workshops, I was invigorated by practicing Saint Hildegard's multitude of talents and creativity. She is an example to emulate and gives me encouragement because she never lost faith as she held on to "Love" in all her challenges and fruitful endeavours.

Veriditas!

CWL LIFE MEMBERS IN THE OTTAWA DIOCESE

Shirley Bernier, Ottawa Diocesan Life Member Liaison

Continuing with tradition, ten of the eleven Life Members of the Ottawa Diocese met for lunch on June 24, 2016. We welcomed Colleen Randall as a new Life Member and Agnes Leblanc a Military Ordinariate Life Member who has recently moved to the Ottawa area. President-elect Onagh Dooley and President Joanna Sisk were present. Joanna brought the Life Members up to date on plans for the coming year. Booklets of the CWL experience stories of the current Life Members were distributed. We do have a wealth of varied experience and are most willing to help where we can. Life Members try to meet twice a year and we now look forward to our next luncheon sometime in the Fall.

COMMENTS FROM PRESIDENT ELECT/ ORGANIZATION CHAIR,

Onagh Dooley

The Ottawa Diocese will be hosting an Annual Report Workshop on Saturday, October 15th, 2016 at the Diocesan Centre, 1247 Kilborn Ave., to bring all of you up to date on the new annual report procedure. I strongly urge ALL members to attend this meeting.

Some councils have *elections* this year, and I would encourage members to let their names stand for office – it's really not that scary, honest! You know everybody at the meetings, you've seen how the meetings work and you know who to ask for help, should you need it; *so come on, step up to the plate* and join in the fun.

I would like to dwell more closely on '*Membership*' in this article, as it is on a continual decline provincially and nationally. We're coming up to elections for some councils and as you plan for a new term of office, remember to make arrangements and incentives for recruitment and maintenance of membership. Annual report books and conventions are the most beneficial opportunities to share ideas and learn new ways of doing things, so please do not be afraid to try something new – as the old saying goes “nothing ventured, nothing gained”. *Recruitment* can happen at any time and should be an ongoing part of your work plan, but especially during a membership drive or at other parish events. The task of recruitment is enormous. No one person can do it alone. All members should be encouraged to recruit new members whenever they can.

Why should anyone join us? Have the answer(s) ready to persuade women to come aboard.

- We all know people who share our interests so please 'step outside the box' and *ask* them to attend a meeting with you.
- Welcome 'new faces', introduce them to others and make them feel at home.
- Make perspective members feel important.
- Set up and decorate an information table in the parish hall at events including at your own meetings.
- Make posters for the church bulletin board.
- Host an 'Open House'.
- Have a reward program for those who bring in new members.
- Develop a welcome letter from the president for all new members.

Maintain members by asking for their input; members join because they want to do something for their community, they want to feel appreciated and feel part of a team.

- Keep members motivated by organizing activities that will enable them to use their skills and experience to benefit the council. More members mean that you can do more work as an organization.
- Thank your members and praise them in meetings for work done which will encourage other members to get involved in projects and campaigns. Recognize new members in newsletters.
- Spend more time talking with members and getting to know them by making some meetings, social events, and/or organizing fun meetings with engaging ice breakers.
- Encourage members to attend Ottawa Diocesan annual potluck meeting in September and the annual convention in April/May

A GLIMPSE OF THE 69TH ANNUAL PROVINCIAL CONVENTION IN PICTURESQUE STRATFORD ONTARIO

Teresa Psutka Corresponding and Recording Secretary

After settling in Saturday morning and registering for the convention, that evening I went to see “Chorus Line” at the Stratford Theatre, which was only minutes away from our hotel.

Sunday morning began with a bus tour of Stratford including a backstage tour of the theatre as well as a visit to the costume and prop warehouse. All of the costumes were well labelled and sorted for easy retrieval.

Interestingly they loan out costumes to smaller theatrical companies who are unable to afford their own. At the end we were even able to try on a costume if we wanted to.

We were fortunate to celebrate Mass every day. Opening Mass took place Sunday evening at Immaculate Conception Church, followed by a lovely reception in the church hall. It was a hot summer’s day and the church was full to capacity.

Monday opened with Mass. Bishop William McGratten, Bishop of Peterborough Diocese and National Spiritual Advisor, our keynote speaker, spoke on the importance and meaning of the Extraordinary Jubilee Year of Mercy. He reminded us to look happily on our role as evangelizers, not as someone at a funeral. He encouraged us to continue to be who we are as members of the Catholic Women’s League of Canada. Later in the day we went over the 4 resolutions that had made it to convention. The Prayer Room during the convention was dedicated to Mary – Undoer of Knots. The Year of Mercy banner that Suzie Noaro (Diocesan Community Life Chair) had made for the Diocesan Convention was displayed throughout the convention

Tuesday, “Jubilee Day”, after celebrating the Eucharist, we went on a pilgrimage through the “Holy Door”. We processed outdoors with the Diocesan Presidents carrying a picture of their Blessed. How ironic it was that I was close to the president carrying the picture of Blessed Mother Teresa. Once we passed through the Holy Door and took our places again, we had the Litany of the Blesseds and the Saints. The Diocesan presidents spoke on their chosen Blessed, their life and their Works of Mercy. Then the Provincial Executive did the same for their chosen Saint. This was very informative and touching. We had a Poverty lunch consisting of soup, a bun and water for \$2. The money was donated to The Local, a community-based group in Stratford that provides food and learning to those in need. Later some ladies went to The Local (including Lynn Lavictoire, Christian Family Life Chair) while others (including Onagh Dooley, Organization Chair) sorted dry goods and canned food for the St. Vincent de Paul. The rest of us spent time in prayer, reflection and the sacrament of Reconciliation. Ann Shore then spoke on “Women Living Mercy Every Day”. She said to forgive the resentments and hurts we carry in our hearts and let them go in prayer. She spoke on kindness and said to forgive others and mostly ourselves. Our day concluded with the banquet. The place mats were uniquely made by Grade four students for us to take home.

On Wednesday, the last day of the convention, we listened to Michelle O’Rourke who addressed effective and ethical Palliative and Hospice Care. As she had recently lost her dad, she took us through her journey with him. Later the Thunder Bay Diocese gave a presentation inviting us to next year’s 70th Annual Provincial Convention. Closing Mass was held at St. Joseph’s Church. It was another lovely sunny but hot day. As we waited for the shuttle back to the hotel we were able to find a little shade where we shared a final chat.

LEADERSHIP AND PUBLIC SPEAKING COURSE

A thank you from Wilma Murzello

It is indeed an honour for me to deliver a vote of thanks on behalf of the participants of our Catholic Women's League **Leadership and Public Speaking Course**. God Bless all who were instrumental in providing this valuable course, which exceeded our expectations!

'Women's Leadership Matters' by Marika Morris in the Ottawa Citizen June 22, reaffirms the success of a collaborative leadership style as in the CWL. Collaborative leaders are good listeners and consensus builders, it states. Diversity of mind-set is not a biological thing it could be learned.

Thanks to the coaching and critical appreciation of our facilitators who made learning fun. The smile on their faces and critical appreciation on seeing our progress has been encouraging. Reviewing the *Constitution and Bylaws* and staging a mock motion helped drive the points home. The diversity in thinking and experience resulted in speeches and discussions that were very informative and enlightening and saw us inject drama, humour, musical interludes and decadent desserts too!

Blessed Elizabeth Turgeon was present as were other renowned personalities; letting our imaginations run wild! The *Jubilee Year of Mercy* with the CWL's theme of *One Heart, One Voice & One Mission* was evident, for as CWL members the Works of Mercy are ingrained in us.

I would strongly recommend this course for anyone going through the grieving process. They say time heals most wounds but when that time is filled with constructive research and sharing news and views with your League sisters, it makes time fly.

At our closing ceremony there was an exchange of contact info. The closing was not the end, but the beginning of our concerted efforts in living a life of Faith, Fun & Fulfillment. Gratitude is an attitude that takes you to latitude for living.

May we find hope in every challenge, pride in every accomplishment and may every step into the future bring us happiness! Let's show our thanks with our blessing. 'May the Blessing of the Lord be upon you....'

GETTING TO KNOW YOU

Diana Baines, Ottawa Diocesan Communications Chair

Remember the songs from "The King and I"? "Getting to Know You" was a favorite; it illustrates the importance of communication. Could you come up with one non CWL related fact about each of the women in your council? Getting to know other members as individuals, rather than just as a group, leads to a much better atmosphere at meetings. While chatting to other members during social time, ask a few questions, you may find out fascinating facts about people that you never would have expected. It also gives a chance to understand more about why some members choose not to participate in activities; the woman you thought was disinterested may be juggling a demanding job at the same time as she helps her elderly parents downsize and prepare to move to a retirement home.

A large group from Ottawa attended the Provincial Convention in Stratford; one member offered her room as the hospitality room. Members, and some husbands, dropped in before and after evening events, some even for lunch. The casual conversation that took place told us a lot of interesting facts about each other.

Whatever you do, keep asking questions and really listen to the answers.

We have included the September Communiques in this Newsletter to make them easier to distribute to all your members.

OTTAWA DIOCESAN PRESIDENT

Communiqué #5

September, 2016

Joanna Sisk, Ottawa Diocesan President

This communiqué will be in point form and contain information to be shared with your council.

A new on-line annual reporting form has been introduced was voted on and passed at the National Pre Convention Meeting. All parish presidents will receive information in the fall mail out from National.

We, the Ottawa Council, will provide an important workshop **October 15th at the Diocesan Centre**, to teach this new format, which is to be implemented immediately. All presidents and members are asked to attend, especially if you are responsible for annual reports and/or have computer experience.

Membership fees must be sent into the National office at the latest Dec.31, 2016. It is no longer acceptable to send them in 2017; the sooner the better. Start now to collect for membership in 2017.

Provincial council has anniversary certificates for councils celebrating. Please let me know ASAP so we can have these for your council.

The National Bursary Fund was awarded to Jodi Anne McDonald (Pembroke Diocese) as she works on a Masters of Religious Education. Keep members in mind that might benefit from such a bursary.

Criteria for Life Membership were reviewed and the new deadline for application is Sept 15.

Bishop Papin Fund for Ontario seminarians had four recipients; one from the Ottawa Diocese. Please contribute to this provincial fund to assist our seminarians during their studies. Members of the provincial council will visit the seminaries in Toronto (Sept.) to promote this fund.

Provincial and diocesan councils are looking into improving their websites. Provincial website is investigating a prayer line where we can request prayers. Provincial council is presently looking for a new webmaster. We hope to have prayer categories such as prayers for Advent, Lent... Guidelines are also being developed for posting prayer services. Resolutions would be listed under the standing committee it applies to.

Plans are underway for the Provincial 70th Anniversary in Thunder Bay in July 2017. A meeting will be organized with Alexandre-Cornwall, as we are twined to celebrate the years 1958-1968. More information to follow, but if you have ideas, share them with me ASAP.

2017 will see a change in paying for a diocesan president's room at provincial conventions. Up until now the room was paid for by the provincial council, but next year they will pay for half the room cost and the diocese will pay for half.

World Day of Prayer March 2017; the prayers are prepared by the women of the Philippines. Start now to plan and invite guests.

Ontario reported 47,034 members. We know that leadership development as is very important for our continued success; remember this when budgeting for workshops and conventions.

More important information is forthcoming at the Sept. 17 Executive Meeting and Potluck Lunch. **Please attend and invite members. All are welcome.**

ORGANIZATION STANDING COMMITTEE

Communique #5

September 2016

Onagh Dooley, Diocesan President Elect/Organization Chair

Dear Lord, make me appreciative of the dignity of my standing committee and its many responsibilities. Never permit me to disgrace it by giving way to coldness, unkindness or impatience. Please bear with my faults, looking only to my intention, which is to serve you in the person of each member of The Catholic Women's League. Increase my faith, bless my efforts and work for God and Canada. Amen.

Organization Convenors' prayer

The final vote for the approval of on-line **Annual Report** changes will be voted on at the pre-convention meeting in Halifax this month. Further updates will be revealed at our September 17th, 2016, potluck meeting. I would encourage all of you to attend, together with members of your executive.

Leadership Development

Our ***Leadership and Public Speaking Course*** was a great success, many thanks to our facilitators Moira Matthews, Life Member and president of Immaculate Heart of Mary council and Claudette Joseph, past president at St. John the Apostle council and to the participants for their commitment. For those-who missed it or would like to take the course, please ensure you put your name forward at our September potluck meeting.

League Resource Material

Please make sure you are accessing the updated "Manual of Policy and Procedure". Remember also that our Ottawa Diocesan Website will list your council's upcoming events on our website – it's free!!

Life Member

The criteria for Life Membership has not changed, but the Nomination and Approval Procedure has, in that the Notice of Nomination which must be sent to National Office, after diocesan and provincial approval, now has a deadline of September 15th.

Membership

Membership is on a decline with 2,000 fewer members in Ontario this year. Our members are our backbone, so please make an extra effort to contact those members who have not renewed their membership. We know what we should be doing – ask a parishioner, neighbour, friend to join us; bring someone to a meeting; introduce them; make new faces welcome. As Margaret Ann Jacobs, our National Organization Chairperson noted, "Don't be afraid to try something new". I wish you all continued success as you recruit for this marvelous, spiritual, fulfilling organization!

May Our Lady of Good Counsel bless you.

SPIRITUAL DEVELOPMENT STANDING COMMITTEE

Communique #5

September 2016

Rosanne Nadon, Diocesan 2nd Vice-President/ Spiritual Development Chair

I hope everyone has had a restful and peaceful summer.

In July I attended the Ontario Provincial Convention held in Stratford, Ontario. It was a wonderful experience. So much was accomplished but I would like to focus on the spiritual aspect of the convention. There was so much but here is a snapshot of the spiritual program:-

Sunday evening the opening mass was held at Immaculate Conception Parish with Bishop Fred Colli presiding along with many Ontario diocesan spiritual advisors con-celebrating, including our spiritual advisor, Monsignor Joe Muldoon. It was wonderful to see so many spiritual advisors attending the convention. Wednesday at noon the closing mass was held at St. Joseph's Church.

Monday and Tuesday sessions began with morning mass celebrated by Bishop Colli and the attending spiritual advisors. Monday's theme was Mary, Mother of Unity and Tuesday: Mary, Queen and Mother of Mercy. Each day there were opening and closing prayers for each session along with the "Angelus" and a prayer before lunch.

The focus of the Tuesday prayer services was on mercy and it was very special.

Right after mass, we all made a pilgrimage through a symbolic Holy Door. In the ballroom where the convention was held they had papered a door going outside with a large crucifix. Everyone in the hall (over 300 members) followed Bishop Colli and the other spiritual advisors out another side door; around the back of the hotel and through the Holy Door. All during this procession we sang the refrain from the Jubilee Hymn of Mercy: "Misericordes sicut Pater". The diocesan presidents processed carrying a picture of the Blessed that their diocese had chosen, studied and tried to emulate during the past year. Our Blessed Turgeon was held high by Joanna for all to see. During the morning each president gave their reports on their Blessed and the morning session closed with a Litany to the Blesseds. It was wonderful.

We had a poverty lunch of soup, a bun and water. The afternoon session was dedicated to action based on the Works of Mercy and quiet reflection. Some of the delegates went out to St. Vincent de Paul to help there and others stayed in the hall sorting cans and other items which we were invited to bring with us to the convention. We began the afternoon with a prayer from Bishop Colli sending the members off and other prayers and reflections were read by the diocesan spiritual development chairs who attended the convention. We reflected on Pope Francis' words of mercy. Mercy: the word reveals the very mystery of the Most Holy Trinity; the ultimate and supreme act by which God comes to meet us and the fundamental law that dwells in the heart of every person. Mercy: the bridge that connects God and man!" We heard of parables devoted to mercy: "the shepherd who puts himself out to find the one who had strayed away; the story about a scorned woman who shows that Jesus includes all people in his teaching and did not dismiss the influence of the female in this work of mercy and the story of the prodigal so. After this time of spoken reflection there was ample time to receive the sacrament of reconciliation and we were invited to sit in quiet reflection during this time. Our closing prayer was the "Divine Mercy Litany."

I could continue on about this special day but at least this gives you a brief look at what I was part of at the convention. For me as a diocesan spiritual development chair this was the best part of the convention. What better way for women rooted in Gospel values to show what this means during this *Jubilee Year of Mercy*.

If you are interested in using any of the prayers that they used please be in touch. I would be happy to send them to you.

Peace to all,

CHRISTIAN FAMILY LIFE STANDING COMMITTEE

Communiqué #5

September 2016

Lynn Lavictoire, Diocesan 1st Vice President /Christian Family Life Chair

“O Jesus, my love, at last I have found my calling: my call is love”

– Saint Theresa of the Child Jesus

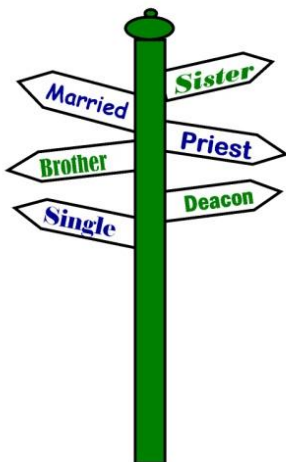
Our Diocesan CWL Spiritual Advisor Msgr. Joseph Muldoon celebrated his 40th year of ordination. Over two hundred people joined him at Holy Spirit Parish on June 11th, 2016 to recognize this special achievement. There was even a song for the occasion recounting Msgr. Muldoon’s life called, “The Story of Father Joe Muldoon.” This celebration was a reminder of the importance of our spiritual advisors and the life commitment they have made to be our shepherds and faithfully bring us to Christ. It also gives a chance to pause and reflect on vocation and the many people who have dedicated their lives to helping us on our journey to holiness.

Yet when we reflect on this, the first question that naturally arises is what do we actually mean when we talk about vocations? At Mass on Sundays, for example, we often pray for vocations especially priests, deacons, and the religious life. Before Vatican II, this was the popular understanding of vocations except the diaconate which didn’t exist at that time.

Vatican II opened up the window to change including the Church’s understanding of vocations. In his apostolic exhortation, “Ecclesia in America,” St. John Paul II wrote that “Vocations ‘are a gift of God’ and ‘they are born in communities of faith, above all in the family, the parish, Catholic schools and other Church organizations.’” This was a significant broadening of the previous understanding, particularly the recognition of the role of the laity. For many of us, however, a definition with more specific details is useful. Turning to other authoritative sources, such as the Catechism of the Catholic Church, is not very helpful. There seems to be a widespread assumption that we already know what the term means!

If we consider the root of the word “vocation,” it is derived from the Latin word “*vocāre*,” meaning “to call.” Hence a vocation is not only a gift from God, it is also a call from God. The purpose of a vocation is found in the words of Jesus when he said, “The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest” (Matt. 9:37-38). God is calling us to labour in his harvest and be transformed through His love. God’s call to labour, or vocations, falls into distinct states of life which includes ordained life and religious life as well as single life and married life.

The importance of the new understanding introduced by Vatican II means vocation involves all of us. Although God has sent us his dedicated shepherds, like Msgr. Muldoon, to guide us on our journey, all of us in the CWL are called to participate in that journey not just follow. Our challenge is to discern the perfect role that God intended for each of us. When we do, vocation, unlike a job, becomes a love that consumes us full time.



As members of the CWL we are in a perfect place to exercise our own vocations and support the vocations of others. For example, a calling for political action might draw one towards involvement in resolutions, legislation, and law. There are many opportunities for charitable work through the projects run by the CWL. We can even suggest and run new charitable projects. This year our focus in the diocese will be on palliative and hospice care, so this will be an opportunity to get involved and exercise pastoral talents. What about education? On the road to Christ we are all thirsty for new knowledge which will benefit us on our way. There is always a need for people with the talents to teach and do research. We can support the priesthood. “The Bishop Bernard F. Pappin Memorial Bursary”, was created by the CWL to help seminarians from Ontario who need financial assistance.

Someone needs to identify those seminarians and shepherd them through the bursary process. These are only a few of the possibilities but there are many more. If we open our hearts, God will show us the possibilities.

Pope Francis also highlighted the importance of Church in his message promoting the “53rd World Day of Prayer for Vocations” when he said:

It is my great hope that, during the course of this [Extraordinary Jubilee of Mercy](#), all the baptized may experience the joy of belonging to the Church and rediscover that the Christian vocation, just like every particular vocation, is born from within the People of God, and is a gift of divine mercy. The Church is the house of mercy, and it is the “soil” where vocations take root, mature and bear fruit.

By extension, the CWL is called to be part of this house of mercy and to bear the same fruit.

Still on the subject of vocations, on August 2nd Pope Francis appointed six men and six women to a commission to study the issue of women deacons focusing on their role in the early Church. The commission was raised based on a request made by the International Union of Superiors General (a worldwide organisation of leaders of Catholic women’s religious institutes) in a meeting with Pope Francis last May. Expressing his own understanding at that time, Pope Francis said that while the female deacons in the New Testament were not ordained as male deacons were, “it would be useful for the Church to clarify this question.”

Since the current commission is an advisory body, their recommendations reflect only one step in a process. Ultimately, any change in the Church’s teachings and practices will require the Pope’s authorization and possibly a consultation through a synod of bishops. Regardless of the outcome of the current commission, it is gratifying to know that Pope Francis recognizes the dignity of women in the Church and is readily willing to address women’s issues and concerns.

EDUCATION AND HEALTH STANDING COMMITTEE

Communique #5

September 2016

Nancy Grimshaw, Diocesan Education and Health Chair

Welcome back everyone! I hope you all had a great summer.

Have you ever looked around in church and noticed that despite having music and a lead vocalist or choir, that there seems to be very few people singing the hymns and prayers? I was fortunate to be able to attend the Provincial Convention in Stratford in July, and I am always amazed at the sound and sight of hundreds of women singing in both the church and in the convention hall as we celebrate daily mass. I find it a very uplifting experience to be in the presence of so many women who share the same ideals and values. From fellowship to evening entertainment, I encourage you all to consider attending a provincial convention in the future, if the opportunity presents itself.

At the convention two new education and health resolutions were passed.

Resolution ON.16.01 Enhance the Canada Health Act to Include Home Care.

The Canada Health Act of 1984 does not recognize home care as a, medically necessary, insured service. As members, we are urged to write to the Prime Minister, our Premier, federal and provincial ministers of health, our MP's and MPP's. Other suggestions include initiating a petition. Study the Parliamentary Committee on Palliative and Compassionate Care report "*Not to be Forgotten, Care of Vulnerable Canadians*" or other publications from the Catholic Organization for Life and Family that deal with vulnerable people. Consider supporting a local hospice by volunteering or providing financial support. Plan assistance to help the disabled or elderly, or invite guest speakers to talk about home care services in the community.

Resolution ON.16.03 Expand the Nutrition North Canada Program to Include All Communities Accessible Only by Air

Since this program is based on past usage instead of current need, there are 48 communities accessible only by air that are not eligible for the programs. We are encouraged to write letters to the Prime Minister, Minister of Health, Minister of Indigenous and Northern Affairs, as well as local members of parliament. Other ideas include studying the list of foods that are subsidized to remote Canadian communities by going to the Nutrition North Canada website. The website www.feedingmyfamily.org can be visited to increase awareness of the high cost of food and food insecurity in northern Canada. Lastly, consider skipping a meal or brown bagging your lunch and donate the money saved to a local food bank.

More information on these resolutions can be found on the Ontario Provincial Council Website at www.cwl.on.ca.

Wellness and Sickness/Disease

Resolution 2015.01 Increase Early Access and Intervention to Children and Youth Mental Health Services.

This spring your parish president received 6 postcards urging the government to take action on this issue. Please ensure that these postcards have been sent to members of the provincial and or federal government. These postcards can also be found on The Catholic Women's League website at www.cwl.ca.

The Halifax Chronicle Herald, April 1, 2016 published an article entitled "Health Care Fire Hose" by Dr. John Ross. This explores how billions of dollars are spent treating symptoms instead of addressing the true cause of the disease. It provides practical suggestions to live healthier lives and suggests websites with more information on the social determinants of health. Search for "Health Care Fire Hose" on your search engine or enter <http://thechronicleherald.ca/opinion/1353476-opinion-health-care-fire-hose>.

Environment

Last year, **Resolution 2015.02** asked us to be advocates; requesting that microbeads in personal care products be banned. At the end of June this year the Canadian government listed microbeads as a toxic substance under the Canadian Environmental Protection Act. With the toxic designation there should soon be an announcement that microbeads have been banned.

Scholarships and Bursaries

Applications for the National CWL Bursary are now accepted twice a year, and the next deadline is November 30. Recipients of the award can reapply for a maximum of three additional one year periods. **Further details are available on the CWL website at www.cwl.ca.**

“If you think you’re too small to make a difference, you haven’t spent a night in a tent with a mosquito” (African proverb).

COMMUNICATIONS STANDING COMMITTEE

Communique # 5

September 2016

Diana Baines, Diocesan Communications Chair

“I have not stopped giving thanks for you, remembering you in my prayers.”

Ephesians 1.16

**As long as you have friends,
You can be sure someone will always be praying for you
And it's someone who likes you a whole lot,
So that ought to count for a little extra!**

Despite it being two-thirds through the year, September always seems to herald a new start; guess it's because it always meant the start of the new school year and a return to regular activities after a less organized summer. As we get ready to start anew in September, it's a good time to take stock of ourselves and our council activities. Are you keeping in touch with your members, especially those who can't get out to meetings? A newsletter is a great way to keep in touch. It doesn't have to be fancy or extremely long, just an update on activities your council has done and what is planned for the upcoming year. It's also a good opportunity to remind members of dates for submission of dues; some councils include an envelope which can be dropped in the collection basket to make it even easier. You can even include the nomination forms for upcoming elections. Many councils put regular notices of meetings and upcoming events in their parish bulletins. If your members provide you with an e-mail address, you can keep in touch this way also; just remember to use BCC on all communications to protect your member's privacy. Whatever method you use, good communications with your council members makes for a stronger council.

**Pagers, cell phones, answering machines...
It's getting easier to hear God's "still, small voice" these days -
It's the only one not preceded by a "Beep"**

TREASURER

Communique #5

September 2016

Grace Buchmayer, Diocesan Council Treasurer

Welcome back from a well-deserved rest. Some of you are looking at elections this year. As difficult as it can be to fill chairs, please consider the position of treasurer differently; some members may join the executive only as the treasurer. The reverse is also true. Forcing a square peg in a round hole never works. The chair of elections for your council could specifically ask where potential candidates interests lay. You may be surprised. Perhaps an interested but reluctant member could shadow the current treasurer (or any chair they may be interested in) to better get to know what fun is possible. I strongly encourage members considering the position of treasurer to contact their council's current treasurer to find out what the job entails.

Regardless of the executive position, know that officers at the diocesan level are at your service. As diocesan treasurer I am always available to discuss this position in person, by phone, or by email. This applies to would-be, are now, and has-been treasurer types.

I hope this was helpful. I look forward to meeting with you at a diocesan event coming soon. Take care and God bless.

Your sister in Christ and the League

Refugees-local and international

Rio de Janeiro, Brazil

“At the recent Olympics in Brazil, a very special team of 10 refugee athletes competed under the Olympic flag, in recognition of the worldwide refugee crisis.

The Refugee Olympic Team included Yusra Mardini, a 17-year-old Syrian swimmer, who crossed from Turkey into Greece in an inflatable boat (swimming after its motor had stopped) before crossing Europe, by train, through mainland Greece, the Balkans, Hungary and Austria to eventually reach Germany where she now lives and trains.

This special team of courageous young athletes received the loudest and longest ovation upon their entry into the Olympic stadium at the opening ceremonies.”

wikipedia.org/RefugeeOlympicTeam

Ottawa- Chinese refugee services, turns attention to helping Syrian refugees.

“An Ottawa organization that used to focus on helping Chinese newcomers, to get settled in the capital, has a new focus on Syrian refugees.

The Ottawa Chinese Community Service Centre (OCCSC) held a party at the Boys and Girls Club on McArthur Avenue to spread awareness of its new programs, which include language, job and technology workshops.

The centre's settlement manager said the influx of refugees from Syria deserves special attention. They have reached out, with helping hands, to welcome and assist this group of new neighbours - a collaborative act of mercy. “

cbc.ca/news/canada/ottawa/ottawa-chinese-syrian-refugee

Ottawa - Cuts for kids

A local barber, who was touched by an act of kindness on his first day in Ottawa after escaping Iraq, is offering free haircuts to refugees fleeing the Middle East.

When Sultan arrived at the train station, his taxi driver offered to help him find a place to live.

Ali Sultan, owner of Opus Barber Shop on Bank Street, left Baghdad in 1994, eventually settling on Ottawa in 1998 as his new home.

By focusing on immigrant kids Ali hopes to help them build self-esteem and make them feel welcome in Canadian society.

Ali and the compassionate taxi driver are still friends to this day. This is a wonderful example of the "pay it forward" mentality.

Ebony & Ivory

"Ebony and ivory live together in perfect harmony. Side by side, on my piano keyboard, O Lord, why can't we"? From the song by Paul McCartney.

Please pray, and continue your good works to bring justice, hope and dignity to the weak and vulnerable of our community and the world. Blessings and peace to you and those you love.

“What if when you woke up in the morning you only had the things you thanked God for yesterday”

Welcome back to another year of CWL activities. I hope all of you had a wonderful summer.

When I first saw this saying on a small sign in a store, I was immediately called to task. Did I remember to thank the Father for all of His blessings of the day, before I went to bed? Did I remember to thank Him throughout the day when I became aware of a blessing being received?

As we begin another CWL year, I realize just how many things that have happened throughout my first year as diocesan past-president, have been blessings. The past year went by so quickly. I find it so hard to imagine that I only have a few months left on the diocesan executive; something I will truly miss.

The experiences and friendships made have been something I wouldn't trade. Yes, there have been some “bumpy” spots but those only helped me to grow and I always knew there were those waiting to help me whenever I asked.

All of this brings me to a very important task, as diocesan past-president, elections. Many of us have mentioned how important it is to be willing to step out in faith; to step outside of your comfort zone. For all of us, I would imagine, this is a little difficult. I know it was for me when I was asked to allow my name to stand for the office of president elect/ organization chair.

This is where our faith certainly comes in. Have faith that you will never be asked to do more than you can handle or are capable of. There will always be someone to help you, if needed. So, I ask you; please let your name stand at election time.

I will also be handing out the final segment of the “*Constitution and Bylaws Activity Package*”, at the September Potluck Executive Meeting. I hope you and your council have found it useful as a learning tool.

NEWS FROM OUR PARISH COUNCILS

OUR LADY OF THE VISITATION PARISH CATHOLIC WOMEN'S LEAGUE RECYCLE AND REUSE PROGRAM MILK BAG DIVISION

The CWL at Our Lady of the Visitation initiated our Milk Bag Division in March of 2014. We have spread out to other CWL Councils, churches, groups, churches, schools, businesses and individuals. The response has been gratifying.

On July 19th 2016 four travel trailers were organized by our division to deliver 173 Sleeping mats; 25 sitting mats; 12 totes; and 121 pillows to Peterborough. They will then in turn be shipped to Mississauga to be amalgamated with other donations and shipped to developing countries.

Another noteworthy accomplishment: we recently received word that 300,000 (not a typo) milk bags were headed to the land fill sight due to a misprint on the labeling. One of our volunteers was able to obtain 52,800 of these bags. These milk bags are in the hands of our crafters and it is estimated that by the end of December they will be shipped off to developing countries.

Please note that there are no shipping costs involved due to the generosity of all our volunteers and partner organizations.

Many thanks to all who have contributed in any way to this program; anyone interested in becoming involved contact: Sandra Blais, Parish President.

After all the serious stuff, just a bit of humor; this one's an oldie but still rings true!

WILL YOU MAKE SQUARES?

It's six o'clock, my home's a mess,
And dinner's running late,
The baby's lost her soother,
My son just lost his date.
The phone is ringing. I hear thunder
Coming down the stairs.
"It's for you Mom, it's Mrs. Jones.
She says, 'Will you bring Squares?'"

The Bishop came last Sunday,
An Ecumenical event;
Finest linen, finest china,
(And we didn't charge a cent!)
The pastor put on his good suit,
Patricia put on airs.
Sue and I washed dishes,
And, oh yes, we brought the Squares.

I love our Spiritual Retreat,
It fills me with such peace
To be one with God and world.
At last I've found my place.
I'd love to linger here a while,
Perhaps to say some prayers,
But I'm in charge of making tea
And setting out the Squares.

My kitchen's filled with luscious scents,
Hubby watches as I bake,
He sees me chop the fruit and nuts,
He sees me ice the cake.
"Now tell me dear" he coyly asks,
"Who are these goodies for?"
"For God and Canada," I say
And whisk them out the door.
I admit I've been discouraged,
I've asked myself, "Who cares?"
But I found out, I went JUST ONCE
Without my precious Squares.

When I've organized my last Bazaar
And raffled my last prize,
I'll not be sad to see it end,
I'll welcome my demise.
For through it all I've loved a lot,
And laughed until it hurts,
And in the end I'm very sure,
I'll get my just desserts.
But should my Master summon me,
And catch me unawares,
Consider this: Now, at my wake,
Who'll make the bloomin' Squares?

THANK YOU

Just want to take a moment to thank all those who contributed to this issue of the Newsletter. Deadlines were met and the articles and Communiques were interesting and informative. I regret that we can't include photos since we print in black and white. This is the third and last Newsletter for 2016. I hope to produce another one in the early spring; so think about those articles over the next few months. I welcome contributions from Parish Councils; let the rest of the Diocese know what you're up to.

Diana Baines, Editor