



Special Interest Articles:

- Reflection
- Remembrance Day
- Change for Change
- Unity Cross
- World Vision
- Christmas Stockings
- Bellelle Guerin
- Provincial & National Convention Report

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

Reflection on 33rd Sunday in Ordinary Time

Within us is a unique heart-song placed there by God. Our vocation is to respond to this gift by singing the song and leaving a voiceprint for others to hear. We might not be the first violin or the loudest trumpet, but without that one note from a simple triangle, a symphony is incomplete. We may think we are civilized, yet we are often confronted by evil wrought by human hands. This may be because we do not choose to develop our talents and so make the world a better place. Have we become tone-deaf to God's heart-song? Have we buried our talent? Gifts grow with us but wither with neglect. If we risk nothing, we gain nothing. If we risk even a little and deposit just one talent, eternal reward can be ours. Whenever time runs out, we typically muse about what might have been and regret what we have squandered or wasted. As this liturgical year draws to a close, let us not rue the past. Instead, let us rediscover our heart-song and help others discover theirs. Let us reach out with the power of that song and sing it loud and clear. Then, let us listen for the voice of the Master calling us home: "Well done." Our Vocation is simply to receive from God the first of who we are and return that gift of who we are and return that gift to God through an authentic response.

From: *Living With Christ* November 2011, Novalis



Diocesan President Heather Sisk laid a wreath on behalf of the National Council of the Catholic Women's League of Canada during Remembrance Day Ceremonies at the National War Memorial.

ST. MAURICE PARISH CWL



We at St. Maurice's, like most Parishes, have a very active and passionate group of 130 CWL members, who tirelessly give their time and effort to meet our worthwhile causes.

Amidst all the regular activities that the St. Maurice CWL coordinates, including the annual Golf Tournament, the usual assortment of potlucks and bake sales, etc., we undertook two very small projects this year that required the least amount of effort, but created a surprisingly large impact, much to our (happy) astonishment.

The first small project was the "Change for Change" drive. Little did we know the size of impact that could be made from the collection of loose coins that we mindlessly toss on the dresser, or dig from our pockets or purses when we're rooting for change for our coffee fix! The proceeds of our "change" went to The Oaks, located in Ottawa's west end. The Oaks provide supportive housing for homeless men and women living with mental health and substance abuse disorders. They came to us with one goal in mind – to create a spiritual place to pray within one of their communal areas. With the funds that we raised, we had enough to have a beautiful Altar built of solid oak. In addition, we received donations of a crucifix, a Bible, a chalice and paten, which we presented to The Oaks. They were overcome with joy, as they did not expect to receive such generosity. It totally embodied our theme of faith and justice.

The second small project was a request received last May from a local Catholic high school, asking us if we could teach 40 Grade nine students how to pray the rosary. The teachers were so pleased with the impact we made on the students, that they asked us to come back on October 26, this time to teach 65 Grade nine students. The CWL provided each student with a personal rosary and a "Pray the Rosary Daily" pamphlet. Shortly after our visit, the students travelled to Saint Brother Andre's Oratory in Montreal for a day of spiritual reflection. The entire day was blessed. A few comments we received from the teachers indicated the power of daily prayer – "Eleven students chose to go to confession"... "The students prayed the Way of the Cross" ... "The pilgrimage was nothing short of a huge spiritual success!" A comment from one student - "I felt so calm and cleansed inside and I felt so much closer to God. I went to confess my sins to God. I felt like a huge weight has been lifted off my back. After confessing my sins, I prayed a petition prayer."

It's the small things in life...

Submitted by: Catherine Morris
Communications Chair – St. Maurice Parish

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THE UNITY CROSS



The Ottawa Catholic School Board's new Spiritual theme is *"Though Many, We are One Body in Christ."*

For two years, schools are celebrating this new learning through a symbol which we have named **'The Unity Cross'**. The Cross was blessed by the Archbishop in October 2010, when it began its journey.

It is a beautiful wooden sculpted cross created by one of our own Chaplaincy leaders, Geoff Guitard. The cross has four scenes from scripture beautifully painted. These are the Miracle of the Loaves and the Fishes, The Road to Emmaus, Pentecost and The Beatitudes. The cross has been celebrated in several schools and parishes so far. The unique aspect to this symbol of unity is that each community sends a gift to the next in a door at the front. Divine Infant school sent a statue of the Divine Infant and a large wooden rosary, St. Patrick Intermediate School sent a large shamrock plant to the next community and St. Daniel's School baked fresh bread for every grade in the next school, Our Lady of Peace.

This is proving to be a wonderful celebration of faith for the staff and students of Catholic schools as well as their parish communities. It is reinforcing the message of the spiritual theme and providing rich catechetical learning.

If you have a chance to see **The Unity Cross**, take advantage.

The journey is taking two years but the Unity Cross will eventually come to our schools of Brother Andre and Thomas D'Arcy McGee.

Jan Bentham,
CWL Member, Annunciation of the Lord Parish

RESURRECTION OF OUR LORD PARISH

In keeping with the focus on Social Justice, at our October meeting we had a video presentation on Eco (Social Justice) provided by 'Development & Peace'.

Interesting were our discussions on farming, fair trade, potable water etc.

In our fight against poverty in developing countries, each CWL member present pitched in ten dollars apiece for a total of \$170.00.

Through World Vision's "Gifts that change lives", we purchased a pig, a goat and chickens as a Christmas Gift to families in Africa.

The acknowledgement cards identifying the respective gift are so meaningful and self gratifying.

These sure heralds in tidings of great joy!

God Bless!
Wilma Murzello
President, Resurrection of Our Lord Parish

ST. PATRICK (FALLOWFIELD) PARISH

St. Patrick (Fallowfield) CWL council have for many, many years asked the parishioners of St. Patrick (Fallowfield) to fill "Christmas stockings". This event has always coincided with "Mission" Sunday. This year we distributed about 450 empty 'stockings' and asked for donations for children: warm hats, scarves, mitts, socks, games, toys, etc. and for women: shampoo, soap, toothpaste, toothbrushes, etc. On November 8th we gathered for 'packing night'. We were overwhelmed with the generosity of our parish as we packed more than 80 boxes, garbage bags and other bags for 8 different charities. The charities are: Interval House, Nelson House, Shepherds of Good Hope, St. Vincent de Paul, St. Joseph's Women's centre, Matthew Refugee House, Youville Centre, and Catholic Immigration Centre.

We believe that this is a good news story and we are really blessed to be supported by such a giving parish.

Respectfully submitted
Elizabeth Herd e
President, St. Patrick (Fallowfield) CWL



ANNUNCIATION OF THE LORD PARISH

I would like to share with you a brief biography of our first national president, Bellelle Guerin. Bellelle was born Sept. 24, 1849 in Montreal. She was baptized Mary Ellen Guerin. Her father's ancestors had immigrated to Ireland from France in the 1600's. Thomas Guerin came to Lower Canada in the 1830's, settled in Montreal and married Mary Maguire, also of Irish descent. Mary Ellen was their eldest child and only daughter. She had 5 younger brothers, one of whom died in infancy. At the age of 12 she was enrolled as a boarder at the Pensionnat Mont-Sainte-Marie, established by the Congregation of Notre-Dame in Montreal, while her parents temporarily resided in Ottawa. She graduated from there at 17. She later adopted the name Bellelle Guerin. When her brother, James' wife died in 1886, she took on the responsibility of raising their two young sons. Her life became public in 1910, at the age of 61, when her brother was elected Mayor of the city of Montreal. Bellelle acted as hostess for him, accompanied him to civic functions, and participated in significant events such as the Eucharistic Congress held in Montreal that year. (That was also a most significant occasion for Saint Brother André.) At this event she received the inspiration from England's Archbishop of Westminster to work toward bringing together the English-speaking Catholic women of Canada. She was struck by the thought of dedicating oneself to the welfare of others. She joined the Catholic Women's Club of Montreal and by 1917 had become its President. At this time there existed Catholic Women's League chapters in various cities and Bellelle requested the blessing of Montreal's Archbishop, Paul Bruchesi, for the formation of a local chapter. She desired to follow England's model and unite English-speaking Catholic women for the purpose of "counsel, philanthropy and educational work in accordance with Catholic principles". In November, the Montreal CWL was founded and she became its first President. By 1920 membership had grown to 440. Rather than chairs as we have now, they were organized into Departments: art and literature, civics and education, current events, home economics, music, the Loyola Convalescent Home, the Community House and the junior club. They had weekly meetings and presentations. In addition to her CWL work, she worked with the Canadian Red Cross, the Canadian Patriotic Fund and was English-language editor of a paper published to raise funds for soldiers overseas and for refugees. In June 1920 she called a meeting in Montreal of all CWL chapters to consider unification. This proceeded and she became the first President of the Catholic Women's League of Canada. The next year in Toronto at the first National Convention she expressed her belief in the future of the League and is quoted as saying, "We may be said to be laying the cornerstone of an edifice that will arise fair and beautiful, strong and proud before the eyes of the world." During her time as President the CWL became an important force for the integration of Catholic immigrants into the country. They advocated for legislation affecting women, such as minimum wages and the Mothers' Allowance. Bellelle Guerin promoted 'Catholic Feminism', calling women "to direct thought, to guard morals, and to carry their influence into the scale of justice whenever righteousness demands". The League took on the motto, 'For God and Country', and adopted 'Our Lady of Good Counsel' as Patroness. In 1922 she became the first Canadian woman to receive 'La Croce Pro Ecclesia et Pontifice' from the Papacy recognizing her contribution to the CWL. She also received an apostolic benediction praising her good works. By 1923 the national membership had grown to 50,000 and she was named honorary president for life. She died January 28, 1929 at the age of 79. Her vision was based on faith, Catholic feminism, philanthropy, and patriotism. What an interesting and amazing woman!

Submitted by Janet Warren

President Annunciation of the Lord Parish



BELLELLE GUERIN **AWARD**

The nominee

- must have been a member of the League in good standing for at least 25 years,
- must have been active on her parish council for the twenty-five years,
- must have served on the parish executive,
- must have given extraordinary service to the League,
- contributing at the parish and diocesan and/or provincial level and
- must have demonstrated her love of the League through her words and actions.

In the spring of 2011, Pat Lepine was nominated for the Bellelle Guerin Award.

She was presented with the pin and certificate at the June 2011 general meeting of Annunciation of the Lord Parish Council.



PROVINCIAL CONVENTION REPORT

JULY 9 – 13, 2011
SHERATON HAMILTON HOTEL

THEME: CENTRED ON FAITH AND JUSTICE – LED BY THE SPIRIT

SATURDAY JULY 9, 2011:

This was a day to travel to Hamilton, get settled into our hotel rooms and get ourselves oriented. I was booked for a dinner cruise aboard the Hamilton Harbour Queen from 5:00 P.M. when we boarded the bus until 9:00 P.M. when we returned to the hotel. It was an evening of good food, good music and good company.

SUNDAY, JULY 10, 2011:

This was a busy day for me. I was up early, had breakfast and Father Giles and I attended the Pre-Convention Meeting from 9:30 A.M. until 2:45 P.M. From there we went directly to the Resolutions Dialogue which ended at 4:30. We went for a quick supper at Swiss Chalet and boarded the bus for the Opening Mass at 6:15 P.M. The Opening Mass was held at the Cathedral of Christ the King (the only air conditioned cathedral in Canada!) and was celebrated by Bishop Douglas Crosby. It was followed by a reception in the church hall. We returned to the hotel at 9:30 P.M.

MONDAY, JULY 11, 2011:

8:30 A.M.- Opening Prayer Service

9:00 A.M. – Welcome and opening remarks by Shari Guinta, Provincial President and Bishop Douglas Crosby, Provincial Spiritual Advisor.

KEYNOTE SPEAKERS:

The keynote speakers for the Convention were Barb and Bill Johnston from the Centre for Applied Human Dynamics. They are known as the “Dynamic Duo” and their upbeat, fun and very entertaining presentation was entitled “DISCover Your Communication Style” – which included the art of effective communication through understanding the language of personality.

HIGHLIGHTS OF NATIONAL PRESIDENT – VELMA HARASEN’S REPORT:

- Spirituality must have roots as well as wings.
- Challenge to each member to recruit 1 new member.
- Encouraged the education of members.
- Funds are available through the National Development Fund for Leadership Training. Three new workshops have been developed and have been distributed to Diocesan Presidents. The form is available on the National Website to access National Development Fund – fill it out and submit preferably 6 months prior to event.
- She stressed the CWL is **NOT** a “tea and sandwich serving group”. Do **NOT** get bogged down with fundraising – it’s not what we’re about! She asked “How much money did Jesus have?”
- Think of taking on executive positions as a ministry not a committee. Answer “Here I am Lord” when God calls you to serve.
- She has never met one person who has regretted taking on a leadership role.
- She encouraged working with and supporting WUCWO (World Union of Catholic Women’s Organizations).
- She encouraged when promoting the League to youth and young women to meet them on their level. Have young women approach young women. Be open to new and different ideas that interest them.

12:00 SPIRITUAL ADVISORS AND LIFE MEMBERS LUNCHEONS

3:15 GUEST SPEAKER

Father Rico Passero – recipient of the Bishop Pappin Memorial Bursary spoke on his journey to the priesthood. He had been ordained 1 month before in the Diocese of St. Catherine’s. He is the nephew of Betty Colaneri (Provincial Spiritual Development Chair).

5:00 P.M. Mass at the hotel celebrated by Father Rico Passero.

6:30 – 8:30 P.M. - Diocesan Dinners

8:30 P.M. – Entertainment - “Christmas in July”.

TUESDAY, JULY 12, 2011:

8:30 A.M. – Mass in the hotel celebrated by Father David Wilhelm (Spiritual Advisor of the Diocese of Hamilton).

9:15 A.M. – Business session resumed.

RESOLUTIONS:

Three resolutions were presented. They were:

- 11.01 Safe, Potable Water for First Nations Communities (Education and Health Standing Committee). Presented by the Pembroke Diocese. **PASSED.**
- 11.02 Limit the Sodium in Our Food. (Education and Health Standing Committee). Presented by the Diocese of Sault Ste. Marie. **PASSED (AFTER POSTPONING VOTE UNTIL WEDNESDAY TO CONFIRM IF THERE WAS LEGISLATION PENDING).**
- 11.03 Raising Awareness of Colorectal Cancer and the Importance of Early Detection (Education and Health Standing Committee). Presented by the Toronto Diocese. **PASSED.**

GUEST SPEAKER DURING LUNCH:

The guest speaker during our lunch was from the Good Shepherd Women's Shelters in Hamilton – Martha House (for women and their children) and Mary's Home (for single women).

MOTION TO INCREASE NATIONAL PER CAPITA FEES FROM \$8.00 TO \$13.00 EFFECTIVE JANUARY 2012:

- 13 of 13 Dioceses voted YES.

CONSTITUTION AND BYLAWS AMENDMENT PROPOSAL:

Notice of Motion presented by the Toronto Diocese to remove the word "optional" after President Elect in Article X, Section 1 – Officers at Parish Level. Motion Carried.

GUEST SPEAKER:

Dr. Moira McQueen, Executive Director of the Canadian Catholic Bioethics Institute (CCBI) spoke on their "For People in the Pews" Program, a series of 4 lectures (2 hours each), designed for parishes and other interested groups.

- Part 1 – A Catholic Perspective on Ethics.
- Part 2 – Reproductive Issues.
- Part 3 – End of Life Issues.
- Part 4 – Euthanasia and Assisted Dying.

Cost would be approximately \$10 per person per night and may include transportation costs as well.

DIOCESAN PRESIDENTS REPORTS:

The 13 Diocesan Presidents gave their reports on how they are following the theme "Centered on Faith and Justice" with particular emphasis on poverty.

RESOLUTIONS ARCHIVING CEREMONY: 102 resolutions were archived.

PROVINCIAL OFFICERS REPORTS

6:00 P.M. Social Hour followed by Banquet and entertainment

WEDNESDAY, JULY 13, 2011:

8:30 A.M. Opening Prayer.

8:45 A.M. Invitation to 2012 Provincial Convention – July 7th to 11th, 2012 – Kingston – Ambassador Hotel.

HIGHLIGHTS OF BISHOP CROSBY'S REPORT ON SPIRITUAL ADVISORS LUNCHEON:

- Spiritual Advisors love the League.
- They feel it is their duty and responsibility to encourage membership and to encourage women to accept leadership roles.
- Encourage members to do just one thing during a year if they don't have time to be fully active in the League.
- There are problems with councils not following the election process.
- Encourage openness to ethnic groups.
- Importance of leadership training before taking on roles.
- Women Spiritual Advisors should be aware of their roles.

Problems with persons staying in leadership roles for long periods of time. Role of the Spiritual Advisor to address this and encourage member to move on.

PROVINCIAL PRESIDENT'S REPORT

FINAL CREDENTIALS REPORT:

VOTING DELEGATES	DIOCESAN PRESIDENTS	13
ACCREDITED DELEGATES	PROVINCIAL OFFICERS	13
	DIOCESAN ACCREDITED DELEGATES	18
	PARISH ACCREDITED DELEGATES	80
	LIFE MEMBERS	30
	TOTAL ACCREDITED DELEGATES	141
TOTAL VOTING AND ACCREDITED DELEGATES		154
	CWL MEMBERS	111
	NATIONAL REPRESENTATIVE	1
	PROVINCIAL SPIRITUAL ADVISOR	1
	DIOCESAN SPIRITUAL ADVISORS	9
	PARISH SPIRITUAL ADVISORS	6
	GUESTS AND VENDORS	11
TOTAL		293

ELECTIONS OF PROVINCIAL COUNCIL

CLOSING PRAYER

12:30 P.M. Closing Mass and Installation of New Executive.

1:45 P.M. Closing Luncheon

3:30 P.M. – 4:30 P.M. Father Giles and I attended the Post Convention Meeting.

NEW PROVINCIAL EXECUTIVE:

PRESIDENT: Marlene Pavletic

PRESIDENT ELECT AND CHAIR OF ORGANIZATION: Betty Colaneri

1ST VICE PRESIDENT AND CHAIR OF COMMUNICATIONS: Pauline Krupa

2ND VICE PRESIDENT AND CHAIR OF RESOLUTIONS: Anne Madden

RECORDING SECRETARY: Carol Richer

TREASURER: Colleen Martin

PAST PRESIDENT: Shari Guinta

STANDING COMMITTEE CHAIRS:

- SPIRITUAL DEVELOPMENT: Patricia Rivest
- CHRISTIAN FAMILY LIFE: Mary Jane Yaeger
- COMMUNITY LIFE: Verna Lynn Bergeron
- LEGISLATION: Colleen Randall
- EDUCATION AND HEALTH: Marlin Taylor

SPIRITUAL ADVISOR: Bishop Fred Colli

APPOINTED POSITIONS:

- CORRESPONDING SECRETARY: Glenda Klein
- NEWSLETTER EDITOR: Mary Lou Watson
- PRIVACY OFFICER: Mary Lou Watson
- FINANCIAL ADVISOR: Janice Deslauriers (for 1 year)
- PROVINCIAL LIFE MEMBER LIAISON: Donna Shaddick
- SCREENING OFFICER: Jolene Kemp

This concludes my report on Provincial Convention which I proudly attended as your Voting Delegate.

Respectfully submitted,

Heather Sisk



AUGUST 13 – 17, 2011
TORONTO MARRIOTT EATON CENTRE HOTEL

THEME: CENTRED ON FAITH AND JUSTICE – EMPHASIS ON POVERTY

SATURDAY, AUGUST 13, 2011:

This was a day to travel to Toronto, get settled into our hotel and get ourselves oriented. I was booked to attend the Famous People Players Theatre for dinner and a show from 5:00 P.M. until 10:30 P.M. It was a very enjoyable evening.

SUNDAY, AUGUST 14, 2011:

We had a free morning which gave us a little bit of time to explore our surroundings. From 2:00 P.M. until 4:30 P.M. we attended the Resolutions Dialogue. At 5:00 P.M. we started boarding the buses to attend the Opening Mass at St. Paul's Basilica at 7:00 P.M. There was a reception following in the church hall. We returned to our hotel at 9:30 P.M.

MONDAY, AUGUST 15, 2011:

8:00 A.M. – 9:15 A.M. Mass at the hotel celebrated by Bishop Douglas Crosby.

9:30 A.M. Opening Prayer Service

KEYNOTE SPEAKERS:

The keynote speakers were Dr. Nancy Reeves, a clinical psychologist, spiritual director, poet and author. She is the Director of the Island Loss Clinic, adjunct faculty at the University of Victoria, and conducts many lectures and workshops internationally. With Dr. Reeves was Linnea Good, a singer and songwriter whose work is to help people and churches deepen their spirituality through music. She is a leader in the fields of music in worship, and all ages working together.

HIGHLIGHTS OF THE KEYNOTE ADDRESS:

- Compassion fatigue – giving too much, different than burnout.
- Poverty means having little or no money, goods, or means of support; deficiency of necessary or desirable ingredients or qualities; scantiness, insufficiency; unproductiveness, infertility.
- Financial poverty is always the easiest to detect, but we do not always recognize the poverty of loneliness or spiritual poverty.
- Difference between pity and compassion: Pity is sympathetic sorrow. Compassion is a deep awareness of the suffering of another with a wish to relieve it.
- "There but for the grace of God go I" shows pity. You are assuming the other person does not have the grace of God. The whole idea of compassion is based on a keen awareness of the interdependence of all beings.
- Social Fairness vs. Social Justice: Social fairness means being just or impartial. Social justice is the idea of creating a society or institution that is based on the principles of equality and solidarity. Social justice understands and values human rights and recognizes the dignity of every human being.
- "Take justice away from love and you destroy love."
- How do we react to injustice and poverty? Natural responses are anger, guilt and sadness and if we give these responses a voice, it allows us to help.
- Expensive Emotions: These natural responses become expensive emotions when anger turns to bitterness, resentment, vengeance and hate; guilt turns from healthy to unhealthy and sadness turns to depression and despair.
- Living with Compassion: Matthew 5:14-15
- Pain Research: Post Traumatic Stress Disorder is the only contagious mental disorder.
- You are what you eat. Solutions: Don't eat it or learn to digest it effectively.
- Helping effectively means living Christian values 24/7.
- There are no random acts of kindness – random means haphazard, not well thought out.
- I follow God – I don't lead.
- Becoming aware of our own poverty means becoming aware of where we are restrictive and inviting the Holy Spirit in.
- Becoming realists: Look at the positive and negative and get a sense where God is calling me.
- Watching expectations: It is for God we serve the poor and not for thanks.
- Sharing our faith journey: Faith is contagious when we share it with one another.

- The Eucharist: “A full meal deal”. We are working through Him, with Him and in Him. In the Eucharist Jesus draws us into himself (Pope Benedict). The Eucharist isn’t abstract, a theological instruction, a creed, a moral precept, a philosophy, or even just an intimate bond. It’s bodily, an embrace, a kiss, something shockingly physical, the real presence in a deeper way than even the old metaphysics imagined.
- Christ is present everywhere. God is powerful in our lives if we allow Him to be.

WORKSHOP 1:

Presenter was Sister Sheila Fortune, a missionary in the Diocese of Cornerbrook and Northern Labrador who gave us a firsthand history of the Mushuau Innu – People of the Barrens.

WORKSHOP 2:

Dr. Nancy Reeves and Linnea Good gave a workshop on Spiritual Discernment.

HIGHLIGHTS:

- “I’d Say yes God if I knew what you wanted”.
- Discernment in the everyday – weigh the pros and cons.
- God invites us to the discernment method that is right for us.
- How does God guide? God uses our strengths. God strengthens our weaknesses. It’s more of an attitude than a method. It is always win-win with God.
- Pre-requisites for effective discernment: Daily Spiritual Practice (different styles introvert, extrovert or omnivert); Self-awareness; Right living (being in a right relationship with God).
- Qualities that help discernment: Receptivity; Patience; Trust; Active participation. You need love to enhance all of these.
- Accept gratitude graciously.

5:15 P.M. Closing prayer service.

6:30 P.M. – 10:00 P.M. International Dinner and entertainment.

TUESDAY, AUGUST 16, 2011:

8:30 A.M. Opening Prayer Service (Poverty)

PROVINCIAL PRESIDENTS REPORTS: (Highlights)

Alberta/MacKenzie: Pennies for the Poor; Nickels for the North; Change for Change Program.

BC/Yukon: One parish priest hosted a mental health First Aid Course; a one-hour high school presentation was developed on human trafficking and child prostitution set to teen music.

Manitoba: At their convention they presented a workshop that did a run-through of the Provincial and National Websites.
 Military Ordinariate: They have 14 councils and 300 members. They have a Book of Remembrance for those who lost their lives in Afghanistan.

New Brunswick: Ran a Spiritual Advisors Workshop; They are focusing on Leadership workshops; Day of Action – Women Against Poverty.

Newfoundland/Labrador: Adopt-a-Mom Campaign; Pillow case dresses; Sent a letter to the Bishop requesting permission to send letters to a parish priests asking them to send a representative to diocesan meetings and conventions in hopes of planting the seeds to form new councils.

Nova Scotia: Remember those who have paved the way for us. Suggested a donation of 25 cents per week per member and sending that money to the poor.

Ontario: Held a Meet and Greet at Queen’s Park; Bishop Bernard Pappin Bursary was given out to 7 seminarians.

Prince Edward Island: Held a raffle for a gift basket at Convention with proceeds going to charity,

Quebec: Focusing on training at the grass roots level; “Workshop on Wheels”; Getting back to basics; Their Women Against Poverty program supported Breakfast Clubs of Canada in Quebec and a native women’s shelter in Montreal.

Saskatchewan: Supported various charities including Hope for Malawi Africa; provide an annual award to a young woman involved in social justice work.

COMMISSIONING OF NEW LIFE MEMBERS:

18 new Life Members from across the country were commissioned and blessed by Bishop Fred Colli.
1:30 P.M. Afternoon opening prayer service (Mother Teresa)

NATIONAL PRESIDENT'S REPORT:

REPORT OF NATIONAL SECRETARY TREASURER: The financial report was given in detail as per Annual Report Book and handout.

MOTION TO INCREASE PER CAPITA FEES FROM \$8.00 TO \$13.00 EFFECTIVE JANUARY 2012:
11/11 Provincial Presidents voted in favour of the increase as per their instructed vote.

REPORT FROM THE EXECUTIVE DIRECTOR (Kim Scammell):

- On line order system with pre-pay e-commerce system.
- Monthly automatic deposit of per capita fees for Provincial and Diocesan Councils.

RESOLUTIONS STANDING COMMITTEE REPORT:

- 17 Resolutions were forwarded to National Resolutions Committee.
- Of the 17, 3 were forwarded to Education and Health Standing Committee for Action Plans (Clean Water for First Nations; Limit Sodium in Our Food; Raising Awareness of Colorectal Cancer and the Importance of Early Detection – all received from Ontario), 2 were sent to Provincial Councils (Respect of Embryos; Regulated Drug Recycling), 3 were for information only, 4 were not recommended for presentation and 5 will be presented at convention.
- 200 members attended the Resolutions Dialogue on Sunday afternoon.

SPIRITUAL DEVELOPMENT STANDING COMMITTEE REPORT:

- Eucharist must be our well-spring of strength.
- \$28,637 was sent to Catholic Missions in Canada in 2010.

ORGANIZATION STANDING COMMITTEE REPORT:

- When people look at you and your council, what do they see?
- We must mirror Christ in the world each day.
- Personal invitation best means of recruiting new members.
- Leadership training will be the priority this year. 3 new workshops have been developed and distributed.
- The National Development Fund subsidy is earmarked for Leadership training this year.
- 2012 new incentive – 2 cheques of \$250 will be issued to the 1st council to send in at least 50% of their 2012 memberships electronically and by regular mail. The money will be earmarked to go to a local anti-poverty initiative for each winning council.

CHRISTIAN FAMILY LIFE STANDING COMMITTEE REPORT:

- Encouraged getting back to basics with family prayer.
- Make your end of life wishes clear through a living will. Appoint a Power of Attorney for your medical care.
- Involve seniors and widowed, separated and divorced in your parish activities.
- We all have a vocation.
- Volunteers and lay people build up parishes.
- Motion that the National Council make a onetime exception for disbursement of the Pro Life Fund to donate \$10,000 to the Horn of Africa. Motion was defeated.
- Resolution 2011-01 Prohibition of Practices re Human Reproductive Material: Submitted by B.C. and Yukon Provincial Council. Passed.

WEDNESDAY, AUGUST 17, 2011:

OPENING PRAYER SERVICE (Centered on violence against women)

Greetings from Archbishop Currie – National Spiritual Advisor:

- Faith means to be open to God – to do what He wants us to do.
- Encouraged us to be women of faith – walking in the footsteps of Christ.

Motion that the distribution of the Pro-Life funds annual collection (\$10,848.27) go to local Birthright Chapters in proportion to amounts donated by each Diocese. Motion carried.

COMMUNITY LIFE STANDING COMMITTEE REPORT:

- The 1% Program for Development and Peace (\$69,299.17) be divided between 3 projects – Afghanistan Women's Shelter, Development of exchange centre in Northern Nigeria, National Federation of Bolivian domestic workers.
- Motion that \$10,000 be diverted from the National Voluntary Fund 1% Program for Development and Peace to the Horn of Africa as a onetime emergency action. Motion defeated.
- Resolution 2011-02 Children of Missing and Murdered Aboriginal Women. Submitted by Manitoba Provincial Council. Passed.

EDUCATION AND HEALTH STANDING COMMITTEE REPORT:

- Take personal interest in your own health.
- Shortage of family doctors.
- Shortage of long term care beds.
- \$29,166.90 was donated to Maternity in past year.
- There were 19 applicants from 4 provinces for National Bursary. 14 were accepted and 1 is waiting completion of forms. \$5975.00 was given out.
- Coady Institute: \$20,040.96 was donated this year. They have a new program for leadership for aboriginal women.
- 3 Resolutions received from Ontario were sent to committee for review and action plans.
- September 10 is Suicide Prevention Day.
- Resolution 2011-03 National Organ and Tissue Donation and Transplantation Registry. Submitted by Nova Scotia Provincial Council. Passed.
- Resolution 2011-04 Caffeine in Energy Drinks. Submitted by Nfld and Labrador Provincial Council. Passed.

COMMUNICATIONS STANDING COMMITTEE REPORT:

- Ad in the National Post end of June.
- Website.
- Be League – e-newsletter comes out the 15th of each month – member driven.
- League Magazine.
- Support Catholic media – Salt and Light TV; Catholic Register.
- Promoting Women Against Poverty (WAP). What changes to laws and government policies do we need to lobby for to help eliminate poverty?
- "Rejoice in God and in one another."

RESOLUTIONS STANDING COMMITTEE REPORT:

- Monitor the number of letters written and the number of responses received.

LAWS STANDING COMMITTEE REPORT:

- Importance of safe-guarding archives.
- Create a Policy and Procedure Manual in your Parish, Diocesan and Provincial Councils and review it regularly.

LEGISLATION STANDING COMMITTEE REPORT:

- Letter writing campaigns re Bills C304, C4, C268, and CETA. Long gun Registry, Canadian Wheat Board.
- If you care – dare to write letters and make phone calls.
- Resolution 2011-05 Tax Credit for Adult Fitness. Submitted by Manitoba Provincial Council. Defeated.

AFTERNOON OPENING PRAYER SERVICE (Centered on Mother Teresa):

ARCHBISHOP CURRIE'S HIGHLIGHTS FROM SPIRITUAL ADVISORS LUNCHEON:

- CWL great help to parish priests.
- CWL members in ministries.
- CWL have a gift of bringing people together. "Go to people".
- Importance of resolutions.
- CWL are intelligent, qualified, capable women.
- Not sandwich makers.
- Structure of the League – 4 levels – excellent communication.
- Sense of national unity.
- National body of women are a great support for military.

- CWL in our changing church.
- Aging women – younger women are a large untapped resource.
- Get back to basics.
- Welcome immigrants and strangers.
- Provide atmosphere of friendship and support.
- New Roman Missal – help priests to promote.
- Spiritual Advisors should attend at least some meetings. Ask him to speak on certain topics.
- “Give Father something to do.”
- There needs to be mutual respect and dialogue between council presidents and Spiritual Advisors.
- Presidents should meet with new pastors re CWL to avoid misunderstandings.
- Spiritual Advisors workshops very important.
- Recycling people in executive positions is not healthy for councils.
- Older members should mentor newer ones.
- Draw on younger members for positive “PR”.
- How do we tell our story?
- Speak to seminarians re CWL.
- Standard liturgies at conventions.
- Set aside funding to help get grass roots members to attend conventions.
- Everyone needs to work together to make the League vibrant.

INTERNATIONAL RELATIONS REPORT:

- Theme was “You will be my witness”.
- 31 Canadians attended conference in Jerusalem including Velma.
- Over \$9,000. Was donated to WUCWO Voluntary Fund this year.

VOTING DELEGATES	PROVINCIAL PRESIDENTS	11
	NATIONAL OFFICERS	10
	ALBERTA MACKENZIE	19
	BC YUKON	14
	MANITOBA	11
	MILITARY ORDINARIATE	3
	NEW BRUNSWICK	2
	NFLD LABRADOR	3
	NOVA SCOTIA	12
	ONTARIO	348
	QUEBEC	11
	SASKATCHEWAN	3
	NATIONAL SPIRITUAL ADVISOR	1
	PROVINCIAL ACCREDITED DELEGATES	21
	DIOCESAN ACCREDITED DELEGATES	59
	HONORARY LIFE MEMBERS	13
	LIFE MEMBERS	58
	HIERARCHY	2
	PROVINCIAL SPIRITUAL ADVISORS	8
	DIOCESAN SPIRITUAL ADVISORS	13
	PARISH SPIRITUAL ADVISORS	3
	GUESTS	30
TOTAL DELEGATES ATTENDING CONVENTION		656

Collection for the Horn of Africa: \$4,221.95

This concludes my report on the National Convention which I proudly attended as your Accredited Delegate.

Respectfully submitted,
Heather Sisk

PRESIDENT'S REPORT: HEATHER SISK

My salvation and my honour depend on God; he is my mighty rock, my refuge. (Psalm 62:7)

Highlights of a "Teambuilding Workshop" presented by Life Member Bernadette Burgess at the September Provincial Meeting entitled "Striving for the Kingdom".

CHARACTERISTICS & QUALITIES OF A GOOD LEADER

Sets the vision and brings team together.
Is demanding but personable.
Is flexible.
Strength is in the team not in her abilities.
Shows no favouritism.
Has no hidden agenda.
Practices good open communication.
Gives good direction.
Protects her team.
Is proud of every team member's accomplishments.
Is reliable
Meets commitments.
Shares information, knowledge and expertise.
Accepts everyone as they are.
Isn't afraid to say "I don't know".

Listens 1st, speaks 2nd.

CHARACTERISTICS & QUALITIES OF A GOOD TEAM

Is built on mutual trust and respect.
Have no reason to doubt motives of another.
Everyone gets their turn in the spotlight.
No politics involved.
No criticizing behind backs.
Supports each other.
Respects one another and their leader.
Victories and defeats shared as one.
Skills are complimentary.
Values everyone's input.
Has lots of energy.
Receives constructive criticism without reacting defensively.
Cooperates and "pitches in".
Works together as problem solvers.
Absorbs, understands and considers points of view from others without debating every detail.
Doesn't let outside forces break their trust.

REMEMBER: When you are working as a team, there is no need to try to out shine each other. There is no "I" in team"

EXERCISE TO TRY: Speak for 2 minutes on any subject without using the word "I". Listen to someone for 2 minutes without interrupting. It's harder than you think!!

POINT TO PONDER: How do you measure up as a leader? How does your team measure up? What qualities could you work on as a group?

ATTENDING DIOCESAN MEETINGS AND CONVENTIONS

As a Parish Council President you are a member of the Diocesan Council, just as I, as Diocesan President, am a member of the Provincial Council and the Provincial President is a member of the National Council. This is the structure of the League. Therefore, as a Parish Council President, you have an obligation to attend Diocesan meetings. All 27 of you are the voting members of the Diocesan Council. The Diocesan Officers can decide nothing without your input and approval. There have been at least 2 Diocesan meetings in the past year that have not had a quorum and there has been barely a quorum at several others. That means that more than half of you did not attend. That meant at those meetings nothing could be voted on. When we only have 4 meetings a year that very much limits the business getting done in a timely manner. If you, as President, absolutely cannot attend a meeting you should be sending someone to represent you. Also, in the interest of being good stewards of the council's finances, we are spending approximately \$30 after every meeting to mail the packages out to those who did not attend. This may not seem like much but it adds up over the year. So, you see, you deciding not to come to a meeting for whatever reason does have an impact on the council.

I'm sorry if this sounds like I'm preaching but the situation seems to be getting worse and new presidents coming on board seem to have the impression that attending Diocesan Meetings is optional. I'm trying to set the record straight.

I'd like to commend those councils who always send a representative. Your support is very much appreciated by the Diocesan Officers.

We will be looking at becoming more eco-friendly in the new year. We're hoping to send all the Communiqués out electronically to eliminate all the photocopying we do for each meeting.

I hope to see many of you at the Advent Retreat on November 26th. I wish you and your families a safe, happy and blessed Christmas.

Heather
heatherasisk@gmail.com
613-443-2870



SPIRITUAL DEVELOPMENT: PAT MOORE

Greetings Ladies

At our Executive Meeting on September 24th, 2011 all parishes received your information package concerning our Advent Retreat to be held on November 26th, 2011 at the Diocesan Centre. I urge all Spiritual Development Chairs with your Presidents to encourage your members to attend. Check your flyer for all pertinent information.

As well, in my first communiqué, I asked councils to make prayer and reflection a very important part of your meetings. Often prayer can be made more meaningful when there is a theme and when we invite other chairs to help prepare and deliver the prayer. Please let us not fall into the rut of attending to all the business and then attending to prayer if there is time.

As our Theme for this year is

Centered on Faith and Justice

I would like to suggest the following Scriptures that you can use in your prayer preparation:

Faith

John 20:26-29

Romans 5:1-11

Philippians: 4:4-9

1 Corinthians 13:13

Hebrews 11:11-12 & 17-31

Justice

Micah 6:8 (my favourite)

As **Advent is a Time of Waiting and Hope**, I am also including the following

Hope:

Psalm 16

Romans 4:16-18

1 Corinthians 13:13

Ephesians 1:15-19

Also, ask your Parish Priest to order copies of Advent Reflections. These can easily be used at meetings. Remember, we are women called to be rooted in Gospel Values and in prayer. Our service flows from our prayer life. I pray for God's blessings on all your councils and I leave you with the following Scriptural Reflection taken from **The Lord Is Near-Advent Meditations From The Works of Henri Nouwen.**

God Works In Us

Come to me, all you who are weary and carrying heavy burdens, and I will give you rest.

Take my yoke upon you for I am gentle and humble of heart. And you will find rest for your souls

Matthew 11:28-29

Prayer requires that we stand in God's presence with open hands, naked and vulnerable, proclaiming to ourselves and to others that without God we can do nothing. This is difficult in a climate where the predominant counsel is "Do your best and God will do the rest". When we have turned prayer into a last resort to be used only when all our resources are depleted then, even the Lord has become a victim of our impatience. Discipleship does not mean to use God when we can no longer function ourselves. On the contrary, it means to recognize that we can do nothing at all, but that God can do everything through us. As disciples, we find not some but all of our strength, hope, courage and confidence in God

Therefore, prayer must be our first concern.

Shalom

Pat

ORGANIZATION: SHARON ST. JEAN

As each has received a gift, use it to serve one another, as good stewards of God's varied grace

1 Peter 4:10

MEMBERSHIP

Provincial Organization Standing Committee Chairperson, Betty Colaneri, reminds us that the \$5.00 increase in the per capita fee, which comes into effect for your 2012 membership fees, need not be a burden to members.

Parish councils that find the increase to be such a burden to members, could consider holding a special fundraising event to help cover the increased amount instead of raising individual membership fees.

Betty Anne Brown Davidson, National Organization Standing Committee Chair, has announced a "membership incentive".

The first two councils from whom the National Office receives over 50% of the 2012 membership list and fees – one by using the on-line method and the other using regular mail, will receive \$250.00 towards their local anti-poverty or social justice project.

LEADERSHIP DEVELOPMENT

Just what comes under the heading of “Leadership Development”? One means offered is the diocesan meeting; a chance to get together with your sisters in the League, to share ideas, give support, and just be together. Your mere presence says volumes. It can say that you take very seriously what the League stands for and that you want to be involved in making our community, our country and the world a better place to live.

It was quite disappointing to see so few presidents and members at the September Pot Luck, hosted by Holy Spirit ladies, in Stittsville. Attending such events does require some sacrifice - getting up early on a Saturday, perhaps driving long distances etc. However, the rewards far out-weigh the sacrifices that may be involved. For our League to grow in numbers and determination to fulfill our goals, your presence is very important. It is our commitment to the League and our faith in God that will allow us to succeed. I hope to see all of you at our Advent Retreat on Nov. 26 at the Diocesan Center.

LEADERSHIP TRAINING

As you know the Leadership and Public Speaking Course, scheduled to begin October 5, was cancelled due to lack of interest. We hope to offer the course again at a later date. Please consider attending.

ANNUAL REPORTS

All Presidents were sent a package via an email attachment. I hope this will help in preparing your Annual Reports. My computer skills are quite limited, so if you did not receive this information, please let me know. Provincial Organization Chair, Betty Colaneri reminds us that less is more and that we should focus on the highlights and not a grocery list of all that was done throughout the year. Be proud of all the great deeds you have done in the last year – it is your time to shine.

Respectfully submitted,
Sharon St. Jean

*Live simply
Love generously
Care deeply
Speak kindly*

CHRISTIAN FAMILY LIFE – NANCY SKIPPER

How did your family fare through the hustle and bustle of the beginning of the school year with the need for indoor shoes, money for agendas and field trips, registering for the variety of after- school activities and parent-teacher interviews regarding your child's progress report? Or, are you now finding yourself as an ‘empty-nester’ having recently said good-bye to your son or daughter as they travelled away from home for university? Or, are you now finding yourself caring for your elderly parent, finding yourself exhausted because you are working full-time and trying to be a care-giver full-time? There are so many kinds of families, each facing their own joys, sorrows, stresses, and times of peace. Whatever stage your family finds itself in, it is important to recognize all the resources we have in our community to help us stay united as a family.

As sisters in the Catholic Women's League we need look no further than our theme for the first resource to help us stay united as a family. Our theme “Centered on Faith and Justice” asks first and foremost for us to be *centered*. No matter what our family looks like, whether single, consecrated, ordained, one-parent, two-parents, many or no children, young or old, we can easily lose our focus when faced with any form or degree of stress. Stress permeates all aspects of our lives, and if not careful it can take over. Remaining centered on the cross, centered on hope, centered on all we are as children of God will help us over the hurdles of everyday life. I center myself on the Holy Family at the time of the birth of Jesus, having some representation of the nativity scene in every room of my home. Just seeing or meditating on the nativity scene allows me to center myself knowing I can handle whatever comes my way. If there was a family having to deal with stress, it was the Holy Family! Having the knowledge of how well they handled all that came their way helps to center me, giving me perspective and strength to carry on and fight the good fight! We are blessed to be soon entering the season of Advent. Take time to center yourself on the nativity scene, drawing strength from the Holy Family.

Centering ourselves in our faith provides us with the lens through which to see clearly thus allowing us to better focus on the journey we have taken as a family and with our family. Our faith is a guide, a lamp beneath our feet, a constant companion making sure our feet are solidly planted. Our faith provides us with the tools to help us through each moment of stress and each crisis, big or small. To see how our faith can be our guide, our strength, our support, log on to the Diocesan Centre's website, (<http://archottawa.ca/>). Here you will find opportunities to build your faith and to guide others.

There is going to be a session dedicated to end-of-life issues at Saint Paul University on November 29th. The diocesan End-of-Life Committee, the Centre for Ministry Formation and Saint Paul University has invited Sr. Nuala Kenny to guide our faith in learning about the *Christian Perspective on Suffering and Pain at End of Life*.

The Council on Aging of Ottawa is hosting a "Lunch & Learn" event focusing on how to keep our vulnerable and isolated elderly connected. This event is taking place on November 23rd at the Council on Aging. As well, at the Council on Aging, speaker Theresa Grant will be informing us on *neighbourhood walkability for seniors*. This event taking place on November 9th is being organized by the Ottawa Falls Prevention Coalition for National Seniors Safety Week.

There is a new pro-life group at Saint Paul University (www.unmaskingchoice.ca). Together with Stephanie Gray they are hosting a session on "Abortion and Intellectual Honesty" on November 10th at the university.

Our community was recently bolted out of our peace and serenity with yet another teen committing suicide. The Catholic School Parents' Association, the Parent Involvement Committee and the Ottawa Catholic School Board are hosting *Parenting Now: Supporting Healthy Minds* with keynote speaker Dr. Bruce Ferguson. As director of Community Health Systems Resource Group for the Hospital for Sick Children, Toronto, his vision is to "... promote success in children and youth by considering all factors essential to well-being including health, home life, school, community life and peer relationships... to build networks and improve systems of care and support for children and their families. In particular, he is an advocate for children who are marginalized by race, poverty, gender, region or ethnicity." Along with the phenomenal workshops for strengthening families, there will be a three hour training session on *safeTALK* where each participant will be provided with practical ways in which to help our young holding thoughts of suicide. To register for this timely conference right here in our city, go to www.ottawacspsa.ca. It is happening on November 12th.

Centering ourselves in our faith will always lead us to the call of service to others, bringing about justice for all. Centering on others takes us out of ourselves. How can we as women of faith *be there* for others? Take the time to read about community-based organizations whose goal it is to better families. See how you can help them. For example, the Caldwell Family Centre is holding their Christmas Bazaar & Craft Sale on November 19th. Monies raised will greatly assist struggling families. Assumption Catholic School is always looking for monetary and food donations for their breakfast program which feeds breakfast and lunch to an average of 50 or more children daily. Helping these children will alleviate the constant stress put on their families coping with finding the means to put food on the table.

Have you heard of Innercity Ministries which is "...a Christian organization that pools the volunteer labour and resources of some 74 churches into a drop-in and street outreach service" (Ottawa Citizen, November 4, 2011) and the work of Florence who is 90 years old and Loris who is 84? These ladies, two of about 100 volunteers "...spend their days making and delivering sandwiches, snacks and supplies to various street people downtown." You need to read their story to learn how you can bring justice to others by being of service.

For many families the days counting down to the birth of our Saviour are very stressful. During the season of Advent my prayer is that you *keep awake* and find ways to assist in bringing about a joy-filled Christmas for the many struggling families in your community. Ask your parish priest; outreach groups etc. how you can be the light of the star bringing families to the true meaning of the nativity. And may you continue being the light of the star of Bethlehem for all families.

May God bless and protect you and your family. May our Mother Mary lead you ever closer to her Son.

Respectfully Submitted

Nancy Skipper

PAST PRESIDENT/HISTORIAN: COLLEEN RANDALL

We know we are traveling together. If our pace is slow, go on ahead of us. We won't envy you but rather will seek to catch up with you. However, if you consider us capable of a quicker pace, run along with us. There is only one goal, and we are all anxious to reach it....some at a slow pace and others at a fast pace. Let everyone's sighs be uttered in longing for Christ. Let us run to Him and cry out for Him

--- St Augustine

As we prepare for the joyous season of Advent let us remember to be kind, grateful and caring as Mary and Joseph were as they travelled to Bethlehem.

Elections

Many parish councils will have elections in the coming months. By now the president would have appointed her election committee and members would have received nomination forms and a list of eligible members. The past president is often the chair of the elections committee because that chair is held by a member that will not be allowing her name to stand for elections. She is called to be a mentor to all and to help members discern their path to service through this great League.

Parish Archives

This is also a great time of year to gather photos and stories for the council's historical archives. Remember to put names and dates on the pictures while your memories are fresh. Even the smallest event is noteworthy. Carry that camera and notebook wherever you go.

Before you pass along the "boxes" to the new executive be sure to purge all that is unnecessary. Current minutes and motions should be kept by the recording secretary and all past minutes and motions should be archived in dated binders. Separate documentation should be kept to record

- A list of parish spiritual advisors
- A list of all pins and merit awards by year presented
- A list of all anniversary dates of all members

These items make excellent references when researching awards.

May God bless you and your families and may our Lady of Good Counsel guide us as we journey together for God and Canada.

Respectfully Submitted

Colleen Randall

COMMUNITY LIFE: DYANN MacDONALD

*"Happy are they who suffer persecution for justice's sake;
The kingdom of heaven is theirs".* Matthew 5,10

Resolutions:

Looking over the Resolutions for Ontario 2011, one Resolution I feel Community Life should address is the ON.11.01 Safe, Potable Water for First Nations Communities. While it is a health and education issue it does have ramifications at the community level for First Nations communities. I suggest you may want your council members become more aware of this issue. You may wish to have someone come to speak from a First Nation's community who has experienced potable water issues, to write to your member of parliament on this issue and please continue monitoring the progress of the First Nations Water and Wastewater Action Plan

Social Justice:

1) Bill C304 Secure, Adequate, Accessible and Affordable Housing for Canadians passed second reading Sept.30, 2009 and was referred to the Standing Committee, The committee passed it back to the House with an amendment March 2011 before the Federal election. Please monitor it as it is important because it is estimated that 150,000 Canadians sleep in parks, main streets and in homeless shelters and four million families live on the margin from pay cheque to pay cheque.

2) Bill C268 received Royal assent is now Law, An Act to Amend the Criminal code (Minimum sentence for offence involving trafficking of persons under the age of eighteen years). Minimum sentence is five years. Another Bill about trafficking of persons is Bill C310 An Act to Amend the Criminal Code (Trafficking in Persons). If trafficking is committed by a person outside of Canada by a Canadian or a permanent resident, they can be prosecuted in Canada. Keep monitoring this Bill.

Immigration and Refugees:

1) Bill C4 An Act to Amend the Immigration and Refugee Protection Act, the Balanced Reform Act and the Marine Transportation Security Act, preventing smugglers from abusing Canada's Immigration System Act. Please monitor this Bill as it relates to our immigration laws. It has been introduced to the house and had its first reading.

2) Christian Refugees from countries persecuting Christians is to be of grave concern. Development and Peace (www.devp.ca) and CNEWA Canada (Canadian Near East Welfare Association) a papal agency for humanitarian and pastoral support (Diocesan Centre Ottawa www.cnewa.ca) have information on this issue in the Middle East especially in Iraq (www.cnewa.ca/iraqchristians)

3) The Horn of Africa, especially Somalia and Ethiopia are experiencing severe famine causing food shortages due to the lack of rainfall. Many refugees are fleeing to Kenya. Information can be found on the Website for Development and Peace (www.devp.ca).

Development and Peace is beginning their fall Campaign "Together We Hold the Future in Our Hands" a five year program. See Community Life Standing Committee Directive #2 for information or view the new campaign on D and P Website www.devp.org.

Resources:

Let us continue to focus on victims of human trafficking, hunger in the world, Aboriginal communities in Canada, our homeless and those who live in poverty especially women and children.

A good start is the Dignity for All campaign for those suffering hunger in Canada. Verna Lynn Bergeron, Ontario Province Community Life Chair has postcards you can use in this project.

A new resource published by the Citizens for Public Justice "Living Justice: A Gospel Response to Poverty". It is an ecumenical workshop and action guide on poverty and justice in Canada and would be an excellent resource for community life "to move from faith to action, from words to deeds, in the pursuit of peace among all peoples".

(Community Life Communiqué #5 from National)

"Invisible Chains, Canada's Underground World on Human Trafficking" by Dr. Benjamin Perrin (available at any library) information and true stories are found in this book.

"Connecting the Dots" a proposal for a National Action Plan to combat human trafficking is a good guide and is made available by Joy Smith, MP who introduced Bill 268 which was passed into law (see above under social justice)

To see Federal Bills, government, private and/or senate on-line go to (gives detailed version and status):

www.parl.gc.ca/legisinfo or Google: legisinfo

Website for Canadian Conference of Catholic Bishops www.cccb.ca

Please pray for Women and Children who experience poverty everyday in Canada and in the World. Wishing you a prayerful Advent as we wait in peace and hope for the coming of our Lord and a Holy Christmas season.

Yours in Christ,
Dyann MacDonald

EDUCATION & HEALTH: JOANNA SISK

Catholic Education

November 14 -18 2011 is Ontario's Bullying Awareness and Prevention Week. This week focuses on promoting a safer learning environment which is essential to a student's success. It provides an opportunity to raise awareness of bullying-related issues with parents and the local community. Be prepared to take part in the activities at your local schools. Social justice is necessary to develop many aspects of our environment and the relationship we have with our neighbours. Let us begin at home and school.

The Ontario Safe Schools Act: One of the main objectives of the Ontario Ministry of Education is to provide a safe learning and teaching environment. They now have in place specific policies to help prevent bullying in schools. All schools must have policies on bullying prevention, an intervention plan and procedures in place to deal with these situations.

What the new law means for parents: This new legislation clarifies how all school board employees must handle incidents at school.

- It requires all school staff to report serious student incidents that could lead to suspension or expulsion.
- It means principals will learn about events that happen in school that negatively affect the school climate.
- It ensures parents know that the schools will respond appropriately to serious student incidents.
- It ensures parents know when their child is a victim of such behaviour.

Continuing Education / Bursaries

This is a reminder that the National Bursary Fund is available to provide financial assistance to members meeting the established criteria who wish to pursue studies in adult faith formation and /or youth ministry.

Applications are available on request from national office or can be downloaded from www.cwl.ca and must be sent to national office with a postmark of no later than May 31. It is worth checking out!

Environment

Congratulations to our 39 schools that became certified this year as Ontario Eco Schools!

This environmental education program works to highlight the choices they make to operate other schools and in planning classroom programs based on the Ontario curriculum. To become certified, a school must demonstrate action in at least 4 key areas: energy conservation, waste minimizing, ecological literacy and school ground greening for shade and energy conservation. (The list of these schools can be found on www.ottawacatholicsschools.ca.) We can learn a lot from such projects to be used in our parishes and councils.

Wellness and sickness / disease

One of the Provincial Resolutions passed at the provincial convention this year is:

ON 2011.03 Raising Awareness of Colorectal Cancer and the Importance of Early Detection.

Colon Cancer: Ontario has one of the highest rates for colorectal cancer in the world. Men and women over the age of 50 and those who have a history of the disease are at most risk. It is the second deadliest form of cancer, but when detected early through Fecal Occult Blood Test (FOBT) or Colonoscopy there is a 90% chance for a cure. Only 24% of Ontarians over the age of 50 have had the FOBT in the past 2 years.

ACTION PLAN:

- Write letters to the Ministries of Health at both Provincial and Federal Government levels urging them to continue their funding for research and education for colorectal cancer.
- Invite guest speakers to inform members and your communities about colorectal cancer.
- March is National Colorectal Cancer Awareness Month. **Plan now** to be better informed about the early signs, the importance of early detection, available diagnostic options and educate your council members.

November is Osteoporosis Month: Be aware of the risks for breaking a bone!

The risk of having a major fracture from osteoporosis in Canada is among the highest in the world. Each year 30,000 Canadians break their hip, and many more suffer osteoporosis fractures of the spine, wrist, shoulder and pelvis. Broken bones from osteoporosis are extremely common, more common than heart attack, stroke and breast cancer combined. At least one in three women and one in five men will suffer from an osteoporosis fracture during their lifetime.

If you have already had a fracture after age 40 means you may need a bone mineral density test and fracture risk assessment with FRAXX or CAROC two fracture-risk assessment tools available to physicians, Your risk of having another fracture can be reduced. Ask your doctor about diagnosis and treatment options. Make your first break your last – insist on assessment.

January is Alzheimer Awareness Month. For information on dementia and keeping your brain healthy go to www.alzheimer.ca

72% proportion of Alzheimer's cases occurs in women.

62% proportion of overall cases of dementia is represented by women.

The Flu strikes 5% of Canadians each year, resulting in an average of 20,000 hospitalizations and up to 8,000 deaths a year. So be sure to get your seasonal flu shot, and get it early if you can – between October and December- before the number of influenza cases skyrocket. The shot is still effective if you get it later in the season, says the Public Health Agency of Canada, but full protection is not achieved until two weeks after vaccination. And while you are in vaccine mode, check with your doctor to make sure your other immunizations are up to date.

Encourage and educate members to take a proactive and informed role in their own health and well-being.

Respectfully submitted
Joanna Sisk

COMMUNICATIONS: SONYA LaROCQUE

"They are to do good, to be rich in good works, generous and willing to communicate."

1 Timothy 6:18

The Canadian League magazine

The Fall issue has been mailed out. If you did not receive your copy, contact your communications chair person so they can find out why you did not receive your copy. Perhaps your mailing address has changed, there is an error in the address, or you did not pay your dues on time.

Be League Electronic Newsletter

Published on the National Website on the 15th of each month. A monthly reminder to the members to check out the newsletter is a good way to encourage everyone to visit the National website on a regular basis. Check out the October issue at <http://cwl.ca/enewsletter/October%202011.pdf>

Trillium News and Views – Newsletter of the Ontario Provincial Council

The fall edition can be found at <http://cwl.on.ca/sites/default/files/newsletter/429.pdf>

Ottawa Diocesan Newsletter "Faith in Action"

Coming soon, check out the diocesan website in November. <http://www.ottawa.cwl.on.ca>

Hard copies available by subscription (\$6.00 per year).

Parish Newsletter

This is a good time of year to publish a parish newsletter. Pick a theme, get some members of the executive to write an article, ask members to submit stories too. Include coming events, celebrations, recipes, anything of interest to the membership. Send it in an email, but don't forget the members without internet. Provide hardcopies at your general meeting and mail an issue to those who can't get to the meetings.

How do you communicate with your members? Try something new; get everyone interested in what is happening in the parish, diocese, province, country and abroad.

Respectfully submitted

Sonya LaRocque

RESOLUTIONS: ONAGH DOOLEY

The days are getting shorter, the wind is getting colder and the sun is getting shy by the day! As we look forward to our Advent Retreat and all the reflections that entails a warm feeling is present. May we all have a very happy and Holy Season as we prepare to celebrate Jesus' birthday.

Please encourage your members to step into the Resolutions/Legislation Chair at your parish. Look for one or two who are willing to share or split the position is necessary and encourage them to put their names forward.

Here's some news on our 2011.04 Resolution – Caffeine in Energy Drinks:-

On October 6th 2011 – under the new measures announced by the Harper Government, Health Canada will classify most energy drinks in legal terms as a food, as they are in other countries like US and Europe which means that the nutrition facts table will be on every can and inspection powers will rest with the Canadian Food Inspection Agency (CFIA).

Health Canada would also require:

- limit the amount of caffeine to 180mg in a single serving (equal to approx. a medium coffee)
- labels to indicate the levels of caffeine and identify groups for whom high levels of caffeine are not recommended (children, pregnant/breastfeeding women).
- To include ingredient, nutrition and allergen declaration as with all other foods
- Ensure that types and levels of vitamins and minerals are within safe levels
- Warning statement advising not to mix with alcohol.

Energy drink makers would also be required to report to Health Canada any consumer health complaints associated with their products and also submit more detailed information on consumption and sales of energy drinks to enable the Department monitor if additional safety requirements are needed. Health Canada will be working with industry over the next 6 months to coordinate this transition and it is expected that the products would meet the new requirements within the next 18 to 24 months. (Government website)

Please continue to encourage your members to write letters under their respective committees. One suggestion would be to have "a letter writing meeting" or set aside a 15 – 20 minute portion of your monthly meetings and have members pick which resolution they want to address and write, write, write! Don't forget to keep tally of all letters written, including all copies sent to other ministers, as well as any replies received and include the numbers as well as the resolutions supported in your letters/replies, in your annual reports, due December 15th, 2011 at Diocesan.

I will continue to monitor the 3 Provincial resolutions that were directed to the Education & Health standing committee for study and action: Safe, Potable Water for First Nations Communities; Limit the Sodium in Our Food and Raising Awareness of Colorectal Cancer and the Importance of Early Detection.

I was pleased to see that the list of Bills put together by our Provincial Legislation Chair, Colleen Randall, was similar to the one I had just completed to monitor and report on as action happens. You can also follow up on these bills online – www.parl.gc.ca and click on the appropriate bill.

You can also encourage your members to write in support of any or all of the above.

May our Lady of Good Counsel guide our thoughts and hands as we write for rights and justice.

God Bless

Respectfully Submitted

Onagh Dooley

LEGISLATION ORAL BILLS BEFORE THE GOVERNMENT

The following are bills have already been introduced and have had their First Reading in the House of Commons between June and October 2011:

- Bill C-4* Preventing Human Smugglers from Abusing Canada's Immigration System Act
- Bill C-202* Eliminate the Income Tax Act payable on death benefit received under CPP
- Bill C-212* Luring a Child Outside of Canada
- Bill C-213* Means of communication for child luring
- Bill C-227* National Strategy for Fetal Alcohol Spectrum Disorder
- Bill C-233* Eliminate Poverty in Canada
- Bill C-241* Right to Housing
- Bill C-249* No GST on sale of home heating fuels
- Bill C-250* Herbal remedies - expand the list of allowable medical expense deductions in the *Income Tax Act* to include expenses incurred for a herbal remedy prescribed as a substitute for a prescription drug that would qualify as a medical expense under that Act, but which a person cannot use because he or she has severe allergies or sensitivities to that drug.
- Bill C-257* Mandatory Labeling of Genetically Modified Food
- Bill C-266* Pope John Paul 11 Day Act
- Bill C-267* Canada Water Preservation Act
- Bill C-268* No GST on funeral arrangements
- Bill C-271* Internet Child Pornography Prevention Act
- Bill C-314* Breast Density Awareness Act
- Bill C-327* To establish a National Literacy Policy

DATES TO REMEMBER

Diocesan Advent Retreat - Diocesan Centre

When Sat, 26 November, 09:30 – 15:00

Where 1247 Kilborn Place, Ottawa, ON

Description All members are encouraged to attend.

Pro-Life Mass - St. Monica Parish

When Sat, 26 November, 10:00 am (Rosary at 9:30 am)

Where St. Monica Parish, 2080 Merivale Rd.

Description Mass on our Pilgrimage Journey to pray for the establishment of a Pro-Life Centre in Ottawa. Father Freely will celebrate Mass, Queenship of Mary to serve refreshments after.

Rorate Mass, Annunciation of the Lord Church

When Fri, 2 December, 19:30 – 21:00

Where 2414 Ogilvie Rd, Ottawa, ON

Description

Diocesan Officer's Meeting - Diocesan Centre Room 110

When Wed, 11 January 2012, 19:00 – 21:00

Where 1247 Kilborn Place, Ottawa, ON

Description Diocesan Officers only

Presentation by Joe & Lucille Kennedy on Organ and Tissue Donation.

When Thur. January 12, 2012 at 7:00 p.m.

Where Msgr. Paul Baxter Memorial Centre, St. Patrick Church, Fallowfield. 15 Steeple Hill Crescent

Description At that time, we will also be supporting Resolution 2011.13, National Organ and Tissue Donation and Transplantation Registry. (At the 91st annual national convention, the assembled resolved to urge the federal government to establish and implement a national organ and tissue donation and transplantation registry.)

Diocesan Executive Meeting - TBA

When Sat, 21 January 2012, 09:00 – 13:00

Description Diocesan Officers and parish presidents

Deadline for submission to Diocesan Newsletter
When Friday, 2 Mar 2012

League Development Day - Our Lady of Fatima
When Sat, 24 March 2012, 09:00 – 12:00
Where 153 Woodroffe Ave, Ottawa, ON
Description Workshops to be announced soon

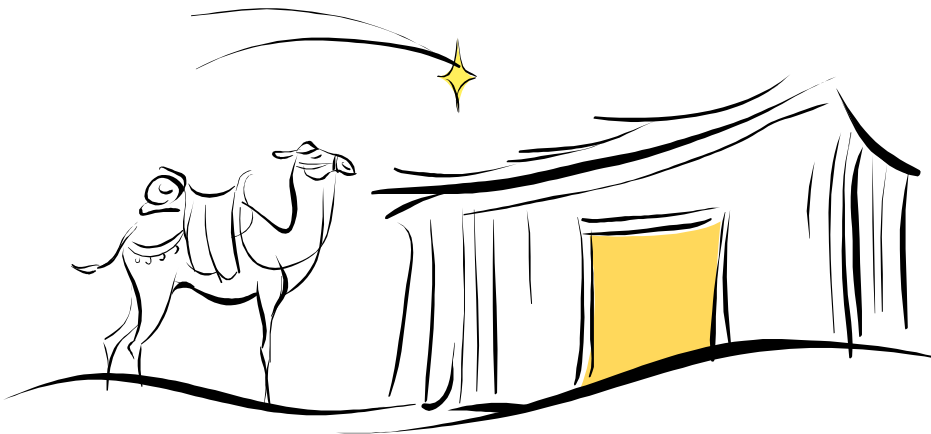
Diocesan Officer's Meeting - Diocesan Centre Room 110
When Wed, 11 April 2012, 19:00 – 21:00
Where 1247 Kilborn Place, Ottawa, ON
Description Diocesan Officers only

Feast of Our Lady of Good Counsel - St. Isidore Parish

Diocesan Convention – St. Patrick (Fallowfield)
When May 12, 2012
Where 15 Steeple Hill Crescent, Nepean, ON
Description All members are invited to attend

65th Provincial Convention
When July 8 – 11, 2012
Where Kingston, ON

92nd National Convention
When August 12 – 15, 2012
Where Edmonton, AB



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 Sonya LaRocque at somido@hotmail.com

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.
Heather Sisk
President Ottawa Diocesan Council

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.