



THE CATHOLIC WOMEN'S LEAGUE OF CANADA
Ottawa Diocesan Council
ORGANIZATION

Care for our Common Home



COMMUNIQUE #4

MARCH 2020

TO: Parish Organization Chairpersons
From: Teresa Psutka, Diocesan Organization Chairperson

With this, my first communiqué as diocesan Organization chair, I extend peace and blessings to all, as we encounter a very challenging and unique health situation in our city and around the world with the COVID-19 virus. It has and continues to change the way we live our lives. With the discontinuation of the handshake for the Sign of Peace, the cancelling of Masses and social distancing, it is changing our places of worship. Please pray for those that have been affected by this virus as well as those who may be affected in the future. Remember especially those who have died.

During this Lent as we slow down and give something up, consider picking up something. Consider a new activity to grow in faith, e.g. add an extra 30 minutes of devotional prayer time or eucharistic adoration. Thank you to all who completed the annual report. This helps National and Provincial know what is going on in the diocese. The reports show where we are accelerating and where we are lacking and could improve. Membership is definitely a prime issue at the present time. As we approach the 100th anniversary of the Catholic Women's League of Canada, we are seeing changes in our membership. As we continue to reach out for new members, we need to also nourish the needs of our fellow sisters in the League.

At the request of the Ontario Provincial Council, the Planning Strategically presentation on the future of the League was given at the League Development Day on February 22nd at St. Bernard parish. The day was very well attended. Christian Family Life diocesan chair, Jennifer Jones and myself gave the presentation. Questions were taken from the floor at the end. We have more years to go, but we are off to a good start. When national asks for volunteers for surveys or to answer questions regarding the League, do not hesitate to participate. Your voice will be heard.

As many social interactions are being limited or cancelled entirely, remain calm and patient as this difficult time will pass. Be prayerful, help those who are in need and comfort those unsure of the future. We will get through this with God's help.

I would like to close with these words from Pope Francis as to what we can fast from during this Lent. They can be used all year round too.

Fast from hurting words and say kind words.

*Fast from sadness and **be filled with gratitude.***

*Fast from anger and **be filled with patience.***

*Fast from pessimism and **be filled with hope.***

*Fast from worries and **trust in God.***

*Fast from complaints and **contemplate simplicity.***

*Fast from pressures and **be prayerful.***

*Fast from bitterness and **fill your heart with joy.***
*Fast from selfishness and **be compassionate to others.***
*Fast from grudges and **be reconciled.***
*Fast from words and **be silent so you can listen.***

Our Lady of Good Counsel – Pray for us!