



# The Canadian League



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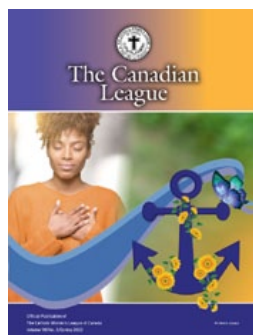
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# President's Message

**Fran Lucas**

National President and Chairperson of International Relations



What is “out of the norm” for you? We are familiar with “out of the norm”, having lived it for some time now. On a scale from one to 10 (10 being highest), where would you rank your past two-year experience for being “out of the norm”? Personally, considering many things—newly retired, extra year as president-elect, virtually installed as national president, visiting grandchildren rarely, seldom socializing with friends, Christmas and Easter celebrated with only my husband, taking rapid COVID-19 tests, and the list goes on—I would put myself at an 8.5. Of course, there will be those at a much lower figure and some with higher ones—but it is a very personal scale. My 8.5 may not have affected me as much as someone else’s 2.0 has affected her. Whatever the number, we have survived, so I am confident that we can further stretch out of the norm through *Catholic and Living It!* theme activities.

Theme activities in councils at all levels have likely been discussed, planned, and are already being carried out in some cases. What can be done to encourage, initiate or contribute to something “out of the norm”? Which of the core principles would it be tied to—faith, service or social justice? Would it be a local, national or international endeavour? For example, maybe it is inviting someone to join the League! Maybe it is asking a member you hardly know to join you for coffee or offering to pick her up for the next meeting. Or that family member you keep telling yourself you must visit or make amends with—do it now! Wondering about a community not-for-profit organization? Go check it out or sign up as a volunteer. Attend

that retreat being offered locally or internationally via webinar—invite a friend to join and offer to give a short synopsis at the next council meeting. Identify an issue that has bothered you for a long time and set a goal to write a resolution on it. Invite others who are interested to help with the research. Organize a bus trip to the next convention—what a great time to get to know other members and strengthen relationships. These are individual activities members may take on and find they enjoy so much they want to do more of the same! Each member needs to get out of her norm, showing her strong Catholic faith and living it for all to see. That can surely happen with any diocesan or provincial council initiative too.

In a recent article in *The Catholic Register*, Fr. Scott Lewis S.J. says, “The world is a mess because we are collectively out of harmony with the divine source that we call God. Greed, negativity, hate, selfishness, and lack of love have altered in negative ways how we relate to one another and to our world.” *Catholic and Living It!* can be one way to change that. Let us all make this a time to renew or grow relationships and build connectedness with people, perhaps in ways we have not considered previously. Visit the strategic plan resources on the national website under To Organize. A list of resources and their links can be found in the implementation committee’s article, “Celebrating the Fruits of the Strategic Plan” in this issue of the magazine. An opportunity for action has been taken away from us—for a short while—but let us come back bigger, better and stronger! †



# “Not as Mortals See Does God See Us”

**Cathy Bouchard**

National Second Vice-President and Chairperson of Spiritual Development



In his article, “Living by Faith in a Time of Social Isolation,” Tony Cosentino of the Renfrew County Catholic District School Board, writes, “Each of us has been called to lead and serve in new and unforeseen ways. For the first time in more than a generation, the predictability of our lives is on hold. But God has already seen the outcome of our battles and equipped us for this time. Not as mortals see does God see us! God looks on us and sees a people fortified for His purposes. In God’s eyes, we are not helpless, we are not hopeless; and we are not incapable. Anything but! We are part of a classic pattern in salvation history. Abraham and Sarah, Moses, Joseph, Rahab, Ruth, Hannah, David, Daniel, Esther, Jeremiah, Mary & Joseph, the Apostles, saints and us! All unlikely candidates in the world’s eyes for a role in God’s plans for His people. But not as mortals see does God see...”

“What has God taught you in your wilderness over the years? Have you had to cope with loss of a loved one or the end of a relationship? ... Have you ever had to struggle to make ends meet? ... Have you had to care for someone else’s needs, with very little time for your own? ... Have there been times when only prayer got you through a trying situation? How did you grow from this experience? You are probably more courageous than you think. You probably have more faith than you think. Life’s struggles may have taught you to be more resilient than you realize. Your sacrifice for others has probably made you more loving than you think. Your daily prayers and those sown in tears have laid a foundation that is stronger than you think. Your surrenders to God may in fact be your greatest areas of strength and wisdom for helping others.”

The past few years have been a challenge for members, but not necessarily all negative. They have found new ways to gather, pray, support people around them and be sisters with each other. It is possible members have grown in their spirituality and their love of God. Perhaps members have learned to trust in God more than in themselves.

Following a pause in gathering in person, members have the opportunity to refresh the spiritual life of their parish councils. Using the main question from the consultation for the Synod 2021-2023, *For a Synodal Church: Communion, Participation, and Mission*, members can examine their council’s spirituality. “In announcing the Gospel, how does [their council], like the Synodal church ‘journey together’? What steps does the Spirit invite [their council] to take in order to grow in [their] journeying together?”

Members must listen to the variety of people, including members of their councils and those outside their council or parish. How can they grow together as companions? Members “are invited to speak with courage in freedom, truth, and charity. Listening is the first step, but it requires an open mind and heart, without prejudice.”

How do members celebrate together in the spiritual dimension of a parish council? “How do prayer and liturgical celebration inspire and direct their ‘journeying together’? How do [councils] promote the active participation of [members] in the liturgy?” Do their spiritual programs have a variety of forms? Is the spiritual component of meetings inspiring, and does it help members grow in their spirituality?

“The spirituality of journeying together is meant to become an enlightening principle for the formation of the human person and for Christians, families, and communities. How does [a parish council assist and encourage members] to be more capable of ‘walking together,’ listening to one another, participating in mission, and engaging in dialogue?”

How does God see members? God sees them as women with endless potential who turn to Him in their strength and their weakness. Members are called to live in communion with each other, actively participate in their faith and open themselves, as the church, to mission. God sees members and loves them as women sharing the gospel message—that as they are loved, they are to love others. †



# Caring for Oneself is a Vitally Important Decision

**Margaret Schwab**

National Chairperson of Education and Health



Have you been thinking of expanding your knowledge of the Catholic faith? The National Bursary Fund (available to all members) assists women with the cost of furthering their education. The fund may be applied to various educational opportunities on spiritual growth, adult lay formation, youth ministry, parliamentary procedure, literacy tutoring and ministry to patients in palliative care or shut-ins. The maximum award is \$1,000 per year per applicant, and a member can receive up to \$4,000 in her lifetime. The application form, along with the criteria and guidelines, are available at [cwl.ca](http://cwl.ca) under To Organize, Series 500: Forms, #552. Note: the deadline for applications is **May 15<sup>th</sup>**. The fund is supported through generous donations from members and councils.

Resolution 2015.01 Increased Early Intervention and Access to Children and Youth Mental Health Services is as relevant now as it was seven years ago. There have been so many struggles caused by the pandemic cloud, not the least of which is the effect on Canadians' mental health. As this article is being written, there is still no forecast as to when life will be "normal." Depression, anxiety and isolation are but a few of the issues people have been dealing with. For some, this will not be a short-term problem that will disappear with the pandemic. According to Statistics Canada, in July 2020, only 55% of Canadians reported having excellent or good mental health, down from 68% reporting the same results in 2019. Youth are the least likely to report good mental health, with their declines moving from 60% pre-pandemic to 40% in July 2020.

The number of people experiencing symptoms of depression has risen from 2% before the pandemic to 14% as of February 2021. Many who are trying to deal with the stressors in their lives are turning to substance use to try to deal with the strain of financial loss, social isolation or health concerns for family members. Those who were already living with substance use disorder have been presented with additional challenges and risks. Substance use disorder is a health condition that can have devastating consequences. Many people may not feel safe seeking the help and support they need because

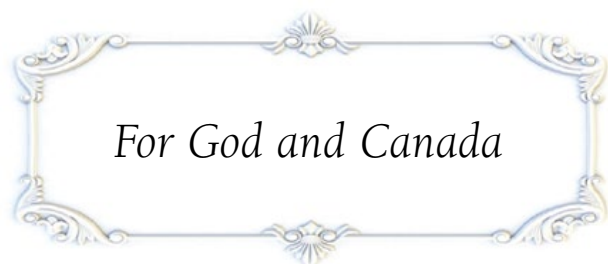
of a definite stigma attached to substance use. Society is more aware of mental illness and problematic substance use, yet still, few people seek treatment.

Mental health still carries with it certain stigmas which prevent open dialogue. After living in a pandemic for two years, many more Canadians suffer from some form of mental unwellness. Days of isolation, anxiety and stress take their toll on the healthiest of minds. People have lived through hopeful times when the COVID-19 case numbers have dropped, and they look toward the return to normal only to have those hopes dashed as another more damaging wave takes hold of the population. Many have lost loved ones and could not say a proper goodbye through holding a funeral and feeling the support of family and friends.

I often hear people say, "I am so tired, but I am not doing anything." As members stay at home, listening to the news and reading the papers, they are bombarded with pandemic overload. It is hard to feel energetic when anxiety levels are so high. Even those who would say they have never felt depression are feeling it now—the inability to find ways to keep oneself busy, to reach out to others by telephone or e-mail, the constant lingering brain fog.

Here are some tips for mental wellness from the [canada.ca](http://canada.ca) website—stay informed but take breaks from the news, stay socially connected with family or friends, take deep breaths and practise meditation, eat healthily and exercise, get plenty of sleep, focus on the positive.

Above all, always be kind and compassionate to yourself and those around you. In every conversation, listen with your heart as well as your ears. What better way to practice on a daily basis, the national theme of *Catholic and Living It!?* †



# Looking After Ourselves



**Dorothy Johansen**

National Chairperson of Christian Family Life

“God is our refuge and strength, a very present help in trouble.”

(Psalm 46:1)

Each mass, Catholics hear the following from The Lord’s Prayer: “Deliver us, Lord, we pray, from every evil, graciously grant us peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ.” The peace of the Lord be with you always.

From preparing for the Sacrament of Reconciliation (*Living with Christ*): “Do I tend to the spiritual, physical and medical needs of my body? Can others see the grace of Baptism at work in my life?”

I find that after two years of the global COVID-19 pandemic—wearing masks, extra hand-washing, cleaning and sanitizing, socializing in-person with only family members, meetings by computer and feeling comfortable shopping in-store for groceries only—I am tired. The regular news that another person I know is ill and requires prayers makes me anxious as medical care is at a premium, so everyone needs to wait longer than usual.

To help each other, Canadians need to be at their best. Currently, the words speaking to me are “the peace of the Lord be with you always.” What can this mean for members in the next few months?

Can members remember what it is or find something that gives them that feeling of peace? Is it in a church

during the quiet before mass or when within the presence of the Blessed Sacrament? Is it when they are celebrating mass in a simplified way under one species? Perhaps, just sitting quietly in a comfortable chair at home speaking to God about their troubles and then relying on His refuge and strength? Or is it while doing a hobby where they can pray while they work? Will this help with members’ mental health to reduce anxiety and distress?

Is it possible members need to look after themselves a bit better than they have? Perhaps like me, they have been waiting to care for their spiritual, physical and medical needs until after the pandemic. I needed to avoid going to mass and medical appointments to reduce my social interactions. But after two years, it is time to catch up on all the usual check-ups that people need to do to prevent any serious issues. People are often quick to point out to someone else that they “should get that looked at, or dealt with.” Can members look at themselves and decide what they need looked at? Do they need reconciliation?

If members all look after themselves for the next few months, then I think they will be ready to recognize the face of Christ in each person they will soon meet and be prepared to respond where and when they are called to serve others. †

## National Council Regretfully Advises the Passing of Life Members:

**Mary Hass**  
Renfrew,  
Ontario

**Connie Hatherton**  
Vancouver,  
British Columbia

**Jacqueline Herman-Wing**  
St. Catharines,  
Ontario

**Frances Firth**  
Glen Levit,  
New Brunswick

# No More Tears?

## Pauline Krupa

Life Member and Communications Sub-committee Member



Undeniably, the global COVID-19 pandemic has changed Canadians' lives and the way they have been doing things. In the early months of stay-at-home orders and self-isolation, the Internet became an essential outlet for many people. Unfortunately, while exploring the web, some research shows a spike in visits to pornography sites in the early months of the pandemic.

Generally, pornography use trended downwards throughout the pandemic for men and women. Sadly, the same cannot be said when considering children who are spending more time on their tablets and computers. The Canadian Centre for Child Protection (CCCP), which operates [cybertip.ca](http://cybertip.ca), reports "there has been a 37% increase in the overall online victimization of youth." The agency advises that "predators have become more persistent and aggressive." Many children are victimized by bullying tactics and often do not let parents know because they are ashamed or afraid of getting into trouble. Noni Classen, CCCP director of education, expresses the importance for people, particularly parents, to become aware of the aggressive nature of sexual exploitation children encounter.

Researching for this article, I discovered that the production or distribution of offensive/obscene materials is prohibited. It is an offence to make, publish, distribute or possess child pornography. Section 163(1) of the *Criminal Code* provides a full definition of child pornography.

I have learned the federal minister of Canadian heritage has been tasked to create new regulations that will require the removal of illegal content, including child exploitation, within 24 hours. In addition, the ministry has stated Canada is working with other countries to address the issue. Also of interest is the work of an independent senator who sponsored Bill S-203 *Protecting Young Persons from Exposure to Pornography Act* (43<sup>rd</sup> Parliament, 2<sup>nd</sup> Session) to protect children and youth from exposure to online pornography. The bill did not become law.

As an organization that champions faith, service and social justice, members need to find an opportunity to

research, educate one another and take action. Perhaps it is time to re-visit the League's campaign to combat pornography, emphasizing child pornography and the exploitation of youth.

Opposing the production and use of pornography has been an issue of concern for more than 30 years for members. As with many League campaigns, it began with a small number of councils joining the former Canadians Addressing Sexual Exploitation and its White Ribbons Against Pornography campaign. Each October, members encouraged all parishioners to wear the simple white ribbon for the week-long campaign and return it with their signature. All the ribbons were then presented to members of parliament to advocate for stricter laws concerning pornography. Members witnessed as the campaign took on a life of its own. In fact, Hamilton Diocesan Council took the campaign on the road, displaying advertisements on public transportation and billboards. These actions sparked others to follow, and in time it grew into the national *Pornography Hurts* postcard campaign.

Councils were dedicated to the white ribbon and postcard campaigns for many years. Over time, more pressing concerns took centre stage. For some, *Pornography Hurts* fell further down the list of priorities for action. Happily, in my research I have found there are councils still

very dedicated to the campaigns. Kudos to them!

For the rest of us, perhaps a second look is just what members and councils need. The postcard is still available for use on the national website. So why not get creative and do something new? For example, councils might want to make an electronic version of the postcard that can be e-mailed to members of parliament for those who use technology with ease (see sample above).

There is still much to be done. Imagine the government being bombarded with more than 60,000 requests for action against the misuse of social media and the Internet with special attention to the exploitation of children and youth! †





# Domestic Violence in Women in Canada

**Faith Anderson**

National Chairperson of Community Life



“Be the change you wish to see in the world.”

(Mahatma Gandhi)

Women from all walks of life are affected by domestic violence. The mosaic of Canada is changing due to the many refugees and immigrants that have settled in the country. Per the *2021 Annual Report to Parliament on Immigration* by Immigration, Refugees and Citizenship Canada, 184,606 permanent residents were welcomed, 906,119 travel documents were issued, and 51,101 individuals were transitioned from temporary to permanent residents in 2020. In addition, 256,740 study permit holders and 326,116 temporary work permit holders entered Canada. The report states that over the past five years, three-quarters of Canada’s total population growth was due to immigration. Newcomers to Canada are relied on for population growth, labour supply and cultural diversity, and they see this as an opportunity for economic opportunities.

Intimate partner violence (IPV) undermines the ability of immigrants to rebuild their lives in their new environment due to limited support systems, changing family dynamics and sometimes adapting to contemporary gender roles. IPV is a range of behaviours that includes emotional, financial, psychological, physical or sexual violence by an intimate partner. Psychological violence targets a person’s emotional, mental or financial well-being. It can also impede their freedom or sense of safety. Physical violence involves physical assault or the threat of assault. Women who experience severe spousal violence are more likely to encounter long-term post-traumatic stress-like effects.

Immigrant, refugee and non-status women who experience domestic violence experience the same forms of domestic violence as Canadian-born women; however,

they also face particular barriers unique to the newcomer experience. A unique form of abuse faced by these women is the threat of being reported to immigration authorities and being deported. Even if they have the right to remain in Canada, their partner may not keep them fully informed of their full rights. The sponsorship process often places one partner in a position of power over another. This reinforcement of power imbalances usually favours an abusive partner or spouse.

Dana Rutherford from Break The Silence Against Domestic Violence reports that the link between domestic violence and human/sex trafficking is huge. Sadly,

it is not uncommon to see a husband selling a wife, a mother selling a child, a brother selling a sister or other family members exploiting their loved ones for money or drugs in trade for sexual acts or manual labour. Statistics Canada indicates that 76% of the visible minority group affected by IPV were immigrants compared to 11% of the non-visible minority group.

In a federal government statement, updated May 31, 2018, more than one-quarter of reported violent crimes resulted from family violence, while almost 67% of victims were women and girls. Family violence is underreported, and experts have indicated, underestimated.

A Statistics Canada report released on April 17, 2019, identified that 3,565 women who resided in facilities and reported abuse indicated this was their primary reason for seeking shelter, and 66% identified a current intimate partner as their abuser. The report states intimate partners include individuals who are/were legally married, common-law, dating or are/were in other types of intimate





relationships. In 2018, 428 facilities offered short-term accommodations to victims of abuse, and on a given day, 36% of these facilities were deemed full. Short-term housing is considered a length stay of fewer than three months. Eighty-two per cent of women indicated the most common reason for being turned away was that the facility was full. Long-term residential facilities provide accommodation for three months or more and typically offer apartments or houses to residents. Statistics Canada indicates that one in five women leaving a residential facility return to live with their abuser.

Victims of abuse by approximately five times their representation in the Canadian population were Indigenous

women and Indigenous children were overrepresented by roughly three times. Of those residing in facilities, more than one in five (22%) women and one-quarter of children (25%) who were victims of abuse were Indigenous.

What can members do? If suspecting abuse, make a report to the proper authorities in your province. Support short and long-term facilities and engage in ways to assist the visible minority women who need a place to feel culturally safe. Women who are victims of domestic violence need to feel empowered to rebuild their lives and look towards a future without violence. Become educated on the topic and be *Catholic and Living It!* †

## Jesus Weeps

### Nancy Simms

Life member and Community Life Sub-committee Chairperson



According to the federal government, “Immigration, Refugees and Citizenship Canada facilitates the arrival of immigrants, provides protection to refugees, and offers programming to help newcomers settle in Canada.”

The government defines refugees as, “...people who have fled their countries because of a well-founded fear of persecution. They are not able to return home. They have seen or experienced many horrors. A refugee is different from an immigrant. An immigrant is a person who chooses to settle permanently in another country. Refugees are forced to flee.”



There are many forms of persecution, one being the atrocities of Christian persecution. According to a January report by Open Doors International, more than 360 million people were persecuted for their Christian faith between October 1, 2020 and September 31, 2021. These people are mothers, fathers, grandparents, teenagers, young ones learning to walk, people of all ages and income brackets, whose only “crime” is believing in the saving grace of Our Lord Jesus Christ. It is my hope and prayer that every person reading this is guilty of the very same offence. What persecution are members willing to bear? Within the 12 months, 5,898 Christians were killed, 5,110 churches were attacked or closed, 6,175 Christians were arrested without trial, and 3,828 people were kidnapped. These people were all in some way ripped from their homes, families and communities, and if they are still living, they do so in constant fear as they try to live out the living word of God.

Members can help their Christian sisters and brothers through the Canadian Refugee and Humanitarian Resettlement Program. How beautiful a gift to Jesus it would be to have every parish council across Canada sponsor refugees living out their faith in Jesus.

For more information on the program, visit [canada.ca/en/immigration-refugees-citizenship/services/refugees/canada-role.html](https://canada.ca/en/immigration-refugees-citizenship/services/refugees/canada-role.html). †

# Recipe for League Resolutions



**Rolande Chernichan**

National Chairperson of Resolutions

## Ingredients List

- ~ 1 resolution topic
- ~ 1 committee
- ~ 1 or more prayers
- ~ 1 *Resolutions Supplement to the Executive Handbook* (2020)
- ~ 1 *Resolutions Guide* (2020)
- ~ 1 or more resolved clause(s)
- ~ 1 or more bridging clause(s)
- ~ 1 brief
- ~ 1 works cited list
- ~ 1 action plan
- ~ 1 printed file original sourced research
- ~ 1 *Checklist for Reviewing Proposed Resolutions*
- ~ 1 cover letter
- ~ 1 digital file of resolution

## Yield:

- one resolution
- advocacy
- knowledge about topic
- camaraderie and teamwork
- faith in action

## Nutritional Information:

A League resolution:

- aligns with the teachings of the church
- states League position
- may be the basis for a position paper

## Preparation Instructions:

1. League policies and procedures guide the resolutions process. Parish, diocesan, provincial and national chairpersons are tasked to assist members in the resolution development process.
2. Prayer should accompany the process, asking the Holy Spirit “to give light to our minds and strength to our wills” and through Mary’s intercession as League patroness.
3. Any member can initiate a resolution; however, the topic should first be approved by a motion of the council.
4. The council’s chairperson of resolutions is responsible for being a part of the committee to study and research the topic and to develop the resolution.
5. Refer to the *Resolutions Supplement to the Executive Handbook* and the *Resolutions Guide*, which details the resolutions process. When possible, participate in a diocesan or provincial resolutions workshop.
6. Notify the next level of the League about the resolution topic, seek guidance as necessary, and ascertain the deadline date for the resolution to be submitted to the next level for consideration at the annual meeting of members.
7. Consult the national website ([cwl.ca](http://cwl.ca)) for 2019 resolutions in the most current format (no ‘whereas’ clauses) and other resolutions or position papers relating to the topic.



8. Research and gather support material for the resolution (suggestions in the *Resolutions Guide*). Assess and evaluate sources of information using the RADAR method (J. Mandalios).
9. Use terminology for the clause(s) according to the examples in the *Resolutions Guide*.
  - Compose the resolved clause(s) stating the name of the council requesting the action, the next level of the League being entrusted with the resolution, the name of the outside group, institution, government, etc. to which the resolution is directed and state clearly what action is being requested.
  - Compose the bridging clause(s) so the resolution gets forwarded through the levels to its final destination and so that no action is taken on the resolution until it has been adopted at its final destination within the League.
10. Compose a one-page 'brief' concisely and factually supporting the resolution's intent using information, quotes and parenthetical references from reliable sources of research material.
11. Prepare the works cited list of sources cited in the brief in alphabetical order, using the Modern Language Association format. Research consulted but not cited may be appended separately.
12. Develop the action plan for members to act on the objective of the resolution.
13. Review the resolution to ensure it meets the League's criteria for accepting resolutions (in the *Resolutions Supplement to the Executive Handbook*).
14. Prepare a file of print copies of the original sourced material, corresponding to the order of the works cited list—flag and highlight in the material all citations, statistics and quotes referenced within the brief.
15. Review the resolution to meet all requirements of the *Checklist for Reviewing Proposed Resolutions*. A printed and completed copy of the checklist (a fillable copy is available on the national website) must accompany the resolution file.
16. Follow the steps for formal presentation and adoption of the resolution at a regular council meeting (in *Resolutions Supplement to the Executive Handbook 2020*). It is advisable to have a prepared pre-worded three-minute statement to speak in support of the resolution when the motion is opened for debate.
17. After adoption, prepare a cover letter signed by the president and secretary, stating the resolution has been adopted by a majority vote of council members. Include the date of the meeting and the mailing address of the submitting council. The names of resolutions committee members may also be stated.
18. Submit the complete resolution file, cover letter and checklist in print to the next level of the League by the specified deadline date to be considered at the annual convention. Keep a complete print copy of the resolution file for the council's records.
19. E-mail the complete resolution file to the next level of the League, or save it to a universal serial bus (USB) drive to accompany the printed resolution file. †

### Timing:

- ✓ Time start-up with deadline dates in mind:
  - for adoption by the originating council and
  - before deadline date to submit to next level of the League
- ✓ Time for research and development of resolution varies due to:
  - complexity of topic
  - skills, experience, availability and committee size



# What is the League's Position On...?

**Glenda Carson**

National Chairperson of Legislation



What is the League's position on ...? It is not an uncommon question raised by members and often arises in response to a proposed bill or action by the federal government. It is a common query when the topic elicits a passion for advocacy, or it is felt important to have the full national voice of members in addressing a concern. In the past, some members have expressed frustration over needing to wait for a national League position. Others have expressed being unaware that there are national League position statements.

Stating a position is important to know the stance of an organization on a topic or issue of debate. In the case of a membership association, a position guides members' responses to a situation and acts as a source of information for the general public. Stating a position does not reflect an authoritarian perspective on behalf of an organization. Instead, stating a position reflects a belief statement, ensuring the principles that underpin an organization's purpose, mission and objectives are represented on behalf of the members. For the League, stating a position can guide members' actions and the development of policies and resolutions. Examples of efforts by members that League position statements could guide include letter writing, presentations to federal, provincial and civic governments, social media posts, signing petitions and supporting groups and other organizations with similar beliefs and philosophies. Position statements and papers have a public nature, providing transparency concerning the beliefs of an organization. All League position papers are published on the national website. The League's current position papers are presently under review, ensuring that all are relevant for members and the world today.

The national president communicates the League's position with appropriate organizations for urgent, real-time national situations. For example, when the unmarked graves of Indigenous children were found last year, the League stated its position of concern through then National President Anne-Marie Gorman (2018-2021). The response reflected that members embraced the discovery of the unmarked graves as

a significant concern and issue and recognized it as a profound tragedy for the Indigenous people of Canada. A letter was sent to the prime minister, urging the government to uphold its promises concerning the Truth and Reconciliation Commission of Canada and move quickly to identify or name the children. A second letter was sent to the Canadian Conference of Catholic Bishops expressing solidarity with the actions being taken by the bishops. Included in the letter was a commitment to encourage members to actively "address the historical and ongoing trauma and the legacy of suffering and challenges that Indigenous people continue to suffer from their experience at residential schools." The National Day for Truth and Reconciliation was also recognized in the letter, with the promise of promoting and encouraging members to "pray, recognize and participate in activities to foster a healthy path to reconciliation."

For membership associations, being the representative voice on behalf of others involves speaking generally for what is best. For the League, guidance for position statements comes from its core purpose, values, mission, objects, policies and resolutions. The positions are always congruent with the Catholic faith. All League statements and documents used as guides result from consultation with members. As individuals and concerned citizens, members may wish to take their own independent actions that are not formally addressed or supported by the League. Canadians are all entitled to their own thoughts, opinions and actions. However, if speaking on behalf of the League, it is crucial to communicate the organization's official position.

The importance of the League stating positions as a representative, national voice for Catholic women cannot be overstated. This is at the heart of one of the main reasons for existing as an organization. As part of the new national theme, *Catholic and Living It!*, let us pray to the Holy Spirit to "strengthen us to live our faith, witnessing to life, peace and social justice daily wherever we are in Canada." Let us keep this prayer close to our hearts and minds as we step forward as representatives of Catholic women, our organization and our Catholic faith. †

# Telling the Story



## Anne-Marie Gorman

National Past President and Chairperson of Laws

Every year as a New Year begins, I return to the death of my dear mother, who passed away on February 6, 1977, when I was a young mother of two. I had lost one of my best friends and closest confidants when I was most unprepared. While she is with me daily, January and February most poignantly bring vivid memories to the surface. Were it not for the necessity to care for my children and husband and work full-time, I am not sure how I might have survived. Still, it took about five years until I could confidently say I was again firmly in this world. Were it not for my faith that God is good, all the time, and the spurring of the Holy Spirit to join the League in my country parish (following in my mother's footsteps), I would not be reflecting with my 63,000 sisters across Canada.

What, might members ask, has this short piece of my life got to do with League's three pillars of faith, service or social justice? It is part of my story, my history. For my siblings, children and grandchildren, it may instruct them more fully on who I am and how I have managed to live as well as possible, given the setbacks that each person can expect to have.

Each parish council has a short or long history, noted in stories that have been captured by the many past presidents whose joy it is to tell the story. Year by year and decade by decade, the stories are compiled into tomes that celebrate the successes and challenges of the particular time in the life of Canadian Catholic women and the church. It is a very important part of the work of the past president. She may be the one who documents, or she may be one of many who bring their story to life each term. Regardless of who the past president designates to do this, future generations of the parish councils will stand on the shoulders of those whose names and stories are physically present. Imagine the pride in the council's history when a milestone is celebrated!

I have yet to have my first visit to the national office in my capacity as archivist. Still, I am really excited to read some of the organization's stories when I have the opportunity to spend time with the words and lives of the League's beloved honorary life members (past national presidents) and the activities in the parish councils. It will be my duty and my pleasure as past president to follow the

guidelines of archivists (600 Series: Manuals 601 and 601b). Aside from the support she gives to the present executive, the past president is necessary in order to tell the story. I pray I may, personally, and then with the appointed archives committee (Honorary Life Member Margaret Ann Jacobs (2016-2018) and Blanca Stead), do justice to the work and celebrations of this national organization that reaches beyond its borders through its permanent voluntary funds (Catholic Near East Welfare Association, Canadian Catholic Organization for Development and Peace and Coady International Institute). †



*For God and Canada*

# Celebrating the Fruits of the Strategic Plan Three Years into the Journey

## Implementation Committee

President of the United States John F. Kennedy (1961-1963) said, “Ask not what your country can do for you—ask what you can do for your country.” The implementation committee has been asking the same question during the past three years—what can the League do for members?

The League calls all Catholic women to share their God-given gifts for the common good of church and country. Several working groups are contributing countless hours of service compiling resources for members to access from the national website:

1. *Welcome Program*
2. workshops
3. marketing promotions
4. diversity resources
5. social justice resources
6. National Faith Day
7. Calendar of Events
8. *Care for God’s Creation Resources*
9. *Prayers and Spiritual Programs*
10. Newsletter Template

Find these free and printable resources and many more at [cwl.ca](http://cwl.ca).

### Goal 1

Research shows the League is well known among Catholic organizations; however, that is not enough. The League needs the membership to branch out and help members—new and old—to feel that each is appreciated and plays an important role within her council and parish. No matter how small their role, everyone contributes.

Together, the League can grow its membership by attracting women from every walk of life, culture and age group. Young women will learn the joys of membership from established members and enjoy the memories and accomplishments of 102 years of building the League!

The membership campaigns focus on the benefits of some of the current programs. In the Talking to the Audience campaign, both members and non-members provide their views on membership and promotional materials. The Share the Love campaign promotes caring and sisterhood.

### Goal 2

The working groups devoted to social justice have gifted several wonderful resources to members.

1. [The Calendar of Social Justice/Catholic Social Teaching in the Church](#) offers a full year of dates and events.
2. [Catholic Social Teaching Resources](#) includes papal documents, books, speakers and quotes.
3. [The Dignity of Work and the Rights of Workers](#) provides resources to educate members about this important principle.

### Goal 3

Members “grow in faith by sharing, witnessing and developing leadership skills to create positive change.” A booklet of [Prayers and Spiritual Programs](#) is available free to members and can be used and adapted as needed by councils. A PowerPoint [presentation](#) is also available to help create prayer services.

“Through outreach and service, ... members foster a culture where all life is valued...” A variety of advertisements and resources are available to showcase and inform about the diversity within the membership. These resources contain important information on membership, celebrations and a calendar of Canadian multicultural celebrations. A [Newsletter Template](#) and [notes](#) and editing instructions have been developed to help parish councils share the good things they do with other members and councils.

### Goal 4

The [Welcome Program](#) addresses the current critical issues to leave no member behind and validate all members. It helps all councils to welcome and affirm every member of this amazing organization.

[The Joy of Leadership Through Engagement in Ministry](#) guide contains information necessary to maintain short- and long-term activities for the engagement of all members in parish councils. Try it, you will be glad you did! †



# 102<sup>nd</sup> Annual National Convention Program

(All events take place at the Delta unless otherwise stated.)

## SATURDAY, AUGUST 13

- 9:00-4:00 p.m. O'Keefe Ranch and Davison Orchard (ticket required)  
10:30-1:30 p.m. Wicked Wine Tour (ticket required)

## SUNDAY, AUGUST 14

- 10:00-4:30 p.m. Distinctly Kelowna City Tour (ticket required)  
10:00-12:00 p.m. Kelowna Cruise (ticket required)  
2:30-4:30 p.m. Resolutions Dialogue  
7:00 p.m. Official opening, Eucharistic celebration and Opening Reception, Immaculate Conception Roman Catholic Church (ticket required for transportation, buses leave at 5:30)

## MONDAY, AUGUST 15

- 8:00-9:15 a.m. Opening Eucharistic Celebration  
9:30-10:30 a.m. Business sessions
  - Call to order
  - Opening remarks
  - Introductions
  - Notice calling meeting
  - Credentials report

10:30-11:00 a.m. Health Break  
11:00-12:00 p.m. Business Sessions
  - Adoption of standing rules
  - Approval of agenda
  - Approval of previous minutes
  - Convention committees
  - Correspondence
  - Report of pre-convention meeting
  - Reports of provincial presidents
  - Announcements and angelus

1:30-1:45 p.m. Reconvening Prayer  
1:45-2:30 p.m. Business Sessions
  - Reports of provincial presidents
  - Report of national president
  - Report of secretary treasurer
  - Instructed vote on per capita fee increase
  - Report of executive director
  - Review of resolutions process
  - Report of spiritual development chairperson

- 2:30-3:00 p.m. Health Break  
3:00-4:15 p.m. Business Sessions
  - Report of organization chairperson
  - Report of centenary committee
  - Report of Christian family life chairperson
  - Announcements

4:15-4:30 p.m. Commissioning of Life Members  
6:30 p.m. Roaring 20s Night Dinner (ticket required)

## TUESDAY, AUGUST 16

- 8:30-9:30 a.m. Eucharistic Celebration  
9:30-9:45 a.m. Health Break  
9:45-11:15 a.m. "The Art of Accompaniment" Honorary Life Member Barbara Dowding  
11:15-12:00 p.m. Free Time for Fellowship  
12:00-1:15 p.m. Life Members' Luncheon (ticket required)  
12:00-1:15 p.m. Spiritual Advisors' Luncheon (ticket required)  
1:30-1:40 p.m. Reconvening Prayer  
1:40-4:15 p.m. "Joyful Momentum" and "You are the Now of God", Author Elizabeth Tomlin  
4:15-4:30 p.m. Memorial Service for Deceased Members  
7:00 p.m. Provincial Dinners

## WEDNESDAY, AUGUST 17

- 8:30-9:00 a.m. Morning Prayer  
9:00-10:00 a.m. "The League of the Future: Year 4" National President-Elect Shari Guinta [strategic planning progress report]  
10:00-10:30 a.m. Health Break  
10:30-11:45 p.m. Business Sessions
  - Credentials report
  - Report of community life chairperson
  - Report of education and health chairperson
  - Report of communications chairperson
  - Announcements

11:45-12:00 p.m. Prayer before Recess

- 1:30-1:45 p.m. **Reconvening Prayer**
- 1:45-3:30 p.m. **Business Sessions**
- Presentation by 2023 convention committee
  - Report of resolutions chairperson
  - Report of legislation chairperson
  - Report of laws chairperson
  - Instructed voting on C&B amendments
  - Report of international relations
  - Report of national spiritual advisor
  - Other business
  - Registration report
  - Adjournment

- 5:00 p.m. **Closing Eucharistic Celebration & Reaffirmation of Officers, Immaculate Conception Roman Catholic Church**  
(ticket required for transportation, buses leave at 4:00)
- 7:00 p.m. **Gala Banquet**

## THURSDAY, AUGUST 18

- 9:15-2:45 p.m. **Summerland Steam Train with Detour to Summerland Sweets** (ticket required)

## Convention Speakers

National President and Chairperson of International Relations Fran Lucas is pleased to share the convention speakers have been confirmed for the 2022 annual national convention of The Catholic Women's League of Canada. Join us on Tuesday, August 16, 2022, at the Delta Hotels by Marriott Grand Okanagan Resort for a day filled with spirituality, accompaniment and joy as we gather together for the first time since 2019.

### "The Art of Accompaniment," Honorary Life Member Barb Dowding (2014-2016)

In solidarity with Pope Francis' synodal model of church, members will explore ways of walking together, listening to each other's stories of faith, love, hurt or pain. Putting ourselves "out there" and having the courage to listen authentically, giving one another the time and space to say what is truly on the heart—that is who we are.

Called to encounter, accompany, listen and discern, we relate to our sisters in the League like never before. As sisters in the Lord, we will find ways to be approachable, non-judgmental and open to dialogue, offering patience, warmth and welcome, one person at a time.

With humility and trust in the Holy Spirit, embracing our baptismal call to bring others to Jesus, members truly are *Catholic and Living It!*



### "Joyful Momentum: Best Practices for Growing Spirited Women's Groups," Elizabeth Tomlin

A vibrant women's group enhances the life of the parish and provides a place where women accompany each other in their faith journeys. This session will provide a framework for how to start a women's ministry from scratch and present tools and ideas to cultivate a community that is grounded in spiritual friendships, extends biblical hospitality, develops new leaders and practices practical and spiritual mentorship.

### "You are the 'Now' of God: Living *Christus Vivit* in Small Group Parish Ministry," Elizabeth Tomlin

In his apostolic exhortation, *Christus Vivit*, Pope Francis writes, "You are the 'now' of God," and he calls the faithful to have youthful hearts open to renewal, bendable like reeds blowing in the wind, but rooted firmly in our Catholic faith. This presentation explores key lessons of *Christus Vivit* and presents a framework to accompany individuals as they become courageous, empathetic missionary disciples. †



# Simple Steps to Slow and Happy Living

**Sheila Aguiar**

St. John the Divine Parish Council, London

1. **Go for a nature walk on a regular basis.**
2. Have a routine for each task.
3. **Give yourself fully and put love into each task.**
4. Cook.
5. **Do some reading every day.**
6. Try a no-tech evening.
7. **Define what is really important each day.**
8. Do not compare yourself to others.
9. **Remember, always to be grateful for things big and small.**
10. Connect with your surroundings, engage with people.
11. **Sit in silence for one minute.**
12. Try not to waste food.
13. **Start a small garden.**
14. Delight in simple things. Be happy. Keep smiling.
15. **Buy only what is absolutely necessary.**
16. Talk to God, He is waiting patiently.

## Introducing



**Judy Hodge**

Newfoundland and Labrador  
Provincial President

The youngest of six children, Judy Hodge was born and raised in a small fishing community on the northeastern tip of Newfoundland and Labrador,

better known as the Great Northern Peninsula. The French settled her hometown of Croque, and to this day, the community is a very integral part of the French Shore Historical Society. The community was and still is 100% Catholic. A very vivid memory of Judy's childhood is walking to the community church every evening during Lent with her parents, siblings and other community members for the stations of the cross. The church door was always open. The church has been a very important part of her life, and she believes it has shaped her into the person she is today. Judy's mother, an active member until her passing in 2007, thoroughly enjoyed the League's sisterhood and particularly attending the provincial conventions, which were always enjoyable.

Judy joined the League in 2015 during an annual membership drive at her then parish of St. Thomas of Villanova in Conception Bay South. At that time, she was already very involved in her church as a lector, sacristan, and usher/greeter. During her years at St. Thomas of Villanova Parish, she was also chairperson of the parish council, a member of the regional pastoral council and finance council and served on several other committees.

Judy served as parish council president from 2017-2019 and, in June 2021, began her two-year tenure as provincial president. Much like her mother did, Judy enjoys the sisterhood and strongly believes in the League's mission.

Having worked for the provincial government for 32 years, Judy recently retired in December 2021. Fresh into a new chapter of her life, she hopes to become more involved in her new parish of Mary Queen of the World, Mount Pearl. Her New Year's resolution was to try and attend mass every day of the week—so far so good. Judy's former co-workers were very much aware of her involvement in the League and at one point even helped her with a project that was ongoing at her council by knitting lap blankets for residents of local personal care homes. Her co-workers knitted 12 lap blankets in total for this very worthwhile project, and Judy was very appreciative of the kindness shown by them.

Judy has two adult sons, one in St. John's and one in Halifax, Nova Scotia. She enjoys spending time with her boys and sisters, walking and watching the Toronto Maple Leafs. Judy is *Catholic and Living It!* †



# Are We There Yet?

## Shari Guinta

National President-Elect and Chairperson of Organization



The membership voted almost five years ago to commence the strategic planning journey. After nearly 100 years, it was time for some change—and so it began. Discussion, committees, research and professional assistance were all a part of the plan. Workshops, communication, structure and design have all been examined, investigated and produced.

**Are we there yet?** Not quite, but it is coming!

Many members, including me, have become more knowledgeable of the Catholic faith because of their membership and involvement in the League. I became involved in my parish and diocese and met the most remarkable women and clergy who led me to a stronger, more fulfilling spirituality as well as knowledge and opportunity of what social service and social justice mean. I learned about community, leadership and service. The journey is ongoing.

I so very much want all Catholic women to have this opportunity that I have described. It is fulfilling and gratifying. The League makes a difference.

Now though, it is time for a change. Not necessarily in the work members do, but in how they go about it. This

is where the implementation of strategic planning comes in. Things will change, and members are encouraged to embrace it. As everyone knows, change often takes time. It takes all members to reach out to women in their parish and invite them to join the League. Step up! Ask and invite!

This is exciting and good news. The hope is that this will give the League a new image with resources to back it up. There will be items of interest for women of all ages and backgrounds. Involvement will be important, but to the extent that it is personal and manageable.

Catholics are witnessing exciting times in the church, despite the global COVID-19 pandemic. Pope Francis has commenced the Synod 2021-2023, *For a Synodal Church: Communion, Participation, and Mission*, where all Catholics can have a say. He says the point of a synodal church “is to listen, as the entire People of God, to what the Holy Spirit is saying to the Church.” Catholic women can do that in and with The Catholic Women’s League of Canada.

**Are we there yet?** No, not yet, but we are on our way. †



## Magazine Deadlines for Submissions

Fall issue – July 15, 2022

Winter issue – November 15, 2022

Spring issue – February 15, 2023

# Catholic and Living It! as Transformative Leaders



## Cecile Miller

Life Member and Member of the Catholic Women's Leadership Foundation Board of Directors

From a seed sown by a cooperative effort of the League and the Sisters of Service of Canada, the Catholic Women's Leadership Foundation (CWLF) began its growth and has continued to develop with each passing year. The CWLF's board of directors works to live out its mission.

One of the goals of the CWLF was to provide a program for Catholic women to equip them to become transformative leaders in their respective milieus. Saint Paul University (Ottawa, Ontario) was chosen to offer this program, and in 2018, the first cohort began its year-long study. Since that time, three cohorts have graduated, and a fourth is presently enrolled. As of May 2022, there will be 52 graduates, with a fifth cohort beginning in May. Participants in the program have come from many different walks of life, representing each province in Canada and two territories.

Two program graduates, Lisa Fillingham and Liza José, are now CWLF board members. A third graduate, Giselle Marion, has been appointed a director of the board that

oversees the Canadian Conference of Catholic Bishops' new registered charity, the Indigenous Reconciliation Fund.

In keeping with its vision and mission, one of CWLF's goals is to become the leading authority in Canadian women's leadership. Accordingly, the board is committed to supporting, influencing and inspiring Catholic women's voices through the development of diverse programs and activities.

To increase awareness of what the CWLF is and what it does, the communication committee has developed a new website and has linked Facebook, Instagram and LinkedIn to it. Visit the website ([cwlfcanada.ca](http://cwlfcanada.ca)) to learn more about the CWLF, its board and cohorts.

The CWLF board extends sincere thanks to all members who have generously supported the foundation through individual and council donations. Continued support will ensure the

development of new, diverse programs and activities that will enhance the voice of Catholic women in Canada. Please help us continue growing and flourishing by being *Catholic and Living It!* †



## Mission Statement

The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.



# HAPPY BIRTHDAY

## Congratulations to the following centenarians!

### Emma Carrier

104 years old on January 25, 2022  
St. Michael Parish Council  
Leduc, Alberta

### Lina DeBray

102 years old on November 21, 2021  
St. Bernadette Parish Council  
Surrey, British Columbia

### Blanche Keating

104 years old on December 25, 2021  
St. John The Baptist Parish Council  
Estevan, Saskatchewan

### Margaret Molnar

100 years old on November 28, 2021  
Holy Cross Parish Council  
Burnaby, British Columbia

### Frances Montague

104 years old on January 6, 2022  
St. Mary & St. Ann Parish Council  
Hagersville, Ontario

### Monica Montague

100 years old on January 10, 2022  
St. Mary & St. Ann Parish Council  
Hagersville, Ontario

### Angelina (Angie) Charlebois

103 years old on December 18, 2021  
St. Bartholomew Parish Council  
Levack, Ontario

### Mary Nowak

100 years old on January 9, 2022  
St. Bartholomew Parish Council  
Levack, Ontario

### Noella Rutley

103 years old on December 25, 2021  
Mary Mother of God Parish Council  
Oakville, Ontario

### Lucille Porteous

100 years old on December 2, 2021  
St. Augustine Parish Council  
Dundas, Ontario

## Congratulations!

### Congratulations to councils celebrating anniversaries!

#### 100 YEARS

**St. Andrew Parish Council**  
Oakville, Ontario

**St. Augustine of Canterbury Parish Council**  
Brandon, Manitoba

**St. Paul's/Our Lady of Mount Carmel Parish Council**  
Norwood/Havelock, Ontario

**St. Anne Parish Council**  
Tecumseh, Ontario

**St. Michael The Archangel Parish Council**  
Belleville, Ontario



# On the Spot



**Our Lady of Lourdes Parish Council (Stellarton, Nova Scotia)** recently worked on a Lenten project for parishioners. The verse, “Hang It On the Cross,” was placed on a card, along with a small wooden cross draped with a purple ribbon.



**St. Patrick’s Parish Council (Carbonear, Newfoundland and Labrador)** held a hat/mitten drive that received a tremendous response from members and the parish community. Members visited three local schools and presented the schools with a donation of hats and mittens for children in need. The council hopes to make it an annual project.



**St. Joseph Parish Council (Highland Creek, Ontario)** members bid goodbye to a very special priest, Fr. Tony Adusei, associate pastor of St Joseph’s Parish at his last mass on January 30<sup>th</sup>. He served the parish faithfully from 2014 and began his new assignment as pastor of Our Lady of Good Counsel Parish in Toronto on February 1<sup>st</sup>. After mass, Parish President Therese Baduria presented the League’s gift of appreciation. The members will surely miss Fr. Adusei, especially his inspiring homilies and teachings at the monthly meetings.



## On the Spot *(Continued)*



At Christmas time, **St. Ann Parish Council (Abbotsford, British Columbia)** prepared Christmas dinner consisting of turkey, vegetables, trimmings and sumptuous desserts for Christine Lamb Residence. The residence has 41 beds in self contained units and provides transitional housing for women and children who are at risk of homelessness or are fleeing violence.



**St. Charles Parish Council (Edmonton, Alberta)** members gathered to bless the snowball hawthorn tree planted to commemorate the 100<sup>th</sup> anniversary of the League. The tree inspires members to celebrate the roots of the past and will guide them into the next century. Parish Spiritual Advisor Fr. JD Carmichael is pictured wearing his League stole with council members.

# Centenary Committee Update

## Betty Colaneri

National First Vice-President and Chairperson of Communications  
Centenary Committee Chairperson



On behalf of the centenary committee members, I would like to extend our profound appreciation to members for participating in the Gratitude Project. I am thrilled to announce that members responded by distributing more than 1,200 cards to front line workers, personal support workers, local hospitals, long term care facilities, retirement and assisted living facilities, daycares, soup kitchens, businesses, members, diocesan presidents, parishioners, parish employees, spiritual advisors and clergy.

Members also participated by:

- gifting personal support workers with \$10.00 gift cards to Tim Hortons and Starbucks
- individually packaging and delivering meals and desserts to the staff of three nursing homes (on a total of 10 shifts) and twice to a homeless shelter
- presenting thank you posters and letters to every department, cashier and worker behind the scenes at a store

- placing posters on bulletin boards
- paying for or renting billboards in communities with thank you messages to front line and health care workers who kept people safe during the pandemic
- personally thanking store clerks and home care workers, acknowledging them for their dedication and hard work
- offering masses for front line workers and including them in prayers during meetings

There is still time to participate in the Gratitude Project. The Gratitude Project postcard (#324) can be downloaded from the national website under The League's 100<sup>th</sup> Anniversary link. Kindly forward any updates regarding the number of cards that have been distributed or any other act of gratitude your council has done to national office. The centenary committee looks forward to receiving the results of more expressions of gratitude.

This project will conclude on July 31, 2022. I look forward to reporting the wonderful results of your participation in the Gratitude Project at the national convention. †



To: \_\_\_\_\_

The members of The Catholic Women's League of Canada wish to thank you for helping those in your community.

We want you to know...

- G** – how grateful we are
- R** – how much we appreciate your resilience and resourcefulness
- A** – how amazing and awesome you have been
- T** – that giving of your time and talents is greatly appreciated
- I** – what an inspiration your courage has been
- T** – how thankful we are that you were able to serve others
- U** – that we understand your sacrifices
- D** – your dedication did not go unnoticed
- E** – that your service to others during a pandemic is Exceptional!

Anchored in faith, the blue butterfly a symbol of honour and joy, yellow flowers a symbol of abundance, survival and spiritual enlightenment.

We honour your service, dedication and gracious spirit with sincere gratitude!







RETURN UNDELIVERABLE CANADIAN ADDRESSES TO  
CIRCULATION DEPARTMENT  
C-702 SCOTLAND AVENUE  
WINNIPEG, MB R3M 1X5  
E-MAIL: [MEMBERSHIP@CWL.CA](mailto:MEMBERSHIP@CWL.CA)