

# LONDON DIOCESAN CWL NEWSLETTER

ISSUE 01/2023

CATHOLIC  
and LIVING IT!



## Prayer for Social Justice

God, we pray that Your Spirit may rule over all things. May Your Spirit rule over kings and presidents over prime ministers and generals over CEOs and party bosses over the legislature and over the bureaucrats over all citizens. May Your Spirit guide us on the way of peace on the way of honest dialogue on the way of reconciliation between peoples on the way of disarmament and justice on the way of freedom and life for all. May Your Spirit lead us on the journey of blessings shared with all on the journey of educational opportunity for all our children on the adventure of research and study that helps all men and women on the road to meaningful work for all people on the path of solidarity and love between all our brothers and sisters. May Your Spirit help us to speak up with courage to share what we have and what we are to challenge the powers that be to offer a message of liberation and life. We make this prayer through Christ, our Lord. Amen



When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: “Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven.” **Matthew 5:1-12A**

## IN THIS ISSUE

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100<sup>th</sup> Anniversary Celebrations  
Regional Activities  
Convention 2023

Faith

Service

Social  
Justice

## FROM THE PRESIDENT'S DESK

Happy New Year! Southwestern Ontario experienced quite a different Christmas this past year. Nature decided to shut everything down and a lot of us had to stay put as the roads were just too dangerous to go on. In my area the roads were all closed until the day after Christmas. We had parishioners come to church on tractors. Our church is in the middle of rural Perth County. I was thankful for Masses that were livestreamed as there was no way I could walk through the snowbanks and I don't have the luxury of a tractor!

I am sure we all missed the hustle and bustle and all the traditional happenings around Christmas, family and friends. It allowed us to have a simpler more peaceful time and made us appreciate all the more when we could return to church on the feast of the Epiphany.

In mid-December parish council presidents were mailed proposed amendments to the Constitution & Bylaws and voting forms. If your council has not received theirs, please let the National council know by contacting them at [info@cwlc.ca](mailto:info@cwlc.ca) these proposed amendments are a follow up from last year's amendments that now allow for virtual meetings when circumstances preclude meeting in person without having there to be "a government declared emergency"

Thank you to all those who participated in the 2022/23 membership satisfaction survey. Also, thanks for those councils that took the time to complete the annual reports. It is my hope that they were a little easier to fill out this year. The information that is gathered from these reports help us to know how things are going and what is working and what isn't.

The London Diocesan CWL convention will take place on April 24-26<sup>th</sup> in Sarnia at the Sunbridge Hotel and Convention Centre. I hope that you have it marked on your calendar. Please support your women financially in order for them to represent you and to bring the "good news" of convention home to your council. Most councils donate a lot of money to other charities but just as in an emergency you must take care of yourself first in order to be of help to anyone

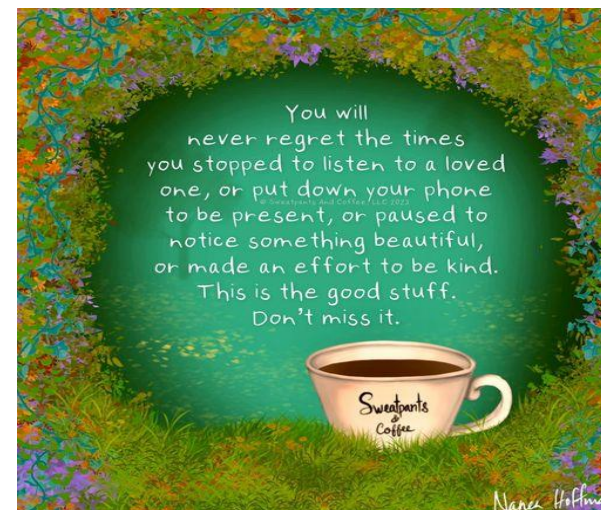


## MEMBERSHIP

Just a few thoughts on  
Membership

Mary our Model  
Education  
Meeting each other in  
love  
Being approachable  
Engaging in social  
justice  
Renewal  
Service  
Hearing with the heart  
Including everyone  
Prayer

Submitted by Mary Bannon



else. (**Conventions uplift, motivate and educate delegates**) Our convention planning committee has been working very hard on welcoming you and I congratulate them on their efforts. I am sure that there is more info in this newsletter from them so I will not elaborate here. The info will be posted on our website at [cwillondon.ca](http://cwillondon.ca)

Some of your councils have had elections and are embarking on the new model for executive. Please be patient as we all learn how to transition into this new way. Although there are less executive positions it does lend for more women helping, perhaps forming committees for the new pillars. By helping in this way with less responsibility it may encourage women to step up to help in a way they feel comfortable with.

Also, we are so pleased to present you with a Lenten retreat on February 25<sup>th</sup> at St. Michael's Church, London. Father Jim Mockler will be the facilitator. If you have any questions, please ask Joan Lobsinger our Spiritual Development Chairperson [spdevloncwl@gmail.com](mailto:spdevloncwl@gmail.com)

A New Year brings a reminder for those interested to apply for our bursaries and social justice award. There is plenty of time with the exception of the provincial, Bishop Pappin Bursary, due **January 31st**. If anyone knows a seminarian in need of funds, please apply for the provincial bursary below. The **Bishop Bernard F. Pappin Memorial Bursary** is for the purpose of assisting diocesan seminarians in need of personal financial support. financed by donations from Catholic Women's League Councils. The committee of the **Ontario Provincial Council** administers the Bursary. The committee will review the applications and award bursaries annually. Applications must be received by **January 31<sup>st</sup>**.

If you are like me and put things off then before you know it, it's too late. Perhaps it is time to jog your mind now!

The **Spiritual Advisor's Bursary** is available to League members only. It shall be used to finance education at any level: university, college, technical school, etc. The names of the Diocesan Spiritual Advisor Bursary recipients are not made public. Application deadline April 1<sup>st</sup>.

**J. L. Hennessey Education Bursary** is available to any League member or her immediate family. It shall be used to finance education at any level: university, community colleges, technical school, etc. The names of the J. L. Hennessey Education Bursary recipients are not made public. Application deadline April 1<sup>st</sup>.

**Life Members and Past Presidents Social Justice Award** The award is intended to recognize men or women engaged in social justice work. A person will be eligible to receive the award upon a nomination form being submitted by March 1<sup>st</sup>

Our provincial president, Linda Squarzola has chosen the theme "Go Make A Difference" and has invited her executive, including diocesan presidents to take on a project under that title. As a result, the different chairpersons have started with some of their projects. These are all done with the intent of helping you out and not making more work for you. They have passed them on to their diocesan counterpart. If you hear of these projects, please remember these are only **suggestions** and you are not obligated to do them, as always. Please don't stress over something that is meant to be a help to you.

The National website has updated information. [www.cwl.ca](http://www.cwl.ca) The resources listed below can be found under the "to organize" tab and then the 600 series manuals.

The **new** Constitution and Bylaws (2022)

- National Manual of Policy and Procedure (2022)

- Guide to Simplifying Meetings (2022)

- Spiritual Advisors Handbook (2022)

- Vice Presidents Handbook (2022)

- Handbook for Secretaries (2022)

- Guidelines for Treasurers (2022)

- Past Presidents Handbook (2022)

- Handbook for Chairpersons (2022)

- Toolkit for Faith (2022)

- Ceremonies Handbook (2022)

- Toolkit for Service (2022)

- Toolkit for Social Justice (2022)

- Resolutions Handbook (2022)

There is also a new resource that can be used to describe the CWL using one word for every week of the year. Under the “to inspire” tab at the bottom is a pdf file titled Share the Words (52 Reasons to Talk About the CWL) Perhaps, you can use one word (and explanation) in the weekly church bulletin.

All these resources are wonderful but to be of any use they have to be read. Perhaps you can challenge one another to read one and report back what you have learned. Mentoring is very important and we have lost a lot because of the lack of it. We can learn from a combination of reading and actual experience from a mentor. As always there are always women ready to help you. You just have to reach out.

I encourage you to share what is going on in your council through this newsletter. Don't keep the good works you are doing to yourself. Remember to have fun!

If you have any questions, please reach out to us at the diocesan level. We are here to help you and if we can't find the answer we will keep looking!

May Our Lady of Good Counsel, pray for us!



Seminarian, Jeremy Chisholm, was presented on November 19<sup>th</sup>, 2022, the Bishop John Michael Sherlock bursary. CWL blessings as you continue your studies, Jeremy!



Denise Lalonde Morris 2nd Vice/Legislation(middle) is handing Past Pres. Rebecca McCarrell, President Theresa Ryan a donation from the sale proceeds of the T-shirt. T-shirts can be ordered at the April 2023 AMM in Sarnia.

### Diocesan Newsletter Submissions

Articles should be a Word document, Font - Times New Roman, Font size - 12. Include who submitted the article and CWL Council role, ie. Submitted by: Julie Sans, President, St. Peter's Basilica CWL. Please include pictures with article. Maximum submission one page. (8 1/2" by 11")

Email articles to: [adasstloncwl@gmail.com](mailto:adasstloncwl@gmail.com)

# FAITH

## London Region Annual Advent Tea

November 26, 2022

### Host Council – St. Michael’s

Our final gathering for 2022 was our Annual Advent Tea. This year St. Michael’s Council hosted. It was well attended. We gathered at 9:30 a.m. and began with reflection and hymns accompanied by the “Smuglees” (St. Michael’s Ukulele Glee).

After our Advent Service, we shared an amazing array of goodies - muffins, fruit, veggie trays, Chelsea buns, sweet breads, coffee, tea, and juice. It was a wonderful breakfast and a time of sharing and fellowship.



This was a wonderful beginning to the Advent Season when we celebrate the anticipation and coming of Jesus. Submitted by: Dianne Kehoe, London Regional Chairperson



## SOCIAL JUSTICE

Welcome to 2023! I hope you all had a happy, holy and relaxing holiday. With all the new changes in the make-up of our councils we need to embrace the changes and hit the ground running.

Even though the Legislation Chair will no longer have its’ own chair (now Social Justice Pillar) it is imperative that we watch the governments’ actions at all levels. If your council has not embraced the Legislation Chair, please watch the workshop we produced this past year and hopefully it will light a spark for action and your council will take on some new direction. Your executive is here to help don’t be afraid to ask.

Hopefully we will see you in Sarnia this year at our live AMM!  
May Our Lady of Good Council Bless you all!!

*Denise Lalonde Morris, 2<sup>nd</sup> Vice, Legislation Chair*

## MISSION STATEMENT

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.

# YOU WILL BE MISSED.....

## Mary Jean Horne

*Beloved Wife of 61 years to Wilbert Horne*

Born: August 30, 1942

Entered into Eternal Rest October 23, 2022



Mary Jean Horne from St. Ursula's, Chatham was Diocesan President from 2012 – 2014. Mary Jean joined The Catholic Women's League in 1960. As a young girl she admired her best friend, who was from a devoted Catholic family. Her mom believed that families worked together and prayed together. She told her friend that when she was 16, she was going to turn Catholic. She

joined the League to pursue this goal of working and praying together with women of faith. Special events or projects during her presidency were: Catch the Fire Workshops, continued the CWL Retreat Day at Our Lady of the Rosary Shrine in Merlin and supported the National initiative "Postcards against Pornography". In her own words, "To me the League has helped me grow in faith. I have been truly blessed to meet so many wonderful and loving women from across the country. I have made many lifelong friendships. The League has taught me grace, confidence and courage. The League is part of me and each day I thank Our Lady of Good Counsel and God to be part of this wonderful group of women". Mary Jean was selfless in her dedication and support of her church and community. She volunteered for many years with the former St Joseph's Hospital and Chatham-Kent Health Alliance in various volunteer positions and received her pin for 45 years of volunteer service. She found her true passion in the Catholic Women's League, becoming a member in 1960. She went on to serve as President for the London Diocese from 2012 to 2014 and Past President from 2014 to 2016. In 2016 she was awarded a lifetime membership for her 62 years of service. For several years she was also a member of the St. Ursula's Church staff team in the role of Pastoral Care Assistant, meeting with family members and helping them make arrangements for the funeral of their loved ones. Mary Jean's funeral was held on October 27th, 2022 at 1pm. It was an honour to attend this celebration of her life. It was evident to all in attendance the impact that Mary Jean's life of service had. She touched so many lives in various ways. The honour guard outside the church included more than 85 Women. She was a friend to many and will be greatly missed.

Submitted by: Angela Soulliere, Chatham/Kent Regional Chairperson



## Family Comes Together

Family comes together  
For always and forever  
In sickness and in health  
In poverty and in wealth  
Family comes together  
For always and forever  
Without any reason  
Anytime, any season  
Family comes together  
For always and forever  
In death or in life  
In happiness or in strife  
Family comes together  
For always and forever  
In anger or in kindness  
Whether all seeing or in  
blindness  
Family comes together  
For always and forever  
Whether for work or in play  
They somehow find a way  
For family to come together  
Because families are forever.

Submitted by: Horne Family



# 100<sup>th</sup> Anniversary Council Celebration

## Congratulations St. Anne's, Tecumseh!

On Sunday, September 25th, 2022, Ste. Anne's CWL Council (Tecumseh, ON) celebrated its 100th anniversary with a beautiful Mass at Ste. Anne's Church and an Honour Guard of Fourth Degree Knights of Columbus. The celebrant of the Mass was Ste. Anne's CWL Spiritual Advisor: Fr. Mark Poulin. There were many former Ste. Anne's CWL Spiritual Advisors in attendance as co-celebrants of the Mass, including the current London Diocese CWL Spiritual Advisor: Fr. Paul Kim.

The Mass was followed by a delicious luncheon at Beach Grove Golf & Country Club in Tecumseh, ON. Representatives from Provincial, Diocesan and Regional CWL Councils were present as well as representatives from local CWL Councils.

It was a wonderful celebration! Many thanks to the Ste. Anne's CWL 100<sup>th</sup> Anniversary Planning Committee!  
Submitted by: Diane Gerard, President, St. Anne's CWL



Pic # 1 Certificate Presentation: Diane Gerard (President), Theresa Ryan (Diocesan President)

Pic # 2 Priests: Fr. Larry Brunet, Fr. Dan Morand, Deacon Frank Lepain, Fr. Paul Kim, Fr. Eugene Roy, Fr. Mark Poulin

Pic # 3 Executive: BACK ROW: Yvette Sauve, Jose Walton, Mary Blain MIDDLE ROW: Annette Marier (Past President) Catherine Zold, Halina Karpala, Paula Rorai FRONT ROW: Ozelle Case, Diane Gerard (President) Helga Mousseau

Photo credits: Paul McNamara

# 100<sup>th</sup> Anniversary Council Celebration

## Congratulations St. Patrick's, Merlin!

We celebrated our 100<sup>th</sup> Anniversary with a mass on Tuesday December 6<sup>th</sup>, 2022, followed by a supper at the Friendship Club in Merlin. Father Antony Kamalathasan celebrated the mass and gave a very inspiring and knowledgeable sermon on the CWL. After the mass we went to the Friendship Club in Merlin for a delicious roast beef dinner. Following the dinner presentations were made by Theresa Ryan, President of the Diocesan Council of the CWL and Rebecca McCarrell, Administrative Assistance representing the Ontario Council. Also present was the Regional Chairperson, Angela Soulliere.

A short program followed with a synopsis from the minute books of our Council's activities over the years. To close the night members of St. Patrick's CWL, along with the husband of one of our members on guitar, with audience participation performed a rendition of "We Have Served 100 Years" to the tune of "I'm Gonna Be (500 miles)." The evening was enjoyed by all!

Submitted by: Christine Drew, President, St. Patrick's CWL



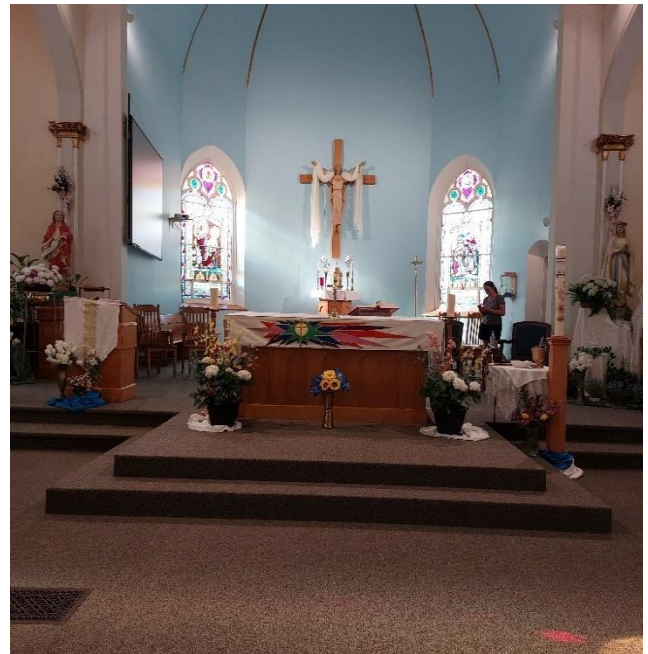


# 100<sup>th</sup> Anniversary Council Celebration

## Congratulations St. John the Evangelist, Woodslee!

St. JOHN THE EVANGELIST COUNCIL in Woodslee celebrated their 100th anniversary on May 13th 2022. It was delayed a year due to covid. Mass was co-celebrated by Fr. Pio D'oria, Fr. Mike Ryan, Fr. Dave Boutette, Fr. Gerry Campeau, and Fr. Dan Morand. A memorial tree was planted and the statue of the Pieta was blessed and dedicated to parents whose child has gone before them. A dinner and festivities followed in the parish hall where 52 service pins were presented, archives enjoyed and a spirit of joy and peace reigned. Thank you to Our Lady of Good Counsel for 100 years of guidance and blessings.

Submitted by: Susan Rock, President, St. John the Evangelist



## Congratulations St. Michael's, Ridgetown!

St. Michael's CWL council in Ridgetown celebrated the 100th anniversary of their CWL council which was formed in 1921. They planted a red crimson maple tree in front of the rectory to commemorate the occasion. The photo was taken following their annual banquet with priests and members present. A plaque commemorating the anniversary was placed in front of the tree.



# SERVICE

## REGIONAL ACTIVITIES

### ESSEX

Submitted by: Jeanne Lauzon Essex Regional Chairperson

On October 5th, 27 ladies attended a one-day retreat at the Oxley Retreat House near Harrow. Father David Boutette started the day with mass in the beautiful chapel, ending with the song Go Make a Difference. As it was National Teachers Day, we prayed for our teachers and students. Patricia Miller, the spiritual convenor from McGregor facilitated the retreat. Her laughter and enthusiasm made the day such a treat. Her theme was: BELIEVE IN THE POWER OF PRAYER. BELIEVE IN THE POWER OF THE CWL. BELIEVE THAT AS A MEMBER YOU ARE NEVER ALONE, ALWAYS REACH OUT TO YOUR SISTERS IN THE CWL WITH YOUR PRAYER NEEDS. BELIEVE THAT AS A MEMBER YOU ARE BLESSED AND HIGHLY FAVORED AS YOU PRAY FOR CWL MEMBERS. THE POWER OF PRAYER BEGINS WITH ...WHAT YOU BELIEVE! There were many prayers and many interesting discussions on these topics. So many ladies shared their ideas and concerns as well as laughter and sisterhood. The day ended with the rosary. It was a beautiful day and the ladies left asking for more days like this! On November 30th another 27 ladies gathered for our Regional Day in Essex. The meeting started with an Advent prayer service. After the meeting, we had a lovely lunch. Each president brought a small plate of cookies for their guests. We played a Getting to Know You game as well as a rowdy game of Chase the Ace. The ladies were happy to see some of the members they had met from the retreat. It was another fun gathering.



## HAPPY BIRTHDAY Muriel Murphy



Life Member Muriel Murphy capturing her celebrating her 92nd birthday and a visit with Santa at the Goderich St. Peter's CWL Christmas Dinner. It was such a fun evening and a fabulous way to celebrate an example of a truly wonderful, guiding light League member! Submitted by: Joanne Doherty, Past President, St. Peter's CWL Goderich

## **REGIONAL ACTIVITIES CONTINUED**

### **HOLY NAME, ESSEX**

In place of our annual turkey dinner and bazaar, which was shelved again due to some COVID related reasons, high prices of ingredients and kitchen help no longer able to work, we changed our major fundraiser. 2 of our Executives called most of our membership to ask them to contribute and visit a bake sale we were planning. With the sale after our 2 weekend masses, we were able to add money to our coffers, help a lot of people's sweet teeth and still have many leftovers. Street Help accepted a car load and was grateful for the loaf cakes, cupcakes, cookies etc. We were also able to provide snacks to all of our parish youth groups, grade 2 First Communicants meeting, our council potluck, SVDP and Leamington HUB. A big success.

Submitted by: Janice Rounding, Co-President, Holy Name CWL

### **ST. CLEMENT, ESSEX**

St. Clement CWL Council in McGregor, Ontario organized a fundraiser luncheon called "Soup for Ukraine". A variety of delicious homemade soups were served. Baked goods were available for a "free will offering". The owner of Tim Hortons in Harrow, Ontario generously donated an urn of coffee to help support our Ukrainian brothers and sisters! All proceeds in the amount of \$1300. went to CNEWA.

Submitted by: Diana Coyle, President, St. Clement's CWL



## REGIONAL ACTIVITES CONTINUED

### ST. JOHN THE BAPTIST, AMHERSTBURG/ESSEX

After a two-year hiatus, St John the Baptist council had our pinning ceremony during our December Social Christmas pot luck. Submitted by: Anne Roy, President, St. John the Baptist CWL



New members who received their pins.

Left to right: Simone Rivard, Cheryl Leaney, Anne Adams, Shelbi Beekhus, Liz Scott



Members received their 5-year pins

Left to right: Betty Brush, Michelle Schroeder, Janet Brush, Mary Verstick, Mary Brown, Diane Baker, President Anne Roy



Members received their 10-year pins:

Left to right, Sandra Odette, Karen McGuire, Sharon Barron, Marilyn Goggin, Patricia Mayfield, Kim Bornais, Rose Beneteau



Rosella Shaw received her 15-year pin.



Judith Rocheleau received her 30-year pin

St John the Baptist Executive members:  
President, Anne Roy  
Past President, Mary Verstick  
Organization, Bernadette O'Mahoney  
Treasurer, Karen McGuire  
Secretary, Rose Beneteau  
Spiritual Development, Kim Bornais



## REGIONAL ACTIVITES CONTINUED

### ST. JOHN THE BAPTIST, AMHERSTBURG/ESSEX



Members of the St John the Baptist Council took part in 40 Days for Life's fall campaign

Left to right: Rose Beneteau, Donna Gibb, Mary Verstick, Kim Bornais, Marilyn Faria

### ST. SIMON AND ST. JUDE, BELLE RIVER/ESSEX

#### Bazaar held November, 2022

Our council enjoyed a productive fall getting back to some “business as usual”. For the first time in three years, we were able to have our annual bazaar fundraiser. As in previous years, it was a big success and saw many of our members happy to be back and taking part in a busy, but fun few days. The atmosphere was festive and many came to enjoy the sales, especially the meat pies, baked goodies and the popular penny table. We were blessed with the participation of several youth, ages 14 to 16 who volunteered their time as servers in our Café. Their friendly smiles, courtesy and energy were appreciated by our patrons and staff. Our members worked and enjoyed the comradery of their sisters that day. This event’s revenue will again allow us to support our parish, our members and charities. We were blessed!

Submitted by: Jackie Gomes, President, St. Simon and St. Jude CWL



## REGIONAL ACTIVITIES CONTINUED

### WINDSOR OUR LADY OF ATONEMENT

At our General Meeting on November 10<sup>th</sup>, 2023, we invited all women from our family of parishes to attend a presentation by Mona Stonefish, Ogichidaakwe of the Anishinaabek Three Fires Confederacy.

Mona Stonefish is a Doctor of Traditional Medicine and an international activist for peace, women's and disability rights. She has dedicated her life to the pursuit of truth, bridging communities, advocating for human rights, restorative justice, and decolonial education. To celebrate her leadership, she received the 2016 Clark Award from the University of Windsor. In 2022 Mona Stonefish was honoured by Chief Charles Sampson and Council of Bkejwanong First Nation for her thriving and determination as a residential school survivor. Mona shared her life experiences to help us better understand the truth of our history and what steps we can take to work toward Reconciliation.

Submitted by: Deanna Leveque, Our Lady of the Atonement Parish CWL



President Penny Craig and Mona Stonefish.

### SARNIA

#### ST. JOSEPH'S, SARNIA



St. Joseph (Sarnia) CWL had a successful 2022 working hard to gain a momentum having been halted by Covid 19. We have a great group of ladies working as a team, getting together to host a garage sale to raise money along with a tart sale and having a successful bazaar. Focusing a great deal on tart making along with cupcakes, we also attempted a turkey pie making that was very well received having sold out of them within 20 minutes of opening the bazaar. We plan to do many more turkey pies!! We have hosted a rock painting event with our regional CWL ladies to support fundraising efforts towards the Annual Convention

2023. We had a great social time rock painting and will be hosting another, extending the invite to our entire parish family to help support us with their talent in painting. We have supported our Save a Family and are very proud of their accomplishments and always look forward to their update and greetings! As we look to the future and begin 2023, we are thankful for our health and with great anticipation are setting our planning ideas and events for another successful year! In closing I would like to provide a photo of our presentation to St. Joseph Hospice in Sarnia. Proceeds collected from an ornament hung on our Memorial Ornament Tree remembering loved ones enable us to continue to help support and along with our prayers the good work the Hospice does for our community which we are truly thankful for.

Submitted by: Charlene Hummel, President, St. Joseph CWL

## REGIONAL ACTIVITIES CONTINUED

### ST. MICHAEL'S BRIGHT'S GROVE, SARNIA

The December meeting of members of St. Michael Bright's Grove CWL always takes on a festive tone. The meeting includes a celebration of our faith and a short business meeting, along with a potluck dinner, singing and some festive cheer. We always end the year by reflecting on the donations made to charities in our community and further abroad. We were particularly happy to present Fr. Dan Vere with a cheque for our Youth Ministry and its work with the young people in our Family of Parishes.



This year, we added another dimension – a baby shower for Jesus. Reflecting on the poverty and need surrounding the birth of Jesus, an invitation was extended to all members and parishioners to purchase generic baby items for Jesus' baby shower. The response was overwhelming. So many diapers, toiletries, clothes, blankets, and other necessities were collected. These items were then donated to our local Pro Life/Pregnancy Support agencies for babies and families in need.



We have included a few photos of the items being delivered to Gianna Home for Life and Family (a home for women who are pregnant or have a young baby and need a safe place to live), the Sexual Assault Centre and the Pregnancy Options and Support Centre.



**CATHOLIC**  
and **LIVING IT!**

## It's Convention Time!

### Come to the 2023 Annual Meeting of Members (AMM)!

Finally, after three long years we will be able to meet for our CWL Diocesan AMM, in person! The planning is well underway and the Sarnia/Lambton Convention Committee is looking forward to greeting our sisters from across the Diocese.

**Who:** All CWL members are invited to attend.

**When:** April 24 to Wednesday, April 26, 2023.

**Where:** At the newly renovated Sunbridge Hotel and Conference Centre,  
1498 Venetian Blvd. Point Edward, ON N7T 7W6

**Why:** To join with our sisters in the League in faith and prayer;  
To attend to the business of the Diocesan Council;  
To learn and to gather information;  
To meet new friends; and  
To have fun, laugh and enjoy life.

#### Guideline to a Successful Convention

In my career I have attended a lot of conventions across Canada and the United States. I have learned a few valuable lessons and tricks about how to get the most out of the experience.

- Come with an open mind to meet new people, to learn new things and to have fun.
- Dress comfortably for the meetings and fun activities. Bring a sweater if you tend to get cold easily! (I have been known to wear sweaters during heat waves!!)
- Bring a water bottle, notepad/book, pen. (This is an environmentally friendly thing to do.)
- Be supportive. Always have cash in small denominations (\$5/\$10) to buy raffle tickets even if you don't want to win! (Think of who you will re-gift your prize to.)
- Check the agenda to make sure you have sufficient time to do what you need to do and still be on time for the program. You'll enjoy the proceedings far more if you don't feel rushed.
- Put your room key and cash in your lanyard. The less you carry, the less you may lose!
- Make sure all your devices (ipad/phone) have been charged the night before.
- Sit at a different table each day, with people you haven't met before! (Be a social butterfly!)
- Share. Participate in discussions. Ask if you have a question or need clarification! Share your ideas. There are no wrong questions, opinions or ideas. (A lot of people will be thinking the same thoughts as you. *Be not afraid* to put a voice to those thoughts.)
- Visit the vendors.
- If nothing else, simply enjoy being in a room full of like-minded, faith-filled women, knowing you don't have to prepare any meals, wash dishes, do laundry or clean the house.

We are back together again, stronger than ever. Let's make the CWL's 2023 AMM of the Diocese of London the best one ever!

**Nelly Kelders, 2023 Co-convenor**





**CATHOLIC**  
and **LIVING IT!**

## **Rocks! Rocks! Rocks!**

The 2023 Sarnia/Lambton Planning Committee is selling *inspirational rocks* at the 103<sup>rd</sup> CWL Annual Meeting of Members (AMM) in April, 2023. These are no ordinary rocks! Each and every one is unique and has been created with a great deal of love! They come in a variety of sizes. These are little rocks, actually stones, but we liked the sound of rocks better! A rock is solid and suggests that it is full of potential and ours are definitely that.

They are the best kind of souvenir to bring home from a convention. They don't have to be watered, fed or even dusted. They don't move and they don't talk back. These rocks don't cause you to gain weight, unless of course, you put them in your pocket before you weigh yourself! They don't wear out and best of all, they are quite inexpensive. More about that later.

These *inspirational rocks*:

- Make you smile, as you think about something that happened at the AMM;
- Cause you to stop to say a prayer for someone or something;
- Remind you to be grateful for something or someone;
- Act as a lucky charm;
- Encourage you to act on something;
- Relieve stress or anger;
- Make you pause and reflect on something that has happened or is about to;
- Act as a decoration in a flower pot;
- Be added to your favourite garden;
- Hold down some precious papers as a paper weight; and
- Become a gift to someone who needs some cheering up.



As you can see these rocks are quite versatile and have something to offer everyone. Once you see them, you will be tempted to buy several and that's okay with us. There will be no limits. In return for buying our rocks we will give you tickets for a raffle. Five dollars gets you three tickets and ten dollars gets you eight tickets. Put your tickets in the container beside the prize(s) you hope to win. We will use the profits to offset the cost of hosting this AMM.

We are confident you, our sisters in the League, won't let us down and that all our rocks will find a loving home where they will be cherished forever!

See you at the CWL Annual Meeting of Members at the Sunbridge Hotel and Conference Centre, in beautiful Point Edward, April 24-26!

**Nelly Kelders, 2023 Co-convenor**

## REGIONAL ACTIVITES CONTINUED

### HOLY ROSARY, WYOMING/SARNIA

A lot has changed in our council since Covid. Our membership has decreased and we've been without a few of our very active members due to death and illnesses but we continue to go on.

The Sisters of Service celebrated their 100th Anniversary this past year and we had a Mass said for them with a social afterwards, and we also gathered at another date and had lunch with Sr. Colleen Young. Our council has been very blessed having Sisters of Service as our members.

We joined together with St. Philip's council of Petrolia for a lunch and presentation in gratitude of the many years of service Fr. Francis Thekkumkattil served our parish and to wish him well on his retirement.

We are looking forward to the in-person AMM being held in Sarnia this April. It has been so much more uplifting gathering in groups again, in person Fall Regional day in London, Regional meetings and even parish of family events.

Submitted by: Joan Fournier, President, Holy Rosary CWL



### CHATHAM/KENT

#### ST. MICHAEL'S, RIDGETOWN

St. Michael's CWL council in Ridgetown celebrated the 100th anniversary of their CWL council which was formed in 1921. A red crimson maple tree was planted with a plaque in front of the rectory to commemorate.

St. Michael's CWL held their annual "Right to Life Baby Shower" in October. Members from the Council stands in front of some of the items that were collected. Members and parishioners had already donated 9 very large boxes of baby toiletries and accessories to "Refuge".



## REGIONAL ACTIVITIES CONTINUED

### ST. MICHAEL'S, DRESDEN

Excited to share the news from St. Michael's League, Dresden

Very successful Winter Wear Clothing Drive- donations collected of hats, mitts, gloves, socks, scarves for children and adults. Donations were presented by our Service Chairperson, Melodee Reaume to the Dresden Area Central Public School and the Dresden Baptist Church Community Closet. The Dresden Baptist Community Closet presented migrant workers from Thailand that are employed through Cedar Line Greenhouse with the communities' donations. The CWL League President was honoured to drive the Thailand workers in a Badder Company school bus through Dresden, an event through the Dresden Shine Program through the town of Dresden to experience Christmas Bright Light Show the weekend of December 3rd.

November League meeting incorporated a FUN NIGHT- gathering together to assemble Personal Christmas Planters- \$5.00 participant fee and for additional bows and glitzy picks the cost was \$1.00 per item. Entertained by Christmas music, enjoyed hot cider and fresh baked goodies. Enjoyed an evening of sisterhood and laughter. The wonderful evening was planned by our Organization Chairperson, Anne Jennen.

St. Michael's League in co-operation with the St. Michael's Knights of Columbus presented the Shut Ins within the community with poinsettias; chocolates; signed Christmas cards. This wonderful community outreach was planned by our Social Justice Chairperson, Marcia Janssens.

Fall Newsletters have been emailed to many of the members along with a few mailed out to share the exciting news from National, and our many League events. The League continues to connect with the Shut-ins within our Parish through the Birthday card mailing list. Planned for Sunday, January 15, 2023 at the Church Hall after Mass the Chili Luncheon (meat and veggie options) with a crusty bun, cake, hot and cold beverage. Donation of Free Will Offering accepted. All invited.

The League presented a wreath at the Dresden Remembrance Day Ceremony at the downtown cenotaph. The League's Organization Chairperson, Anne Jennen planned an out-of-town event for those members that enjoy Christmas musicals, several of our members enjoyed the Star Bright Christmas Pageant Show at the Petrolia Playhouse on November 30th.

Blessings to all our League sisters in 2023,  
Submitted by: Norine McFadden, President, St. Michael's CWL



#### New Year Prayer

**In the past year, You have seen my challenges, been saddened by my weaknesses, and rejoiced in my successes. As this New Year commences, let me remember the past year. In so doing, I truly repent of all that has hindered me from abiding in You. Forgive me, for the promises and resolutions I made and never fulfilled. Forgive me, for the times I neglected prayer and Your word as my focus. Let me recall the things that hindered me from getting closer to You and keeping Your word. May I come to realize my mistakes and shortcomings and make amends. Help me Lord, to be willing to forgive myself and to forgive others. AMEN**

## REGIONAL ACTIVITIES CONTINUED

### LONDON

#### HOLY ANGELS, ST. THOMAS/LONDON

Counting our Blessings!

December is always a busy and wonderful time of year as we prepare our hearts and homes for the coming of our Lord Jesus Christ. Celebrating together as Catholic women is so important and we are so grateful to have had the opportunity to connect for our Christmas celebration. Tables are decorated and hosted by our CWL members in our Holy Angels' basement. The turkey dinner was catered by Kathy's catering. After dinner, Mary Jane Collins our Spiritual Convenor along with Antoinette Lane lead us in singing many of our favourite Christmas carols. A wonderful evening was had by all. We also had the pleasure of receiving hundreds of hand-made Christmas cards from the creatively talented students from Monsignor Morrison Catholic School.



(Maureen Bedek, President and Diane Campbell)

The cards were delivered to our nursing homes prior to Christmas. They made us smile and warmed our hearts.  
Submitted by: Maureen Bedek, President, Holy Family CWL

### ST. JUSTIN'S

Our council was able again to have our Christmas Bazaar on November 19, 2023. It was very successful and gave us a jump start again on activities. Covid kept all at bay and prevented many activities. But things have blossomed. We held our Christmas pot luck, which was well attended. Great dishes were shared. We also had the honor to present some of our members with pins. We are blessed to have these wonderful ladies with our council

Liz Akano with her 10 year pin

Pauline Regan with her 10 year pin

Maria Desausa with her 10 year pin

RoseMary Boam with her 40 year pin

Connie Sylvain with her 40 year pin

Ruth Farrell with her 50 year pin

Tina Mol with her 50 year pin

Linda Terpstra with her 50 year pin

Elizabeth Weir with her 70 year pin

Doreen White with her 70 year pin

Our council supported St. Martin & St. Frances Parish with funds, as they held a Christmas party for 70 children new to our country. A very successful day. Our council is looking forward to may more exciting events.

## REGIONAL ACTIVITIES CONTINUED

### ST. JOHN THE DIVINE, LONDON

We had a couple of very energetic and inspiring speakers in the last few months of 2022. September brought Christine Maracle. She spoke to us about growing up in Aylmer as one of the only Indigenous families in the area. It was hard to hear of the prejudice and judgement that her family endured. It was so inspiring to hear of Christine's personal success in finding her path through education, serving her community, honouring her culture and being Catholic. Alex Fung was our guest speaker for October. She was able to enlighten us with her vision for the Children's Ministry. She is so ambitious. She is creating many opportunities for our young people to know and love Jesus. We also had the honour of recognizing many of our CWL sisters with a pin ceremony. This event was made even more special because we had not been able to honour these sisters over the past 2 years due to the pandemic. Thank you for your many years of service!!! Submitted by: Mary Dalziel, Communications, St John the Divine CWL



### ST. PETER'S BASILICA, LONDON

For over a year, a virtual weekly rosary has been held, always with a full page of prayer intentions -- some new, some remain and some no longer needed, thanks be to God. During these difficult times it is wonderful to see the love and support that is shared by all to all; no one family is exempt of suffering. Using this technology, the programs are endless and enable participation in spiritual events offered across Canada and the world.

St. Peter's CWL have been involved in several projects in 2022. Lead by Marian Strom, we were providing Ark Aid Mission breakfast bags once a week for those using the "Out of the Cold" services at the First-St. Andrew's United Church. Our Council delivered Infant Welcome Packages for the Children's Aid Society and Melrose Paquet demonstrated how to make a blanket without sewing. Several blankets are ready for distribution to the homeless in our parish community. Also held, Father's Day and Thanksgiving Day Virtual Bake sales, Christmas bazaar to raise funds for the distribution to those in need in St. Peter's parish community and assist those members unable to pay the full amount of 2023 CWL membership dues.

## REGIONAL ACTIVITIES CONTINUED

The members had the opportunity to be informed by guest speakers at our monthly meetings. One speaker in particular was, Julie Ryan, Community Engagement Coordinator for Indwell. St. Peter's St. Vincent de Paul serves many people at the Indwell Woodfield Gate Apartment at 356 Dundas. Indwell is a Christian Charity that creates affordable housing communities to support people seeking health, wellness and belonging. Submitted by: Julie Sans, President, St. Peter's Basilica CWL



## ST. MICHAEL'S, LONDON

The last few months of 2022 were busy for our St. Michael's London CWL. Meetings and events were well-attended, and it was clear that everyone was delighted with the return of in-person activities.

The September Welcome Back Social invited members to gather in faith and friendship to hear plans for the upcoming months and enjoy the opportunity to socialize after the summer break. One very successful new idea was to collect donations to purchase LifeStraws (personal water filtration devices) for Ukraine. The straws would be given to the London Ukrainian Centre to help those experiencing water insecurity due to the ongoing conflict. Thanks to generous donations, over \$700.00 was collected to provide 68 individual LifeStraws, as tangible support for the people of Ukraine.

November was jam-packed with the return of our favourite activities, starting with a special guest speaker at our monthly meeting. Members and guests filled the room to hear Dave Schiller, a long-time supporter of the Save A Family Plan, with a presentation on his life-changing trip to India. Our CWL council has been sponsoring families with SAFFP for many years and we were eager to hear this firsthand account. Dave and SAFFP Executive Director Marisa Thorburn shared stories of the families they have visited and how the program supports the families, especially women, with skills training and resources to become self-supporting and successful.

Later in the month members gathered in the parish kitchen to make pies for our bake sale, hosted the CWL London Region Advent Tea, and partnered with the Knights of Columbus for our annual Trivia Night. The Advent Tea was a special event, organized by Dianne Kehoe, London Region Chairperson, and brought together women from the twenty CWL councils in our region. The morning opened with a spiritual reflection and Advent hymns led by the SMUGlees, the St. Michael's ukulele group, followed by special treats, tea, coffee and conversation.

Saturday, December 3rd, left no doubt that Christmas was fast approaching. New this year, our annual Christmas Party and Birthright Shower was held during the morning, rather than on our usual Monday night. Members enjoyed hot chocolate, a gift exchange and carol singing, all without having to drive at night, and a plentiful assortment of baby items was collected to help support women facing unplanned pregnancies.

Following the party, cakes and cookies were the order of the day as the action moved to the parish kitchen to prepare for our annual Festive Fall Bake Sale being held that weekend.

The last evening of the parish Advent Mission later in December gave us an opportunity to partner with our sister CWL members from St. Peter's Parish, to prepare and serve refreshments at the closing reception. We look forward to enjoying more events with the St. Peter's council, now that our parishes have joined under the banner of the London North Central Catholic Family of Parishes.

Finally, the Mass for the Holy Innocents was celebrated at St. Peter's Cathedral Basilica on December 28. Several of our St. Michael's members walked along with 17 other CWL members and the Knights of Columbus Honour Guard to lead the entrance procession. Bishop Ronald Fabbro expressed his gratitude to the Knights and CWL for the constant work we do to promote respect for life. He emphasized to all of us that we need to keep putting action to our faith in the dignity of all life.

With January now upon us, we look forward to a new year and new possibilities for fulfilling our goals of faith, service and social justice in 2023. When you choose to participate in the League, you experience enjoyment, laughter and happiness which are gifts we miss in our hectic lives.

Submitted by: Gail Brown, Communications, St. Michael's CWL



## HURON/PERTH

### ST. JAMES, SEAFORTH

Long service award recipients from St. James Council, Seaforth were presented during the Christmas Potluck on December 6, 2022. Pins were presented to 25 and 50-year members. The 60-year service members received a Novena of Prayers from the Carmelite Sisters at St. Agatha.

Submitted by: Mary Barnes, Huron Perth Regional Chairperson





**CATHOLIC**  
and **LIVING IT!**

# **London Diocesan CWL Lenten Retreat**

**Facilitated by Father Jim Mockler**

**Saturday February 25, 2023**

**St. Michael's London**

**511 Cheapside St.**

**9:00 a.m. – 2:30 p.m.**

**Cost \$15.00/person**

*Please let your Regional Chair know how many from your council  
will be attending by February 18<sup>th</sup>*