

Catholic Women's League of Canada

Diocese of London Newsletter

Advent Newsletter Featuring the Windsor-Essex Regions and Diocesan Council
2020

By: Many marvellous ladies in our League!



INTRODUCTION

As we continue to celebrate our journey in these challenging times, let us continue to tell our stories.

Contents

Inside find exciting articles from Diocesan Executive and the regions of Essex and Windsor.





A Message From Our President, Rebecca McCarrell

Oh what a year this has been! This pandemic shed light on many issues: in our homes, in our families; in our communities; and, in our CWL life! I do pray each day that everyone is safe and well.

It was most difficult to make many of the decisions this past year to cancel conventions, meetings, and more. However, I had to do my due diligence in providing leadership that kept our nearly 10,000 members safe from harm. I know that many did not like all my directions, I also know that many councils chose not to follow the direction that was provided. Many, many hours were spent in consultations with the Bishop's office, Fr. Greg Bonin, our Spiritual Advisor, Ontario council, National Council, the public health offices in each of our 7 regions and my core executive. The London Diocese has an aging membership and it was my job to ensure that the Covid 19 protocols and regulations were shared.

The one issue that was raised over and over was that of fundraising! Over the history of The League, the Catholic Women's League Councils have more and more taken on an attitude of serving the community with charity donations. Although your donations are important to many organizations, this is NOT the mandate or mission of the CWL. The mission statement clearly defines our path.

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.

And, how are we called to do that?

By adding our voice and support to the national sisterhood of Catholic women who promote awareness and respond to political and social issues that affect all Canadians.

This year of pandemic was a perfect opportunity to add your voice, promote awareness and respond to political and social issues in your community, your province, Canada and the world. Here are some examples that writing letters, contacting your MP or MPP would and still can do this:

1. Write a resolution on a problem in your area that you believe needs to be addressed. Our executive is here to help you on this.



2. Follow up on resolutions that were passed through the CWL but have not yet been effective to change a law: Resolution 2015.01 – Increased Early Access and Intervention to Children and Youth Mental Health Services; 2009.01 Exit Strategies for Prostituted Persons; 2000.06 Violence in Music Lyrics; 1988.11 Alcohol Advertising in the Broadcast Media; 1954.03 Movies, Radio and Television – choices available for personal and family consumption.
3. Bill C-7 – the opposing of euthanasia – sign the petition!
4. Send a Christmas card to a military person (see November directive)
5. Join the fight against human trafficking
6. Call someone in your community who is struggling with loneliness
7. Feed the hungry, clothe the poor....

Our core executive and the Ingersoll Region are working to hold an Annual General Meeting in April 2021. Request for information on voting and accredited members has already gone out. Watch for more information in the new year.

Even though the heaviness of CoVID 19 is upon us, we are still a people of Hope, Peace, Joy and Love. Let's keep our eyes smiling above the masks for the world to see that we are emulating our Lord even in these most difficult times!

Wishing each of you and your families Comfort and Joy through this Advent – Christmas season, and throughout the year!

See you soon....over the mask!

Blessings

Rebecca McCarrell, President



Holy Family Retreat House Request for Assistance

Holy Family Retreat House needs your support today Help this vital facility with a donation and ensure it has a strong future Brothers and Sisters in Christ, We, the current “caretakers” of Holy Family Retreat House, come to you humbly, hat in hand, but with faith, and ask for your financial help in this the second wave of the COVID-19 pandemic. Our situation is urgent, but so, we know, are many others ... the unemployed and the underemployed most especially.

Nonetheless, after prayer and serious consideration, we believe we have a duty to ask you, the friends of Holy Family Retreat House, to help us raise the money we need to operate and move forward so the Retreat House will be here, ready to serve you, your parish, our students, those discerning vocations, and the many others who will bring their spiritual needs to these sacred grounds when this trying time has passed.

So much has been accomplished here in the last two years under Deacon Frank Lepain, a former building trades teacher with the Windsor Essex Catholic School Board ... painting, renovation of the Chapel and dining room, new mattresses and box springs, plumbing and boiler repairs, restoration and renewal of the gardens and grounds, and the beginning of plans for a capital campaign to make the Retreat House self-sustaining.

That momentum stalled with the pandemic, and then the months with little or no revenue ate through our funds even as we laid off staff, unplugged appliances and did all we could to cut costs.

Our situation is urgent. We face months of struggle with COVID restrictions this winter and will have no means to generate revenue. Please help us keep the Retreat House here and ready for the future by donating what you can now.

- E-Transfers can be sent to hfrh@dol.ca
- Click Here: <https://www.canadahelps.org/en/charities/diocese-of-london/> to make a donation online. Apply your donation to the fund for Holy Family Retreat House using the drop-down menu.



- Cheques should be made out to Holy Family Retreat House and can be mailed to: Holy Family Retreat House 121 Victoria Street, RR1 Harrow, ON N0R 1G0
- Donate securities. There can be tax advantages to donating shares to Holy Family Retreat House. To donate now, use the authorization form at this link:
<https://d2y1pz2y630308.cloudfront.net/15495/documents/2020/12/Donation%20of%20Shares%20Authorization%20Form.pdf>

If you cannot donate at this time, please pray for us as we will for you. Thank you for your time and consideration of this request. We very much appreciate both.

Finally, we wish you and yours a Blessed Advent and Christmas. Stay safe, friends.

Sincerely,

The Holy Family Retreat House Advisory Committee



<https://www.hfrh.ca/>



Insights from Past President, Angela Pellerin

I have been sitting in my recliner thinking about what I could write for this newsletter. It is difficult to work on archives if you don't have access to the things you have stored at your church. However, you could have members put together stories on how they have been affected by COV-ID 19.

Let me tell you a story.... I was widowed just a few months prior to the lockdown for the virus and was just starting to get used to being on my own after 42 years of marriage. The house was now very quiet with only the 2 dogs and myself in it. You miss the radio or tv playing in another room and hearing the other person moving about. However, I have very good neighbours who take out my garbage, pick up small items for me from the grocery store, and help with cleaning out the house. Friends call on occasion to check up and one friend calls every evening. I participated in a bible study done via zoom and am currently co-facilitating another study via zoom. These studies help keep me busy and in connection with fellow parishioners.

Our focus this year has been on loneliness. Loneliness can take many forms. What can you do for someone who is lonely? A phone call, a card, an offer of help....these are just a few ways to let someone know they are not alone, that you care about them.

A Prayer for Those Who Live Alone – Almighty God, whose Son had nowhere to lay his head; Grant that those who live alone may not be lonely in their solitude, but that, following in his steps, they may find fulfillment in loving you and their neighbors; through Jesus Christ our Lord. Amen (Book of Common Prayer, 1979 version, Protestant Episcopal Church in the USA)



God bless you.

Angela



Organization-Benefits of League Membership from President-Elect, Theresa Ryan

Dollars and Sense of League Membership

For annual dues of \$20 to \$30 per year, you get a super bargain. This compares favourably with other organizations. No weekly or monthly dues, either!



You receive many benefits:

- ❖ Receive three issues of The Canadian League magazine with articles about current and long-standing issues and concerns, with action plans and solutions.
- ❖ Identify, interact and become friends with other like-minded Catholic women who share similar values.
- ❖ Provide service to the people of God in your parish, especially when personal finances are limited.
- ❖ Make a real difference by group financial support of parish projects.



- ❖ Give and receive emotional support in times of personal and family trial, illness and bereavement.
- ❖ Evangelize by making your parish a more welcoming community by donating baked goods and other items to welcome strangers.
- ❖ For an additional fee, you have opportunities to attend and help prepare development days, conventions and retreats to develop your spirituality.
- ❖ Join your efforts with other CWL members across Ontario to donate funds and raise awareness to help needy people in our communities, in the province and abroad. Projects include support for the homeless, reaching out to the lonely and “Care for Our Common Home”.
- ❖ Earn further graces by answering God’s call.

- Submitted by Glenda Klein a member of the Organization Standing Committee.

(This article is an adapted version of Glenda Klein’s submission, originally written for The Catholic Register January 2009 Edition, when she was serving as the Treasurer for the Ontario Provincial Council.)

Why Become A CWL Member? (Taken from “The Jewel in God’s Crown”- a speech given by CWL member, Maura Canavan during the 2006 CWL Leadership and Public Speaking Course in Peel Region).

† If I offered you a shiny, sparkling diamond for \$20 a year – would you go for it?

† If I offered you a chance to improve the quality of your life, the life of your family, would you go for it?

† If I offered you the chance to know God to grow spiritually – would you go for it?



† I wonder, if I asked you, if you wanted to let your hair down and have some fun, would you go for that? As we go through life, we make choices: † We choose to love † We choose good over evil † We choose our mate, our friends, a certain lifestyle and the list goes on and on.

I am inviting **YOU** to choose to become a member of the Catholic Women's League of Canada. If you choose the **CWL**, it is a diamond – a sparkling, twinkling, diamond in God's crown, and there are many facets to this diamond.

† Yes you will have the opportunity to improve the quality of your life and the life of those you love.

† Yes you can help your neighbour.

† Yes we do raise money for the church.

† Yes we do encourage and recognize our youth.

† Yes we take action on health issues.

† Yes we are a powerful force in the church and

† Yes our voice is heard in the local, provincial, national and international community.

† Yes you will come to know God and

† Yes we all know how much fun it can be when you get a group of women together, laughing and joking in a Christian atmosphere of friendship and sharing.

We need you and with your fresh new ideas and your positive attitudes – we know you have a lot to give. Just as God has a place for us, there is a



we want you to infuse us with your fresh new ideas, with your energy and your positive attitudes – we know you have a lot to give. Just as God has a place

place for each one of us within the framework of the CWL. *I ask you to join us and choose to be a part of that precious jewel in God's crown.*

10 Reasons To Become A Member

1. The CWL deepens my faith life, enhancing my spiritual journey.
2. The CWL is a supportive sisterhood that enjoys having fun.
3. I get to know the women in my parish community and develop friendships.
4. I am part of the largest National organization of Catholic women.
5. I am part of the united voice for Catholic women when representatives meet with the Provincial and Federal governments.
6. I receive The Canadian League magazine three times per year.
7. The CWL is the heart of the parish and works on many projects in the parish and community.
8. The CWL provides an opportunity for leadership development and education on issues of concern.
9. The CWL is open to women of all ages and embraces many traditions.

10. I can attend
National



Diocesan, Provincial and
conventions.

<https://www.cwl.ca/wp-content/uploads/2017/01/Why-Am-I-a-Member-Brochure.pdf>

<http://www.cwllondon.ca/>



Education and Health News from Mary Bannon, First Vice-President

Never in my wildest dreams did I expect that we would be experiencing a worldwide pandemic and that my term would be extended!

This Coronavirus 19 has certainly presented a major health issue for us. Imagine—physical distancing, self-isolation and face coverings. Yet all are necessary to “stop the spread” and “crush the curve”. We have also developed a whole new vocabulary of words and idioms. However it has also provided us with Adaptability, Breathing space to grow in different ways and Connectedness through varying Communications—what I would call the ABCs.

We were so fortunate to be able to participate in webinars of various speakers who would have spoken at the National Convention but this virtual



communication venue. Speakers caring for our

Dr. Cory speaker spoke on *Earth and It Shall Christian Vocation Heal*". Dr. say in praise of

League work of care for the earth and the marginalized, and at the end of his talk called us role models, congratulating us on our 100 years of service and challenging us to take the words spoken by Jesus in the Agony of the garden, "Rise, let us be on our way" (Mark 14:42) as our guide as we continue our mission for the coming decades and centuries. He guided us through the two biblical accounts of creation, the lyrical Genesis reading, a key part of the Easter liturgy, and the story of the Garden of Eden. Key themes that emerge are: that God created everything and that ALL is very good, not just humans; care for creation, stewardship, is mandated; and that Sabbath(Shabbat) (to cease, stop (rest)) is for all creation. Note,



opened up a new strongly emphasized common home.

Lebrecque, our first the topic, "*Speak to the Teach You: On the to Tend, Guard and* Labrecque had much to the Catholic Women's

in Jewish tradition if Sabbath is not given, Earth will take Shabbat in desolation- I personally was thinking that perhaps the pandemic is our sign! The garden is the main character in the story and humans are created from the earth for the earth, man and woman together side by side. In Daniel 3: 57- 82 every part of creation sings a litany of praise to God. He called us to be aware that the eco-crisis is a question of social justice and a civil rights issue. Interconnectedness interdependence is vital and Dr. Lebrecque encouraged us to view the Youtube video, "How Wolves Change Rivers".

Check into cwl.ca for the other speakers: Dr. Donna Orsuto, Dr. Sr. Nuala Kenny, Fran Lucas and Anne Gorman. Talks/videos will be posted for your education and enjoyment: <https://cwl.ca/re-watch-the-summer-speaker-series-webinars/>

*When we
desire for
are feeling the
through us.*

Barbara Marx



*experience our own
transformation, we
universe evolving*

Hubbard



Spiritual Inspiration from Mary Lappan, Second Vice-President and Spiritual Development

I hope everyone is staying safe and healthy. I believe the saying is “if you want to see God laugh, tell him your plans”. He must be rolling in laughter in heaven.

It is unfortunate that we will not have the opportunity to remember our council deceased members this year. Gathering at the wake or at the funeral mass is greatly appreciated by the family. I hope that councils are finding other ways to recognize their deceased members.

Advent here soon. It is vital connected with this time, especially homebound or in your executive members a card this Advent or or have a mass said intentions.



and Christmas will be that councils stay their members during ones that are nursing homes. Perhaps could send all your year with a special Christmas prayer inside, specifically for CWL

I understand how difficult this year has been for everyone. With no meetings or activities it is easy to lose interest. I pray that we all continue to do our best to stay positive and hopeful so our councils will come back stronger than ever.

May Our Lady of Good Counsel continue to bless you and your families. Stay safe!

Blessings,

Mary Lappan



Words from Christian Family Life Chair, Denise Lalonde-Morris

Why Mental Confusion beyond 60 ???

If you were asked the above question, what would your response be?

It is not a brain
Alzheimer's. It
diabetes, an urinary

dehydration.

As we go
feeling thirsty and
drinking fluids. If
remind them they
Dehydration is severe and affects the whole body.



tumour or the onset of
could be uncontrolled
article
information;infection or

into our 60's we stop
consequently stop
there is no one around to
quickly dehydrate.

Affects: mental confusion, drop in blood pressure ,increased heart palpitations,
angina(chest pain), coma and even death.

Forgetting to drink fluids begins at age 60 when we have only 50% of the water we
should have in our bodies. Our water reserve is lowered which is a natural part of aging.

**** **Dehydration** does not make you feel thirsty. Our bodies no longer feel the lack of water.
You may look healthy but performance of reactions and chemical functions can damage your
whole body.

MUST DO'S

1. Get in the habit of drinking liquids such as : water, juices, teas, coconut water, milk,
soups, and water rich fruits - melons, peaches, pineapple, oranges, tangerines.

*** drink some liquid every 2 hours***

2. Alert family members, constantly offer fluids to persons over 60. Don't forget to
observe them.

If people reject liquids they can be irritable, breathless, and display a lack of attention.
These are all symptoms of dehydration.

It is not just in hot days that we should properly hydrate but ALL YEAR

* Something to Compassionate this information someone.



Summer on those very should properly hydrate ROUND!

Ponder- As we embrace Care alerting others with can greatly help

Information taken from Dept. of Clinical Medicine, University of Sao Paulo

Reasons why Dehydration Risk Increases with Age



Water/body ratio decreases, making you more susceptible to dehydration.



Requiring the need of daily care as we are less able to handle day-to-day tasks.



Needing assistance with food and fluids can significantly reduce self-hydration.



Increased incontinence results in the need to replenish our fluids more often.



Cognitive impairment can mean that we may forget to keep ourselves hydrated.



With increased age brings a diminished thirst sense.



The need for multiple medications can increase the onset of dehydration.



Increase likelihood of acute illnesses, can result in our body being dehydrated.





A Message from our Community Life Chair, Mary Ann Horne-White

Our 1st Newsletter; an exciting change for all of us, and a great way to share what's happening in our diocese. Please remember to email, call and keep in touch with each other. Wishing you blessings as we continue on our journey as sisters in the league.

Mary Ann Horne-White

What's the News on Legislation? From Legislation Chair, Helga Stuermer

Stay Tuned



Life-Saving Water-Keep it Clean!



Resolutions Lead to Solutions from Resolutions Chair, Joan Lobsinger

I hope you are well and have had a chance to enjoy the beautiful sights of autumn. Three times a week I walk with a friend in our neighbourhood ravine. It has really helped me to deal with the confines of Covid-19.

I would like to take this opportunity to thank all the members who informed me they wrote letters to the government regarding the pressing issues around long-term care in Ontario. I forwarded that information on to our OPC Resolutions Chair Wilma Vanderzwaag. Thus far, 179 members have written. This number will be a benefit when OPC has an opportunity to arrange a government visit. It's not too late to write your letter, and please remember to let me know so you can be added to that total. Sample letters are available on our diocesan website, <http://www.cwllondon.ca/> and addresses for the ministers can be found on pages 10 and 11 in Wilma's June 2020 ONLine submission on the provincial website, <https://cwl.on.ca/june-2020-line-newsletter>.

Are you contemplating writing a resolution? Cathy Bouchard, our National Resolutions chair has created a new Resolution Guide for members to learn what a resolution is and about the process to creating/completing a resolution. Here is the link to this new resource: <https://cwl.ca/wp-content/uploads/2020/10/620-Resolutions-Guide-2020.pdf>.

I hope you continue to stay safe and stay well and will keep you in my prayers.



Joan



Communication-A Vital Thread, from Communications Chair Denise Masse

Coming Soon!



Words of Wisdom, from Recording Secretary Willi Kole

I pray that you are enjoying the brilliant colours of Autumn in our “common home”.

During this time of pandemic, it is a good time to ensure records are up to date and informative. If you have been having on-line meetings, remember that you will need to vote on the minutes and motions made, when you have your first in-person meeting.

Please stay safe and may Our Lady of Good Counsel guide you in all that you do!

Yours in Christ,

Willi

Regional News from Essex, Jeanne Lauzon Regional Chair

Hi, I am the new Regional Representative for the Essex region of the diocese. I have been a member of the St. Simon & St. Jude Catholic Women’s League in Belle River for over 45 years. I served as president in the early 1980’s and was recycled, like so many others, over the past several years. I have had the pleasure to work with so many talented and generous ladies in our parish and have made so many precious friendships along the way.

I recently served as the Regional Treasurer for Essex. I have met so many lovely ladies at these meetings and I have enjoyed being more involved in the workings at the diocesan level. I am really looking forward to working with the Diocesan Council. Covid had really put a halt to so many of our activities. Our 100 year celebrations have been cancelled, but I hope we can make up for them when things settle down. Until then, our councils will continue to reach out to our members through emails, phone calls and cards.

Love & Prayers,
Jeanne Lauzon



Regional News from Huron-Perth, Mary M. Barnes Regional Chair

Stay tuned!

Regional News from Ingersoll, Fatima Cabral Regional Chair

Stay tuned!

Regional News from London, Dianne Kehoe Regional Chair

As I reflect on this past year and all the challenges encountered and those that lay before us, I am reminded of the one true constant, of where we get our strength.....our faith and the amazing sisterhood of the Catholic Women's League. We know that our sisters are there for us. We feel the comfort of their prayers. We are uplifted.

We have not been able to celebrate our 100th Anniversary as we had hoped and were so excited to do. Nevertheless, many councils have continued with their committees and projects that they could do safely and in accordance with the health and safety protocols. Trees have been planted honouring the CWL Centenary. Care for our Common Home – *Laudato Si*, the encyclical of Pope Francis calling us to act, take care of our planet, stop the degradation of our environment. This has been National's Theme for us for the past 3 years. Of course, our Provincial Theme of Loneliness could not have been timelier. Councils are calling their members, making sure they are remembered, asking what they need. Zoom meetings have become the norm. It is not the same as meeting in person, but it is the safe and responsible way during the Pandemic.

In our 90th Anniversary Prayer Booklet is the following prayer.....we need this prayer now, for our region, our country, our world.

Prayer for a Better World

Lord, Instead of anger, let me show compassion. Instead of rage, let me show concern. Instead of hate, let me seek change. For, if to a warring, wondering world each person would try to bring more compassion, concern and change, then perhaps there will be love and better days will come. And if I continue to believe and try, the world will become a better place. Amen.



I feel the comfort of your prayers.....I hope you feel mine.

Dianne Kehoe
London

Regional News from Sarnia, Pat Sloan Regional Chair

Stay tuned!

Windsor Region-St. John Vianney

Submitted by: Helen Bailes, President

Our CWL was in the process of planning a tree planting ceremony for May, 2020 when the pandemic hit. As we all are aware all public functions were halted on March 16th and to date we have been unable to meet as a group. We wanted to make sure we were part of caring for our common home. So we planted our tree this past week with only a few present. Fr. Rob blessed our tree for us. It is our intention to have a prayer service around our tree in the spring. We would like to include as many of our members as possible. Hopefully by then, we will be able to assemble in small groups, at least outside.

During this unusual time, we have tried to keep in touch with our members. Even though the churches are now open with restrictions in place to protect the parishioners, many of our ladies do not feel comfortable attending mass. Either they or someone in their family is compromised health-wise, so they have chosen to minimize their contact with other people. A biweekly e-mail is sent out to the membership to keep in touch. As often as possible an attachment with a quote or story is included. Those without e-mail, we try to contact by phone or mail.



It looks like it will be some time before we are able to meet as a group. Hopefully, a vaccine will soon be developed to bring this pandemic under control. Until then we will continue to pray, wear our masks and practice social distancing.

Submitted by
Helen Biales, St. John Vianney CWL



St. John Vianney CWL Tree Planting Fr. Rob Rocheleau, Helen Biales, Pat Lafontaine, Claire Hryniw, Maryanne Pickering