



November 2020 Edition

Featuring the Diocese of Sault Ste. Marie and
OPC Communication Chair, Ann D'Souza

“Care for our Common Home”



Colleen's Communications

"Rejoice in hope, be patient in suffering, persevere in prayer"
Romans 12:12

This Issue	
Colleen's Communications	1-2
Sault Ste. Marie Diocese	3-9
Communication	10-12
Resolution	13
Do I really need clothing	14
Beatitudes for Friends of the Aged	15
Food for thoughts	16-17
Around the Province	18
Things to remember	19

The forest outside my house is ablaze in colour. The trees remind us how beautiful it can be to grow old. We should all be so blessed to be that vibrant and colourful in our last days.

November begins with All Saints Day, which celebrates all saints, and All Souls Day, which is a day of prayer and remembrance for all those who have died. Saying goodbye in these unprecedented times is exceedingly difficult. Many of us have lost loved ones recently. The love and support of our League sisters at these difficult times is beyond explanation.

Please keep Colleen Martin and her family in your prayers. She lost her mother and brother within days of each other. May their souls and the souls of the faithful departed rest in peace.

Remembrance Day is observed on November 11th to recall the end of World War I on that date in 1918 and honour the veterans of both World Wars... Lest We Forget.



As we prepare to begin Advent on November 29th, I want to wish you a joyous season. Advent is a time of expectant waiting and preparation for the celebration of the Nativity of Jesus at Christmas. May your prayerful celebrations be joyfully fulfilling.

Keep all our League sisters in your prayers as we all, at some point, struggle with loneliness and the effects of isolation due to the pandemic.
Yours in faith,

Yours in faith,
Colleen



Remembrance Day
November 11



ALL SAINTS DAY
November 1



ALL SOULS DAY
November 2

Sault Ste. Marie Diocesan Council

Greeting from your sisters in the diocese of Sault Ste. Marie. Through these uncertain times our members continue to be faithful servants for God and Canada. Members struggle to keep their families and people in their bubbles safe. When the pandemic became a reality in March, all plans to celebrate our one hundredth anniversary convention were stopped.

Our members continue to support each other in innovative ways. Telephone chains have been used to keep in touch with members as well as virtual meetings amongst some of the councils. It was suggested that members could adopt a senior living in a long-term care facility. Although they cannot visit, the member could certainly write notes of encouragement to let the resident know they are not forgotten. It was also suggested dropping off thank you cards to workers in those facilities to show our appreciation for their dedication to their residents.

In July we planted the first of three trees in North Bay as part of the centenary project. Two more trees will be planted in the remaining two regions in the spring of 2021.

We are very proud that several of our members answered the call to service for the implementation committee's strategic plan.

We continue to pray for all members throughout the Province of Ontario and hope that everyone stays well and safe.

Cathy McKinney

Sault Ste. Marie Diocesan President



2020 Centenary Project

On Friday, July 3, 2020, Sault Ste Marie CWL Diocesan President, Cathy McKinney (centre), CWL Diocesan Spiritual Advisor, Rev. Rex Lumine (right) and Pro-Cathedral Rector and Council Spiritual Advisor, Rev. Monsignor Dave Tramontini (left), planted a Red Oak tree on the grounds of the Pro-Cathedral of the Assumption Parish.



Mother Nature provided a beautiful, sunny day for Msgr. Dave Tramontini and Fr. Rex Lumine to deliver a special blessing upon the tree before it was planted near the Mary Garden on the grounds.

The tree planting is part of a 2020 centenary project to commemorate the Catholic Women's League of Canada 100th anniversary and it is also in keeping with the National theme, "Care for Our Common Home". As part of this project, it was suggested that every Diocesan Council plant a tree in a place of honour to help the environment and to be enjoyed by the community.



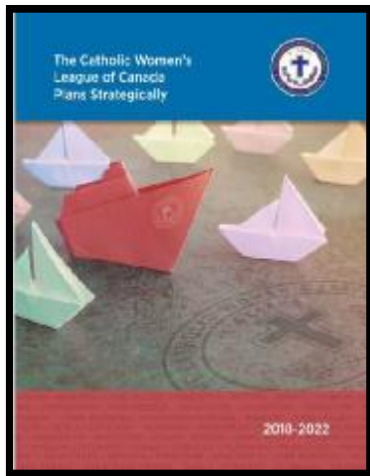
Local CWL council Presidents were on hand to witness the tree planting, in a safely distanced manner, of course!

This tree planting was an incredibly special occasion for many reasons. The Sault Ste. Marie Diocesan Council of the Catholic Women's League of Canada is celebrating its 100th Anniversary this year. Also celebrating its 100th Anniversary, is the Pro-Cathedral of the Assumption CWL Council and was the host site for the very first Diocesan Convention which is why Cathy chose this location for the tree planting.



Photo credits – Lisa Henry

Tree dedication – plaque inscription



Bringing the Strategic Plan to Life – How Sault Ste Marie Diocesan Members Answered the Call

Here we are, approaching year three of implementing the strategic plan for the Catholic Women's League of Canada and as we look forward, it is important to look back and see who a vital part of embarking on this monumental endeavour has been.

The road to the League's envisioned future started with a large group of dedicated CWL members willing to support the steering committee in the strategic planning process. Within this large group were members from the diocese of Sault Ste Marie providing leadership, feedback, and support in many areas.

On pages 18 & 19 of the publication *The Catholic Women's League of Canada Plans Strategically* <https://cwl.ca/wp-content/uploads/2019/02/CWL-Strategy-Report-draft-5.pdf> you will see the names of these women:

- ❖ Angelika Beauchamp
- ❖ Cathy McKinney
- ❖ Marcelle Beaulieu
- ❖ Mae Steck
- ❖ Debbie Mattiazzi

Following the development of the strategic plan, came the call and application process for volunteers to be a part of the Implementation Committee responsible for implementing the strategies. Lisa Henry was selected as one of the four women who would help lead this process.

As the Implementation Committee began its work, it needed CWL members who would share their time and talent to be a part of working groups for each strategy. Our very own Sault Ste Marie CWL member and Ontario Provincial Organization Chairperson and President-Elect, Linda Squarzolo and Diocesan President, Cathy McKinney answered the call. Linda is the Lead of the Reorganization Sub-Committee responsible for "reducing the number of standing committees to three to align with the core values of faith, service and social justice". The work from this group has been submitted to the National Board for review. Cathy is part of the Marketing Working Group, which is a 5-year commitment, and is responsible for: "increasing awareness about the League through marketing", and "transform name, brand and image to reflect current trends and the envisioned future".

We are tremendously proud of these women who offered to serve in this capacity and bring the League into the next century.

The Implementation Committee is always looking for working group members from across Canada. Watch the National Website and Facebook page in the new year calling for working group members for year three.

Congratulations



Ontario Life Member – Karen MacDonald

Congratulations Karen on being awarded the National Life Member Pin. Karen is a member of Lady of Hope Council in Sudbury and she currently sits on the Ontario Provincial Council as the Education and Health Chairperson.



Anniversaries

Congratulations to the following Councils who celebrated special anniversaries recently:

2020

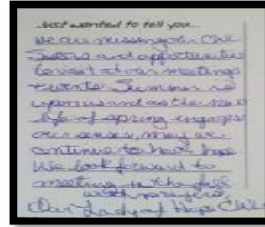
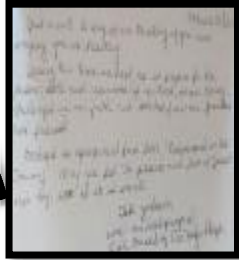
Pro Cathedral of the Assumption, North Bay – 100 Years
St. Bartholomew, Levack – 65 Years
St. Peter the Apostle, North Bay – 65 Years
St. Ambrose, Thesalon – 60 Years
St. Alexander, Chelmsford – 60 Years
Our Lady of Good Counsel, Sault Ste. Marie – 55 Years
St. Gregory, Sault Ste. Marie – 55 Years
St. Pius X, Lively – 55 Years
St. Gerard Majella, Sault Ste. Marie – 50 Years

2019

Christ the King (combined with Holy Trinity), Sudbury – 95 Years
Holy Redeemer (formerly All Sainte), Sudbury – 80 Years
Lady of Our Sorrows, Sturgeon Falls – 70 Years
Holy Name of Jesus, North Bay – 65 Years
Our Lady of Hope (formerly St. Clement), Sudbury – 60 Years
Holy Family (formerly St. Joseph the Worker, Sault Ste. Marie – 55 Years
St. Kevin, Val Therse – 55 Years

Sudbury Region

Our Lady of Hope Parish



Our Provincial theme 'Loneliness' is calling us to action especially now. This time of COVID-19 loneliness has been affecting all of us in some way. We encourage you to continue to reach out to your Sisters, neighbours, co-workers, family, and friends just to say hello. Our Executive has been proactive and have completed two mailings. The first one earlier on in the pandemic was sent to all our shut-ins. This included a handwritten note and a bookmark from the 2005 National Convention. For the second mailing, sent to all our members in the early summer, we used the Gratitude postcards from 2015 found on the National website. Our telephone committee continues to make calls to keep in touch. We have benefitted from our parish Facebook page where we were able to post our June newsletter and the provincial link for newsletters. In addition, some have gathered via ZOOM for a virtual wine night, some have baked and prepared meals for others, and some have done groceries for their neighbours.

Our Lady of Hope Council
Sudbury, On
Diocese of Sault Ste. Marie



St. Patrick's Parish



In Sudbury on the feast of Corpus Christi the exposition of the Holy Sacrament was held at the entrance of St. Patrick's Church. Fr. Patrick Okenyi officiated as several members of the CWL took turns as honour guards. Parishioners came and prayed in adoration while distancing or remaining in the safety of their vehicles.

St. Alexander's Parish



The Knitting and Crochet Circle at St. Alexander's Parish have been very busy during the Covid Crisis. A Show and Tell (with masks and social distancing) revealed an array of afghans, lap-gghans, toques, socks, and knitted knickers. Some items have already been given to our ailing parishioners while others were donated to the needy in our community. The rest will be stored and delivered to those in need. (Cancer Centre, Nursing Homes, etc.)

North Bay Region

St. Peter the Apostle Parish

Fundraising has been a challenge at St. Peter the Apostle Parish Council. Our Annual Harvest Tea and Bazaar, usually held in October, had to be cancelled. The proceeds from this function allowed us to help many charities in our community as well as attend conventions. How do we generate funds so that we can replenish our reserves? A special friend of the CWL provides us annually with many jars of homemade beets and relish. With no bazaar, how do we sell them? My home became a point of order and delivery. At the same time, we saw an opportunity to sell homemade masks of many colours as seen in the photo. Several pairs of hands are still busy sewing and stitching these wonderful creations. We will not be bested by a pandemic. We are women, hear us roar!



St. Alphonsus Liguori Parish

Since the pandemic started in March, we have reached out to our members to stay connected. We have an email distribution list so that we can easily share prayers, events and happenings in our parish and council. For those members without email, we still have a calling committee who connect our sisters. The telephone is still a powerful tool! We reinstated the Prayer Partner program as well as several programs initiated by the CWL Provincial Council. In April, we followed the direction of Mary Capobianco and set into motion the 3 in 1 Club. Then in June, Mary's communique on the C.A.R.E. Connection Project encouraged us to further our effort in staying connected. It will take personal effort and prayer on all our parts to keep our League active and alive. God Bless!



*Submitted by Marcelle Beaulieu
St. Peter's CWL President*

St. Alphonsus Liguori Parish



On Saturday September 26th we were able to hold an outdoor garage sale in the parking lot which allowed us to spread out the tables to allow for social distancing. We took the additional precaution of taping off the area and only allowing 25 people in at a time (including volunteers), masks had to be worn by all who attended and we set up a sanitizing station at the entrance. Coffee, tea, muffins, subs, and dessert were provided for volunteers. We would especially like to send out a big thank you to the members of the Knights of Columbus that provided the much-needed muscle helping with the set up and tear down.

Sault Ste. Marie Region

Precious Blood Parish

Precious Blood CWL added a tea to our annual Snowflake Bazaar and Bake Sale last year. The first tea in our new Gathering Place hall took place on Sunday November 3rd, 2019. The tea was a huge success with 200 people at each of the two seatings. Many CWL and parish members helped to prepare sandwiches, baking, and bazaar items contributing to the huge success of our first tea.



Our parish councils have all reported that they are learning new ways to stay connected and care for one another during the Coronavirus Pandemic. We are reaching out to our members by writing letters, phone calls, emails and social distancing visits. We have donated to Food Banks, shopped for those with compromised immune systems, dropped coffee and donuts off at local nursing homes and hospitals offered many prayers for our seniors living in long-term care as well as for those who care for them.

"When you go through deep waters, I will be with you". Isaiah 43:2



COMMUNICATION

"Remember the past with gratitude; Live the present with enthusiasm; Look forward to the future with confidence. "St. John Paul II

At the beginning of this pandemic, councils across the country made a point to reach out to members in various ways – via email, on a virtual video conferencing platform such as ZOOM, via physically distanced visits (where allowed) or even via the old and true method - the phone. As we progressed through the earlier stages of the pandemic and people were allowed to gather in larger numbers, the need for regular check-ins may have decreased. Now as we head into the winter season, it's important to continue or resurrect those check-ins – especially with members who are on their own and don't venture far from home. If you can't arrange in person visits, perhaps phone calls are the next most personal way to check in with members living alone as it allows for that two way chat. People need to feel connected and they appreciate someone cares enough to call.



Do you remember what life was like before ZOOM or GoToMeeting? Where possible, councils are starting to meet in their church halls, and some are introducing the 'hybrid' meeting – which is a mix of in person and virtual participation. By using one of the video conferencing platforms, such as ZOOM, councils are encouraging members who are not comfortable attending in person to do so virtually to participate in the spiritual segment of the meeting and hear the reports. While those attending virtually cannot vote on motions, they can at least be part of any discussions and those in the hall get to see their smiling faces.

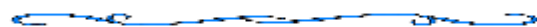


A few communication tools a council can use to keep members informed include:

- Issuing their own newsletter to consolidate information and reduce the number of emails sent to members.
- Website Wednesday - Reminding members to visit their Diocesan, Provincial and National websites on Wednesdays to stay current. This is especially important these days as the face of the League is changing. Encourage members to be part of the journey by staying up to date as information is shared.
- Encouraging members to subscribe to the OPC On-Line Newsletter – a source of ideas and information to share at meetings.
- Encouraging the executive and other interested members to subscribe to your Diocesan Newsletter - another source for meeting reports.

Stay connected to members, family, and friends - Stay healthy - Stay safe
Remember to wear a mask and practice physical distancing

.....Submitted by Debbie Bates, OPC Communication Sub-convener



Relax and Wait Until the Mixing is Done!

A while back I read a story of a visiting priest who attended a men's breakfast in the middle of a rural farming area of the country.

The group had asked an older farmer, decked out in bib overalls, to say grace for the morning breakfast. "Lord, I hate buttermilk," the farmer began.

The visiting pastor opened one eye to glance at the farmer and wondered where this was going.

The farmer loudly proclaimed, "Lord, I hate lard."

Now the pastor was growing concerned.

Without missing a beat, the farmer continued, "And Lord, you know I don't much care for raw white flour."

The pastor once again opened an eye to glance around the room and saw that he wasn't the only one to feel uncomfortable.

Then the farmer added, "But Lord, when you mix them together and bake them, I do love fresh biscuits. So Lord, when things come up that we don't like, when life gets hard, when we don't understand what you are saying to us, help us to relax and wait until you are done mixing. It will probably be even better than biscuits. Amen."

Author Unknown



Within that prayer there is great wisdom for all when it comes to complicated situations like we are experiencing in the world today. Stay strong because our life is being mixed with lots of things that we don't care for. Relax and wait until the mixing is done.

Over this year's Thanksgiving weekend, we all realized that life is hard and there were things we didn't like. Being separated from our families to enjoy the turkey celebrations and family gatherings was difficult for all but we know this is part of the mixing that the Lord is doing now. But even in these difficult times we have so many things to give thanks and gratitude for: health and wellbeing, food on the table, hot showers, sunrises and sunsets, fresh country walks, sleep, the seasons changing, being able to see colours, speaking to family and friends from all over the world with new technology, faith, respect and so many, many more.



Life is different- no doubt about that. We are still trying to figure out how to do what we normally do. Change is an inevitable part of life and many aspects of the changing world are outside our personal control. Accepting the situation will free us up to devote energy to the things we do have control over. Accept one's feelings, reach out to others, improve your sleep, eat well, try to maintain a hopeful outlook and be kind to yourself.

"I plead with you—never, ever give up on hope, never doubt, never tire, and never become discouraged. Be not afraid." St John Paul II

.....Submitted by Joan Schurter, OPC Communication Sub-convener



First and foremost, I want to thank each of you for what you're doing to lift up/help the communities during what has been an incredibly challenging year. Each month compiling the newsletter, I see the work being done by councils across Ontario is amazing. COVID-19 pandemic has had a negative compounding effect for many and carries urgent implications across the globe. The Health care workers are affected the most, in many ways to help reduce the anxiety of patients, while also reducing the burden that healthcare systems are feeling, their work has become even more critical during the pandemic.

These past few months has made it even more clear that we have a shared opportunity to exercise empathy inside and outside of the traditional boundaries of home and workplace. So, we must listen, learn, and take action to support each other. **Communication** has become very important now than ever before, reaching out, feeling, and checking the pulse of your family, loved ones, friends, neighbour and especially those that are old and lonely. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety.



What is Communication?



It is not a one-way street, the process of communication should be an interaction with others, do not presume or assume, ask questions if in doubt. Without communication we would not be able to share knowledge or experience.

Please remember that it can mean the world to someone to feel your support. Keep checking in with each other, help where you can, and **please**, take care of yourself. Find a moment to take a breath and relax, prioritizing your wellbeing might feel like just one more task, but it is essential. I hope that some support and encouragement found its way to you and that you had a chance to pass it along to someone in your life who needed it.

TAG it FORWARD.....



Stay safe and well.

.....Submitted by Ann D'Souza, OPC Communication Chair



RESOLUTIONS



One hundred and seventy nine (179) members have advised their Diocesan Council Presidents or their Resolution Chairs that they have written to the Premier of Ontario, Minister of Health and Minister of Long-Term Care regarding the issues facing long-term care. Members are encouraged to write and advise their Diocesan Resolution Chair or if no chair then their Diocesan Council President that they have submitted letters so they can be added to our total. Addresses for the ministers were included in my June On-Line article which you can find on the provincial website. The Ontario Provincial Council will use these numbers when they are able to arrange their next government visit.

On the National Council website, cwl.ca there is a new Resolution Guide that can assist members with their resolution questions. This is a wonderful resource that will help members learn and be more comfortable with resolutions and the process---check it out!

.....Submitted by Wilma Vanderzwaag, OPC Resolutions Chair



Do I really need that new article of clothing?



During these past several months, during which our lives have been ruled by Covid-19, I found myself wearing the same clothes repeatedly. I wasn't attending any meetings, conventions, or social gatherings of any kind, so my wardrobe stayed static (no pun intended!). A few favourite tops and capris got me through the whole summer. Like many of you, I took advantage of this time of self-isolation to clean out my clothes closet and ended up donating a good many pieces that hadn't been worn in the past few years. The more I became aware of how much I had not been wearing, the

more items were donated. In short, I soon realized I had far too many clothes and I started evaluating my purchases into "wants" or "needs". The more I focused on this dilemma, the more I realized I had far more than I needed.

During this process I read a very interesting article by Sister Linda Gregg, CSJ Federation Ecology Committee, titled *Choosing Alternative Threads: The Clothing Industry & Climate Change*. Contained in the article were several eye-opening facts including the statements that "we now produce 400% more clothes than only 20 years ago" and "only 1% of clothing is recycled into new garments."

Sister Linda shared some startling facts on the environmental impact of the fashion industry: 2,000 gallons of water are needed to make one pair of jeans (from cotton field to store); 93 billion cubic meters of water, enough for 5 million people to survive, is used by the fashion industry every year; the fashion industry produces 20 per cent of global wastewater (toxic dyes, lead, mercury, microfibers), and the list goes on. But the article wasn't all doom and gloom.

Sister Linda also shared some positive thoughts on what we could do: choose organic fibers, natural fibers where possible or semi-synthetic blends; before buying, ask if the manufacturers used sustainable criteria to make the clothing; be creative in combining garments and recycle them after they wear out; repair clothing (or find a good seamstress!); donate what you no longer use; buy only what you need; and buy second hand clothing, to name a few.

A closing thought to reflect on: "The most environmentally sustainable jacket is the one that's already in your closet" (Lisa Williams).

.....Submitted by Anna Tremblay, OPC Administrative Assistant



Beatitudes for Friends of the Aged

Blessed are they who understand
My faltering step and palsied hand.

Blessed are they that know my ears today
Must strain to catch the things you say.

Blessed are they who seem to know
That my eyes are dim, and my wits are slow.

Blessed are they that look away
When my coffee spilled on the cloth today.

Blessed are they with a cheery smile.
Who stop to chat for a little while.

Blessed are they who never say
"You've told that story twice today."

Blessed are they who make it known.
That I'm loved and respected and not alone.

Blessed are they who know the way.
To bring back memories of yesterday.

Blessed are they that know I'm at a loss.
To find the strength to carry my cross.

Blessed are they who ease the days
On my journey home, in loving ways.

Esther Mary Walker

Reprinted from: The Canadian League - Spring 1999

.....Submitted by Linda Squarzolo, OPC Organization Chair



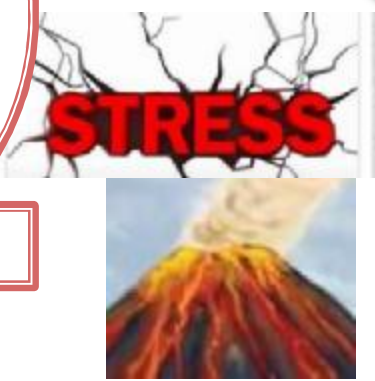
Food *for* Thought



Thank you to those who have dedicated lives and careers to emphasizing the critical need to exercise empathy in the communities where we live and work.



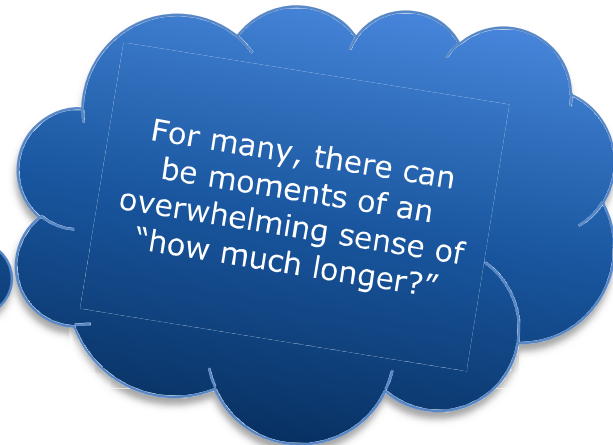
Stress is usually created by anxiousness, anger, the feeling of being out of control or overwhelmed. Your body wants to fight or run away, it's not something you want to choose. The reactions take over like a volcano about to erupt.



Use Emotional Tools which will help you with tolerance, to cope with challenges:

- Deep breathing & meditation.
- Make time for yourself, do the fun things that you love to do.
- Relax with massage.
- Identify the stress triggers, so you can deal with them before it gets to a boiling point!

Food *for* Thought





Timmins Diocese: Our Lady of the Lake parish Council President, Patricia Bodick, celebrated the 90th birthday of Rita Desrochers, her mother, in the Palliative Care room at the hospital with family, friends and CWL members.



Hearst-Moosonee Diocese: St. Theresa's CWL Council, celebrating their 100th anniversary of the council with Mass at their Parish on September 15, 2020.



Let's remember those souls who we knew and those who do not have anyone to pray.

