

The Canadian League



Official Publication of
The Catholic Women's League of Canada
Volume 91/No. 1/Winter 2015

Printed in Canada

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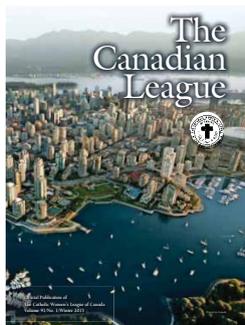
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The Canadian League is published three times a year by The Catholic Women's League of Canada. Material may not be reprinted, in whole or in part, without permission of the publisher. Subscription rates: Annual national per capita fee of \$13.00 includes subscription rate of \$3.00. Non-members, \$8.00 per year. Agreement number 40007536 ISSN-0384-630

PRESIDENT'S MESSAGE

Barbara Dowding
National President



Since last time, I can say I have had some wonderful encounters, great conversations and extraordinary moments. I invite you to sit back, grab coffee and curl up—this will take some time, and I hope you will fly with me!

It began in earnest after the 94th annual national convention as I booked flights, made arrangements and organized my new life as national president. In early September, I took a trip to Sainte-Anne-de-Beaupré in Quebec. Flying from the west coast is challenging but also rewarding in that I often arrive the day before a meeting. Such was the case on this trip, giving me a wonderful morning of quiet pilgrimage at the shrine of St. Anne, grandmother of Jesus and one of my favourite saints! As always, I took you with me and was happy to share your hopes and dreams in what felt like the warm embrace of Mary's mom. It was a mini-pilgrimage of sorts, starting with a long walk around the shrine and then up the hill to the Stations of the Cross, beautifully sculpted in bronze. Through the little village and out to the highway and back, I had time just to be there, to think and pray. I visited the shrine once to pray at St. Anne's relic and sit in silence, then I went to the crypt where mass in English was just ending. Then it was over to the Blessed Sacrament Chapel before a quiet visit to the Adoration Chapel. It was a perfect morning! If you have never been to Sainte-Anne-de-Beaupré, I recommend adding it to your bucket list.



The official occasion for this visit was the Canadian Conference of Catholic Bishops' (CCCB) National Forum with Catholic Movements and Associations that took place at this most beautiful shrine. While the setting alone was enough to inspire, the meetings were informative, helpful, and an excellent opportunity for networking with other national leaders and directors. I was able to talk to Michèle Boulva, executive director for the Catholic Organization for Life and Family (COLF), and spend time with Canadian Catholic Organization for Development and Peace (CCODP) Executive Director Michael Casey and President Pat Kennedy, who had just returned from a trip to the Philippines with Fran Lucas (see her article later in the magazine).

The ecclesial movements and associations across Canada offer a great deal to the life and mission of the church. Thirty-three groups, associations or movements were in attendance. While most were national groups, there were several smaller regional ones as well. Youth and college students were well represented by NET Ministries of Canada Inc., Catholic Christian Outreach, Canadian Catholic Youth Ministry Network and Canadian Catholic Campus Ministry. Familiar groups were also there, including Catholic Near-East Welfare Association, CCODP, Aid to the Church in Need, Catholic Charismatic Renewal Services of Canada, L'Arche Canada, COLF, Focolare Movement Canada, Communion and Liberation, Madonna House Apostolate, Neocatechumenal Way, Pontifical Missions Society, Serra International and, of course, the League. I humbly suggest if more of our lay faithful knew the breadth and scope of these groups, they would be hard-pressed not to find something that would be of interest and possibly a niche for them!

The Apostolic Nuncio to Canada Archbishop Luigi Bonazzi was present for the whole day on Friday. As he said, it gave him a good picture of how vibrant and alive the church is in Canada. He expressed congratulations to me directly on becoming president and expressed esteem for the League.

On Sunday, we were privileged to attend mass at the Cathedral-Basilica of Notre-Dame de Quebec in Quebec City for the 350th anniversary of the establishment of the first parish in North America outside of Mexico. It was a huge celebration that can be watched on Salt + Light Television (saltandlighttv.org). In attendance were nearly 100 Canadian bishops, special envoy from the Holy Father Jaime Lucas Cardinal Ortega y Alamino, (Archbishop of Havana, Cuba), Primate of Canada Gérald Cyprien Lacroix (Archbishop of Quebec), Apostolic Nuncio to Canada Monseigneur Luigi Bonazzi and Archbishop Paul-André Durocher (Gatineau), president of the CCCB. It was a beautiful celebration and a once in a lifetime experience.

That evening, we moved to a new venue for the CCCB plenary assembly on what the local people called the mountain,

but, coming from British Columbia, I dared not comment! It was so nice to see former national spiritual advisors Archbishop Martin Currie (St. John's), Archbishop Richard Smith (Edmonton) and Bishop Douglas Crosby (Hamilton)—all so welcoming and sending you their good wishes.

There were 27 observers in attendance for the first day and a half of the plenary. We were warmly welcomed by the CCCB president and all the bishops over the time we were present. Those represented were also at the associations and movements forum. Groups included the Canadian Catholic Aboriginal Council, the Canadian Religious Conference, the Knights of Columbus and the National Federation of Presbyteral Councils. Ecumenical representatives attended from the Anglican Church of Canada, Canadian Council of Churches (CCC), The Evangelical Fellowship of Canada, The Presbyterian Church in Canada and The United Church of Canada.

The presentations were informative and timely. Most Rev. Arthur Roche, Archbishop Secretary of the Congregation of Divine Worship and the Discipline of the Sacraments, spoke in two sessions on the liturgy—on appreciation of the language in scripture and in the Eucharistic celebrations, and on the importance of making sure liturgies are celebrated with dignity and care. In the afternoon, he gave a talk that was even more inspiring and uplifting in terms of proper celebration of the liturgy. First and foremost, he noted priority of worship must focus on God with rites that fulfil this aim and serve as a powerful experience for personal conversion. He spoke about the parish being the primary place of evangelization where good liturgy inspires. He referred to Pope Francis several times in terms of effective preaching, formation in popular piety and the massive spiritual hunger that people have.

At the close of the first day, Monseigneur Bonazzi addressed the bishops directly for the first time since his appointment to Canada. After vespers, there was an opportunity to view the Salt and Light Catholic Media Foundation production *The Francis Effect*. I found it well done, moving, inspiring and extremely heartwarming. To purchase the video, please visit saltandlighttv.org/thefranciseffect/.

Next, there was a forum on the importance of ecumenical dialogue and dialogue within the Catholic church. The presenters were from the Canadian Centre for Ecumenism. Dr. Karen Hamilton, representing the CCC, spoke with conviction and passion on the great relationship of dialogue the other Christian churches have had with the Catholic church. It was good to hear her speak so well and to have some time to visit. She recalls very well the evening she spent with the national executive in Toronto some years ago and was pleased to renew the relationship.

Cardinal Ortega gave an informal and beautiful talk about his relationship with Pope Francis. He knew him well and had worked with him before he was elected to the papacy, and shared some personal and heartwarming stories that demonstrated his love and deep respect for Francis. They were in the same conference and had spent much time developing strategies for the church in South America.

Other highlights included a presentation made for the extraordinary synod of bishops in October where Archbishop Durocher was in attendance representing the Canadian bishops. Four points of view on family life highlighted the pastoral perspectives of indigenous peoples, the rural reality, a multicultural perspective and French speaking culture. We would do well to pay attention to the issues around family life as we implement the new theme.

Some highlights from Archbishop Durocher's report of special interest to the League included: the CCOOP trip to the Philippines after a national collection for Filipinos amounted to over ten million dollars; a Holy Land visit to the Christian community in Gaza by bishops from Europe, North and South America that resulted in an urgent call for a resolution to the situation; the 2nd International Conference on Human Trafficking in Rome, with a third meeting held in December; the canonization of two Canadian saints, François de Laval and Marie of the Incarnation; and a new section on euthanasia and assisted suicide on the CCCB website with the launch of a new document from COLF on this issue (colf.ca).

It is special to be present at the liturgies. To hear so many bishops sing and pray together is powerful, and we are very blessed. You can see the camaraderie and friendship among them even when they are not agreeing, which does not seem to be that often!

I made a quick trip home before heading out with National President-Elect Margaret Ann Jacobs to Grand Rapids, Michigan, for the National Council of Catholic Women's annual national convention. It is always a pleasure to join these Catholic women who share the League's values and concerns that affect society and to bring greetings on behalf of the League. We have so much in common. This year's theme, *Be the Voice of Catholic Women*, resonated with me. Those gathered attended workshops, participated in the liturgies and heard from well-known presenters including Ralph Martin, president of Renewal Ministries, and Catholic talk show host Teresa Tomeo, among others. They encouraged and challenged all to be disciples and to be an active part of the new evangelization with faith and confidence.



Then it was off to Winnipeg for the first meeting with the newly elected national executive. We worked hard, got to know one another better and spent time developing a new theme, *One Heart, One Voice, One Mission*. As always, when holy women gather good things happen! Planning for the future is always challenging but exciting, too. You will see the fruits of that weekend in this magazine and in the days to come. We can be proud of these women—they represent us very well and demonstrate the great diversity across Canada. Being united is critical and, even more important in these times of violence and war, it is imperative the League prays as one. There is no doubt the more we pray intentionally as a national organization, the more we unite as one voice asking our Heavenly Father to hear our prayers for peace and each other. National Spiritual Advisor Bishop William McGrattan (Peterborough) reminds us to pray the rosary for peace. Let us renew and strengthen our efforts to pray the rosary with vigour and dedication. The world is in grave need of conversion, forgiveness and the healing heart of Mary. For more information and for a designated month to pray the rosary, please visit the national website.

You might be getting tired as you travel along with me, but there is so much more to come! Travelling to Fatima, Portugal, for the World Union of Catholic Women's Organizations (WUCWO) quadrennial assembly, I carried all my League sisters with me. I was honoured to be part of the official delegation along with Honorary Life Member Velma Harasen and Margaret Ann. Several other members from across Canada, including National Past President Betty Anne Brown Davidson, National Chairperson of Legislation Janet McLean, Manitoba Provincial President-Elect Faith Anderson, Alberta Mackenzie Provincial Chairperson of Education and Health Judy Look, Calgary Diocesan Chairperson of Christian Family Life Geraldine Clarahan, Life Member Ann Doucet, Mary Balasch, Eloise (Elly) Jarvis, Kathleen Kufeldt, Angelena Schlachter and Executive Director Kim Scammell, were also in attendance. There was a complete synopsis of each day posted on Facebook. Look for more on the conference in the next magazine.

Suffice it to say, it was a busy time, but I thoroughly enjoyed it all. From the business sessions, workshops and dialogue with women from around the world to the small groups and times of sharing and listening, it was an amazing experience. We are so free and blessed to live in a country like Canada. When you hear what some parents have to endure, what women are forced to cope with, and how families are broken apart by war and poverty, it really puts emphasis on what we are on a global scale. Belonging to WUCWO is one way to be proactive on the international scene. The work that is being done is remarkable and is making a difference. As I listened to the reports of WUCWO President General Maria Giovanna Ruggieri, I was

overwhelmed with gratitude for her expertise, dedication and passion for what she does. Her ability to converse in three languages, and the ease with which she is part of the Holy See committee and pontifical societies, was truly impressive. In fact, all the reports gave a comprehensive picture of the good work being done globally.

Being present when Velma Harasen was elected to the WUCWO board as vice-president for North America was very special. The days were long, starting early and ending late, but there was a time for wandering the holy places as well. Visiting the graves of the little shepherds one evening, and a candlelight rosary and mass in the square one Sunday morning, are memories that will stay with me for a long time. Having quiet moments of private prayer meant I could carry all of you there with me. One sister I met told me that going to Fatima is a gift—we are called there and arrive as pilgrims. Upon leaving, she said, we become an apostle ready to speak the message of conversion and sacrifice for a world that so needs healing.

It was sad to leave such a holy place, but in my heart I felt I would return one day. So it was from conference mode to a little holiday! A few of us stayed for a guided tour of Lisbon while others went on to Spain before returning to Canada. However, my journey was not quite complete as we took the overnight ferry from Portsmouth to Caen on our way to France and the beaches of Normandy for the Remembrance Day celebrations at Juno Beach. It came to be because Honorary Life Member Lorette Noble had been there in the summer. Moved by what she saw, and convinced that the League should commemorate the 70th anniversary of D-Day in some way, she put the wheels in motion! Before we knew it, a memorial brick was purchased and placed in a kiosk at Juno Beach in time for the Remembrance Day celebrations scheduled for November 11th. This date came at the end of my holiday in the United Kingdom, making it possible for my husband and me to get there in time. Lorette has written a fine account of this wonderful occasion in this magazine. It was so providential that Lorette and her husband were staying in Paris at that time so they were able to join us in Normandy on November 11th. We were also able to join the local community for their Remembrance Day celebration in the morning that began with holy mass, followed by a parade through the town. From there, we had time to



get to the Bény-sur-Mer Canadian War Cemetery that marks the graves of nearly 2,000 young men. It is too difficult to express what we saw there. I took so many pictures of graves with the expressions of faith, love and devotion from family and friends. I cried for their loss and thanked God for the freedom we have. Before we returned for the Juno Beach celebration, we stopped at Omaha Beach where nearly 9,000 American soldiers are buried. The tragedy of war is tangible.

I was overwhelmed and overcome with gratitude, sorrow and humility, reminding me again of the need to pray for peace.

I hope you have enjoyed my travels as much as I did. Words fail to express the wide range of emotions each of these events has evoked. It is such a wonderful thing to be the president of the League. I thank each and every member, and I exhort us to stand up, be proud and let the League light shine ever more brightly. We are called to this!

Prayer Cards

The hope of bringing back the prayer cards for members is that all can take advantage of becoming acquainted with another League member or spiritual advisor, and become their “companion in prayer”. Taking the lead from Pope Francis, we endeavour to help one another walk together, to “initiate everyone...into this ‘art of accompaniment’ which teaches us to remove our sandals before the sacred ground of the other. The pace of this accompaniment must be steady and reassuring, reflecting our closeness and our compassionate gaze which also heals, liberates and encourages growth in the Christian life” (*Evangelii Gaudium*).

Pope Francis continues, “Today more than ever we need men and women who, on the basis of their experience of accompanying others, are familiar with processes which call for prudence, understanding, patience and docility to the Spirit...”

We need to practice the art of listening.” He reminds us, “genuine spiritual accompaniment always begins and flourishes in the context of service to the mission of evangelization” (ibid).

In this magazine, you will find a prayer card insert with your assigned companion in prayer along with an image of “The Rendition” painted by Dr. Matthia Langone. In the painting, “Mary calls out to Elizabeth! Elizabeth rushes past the silenced Zachariah. Each woman carries a son within her womb. Elizabeth becomes evangelist and Mary sings! However, it is the gaze between them that hints at the deep mystery of the recognition.”

I pray your new found companion will bring you joy as you will them through prayer and intentional consideration. Using the encounter, visitation and recognition that took place between Mary and Elizabeth as a guide gives us the opportunity to look at ourselves, how we greet and meet others, why we go to them and what we offer those who come to us. Whether this is in terms of our need to go out, reach out and help or in being there for those who come to us, it is worth pondering. With so much emphasis on the synods on the family and the crisis of faith found therein, perhaps the family is the place to start. In our own and extended families, sometimes the pain is the greatest and our ability to bridge gaps is the poorest. I only offer this as a suggestion. Each of us has a need and is in need. Through our companions in prayer, I hope we can take some first steps. †

CONGRATULATIONS!

CONGRATULATIONS TO PARISH COUNCILS CELEBRATING ANNIVERSARIES

90 Years

Sacred Heart Cathedral Parish Council
Kamloops, British Columbia

Sacred Heart Parish Council
Walkerton, Ontario

80 Years

St. Mary Parish Council
Ladysmith, British Columbia

75 Years

St. Ann Parish Council
Penticton, British Columbia

St. John the Evangelist Parish Council
Belledune, New Brunswick

St. John the Evangelist Parish Council
Whitby, Ontario

50 Years

Holy Cross Parish Council
Oshawa, Ontario

Our Lady of the Airways
Ottawa, Ontario

St. Patrick Parish Council
Preeceville, Saskatchewan

St. Thomas A Becket Parish Council
Pierrefonds, Quebec

25 Years

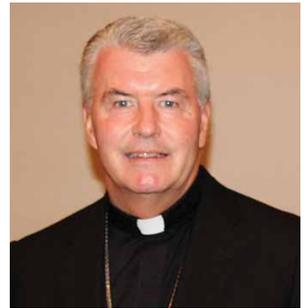
Notre Dame de Lorette Parish Council
Lorette, Manitoba

St. Leonard Parish Council
Brampton, Ontario

St. Martin de Porres Parish Council
Ottawa, Ontario

THE FAMILY AND THE NEW EVANGELIZATION

Most Rev. William McGrattan, Bishop of Peterborough
National Spiritual Advisor



Pope Francis continues to invite us to embrace the gospel and to live it with joy. The new evangelization is calling us to renew our faith as Catholics and to experience this gift of encountering Christ that can transform us and, most especially, the family.



At the recent extraordinary general assembly, Pope Francis described it as an “event of grace.” He described it as a path of spiritual and pastoral discernment that will

help prepare for the task of the ordinary general assembly on the family in Rome in October. The eighth World Meeting of Families will take place in North America one month earlier in the Archdiocese of Philadelphia. The theme for this gathering is *Love is Our Mission: The Family fully alive*.

The Christian family life standing committee, through its many initiatives, has served to strengthen marriage and family life, and to highlight the moral and social issues that challenge the dignity and sacredness of all human life. In this spirit of the new evangelization and living the gospel with joy, I invite members to reflect on the family in new ways and to see it as the fundamental cell of society. St. John Paul II once wrote, “The future of the world and the Church passes through the family” (*Familiaris Consorti*). This year can be an opportunity to enter into prayerful reflection on your experiences of family. I am certain the mystery of God’s grace has touched all our lives through such relationships. Some of you have received this love through the hands of parents, brothers and sisters, aunts and uncles, and cousins and grandparents. In turn, you have established and supported families of your own in the same profound way.

Pope Francis is also very realistic in looking at the situation of the family today in all of its complexities. “Our reflections must keep before us the beauty of the family and marriage, the greatness of this human reality which is so simple and yet so rich, consisting of joys and hopes, of struggles and sufferings, as is the whole of life” (Extraordinary Consistory of all the Cardinals, February 2014). He goes on to state, “Today, the family is looked down upon and mistreated. We are called to acknowledge how beautiful, true and good it is to start a family, to be a family today; and how indispensable the family is for the

life of the world and for the future of humanity. We are called to make known God’s magnificent plan for the family and to help spouses joyfully experience this plan in their lives, as we accompany them amidst so many difficulties.”

Our reflection and discussion of the family must first be one of listening. We must understand the socio-cultural factors that impact family life, acknowledge the importance of love for the flourishing of every human being and family, and the pastoral challenges facing the church in supporting the family. Then, it must be of looking with our gaze always fixed on Christ. We must do this through focusing on scripture and tradition to re-evaluate and re-articulate our teaching of the truth, beauty and mercy that is essential in promoting the dignity of the family in present times. Finally, we must discern how the church and society can renew their commitment to ensuring the family truly flourishes, and becomes a leaven that is fully alive for the future of humanity.

It is my conviction members play a vital role in these reflections and discussions concerning the family, both within the church and society. The League speaks with one voice, a voice that is feminine and Catholic. I strongly encourage members to participate in proclaiming the gospel of the family in its various realities. Encourage engaged couples in your families to prepare for a life of mutual love and openness to the transmission of life through preparation and catechesis for the sacrament of marriage. Work through the parish or diocese to explore new pastoral approaches of outreach to couples living together or married civilly. Accompany the divorced, remarried, recently separated or spouses who have the responsibility of being a single parent. It is becoming more essential that we offer catechesis and pastoral care to young, married couples and those families that are struggling.

The family shares in the mission of the church and it is essential that the church share in the mission of the family. To strengthen the family is to strengthen the church. This witness of love through family can become a leaven and a light of the new evangelization. It is a love that must be taught, shared and communicated in and through the family, the domestic church. In this year leading up to the synod and the world meeting of families, it is my hope that members will participate in some practical way. I hope you do this in such a way as to promote the family and its mission of love so it can become more fully alive in Canada. †

“BE CHRIST TO THE WORLD”

Margaret Ann Jacobs

National President-Elect and Chairperson of Organization



“ ... Take this, all of you, and drink from it, for this is the chalice of my Blood ... Do this in memory of me.”

As I gazed at the elevated chalice, I was awestruck by the reflected images of the women gathered in the Holy Family Chapel in Fatima, Portugal, at a mass celebrated by Fr. Gerard Whelan, the ecclesiastical assistant for the World Union of Catholic Women's Organizations (WUCWO). Although all were welcome, it was an intimate gathering, so the faces were clearly reflected. What a powerful message! We are to be Christ to the world! “Do this in memory of me.”

At each Eucharistic celebration I have attended since that time, I have been reminded we should reflect Christ to the world in all that we do. As chairpersons of organization, we have a unique calling to make this reflection clear and focused.

What a difference it would make to council membership drives if prospective members felt likewise empowered. How drawn members would be to follow the charismatic leadership of Christ embodied on earth and reflected in the leaders of councils. Would our formation in leadership change if we put Christ in the process of our own League development?

“I am a member of The Catholic Women's League of Canada because I believe that as a human being and a Christian, I have a responsibility to witness Christ in the world, and that membership in the League opens a new vista, helping me to fulfil in greater measure my Christian mission in the community of humankind” (*Handbook for Organization Chairpersons*). Don't we want to share this amazing gift?

As we unfold our plans for membership recruitment and maintenance, it is important to remember that every member is responsible for this most worthwhile activity. We don't need a special invitation to be “Christ for the world”. So, reach out to other Catholic women and invite them to come along. Take every opportunity to be an ambassador for the League. Be proud of our organization, speak of its accomplishments in an

affirming manner, promote the Objects of the League and live its mission statement. Remember to reflect that Christ image as we reach out in friendship and caring.

Women will join an organization if they feel a sense of accomplishment and gain personal satisfaction. So, make them feel welcome and comfortable at meetings. Provide them with the opportunity to build relationships at meetings and activities. Involve them in the decision-making process. Ask them to work on a project. Recognize and appreciate the work they do.

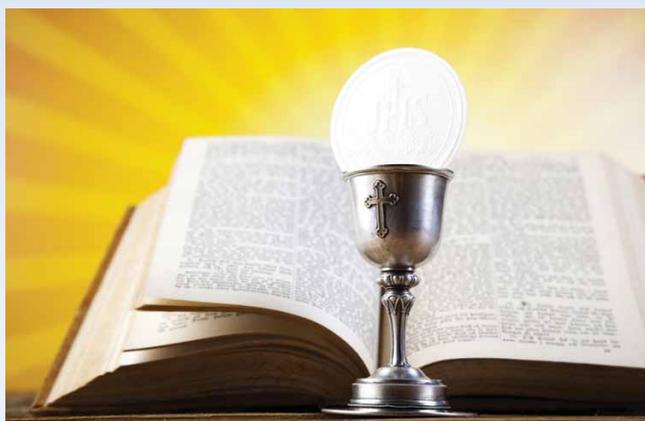
Great members develop through encouragement, training and support. We must offer opportunities for personal growth to realize the skills, talents and personal potential of every member. Search out ways to make the League credible and relevant in today's church and community.

An honest evaluation of current practices may offer insight into ways we can be more effective as a council. What activities are working, need to change, be modified or eliminated? What ideas worth pursuing do members offer? Are we including all members of the parish family in our programs, i.e. youth, those who may be disadvantaged (age/disability/lacking transportation) or providing options for women

with young families?

Planning to accommodate all members of the parish family is essential if we are to be successful in recruiting and maintaining membership. Flexibility in meeting venues, times and programs may infuse the council with the necessary impetus needed to be more credible and relevant.

As organization chairpersons, it is our role to develop leadership within our councils. So, it is important to plan leadership activities and opportunities that are meeting the needs of members. The manner this direction is offered and orchestrated in makes all the difference in the world. We need all women to experience the personal satisfaction of working together to improve our church and community by taking an active role in the League. What have you done today to reflect Christ to the world? †



SPIRITUALITY: ENCOUNTER, CHANGE AND ONENESS

Anne Gorman

National First Vice-President and Chairperson of Spiritual Development



As newly appointed national chairperson of spiritual development, I am humbled my mandate includes being responsible for the spiritual development of the League's 88,000 members. Members include non-Catholic associates, those who have chosen Catholicism and some, like me, who are "cradle" Catholics, being baptised into the Christian family through the choice of their parents. When asked how a parent could choose baptism when the child supposedly has no knowledge of Jesus, I simply respond that I had no knowledge of hunger, cleanliness or dryness, but my parents fed me, bathed me and changed my diapers. It sounds simple enough, but then the big questions begin to formulate, the biggest of all being, "What makes me spiritual and how can I grow in spirituality?" Rev. Ron Rolheiser OMI describes very clearly the three kinds of spirituality he feels each of us needs. See the accompanying article the "Three Kinds of Spiritualities" in this issue.

The newly minted theme *One Heart, One Voice, One Mission* that is still percolating in my mind seems to be about encounter. This oneness seems to be calling us to get to the heart of Jesus' simple message of love of the Father, the neighbour and the self. With one voice, then, we may confidently proclaim this truth and, one in mission, can take this Good News to the world. Hence we encounter Jesus daily, speak what is the simple truth and take it outside ourselves. Is this being spiritual?

Author Fr. Richard Rohr reminds us that flowers turn naturally toward the light, but this needs to be taught to people. He also speaks of the wholehearted abandonment to God when describing what it means to be spiritual. This is a beautiful image but seemingly an impossible goal.

Cognitively, we know God has always been with us in all our imperfections. He is obviously very patient, divinely merciful and compassionate. We are called to be likewise. When we, in our daily practices of living, forgive, show compassion and love, we can be confident we have met God. Fr. Rohr says when we are the opposite—"narrow, stingy and fearful—[we] are probably worshipping something that is not God, probably some form of [ourselves]" (Meditations). Following that thought, if we can accept that we can see the divine in ourselves, then we can also see it in everyone else. I submit this demonstrates growth in spirituality.

Spirituality it seems, from my simplistic and childlike

perspective, is all about changing the self. However, if we think God will love us when we change we have it backwards. Fr. Rohr emphasizes that God loves us so that we can change. We are always seeking to find our way in this world as we move toward going home to God. This involves changing ourselves, taking baby steps through ritual, reflection, practice and, most importantly, silence. Certainly, this is not about changing others. If we open our hearts even a tiny bit, and this is often difficult, eventually there will be a different you and a different me. Fr. Rohr, again, says it very succinctly, "All great spirituality teaches about letting go of what you don't need and who you are not. Then, when you can get little enough and naked enough and poor enough, you'll find that the little place where you really are is ironically more than enough and is all that you need" (*Healing Our Violence through the Journey of Centering Prayer: Compact disc edition*).

The new theme is rich, and a very natural progression from *We Have Seen the Lord!* Once we have had that initial encounter with Jesus, we can go forward with hope that with the assistance of the Holy Spirit, sent to help us on our earthly journey, we can work toward that oneness of heart, voice and mission. "Let us then pursue what makes for peace and for mutual edification" (Rm 14:19). †



“HOW MUCH MONEY SHOULD WE KEEP IN OUR TREASURY?”

Shari Guinta

National Secretary-Treasurer



“ Bless the Lord, O my soul, and do not forget all His benefits” (Ps. 103:2).

Since I started my term as national secretary-treasurer, I have been asked these questions:

- “How much money should we keep in our treasury?”
- “Do we clear out our bank account each year?”
- “How much money should we invest?”

I first want to start by saying the League is not a fundraising organization. There are councils that tend to have fundraising as their primary focus, and it is rewarding and gratifying to help worthy causes in our communities, including the parishes. However, spiritual development, League development and the role of women in the church come before fundraising in the Objects of the League.

We need money to run councils. Per capita fees are the base of our operating capital but are certainly not enough for the operation of most councils. So, we fundraise to have the money for good speakers and spiritual programs, to have masses said for members, to send members to conventions and to contribute to the community by way of donations.

We should not, however, become so focused on fundraising that it becomes our primary activity, which often drains the stamina of members.

Councils, after discussion and a democratic vote, may choose a special project and fundraise for a certain period, or have special activities to raise money to donate or purchase something. When the goal or time limit is reached, the fund is depleted. It is not advisable to save up large quantities of funds over long periods without having a designated project.

It is advisable to have approximately one year of operating capital in reserve. There is nothing wrong with having some money in the bank! Councils have been known to deplete their operating funds when a new executive takes office, and this is not advisable. The money in the account belongs to the council, not the current executive. This puts pressure on parish council members to fundraise further just to continue operating and to fulfill council obligations.

This is why budgets are important. The treasurer should present a basic budget every year (at least every two years). The executive reviews the budget, and it is then presented to the membership. This is where the council can decide on projects and planned expenses, including attendance at convention(s).

I encourage members to have an open discussion about council activities. This is healthy and will go a long way in eliminating member burnout, and will ensure members are more engaged in council activities. We must be good stewards of all of our resources, monetary or human. †



MAGAZINE DEADLINES

Spring issue – February 15, 2015

Fall issue – July 15, 2015

Winter issue – November 15, 2015

VISIT THE LEAGUE WEB SITE

www.cwl.ca

IN SOLIDARITY

AN AMAZING RACE THROUGH THE PHILIPPINES IN THE AFTERMATH OF SUPER TYPHOON HAIYAN

Fran Lucas

National Second Vice-President and Chairperson of Communications



Over the last four years, as a member of the national executive, I have listened to the highs and lows of several members who travelled to various countries as League representatives. I thought, “How neat would that be!” I was blessed to find out “how neat that would be” when the Canadian Catholic Organization for Development and Peace (CCODP) asked me to travel to the Philippines August 15–26, 2014. The mission was to see the work accomplished (and the work still needing completion) through the support of CCODP since Super Typhoon Haiyan struck the Philippines in November 2013. Included in the group were: Archbishop J. Michael Miller, C.S.B. (Vancouver); Bishop Jean-Louis Plouffe (Sault Ste. Marie); Michael Casey, executive director of CCODP; Jess Agustin, program officer for CCODP in the Philippines; Kelly Di Domenico, communications officer for CCODP; Sr. Nida Fe Chavez, CSJ (Toronto); Patrick Kennedy, president of the CCODP national council; Patrick Fletcher, senior advisor for theology and social doctrine with the Canadian Conference of Catholic Bishops; and Arthur Peters, executive director of Share Life Toronto.

On August 15th, on the Feast of the Assumption of the Blessed Virgin Mary, I boarded a plane on a trip that would have an impact on my life! Managing the time change after flying Edmonton to Vancouver to Hong Kong to Manila was the first step. Although the total flying time was about 13 hours, having left Edmonton at 7:30 a.m. on a Friday and arriving in Manila at 9:00 p.m. on Saturday left me tired beyond description and ready for at least ten hours of solid sleep. However, that was not to be—the drive from the airport to the hotel, and settling into my room, meant flopping into bed at 2:00 a.m. The early Sunday breakfast to meet our amazing on-the-ground team allowed for a

sleep of almost five hours. Having had a fitful two hours sleep on the plane meant I was in a deficit of about eight hours of sleep. But who needs sleep? I am in the Philippines, ready to see the work of CCODP that happened, in part, due to the generous donations of members from across Canada.

Kelly asked us all to share our experiences on this trip so she could post them as blogs on the CCODP website. My trip is covered, below, through parts of the blogs I wrote about that trip.

“A few days ago, I began my version of The Amazing Race with CCODP! It is a ‘race’ to see and experience as much as I can in 10 days so that I can better understand the good works of CCODP in the Philippines.

“The scheduled activities of our first day included meeting CCODP’s very efficient in-country support team; visiting a housing project for the urban poor; meeting with Bishop [Broderick] Pabillo (Manila), national director of Caritas Philippines-NASSA, at Santo Niño Parish; attending the 11th mass of the day at the parish, which was concelebrated by Archbishop Miller of Vancouver; and dinner with the entire delegation.

“Some of the added unexpected adventures of the day included a walk through the very large market led by Bishop Pabillo, seeing the Black Nazarene statue, having a young girl of no more than 8 years old come up and give me a hug around the waist in a tight grip....” “At that moment I wanted to give her something, but what? What did she need? She was well-dressed, and as dirty as any young child outside in the hot sun would be, but I knew the hug was meant to elicit something from me.” The second observation that made me stare in bewilderment was “a group of young children having a shower by scooping small buckets of water from the sewer and pouring it over their heads.

“My first leg of the race ended with a reflection on what I had witnessed that day, and with prayers of thanks that the League is working in partnership with CCODP.” I had to believe the League’s help would extend to the young girl who hoped to derive something from me and that, in the near future, the children bathing in the sewers would have adequate facilities for proper bathing.

“Just when I thought my CCODP Amazing Race had become a bit routine we hit a road block! Our 4:00 a.m. departure for the airport to take a flight from Tacloban to Cebu was not to be. A plane malfunction grounded the plane, causing a check-in back at our pit stop (our hotel). Finally, we would get to have breakfast—actually coffee was what my body was crying for—and



time for a few hours of sleep before having to head back to the airport for a new flight. But that was not to be either! The flight was cancelled, and as the next one was fully booked, we faced a U-Turn on our journey, and it was decided that we would have the adventure of a speed ferry boat ride instead!

“After a two-hour drive from Tacloban to Ormoc, we boarded the ferry along with many other passengers and arrived safely in Cebu to enjoy a wonderful meal and evening with Archbishop Jose Palma [Cebu].

“In my first Amazing Race reflection, it was about all the things I awaited to see and experience on this journey. Yet, as I learned, unexpected delays like this one are a blessing because of the added experiences they bring. The beautiful valleys and mountains, the kindness of my companions, the dedication of our organizers, the on-the-ground observations of super Typhoon Haiyan’s destruction and subsequent rebuilding, the laughter of my travel mates, the skills of our drivers (though many Hail Marys were prayed due to the speed at which sharp curves were navigated) and once again the many smiles of resilient Filipinos as they went about their lives as it was presented to them that day.

“As I headed into day 9 of the race, I looked forward to seeing more smiling faces in the municipality of Daanbantayan in northern Cebu. Oh yes, I have seen the Lord many times on this Amazing Race, and I knew I would see Him many more times as our journey continued. Our day began with a 5:30 a.m. check out from our hotel and me once again on the hunt for that elusive first coffee! To the rescue—Bishop [José] Bantolo [Masbate]! Bishop Bantolo had visited Canada last autumn when CCODP launched its *Voice for Justice* campaign, and he travelled from his diocese Masbate to Cebu to visit with us. Bishop Bantolo and I were the first two in the hotel lobby and he knew how to get a coffee from a restaurant that was not even open yet!

“Later that day, we took part in the blessing of 43 fully equipped, motorized boats, purchased with support from CCODP for fisherfolk affected by the typhoon. Archbishop Miller blessed the boats, their owners and their families against a backdrop of clear blue water with children swimming in it as they attempted to stay cool in the 37 C temperatures. Our next stop was at a small outdoor chapel in Daanbantayan and the blessing of 15 homes constructed from proceeds that you and I contributed to CCODP. To know I had a part, small as it may have been, in enabling a boat or a home to be supplied to a very thankful Filipino was special and sad. Sad to know others are still waiting for similar assistance, but special in knowing that those most in need were being looked after. Fifty-three livestock (sheep, goats) and agricultural packages have also been supplied to this community. Happy faces surrounded us with thankfulness evident in their eyes.

“The women and young girls engaged with us easily and they all spoke of how having us with them showed we cared about them and their situation above and beyond the monetary.

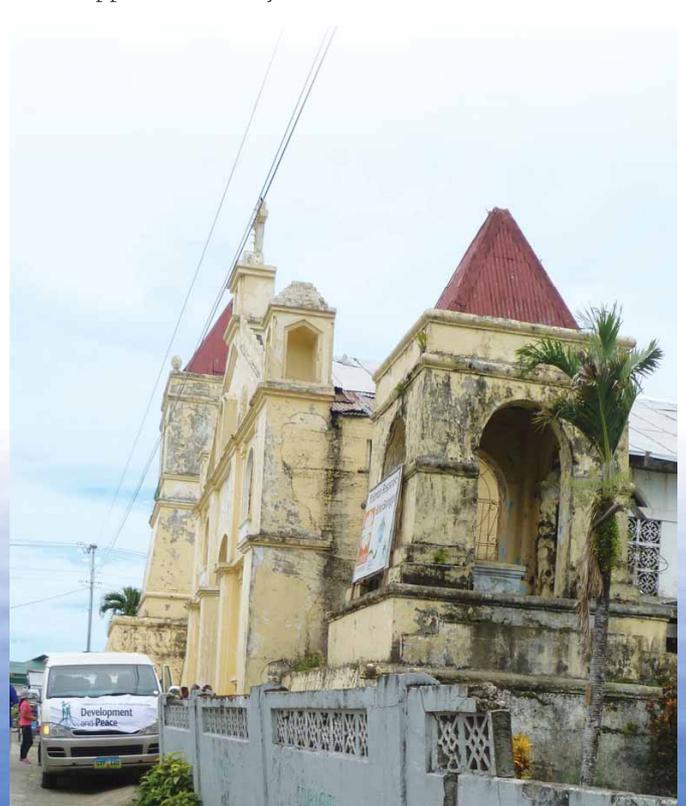
We were there in person! We came from Canada to see how they were managing. And, to have an Archbishop and Bishop as a part of our group was beyond words for

them. They now knew that Catholic Canadians did care about them, wanted to help and we promised our continued solidarity.

“On our last day, we did a horse-drawn carriage tour of Intramuros (the colonial part of Manila built inside the walls of the old fortress), met with the gentle and humorous Cardinal [Luis] Tagle [Manila], had mass at his residence, enjoyed a tour of Manila Cathedral and then met with all of CCODP’s partners in the Philippines.

“And lastly, homeward bound! Flying from Manila to Edmonton via Tokyo and Vancouver gave me a great deal of time to reflect on the eleven days of my Philippine Amazing Race. Heat, new food, plenty of air miles, daily mass, a ferry trip, hugging children, thankful families, beautiful scenery, thoughtful conversation and most important the hope that is alive within the Filipino people came back to me.”

On behalf of all members, thank you CCODP for your life-changing good work around the world and for the opportunity to see the results of that work firsthand. Throughout our visit, the group could feel the strong constitution of the Filipinos we met as so many have to find a new way to live after the super typhoon. Let us all pray for a steady and complete restoration of the Philippines in a timely fashion. †





OUR YOUTH, OUR CHURCH TODAY

Cecile Miller
National Sub-Committee Chairperson for Christian Family Life



I am always bothered when people refer to youth as, “the church of the future.” They are the church of today, and if we fail our efforts to engage them, how will they be church of the future?

What can we, members, do to help young people today? I suggest we can do the following:

- Pray for our young people, for their parents, guardians and grandparents, and for leaders, who work with them—teachers, support staff at schools, group leaders, employers and catechists.
- Evangelize by our witness. Pope Paul VI wrote in his encyclical *Evangelii Nuntiandi* (“Evangelization in the Modern World”), “Modern [people] listen more willingly to witnesses than to teachers, and if [they] do listen to teachers, it is because they are witnesses.”
- Catechize in our parishes. Catechesis is the role of everyone in the parish community. We may not be able to teach a regular religion class, but we can support the efforts of those who do. We can make an effort to attend the intergenerational sessions held in our parish.
- Support programs offered for youth. We can play many roles—a driver to events, the one in charge of the environment for a gathering, the one who sets up, or the one who organizes the food, for example. We can offer support as our time permits. It might be as often as weekly, or it might be just once a year. The options are plentiful, and leaders will be grateful for any support they receive.
- Involve youth in parish ministries. New members are always welcome, so use the personal approach—tell the young person that you believe he or she could do a particular ministry. If there is a positive response, follow up with the information needed on the process of becoming involved in that ministry. Then, continue being an encourager.

- Welcome them. Wherever you see young people, show that you are happy to have them in your presence. Let them know we are better as a church community when they are present with us.
- Mentor them. Share your gifts.
- Invite them to join the League, to be active in their communities and to volunteer. We can lead by example.
- Advocate for them. Write letters; contact members of parliament, members of the legislative assembly or members of provincial parliament to find more ways to fight poverty, especially in families with young children. Write them to find more ways to deal with the problem of mental illness among the youth.
- Include all. How welcoming are our parishes to those with mental or physical challenges? If changes are necessary, what can we do to implement them?
- Provide for their needs. One example is the breakfast program at school. How can we support this initiative, or if there is not one already, how can we start one? Another is needy baskets. Many councils and parishes give needy baskets at Christmas. Is it possible to also give them at other times during the year?
- Encourage them. Give them positive feedback when they do well and constructive criticism when there needs to be an improvement. Be honest with them.
- Love them. Remember the second greatest commandment, “Love thy neighbour as thyself.” Everyone wants and needs love, and some of our young people are in greater need of our love than others.

Above all, in all we do, let us be messengers of joy and hope to the world. Let us always encourage all people, not just the youth.

As Pope Francis reminds us, our mission is to be joy-filled witnesses of the gospel, and not only our youth will benefit, but all of us as well. ✚

WHAT IS THE ROLE OF A “HAS BEEN”?

Betty Anne Brown Davidson

National Past President and Chairperson of Laws



“For everything there is a season” (Eccles 3:1).

There is a natural progression in the cycle of life. We are always moving and always changing as we move toward the centre, the final union with God. After a person has served her council as a president, one wonders how she is expected to serve further. Is she expected to be like a mother-in-law—wear beige and be quiet? Does she experience empty-nest syndrome and look for new things to fill her days? Does she feel like a widow, missing the other half of the partnership she had and living on in her memories? Perhaps she feels like a person who has lost her job, finding herself at sixes and sevens. She might even need some company and our positive presence.

Our Lady of Good Counsel understands our position and time of life. She smiles upon us as we struggle to slow down and allows the regular business of the day to be handled by new people. The new executive will also be enlightened by the Holy Spirit and renew the face of the earth.

Our task is to maintain the fire and warmth of council possibilities. We honour history while also celebrating new ways of doing things. We are a loving, confidential presence available to all, for advice, as a sounding board and as an encourager. The time is right for this quieter, subtler way of life. Now is a time for deepening our spirituality, for becoming one with the saints and those who went before us in the League. We are one heart with Mary, our Mother.

There is always light at the end of the tunnel. We can just look at Our Lady after Jesus had died, rose and ascended into Heaven—what was her new role? They say that she was present in the upper room at Pentecost. The power of the Holy Spirit and the power of God’s immense love for humankind must have touched her as it filled that room. She must have watched and smiled as the disciples became excited to go out and share the Good News. We don’t have any record of her going out with such fervour. Likely, she remained behind to keep the home fires burning, to welcome them back from their active service, to



offer them food and rest, and to listen to their stories. I believe that she bid them to “Do whatever He tells you” (Jn 2:5) as they looked to the future and planned their activities. We have one vision with Our Lord and His Mother.

Our Lady accompanied Jesus throughout His sojourn on earth. She understood His laws, His way of doing things, like our past presidents do. They have been there, done that. So, as past president, your “has been” has knowledge nurtured by experience to suggest and guide your council’s plans and dreams. But she would never want to take over—she had her time in the sun! However, like Mary, she listens, prays and encourages.

We are told that Our Lady made her home with the beloved apostle John. She must have been relieved to no longer worry about her Son’s health and well-being. His task was accomplished, and now it was time for others to carry the torch of His teachings farther afield over diverse geographical areas. They would model and shape His message to be suitable and understandable to their new audiences. So it must be in our councils. We must allow the executive to mold and shape their actions according to the interests of the members. What are their talents? What exciting, new challenges are presented? Do the women have time to embark on new programs? Who can be counted on? Who needs gentle support as she tries out her wings? What is our one mission in the League?

One Heart, One Voice, One Mission:

- We lean to Mary and listen for the beat of her heart.
- We join our voices with hers as we say, “Do whatever He tells you.”
- We encourage all Catholic women to come and be rooted in gospel values and to allow themselves to be called to holiness through service to the people of God.

This has been, and always will be, our role in the League. †

AN EXPLANATION OF THE SYNOD ON THE FAMILY

Judy Lewis

National Chairperson of Christian Family Life



I was fascinated to read Fr. Thomas Rosica's explanation in the *Prairie Messenger* (September 17, 2014) of what the synod of bishops is and how it began. Fr. Rosica is the English language assistant to the Holy See Press Office and the chief executive officer of Salt + Light Catholic Media Foundation. I would like to share what I read for members who did not get a chance to read this interesting and informative article.

A synod refers to assemblies of bishops and comes from the Greek word meaning "journeying forward on the way together." The Orthodox and Catholic churches had synods, but Catholics had not used the term for a long time. The term came back into use in the Catholic church after Second Vatican Council in 1962-65.

Pope Paul VI wanted to build on the amazing spirit and enthusiasm generated during the council's sessions. The purpose was to build and strengthen a bond with the bishops and the Bishop of Rome (the pope). He created the synod of bishops to give bishops an opportunity to advise the pope of their concerns in their areas of the world.

Synod assemblies were to be consultative, not legislative. They were to encourage group discussions, and synods were windows into the life of the church. Bishops attending the synod received preparatory documents. An ordinary synod occurs every four years and includes roughly 170 bishops elected from bishops' conferences. Twenty bishops represent the eastern churches in union with Rome, 25 or so from various Vatican departments, and 30-35 are personally chosen by the pope.

At ordinary synods, ten religious women or men representing the Union of Superiors General and 40 non-voting "experts" or "auditors" are allowed to participate in discussions. Representatives from the Orthodox, Lutheran, Anglican and Baptist churches are invited to attend.

An extraordinary synod does not come in the normal sequence of every four years. The extraordinary synod that took place October 5-19, 2014, prepared the agenda for 2015's ordinary synod as Pope Francis saw a need for change in the process of the synod and took a hands-on approach. An agenda has now been prepared to continue the discussion on pastoral approaches to the challenges facing families today. †

ST. ANN PARISH COUNCIL, ABBOTSFORD, BRITISH COLUMBIA

Three council members made a memorable cross-country adventure to attend the 94th annual national convention last year in Fredericton, New Brunswick. One member, aged 88, had her sneakers tied and was ready to go. Another, aged 82, attracted the kindness of strangers when she had any troubles with her walker. The other was member Sherray Duran, who submitted the story.

They drove from Fredericton to Saint John to St. Stephens to Maine, where Samuel de Champlain walked in 1604. They drove from Moncton to Shediac (the

"Lobster Capital of the World") to Charlottetown, Prince Edward Island, to check out quahogs. Moreover, they got to see B.C.'s Barbara Dowding sworn in as national president.

On reflection, Sherray wrote, she was grateful to her travel partners who accepted her invitation to travel across Canada to the convention. She encourages each member to take advantage of convention opportunities as they enrich lives, educate, and strengthen the love of God.

Sherray encourages you to attend the 95th annual national convention in Vancouver August 16th-19th. What will your adventure be? †

95TH ANNUAL NATIONAL CONVENTION

Come and Unlock the Possibilities
Vancouver, British Columbia
August 16-19, 2015



Welcome to Vancouver, British Columbia, the host city of the 95th annual national convention. It is a diverse and cosmopolitan city set against a backdrop of sky-scraping mountains, lush green forests and a sparkling blue ocean. The Archdiocese of Vancouver and B.C. & Yukon Provincial Council extend greetings to all members who will come together. Come and unlock the possibilities of faith, fun and fulfilment as we gather from across Canada to grow in faith, learn more about the League and share our dreams for our parishes, communities and the world.

The official convention hotel is the Hyatt Regency Vancouver, located at 655 Burrard Street. This stylish hotel features plush amenities and uncompromising service along with large guestrooms and impressive meeting facilities.

Registrants arriving on Saturday are invited to participate in one of two tours. Your first choice is a guided walking tour of Lonsdale Quay in North Vancouver. Leave the hotel at 4:00 p.m. with a half block walk to the SkyTrain station (Vancouver's rapid transit system). After a short ride to Waterfront Station you will board the SeaBus to Lonsdale Quay. You will have two hours of free time to enjoy the views of downtown Vancouver, take a two kilometre hike on the Spirit Trail, learn the history of North Vancouver's Shipyards, wander the market or enjoy a leisurely dinner in the international food court. Return via SeaBus and SkyTrain to arrive back at the hotel at 7:00 p.m.

The second tour offered on Saturday evening is a Harbour Dinner Cruise. Meet in the lobby of the Hyatt at 4:00 p.m., where you will board a bus that will take you to the dock. Board the ship for a 5:00 departure, where you will enjoy a three hour leisurely cruise past the downtown skyline, the cruise ship terminal of Canada Place, the North Shore Mountains, Stanley Park and more (weather dependent). Take in the sights and sounds of the city as you enjoy delicious west coast-themed cuisine. Arrive back at the hotel at 8:30 p.m.

On Sunday morning, there are two optional tours offered. The Vancouver City Bus Tour picks you up at the hotel at 9:30 a.m., and tours through Gastown, Chinatown, Vancouver

Harbour, the Olympic Cauldron in Coal Harbour, Stanley Park (with scenic stops at the totem poles and Prospect Point), and English Bay. You will also visit Granville Island (a 45-minute stop) that features a wonderful market. The bus will have two drop-offs on the ride home—either Jack Poole Plaza (a 15-minute walk to the hotel), where you can enjoy lunch at one of the many restaurants, or at the hotel at 12:30 p.m.

The second Sunday tour is the Grouse Mountain Bus/Gondola Tour. The bus will pick you up at the hotel at 9:00 a.m. and drives across the Lions Gate Bridge to the North Shore. Ride a gondola to the top of the mountain and experience a fantastic view of the city. You will have three-and-a-half hours to wander and see grizzly bears, the lumberjack show, paragliding and mountain zip-lining, the Theatre in the Sky, or enjoy a leisurely lunch in the restaurant or cafeteria. The bus returns to the hotel by 1:30 p.m.

We also have a post-convention day tour planned on Thursday, August 20th to Whistler. Board a bus from the hotel at 8:00 a.m. and drive along the picturesque Sea-to-Sky Highway with scenic stops at Porteau Cove Provincial Park and Shannon Falls Provincial Park. Spend four-and-a-half free hours in Whistler Village where you can tour the Squamish Lil'wat Cultural Centre (admission not included) or take a leisurely stroll through the Village. Have lunch in one of the many restaurants. Return to the hotel at 6:00 p.m.

Opening mass will be held at 7:00 p.m. on Sunday, August 16th at St. Francis Xavier Parish, which we will bus to from the hotel. St. Francis Xavier church is a Chinese Catholic parish in Vancouver with over 75 years of history. A wine and cheese reception will be held immediately following the mass in the school gymnasium. Closing mass will be held at Holy Rosary Cathedral at 5:10 p.m. in downtown Vancouver, roughly five blocks from the hotel. Buses will be shuttling you back to the hotel for the gala banquet on Wednesday, August 19th.

Vancouver and British Columbia have so much to offer. We hope you enjoy your time with us and choose to stay even longer to experience all that this beautiful province has to offer!

For more information visit: www.vancouvercwl.ca ☩

CWL 95TH ANNUAL NATIONAL CONVENTION



AUGUST 16-19, 2015

HYATT REGENCY HOTEL
655 BURRARD STREET • VANCOUVER, BC • V6C 2R7

REGISTRATION DEADLINE: July 15, 2015 | PLEASE NOTE: ONE PERSON PER REGISTRATION FORM
REFUNDS NOT GUARANTEED AFTER JULY 15, 2015

Register online at www.cwl.ca or complete & send form to: The Catholic Women's League of Canada,
Attention: Lynn Macdonald, 3755 West Broadway, Vancouver, BC V6R 2B9
Please make cheques payable to: 2015 CWL National Convention

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ADDRESS: _____

CITY/TOWN: _____ PROV: _____ P/C: _____

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I am attending this conference as a *(Please check only one item in this section.)*

- | | |
|---|---|
| <input type="checkbox"/> NATIONAL OFFICER | <input type="checkbox"/> MILITARY ORDINARIATE MEMBER |
| <input type="checkbox"/> VOTING DELEGATE (Provincial President) | <input type="checkbox"/> MEMBER OF THE HIERARCHY |
| <input type="checkbox"/> PROVINCIAL ACCREDITED DELEGATE | <input type="checkbox"/> NATIONAL SPIRITUAL ADVISOR |
| <input type="checkbox"/> DIOCESAN ACCREDITED DELEGATE | <input type="checkbox"/> PROVINCIAL SPIRITUAL ADVISOR |
| <input type="checkbox"/> HONORARY LIFE MEMBER | <input type="checkbox"/> DIOCESAN SPIRITUAL ADVISOR |
| <input type="checkbox"/> LIFE MEMBER | <input type="checkbox"/> PARISH SPIRITUAL ADVISOR |
| <input type="checkbox"/> CWL MEMBER | <input type="checkbox"/> GUEST |

This is my first national convention: YES NO

I need Paratransit transportation: YES NO

I am attending the provincial dinner: YES NO

I am attending the opening reception: YES NO

Dietary needs:

- | | |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> DAIRY-FREE | <input type="checkbox"/> VEGAN |
| <input type="checkbox"/> DIABETIC | <input type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> GLUTEN-FREE | <input type="checkbox"/> OTHER: _____ |

HOTEL & AIRFARE INFORMATION *(Attendees are responsible for their own reservations):*



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CWL 95TH ANNUAL NATIONAL CONVENTION



AUGUST 16-19, 2015

HYATT REGENCY HOTEL
655 BURRARD STREET • VANCOUVER, BC • V6C 2R7

REGISTRATION DEADLINE: July 15, 2015 | PLEASE NOTE: ONE PERSON PER REGISTRATION FORM

REFUNDS NOT GUARANTEED AFTER JULY 15, 2015

NAME (please print): _____

TELEPHONE: _____ E-MAIL: _____

IN CASE OF EMERGENCY, CONTACT: _____

SPECIAL EVENTS TICKETS & REGISTRATION FEES

DATE	DESCRIPTION	PRICE	TOTAL
AUGUST 15 (Saturday)	Lonsdale Quay Guided Walking Tour [4:00 p.m.-7:00 p.m.] <i>via Sky Train and Sea Bus. Meal not included.</i>	\$10.00	
	Harbour Dinner Cruise [4:00 p.m.-8:30 p.m.] <i>Limited space available</i>	\$120.00	
AUGUST 16 (Sunday)	Vancouver City Bus Tour [9:30 a.m.-12:30 p.m.] <i>45 minute stop at Granville Island. Meal not included.</i>	\$25.00	
	Grouse Mountain Bus Gondola Tour [9:00 a.m.-1:30 p.m.] <i>3.5 hour free time to explore Grouse – meal not included</i>	\$80.00	
	Transportation to Opening mass St. Francis Xavier Parish	\$8.00	
AUGUST 17 (Monday)	Meet the Officers Luncheons: <i>(Please choose one)</i> <input type="checkbox"/> Presidents <input type="checkbox"/> Past Presidents <input type="checkbox"/> Secretaries/Treasurers <input type="checkbox"/> Spiritual Development Chairpersons <input type="checkbox"/> Organization Chairpersons <input type="checkbox"/> Christian Family Life Chairpersons <input type="checkbox"/> Community Life Chairpersons <input type="checkbox"/> Education & Health Chairpersons <input type="checkbox"/> Communications Chairperson <input type="checkbox"/> Resolutions Chairpersons <input type="checkbox"/> Legislation Chairpersons	\$45.00	
	“Another Opening, Another Show” Dinner & Musical Entertainment	\$75.00	
AUGUST 18 (Tuesday)	Spiritual Advisors’ Luncheon	\$45.00	
	Life Members’ Luncheon	\$45.00	
AUGUST 19 (Wednesday)	Transportation to Closing Mass Holy Rosary Cathedral	\$8.00	
	Gala Banquet	\$85.00	
AUGUST 20 (Thursday)	Whistler Bus Tour [8:00am – 6:00pm] <i>4.5 hour free time to explore Whistler meal not included</i>	\$85.00	
SPECIAL EVENTS TICKETS SUBTOTAL			\$
AUGUST 17 (Monday)	Day Registration Fee	\$20.00	
AUGUST 18 (Tuesday)	Day Registration Fee	\$20.00	
AUGUST 19 (Wednesday)	Day Registration Fee	\$20.00	
AUGUST 17-19	All Three Days Registration Fee	\$50.00	
REGISTRATION SUBTOTAL			\$
SPECIAL EVENTS TICKETS & REGISTRATION TOTAL			\$

QUESTIONS? FEEL FREE TO E-MAIL CWLNATIONALCONVENTION2015@GMAIL.COM

FROM DARKNESS TO LIGHT

A TOUR OF THE CANADIAN MUSEUM FOR HUMAN RIGHTS

Doreen Gowans

National Chairperson of Community Life



The Canadian Museum for Human Rights (CMHR) was declared a national museum by the federal government in 2008. Its mandate is “to explore the subject of human rights, with special but not exclusive reference to Canada, in order to enhance the public’s understanding of human rights.” As stated in the book *From Darkness to Light*, “A new era begins with its opening. This striking landmark is made of more than glass and stone, concrete and steel. It embodies hope and optimism, encouraging people from all walks of life to connect with something much larger than themselves.”

National President Barbara Dowding arranged for the 2014-2016 national executive (pictured below) to take a tour of the CMHR following the 255th national executive meeting in Winnipeg last October.

“American architect Antoine “Predock envisioned the Museum as a unifying symbol of concepts such as inclusion, freedom, equality and dignity—ideas that have inspired Canadians to strive for human rights. His timeless design evokes Canada’s majestic natural domain—grasslands, deeply rooted trees, towering mountains, northern lights, snow, icebergs, water and sky” (*From Darkness to Light*).



The museum is a must see if you and/or your family are in the Winnipeg area. This hi-tech, interactive and multisensory experience offers a wealth of knowledge for people of all ages

and is easily accessible for those with mobility issues. It starts out by asking the question, “What are human rights?” then takes the visitor on a journey, travelling with indigenous peoples and showing Canadians’ responsibility toward each other. This beginning section of the museum includes a large, circular theatre of curved wooden slots representing the many Canadian Aboriginal traditions, shown on a 360-degree screen.

As we walked through one of the larger galleries, we saw dozens of Canadian human rights stories from French-language rights to the Chinese head tax, from voting rights to cultural dispossession in the north. On another level of the museum, we found the “broken-glass” theatre that examines Canada’s experience with anti-Semitism and the Holocaust. Visitors can analyze Nazi genocide techniques through touchscreens that provide information.

The museum will host various travelling exhibits as time and space permit. One of the travelling exhibits we were fortunate to see was titled “Peace” and focused on many aspects of human rights. Developed by the Canadian War Museum in Ottawa, this display depicts how Canadians have made and kept the peace at home and abroad.



Barbara Dowding is pictured standing next to the panel showing a sticky note from one of the executives that states the new national League theme for 2014–2016, *One Heart, One Voice, One Mission*

Toward the end of our journey, we came to an area that provided an opportunity for each visitor to contemplate their role in building a better world. Each person was provided with a brightly coloured card to record ideas and place on a specially designed wall for all to enjoy.

My favourite part was the Tower of Hope, a specially designed column that rises 100 metres, the equivalent of a 23-storey building. At the viewing platform, one sees panoramic views of the City of Winnipeg and its surroundings.

As I journeyed with my League sisters through the CMHR, I realized this museum supports the League's mission statement and motto "For God and Canada". Together, we are united and work with others to continue to make Canada a better home for all! ✚



National Chairperson of Spiritual Development Anne Gorman places her ideas for a brighter future!

HAPPY BIRTHDAY!

Congratulations to the following Centenarians!

Irene Blais

105 years old on September 29, 2014
Notre Dame Parish Council, North
Battleford, Saskatchewan

Florence Darby

103 years old on July 15, 2014
St. Joseph Parish Council,
Stratford, Ontario

Marie Day

103 years old on September 27, 2014
Notre Dame Parish Council,
North Battleford, Saskatchewan

Jean Mack

101 on March 12, 2014
St. Thomas A Becket Parish
Council, Pierrefonds, Quebec

Mary McCormick

101 years old on May 19, 2014
Cathedral Parish Council,
Grand Falls-Windsor,
Newfoundland and Labrador

Julia Barnes

100 years old on September 2, 2014
Our Lady Queen of Martyrs Parish
Council
Delhi, Ontario

Valerie Boyd

100 years old on November 6, 2014
St. John the Baptist Parish Council,
River Bourgeois, Nova Scotia

Margaret Dashney

100 years old on June 12, 2014
St. Michael Parish Council, Leduc, Alberta

Mary Fleming

100 years old on September 30, 2014
Sacred Heart Parish Council,
Walkerton, Ontario

Helena Ferguson

100 years old on April 16, 2014
St. Anthony Parish Council,
Glen Levit, New Brunswick

Katherine Hatt

100 years old on September 12, 2014
Cathedral Parish Council, Grand Falls-
Windsor, Newfoundland and Labrador

Julia Kairiunas,

100 years old on July 5, 2014
St. Bonaventure Parish
Council, Calgary Alberta

Marie Maher

100 years old on October 12, 2014
St. Pius X Parish Council
St. John's, Newfoundland
and Labrador

Kathleen Pelechaty

100 years old on August 31, 2014
Good Shepherd Parish Council
Portage La Prairie, Manitoba

Frances Puchniak

100 years old on September 28, 2014
St. Edmund of Canterbury Parish
Council, Beaconsfield, Quebec

Sr. Pauline Reti

100 years old on October 8, 2014
Annunciation of Our Lord Parish
Council, Hamilton, Ontario

RESPECTING OUR ELDERS

Mary Hagen

National Sub-Committee Chairperson of Christian Family Life



Have you noticed Pope Francis’s concern that the elderly may become excluded and/or isolated from society? In his apostolic exhortation *Evangelii Gaudium* (“The Joy of the Gospel”), he worries, “How can it be that it is not a news item when an elderly homeless person dies of exposure, but it is news when the stock market loses two points? This is a case of exclusion. ... it is helpful to listen to young people and the elderly. Both represent a source of hope for every people. The elderly bring with them memory and the wisdom of experience, which warns us not to foolishly repeat our past mistakes.”

In his address on World Youth Day in Rio De Janeiro, Brazil, on July 25, 2013, Pope Francis deplores, “we are now faced with a philosophy and a practice which exclude the two ends of life that are most full of promise for peoples. They exclude the elderly, obviously. You could easily think there is a kind of hidden euthanasia, that is, we don’t take care of the elderly; but there is also a cultural euthanasia, because we don’t allow them to speak, we don’t allow them to act.”

During a special encounter and mass for the elderly in St. Peter’s Square on September 28, 2014, Pope Francis addressed the thousands of grandparents, retired men, women and their families, specifically on the wisdom and love of the elderly who are instrumental in building the future. He told youth that it was good for them to visit an older person. Grandparents have the ability to understand very difficult situations, and when they pray about these situations their prayers are strong and powerful.

So, how can we respect the elderly in care facilities at the grassroots level? Based on my weekly service visits to a nursing home over the last 15 years, I offer the following suggestions and hints:

- Speak to all residents as you pass them. (Greet them by name if you know it.)
- Be sure your smile is genuine and not mechanical.
- If you engage in conversation, be patient and respond.

- Compliment your friend (as we would in the outside world). e.g. “Did you just get your hair done? I love the colour of your nails.” Residents still want to be dressed in their best!
- Look them right in the eye when conversing—not over the top of their heads.
- Talk about the weather. They are still interested! (One friend of mine always wants to know, “What’s the weather like outside?” She is blind and deaf, but still aware of changing seasons.)
- If it is a pastoral visit, be sure to begin with a common prayer before she receives holy communion. If she declines to receive the Eucharist, respect that request.

• The dignity and privacy of every human being are sacred. When we open the door and enter a residential care centre, it is taking a step into a quieter world than our world outside. We are greeted with mixed reactions or no reaction at all, but usually with a greeting, a smile and/or a wave. Our responses should be genuine, and we should listen patiently as our friends tell us how their days are going.



Resolution 1986.01 Needs of the Elderly in Our Parishes recommends that parish councils undertake initiatives to increase members’ awareness of the privileges and responsibilities of ministering to the needs of the elderly, and to accept and appreciate the tremendous gifts the elderly have to offer. Resolution 1999.01 Elder Abuse/Assault Awareness

encourages members to “become aware of...community response mechanisms in place for elder protection in their communities.” These are excellent reminders to be aware of the safety of the elderly in our communities. It is encouraging to note that the federal minister responsible for seniors has recently announced new resources will soon be available for Canadian seniors.

No matter what age we are, we must encourage and accompany each other. Let us ask the Lord to teach us and help us learn the laws of love for all. ✠

REMEMBRANCE AND RENEWAL

WE WILL REMEMBER

Lorette Noble

Honorary Life Member



They said it would rain all day, but the rain stopped in the afternoon just as the ceremony began on Juno Beach in Courseulles-sur-Mer in Normandy, France, where about 200 people gathered for Remembrance Day. National President Barbara Dowding, her husband, Alan, and Christopher and I were there, and what a moving ceremony it was.

Juno Beach is where the Canadian armed forces landed on D-Day, June 6, 1944, 70 years ago. It is now where the Canadian museum Juno Beach Centre stands, right on the beach to commemorate the sacrifice of Second World War veterans.

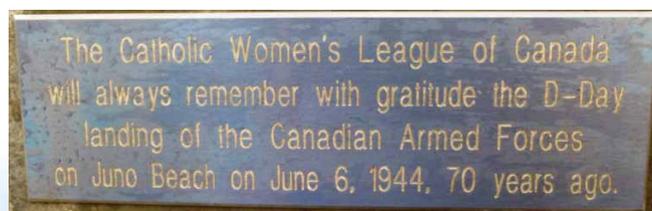
Nathalie Worthington, director of the Juno Beach Centre, welcomed everyone including the deputy mayor of Courseulles, the political counsellor from the Canadian Embassy in Paris and Colonel Ernest Côté, the 102-year-old D-Day veteran in charge of logistics for the 3rd Canadian Division, who came specially from Edmonton. To our surprise and delight, Barb and I were welcomed by name as a present and past national president of the League! Also present was the entire Canadian rugby team, currently on tour in France, in their bright red jackets.

At the end of Colonel Côté's 10 minute speech, given in both English and French without any notes, everyone gave him a richly deserved standing ovation. As at every Remembrance

Day ceremony, John McCrae's poem "In Flanders Fields" was read in both languages, followed by the Last Post, silence and Reveille. Several wreaths were laid around the Remembrance and Renewal war memorial.

The League now has a "brick" on the wall of one of the pillars (#14), known as kiosks, outside the museum. You can read the inscription in the below photograph. If ever any League member and her family goes on holiday to France, try and include a visit to Juno Beach. It is only two hours away from Paris, and you will re-live a very important moment in Canada's history.

On a pillar, near one of the benches outside the museum, is what young Sapper Ralph Charles Spencer of the Royal Regina Rifles, 6th Field Convoy, wrote of his experience on D-Day. "I felt a bullet strike my left leg, and I stumbled for a second and fell." †



RESOLUTIONS: OUR ACTIONS IN OUR WORLD

Jacqueline Nogier

National Chairperson of Resolutions



Resolutions are often said to be the actions of the League. These actions are the voices of members who are called to speak out about their needs, an injustice, or a change that needs to happen in the world. Resolutions allow parish council members to speak out for those who are unable to speak out for themselves. It allows them to speak the truth with courage.

The new theme, *One Heart, One Voice, One Mission*, gives us a template for working with resolutions in the upcoming years. This theme can become our blueprint when planning actions within our parishes, dioceses or provinces.

One Heart-filled with mercy, compassion and holiness

We are united with one heart as Catholic women across the country. We are united in our faith and in our desire to act for the sake of all people. When we look at injustices in Canada, we need to look with mercy and compassion on those in need. We need not judge others but merely look with our heart. Resolutions are born when women look with mercy and compassion.

If you are interested in resolutions, look at your community. Where are the needs or injustices? Where does your heart call you to be? If you see a need, share this with others in the form of a resolution. Let us look with *One Heart* to see where mercy and compassion are needed, and then act.

One Voice-united in harmony to speak the truth with courage and zeal

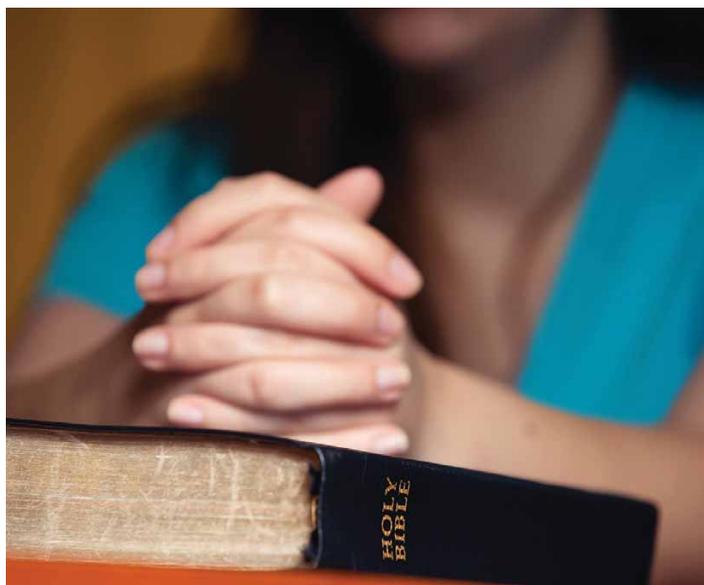
We are charged to speak with one voice as Catholic women across the country. We are charged to speak the truth with courage. We cannot only speak the popular truths but also must speak the truths that hide in dark corners. We need to speak the truth especially when others are afraid to speak about it. When women unite their voice in harmony that is

where resolutions take effect and have weight. It is through resolutions we unite in *One Voice*. By moving resolutions from the grassroots level to national level, they gather momentum and voices become united. Let us all speak with *One Voice* to have an even greater impact when speaking the truth.

One Mission-witnessing to the Good News of the gospel through personal encounter and joyful service

We are called to action with one mission as Catholic women across the country. We are called to be witnesses to the Good News through our actions. We are not only asked to sit in a quiet, peaceful place and pray. While this is an important task, and one not to be taken lightly, we are also asked to engage personally and to be joyful. We need to become involved in our communities, both large and small. It is in those personal encounters that we find Jesus in unexpected places. When women act as witnesses to the Good News, resolutions come to life and change our world.

Resolutions can be the vehicle used to become more involved in our communities. They can provide a framework and impetus needed to take those first steps. When women look out into their communities to see the need, resolutions give us the steps to take action and have a positive effect on society. Let us all move with *One Mission* to serve others joyfully for the benefit of all. ✚



ONE HEART VOICE MISSION

YOUR FOOD, YOUR PRESCRIPTIONS, YOUR HEALTH

Nancy Simms

National Chairperson of Education and Health



The 2014 national resolutions committee forwarded four resolutions to the national chairperson of education and health for education, awareness and action. The below information is a result of these resolutions.

Monosodium Glutamate (MSG)

The World Health Organization currently accepts monosodium glutamate (MSG) as safe, yet many people who ingest MSG have adverse physical reactions. Some people exposed to MSG experience muscle tightness, fatigue, numbness, tingling or flushing, while others may sweat, have facial pressure, chest pain, headaches, nausea or heart palpitations. Research has also linked the possibility of obesity and attention deficit hyperactivity disorder with overconsumption of MSG.

MSG is also in many other ingredients and is added to most processed foods. Dieticians of Canada cautions those sensitive to MSG that prepared, processed and canned foods may contain it. On food labels, MSG may be listed as glutamic acid or its salts, hydrolysed plant protein, Accent®, ajinomoto, chinese seasoning, flavourings, glutacyl, glutavene, gourmet powder, kombu extract, mei-jing, autolysed yeast, natural flavouring, RL-50, subu, vetsin, wei-jing or zest. MSG is also present in monopotassium glutamate, monoammonium glutamate, calcium glutamate or glutamic acid. Unless a person is well-versed on glutamate terms, they could unknowingly consume MSG.

Some people may never experience physical symptoms from MSG, but if you do have adverse reactions remember to check your food labels and get to know the food you eat.

Pharmacy Dispensing Fees

In Canada, did you know that each pharmacy is free to set its fees for the services it provides and is not required to provide a breakdown on the pharmaceutical receipt? Even if you have pharmacy coverage under an insurance plan, dispensing fees can affect how you maximize your benefits as provided by your plan. The cost of prescriptions hides the pharmacy dispensing fees and consumers are often unaware of potential savings through comparison shopping.

Did you also know that if you are taking prescription drugs over a long period, you can save on dispensing fees and trips to the pharmacy if you purchase a three-month supply? Moreover, that those retailers who operate on memberships and provide pharmaceutical services cannot withhold dispensing a prescription to a non-member?

Pharmaceutical dispensing fees are accessible by making enquiries. You simply need to ask, and you could be on the road to potential financial savings. The next time you get a prescription filled, make a few phone calls to your local pharmacies and do some comparison shopping.

Expiry Dates on Prescription Labels

In Canada, prescribed medications do not require a declaration of the expiry date on the label. Prescription drugs are relied on by millions of Canadians to maintain and improve their health, yet many of these drugs go past their shelf lives and can lose the stability of their active ingredients and potency. If medications had expiry dates on their labels, it would be a helpful guide to purging outdated prescriptions from home medicine cabinets. Expired medications can be returned to pharmacies through provincial “medications return programs” that will dispose of them in ways that will protect the environment, and prevent abuse and accidental ingestion. So remember, when you purchase prescription medications ask your pharmacist to put an expiry date on the label and if they will properly dispose of your expired prescriptions.

Mandatory Labelling of Genetically Modified Foods

The majority of Canadians are unaware that there are no regulations in Canada regarding the labelling of genetically modified (GM) foods and animal feed products. Genetic modification involves the manipulation of DNA from one organism to another with inconclusive research on the potential long-term health effects of consuming GM foods. Since the 1990s, GM food products have become increasingly prevalent, and there are now over 81 GM foods approved in Canada. In 1997, the League adopted Resolution 1997.06 Genetically Engineered Food that urges the federal government to ensure all GM products are labeled and tested for long-term health and environmental effects. Ontario’s Resolution 2014.01 Mandatory Labelling of Genetically Modified Food Products, recommended for action through the national education and health standing committee by the national executive, reiterates the importance of mandatory labelling of GM products. It reminds all members to continue writing letters to government on this important issue. The League’s national delegation to the federal government will address this topic in its next series of government meetings. Therefore, the sooner you send your letters, the greater the influence the League will have on the outcome of these meetings. †

JURY DUTIES

Janet McLean

National Chairperson of Legislation



Have you ever wondered what it is like to serve on a jury? Would you be prepared to serve, if selected? How is a jury chosen? Being a juror may sound like a daunting task, but, as Canadians, there is a legal obligation to act as a juror if eligible. The League motto states “For God and Canada”, and jury duty is one way to be of service to the country.

In Canada, the right to a trial by jury is reserved almost exclusively for criminal cases although some provinces, in rare instances, do allow for jury trials in civil cases. Not all criminal cases require a trial by jury, but most serious cases, such as murder or treason, must be tried before a judge and jury. The legal system varies slightly by province, but if you are a Canadian citizen of legal age and your name is on the electors’ list for your area, you could be summoned for jury duty. Some individuals, such as lawyers, police officers or medical practitioners, are ineligible to serve on a jury. Others, such as those over 65 or with a medical issue, may be eligible for an exemption from jury duty.



If your name is selected from the voters’ list, you will receive a summons in the mail advising you to appear at a certain date and time at the court house in your area. This is part of the initial selection process for the upcoming court session. If you are ineligible to serve, you are required to submit the necessary documents at this time to receive your exemption. Otherwise, you are expected to present yourself as requested in the summons. When you appear, if you feel you are entitled to an exemption this will be your opportunity to submit your request. Many individuals are summoned with you, and, once those exempted are dismissed, everyone remaining will be given some basic information regarding the specific case for which a jury is being selected.

Let us suppose you are a potential juror for a murder trial. You will be told who was murdered, when, where, the name

of the accused and the approximate length of time the trial will take. If you know the people involved, or have already formed an opinion about the accused based on details you previously read or heard regarding the case, you must ask to be excused from the trial. However, your name will still be on the list of potential jurors for the current court session, and you could be called back for another trial in the same session. If you are still a potential juror for this trial, you will be presented to the lawyers for the crown and the accused. They may accept or reject you based on certain criteria.

Normally, once 12 people are selected, the jury is formed and the case proceeds. Your job now is to form an opinion based on the facts presented at the trial as to whether the accused is guilty or not guilty of the charges.

You will be given all the necessary instructions by the judge to help you in your role as a juror. Jurors return home at the end of each day of the trial, but they may not read or listen to anything regarding the case, or discuss the trial with others.

Once the case is presented, and the jury convenes to form its final verdict, the jury is sequestered to avoid outside contact. This ensures the jury’s decision is based solely on the facts presented at the trial. The verdict of the jury must be unanimous. Once the jury reaches a unanimous verdict, the jury gives its decision to the judge who then sentences or releases the accused. The jury is thanked for its service and then dismissed.

While the idea of being on a jury can seem frightening, it is a responsibility that each Canadian should be prepared to assume if required. It is not something others are asked to do. Honesty, integrity and good listening skills are required—characteristics to which all League members should aspire. If you are called, know that God will help you with this very important service. ✚

HOW CAN WE HELP CANADIAN WOMEN LIVING IN POVERTY?

Joyce Green

National Sub-Committee Chairperson of Community Life



New Brunswick Provincial Council passed Resolution 2014.01 Canadian Women Living in Poverty this year and this topic merits further investigation.

Pope Francis stated at a meeting with students of Jesuit schools on June 7, 2013, “Poverty demands that we sow hope....Poverty is the flesh of the poor Jesus in this hungry child, in the sick person, in these unjust social structures.”

Twenty-five years ago, the House of Commons voted unanimously to end child poverty by the year 2000. When a mother lives in poverty, her children also live in poverty. We as Catholic women must hold our politicians accountable by writing and demanding to know what they are doing to keep the promise.

Keep the Promise is a bold new campaign that will run from January 2014 until December 2015. This program will bring together children in Grades 5-8 to develop activities that support the End of Child Poverty initiative. For more information about the Keep the Promise campaign, please visit www.keepthepromise.ca.

Monica Townson, an author and independent economic consultant, working in the field of social policy, has prepared several studies on the topic of women living in poverty. In 2000, she wrote *A Report Card on Women and Poverty and, more recently, A Snapshot of Women and Poverty in New Brunswick in 2014*. Monica states that poverty is continuing to rise among females, especially single females who are head of the household. Statistics shows that, at the same time, the percentage of males living in poverty has decreased. Monica calls this the “feminization of poverty.”

The New Brunswick provincial government is listening. Two recent reforms have given assistance to women by relaxing some of the restrictions on employment and savings. A single, employable female receives \$561.00 per month and is allowed to have a savings account of \$1,000. She can also earn an additional \$300.00 per month without losing assistance funding or health benefits that assist in the cost of prescription drugs, dental care, vision care and some health needs. Additional funding received in the form of child benefits are not deducted, but child support and Canada Pension Plan benefits are. She may also return to work and keep a health card for three years. A single mother with

one child receives \$861.00 per month, may earn up to an additional \$300.00 and have a savings account of \$2,000. She also receives a health card to cover the same health benefits offered to single women. These changes are a step in the right direction, but much more is needed to help break the cycle of poverty.

There are 850,000 people in Canada who use food banks monthly. Career development services are offered, but affordable child-care is often not available. If a person on assistance were to begin work in a minimum wage job, health benefits are usually not included. Keeping the health card for three years gives them time to find a better job with benefits.

In urban areas, there may be the option of subsidized housing with utilities included, but in rural areas there is no such option and no bus service. These are extra obstacles to overcome to obtain and maintain a job.

The homeless are in a different category entirely. Without a permanent address, they cannot access social assistance programs. Many homeless people also deal with mental health issues. Quebec has developed an affordable child care program with a cost of \$15.00 per day per child. This has proven very successful; 50% of women on social assistance in Quebec are back to work.

In New Brunswick, the New Brunswick Food Security Action Network is working with food banks across the province to help women help themselves:

- In Fredericton, a bankrupt garden centre has become a place where people come together around a good meal, learn how to grow, cook and choose healthy food, and find inspiration for change by the powerful persuasion of good food. On a monthly basis, 2,500 people of whom are children come once for a three to four day supply of fresh milk, eggs, produce and bread, as available. This summer, with two greenhouses planted, over 500 pounds of produce was picked and distributed. Many of the people in need volunteer their time, work in the gardens and attend cooking classes. In the fall, donations of school supplies and clothing were made available at minimum charge. Funding is mostly from donations, but with the development of programs, an application is being made for government funding.

- Westmorland-Albert and Kent counties have a number of community gardens, and reach out to community volunteers and people in need. Here, too, the people in need come to help and learn about gardening, and preparing food.
- Most communities in New Brunswick have food banks, clothing banks, soup kitchens and a Christmas program for distributing food baskets.

The food centres are about serving the communities and feeding them for growth and sustainability. Most importantly, though, they treat people in a manner that maintains dignity, challenges inequity and builds community.

B.C. & Yukon Provincial Chairperson of Legislation Gisela Montague has weighed in on the discussion of women living in poverty in her area. She states, “As B.C. recovers from the recession, too many British Columbians—many of them families with children—are struggling to get by.”

- Provincial and municipal governments join forces for a more focused approach of working with individual families and use what they learn from their experiences.
- Municipal leaders are working in Cranbrook, Kamloops, New Westminster, Port Hardy, Prince George, Stewart, and Surrey to meet citizens’ needs. They work one-on-one to help families navigate and access available support. Their most basic needs of food, affordable housing and health care must be met before moving forward.
- Many women have addiction problems. Sheway in downtown Vancouver provides comprehensive health and social services to women who are pregnant or parenting children under 18-months-old dealing with substance abuse. Sheway provides daily nutritious lunches, food coupons, food bags, nutritional supplements, formula and clothing.
- Fir Square Combined Care Unit program, at B.C. Women’s Hospital and Health Centre in Vancouver, is an 11-bed unit where women room with their babies in an attempt to keep their infants rather than place them with children’s aid.

Women living in poverty need a hand up, not a hand out. Other provinces have similar programs, and perhaps we can investigate the possibility of reaching out and assisting by volunteering, donating items of clothing, food and money. A national letter writing campaign on the issue of poverty might get action from federal and provincial ministers to put poverty on the agenda for action, not discussion. †

GETTING STARTED WITH ONLINE MEMBERSHIP



Margaret Ann Jacobs

National President-Elect and Chairperson of Organization

At the time of writing this article, the League’s membership statistics reflected a decrease in membership during 2014. As of October 31, 2014, paid membership equaled 86,611 as compared to 89,223 by October 2013.

Councils are actively pursuing ways to improve this statistic. Please do seriously consider online administration of membership. It has proven to be a more efficient, fast and practical method for processing membership.

Most forms are available online on the national website (<http://cwl.ca>) or from Amanda McCormick at membership@cwl.ca.

A comprehensive membership package is available and includes:

- an outline of changes to the system
- procedures for administering membership online
- a pre-authorized debit (PAD) plan agreement
- a PAD plan overview
- our commitment to your privacy
- membership frequently asked questions
- suggestions for attracting and retaining members: To Keep Valued Members
- suggestions for attracting and retaining members: To Recruit New Members

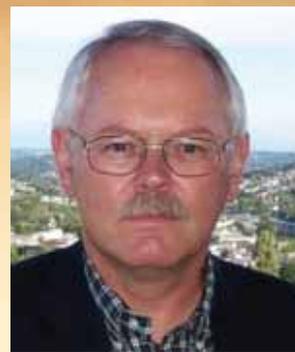
Amanda is available and willing to help you initiate and become proficient at using the system, and to assist you in this process. Please give it serious consideration.



Find us on Facebook at
The Catholic Women’s League of Canada
and on Twitter @CWLNational

THREE KINDS OF SPIRITUALITIES

Ron Rolheiser, OMI



All of us struggle, and we struggle in three ways. First, sometimes we struggle simply to maintain ourselves, to stay healthy and stable, to stay normal, to not fall apart, to not have our lives unravel into chaos and depression. It takes real effort just to maintain our ordinary health, stability, and happiness.

But, even as this is going on, another part of us is forever reaching upwards, struggling to grow, to achieve higher things, to not waste our riches and gifts, to live a life that is more admirable, noble and altruistic.

Then, at another level, we struggle with a threatening darkness that surrounds and undergirds us. The complexities of life can overwhelm us leaving us feeling threatened, small, excluded and insignificant. For this reason, a part of us is forever conscious that we stand one season, one breakdown, one lost relationship, one lost job, one death of a loved one, or one thing that we cannot even foresee, away from a descent into paralyzing depression, an illness, or a dark chaos that we cannot control.

In short, we struggle to maintain ourselves, struggle to grow, and struggle to keep depression and death at bay. Because we struggle at these three levels, we need three kinds of spiritualities in our lives.

At one level, we need a spirituality of maintenance, that is, a spirituality that helps us to maintain our normal health, stability and ordinariness. Too often spiritual teachings neglect this vital aspect of spirituality. Rather we are forever being challenged to grow, be better persons, to be better Christians, to simply be better than we are at present. That's good, but it naively takes for granted that we are already healthy, stable and strong enough to be challenged. And, as we know, many times this isn't the case. There are times in our lives when the best we can do is to hang on, not fall apart, and fight to regain again some health, stability, and strength in our lives, to simply get one foot in front of the next. At these times in our lives, challenge isn't exactly what we need, rather we need to be given divine permission to feel what we're feeling and we need to be given a warm hand to help draw us back towards health and strength. The challenge to grow comes later.

And that challenge comes with an invitation that invites us upwards, towards a spirituality of the ascent. All

spiritualities worthy of the name stress the need to make a certain ascent, to grow beyond our immaturities, our laziness, our wounds, and the perennial hedonism and shallowness of our culture. The emphasis here is always to reach upward, beyond, towards the heavens, and towards all that is more noble, altruistic, compassionate, loving, admirable and saintly. Much of classical Christian spirituality is a spirituality of the ascent, an invitation to something higher, an invitation to be true to what is deepest inside of us, namely, the image and likeness of God. Much of Jesus' preaching invites us precisely to something higher. Confucius, one of the great moral teachers of all time, had a similar pedagogy, inviting people to look to beauty and goodness and to forever reach in that direction. In our own time, St. John Paul II used this very effectively in his appeal to young people, challenging them always to not settle for compromise or second-best, but to look always for something higher and more noble to give their lives to.

But the challenge to growth also needs a spirituality of descent, a vision and a set of disciplines that point us not just towards the rising sun, but also towards the setting sun. We need a spirituality that doesn't avoid or deny the complexities of life, the mad conspiracy of forces beyond us, the paralyzing losses and depressions in life, and the looming reality of sickness, diminishment, and death. Sometimes we can only grow by descending into that frightening underworld, where, like Jesus, we undergo a transformation by facing chaos, diminishment, darkness, Satanic forces (whatever these may be), and death itself. In some ancient cultures this was called "sitting in the ashes" or "being a child of Saturn" (the archetypal planet of depression). As Christians we call this undergoing the paschal mystery. Whatever the name, all spiritualities worthy of the name will, at some time in your life, invite you to make a painful descent into the frightening underworld of chaos, depression, loss, insignificance, darkness, Satanic forces, and death itself.

Life reveals itself above us and below us and on the flat plain of ordinariness. None of these may be ignored. And so we need always to maintain and steady ourselves, even as we reach upwards and sometimes allow ourselves to descend into darkness.

And there's still time to do all of this. As Rainer Marie Rilke once wrote:

You are not dead yet. It is not too late
To open your depths by plunging into them
And drink in the life
That reveals itself quietly there.

Used with permission of the author, Oblate Ron Rolheiser. Currently, Rolheiser is serving as president of the Oblate School of Theology in San Antonio Texas. He can be contacted through his website, www.ronrolheiser.com ☩

A REPORT ON THE WUCWO QUADRENNIAL GENERAL ASSEMBLY

Margaret Ann Jacobs
National President-Elect



I was privileged and honoured to attend the World Union of Catholic Women's Organizations (WUCWO) general assembly in Fatima, Portugal, on October 22-27, 2014. Thank you for this opportunity to represent The Catholic Women's League of Canada. What I experienced will change my life forever.

Among the most memorable experiences:

- The sheer magnitude of the square, with the basilica at one end, the Basilica of the Holy Trinity (seating 9,000) at the other end, and the Chapel of Apparitions part way between. Such care is taken to preserve the story of the peasant children who changed the world, and this is so well recounted in the various sites.
- The deep faith of the people: those who attended the rosary in the Chapel of Apparitions and the candlelight procession that followed; the thousands who attended the mass in front of the basilica; those who, on their knees, crawled to the Chapel of Apparitions (did some even have legs?); the pilgrims we encountered as we visited shrines, churches and simply joined in private prayer as we journeyed.
- The conviction, dedication and motivation of members from all over the world who came to this assembly. They are convinced the voices of women need to be heard for our world to be more just, more peaceful and more reflective of the gospel message. The meetings were full and lengthy (not quite as organized as our League conventions are!) but, nonetheless, quite educational. Being in the presence of such powerful women who represented the cause of women from such diverse backgrounds was inspirational. Yes, I do think we make a difference!
- The positive energy and sense of renewal experienced when liturgy is done well through proclamation, song and action.
- The appreciation of history and the maintenance of permanent edifices keep the stories of our past alive. These stories frame the people we are today because of the careful planning and adventurous spirit of visionaries who came before.
- The sheer beauty of the countryside, the warmth of the people, and a sense of security and hospitality that permeated all we did.
- The joy of renewed friendships with not only our Canadian contingency, but other delegates we came to embrace as our own, was uplifting. Every day there were new stories and shared stories of League journeys from the past. Honorary Life Member Agnes Bedard needs thanks for motivating so many Calgary women to take up the WUCWO cause! I could not have been prouder when Executive Director Kim Scammell presented the cheque for \$16,516, representing a return on the League's endowment fund investment. Oh, yes I can! Congratulations to Honorary Life Member Velma Harasen, who was elected as the new regional vice-president for North America!

The challenge of adjusting to the time change (five hours), air flight (eight hours), meal times (7:30 a.m., and 1:30 and 8:00 p.m.), and cancelled flights (I was privileged to visit Madrid and Paris as a bonus, stay over an extra night, and blessed to have a cab driver who would take less than his metred fare when all fifteen bank machines invited me to try again later!) Also, my luggage was delayed a few days. However, I met wonderful, helpful and entertaining travellers along the way, and it truly was an adventure! ☩

PORNOGRAPHY STILL HURTS LET'S KEEP THE FIGHT GOING

Rosanne Sogan

National Sub-Committee Chairperson of Communications



As a wife, mother, grandmother, sister and daughter, I am in total shock of how pornography entices millions of people into its dark realm. Just imagining someone I love has been abducted, coerced and/or trapped into this arena sickens me beyond belief. Children were given to us by God to be loved, nurtured and protected by their parents, not sold for profit!

Section 163.1 of the federal *Criminal Code* states child pornography is, “a...representation, whether or not it was made by electronic or mechanical means, that shows a person who is or is depicted as being under the age of eighteen years and is engaged in or is depicted as engaged in explicit sexual activity.” Transmission and possession of these representations are indictable offences. Currently in Canada, the age of consent is 16—they are still children at that age!

Twenty years ago in the Diocese of Hamilton, the Pornography Hurts Bus Campaign was launched. The awareness of this campaign was increased in the Hamilton diocese when billboards were added to the campaign—one stationary, year-round one, and three roadside billboards located in Hamilton and Kitchener. Two years ago, the advertising company added an extra billboard in the Diocese of St. Catharines on the famous Clifton Hill in Niagara Falls.

When reading articles over the past couple of years regarding pornography and its effects, there has been indication that 90% of Canadians are concerned about the distribution of sexual images of children. To think that tens of thousands of new images or videos are put on the Internet every week, and that hundreds of thousands of searches for just these images are performed daily, is mind boggling. Once these images are on the Internet, millions of people view them. In addition, they will never be removed. This damage has an everlasting effect on the child who has been abused and scarred, and it affects entire families. We sometimes forget the perpetrator’s family is also the victim of this heinous offence. They are left to pick up the pieces

of a broken family.

We have a duty as well as a great opportunity to advocate for further implementation of laws to help protect the victims. How can we do this?

Two years ago, while sitting at the Ontario Provincial Council executive table, I asked Ontario Provincial Past President Marlene Pavletic to take this campaign to the national table so it could become a national project. Under the direction of Life Member Cecile Miller, past national chairperson of communications, and with the recommendations of Fran Lucas, current national chairperson of communications, a plan was developed to inform and involve all 88,000 members across Canada about the campaign and the issue of pornography.

In the 2013 fall edition of *The Canadian League*, two postcards were included. Members were asked to write a short note, and address and mail the cards to the minister of justice and attorney general of Canada, another member of parliament or the prime minister. Postage was free. The same request is made of you now.

Your provincial president will have forwarded the postcard template to each diocese to be sent to parish councils for their use. Copies of the cards are available on the national website (under “Resources-Forms”). To allow flexibility, you can send your card in the same month assigned to you for 2014 or choose a month best suited for your council. Feel free to send a card more than once in the coming year. Our goal is for the federal government to be inundated by postcards year round.

You are encouraged to write individually to the government, send an e-mail, or call the government directly to let them know how you feel about pornography. Just think—if there are 88,000 members, and three-quarters of them have husbands and two children of voting age, this would be over 300,000 people talking to the government about the issue of pornography! Remember, one letter to the government is equal to 100 votes. That would mean over three million votes to stop pornography dead in its tracks!

Let’s keep the fight going by taking action on this now! ✚



INTRODUCING



Marg McCallum
New Brunswick Provincial
President

Margaret McCallum and her husband, Michael, married in 1982. Marg is a native of Miramichi (Chatham), and is the youngest of 10 children. Her mom and grandmother were both members and an inspiration to her. Marg's five sisters are now members as well.

She has lived in New Brunswick since 1975 and has been employed in store administration at Shoppers Drug Mart since 1988. Marg and Mike have two children, Janet and Gregory (Laura), who live in Toronto and Fredericton, respectively. In 2013, granddaughter Addison arrived, and she is the joy of all the family.

Mike and Marg attend St. Gertrude's church. They are active in their parish, and they often work together on parish projects. Marg has served as chairperson of the parish finance council, and she and Mike have chaired the annual

harvest supper.

Marg has been a member of St. Gertrude Parish Council since 1987 and has held various offices over the past 27 years. In 1998, Marg joined Saint John Diocesan Council as regional chairperson for Carleton County. Holding various offices, she was diocesan president from 2008 to 2010.

Marg served her first term on New Brunswick Provincial Council in 2010 as chairperson of resolutions. In 2012, she was elected president-elect and chairperson of organization. She was a *Catch the Fire!* presenter during this time. In June 2014, Marg took office as New Brunswick provincial president. This was an exciting time in the province as it hosted the 94th annual national convention in Fredericton in August 2014.

Marg prays for growth in the League. She prays not only for growth in the number of members, which would certainly be wonderful, but also for growth in spiritual life, social action and the League's visibility in the parishes.

Marg truly loves the League and all the blessings it provides her. "I am thankful that my CWL journey has taken me on new adventures each year, and I am so very grateful for the many friends I have met along the way." ✚



Joan Bona
Nova Scotia Provincial
President

Joan Bona has lived most of her life in Louisdale, and became a member of St. Louis Parish Council at her mother's prompting in 1981. (Joan's mother paid Joan's membership for the first year.) Although not initially an active member, Joan became more involved when women in her age group encouraged her to attend meetings. After attending her first meeting, she experienced a most welcoming atmosphere of friendship, joy and encouragement. Joan has served in a number of leadership positions at the parish, diocesan and provincial levels.

Joan is married to Lou, and they have two children and three grandchildren. She loves to travel ("RV'ing"), read, listen to music, cycle, garden, and delve into her Acadian family genealogy when time permits. Joan works full time with the Strait Regional School Board as board secretary/executive secretary to the superintendent and also acts as information access privacy officer, administering the *Freedom of Information and Protection of Privacy Act* and other legislation relating to access of information. She is a member of the Canadian Association of Communicators in Education and serves as

choir director for the St. Louis parish choir, indulging in her love of liturgical music.

Volunteering has always played an integral role in Joan's life, and she has served as past president/board member of The Arthritis Society – Nova Scotia Division, a board member of the Louisdale Community Homes Association, a cub/beaver leader with the Nova Scotia Council of Scouts Canada, a board member of the Strait Richmond Palliative Care Society and as a board member of other charitable organizations.

Upon reflection of her League journey, Joan credits many mentors and the encouragement of her League sisters whose influence brought her out of her comfort zone. She has researched several resolutions for her parish council. Joan also served as chairperson of registration for the 2006 annual national convention in Halifax, guest journalist for two annual national conventions and facilitator for a number of *Catch the Fire!* workshops, to name a few. She received her life membership in 2010.

Joan's love for the League gives testament to a journey of stewardship, mentorship and, above all, friendship. She cites that she "always leaves a League gathering in awe of the collective wisdom, knowledge and intellect of League members." The League has gifted her with a profound love and enthusiasm for this wonderful organization of Catholic women, whose lives are centred in loving service to others and who give meaningful and joyful witness to their faith. ✚

An aerial photograph of a coastal city, likely Vancouver, showing a dense urban area with many high-rise buildings. The city is situated on a peninsula or near a large body of water, with a prominent bridge crossing the water. In the background, there are large, forested mountains. The water is blue, and there are several marinas with many boats. The sky is clear and blue.

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