The Canadian League

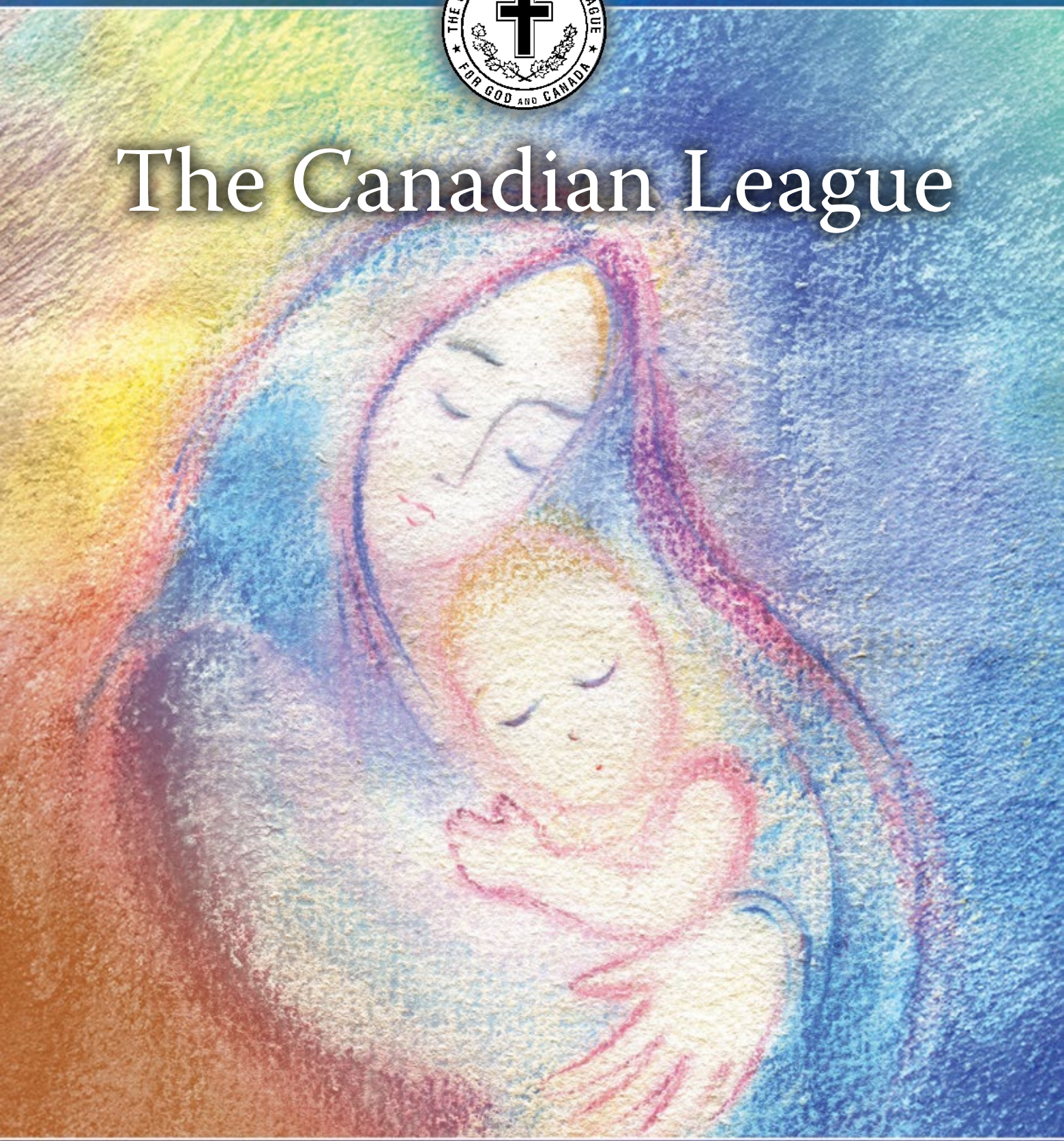

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TABLE OF CONTENTS

President's Message 1
From the National Spiritual Advisor 2
Yes, You! 3
World Union of Catholic Women's Organizations 4
Do You Have One? 5
Women in the Life And Mission of The Church – Part I 6
The True Trouble With Age 7
Unity in Action 8
Faith and Mental Health 10
Effective Communication Starts With Each of Us 11
104th Annual National Convention Program 12
Coping With Stress 13
Gift for Today and Tomorrow 14
The League Prayer and The Theme Prayer Woven Together 17
Spotlights 18
Introducing 20
Happy Birthday 21

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National President's Message

Shari Guinta
National President

As I write this article, I have been busy with all manner of activities at the national level including planning a national convention. The national executive/board has received instruction in governance and what that means, including the responsibilities of its members.

I hope many members will attend the annual national convention in Saskatoon, Saskatchewan from August 11-14, 2024. I am excited and thrilled to be in a prairie province and offer a wonderful convention for attendees. There will be excellent guest speakers as well as workshops. Registration details were in the winter edition of *The Canadian League*. The formal program is in this issue on page 12.

The League is entering an era of "future mission". Members have heard of strategic planning over the last five years, and the first plan will be completed this year. However, planning does not end. The League must continue to mature, grow and change. The implementation committee under the leadership of Life Member Jacqueline Nogier, Sr. Susan Scott and Christa Grillmair, along with many working group volunteers, have put in thousands of hours to investigate and prepare resources for councils and members. The results are awesome.

In 2024, the League's focus is mental health. The focus offers a wide spectrum of opportunities for service in the community. Committee chairpersons of faith, service and social justice have provided resources and information for council action. I invite councils at all levels to embrace the new League model and focus. Reporting on achievements and seeing the work done in communities is fulfilling.

On the international level, members are encouraged to follow the World Union of Catholic Women's Organizations (WUCWO) that is based in Rome, Italy, and in which the League is a member. Honorary Life Member Barbara Dowding is the regional vice-president for North America. She will be reporting regularly on WUCWO projects. Members might be interested in the World Women's Observatory that does incredible work in giving women a voice in countries where their voices are silenced. WUCWO also publishes a magazine called *Women's Voice*. The magazine features reports from executive members worldwide and is very interesting. See websites below. †

https://wucwo.org/index.php/en/

https://www.worldwomensobservatory.org/en

From the National Spiritual Advisor

Most Rev. Wayne Lobsinger, Auxiliary Bishop of Hamilton
National Spiritual Advisor

Dear members of the Catholic Women's League,

May Our Lady of Good Counsel keep you and your families safely under her maternal care during this month of May and throughout the year. It is hard to believe that we are already more than a third of the way through 2024. Time truly does fly by.

In liturgical celebrations, the church has both a "seasonal" and a "sanctoral" cycle. The seasonal cycle consists of five seasons—Advent (four weeks), Christmas (three weeks), Lent (six weeks), Easter (seven weeks) and Ordinary time (34 weeks). These seasons bring Catholics through the great mysteries of the birth, life, ministry, suffering, death, resurrection and ascension of Jesus. Through these seasons, we recall all that God has done to sanctify and save us. We are truly a blessed people to be able to, not only celebrate, but also share in the blessings of all Jesus has done for our salvation.

The sanctoral cycle is celebrated yearly. In addition to celebrating the seasons of the year, Catholics celebrate the lives of holy men and women who have witnessed Christ by their lives and sometimes by their deaths. It includes the celebration of saints and blesseds from throughout the history of the church. There are feasts in honour of the Lord and the Blessed Lady. The church adds new feast days as new saints and blesseds are declared. Recently, a new celebration in honour of the Blessed Lady was added to the sanctoral cycle.

The memorial of Blessed Virgin Mary, Mother of the Church, is a new feast day honouring Mary. It is celebrated on the Monday after Pentecost Sunday. This feast reminds the faithful of the Blessed Lady's care for all who are part of the church. She loves and cares for each of us as our mother. Just like our earthly mothers, her love grows with each child, never diminishing. The more children she has, the greater her love grows. A mother's love for her children does not lessen as her family grows. She loves the first child and the last child fully. The Blessed Lady's loving care, not diminished by the number of children who call out to her, grows as the number seeking her favour and love grows. Blessed Virgin Mary, Mother of the Church fully loves and cares for all her billions of children, and we in turn feel called to love her even more.

The feast of Blessed Virgin Mary, Mother of the Church is not the only feast day honouring Mary. Each month in the sanctoral cycle, there is a feast for the Blessed Mother, sometimes two or three in the same month.

January	Mary, Mother of God
February	Presentation of Our Lord Our Lady of Lourdes
March	The Annunciation
April	Our Lady of Good Counsel
May	Our Lady of Fatima Blessed Virgin Mary, Mother of the Church (date changes by year) The Visitation
June	The Immaculate Heart of the Blessed Virgin Mary (date changes by year)
July	Our Lady of Mount Carmel
August	The Assumption The Queenship of the Blessed Virgin Mary
September	The Nativity of the Blessed Virgin The Most Holy Name of Mary Our Lady of Sorrows
October	Our Lady of the Rosary
November	Presentation of the Blessed Virgin Mary
December	The Immaculate Conception Our Lady of Guadalupe

There are many local and private feast days in honour of the Blessed Lady. The months of May and October are set aside to increase devotion to her and every Saturday, that does not have a feast on that day, can be celebrated in honour of her. The League is blessed to have her as its patroness and may we learn to honour and rely on her, who is our loving and caring mother.

Blessed Virgin Mary, Mother of the Church, pray for us.

Our Lady of Good Counsel, pray for us. †

Yes, You!

Betty Colaneri
National Vice-President

The thought of taking a leadership role often has members stepping back to the detriment of their councils. Because no one is willing to run for election, some councils have chosen to become inactive. In the worst-case scenario, the situation turns into the dreaded "d" word—disbanding. Members and councils that have worked so hard in their parishes and communities are disheartened when that happens.

Subcommittee members and I are constantly wondering if the members are asking the same questions. Why would disbanding be an option? Why isn't membership growing? Has the joy in the ministry of service been lost? If members don't express joy in what they do, councils won't attract new members. Members work and pray together, they're friends, and they always have someone looking after services and projects. New members seem to enjoy participating. So what is holding members back from taking leadership positions?

It is up to all leaders to take the M.T.R. approach (mentorship, training and relationships). As mentors, leaders must motivate members to take leadership roles. Mentorship is recognized as a highly effective development tool and an important component of leadership. One of the previous national themes beautifully conveyed what mentors are meant to do in their ministry, i.e., to be *Companions on the Journey*. Mentors must remember what it was like to be a new member, to take on a new position for the first time, and to have a willingness to assist in any way possible. They must teach what they know and share skills, knowledge and expertise.

Training will help members fulfill their ministry with confidence. The national website has the necessary resource tools. Starting with one (1) action item is a doable first step. The *Welcome Program* and *Joy of Leadership* are perfect examples. Welcome and joy are encouraging and uplifting messages.

Relationships are also a crucial element in any organization or group. In the League, it is particularly important to stay connected with members to provide guidance and assistance, and most importantly, to exhibit the ministry of presence. By investing in one another, members create a strong asset for the League to thrive and be successful. This allows the love of God to flow through them and touch the hearts of others. It is important to take the time to get to know other council members and show genuine interest in each other. By doing so, members can discover each other's talents and gifts, and help each other grow and succeed in the League.

Why not set up a sister system where a previous committee chairperson teams up with a new chairperson for guidance or to be a sounding board? Jesus, the greatest teacher of all, sent out his disciples two by two. Often, new members attend meetings and are elected to positions, even as president, without understanding the policies and procedures. This can be overwhelming. There are many experienced honorary life members, life members and past committee chairpersons to whom members can turn to for expertise and guidance. A merging of minds for the greater good.

How many times have members heard this response from a member asked to take a position, "Oh, I could never do that!" Well, look no further than the lives of the saints to see how God doesn't choose the equipped but equips the chosen.

League members are the chosen. Their stories give us hope in ourselves and to others. It is a wonderful feeling to see a member, encouraged and prayed for, who succeeds in taking on a position that she thought she never could.

Dear sisters, should a member ask you to share the talents and gifts you have been blessed with, remember it could be a moment that my former parish priest refers to as, "That's not a coincidence, That's a God-incidence." It's God's way of saying, "Yes you can!" Remember he knows you; he has called you by name. Your response is *Here I am Lord, send me.* †

World Union of Catholic Women's Organizations

Barbara Dowding
WUCWO Regional Vice-President for North America

Did you know:

- The World Union of Catholic Women's Organizations (WUCWO) was founded in 1910 and in 2006 was erected by the Holy See as a public international association of the faithful? This canonical status honours the efforts of Catholic women active at the parish, diocesan, national and international levels.
- WUCWO's mission is to promote the presence, participation and co-responsibility of Catholic women in society and the church? This helps it fulfil its mission of evangelization and work for integral human development.
- WUCWO membership includes five regions, 50 countries and 100 organizations including The Catholic Women's League of Canada?
- You can visit the WUCWO website to find information about initiatives worldwide at www.wucwo.org?
- The *Women's Voice* magazine is published regularly and features updates from Catholic organizations worldwide? You can subscribe to it on the WUCWO website.
- Six resolutions were adopted at the general assembly in Assisi, Italy in May 2023? All the resolutions can be accessed on the WUCWO website.
- The League's goals and initiatives match those on the world stage? Member organizations like the League raise issues and resolutions on shared and international issues.

Of the six adopted resolutions in 2023, one is very important and extremely timely. It is entitled *"Enabling Everyone to Participate is an Essential Ecclesial Duty!" (Pope Francis) Synodality. Formation and Participation of Women.* Along with WUWCO, the League is asked to promote the formation of women so that, through conversation, listening, discernment, dialogue and action, they can assume their rightful role in building a synodal church. The role of women in the church is not a new topic and has always been important to Catholic women.

The synodal focus continues to dominate church news as she prepares for the Second Session of the XVI Ordinary General Assembly of the Synod of Bishops in October. Media attention distracts and even undermines the Holy Father's desire and purpose for the synod on the future of the church. We must be diligent and obtain accurate information from the official website at www.synod.va.

In his address at the special audience at the Vatican on May 13, 2023, preceding the WUCWO General Assembly, Pope Francis said, "The *inner union* with Jesus must manifest itself externally, it must manifest itself in *communion* with the church, with our family or our organization, which help us to mature in faith. It is this that gives value to all the initiatives we carry out. We must "pray" deeds and put prayer "to work". In this way we will be in tune with the mission of the entire church. This is also the essence of synodality, what makes us feel protagonists and co-responsible for the wellbeing of the church, to know how to integrate differences and work in ecclesial harmony." His words as always, were encouraging, powerful and uplifting.

Last year, during the study days at the general assembly, there was a strong link between synodality and women. It was both revealing and consoling as delegates heard of women's common passion for the gospel and the need to be faithful to it. Participants were reminded of their rebirth in baptism and that charisms are not given for themselves but to serve the whole church.

I recall how the speakers on that first day brought something new. One talk about listening with the heart stood out for me. In this synodal time and culture, I could feel and wanted to keep this listening idea in my own heart. The concept of "listening therapy" changing

assumptions and the "ear of the heart" having the capacity for proximity and closeness reminded me of the need to be intentionally synodal in our actions. Genuine listening builds trust and trust opens doors.

WUCWO will continue to focus on synodality and in the words of WUCWO President-General Monica Santamarina, in her February 2024 monthly message, "With great hope we see how many initiatives are emerging, in various groups and communities, to live together 'in a synodal style'; to learn to dialogue, to listen to one another and to make decisions following the method of Conversation in the Spirit. How eagerly we await the changes that are taking place in the life of the church during this process and those that will come after the second phase of the Synodal Assembly!"

And further encouragement, "Be informed, educated and transformed. Let us be prepared to assume our leadership in a synodal church in mission!"

As League members, we are called to assume our place and answer the question, "What is the Holy Spirit calling us to do?" Follow the WUCWO website for upcoming initiatives and sessions on synodality and encourage League sisters to do the same.

The path is clear. The best way to respond to the national theme *Here I am Lord, send me!* †

Do You Have One?

Fran Lucas
National Past President

What is one of the most utilized resources by members at all League levels? Yes, of course, it is the *National Manual of Policy and Procedure* (P&P).

Used in conjunction with the *Constitution & Bylaws* (C&B), members can find valuable information:

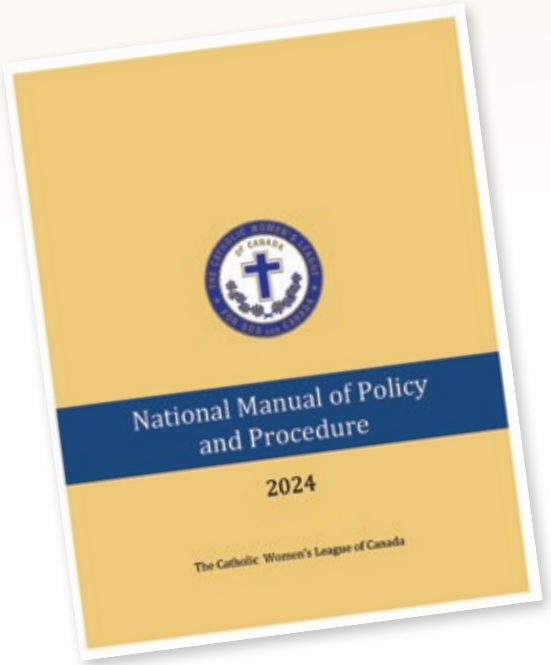
- League's historical background
- explanation of membership
- descriptions of positions and their responsibilities
- meeting and governance information
- elections procedures
- League's privacy policy
- ethical guidelines, and
- a variety of samples to help councils and members better understand how the League operates to ensure an orderly administration of affairs.

Do you keep a copy of the P&P handy, or do you access the electronic version on the national website? Have you looked at it lately?

Prior to the February 2024 national executive/board meeting in Toronto, 63 proposed revisions to the P&P were reviewed and discussed and accepted or declined by the board. At the executive meeting a couple more revisions were introduced; a total of 64 revisions were adopted.

An updated version of the P&P is available on the national website. A memo is available, listing all revisions if you prefer to update your paper copy. Members are urged to read the changes to keep up to date with the most current policies and procedures.

Many of this year's changes were made to align wording in the P&P with the new C&B, which is now available for purchase from national office for $8.00. All members are encouraged to have a copy. †



Women in the Life And Mission of The Church – Part I

Sr. Susan Scott
Faith Subcommittee Member

Coauthored by
Rolande Chernichan
National Chairperson of Faith

Pope St. John Paul II in his letter to women (1995) affirmed the dignity and rights of all women, speaking "of the '*genius of women*', not only in order to be able to see in this phrase a specific part of God's plan which needs to be accepted and appreciated, but also in order to let this genius be more fully expressed in the life of society as a whole, as well as in the life of the church." The Holy Father expressed his gratitude, "Thank you, *every woman*, for the simple fact of being *a woman*! Through the insight which is so much a part of your womanhood you enrich the world's understanding and help to make human relations more honest and authentic."

Eleven years ago, when Pope Francis was elected, he was reminded by one of his fellow bishops to not forget the poor. In too many ways and places, and far too often, women and girls are among the poorest of the poor. Since his election, what if anything in the church has changed during Francis' papacy to give women hope? In the synthesis report issued after the first session of the synod of bishops held in October 2023, it states, "Women cry out for justice in societies still marked by sexual violence, economic inequality and the tendency to treat them as objects. Women are scarred by trafficking, forced migration and war. Pastoral accompaniment and vigorous advocacy for women should go hand in hand."

On a positive note, the number of women in positions of responsibility in the Roman Curia is increasing. A recent example is Pope Francis' appointment of Sr. Nathalie Becquart as one of two undersecretaries for the synod of bishops. This appointment has been described by *America Magazine* as a significant step in bringing more women into decision-making roles. The Holy Father "has also taken steps to increase women's leadership at the Vatican, most recently with the appointment of six laywomen as members of the Council for the Economy, as well as numerous others in key roles in various Vatican bodies."

Pope Francis explored the role of women by creating a 12-member commission in 2016 to examine the historic question of the role of deaconesses in the early church. On April 8, 2020, the Catholic News Agency reported "that Pope Francis has created a new commission to study the question of a female diaconate in the Catholic Church, after some members of the 2019 Amazon synod requested the Pope re-establish a 2016 commission on the subject. Among the ten theologians making up the new study commission are two permanent deacons, three priests, and five lay women." As of May 2023, the commission had not reached consensus but continues its study.

In 2021, Pope Francis changed the *Code of Canon Law* to allow for the installation of all laypeople into the ministries of acolyte and lector, and formalized the ministry of catechist, opening its ministries to all laypeople.

On April 26, 2023, (Feast of Our Lady of Good Counsel), the Vatican announced that for the very first time, laypeople could participate as voting members in a synod. Significant is that 54 of the voting delegates at the synod in October 2023, were women. Every one of these examples gives us cause for celebration and hope.

The League has many members who have served the League and the church. They use their gifts and talents for the good of all. Honorary Life Member Barbara Dowding, former vice chancellor and chancellor for the Archdiocese of Vancouver, has brought the feminine focus and genius to the larger church as an integral member and advisor at the highest level in the archdiocese. Since 2004, Barbara has experienced first-hand that collaboration between women and men in the church yields fruit. She believes that working together in a trusting environment is exactly what we should be striving for, and she continues to mentor other women to do likewise.

The League calls its members to share in the life and mission of the church and countless women are well-placed in a variety of roles. An upcoming article will expand on the synthesis report of the synod in 2023 that contains many references to women's role within the church, both as it is and, how it might be. †

The True Trouble With Age

Glenda Carson
National Chairperson of Social Justice

> *According to the divine plan, each individual human being lives a life of continual growth, from the beginning of existence to the moment at which the last breath is taken.*
> (St. Pope John Paul II)

How old do you feel? Regardless of age, this could depend on how well you slept last night, your recent positive and negative life experiences, and how engaged and happy you are now. Climbing a flight of stairs with a nagging pain in your hip or completing a task in which you learned a new skill can affect how you "feel your age".

We should always think about our physical ability, life goals, and individual gifts when we think about fulfilling our responsibilities in life. This should be part of the personal reflection at any age. If we judge someone's value and usefulness based on their age, it's called ageism.

The World Health Organization defines ageism as "the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age." Older adults are usually the object of ageism, but younger generations can also experience it.

Seniors experience ageism in various parts of life such as the workplace, healthcare and social situations. Ageism in healthcare can hurt older people because of biases in medical decisions.

Biases can lead to fewer treatment options or denial of certain procedures based on age and perceived quality of life or worthiness of life. Deserving older adults may be overlooked for hire or promotion in the workplace. Some seniors may face pressure to retire even if they want to keep working and need the income.

Research studies show that ageism comments and attitudes can harm an older person's health. These comments are linked to a higher risk of poor physical health, chronic conditions, cognitive issues and depression symptoms.

Mentioning the number of older people in a room or favouring younger individuals to bring energy and change to an organization can negatively affect the self-esteem of older adults. The tone or sentiment in which the comments are made can influence an individual's outlook on life. A person may view themselves as undesirable or excluded because others think they are no longer relevant, outdated and resistant to change because of their age. If people believe negative messages about aging, they are more likely to experience aging negatively from a physical and mental health perspective.

Despite its widely recognized negative effect, ageism is one of the most accepted biases in the world. If we reduce ageism by 10%, we could prevent 1.7 million cases of eight primary health conditions.

To fight ageism, we need to understand it, challenge stereotypes and build a world where people of all ages are valued and respected for their unique contributions. It would be a world where age is considered not a barrier but a source of strength and richness. Changing how society views age and supporting policies against ageism can reduce it.

League resources are available for councils, such as the *Intergenerational Activity Program*, which reflects on the benefits both members and society experience when age, not ageism, is embraced. †

Thanksgiving For Life

Irene Sheppard
St. Patrick Parish Council
Newfoundland and Labrador

When I open my eyes and see the light,
I thank God for a peaceful night,
I make the sign of the cross and say,
Thank you, Lord, for another day.
If it's in your plan that I should stay,
Give me the strength to face,
Whatever comes my way.

Amen †

Unity in Action

Kim Scammell
Executive Director

The Unity Outreach initiative undertaken in 2023 was the second of its kind in League history. The first time there was a desire to reach out to women across the country by in person visits was in 1921 when Loretta Kneil travelled by train across Canada to meet with women in their parish to describe the League and how it could play an important role in their ministry within the church. She successfully gathered 100 new subdivisions into the fold and the League began to flourish.

And in 2023, just over one hundred years, later, the exercise was repeated, but not by one woman on her own. Visits to parish councils were made by many incredibly dedicated leaders across Canada and had three purposes for the visits. The first purpose was to ensure that members could appreciate the important role they play in their parish and in the community by giving them an opportunity to share their success stories. The second purpose was to rebuild connections between levels that had been deteriorating for some time, and that deterioration only accelerated during the COVID-19 pandemic. Finally, the third purpose was to have each level that holds responsibility for the well-being of another level to listen carefully to what members need and to figure out how to assist them accordingly.

At the parish level, diocesan executives listened to members in their diocese and are now tasked with reflecting on what they heard and adapting to meet their members' needs. At the diocesan level, provincial executives listened to diocesan executives in their province and are now tasked with reflecting on what they heard and adapting to meet their diocesan councils' needs. And at the national level, national officers listened to provincial executives and are now tasked with adapting to better serve the provincial executives.

With provincial visits completed in 2023, national set to work to meet the needs of its constituents, i.e. the provincial executives. Common challenges faced by all provincial executives were identified and three common themes emerged. The provincial executives were struggling with communications, education and training, and priority setting. Tasks forces were set up to come up with solutions for each.

The **Communications Task Force** heard concerns about there being too little or too much communication, and communications being unpredictable, untimely, unactionable and overwhelming. The task force went to the drawing board and has developed a model for all communications within the League that was adopted at the most recent board meeting. It gained consensus from all provincial presidents representing their provinces. The model is predicated on communications being channeled as they have in the past, i.e., through each level. That is, parish councils communicate with diocesan councils, diocesan with provincial, and provincial with national. ***Practically speaking, this means that each level will be responsible for all communications processes, issues and gaps between itself and the level it shares information with.*** There are two exceptions to the communications model – the national magazine will continue to be produced and sent to all members, and

exceptions can be entertained whenever an urgent or time sensitive communication must occur. With the new model adopted, the task force will now turn its attention to the types of communications methods that may be used and the purpose for which they will be used.

The **Education and Training Task Force** heard concerns about members not being equipped or having the confidence to take on leadership roles. In some areas, basic training about the League was also not being offered. The task force has studied roles and responsibilities, and the training material that is currently available. With board agreement and including a consensus of the provincial presidents, it was decided that the national level is responsible for having readily accessible training resources. It was agreed that there were adequate training resources already available, but that they needed to be more easily identifiable and accessible on the national website. It was further decided that the provincial executives would accept the role and responsibilities of training councils and members within their provinces, with the assistance of diocesan executives. This clearly defined set of roles and responsibilities will help members who are seeking training opportunities, and it ensures that one level, the provincial level, is accountable for ensuring there are trained and confident leaders and members in their midst. **In summary, national level will be accountable for providing easily accessible training material on topics in demand and provincial levels will be accountable for the training processes, opportunities, issues and gaps in the training of their members.**

The Priorities Task Force heard concerns about how the sheer volume of initiatives and actions asked of the parish units by the other levels, both horizontally and laterally, was overwhelming and leading to burnout and discouragement. It was correctly identified that this occurs because each level, and often each officer within a level, works in isolation coming up with plans, programs, activities, prayers, etc. that are all funneled to parish councils for action. The task force, with the board's approval, has developed models for collaborative processes when deciding what if any action should be taken on a topic. ***Generally speaking, any national action contemplated by the board as a whole, or by individual officers, will require consultation with provincial and diocesan levels before becoming an action item for the League parish councils.*** This collaborative process, modelled on the Unity Outreach initiative, is a cultural shift for the League as it will call all leaders to decide upon and work cooperatively on fewer projects. Through collaborative consultation, projects and initiatives should reduce as the isolationism will be eliminated.

In the next months, the task forces will finalize their plans and share them with members at the annual national convention in Saskatoon. Hope to see you there! †

2024 ANNUAL NATIONAL CONVENTION

Saskatoon, Saskatchewan

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Faith and Mental Health

Rolande Chernichan
National Chairperson of Faith

"When the righteous cry for help, the Lord hears, and rescues them from all their troubles. The Lord is near to the broken-hearted, and saves the crushed in spirit." (Psalm 34:17-18).

There has been much progress in understanding the complexity of mental health and diminishing the stigma associated with it. The World Health Organization (WHO) defines mental health as "a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development. [It] is more than the absence of mental disorders [and] exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes."

WHO advises that depression is a common mental health issue and a leading cause of disability globally. Its effects "can be long-lasting or recurrent and can dramatically affect a person's ability to function and live a rewarding life." Social isolation and loneliness affect both physical and mental health. Statistics Canada reports that "the prevalence of selected mood and anxiety disorders was found to have increased substantially over the past 10 years" and that increases in the prevalence of mood and anxiety disorders were even larger among youth aged 15-24 years old. "The effects of the pandemic on mental health were also greater for young people…."

Members' Christian faith calls them to live the greatest commandment, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. …You shall love your neighbour as yourself" (Mt 22:37-39). Members' Catholic faith offers them the corporal and spiritual works of mercy as avenues to live love in life's everyday circumstances. How do members accompany those whose mental health is the cause of their suffering?

The *Catechism of the Catholic Church* speaks of "the dignity of the human person and to the respect due to the living God, his Creator." The church's compassion for those suffering from mental illness is captured in the words of St. Pope John Paul II, who, in 1996, said, "Whoever suffers from mental illness 'always' bears God's image and likeness in himself, as does every human being. In addition, he 'always' has the inalienable right not only to be considered as an image of God and therefore as a person, but also to be treated as such. …Christ took all human suffering on himself, even mental illness. Yes even this affliction, which perhaps seems the most absurd and incomprehensible, conforms the sick person to Christ and gives him a share in his redeeming passion."

The Canadian Conference of Catholic Bishops advocated to the federal government in May 2023 "that persons living with mental health challenges, including mental illnesses, and their caregivers require more support, encouragement and resources. Individuals and families can attest that **healing and hope are possible** with the accompaniment of qualified mental health caregivers as well as the support of families and engaged communities."

In solidarity with those suffering from mental health challenges and recognizing the contributions of those who accompany them with compassion, the United States Conference of Catholic Bishops offers a novena for mental health at usccb.org/mental-health-novena#tab--introduction.

The Catholic Health Alliance of Canada, in its publication *Healing the Whole Person: A Rationale for Spiritual and Religious Care in the Health Care Setting*, states, "Research consistently identifies a link between a person's spirituality and positive outcomes for their health. …Care of a person's health goes beyond addressing their physical or medical needs. Spiritual well-being is increasingly seen as another aspect of wellness and a determinant of health. …A patient's or resident's spirituality affected their physical or mental health in a positive manner."

The National Alliance on Mental Illness expresses that while benefits vary, religion and spirituality can help people tolerate stress by generating peace, purpose and forgiveness, creating a positive impact on their mental health.

Canada's Department of National Defence promotes spiritual health and well-being. "As military personnel, we want to develop our physical health and mental well-being….Spiritual health can be an elusive topic. The irony is that robust spiritual health is an essential part of what makes each person healthy and balanced. It is like food for the soul and ought not be ignored.…Being healthy spiritually is a vital part of being a healthy human being."

"Most people do not develop a mental health condition despite exposure to a risk factor and many people with no known risk factor still develop a mental health condition (WHO)". Mental health is dependent on families and society being supportive and compassionate. A person's mental health requires ease of access to available and affordable medical treatment, which may include pharmaceuticals and therapy. Trained pastoral care to accompany the person's spiritual dimension is also a vital component of mental health. Considering the League's national theme, *Here I am Lord, send me*, where does members' faith call them to respond in accompanying persons living with mental health challenges? †

Effective Communication Starts With Each of Us

Dorothy Johansen
National Secretary-Treasurer

The *Members' Communication Guide* lists the following goals of effective communication:

- To create a relationship and emotional engagement with the audience.
- To convey information and instructions in a clear, concise and timely manner.
- To assign and distribute tasks.
- To establish a way to receive feedback.

League communication takes place by many methods and covers many topics. To make communication more useful, it might be helpful for members to decide what kind of information they would like to receive, and how and when they would prefer to receive it. This should give their executive a better idea of how to reach out to members. It would help the executive to understand if the communication methods are working or need improvement.

Each communication needs to have content. The scope of the content can be local, diocesan, provincial or national in nature. The content could be about upcoming events, highlights of past events, member stories or news, changes in how the League does things, or opportunities for increasing in faith, providing service, or advocating for social justice. Communications may also be requests for volunteers or opportunities for members to participate in an activity.

Every council has favoured methods of communication that are used to reach members, depending on the abilities of the sender and the size of the council. These methods also depend on what they would like a member to know, and the timeliness of the information. Some of the identified methods are:

- in person at a meeting
- in a newsletter or bulletin
- by telephone call
- by email, mail, notes and cards
- through communiques, reports, text messaging
- by posting to social media in a private group using Facebook or Instagram.

If you would like to know more about effective communication, it is recommended to read the *Members' Communication Guide* (#645) available on the national website. †

104th Annual National Convention Program

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

SATURDAY, AUGUST 10

6:00-9:00 p.m. Fiesta Filipino, St. Patrick Parish (ticket required)

SUNDAY, AUGUST 11

9:00-1:00 p.m. Wanuskewin Heritage Park Tour (ticket required)

2:00-3:30 p.m. Resolutions dialogue

6:00-8:00 p.m. Official opening, Eucharistic celebration and reception, Cathedral of the Holy Family

MONDAY, AUGUST 12

8:00-9:15 a.m. Eucharistic Celebration

9:30-10:30 a.m. Plenary Session
- Welcome
- National President's Message
- National Spiritual Advisor's Message
- Introductions
- Greetings from Invited Guests

10:30-11:00 a.m. Health Break

11:00-12:00 p.m. Plenary Session
- Synod on Synodality, Bishop Lobsinger and Barbara Dowding

1:30-1:45 p.m. Reconvening Prayer

1:45-2:30 p.m. Plenary Session
- Papal Doctrine of Discovery, Archbishop Bolen

2:30-3:00 p.m. Health Break

3:00-4:15 p.m. Breakout Session
- Here I am Lord, Send Me, Leah Perrault

4:15-4:30 p.m. Commissioning of Life Members

6:30 p.m. Pirates on the Saskatchewan River Banquet (ticket required)

TUESDAY, AUGUST 13

8:30-9:30 a.m. Eucharistic Celebration

9:45-10:45 a.m. Plenary Session
- Voluntary fund presentations

10:45-11:00 a.m. Health Break

11:00-12:00 p.m. Break Out Sessions
1. Catechesis, Christina Mines
2. WUCWO, Barb Dowding
3. Palliative Care, Jacqueline Saretsky

12:00-1:15 p.m. Life Members' Luncheon (ticket required)

12:00-1:15 p.m. Spiritual Advisors' Luncheon (ticket required)

1:30-1:45 p.m. Reconvening Prayer

1:45-2:45 p.m. Break Out Sessions
1. "1" for All and All for "1", Betty Colaneri
2. Leadership – No Greater Love!, Fran Lucas
3. Social Media - Connection, Dorothy Johansen

2:45-3:00 p.m. Health Break

3:00-4:00 p.m. Break Out Sessions
1. Walk with Him, Rolande Chernichan
2. Move Me, Engage Me, Embrace Me, Joline Belliveau
3. Be Not Afraid: An Interactive Workshop on Crafting Resolutions, Glenda Carson

4:00-4:15 p.m. Memorial Service for Deceased Members

6:30 p.m. Provincial Dinners

WEDNESDAY, AUGUST 14

8:30-9:00 a.m. Morning Prayer

9:00-10:30 a.m. Annual Meeting of Members
- Call to order
- Adoption of standing rules
- Adoption of agenda
- Credentials report
- National President's Report
- National Spiritual Advisor's Report
- National Secretary-Treasurer's Report
- Executive Director's Report

10:30-10:45 a.m. Health Break

10:45-12:00 p.m. Annual Meeting of Members
- Presentation of Resolutions
- Registration Report
- Adjournment

12:00-1:30 p.m. Honorary Life Members Luncheon

1:30-1:45 p.m. Reconvening Prayer

1:45-3:45 p.m. Plenary Session
- Presentation by 2025 convention committee
- Implementation committee final report
- Unity outreach taskforce presentation
- Q&A session

5:00-6:15 p.m. Closing Eucharistic Celebration & Reaffirmation of Officers, Holy Spirit Church

7:00-9:30 p.m. Gala Banquet (ticket required)

THURSDAY, AUGUST 15

9:15-12:30 p.m. Breakfast at the Berry Barn (ticket required)

Coping With Stress

Joline Belliveau
National Chairperson of Service

Even in our darkest places,
there is the light of Christ's graces.

A well-looked-up verse in the bible is a response to fear, "…do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand" (Isaiah 41:10).

St. Pope John Paul II frequently used the phrase, "Do not be afraid" throughout his papacy. In Poland, he faced the worst of humanity—the Nazis, the communists— and he continued to encourage others with this phrase. He bore witness to his Christian faith.

The angel Gabriel comforted Mary, saying, "Do not be afraid". Despite her fears, Mary trusted God.

Perfect love casts out fear. If we crumble within ourselves, we become fearful. Stress and fear challenge our strength. If we face our fears, and we love ourselves, we open ourselves and destroy our fears.

The term "finitude" means the state of having a limit, boundary or end. Having limits can make us feel stressed or anxious. Christian philosopher Paul Tillich identified four states which cause fear—time, space, causality and substance.

- Time: Time is always moving forward; we are heading toward death.
- Space: We live in a particular place, and experience our environment and the uncertainties that follow.
- Causality: Things exist that do not have to exist. How does it feel to be dependent, e.g. being dependent on parents, on food, on temperature, on oxygen?
- Substance: I am a particular thing. I can undergo a substantial change. I can be destroyed.

When we argue with ourselves, there's a voice inside our head that causes stress and conflict. We need to lower the volume of this voice to create peace within us. When feeling tense or overwhelmed, we can take a walk, breathe deeply, rest, appreciate nature or meditate. We can engage in activities that bring us joy. These stress-relief practices, if done consistently, decrease stress levels.

And yet, stress can also be good for us. If you are in a stressful situation, your body might use stress to help face the challenge. Our faith is a strength that helps us face any situation, not a way to escape.

Stress helps us face new challenges and pushes us to do things we never thought we could. It takes us out of our comfort zones, like how the apostles faced opposition in their ministry.

We all have doubts and must overcome weaknesses and fears. Don't fear the future. There is a limitation placed on us as to how much we can control in our lives. If you need help, trust a Catholic professional. Trust that God is in charge. †

Prayer for stressful situations

Lord Jesus, we ask you to give us all-around peace in our mind, body, soul and spirit.

We want you to heal and remove everything that is causing stress, grief, and sorrow in our lives.

Please guide our path through life and make our enemies be at peace with us.
Amen

GIFT FOR TODAY AND TOMORROW

***Though your beginning was small, your latter days will be very great.* (Job 8:7)**

How often do you get everything you either wished, or prayed for? That's exactly what the members of the League have received!

In 2018, members were asked what the League of the future should look like. They were consulted and gave their voice to the needs they felt would help bring that vision to reality.

After almost five years of work, the implementation committee and the 104 working group members have gifted the League with a toolbox overflowing with wonderful resources. These resources will meet the needs of members across the country.

All the strategies for the three goals and the critical issues have been studied and a plan of action was taken. Many types of resources were created—presentations and prayer services, bookmarks and placemats, templates for newsletters, buttons and posters, and marketing ideas. Four working groups are finishing up their work. The implementation committee will finish all projects by June 30th.

ENVISIONED FUTURE

The Catholic Women's League of Canada is an inclusive and engaged community of Catholic women inspired by faith. It is:

A vital participant in the church;

A valued partner for social justice;

A respected advocate at all government levels;

Connected to the world.

Goal 1:

Members of The Catholic Women's League of Canada grow in faith by sharing, witnessing, and developing leadership skills to create positive change.

Under the leadership first of Lisa Henry and now Christa Grillmair, Goal 1 working groups gifted many resources to the League. They generated a total of 38 resources including 26 videos and several marketing campaigns. There have been six working groups under this goal:

- Reorganization
- Marketing
- Training and Development using Technology
- Effective Communication
- Recruit Parish Leaders
- Evaluate Spiritual Programs

These working groups developed programs to inform, educate and train. They developed marketing resources that include three video series, *Why Become a Member, What's your CWL* and *Powerful Stories*. They created and then elaborated on the 52 words contained in the national sisterhood map to encourage members to "share the words". The reorganization working group made recommendations to the national board. The recommendations resulted in an instructed vote which changed the structure of the League at all levels.

Goal 2:

The Catholic Women's League of Canada addresses and supports Catholic social teaching through advocacy.

Under the leadership of Sr. Susan Scott, working group members generated a total of 28 resources. There were four working groups under this goal:

- Catholic Social Teaching
- Collaboration with Government
- Advocacy
- Collaborate with Faith Organizations

These groups created a range of resources. These include workshops, complete with PowerPoints, handouts and speaker notes. The topics are advocacy and government relations. They also created extensive listings of resources. These resources cover the seven key principles of Catholic social teaching. One video was produced to help members understand the call to develop and improve relationships with sister Christian churches, as well as with other faiths. The video is called *Importance of Ecumenical and Interfaith Relationships*.

Goal 3:

Through outreach and service, members of The Catholic Women's League of Canada foster a culture where all life is valued with dignity and respect.

Under Jacqueline Nogier's leadership, goal three working groups created 28 resources that can be used by councils. There were eight working groups under this goal.

- Spiritual Formation
- Toolkits
- Encourage Diversity
- League Misconceptions
- Increase Connectedness
- Encourage Generational Activity
- Actively Engage Members
- Networking with Catholic Organizations
- Mentor Members

These working groups created a variety of resources. These include copyright prayers and spiritual programs and ideas to help eliminate misconceptions about the League. The groups created toolkits for faith, service and social justice. They also created a newsletter template to make it easier to start a parish council newsletter. In addition, they came up with ideas on how members can stay connected and how diocesan councils can stay connected with their parish council counterparts. Lastly, they created pamphlets for sharing information about the League and Catholic organizations across the country.

Continued on next page.

Gift for Today and Tomorrow

Continued from previous page.

Critical Issues

Provide valid options in structure and meetings.

Address the lack of participation and engagement, disparity in engagement levels and competition for members and prospective members' time.

Address the perception of the League, its marketing and promotion.

Address the lack of training of members and the resistance to taking on leadership roles.

Improve the use of technology, communication methods and tools.

Under the leadership first of Sharon Ciebin, and later Sr. Susan Scott and Jacqueline Nogier, these critical issues were addressed in various ways. This was done in part by creating five resources. There have been six working groups under this goal.

- Affirmation
- Strategic Leadership
- Smartphone App
- Education on Core Purpose
- Software to Facilitate Collaboration
- Redesign Criteria and Eligibility

These working groups explored the possibility of creating a smartphone app. They also created the much-loved *Welcome Program* and the *Joy of Leadership* workshop. In addition, they created placemats and bookmarks and a presentation to teach members about the core purpose and the objects of the League. The software to facilitate collaboration working group is finishing up its work by publishing a collaboration software guide. The smartphone app working group made recommendations to the national board about types of apps that might be worthwhile for the League to create. Ultimately, it was decided that this work would be absorbed by the national board. The redesign criteria and eligibility working group is finishing up its work. It will be making recommendations to the national board on possibly changing the criteria to run for higher office.

Each resource has been tailored for members to use either in their personal lives and education, and at every level of the League including diocesan, provincial and national levels.

To move forward in the journey, one crucial question must be answered by members, "What am I personally doing to ensure the growth of the League?" There are various programs and resources available to help with this, which can be found on the national website. Consider exploring these resources as they can help us work together towards furthering God's kingdom on earth, as it is in heaven. Together, let's strive towards growing the League of the future! ✝

Congratulations to councils celebrating anniversaries!

90 YEARS
St. Paul Parish Council
Summerside,
Prince Edward Island

75 YEARS
Christ the King Parish Council
Courtenay,
British Columbia

70 YEARS
St. John the Evangelist Parish Council
Arthur,
Ontario

The League Prayer and The Theme Prayer Woven Together

Mary Hunt
Alberta Mackenzie Provincial President

These prayers speak to intentional discipleship and membership in the League. Members are invited to put faith into practice everyday and assist others in doing the same. Let us think about where we see Christ in our lives and how we can spread his light to others.

We humbly pray you, O God our Father

Heavenly Father, through the ages, you have called many to serve you.

Reflection: Lord so often we forget that you are God. When we come to you, we often tell you what to do instead of surrendering ourselves to the reality that you will take care of everything. We are here to serve you.

To bless The Catholic Women's League of Canada

Now today, we too hear your call to come and follow, to bring our gifts to your service.

Reflection: Humbly we ask you to bless us and to let your light shine upon us and our work.

Bless our beloved country

Reflection: We ask you to favour our country with wisdom, peace and justice.

Our homes and families

Reflection: Please favour them with harmony, forgiveness, understanding, joy and love.

Send your Holy Spirit upon us to give light to our minds

In order that we may be your instruments in the building of your kingdom.

Reflection: Remind us of our baptism when our minds are opened to the truth of your love for us.

And strength to our wills

Help us, O Lord to make our reply…

Reflection: It is your Spirit living within us that nudges us to have the courage to live the truth.

That we may know and fulfill your great law of charity

***…Here I am Lord, send me* with full and generous hearts.**

Reflection: With your Spirit within us and knowing the truth we can live your great law to love our God with our whole heart, soul, mind and strength and love our neighbour as ourselves.

Teach us to share with others

All were different, and each brought unique gifts to your service.

Reflection: Help us to recognize that all we have comes from you and that we can share because you will replenish.

At home and abroad

Reflection: Knowing that you are a universal God helps us to be open to the needs of others no matter what religion or culture.

The good things you have given us

Reflection: Help us to be mindfully grateful for all the gifts and blessings you have given us.

This we ask through our Lord Jesus Christ

Now today, we too hear your call to come and follow to bring our gifts to your service.

Reflection: It is our Saviour who saves us from harm.

And the intercession of our patroness, Our Lady of Good Counsel

We ask that you hear and answer our prayers through Christ our Lord.

Reflection: Our Blessed Mother takes our requests to him.

Amen

Reflection: The concluding response to our heartfelt prayers †

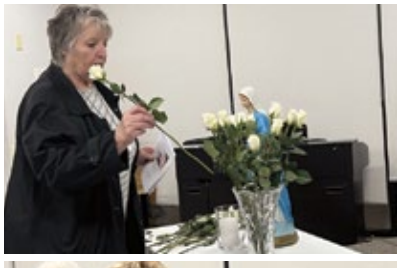
Spotlights

St. Michael Parish Council (London, Ontario) St. Michael Parish Council celebrated a successful membership drive the weekend of October 28-29, 2023. Members displayed CWL sashes at every Mass, and served as greeters, gift bearers, lectors and Eucharistic ministers. They welcomed parishioners for coffee and treats, answered questions, and managed the membership table. 25 new members joined! Congratulations to Darlene Charette who worked so hard with her team of volunteers to make it happen.
(December 1, 2023)

St. Michael Parish Council (Leduc, Alberta) Members from St. Michael Parish Council displayed their more than 40 personal Nativity scenes and crèches in the church meeting room. These were viewed by the congregation after the weekend masses as well as by the sisters during the annual Christmas party. They are hoping to make this an annual tradition.
(January 15, 2024)

Lake Huron Catholic Family of Parishes (Ontario) The six parish councils of the Lake Huron Catholic Family of Parishes collected 806 pairs of new warm winter socks for Ark Aid Street Mission in London. Dianne Tucker delivered the socks and prayer shawls to Fr. Michael Bechard. The contributing six parish councils are St. Boniface (Zurich), St. Peter (St. Joseph), St. Peter (Goderich), Our Lady of Mount Carmel (Mount Carmel), Immaculate Heart of Mary (Grand Bend) and Precious Blood (Exeter).
(December 21, 2023)

Charles Garnier Parish Council (Kelowna, British Columbia) St. Charles Garnier Parish Council held its November meeting with a memorial Mass and empty chair ceremony. Past presidents took turns reading the names of deceased sisters. Fr. Sebastian Puthenpura spoke about being reconciled with God, ourselves, our families and friends.
(December 18, 2023)



Catholic Girls League of Sarnia-Lambton (Ontario) The Catholic Girls League (CGL) of Sarnia-Lambton started in 2017 and they hand out invitations to join to girls making their first communion. They have already had at least two of their members age out of the CGL and transfer to the CWL! The League is very proud to have their involvement!
(January 26, 2024)

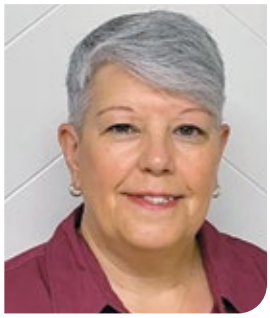
Holy Redeemer Parish Council (Charlottetown, Prince Edward Island) Helen Larkin, a member of 47 years, hosted a Christmas potluck for Holy Redeemer Parish Council. Everyone brought food items, toys and clothing to be donated, and they did a "Yankee Swap". It was an amazing afternoon of fun, camaraderie and thanking each other for their help throughout the year.
(February 7, 2024)

St. Joseph Highland Creek Parish Council (Scarborough, Ontario) Chartered on November 5, 1953, St. Joseph Highland Creek Parish Council celebrated its 70th anniversary. The celebration was held with Auxiliary Bishop Vincent Nguyen (Toronto), spiritual advisor Fr. Francis Folleh, former spiritual advisors Fr. Oliver Iwuchukwu and Fr David Okenyi, associate pastor Fr. Arinze Onwuzulike, Toronto Diocesan President Sue Lubowitz, 15 parish council presidents, including Honorary Life Member Betty Anne Brown Davidson, and about 120 members! After Mass, high tea luncheon and program was held in the hall. It was an amazing celebration.
(November 20, 2023)

St. Lawrence Parish Council (Mulgrave, Nova Scotia) St. Lawrence Parish Council gathered on August 26, 2023, to celebrate its 100th anniversary. The Mass was held by Bishop Wayne Joseph Kirkpatrick with parish priest Fr. Allan MacPhie and past spiritual advisors Frs. Bernard MacAdam, Tom MacNeil and Bill Crispo, and Deacon Berkley Guthro. In celebrating this milestone, members honoured the women who dedicated their time, talents and energy to making a difference.
(November 17, 2023)

St. Joseph Catholic Girls' League (Moose Jaw, Saskatchewan) St. Joseph Catholic Girls' League made Christmas wreaths with some of the women at West Park Crossing Assisted Living Centre. After making the wreaths, they prayed a decade of the rosary with the Catholic women.
(February 18, 2024)

Introducing



Karen Rossiter

Prince Edward Island
Provincial President

Karen was born and raised in the small community of Selkirk, Prince Edward Island and graduated from Souris Regional High School. In 1995, she graduated with honours from the tourism and hospitality program at the Atlantic Travel and Hospitality Institute as a travel agent. In the early 1990s, she taught English and studied martial arts in Japan for four years.

In 2003, she graduated from Holland College's diploma program in practical nursing. After working in acute care for Health PEI for 18 years, Karen has recently taken a position in a health clinic to allow more time for the League.

A member for 12 years at St. Peter Parish Council (St. Peter's Bay), Karen has held the positions of secretary and president, and currently holds the position of past president. She has been on the provincial council since 2014, as recording secretary, president-elect/chairperson of organization and now, as provincial president.

Karen has had many meaningful experiences over the past six years, including her work as accommodation chairperson for the 2017 annual national convention, member of the misconceptions working group (2018-2021) and as a participant in the smartphone focus group and app discussion group for the strategic plan in 2022. She also completed the Catholic Women's Leadership Foundation program (2021-2022) and the Four Seasons of Reconciliation Program online (2023). She engages in many parish activities in her home parish of St. Peter's Bay and her former parish of St. Charles.

The League has enabled Karen to meet many wonderful women, she shares. It has also allowed her to grow in faith and advance her leadership skills in ways she never thought possible. Her passion for the League continues to grow, and she looks forward to what the future has in store for her. †

NEW & REACTIVATED COUNCILS

September 2023 – January 31, 2024

COUNCL NAME	NEW/REACTIVATED	DIOCESE	DATE ORGANIZED/REACTIVATED
St. Peter & St. Paul, Durham	Reactivated	Hamilton	January 10, 2024
Holy Trinity, Windsor	Reactivated	London	November 29, 2023

2025 ANNUAL NATIONAL CONVENTION, TORONTO, ONTARIO

APRON FUNDRAISER

This handy apron, available in blue, is imprinted with the League crest. It is a one size fits most with a neck strap and waist ties to keep the apron in place. There are two spacious front bottom pockets to hold pens, paper pads, cell phones and other essentials. Great for those League functions.

Price: $20.00 each + $6.00 postage & shipping**

** For orders of two or more please contact Lucia Vacca by email or telephone number provided for more shipping cost details.

Make cheques payable to:
The Catholic Women's League of Canada

Send your order and payment to:
Lucia Vacca 187 Calverley Trail, Toronto, Ontario M1C 3Y4

For more information:
Email: lucia.vacca@sympatico.ca or Telephone: (416) 283-3536

HAPPY Birthday

Congratulations to the following centenarians!

Emma Carrier
106 years old on
January 25, 2024
St. Michael Parish Council
Leduc, Alberta

Angeline (Angie) Charlebois
105 years old on
December 18, 2023
St. Bartholomew
Parish Council
Levack, Ontario

Margaret Clemow
104 years old on
February 28, 2024
Our Lady of Fatima
Parish Council
Renfrew, Ontario

Marguerite Hilcox
104 years old on
February 2, 2024
Immaculate Concenption
Parish Council
Stratford, Ontario

Joan Miller
103 years old on
December 29, 2023
Sacred Heart Parish Council
Walkerton, Ontario

Mary Ratell
103 years old on
August 13, 2023
St. Paul Parish Council
Summerside, Prince
Edward Island

Antoinette Boudreau
102 years old on
February 10, 2024
St. Anthony Parish Council
GlenLevit, New Brunswick

Ruth Heron
102 years old on
December 6, 2023
St. Patrick Parish Council
Fort Augustus, Prince
Edward Island

Marie Hope
102 years old on
December 26, 2023
St. Andrew Parish Council
Thunder Bay, Ontario

Beth Piche
102 years old on
August 27, 2023
St. Joseph Calasanctius
Parish Council
North Battleford,
Saskatchewan

Margaret Shaw
102 years old on
January 26, 2024
St. Andrew Parish Council
Vulcan, Alberta

Florence Airth
101 years old on
February 28, 2024
St. Eugene Parish Council
Hamilton, Ontario

Josie Korte
101 years old on
January 12, 2024
St. Ann Parish Council
Flin Flon, Manitoba

Jean Landry
101 years old on
February 1, 2024
St. Peter Parish Council
Cornwall, Ontario

Mildred Smith
101 years old on
December 24, 2023
St. Croix Parish Council
St. Stephen, New Brunswick

Mary Alves
100 years old on
December 13, 2023
St. Mary Parish Council
Brampton, Ontario

Anne Corrigan
100 years old on
January 2, 2024
St. Gertrude Parish Council
Oshawa, Ontario

Iona Doherty
100 years old on
August 20, 2023
St. Peter Parish Council
Cornwall, Ontario

Laurianne Gaucher
100 years old on
May 31, 2023
St. Joseph Parish Council
Moose Jaw, Saskatchewan

Aline Hass
100 years old on
February 25, 2024
St. Eugene Parish Council
Hamilton, Ontario

Theresa Hayduk
100 years old on
December 21, 2023
St. Matthew Parish Council
Edmonton, Alberta

Maria Hermes
100 years old on
November 17, 2023
St. Martin of Tours
Parish Council
Terrace Bay, Ontario

Mary (Agnes) Kennedy
100 years old on
December 8, 2023
St. Ninian Parish Council
Antigonish, Nova Scotia

Margaret Krzyczkowski
100 years old on
November 4, 2023
Immaculate Concenption
Parish Council
Sexsmith, Alberta

June Lenehan
100 years old on
December 1, 2023
Corpus Christi Parish Council
Windsor, Ontario

Judith McGibbon
100 years old on
December 4, 2023
Holy Cross Parish Council
Winnipeg, Manitoba

Cecile O'Rourke
100 years old in January 2024
Our Lady of Guadalupe
Parish Council
Windsor, Ontario

Dorothy Purschke
100 years old on
February 17, 2024
Our Lady of Good Counsel
Parish Council
Skaro, Alberta

Harriet Reitzel
100 years old on
November 8, 2023
St. John Parish Council
Kitchener, Ontario

Natalia Sargent
100 years old on
October 14, 2023
St. Ann Parish Council
Quesnel, British Columbia

PUBLICATIONS MAIL AGREEMENT NO. 40007536

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO
CIRCULATION DEPARTMENT
C-702 SCOTLAND AVENUE
WINNIPEG, MB R3M 1X5