



The Catholic Women's League of Canada

SPECTRUM

Fall 2016

Newsletter of the Hamilton Diocesan Council
www.cwl.hamilton.on.ca

ONE HEART
VOICE
MISSION



From the Editor

Welcome to the fall edition of the SPECTRUM.

September is here. Our children are off to school. We're back into our routines. I hope that one of those routines includes settling down with your copy of the SPECTRUM to stay in touch with your sister's in the league.

The SPECTRUM allows the diocesan executive to keep you up to date on happenings throughout the diocese, provincial and national offices of the Catholic Women's League. It also provides you with the opportunity to share your good works, milestones and awards of your council with your league sisters. Thank you to the councils who made submissions.

The deadline for the spring issue is **January 31, 2017**.

Please use *Calibri 12 font*, and make sure you include the information of your parish council, municipality, and a contact person.

Send your submissions to me at: kristinepaul@rogers.com

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TAKE TIME

*TAKE TIME to think –
It is the source of power
Take time to read –
It is the foundation of wisdom.*

*TAKE TIME to play –
It is the secret of staying young.
Take time to be quiet –
It is the moment to seek God.*

*TAKE TIME to be aware –
It is the opportunity to help others.
Take time to love and be loved –
It is God's greatest gift.*

*TAKE TIME to laugh –
It is the music of the soul.
Take time to be friendly –
It is the road to happiness.*

*TAKE TIME to dream –
It is what the future is made of.
Take time to Pray –
It is the greatest power on earth.*





Hamilton Diocesan Council
The Catholic Women's League of Canada

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DIOCESAN PRESIDENT

Congratulations to all councils for your works of spiritual and corporal mercy on this The Jubilee Year of Mercy. It was wonderful hearing what councils are doing and it was a pleasure to pass this information on to Provincial Council who in turn will pass on to National Council.

Instead of giving a rundown of what happened at the conventions, I will inform you at the Regional Meetings. Please find a couple of resources – Beatitudes of a Leader and Why am I a Member.

Beatitudes of a Leader

Blessed is the leader who knows where she is going, why she is going, and how to get there.

Blessed is the leader who knows no discouragement, presents no alibi.

Blessed is the leader who knows how to lead without being dictatorial.

Blessed is the leader who leads for the good of the most concerned, and not for the personal gratification of her own ideas.

Blessed is the leader who develops leaders while leading.

Blessed is the leader who has her head in the clouds, but her feet on the ground.

Blessed is the leader who considers leadership an opportunity for service.

Leading the League – Training

WHY AM I A MEMBER?

The Catholic Women's League of Canada is a powerful vehicle representing more than 80,000 Catholic women, expressing their concerns and acting upon issues of the present time. To a member, the League is a gift of faith, friendship, leadership development, support and affirmation.

The League is the blueprint for all Catholic women. Through standing committees, members feel the pulse of what is happening in church and society. The resolutions process promotes the rights and dignity of all persons.

The League gives members the opportunity to serve as Beatitude women "For God and Canada." Together we share our gifts and watch wonderful works happen.

May Our Lady of Good Counsel continue to guide us in our work for God, Canada and the Catholic Women's League!

Blessings and Hugs

Ana Sousa

Hamilton Diocesan President

amsousa@rogers.com



Blessed Mother Teresa said, "To keep a lamp burning, we must keep putting oil in it."

Have you thought of yourself as a lamp? A lamp shines, illuminates, enlightens, shows the way, glows softly or burns brightly.



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PAST PRESIDENT AND HISTORIAN

Fall 2016

Dear Sisters in the League;

As you read this issue of the Spectrum, many councils will have begun their new season of activities. Enjoy all of them. One of those activities may be the election of new members of your parish council.

- Have you appointed a nomination committee? The past president is usually the chair of that committee.
- Have you read Part XVI page 37 of the Constitution & Bylaws re: Elections?
- Have you read Section 7 page 101 of the National Manual of Policy & Procedure re: Elections?

There is a workshop on the national web site cwl.ca "**A Short Exercise in Discernment**" that you may find useful.

Serving on a league council is a rewarding experience. Take your time to make your decision to serve. Get involved. All of us have special talents and gifts that we can share with our councils. As we get involved and serve, we grow in our faith and our skills. We will become those spiritual, gracious, humble and compassionate leaders in our church, society and the League.

May Our Lady of Good Counsel continue to guide you in your work for God, Canada and the League.

God bless

Anna Brady

Hamilton Diocesan Past President & Historian

philpop58@aol.com

*"Lord, help me to remember that nothing is going to happen to me today that
You and I can't handle!"*

Fall 2016

SPECTRUM

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The following article was printed in the Spectrum, Spring 2015

Discerning as a Member of The Catholic Women's League

The following is taken from the flyer
Discerning: My Call to Service

League Prayer

We humbly pray you, O God our Father, to bless the Catholic Women's League of Canada. Bless our beloved country, our homes and families. Send your Holy Spirit upon us, to give light to our minds and strength to our wills, that we may know and fulfill your great law of charity. Teach us to share with others, at home and abroad the good things you have given us. This we ask through Our Lord Jesus Christ and the intercession of our patroness, Our Lady of Good Counsel. Amen

In the League Prayer, we ask our Creator God to "Send your Holy Spirit upon us to give light to our minds and strength to our wills..." and God will...and God does. The Spirit works within us....shows us what we are called to do and to be....the Spirit nudges us....leads us....pulls us....

We have been gifted by Creator God, gifted with charismas, gifts that are given to be used for others....special gifts for the good of others....God calls us to recognize, develop and use these gifts....in our journey with our sisters and with Christ in the League.

Prayer for Discernment

Father, we ask you now to lead us, accompany us, and direct us, as we affirm our gifts and look to the future. Grant us perception, faithfulness, and joy that we may hear your still small voice. And then, give us the courage to walk with you along the way. We ask this in the name of Jesus, shepherd and pastor of our souls. Amen

Discernment Process

Discernment fits within a broader pattern of ongoing spiritual formation and discipleship development. This pattern is set in motion in our lives when we wake up to our longing for God's peace and healing and decided to follow Jesus' way of discerning and doing God's will. Discernment is one part of spiritually centered discipleship that opens us to God's movement in our lives. It flows out of a larger commitment to yield our attention, agendas and actions to God. Discernment is an ongoing process; a stance toward life. A discerning disciple has the attitude or intention to seek the presence, wisdom and compassion of the Spirit at all times and in all dimensions of life.

Steps

1. Identify the decision that faces us or the issue we need to resolve.
2. Examine the underlying values (human, Christian, spiritual) and personal concerns involved.
3. Take time to pray over the matter, paying attention to how we are being drawn or led.
4. Make a choice based on both the results of our **“head work”* and our **“heart work”*.
5. Discuss the matter with a spiritual companion.
6. Dialogue with those who will be intimately affected by the decision being made.
7. Live out our decision with courage, hope and trust.

**“Head work” includes weighing the matter with our reasoning process: research the relevant information, consult and resource persons when necessary, listen to all the different aspects of our being (needs, wants, desires...), and consider the pros and cons of the different options.*

**“Heart work” entails sitting with the choice that our reasoning has determined to be the best and check whether our feelings go along with what our mind has decided. If the feelings that surround the choice we have made are predominately enlivening and positive, we can consider this a sensible way to proceed. If the feelings are predominantly stifling and negative, we must keep the process open until we arrive at a decision that head and heart can both embrace. We and the Spirit are deciding together our will. What we want is what God wants for us: God’s will for us is what we decide.*

Consider carefully the gifts and talents with which we have been blessed by God. Each of us has been gifted by God. We are given these gifts to use them for/with others. The gifts we each have are not the same as the gifts that others have. Each gift is precious; none greater than another. These gifts are a part of God’s plan for us. We need to recognize these gifts and consider how our gifts and talents may best be developed.

Special Gifts

<u>Gift</u>	<u>Explanation</u>
Faith	believing and trusting in God
Wisdom	understanding and accepting God’s will
Love	offering yourself to others with an open heart
Discipleship	walking with others on their spiritual journey
Hope	understanding that the glass is half full
Understanding	knowing and living God’s word
Patience	waiting in hope for God’s call
Forgiveness	letting go and letting God
Humour	seeing the lighter side of life
Gratitude	giving thanks
Discernment	discovering God’s will – prayerful reflection
Service	giving to others

How is God calling you to serve?

Response Prayer

Response: The gift I have received, I will give as gift.

1. I have received mercy, kindness and unconditional love from our God. [R]
2. I have many physical, emotional, mental and spiritual abilities that can be used to better the lives of others. [R]
3. I have the courage in the face of adversity and a willingness to call on the power of God. [R]
4. I have a heart capable of great compassion, empathy and tenderness. [R]
5. I have inner strength, the grace of conversion, the gift of hope, the desire for good. [R]
6. I have the opportunity for spiritual renewal and growth in my relationship with God. [R]
7. I am able to evangelize through sharing the gospel story with others so that they can come to know God within and beyond our parish community. [R]
8. I have people who believe in me when I did not believe in myself; people who stand by me in difficult times. [R]
9. I have food on my table, clothes in my closet, and a roof over my head. [R]

Closing Prayer

Father in heaven you have gifted me with your love. Help me in my desire to serve you as a member of the League. Lead me to the best response in my call to service. Amen

The League Promise

For the glory of God and the good of God's people, I promise as a Catholic woman to honour, invoke and imitate our patroness, Our Lady of Good Counsel. I promise to be a loyal member of the Catholic Women's League of Canada and to promote its interest and growth in every way. I promise to co-operate with officers in all programs under their direction and to conform to the best of my ability to the bylaws of the organization in all League activities. Amen

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### Serving Others



***"Life teaches us that the only worthwhile endeavor is serving others."* Lewis Carroll**

Today I choose to serve others. I see that life is fuller and richer when I give of myself and when I am open to serving others. I am not here for myself alone. I am here to contribute to the happiness of others. When I help someone, I fulfill my divine mission. When I serve someone, I advance on the road to happiness and serenity. Success is based on sharing and exchange.

When I give generously, I know that I open the door to abundance in my own life. If I hold back and am reluctant to give, I create a sterile environment in which no life, no love and no exchange can manifest itself. When I give willingly, all of life's possibilities are available to me. (Taken from: Success, One Day at a Time)

### **My Skills**

***“If you nurture the seeds within you, they will lead you to salvation. If you fail to nurture the seeds within you, what you fail to nurture will ultimately destroy you.” Jesus Christ***

Each person has individual skills, qualities and aptitudes and each person uses them to reach self-fulfillment. When I look for a job or when I want to start a new career or a new business, the most important question I must ask myself is: How can I use my particular skills to do work that I enjoy? There is a relationship between my aptitudes, my talents, my strengths and the kind of work that is best suited to me. Too often, people choose a job or a career based on criteria that are not really important: prestige, what family members expect, salaries, location. I have my own special qualities. I must accept the challenge of developing my abilities and my talents regardless of preconceived ideas and any other factors. I must be true to my inner self and to my skills. (Taken from: Success, One Day at a Time)

### **The Light of Discernment**

Discernment is the ability to judge things soundly and clearly. It is the tool our intelligence uses to distinguish right from wrong and true from false. When I consider the amount of information featured each day in newspapers and on television, I realize just how essential discernment really is. Without it, how can I make up my own mind on events and how can I avoid blindly believing everything I'm told? Discernment even shows me where to place my trust, who to associate with and which people to make my friends. In short, without the light of discernment, we are blind, even in the strongest light of day. And, we leave ourselves open to disappointment. Sometimes I hear people talk about a sixth sense: instinct. "I had a good impression, a good feeling." I sincerely believe that we must listen more often to the messages that come to us from our inner selves. At times the sensation is vague, only a small doubt and we tend to say: "It's nothing. I'm jumping to conclusions." But if we take the time to dig a bit deeper, to listen more carefully, to ask a few questions, then we are likely to see that the conclusions we've drawn were right. (Taken from: *Success, One Day at a Time*)



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## ORGANIZATION

Dear Sisters in the League

As you may have heard over the past few months, the process for annual reporting will be changing. Newfoundland and Labrador, Quebec and one parish in Alberta piloted these new computerized annual reporting forms provincially and submitted positive feedback. As of now, the projected timeline has the Presidents receiving a mailing by mid-October with hard copies from National with instructions for completion and the report form links/access information distributed in the same package. This will then be due back to National by mid-December. It does not go to the diocesan executive. Provincial is aware that some communities have dialup service for their Internet and may not be able to do this on-line. However, where there is good service the expectation is that the forms will be filled in and sent on-line. It is the assumption that if a parish does not have access to a computer the hard copy may be completed and forwarded to National. I encourage you to be open to this new method of reporting. I am planning on attending a workshop in Toronto in mid-September to receive training on this new process and will be offering my assistance as we take on this new endeavour. The way the team plays together determines its success. Smile – we can do it!

As you prepare for the fall, you might want to go through the latest annual reports from the 2015 Annual Report book or previous books to see what ideas other councils have submitted for obtaining and maintaining membership. There is always at least one thing worth trying to give your membership drive a lift. Are members beginning to lose interest and eventually drop their involvement and stop renewing their memberships? In some councils, membership seems to be declining year after year: this is a sign to check and reignite the fire. Take steps to retain members. Why not step aside from the “we always did it that way” and try new ones? If you have members who just want to feel part of the organization - get them engaged. Each member has a talent. Why not personally ask them to share their talent, make them feel welcome? People will forget what you said, they will forget what you did, but people will never forget how you made them feel.

We need our membership to grow so that our voice is stronger when the National Council meets with government representative, bringing our resolutions and concerns to them. When they quote the number of members in the League (approximately 81,000), they know our “one voice and one mission” should be taken seriously as our “one heart” holds the power to sway votes.

We need to get back to our roots, learn more about our organization and not be afraid to embrace the future. Renewing our education in the Catholic Women's League can help us better appreciate our organization and hopefully attract new members and possibly some younger members. Browse our Catholic Women's League website [www.cwl.on.ca](http://www.cwl.on.ca) for background information, suggestions etc.

Check out the National Manual of Policy and Procedure - always some new information to be had. Take a few minutes at your meeting to deliberate on our Mission statement. Do we recite this at our meetings and understand what we are saying as a member of the Catholic Women's League? The Objects of the Catholic Women's League? This is something we don't always see written or posted. Maybe review it once in a while to see how your council is doing or has done an activity that falls under standing committees for each "object".

Have you reviewed the Catch the Fire or S'Mores Workshop that are available to help your councils and members? We offer both and are anxious to bring this training to your councils. Maybe a few councils could gather together to host one of these workshops? Our teams are ready and willing so please let us know when you would like us to visit and bring our knowledge to you. These programs deepen the faith, broaden the knowledge and lead members to encounter Jesus with One Heart, One Voice and One Mission. Whatever your needs, we have something to offer.

With many Catholic Women's League parish councils having elections this fall, consider starting early to invite members to let their names stand. Many won't consider taking an office because they don't feel prepared, don't know enough about the different positions on your executive and what they entail. We welcome new leadership at all levels but often we do not spend any time helping the new leaders - mentoring them. We cannot and should not expect people to step into any job knowing exactly what to do. Those who have already completed their term on the executive are best equipped to teach. As leaders we are like gardeners - we need to help people grow as we grow ourselves. We are all Sisters in the League!

May we continue to build the League together with new memberships, strong leaders and community of commitment to God and Canada.

May Our Lady of Good Counsel help us grow in mercy.

Joan Schurter  
Hamilton Diocesan President-Elect and Organization Chair





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## SPIRITUAL DEVELOPMENT

### One Heart, One Voice, One Mission



***Faith means believing in God, believing that he truly loves us, that he is alive, that he is mysteriously capable of intervening, that he does not abandon us and that he brings good out of evil by his power and his infinite creativity.***  
*Pope Francis, Evangelii Gaudium: The Joy of the Gospel*

Faith, to put your trust in God who loves you unconditionally. Take the first step by seeking out the Lord and being in his presence; then asking the Lord to touch your heart so that you may receive his grace and thirdly by sharing the blessings you have been given with others.

How do you grow in your faith?

***Loving others is the spiritual force that draws us to union with God. When we live out a spirituality of drawing nearer to others and seeking their welfare, our hearts are opened wide to the Lord's greatest and most beautiful gifts. Whenever we encounter another person in love, we learn something new about God. Whenever our eyes are opened to acknowledge the other, we grow in the light of faith and knowledge of God.*** Pope Benedict XVI

Do you remember the movie "Groundhog Day"? It involves a man (played by Bill Murray) who relives the same day over and over again (Groundhog Day) but the outcome is different each time because he changes his actions. Faith is a little like this movie. Each day, you have the opportunity to let God reveal something new to you that could change your action, but you also need to be willing to open your heart to listen and hear God's voice in order to receive it.

You can grow in faith through reading and reflecting on scripture, saying prayers, receiving the Eucharist (the ultimate prayer of God's love for us). Yet you can also grow in faith by watching and observing the actions of others. As a woman who did not join the Catholic faith until after marriage, I was not accustomed to the many rites and traditions of this faith. Though I am trying to learn more about the Catholic faith, my observations on the actions on Gospel values of others speak louder than words sometimes.

The reverence of the Spiritual Advisors when they bless themselves with the Sign of the Cross on the forehead, lips and heart before the Gospel is proclaimed. It is so that the word may enlighten our minds, cleanse our hearts and open our lips to proclaim the praise of the Lord.

At a CWL mass, when we recite the Lord's Prayer, the members join hands. This action makes me feel that we are all united as one. Not only that we all speak the same language but that we all have the same voice, praising God in thanksgiving.

When we, give the "sign of peace", not only do you give a blessing but sometimes a hug as well. For someone who hasn't received many hugs in the past this was a great feeling of being loved and special. At the last convention, I noticed a member going to a Mother and her baby who were standing in the back of the church, and I thought, how wonderful that she included them in this blessing rather than have them stand alone (as many feel).

Those members, who quietly volunteer their services for any and all events, yet need no recognition for their actions but serve with joy and love. I see Our Blessed Mother in their actions; one of humility and selflessness. In seeing their expression of joy and contentment, I am encouraged to try harder and do more for others.

When a President praised her executive for all their hard work in helping fulfill her vision of an event, it was a beautiful moment. It showed that when we all work together, we can make miracles happen. It also showed me her deep and abiding love of God and it was transforming.

At the provincial convention in Stratford, guest speaker Michelle O'Rourke spoke about "Jesus being present when two or more were gathered in his name." She stated that not only was God present in the encounter, but in the conversation and in the relationship that evolved from the interaction between the people involved. If you build a loving and compassionate relationship than that is what is translated to others.

When you receive the love of Jesus and experience his salvation it will urge you to share this love with others. So pray and ask for his grace daily so that your heart may be opened to receive his love.

You all have the gift to inspire others with your words and with your actions. Please let others see the love that you have for the Lord in all that you do and say, so they too can be transformed by seeing the love of Jesus.

Remember, you are the light of Christ, let your light shine.

Sincerely

Joyce Cotter

Spiritual Development Chair

## Day of Spirituality

The Day of Spirituality was filled with generosity of spirit, wonder at God's mercy and enlightened reflection. On June 25, 2016 at St. Ignatius Retreat Centre, Deermerton, 80 members (30 women from Holy Cross Croatian) participated in this event sponsored by the Hamilton Diocesan Catholic Women's League.

We began the day with Celebration of the Eucharist with Father John Redmond, Diocesan CWL Spiritual Advisor as Celebrant. Following Mass, members enjoyed fellowship and refreshments.

Our facilitator, Olga Protz led us in prayer and introduced us to our theme "Mercy, the Heartbeat of God." We were reminded that our God is a loving God and to be aware that we are in this loving presence, that this love surrounds us both individually and communally in gentleness, mercy and compassion.

The meaning of mercy is to look at the teachings from the Gospel. "We look to scripture, to the person of Jesus, to open our hearts and minds to mercy as shown by Jesus life, his words, his actions." Yet it is not until we truly experience mercy in our heart that we are transformed.

A few members shared their stories of faith where they experienced God's love, compassion, forgiveness and how that enabled them to be followers of Jesus in the world today. Members participated in a time of quiet reflection and prayer on how they had experienced God's mercy in their own lives.

Following a delicious lunch of soup and sandwiches, the scripture passage of Luke 7:36-50 the story of "The woman who was a sinner" was discussed and reflected on. God loves us unconditionally and when we recognize our sinfulness and weaknesses and ask for God's forgiveness, we can receive this mercy and grace to enter our lives and give us peace.

We closed the day with a very moving blessing ceremony in which we offered each other peace and prayer that they receive God's love and mercy.

It was a day that I can honestly say that we were transformed by God's message of mercy and love. May all of you receive... Mercy, the heartbeat of God.



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## COMMUNITY LIFE

As we welcome the Fall Season, we also return to our routine of meetings after relaxing over the summer months. I welcome you back as you continue doing good works towards others as Catholic Women under this committee.

Under the Community Life Committee you are reminded that we as Catholic Women are called to act upon five areas - **Dignity & Rights of Persons, Social & Economic Justice, Refugee, Immigration & Citizenship, Canadian Catholic Organization for Development and Peace and Developing Countries.**

There is never an end to the work that needs to be done.

We are called by Pope Francis to continue taking action by doing our good works in this Jubilee Year of Mercy, which draws to a close on November 20, 2016.

Over the year many parishes have welcomed Syrian Refugees and continue to welcome them. This is a year-long commitment. There are many websites available, including the Hamilton Diocese website at [hamiltondiocese.com](http://hamiltondiocese.com) Go to Pastoral Offices and click on "Office for Refugees".

Development and Peace is celebrating 50 years of Solidarity (Fall 2016 – Fall 2017). Visit their website [www.devp.org](http://www.devp.org) and see how you and your parish can get involved.

There is a need to fight Human Trafficking. Have you seen the short 5 minute video entitled "**I am Miriam**"? It is a short anti-trafficking video and can be found by googling "I am Miriam".

Support First Nation Peoples, Catholic Missions of Canada, St. Vincent de Paul, local food banks, the homeless, and help in all areas to eliminate poverty.

Through our prayers and compassion we can make a difference at home and abroad.

Mary Clark Community  
Life Chair



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## CHRISTIAN FAMILY LIFE

*"A vocation is a grace and gift of God in Jesus Christ. This awareness of the divine gives our vocation its deep meaning, in the perspective of our whole life." — Pope John Paul II*

The teachings of Catholicism encourage us to follow the value of Jesus Christ. Aside from your decision to follow Jesus your vocation is life's most important decision. Most people are called to marriage — to wholeheartedly love their spouse and to joyfully welcome children.

Both men and women can join religious orders, and their life and work varies. Some communities dedicate themselves to lives of prayer, while others work actively in schools, hospitals, etc. Religious life is bound by the vows of poverty, chastity and obedience.

Some people are called to serve God as a single person without marrying or taking special vows, but nonetheless serving the Church in a meaningful way. Some live their situation in the spirit of the Beatitudes, serving God and their neighbor.

Some men are called to be priests. A priest's job is to bring Jesus to the people and the people to Jesus — through preaching the Gospel and administering the Sacraments. A priest begins his journey as a seminarian and requires many years of schooling and formation. We can help them on their journey with prayers and by contributing to *Our Lady of Good Counsel Bursary for Seminarians*. The bursary is available to help seminarians with their studies and living expenses. More information can be found on our website.

In our Diocese, we have an annual Vocations Mass in September. This year I invite you to join us in prayer at St. Matthew's Church, 1150 Monks Passage, Oakville; Sunday, September 18 at 2 pm.

### **Prayer for Vocations**

*God, source of creation and love, you invite each of us to serve you through the gift of our life. May your grace encourage men and women to serve the church as priests, sisters, brothers and lay ministers. Make me an instrument to encourage others to give of themselves and challenge me to do the same. Amen.*

May Our Lady of Good Counsel continue to guide us in all we do for God and Canada.

Nancy Morley  
Christian Family Life Chair



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## EDUCATION AND HEALTH

It hardly seems possible that it's time for the Fall Spectrum. Wasn't it spring just a few weeks ago? Of course, spring and summer are convention seasons; maybe that's why it seems like the time has flown past. Many of you were at convention in Kitchener, despite the change of date and location. It was good to see you! Next year, we'll be back to our usual last weekend of May. The Provincial convention in July was in Stratford this year – close enough for a few from Hamilton diocese to attend at least part of it. And, finally, National convention in August was in Halifax (a little too far for me to travel), and a great success as usual.

Now that our annual meetings are finished, for that is what League conventions are, it's time to get back down to "women's" business – the business of improving our world. At National convention, four of the five resolutions that passed are about health concerns (and two of those four came from Ontario).

Please see the website (<http://cwl.ca/resolutions-by-year/>) for details about Resolutions:

- 2016.02 *Eating Well with Canada's Food Guide*;
- 2016.03 *Warning Labels on Food and Drug Products for all Inactive Substances and Additives*;
- 2016.04 *Amend the Canada Health Act to Identify Palliative Care as an Insured Health Service*; and
- 2016.05 *Amend the Canada Health Act to Include Home Care as an Insured Health Service*.

Previous resolutions, concerning health, including mental health can be found on the National and Provincial (<http://www.cwl.on.ca/resolutions>) websites. I would encourage you to find time to go to the websites and read the information. There may be one or two that are meaningful to you and your council and could be a component in one of your fall meetings.

September is also back-to-school time and a busy time for those members with children. In the spring Spectrum I suggested you show your support for a school staff that often feels underappreciated by sending an occasional note of thanks to a particular teacher or the staff in general. It won't be too much of an imposition on your time, but will make a difference in the life of the recipient (and by extension, the children in her/his class). Most teachers have families, too, and know what it feels like to be time-stressed. Your expression of gratitude will be a welcome gift.

Wishing all of you a wonderful “new” year!

*Linda Perron*

Education & Health Chair

(Linda.CWLoFCanada@gmail.com)

*As for me and my house, we will serve the LORD. (Joshua 24:15)*





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## COMMUNICATIONS

*"Your words, Lord, are spirit and life." John 6.63*

Dear Sisters in the League,

Looking for some upbeat reading regarding your sisters in the league? Are you reading your Canadian League Magazine? When is the last time you visited our national ([www.cwl.ca](http://www.cwl.ca)) and provincial ([www.cwl.on.ca](http://www.cwl.on.ca)) websites? Have you read the online newsletters available on each of those sites? What are you waiting for?

Now to a darker side. The most fundamental responsibility of any society is to protect its children.

An April 2016 media release states that since the Provincial Strategy to Protect Children from Sexual Abuse and Exploitation on the Internet began in August 2006, there have been 32,808 investigations that have laid 11,408 charges against 3,310 people. In addition, 870 child victims have been identified in Ontario, and another 173 child victims were identified internationally.

It is disturbing to read that tens of thousands of new images or videos are put on the internet every week and that hundreds of thousands of searches for child sexual abuse images are performed daily. This alone identifies the importance of the League's campaign to ensure government representatives at all levels are constantly reminded of the League's position on victimization of children which is in epidemic proportions.

Dirty old men? Not anymore. Those charged included men and women, some were youth; they included people from all walks of life; from all financial backgrounds.

*The Solution – first awareness; then action.* Pornography continues to be a blight on society so **educate yourself on Internet safety; continue to ask government what they're doing by sending the Pornography Hurts cards; and support our media and bus campaign financially.**

Kristine Paul  
Diocesan Communications Chair

Fall 2016

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## RESOLUTIONS

Fall 2016

***“Go forward in life with a twinkle in your eye and a smile on your face, but with great and strong purpose in your heart.”*** Gordon B. Hinkley

This last year has been a great learning curve for me. I took on this portfolio with some knowledge and great hopefulness. Along the way I realized how big a job this was and how diligent one must be to continue the work.

I met a woman with great knowledge and commitment to her task and learned some things we have great passion about and that's truly when we see and watch the greatest changes. Never give up!

Writing resolutions may feel like a daunting task. It is very closely tied to Legislation. Many of our law changes come from our resolutions. Fall is a time of change, and we have so many things happening in our cities and towns that may seem small to you but when you sit back and look it could have a huge impact on the whole country.

I look forward to making new changes as we dress for fall in new colours, watch the leaves and land change and change our ideas and ways of thinking to bring change to our world.

Laura Grint  
Resolutions Chair  
519-222-8741

*Let there be peace on earth and let it begin with me...*



**Hamilton Diocesan Council**  
The Catholic Women's League of Canada

**ONE** HEART  
VOICE  
MISSION

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## 69th Annual Provincial Convention

Stratford, Ontario

July 10-13, 2016

**SUNDAY** — The convention officially started with the opening Mass at the Church of the Immaculate Conception. Mass was celebrated by Bishop Ronald Fabbro, Bishop of London Diocese, con-celebrating with him was Bishop Colli of Thunder Bay, Provincial Spiritual Advisor, and Bishop William McGratton of Peterborough, National Spiritual Advisor. Father John, our Diocesan Spiritual Advisor also con-celebrated with other diocesan advisors from across the province. Following Mass, greetings were brought by local dignitaries, and a reception followed in the church hall.

**MONDAY** - Mass was celebrated before business sessions began. It was celebrated by Bishop Colli who left us with this thought — *How can we be instruments of unity within our parish councils?*

Bishop McGratton, our keynote speaker, spoke on the Jubilee Year of Mercy. Mercy is the greatest of all virtues. The name of God is Mercy and he never tires of forgiving us. We need to be evangelize and lead people to Jesus Christ and bring them joy. We need to promote a culture of encounter. Bishop McGratton encouraged CWL delegates to be "who they are".

The afternoon sessions brought forward the following resolutions which were passed:

ON.16.01 — Enhance the Canada Health Act to include Home Care.

ON.16.02 — Equal Access for Permanent Residence, an Amendment to the Immigration Act.

ON.16.03 — Expand the Nutrition North Canada Program to Include All Communities Accessible Only by Air.

ON.16.04 — Training for the Safe Operation of All-Terrain Vehicles by Youth Under the Age of 16

The evening concluded with all the diocese have their own dinners with their members at area restaurants. We had 25 ladies join us including the National President, Barb Dowding and Patricia from Catholic Missions in Canada.

**TUESDAY** — Mass was celebrated this morning by Bishop Colli who left us with this thought: *"How can we be servants of Mercy in our parish, in our communities?"*

Following Mass, delegates filed out and re-entered through the symbolic Holy Door. Diocesan Presidents carried pictures of their Blesseds while Provincial officers carried pictures of their chosen Saints.

Following a poverty lunch of soup, bread and water, there was a programme of action, prayer and reconciliation. A team of delegates sorted through the piles of non-perishable goods that were being donated to the St. Vincent de Paul. Another group of delegates went to the 'Local' community food centre, a place where people come together to access, cook, grow, share and advocate for healthy eating. The remaining delegates spent time in prayer and reflection.

*CWL Women Living Mercy Every Day* was the title of the address of Anne Shore, a motivational speaker. She challenged us to trust God and go beyond ourselves even if it scares us. We need to be forgiving and let go of our grudges or hurts that we are holding on to.

The day concluded with a banquet and entertainment.

WEDNESDAY — Morning Prayer and the blessing of the new Life Members began our day. The 2016 Social Justice Award was given to Alice Gazeley from the Diocese of Kingston. The National President, Provincial Spiritual Advisor and Provincial President gave their reports. The morning speaker was Michelle O'Rourke who spoke on *Understanding the Role of Hospice and Palliative Care*. She said that caring is the privilege of every person and is at the heart of every human. In the realm of the Spirit of God, living and caring are one.

Concluding the business portion of the day was an invitation from the Thunder Bay Diocese to join them for the Provincial Convention, July 9-12, 2017.

The closing Mass and Reaffirmation of Provincial Officers was held at St. Joseph's Church, Stratford.

It really is an amazing experience to be with 400 women from the Province of Ontario who are united with One Heart, One Voice and One Mission.

Nancy Morley  
Diocesan Christian Family Life Chair



**Hamilton Diocesan Council**  
The Catholic Women's League of Canada

**ONE** HEART  
VOICE  
MISSION

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**CONGRATULATIONS TO OUR NATIONAL EXECUTIVE (2016 – 2018)**

**Most Rev. William T. McGrattan**

National Spiritual Advisor

**Margaret Ann Jacobs**

National President

**Anne Gorman**

National President-Elect

**Fran Lucas**

National First Vice-President and Chairperson of Education and Health

**Shari Quinta**

National Second Vice-President and Chairperson of Communications

**Janet McLean**

National Secretary-Treasurer

**Barbara Dowding**

National Past President and Chairperson of Laws

**Jacqueline Nogier**

National Chairperson of Spiritual Development

**Doreen Gowans**

National Chairperson of Christian Family Life

**Betty Colaneri**

National Chairperson of Community Life

**Joan Bona**

National Chairperson of Resolutions

**Nancy Simms**

National Chairperson of Legislation

Fall 2016



**CWL PIN POEM**  
**By Glenda Klein**

**This pin is shining so bright  
'Cause you reflect Jesus' light  
You have worked with all your might  
Long hours into the night.**

**This service pin which you wear  
Makes others much more aware  
Of God's Good News that you bear  
To show all others that you care.**

**We give you this pin today  
'Cause in your own special way  
You've answered God's call to pray  
With League sisters here and away.**

## SERVICE AWARDS

*These awards have been reported since our last issue.*

### **Maple Leaf Service Pin**

|                    |          |          |
|--------------------|----------|----------|
| Luisa Pietrantonio | St. Luke | Hamilton |
|--------------------|----------|----------|

### **65 Years of Service**

|                |            |            |
|----------------|------------|------------|
| Laura Kroetsch | St. Agatha | St. Agatha |
|----------------|------------|------------|

### **60 Years of Service**

|                           |                    |              |
|---------------------------|--------------------|--------------|
| Florence Lombario-Nesbitt | St. Luke           | Hamilton     |
| Helena Arsenault          | St. Joseph         | Guelph       |
| Margie Bordignon          | St. Joseph         | Guelph       |
| Marg Synnott              | St. Joseph         | Guelph       |
| Wanda Kosior              | St. Joseph         | Guelph       |
| Josie Charnish            | St. Francis Xavier | Stoney Creek |

### **50 Years of Service**

|                      |              |           |
|----------------------|--------------|-----------|
| Canadina Grohs       | St. Joseph   | Guelph    |
| Elaine MacDonald     | St. Joseph   | Guelph    |
| Rosemary Benninger   | Sacred Heart | Teeswater |
| Marguerite McCormick | Sacred Heart | Teeswater |

### **40 Years of Service**

|                   |                    |              |
|-------------------|--------------------|--------------|
| Ann Michtics      | St. Luke           | Hamilton     |
| Avis Sargent      | St. Luke           | Hamilton     |
| Betty Watson      | St. Luke           | Hamilton     |
| Carolyn Goll      | St. Joseph         | Guelph       |
| Donna Mollison    | St. Joseph         | Guelph       |
| Ruby Toneguzzo    | St. Joseph         | Guelph       |
| Patricia Nugent   | St. Francis Xavier | Stoney Creek |
| Louise Castellani | St. Francis Xavier | Stoney Creek |
| Maria Pettorossi  | St. Francis Xavier | Stoney Creek |
| Angela Santarelli | St. Francis Xavier | Stoney Creek |
| Ann Zonka         | St. Francis Xavier | Stoney Creek |
| Velma Albinyi     | St. Joseph         | Guelph       |
| Jennie Beitz      | St. Joseph         | Guelph       |
| Carmela Nini      | St. Joseph         | Guelph       |
| Bonnie Falconer   | Sacred Heart       | Teeswater    |
| Connie Fischer    | Sacred Heart       | Teeswater    |
| Doreen Schiestel  | Sacred Heart       | Teeswater    |
| Rosemary Weber    | Sacred Heart       | Teeswater    |

**25 Years of Service**

|                       |                    |              |
|-----------------------|--------------------|--------------|
| Sharon Balardo        | St. Francis Xavier | Stoney Creek |
| Argia Corsini         | St. Francis Xavier | Stoney Creek |
| Iolanda Della Croce   | St. Francis Xavier | Stoney Creek |
| Sue Di Bartolomeo     | St. Francis Xavier | Stoney Creek |
| Linda Di Mascio       | St. Francis Xavier | Stoney Creek |
| Franca Gagliano       | St. Francis Xavier | Stoney Creek |
| Rose Geoghegan        | St. Francis Xavier | Stoney Creek |
| Matilda Jaksa         | St. Francis Xavier | Stoney Creek |
| Louise Kunkel         | St. Francis Xavier | Stoney Creek |
| Miranda Ombretta Font | St. Francis Xavier | Stoney Creek |
| Vicky Quarin          | St. Francis Xavier | Stoney Creek |
| Betty Sokolich        | St. Francis Xavier | Stoney Creek |
| Dianna Kormendy       | St. Joseph         | Guelph       |
| Frances Malyk         | St. Joseph         | Guelph       |
| Maria Manera          | St. Joseph         | Guelph       |
| Susan Reyes           | St. Joseph         | Guelph       |
| Anna Witt             | St. Joseph         | Guelph       |
| Sherri Christie       | Sacred Heart       | Teeswater    |

**10 Years of Service**

|                          |              |           |
|--------------------------|--------------|-----------|
| Jacqueline Davis         | St. Joseph   | Guelph    |
| Antonietta DiBucchianico | St. Joseph   | Guelph    |
| Veronica Fraresso        | St. Joseph   | Guelph    |
| Hilary Jenkins           | St. Joseph   | Guelph    |
| Loveina Kennedy          | St. Joseph   | Guelph    |
| Marie Migliarini         | St. Joseph   | Guelph    |
| Else Murphy              | St. Joseph   | Guelph    |
| Linda Newman             | St. Joseph   | Guelph    |
| Wanita Smith             | St. Joseph   | Guelph    |
| Maureen MacLellan        | St. Luke     | Hamilton  |
| Shirley Kocher           | Sacred Heart | Teeswater |

**New Members**

|                |              |           |
|----------------|--------------|-----------|
| Gail Byun      | Sacred Heart | Teeswater |
| Marcie Gowland | Sacred Heart | Teeswater |

## **Council Anniversaries**

### **40<sup>th</sup> Anniversary**

St. Luke's (Hamilton), during their annual Communion Luncheon, celebrated the 40<sup>th</sup> Anniversary of their council and their ladies received service awards as noted above.

### **60<sup>th</sup> Anniversary**

April 24, 2016 Sacred Heart, Teeswater celebrated the 60<sup>th</sup> Anniversary of the Catholic Women's League. Charter members who were present are Virginia Kieffer, Berdulla Kieffer, Anne O'Malley, Anne Fischer, and Mary O'Malley. All service pin recipients are noted above.

## **Parish Anniversaries**

This year, St. Joseph's Church is celebrating its 80<sup>th</sup> Anniversary, a momentous occasion for a Polish/English speaking congregation.

Our CWL council began as the "Christian Mothers" in 1957 and four of our members who are receiving their 60<sup>th</sup> Anniversary pins began with that group. We are very proud of the Catholic support that we provide our parish and the local community.

From raising income with rummage sales to spring bake sales, funds are carefully spread among many worthy causes.

This spring we were asked to cook for the Diocesan Deanery meeting as well as for the Congregation of the Resurrection – Ontario – Kentucky Province Jubilarians of 2016. This was a major celebration for the priests who were celebrating anniversaries of their ordination as well as their families.

We cater full meals for funeral functions as well as parish sponsored dinners with the help of our dedicated ladies under the guidance of Albina Pasek, our president Stef Peycha, along with helpers, Veronica Janeczko, Pat Eyzenga, Carol Krempa, Jadzia Szymczak, Sophie Lewandowski, Stanislaw Wator, Lodzia Lojko along with others who are called upon to help.

Credit needs to be given to all of our hard working ladies who have dedicated so much time supporting the church and our League for God and country.

## 2016 Frances Lovering Award

The Frances Lovering Award is the highest Hamilton Diocesan Award for the CWL. Nominees are CWL members who demonstrate the objectives of the League in her service to the League, her parish, and the community. At the 2016 Hamilton Diocesan Convention, Lillian Orzel of St. Luke's was named as the recipient of this award.

Lillian Orzel  
2016 Frances Lovering Award Winner

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Lillian began her journey with the League at St. Stanislaus Kostka, Hamilton. She was a member there for 20 years where she was involved with fundraising and CWL events especially their cabbage roll dinners. During her 40 years with St. Luke's she served as treasurer, organization chair, president and past-president. She has organized fashion shows, helped with many celebrations and bake sales. Currently she is corresponding secretary on the council, serves on the phone tree and participates in the funeral honour guard. She is willing to help on any activity and has helped make a couple of quilts which have been fundraisers for our League.

In the early years of St. Luke's she led the youth choir at Masses. She has always been involved with many parish activities — bazaars, garage sales, harvest dinner, Nibbles and Dibs. For the past 15 years, she has helped prepare and serve dinner to the bishop and guests, before the Confirmation service is celebrated. She has taken on the leadership of the Friendship Group when its founder died and has taken on organizing their annual fall sale and the money from this sale goes to the Church. The Friendship Group was organized to provide fellowship to the retired and elderly who like to knit and chat and they get together weekly. She also sends sympathy cards to parishioners who have had a family member pass away.

Lil has been married to Chester for 63 years. She is the mother of 10 with 26 grandchildren and 8 great-grandchildren. She was named Mother of the Year at St. Stanislaus Kostka after the birth of her sixth child. She is very caring and generous. She holds family brunches and dinners for her family. When a new member comes into the family, she organizes a family meet and greet. She is a retired nurse and still organizes get-togethers lunches with the nurses from her graduating class. Lil is an accomplished quilter, sews and knits. She also loves to cook and bake. She and her husband are very artistic and their children have followed in their footsteps. She exemplifies the true meaning of Christian Family Life.



# **SPECTRUM**

**2016**