



October 2020 Edition

Featuring the Diocese of Timmins and
OPC Legislation Chair, Margie Royle

“Care for our Common Home”



Colleen's Communications

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*Do not be anxious about anything, but in every situation, by prayer and petition, with **thanksgiving**, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*
Philippians 4:6-7

As I write this blog, I am sitting in my office about to join the Spiritual Retreat offered by our National Spiritual Advisor, Bishop Stephen Jensen. If you did not get a chance to join, it is available on the national website at <https://cwl.ca/re-watch-the-spiritual-retreat-women-in-mission/>

During this time, we have come to find new and innovative ways to communicate and share all that we normally would. I was delighted to attend a special mass offered by my parish priest especially for the CWL on the feast of the Birth of Mary. It was wonderful to see about ten members, including my mother and father, praying, and celebrating together. No hugs but many well wishes and some catching up...

Parish councils across the province are preparing to “start again”. I pray that you find the best way to do that within the confines of current regulations. We have so much to be thankful for. What better way than to pray with our sisters in the League!

Your provincial executive will be meeting virtually in mid-October. Decisions made there will have to be ratified when we meet face to face, hopefully in February. As we move forward into 2021 planning meetings and conventions, I pray that all the good work of the dedicated members in Ontario continues with joy and thanksgiving. Even, and especially, in troubled times we are truly blessed! Happy Thanksgiving!

Yours in faith,
Colleen



Timmins Diocesan Council

Timmins Diocesan CWL members are adjusting to the Covid-19 reality as we go from many activities to a minimal amount of contact. Those in the same bubble are looking after their families and trying to keep their distance to protect others as well as themselves.

It is sometimes difficult to keep the momentum going when we are not holding meetings. However, we still manage to do some basics and we are learning more about technology. A Zoom meeting was held for the diocesan executive and parish presidents that gave us a chance to see each other and to talk together, including our new Diocesan Spiritual Advisor, Fr. John Lemire.

We are all experiencing some loneliness and can empathize with anyone living completely alone and with the elderly in care homes. Members are continuing to work for food banks, providing items, take-out meals for the homeless, etc. We are keeping in touch with members and with parishioners, making masks, running errands for others, and generally helping where and when we can.

Members of one Council brought appreciation letters to workers in individual departments of a local grocery store, thanking them for coming to work so that we might get our groceries. Posters were hung up in the store. Even some months later, workers were still expressing their appreciation for these letters and posters.

Slowly members are returning for Mass, many working as greeters, ushers, cleaners, etc. We keep all CWL members and our Spiritual Directors in prayer as well.

Annette Kelly,
President 2019-2022



Our Mother of Perpetual Help Parish Council: Each year the council hosts various events.

- ❖ Bazaar at Fall - they offer lunch and have a bake table.
- ❖ White elephant table and Evelyn's table late October has a Christmas theme and in February a Valentine Theme.

With the money raised, they support many local and international charities.

Pictured is Evelyn Carter with her beautiful Valentine table on February 8th, 2020.



Timmins - St Anthony of Padua Council: Eileen Meunier, Parish President, Anna May Chaloux and Paulette Piquette hold signs thanking the workers of the Metro store, prior to handing out letters of appreciation to staff in their various departments.



Timmins - St Anthony of Padua - Diocesan President Annette Kelly and her husband, Phil, prepare bags with muffins that will be given out later in the day at the Lord's Kitchen hall.



Timmins - Sacred Heart of Jesus council have a craft group that usually meets weekly. The women create sewn or knit items which are then donated to various places. Due to the recent pandemic, they have not been able to meet but that has not stopped them from doing their good work. These are some of the masks which they have donated to the Golden Manor and to Timmins District Hospital. To date, 175 masks have been donated, and they're still going strong! They are also endeavoring to keep in touch with league members through their phone committee and offering their assistance by grocery shopping or doing errands for some members and parishioners who are part of the high risk population for COVID..



Matheson - Mary Queen of the World Council, during the Covid-19 Pandemic, 7yr old Tayah Gendron wearing protective gloves went door to door delivering a Rose for all women of the Mary Queen of the World parish in Matheson, Ontario for Mother's Day. Here is Tayah presenting a Rose to her grandmother Marilyn Delaurier, a CWL member.

Englehart - Holy Trinity Council members donated towards purchasing feminine hygiene products for the local food bank.



Below: A quilt made by Lynne Rowlandson for Nova Scotia Hugs project was given to the victims of the Nova Scotia shooting incident.



Legislation

HOW ARE YOU COPING?

October has swiftly and silently entered our lives, clothed in her usual display of spectacular autumn splendour.

October also marks over six months of living in a global pandemic. We think back to when it all started, the resolve we had to “see it through”, the energy we had to tackle neglected household chores, pick up old hobbies or bravely try new ones. Now, it is not uncommon to feel like we have hit a wall, our energy depleted. We can find it difficult to focus, to complete (or even start) the most routine of tasks.



Autumn Splendour

I came across an article a short while ago, written by Tara Haelle, a photojournalist, educator, author, and science writer, that helped me understand this shift in energy. Initially, it seems, we were using our **surge capacity**. Surge capacity is defined as a collection of adaptive systems, mental and physical, that humans draw on for short-term survival in acutely stressful situations. ([Ann Masten, PhD](#), psychologist, professor of child development, U of Minn.) That surge is what got our closets cleaned, our files organized, our kitchens filled with the wonderful aroma of new recipes. It is why we actively searched ways to implement our theme of loneliness, to support our essential workers, to help our neighbours, to watch out for friends and family. But surge capacity, she says, has its limits. It can fizzle out. And it did! We know we need to renew it, but how? We are swimming in uncharted waters. We feel unmoored from our daily habits and routines. We miss our family, our friends, our way of life. Our cancelled League meetings and conventions have had their impact. We miss those joyous shouts of recognition in the lobbies, those hugs, the love and laughter, the spiritual growth. We possibly feel despondent and adrift. Feelings of hopelessness and helplessness enter our hearts.

We are being forced to adopt a different style of coping. This means reckoning with what is called **ambiguous loss**. Pauline Boss, PhD, family therapist, U of Minn., defines ambiguous loss as any loss that is unclear and lacks a resolution.

That’s certainly what we are experiencing now, with no foreseeable end of the pandemic in sight. We are dealing with loss of familiar rituals such as weddings, funerals, holidays, family reunions, vacations and yes, conventions. Ambiguous loss grief elicits the same experience of grief as a more tangible loss – denial, anger, bargaining, depression, and acceptance.

Some ideas to cope, suggested in the article, include ...

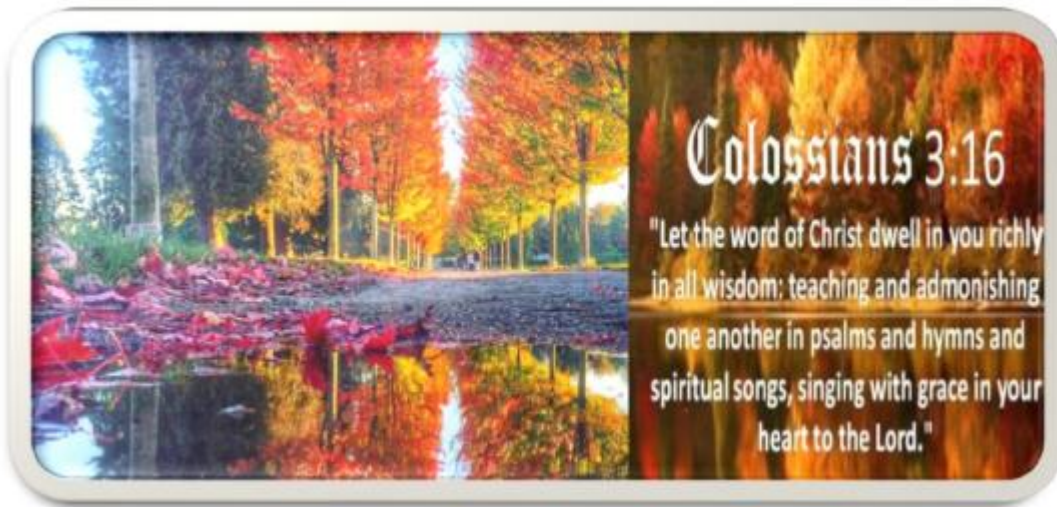
- ✚ accept that life is different right now.
- ✚ expect less of yourself (embrace those ‘down days’)
- ✚ recognize the different aspects of grief and know they are not linear.
- ✚ recognize that with ambiguous loss it is the situation that is crazy, not the person.
- ✚ look for activities old and new that continue to fulfill you.
- ✚ focus on maintaining and strengthening important relationships.

With the long, cold days of winter looming, we have a big challenge in front of us. We need to develop these strategies, embrace the surges, name the losses, pamper the grieving self and have faith in that promised light at the end of the tunnel.

There is work, always, to do. Continue to remain involved, know what is happening in our province, write letters, let your voice be heard. No task is too small.

I finish with the wisdom of Psalm 46:10, "Be still and know that I am God".

.....Submitted by Margie Royle, OPC Legislation Chair



RESOLUTIONS



Have an idea for a resolution? Now is the time to start researching and creating a resolution. Diocesan Resolution Chairs need to forward their resolution topics to the Ontario Resolutions Chair **by December 15, 2020**. We are planning with the expectation of a 2021 Provincial Convention. We will have two years of resolutions to review so respecting the deadlines and being organized will keep everything going smoothly.

COVID 19 numbers are on the rise in Ontario. Recently there was an article in our local paper about a protest by people who do not want to wear a mask. One woman was saying that she did not want her grandchildren to live in fear. Why not talk to the children/grandchildren about COVID 19 and help them eliminate some of their fears. The best advice I have heard was from an elder in an Indigenous community who advised that we do not need to fear COVID 19 but we need to respect it. If we explain to our children/grandchildren that we are all trying to help stamp out COVID 19 by wearing our masks, washing our hands and keeping 6 feet apart as much as possible. That all who are physically able to wear masks are part of the solution to stop spreading COVID 19, not part of the problem. We can also **thank** them for wearing masks, washing hands, and keeping physical distances. That by doing what they can they are helping to live Jesus' teaching- "do unto others as you would have done to you". Is that not empowering our children/grandchildren rather instilling fear?



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



Leadership Beatitudes

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.

Reprinted from:
The Canadian League - Winter 1999

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



An "Eye on Education and Health" ...

"Make it a practice to judge persons and things in the most favorable light at all times and under all circumstances."

(St. Vincent de Paul)



I am writing this newsletter on the Feast of St. Vincent de Paul (September 27th), known for his service to the poorest of the poor. As we persevere through the pandemic and these challenging times, I find it a helpful distraction to concentrate on other news. I bring the following to your attention.

World Homeless Day

On **October 10th, 2020** the world celebrates the 10th anniversary of this annual international initiative drawing attention to the needs of those who are without a home, and to provide opportunities for local communities to get involved.

Petition e-2807 (Consumer Protection)

The intent of this petition (sponsored by MP Eric Melillo) is to improve accessibility for blind or low-vision consumers, and was inspired by a young girl from Kenora, ON who suffers from optic nerve hypoplasia. The petition calls upon the Government of Canada to require that warning labels on hazardous consumer products include braille or tactile symbols. I encourage you to read this inspiring article and to consider signing the petition (www.cbc.ca/news/thunder-bay/hazardous-materials-braille-petition-1.5704079).

Petition e-2807 is open for signing **until October 24, 2020** and is found at:

<https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-2807>

<https://petitions.noscommunes.ca/fr/Petition/Details?Petition=e-2807>



There is always a need ... if you are eligible, please donate blood (appointments must be made).

May we all take time during the Thanksgiving weekend to reflect on the many blessings that our Lord has bestowed upon us. With a thankful heart.

"Go to the poor: you will find God". *(St. Vincent de Paul)*

.....Submitted by Karen McDonald, OPC Education and Health Chair



MEMORIAL BIOGRAPHY FOR MARGARET VAN MEEUWEN

Tribute by: Denise Brennan, & Alphonsus Liguori CWL - Wooler

“I can do all things through Christ who strengthens me” Philippians 4:13

Margaret was a strong, faith-filled, generous person. She loved her family, her church, the CWL, her friends and community. Margaret never judged people and never held a grudge. She was very wise, knowing when to listen and knowing when to speak. An admired leader, inspiring all to do their best. Anyone who knew Margaret, loved, and respected her.

Margaret was a devoted wife and mother. She and Frank were married for over 51 years. They had 3 children, Shawn, Lance, and Sheila and 5 grandchildren, Ethan, Chris, Tyler, Ben and Abby. Margaret’s family always came first. She was always there for her children, to support them and/or offer advice when needed as they grew up, went out into the world, got married and had children of their own. She loved her grandchildren and loved spending time with them. Margaret was also very devoted to her sister Patty. She visited her regularly, took her to get her hair and nails done and always kept her in new fashionable clothes and accessories.

Your talent is God’s gift to you..... what ***you do with it is your gift to God***



*November 3, 1949 – July 15, 2020
Eternal rest grant to Margaret, O Lord; and let perpetual
light shine upon her.
May she rest in peace. AMEN*

Margaret was a very busy woman. She worked in their family business. She was an active member of her parish CWL, with barely a year going by that she wasn't on the executive. She was an active member of her church community as finance chair, a member of parish council, a reader, a cleaner and for many years Margaret prepared the first communion candidates to receive the sacrament. She also belonged to some community organizations. Nothing was too much work for Margaret, always willing to volunteer for whatever event was going on. Never looking for recognition or a pat on the back, she just pitched in and helped. Margaret used to say, "many hands make light work".

Margaret loved the Catholic Women's League of Canada. She was the cornerstone of St. Alphonsus Wooler CWL and mentored most of us. She was a great ambassador for the League. Margaret received her 40-year pin in 2019 at Wooler's 80th Anniversary. She held every chair at the parish level, which included numerous terms as president. She also chaired and was part of many committees over the years to host diocesan and provincial conventions. After holding a handful of chairs at the diocesan level, Margaret was elected Diocesan president in 2012 and at the end of her term as past president, in 2016, she received her life membership. Margaret was appointed to sub-chairs at the provincial level and was a facilitator for Catch The Fire. Her most cherished pin was the Maple Leaf pin that she received after St. Alphonsus hosted the Peterborough Diocesan convention outside of their diocese in Haliburton, a first ever and never repeated accomplishment. She was recognized for all her tireless work in helping to organize and work at the convention as well as her previous years of dedication to the League. She said it meant the most to her because it was given to her by her peers. Margaret often said that her sisters in the League were her inspiration and support.

Margaret was a humble servant of the Lord and beloved by all those whose lives she touched. She will be greatly missed by her family, her friends, and her sisters in the League. She was a woman of true Christian values that were evident in the way she lived out her life.



.....Submitted by Joanne Hough, OPC Recording Secretary



Food *for* Thought



There is lot of collaboration done while sitting in the safety of your own home and it's fantastic to see despite such challenges with covid-19, there are stories of resilience, caring and resourcefulness for adapting to the circumstances you're facing and pulling together to collectively show perseverance and a capacity to care for each other.



In many ways you are pushing through hardships and finding ways to support your loved ones and communities. You are modeling resilience and finding ways to stretch your mindset, adjusting to our current reality, and continuing to grow.

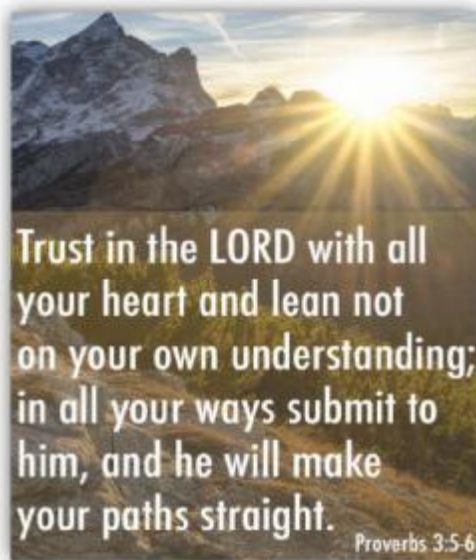
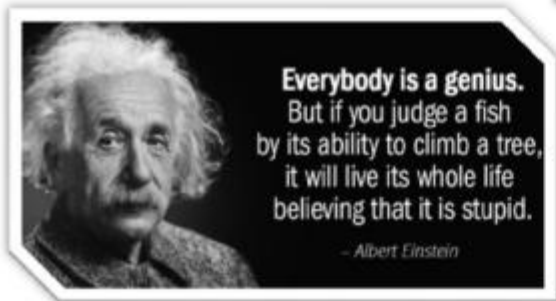


Keep showing kindness, empathy, and grace for each other and especially for yourselves. These trying times too will pass.



Food *for* Thought

Unleash the power,
you know you have
in you to face the
world



A Franciscan Blessing

May God bless you with anger

At injustice, oppression,
And exploitation of people,
So that you may work for
Justice, freedom and peace.

May God bless you with tears,

To shed for those who suffer pain,
Rejection, hunger and war,
So that you may reach out your hand
To comfort them and
To turn their pain to joy

And may God bless you with enough foolishness

To believe that you can
Make a difference in the world,
So that you can do
What others claim cannot be done
To bring justice and kindness
To all our children and the poor.



Amen

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



Award and Recognition OPC Social Justice Annual Award

Check out the criteria at OPC website :
<https://cwl.on.ca/resources>



Miranda Pinto



Ann D'Souza, OPC Communication Chair presented the award on behalf of the Ontario Provincial Council. The award was announced after the 12noon Mass at St. Barnabas Catholic Church, Scarborough on Sunday, 27th September, to a surprised Miranda Pinto attending Mass.



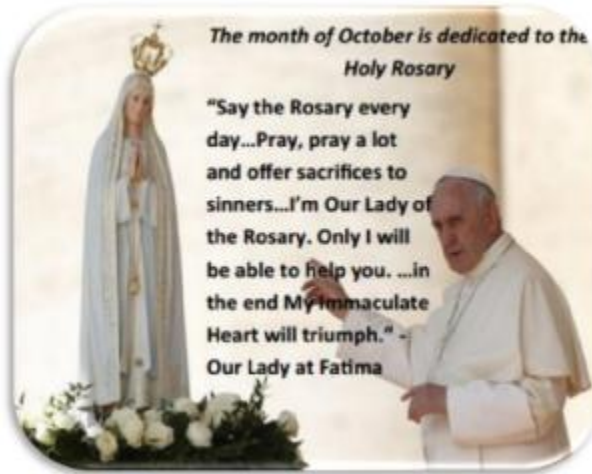
Due to covid, the award was given to Miranda outside in the Parish compound, seen in the photograph is Pastor Fr. Hansoo Park and some of the council members.



Left: Hilarion Mitchell, Toronto Diocesan President
 Nenita Mackenzie, Scarborough Regional Chair

Right: Ann D'Souza, OPC Communication Chair
 Winner: Miranda Pinto, St. Barnabas Council
 Zenora Mahabal, St. Barnabas Council

**Things to Remember:
October is the Month of the Rosary - Since 1571**




= October 7 is the Feast Day of Our Lady of the Rosary; October is a month dedicated to the Rosary

⇒As each decade of the Rosary is said, we reflect on a *Mystery* which recalls events in the life of Jesus. A *decade* is a set of ten Hail Marys.

⇒Prayers said in the Rosary: The *Apostle's Creed*, the *Lord's Prayer*, the *Hail Mary*, the *Doxology (Glory Be)*, the *Hail, Holy Queen*

⇒In 1917, after a vision of the Blessed Mother in Fatima, Portugal, the *Fatima Prayer* was added to the Rosary

⇒In 2002, *Pope John Paul II* introduced the Luminous Mysteries





Join people across your neighborhood on **Sunday, October 4th** in Life Chai. Life is precious - protect it.

Vatican confirms World Mission Day 2020 will be observed on Oct. 18



Monday, 12th October



A PRAYER OF THANKSGIVING

Lord God, on this day of Thanksgiving, we ask your blessings on our family, our friends, our home, our health—and on the food we are about to eat.

We thank you for this time together and the many gifts that you have given us.

Help us to remember in this time of bounty those less fortunate. And may your love consume us all that we might share in your glory.

Amen.