



From our national president, Shari Quinta comes the following: "The new theme, *Here I am Lord, send me*, rolls out in January 2024 and through an intense exercise with the national executive, **mental health** was chosen as the theme's focus. However, there will be many ideas and projects not only through mental health awareness but also through the many issues that come to members as Catholic women.

A prayer card will be inserted into *The Canadian League* in the winter edition so all will be able to see the image and the prayer that will be used for the next two years (2024 and 2025). " Pictured above is the theme logo.

Faith...Service...Social Justice

Our Mission: The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.

In the spirit of Truth and Reconciliation, we would like to acknowledge that Thunder Bay is built on the traditional territory of the Anishinabek, which includes the Ojibwa of Fort William First Nation, signatory to the Robinson-Superior Treaty of 1850. We also acknowledge the contributions of the Métis peoples. As settlers, immigrants and descendants, and as visitors, we honour and respect the many Indigenous peoples of this land and territory and hope for a more just future together as treaty people.

"life is a journey, along different roads, different paths, which leave their mark on us."
- Pope Francis

Welcome to our Council's first update for 2024. As an organization we are continuing the journey of change to better meet the needs of members today building upon the efforts of so many who have come before us. This is an exciting time to belong— each of us have the opportunity to shape the direction our council will move in...read, enjoy...come join us...come learn...

The Catholic Women's League of Canada is many things to many people:

- A sisterhood of support and understanding that is more than 63,000 members strong
- A way to act on important social justice issues by adding your voice to many
- An opportunity to be of service to your community, to the country and to God
- A chance to live your faith with those who share it

ANNUAL FEE IS \$35

In the envelope box for 2024 is an envelope for paying and or joining the League...you can place the \$35 fee in it and fill in the front of the envelope adding your email address...then just place in the collection basket at Mass...if you do not use envelopes there are CWL envelopes at the entrances to the Church...just do the same thing and add your voice to this amazing organization!!!!

Any questions about renewing your membership or joining please contact Joan Joubert: 622-4754 or joubertj@tbaytel.net

"Your birthday is the beginning of your own personal new year. Your first birthday was a beginning, and each new birthday is a chance to begin again, to start over, to take a new grip on life."

Wilfred Peterson

The following women will be celebrating birthdays in January: Patricia Filipovic, Mary Ann Gill, Joan Joubert, Natalie Leonard, Ruth Mayor, Noella Pelletier, Marilena Sawicki, Adriana Shonosky, St. Dolores Turgeon, Leona Viau and Judith Bentz. Remember each of these wonderful women in your prayers as they celebrate their birthdays. Belated birthday blessings to Noella Hrabok who celebrated her birthday in December. Please remember Noella with an extra Hail Mary.

This month we will continue to do something a little different. We have selected information from the January issue of the Provincial On-Line. As well we are continuing to share upcoming webinars and ZOOM sessions. We hope this little change will give each of you the opportunity to ponder and perhaps opt to participate in....

From Provincial President, Linda Squarzolo comes the following:

"This story reported on the annual Cardinal's Dinner which was held in Toronto. Archbishop Francis Leo spoke to the attendees and his message resonated with me, personally, but it also reinforces our mission as members of The Catholic Women's League of Canada. "... men and women of faith have a unique mission to accomplish ... Though eternal life is our ultimate goal, our faith is incarnational and thus engaged in this world and the impetus of why we must get involved, why we must care about the present world. We have a life-giving contribution to give. Faith gives purpose and hope to our lives and living in society. It encourages us to help each other, to love each other, to serve each other, to lift each other up. Our freedom of religion allows us to bring that influence for good into public life with generosity, respect, civility and courtesy, and doing so, to be a positive influence in re-stitching the fabric of our tattered life in society. ... Our involvement needs to welcome the stranger and fight racism in its many forms; it must care for the environment and defend religious and other freedoms; it needs to promote a culture of encounter and of life, building a civilization of love while standing up for traditional moral values in keeping with natural law, rejecting dangerous ideologies and practices and striving for a healthy, virtuous, balanced and serene lifestyle."

Since January is the time of making New Year's resolutions, Archbishop Leo's message gives us many ideas for what we can be striving to address, both personally and as League councils. How are we being of service to those in need? What ways do we welcome strangers (new members) to our meetings? Is our council a place of love or of conflict? What issues do we need to address? How can we "Make a Difference"?

From Mary Capobianco, OPC Resolutions Chair comes the following:

This new year, as every year, millions of people will have made resolutions promising improvements in their lives. We and the whole world have all been through a lot in the last few years and it feels like the right time to refocus on the things that really matter. Let's use this time to reset and focus not only on resolutions that will benefit ourselves but on resolutions that will benefit others. The following are some suggested resolutions taken in part from an article by Jim Mayer, former executive director of Twin Lakes Senior Living Community.

8 Resolutions that Benefit Others:

- Become a volunteer for a needy organization.
- Do something FOR someone every day (it can be something small)– without expecting anything in return.
- Listen to a friend about an issue that you have heard about many, many times before.
- Call someone (re-connect) that you have not talked with for a long time and just say hello.
- Perform random acts of kindness – anonymously.
- Meet new people. If you're staying at home most of the time, you're missing out on a lot of interesting opportunities to enjoy life and share your spirit with others.

- Become more polite. Good manners have always been an important part of a civilized society and you never know what kind of day that other person has had.
- Compliment someone every day: don't forget your spouse and family members. Think of others when preparing your list of resolutions and resolve to try one of these positive changes. You will soon notice that doing for others makes you feel better and gives you a "purpose of life" that will keep improving you all year long. Whatever your resolution may be, take that extra step and explore who else can benefit from the improvements you are making on yourself. You never know when a little action can end up making a big difference.

Upcoming webinars and ZOOM Sessions

From President Elect, Colleen Martin comes the following information:

League Development ZOOMS

Jan 10 Toronto Archdiocesan Council	7:30 pm	Value-based Time Management Sue Lubowitz, president
Jan 22	7:00 pm	Pillars-So What?! Colleen Martin, president-elect OPC
Feb 19 president-elect OPC	7:30 pm	Calling all Members – to what? Colleen Martin,
March 7 OPC	7:30 pm	What's your passion? Colleen Martin, president-elect
Mar 18 world TBA	7:00 pm	How is St. Patrick and example for Christians in today's
Apr 24	7:30 pm	What makes a team? TBA
May 6	7:00 pm	Conflict Resolution TBA

Important Dates

- **January 20 & 21** years of service ceremony will take place at each of the Masses...watch the bulletin for more details
- **January 21**...after the 10:30 Mass members are invited to come, bring a friend and participate in our first gathering for 2024...coffee and conversation...our new theme *Here I am Lord; send me!*... gives us much to think and talk about
- **February 24, 2024**, the annual Coldest Night of the Year (CNOY) walk will take place across Canada. In Ontario, there are 94 locations hosting a CNOY event. Check out <https://cnoy.org/locations> for a location near you and find out how the funds raised will help your community.

CNOY is a moment each year (since 2011) when tens of thousands of Canadians step outside the warmth and comfort of home to shine a light of welcome and compassion in their communities.

The main in-person event is a family-friendly walk on designated routes of 2 km or 5 km. The offsite walk welcomes fundraisers who self-organize, walking any day in February on their favourite route.

100% of net proceeds stay local to support CNOY charity partners serving people who are experiencing hurt, hunger, and homelessness.

Options to participate:

- Register as a CWL Team! Experience a winter walk with *JOY*, together with your sisters. Each team that registers will select to walk for their local charity. The funds that your team raises go directly to that charity. <https://cnoy.org/register>
- Donate to your CWL Team for their charity
- Make a direct donation to CNOY at <https://cnoy.org/donate>
- The gift of your time is valuable. Volunteer opportunities are found on each CNOY charity site location. This year, CNOY will be officially opening the volunteer area for signups starting in January 2024.



Join others on February 24, 2024 – team up, fundraise, walk, and gather for good ... because it's cold out there.

Continuing events:

- Divine Mercy Chaplet for Peace in Ukraine
The Chaplet will be prayed via zoom every morning at 8:00 am (EST) 7:00 am (CST)...
- Open to anyone. Feel free to join any day until peace returns to Ukraine:
Join Zoom Meeting
<https://us06web.zoom.us/j/82848869346?pwd=WmJac2RXZTIhYWdzZlhmNjZBYytKdz09>

The link is also be posted on the Thunder Bay Diocesan CWL website...(cwlthunderbay.org)

Keep checking the following websites to see what is happening in the CWL world there is something new almost every day:

Diocesan website is: www.cwlthunderbay.org
Provincial website is: www.cwl.on.ca
National website is: www.cwl.ca
Development and Peace website: www.devp.org

Diocesan Upcoming Events

Diocesan Convention: April 26th & 27th ...St. Peter's Church...mark your 2024 calendars

Theme Prayer:

Here I am Lord, send me.

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

Abraham, Sarah and Samuel; Martha, Mary and Elizabeth,

As well as countless men and women throughout the ages.

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

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

Help us, O Lord to make our reply, "Here I am Lord, Send me" with full and generous hearts,

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

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

Amen.

Bishop Wayne Lobsinger

"You were made in the image of God.

Act accordingly!"

(holy moments, Matthew Kelly)