

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*

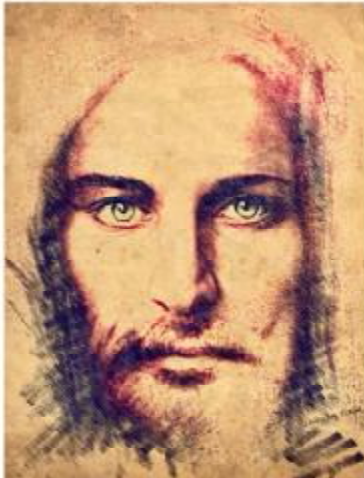
Choosing Joy

"I am convinced we can choose joy. Every moment we decide to respond to an event or a person with joy instead of sadness. When we truly believe that God is life and only life, then nothing need have the power to draw us into the sad realm of death. To

choose joy does not mean to choose happy feelings or an artificial atmosphere of hilarity. But it does mean the determination to let whatever takes place bring us one step closer to the God of life. Maybe this is what is so important about quiet moments of meditation and prayer. They allow me to take a critical look at my moods and to move from victimization to free choice." Henri Nouwen

One of our members, Lesley Joy McLure has her own newsletter it is entitled: **Catholic Joy**. Here is reflection from the November issue:

Contemplation:



I gaze upon the Face of God, searching for Him, not as something to do, but as something to receive. I welcome His grace and inner healing. I let go and rest in Him. It is a transforming encounter of the overpowering love of God. It is beyond words, beyond thoughts, beyond activity. It is taking to heart the words of God in the Psalm: 'Be still and know that I am God.'

~ Lesley Joy Teresa

If you would like to read more by Leslie please contact her at: lesleyjoy@shaw.ca

This month's ON-LINE Newsletter has a wonderful new look...please take the time to look at it: <https://cwl.on.ca/wp-content/uploads/2024/11/OPC-NOVEMBER-2024-NEWSLETTER1.pdf>

Faith chairperson Claudette Langdon shares the following on page 6:

Godwinks

Have you heard of a Godwink or experienced one? A Godwink is an event or personal experience, often identified as coincidence, so astonishing that it is seen as a sign of divine intervention, especially when perceived as the answer to

prayers...glimmers of hope and grace. Every time you receive an answered prayer, it is a message of reassurance from God to you - a Godwink... Let us be open to hear our Lord...

- **Are you tempted to read more?**

If I...

- Want to develop a deeper spiritual life
- Believe in the power of prayer
- Strive to set a Christian example in my home and workplace
- Believe in the sanctity of life
- Believe women play an important role in church and society
- Seek to uphold the dignity of all human beings
- Believe in the value of Catholic education and affordable health services
- Understand the importance of religious freedom, social justice, peace and harmony.

Then I belong in the CWL!

Members say...

- " to belong means to walk in friendship and faith"
- " We are a family and the 'heart' of our faith community."
- " a dynamic, wholesome, healthy, and supportive sisterhood"
- " The CWL has taught me self - confidence and enhanced my leadership skills."
- " the beauty of the League... a place for women of all ages and heritages"

Come and journey...

ANNUAL FEE IS \$35

We would love to be able to remember you in prayer on your birthday...if you have not provided us with the date and your email address please contact Joan...she will update our records...

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

*"Birthdays need to be celebrated. I think it is more important to celebrate a birthday than a successful exam, a promotion, or a victory. Because to celebrate a birthday means to say to someone: "Thank you for being you." Celebrating a birthday is exalting life and being glad for it. On a birthday we do not say: "Thanks for what you did, or said, or accomplished." No, we say: "Thank you for being born and being among us."
On birthdays we celebrate the present. We do not complain about what happened or speculate about what will happen, but we lift someone up and let everyone say: "We love you." Henry Nouwen*

The following women will be celebrating birthdays in November: Rose Cupelli, Jennifer Fedorus-Lyght, Pauline Glena, Dorothy McDonald, Beth McMahon and Berna Myer. Remember each of these wonderful women in your prayers as they celebrate their birthdays.

From this month's ON-LINE comes the following:

Service Chairperson, Sue Lubowitz provides the following on page 7:

"Going out to others in order to reach the fringes of humanity does not mean rushing out aimlessly into the world. Often it is better simply to slow down, to put aside our eagerness in order to see and listen to others, to stop rushing from one thing to another and to remain with someone who has faltered along the way." Pope Francis , Joy of the Gospel s .46

To find out what a parish council can do go to page 7....

Social Justice Chairperson Hilarion Mitchell shares the following on page 8:

ON.10.02 Financial Assistance for Diabetes Supplies and Bill C-64, The Pharmacare Act The resolution urged the provincial government to fully cover the costs of injection materials and all other related medical supplies for persons who are insulin dependent. Bill C-64, known as the Pharmacare Act, received Royal Assent on Thursday, October 10, 2024. The purpose of this Act is to guide efforts to improve, for all Canadians, the accessibility and affordability of prescription drugs and related products, and to support their appropriate use, with the aim of continuing to work toward the implementation of national universal Pharmacare.

To learn what this means for someone you know who lives with diabetes go to page 8...

Here is an opportunity if you are interested:

Share Your Prayer!

At the October 2024 Ontario Provincial Council Fall Meeting, members developed a prayer by simply starting with one line on a piece of paper...

DEAR GOD....

From there, the paper went from person to person asking each to add to the prayer by writing one line based on what was in their heart at that moment and this is what was created:

Dear God,

You are wonderful and full of surprises all the time

Open my eyes

And my heart

To seek to understand rather than be understood

To see the good in everyone we meet

To be open to new ways and ideas

To walk by faith and not by sight

To serve with patience and joy

To give thanks for all my sisters

To your will for me to lead our members forth in knowledge, love and peace

To enlighten and protect the ladies who seek your love and mercy

To inspire us to continue the wonderful works of your service we do for the League,
in a kind and prayer - filled manner

Jesus, help us recognize our gifts and the gifts of other and how we complement
each other to fulfill your will for us and all your people

Now it's your turn! We invite you to do the same at your councils! All you have to do is start with DEAR GOD... on a piece of paper and circulate that same piece of paper to each member one by one asking them to write one line of whatever is on their heart. After you have created your prayers and if comfortable, please share them with us by emailing them to: news_letter@cwl.on.ca

UPCOMING EVENTS – MARK YOUR CALENDARS!

As we receive opportunities/events we will share them with you via email, the bulletin, the parish website...keep watching

Our next gathering is Sunday, November 24th immediately following the 10:30 Mass...there will be time for fellowship, an update from those who attended the League Development Day and the start to planning for hosting the 2025 Diocesan Convention...hope to see you...many hands and smiling faces make for joyful planning!!!!

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=WmJac2RXZTlhYWdzZlhmNjZBYytKdz09>

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

"Joy erupts within us when we allow an experience to touch the very depths of our souls. That cannot be rushed. It's time to slow down to the speed of joy."

—Slowing Down to the Speed of Joy, Matthew Kelly