

The Blue and Gold

Spring 2023



Newsletter of the
Pembroke Diocesan Council of
The Catholic Women's League of Canada

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Editor's Notes: Welcome to the Spring 2023 edition of *The Blue and Gold* presented in a slightly different format but with the same focus on CWL news from across Pembroke Diocese. Oral reports from the Spring Diocesan Meeting have been included in this issue as well as current information that the executive wish to share with members.

Happy Reading,
Pat Weller Communications Chair

Pembroke Diocesan Executive 2022-2024

Spiritual Advisor Fr. Michael Coyne
Diocesan President Annette Chaplin
Administrative Assistant Bev Drouin
Treasurer Julie Mallory
Past President Joan Lemay
Spiritual Development Margaret Maloney
Christian Family Life Donna Provost
Education and Health Louise Rockburn
Community Life Terry Hodgson
Resolutions Irene Perrault
Communications Pat Weller
Life Member Liaison Carmel Rumleskie

President's Message

Greetings to all the members and friends and families of the Pembroke Diocesan CWL.

It is April 5, 2023 as I write this – we have had freezing rain for hours, and tomorrow we begin our Easter Triduum. We still have feet of snow, and I am watching a squirrel eat one of the thousands of peanuts I have fed them over the years – it doesn't get old!

We are a sisterhood of over 1000 women in our Pembroke Diocese who love our families, our friends, our communities, our church, our country, our God, and of course...His mom!!

Over the decades we have added spark to our churches and communities, held each up and fought for God and Canada.

The CWL is coming out of the pandemic fighting, embracing technology as a tool to improve our communications: using it to inform, train and equip our members and leaders with all that they need to become

effective and comfortable in the positions that they find themselves.

As a Catholic woman, we often find ourselves in places of responsibility that we didn't expect or plan for, and yet we make the best of it. We accept where God places us and do our best. CWL national is there to help you in your roles. You need not look elsewhere for leadership training, information on Social Justice, secretarial skills, etc.

I urge you to "go shopping" on the national website to find a workshop to your liking, and to take the workshop, on-line and by yourself (by downloading the document) or taking it with others in your council.

Many manuals and workshops can be found under the *TO ORGANIZE* tab.

The Joy of Leadership Through Engagement in Ministry—A Practical Guide for Parish Councils is a good resource to show how faith, service and social justice interlink. The training and development using the technology working group has developed a five-module training program that focuses on leadership and offers strategies and tips to engage and inspire members. This training program is available on the national website, joining the many other resources at cwl.ca/strategic-planning-resources-and-updates/.

God Bless You and may Our Lady of Good Counsel guide you as we build on our past to build the future.

Annette Chaplin

Spiritual Advisor's Message

(Christ is risen.) -He is risen indeed, Alleluia.

This traditional Easter greeting and response is on my mind this morning as I write these words for the Blue and Gold on this Easter Sunday 2023. Although by the time you my fellow sisters in Christ read these words Easter would have passed; I have always felt that this Easter Sunday greeting and its response, specifically the hope and the joy of Christ's resurrection that it embodies, transcends any Easter Sunday liturgical boundary. We are after all a resurrection people above all else, and as such this Easter Sunday greeting and response could be used year-round as a joyful greeting of joy between believers of this glorious truth. A type of Christian handshake to help set the tone of our human encounters. For when we greet each other, we also greet the spark of divinity in each of us as children all made in the image of God.

In many ways we have lost that personal touch when we greet each other, we of course are still polite, we are Canadian after all, we ask each other how we are, or we talk about the weather, which is fine but in some ways the intention of best wishes, for each other has been sacrificed on the altar of verbal efficiency. So here and now, let us together hit the pause button and wish each other best wishes for the coming year in our minds. For truly I tell you,

(Christ is risen.) He is risen indeed, Alleluia.

God Bless to you all,
Father Michael Coyne

Diocesan Council News

2022 Diocesan Day of Reflection

Members gathered at Our Lady of Good Counsel Parish, Deep River, on September 24, 2022 for our annual Diocesan Day of Reflection. This year's reflection focused on The Divine Mercy. Pictured is the beautifully framed photo of The Divine Mercy gifted to Our Lady of Good Counsel Parish.



Also pictured is the sacred table with the Diocesan Book of Life and our dove shaped Peace Candle from CNEWA reminding us of our prayers for peace in the Middle East and around the world. In addition to learning about St. Faustina who brought us the Divine Mercy devotion through her apparitions, a lesson learned from our day was the acronymn "FINCH" which reminds us of the important elements surrounding The Divine Mercy adoration: "F" for feast day celebrated on the 2nd Sunday of Easter, "I" for the Divine

Mercy image, "N" for Novena, "C" for Chaplet, and "H" for hour, that is the 3pm daily hour of devotion reflecting the hour of Jesus' death on the cross.

Fall Meeting, Lapasse

Saturday, November 05 marked a perfect day for our travels to Our Lady of Mount Carmel Parish in Lapasse for the Fall Diocesan Meeting. Pictured below is a view of Our Lady's statue and the parishes' beautiful stone church. Time was allotted during the lunch break to explore the grounds and rectory and admire the view of the Ottawa River.



Pictured below are some of the day's participants reviewing business and socializing.

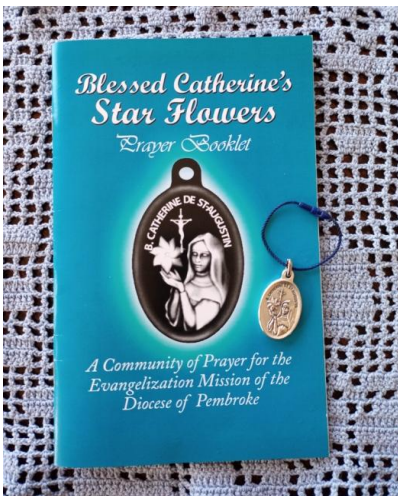


A special presentation was made by Colleen Prince, President of St. James CWL, Eganville, on the Travelling Mary program, an initiative promoted by Colleen to bring Mary to our parish schools and families. Pictured below is the statue of Mary, her

travelling suitcase, and some of the materials that accompany her. Travelling Mary has been to the classrooms of St. James Elementary in Eganville, St. Michael's in Douglas, and is currently at St. Andrew's in Killaloe. Colleen has offered to assist any parish council who would like to start their own Travelling Mary program.



Spiritual Advisor Fr. Michael Coyne gave an introduction to the Blessed Catherine's Starflowers Prayer Initiative which is part of the New Evangelization program for the Diocese of Pembroke. Each member present received a Prayer Booklet and a medal of Blessed Catherine. Among the various prayers in the booklet is a Litany of the Patrons of all of the Parishes in the Diocese and the year of each parishes' founding.



Lenten Retreat – February 15, 2023

Members from across the diocese are living out their new national theme, “Catholic and Living It!” by preparing for the Liturgical Seasons. On February 15, 2023, members joined by Zoom for an evening Lenten Retreat led by Diocesan Spiritual Advisor Reverend Michael Coyne who guided participants with an explanation of the origins of Lent, how to prepare for the season, and the impact of our ashes on others. As Fr. Mike explained, the ashes marked on our forehead become a visual reminder to ourselves and to the world that not only are we *Catholic and Living It!* but we are also “Catholic and showing it”.

Spring Meeting 2023, Zoom

The Spring zoom meeting was held on Saturday, March 04, 2023. A highlight of the meeting was the Workshop on Social Media led by President Annette Chaplin and Patricia Holtz, member of Our Lady of Sorrows Council, Petawawa. Knowing that social media is an important tool for communicating, the workshop focused on our intent to increase our knowledge of the technology and our social media presence in order to reach out to more women in the diocese and share with them the good works of the CWL. A diocesan Facebook page is currently being worked on. Used and managed with discretion, social media can be a valuable tool in sharing our Catholic faith.

Outreach Initiative

National Council of The Catholic Women's League has announced “Unity Outreach”, an initiative that will reach out to every parish council in Canada through in-person

visits by executive officers at national, provincial, and diocesan levels with the aim of

- Building relationships
- Defining and celebrating each council's unique charism
- Finding out what councils and members need from other levels
- Gauging the level of satisfaction of each council in how the other levels help the council in its unique charism
- Gauging the training needs of each council

National officers will visit provincial executives, provincial executives will visit diocesan executives, and diocesan executives will visit parish councils.

Ontario Provincial Council Past President Colleen Perry visited Pembroke Diocesan executive council by Zoom on Tuesday, February 07. She explained that the initiative is a listening tool and a way of sharing positive dialogue and promoting the League. The initiative was developed in response to decreasing membership and a feeling of disconnection among different levels of the League.

Pembroke Diocesan executive is in the process of organizing its outreach to all of its parish councils. Due to the large geographic area, some parish councils will be grouped together to facilitate meetings at more central locations.

The first outreach took place with St. Lawrence O'Toole council in Barry's Bay on the afternoon of March 29, 2023. Pictured below is Diocesan President Annette Chaplin and members from Barry's Bay Council as they consider some of the questions put to them for discussion during the presentation. Some interesting

comments and suggestions were offered such as the need to better communicate the good works accomplished by the CWL at all levels of the League.



President Annette hopes to have these parish council visits completed by the end of June, 2023 with the help of diocesan executive.

Parish Council Highlights

Holy Canadian Martyr's Combermere



Lesley McCambridge, Council President, talks with Pikwakanagan Chief Wendy Jocko at Orange Shirt Day Memorial in September.



With the support of Combermere CWL, students at George Vanier Elementary School made decorations for hospital trays for Thanksgiving (above). Children from the parish also helped with a parish food drive and carried up food baskets to the altar at the Thanksgiving Mass. The food was donated to the local food bank (pictured below).



The Holy Canadian Martyrs CWL held a Christmas Baby Shower in December. With

parish support, a number of gifts for babies and mothers were donated to the Pregnancy Care Center in Bancroft. The centre's mission involves counselling and support and offers a range of baby items for new mothers, unwed mothers, grandmothers raising grandchildren, and mothers with large families.

St John Chrysostom Arnprior



A magnolia tree was planted in front of the rectory to commemorate the 100th anniversary of the CWL.



Members joined together in the fall for a fun afternoon making milk bag mats.



Members finish filling the 90 Christmas gift bags for residents at the Grove Nursing Home in Annrrior.

Other council activities over the year included a successful bake sale and gift basket raffle and installation of a commemorative bench and red maple tree at the Malloch Road Cemetery.

St. Lawrence O'Toole

Barrys Bay

Barry's Bay Council showed their appreciation for service to parish and community by presenting two of their members with a CWL Gratitude Appreciation Award. Theresa Prince (middle of first photo) and Viola Cybulski (right on second photo) were the recipients.



Theresa is well known for her love of local history, for her involvement in a number of organizations, and for her long standing commitment to delivering Meals on Wheels and fundraising for many charities. Viola has been a member since she was 14 and

has shown outstanding service to the League and to the parish in addition to her contributions to other local organizations.

Our Lady of Fatima Renfrew



Sign board promoting the rosary in front of OLF Church.



Our Lady of Fatima (OLF) CWL held their first ever Rosary Rally on October 15, 2022 with the help of the Knights of Columbus. Pictured above are the group from the parish participating in the rally including members of the CWL, the Knights of Columbus and Parish Priest Fr. John Lacey.

OLF CWL and Admaston Grace United Church worked together to hold the 2023 World Day of Prayer Service on March 03 at Quail Creek Senior's Residence, Renfrew. Participants from left to right were: Merle Ritz and Arlette Hermans from Quail Creek, Darlene White and Ella Box from Our Lady of Fatima CWL, Gail Reid from Admaston Grace United church, Carol Ann Simson from the Renfrew

Presbyterian church and Darlene Meleskie from Our Lady of Fatima CWL. The service was well received and was celebrated with people who otherwise would not have had the opportunity to participate.



Service pins were given out at the December 05, 2022 Christmas Banquet held at the Legion. Pin recipients included front row, left to right: Joanne Lepine (5 yr), Christiane Chenier, Lisette Dubois, Cathy Briscoe and back row left to right: Joyce Pigeon (10 yr), Jacqueline Lefebvre (35 yr), with Debbie Foster, Vice-President (organization), Janet Clayton (Faith), Louise Rockburn (President). Missing from photo are Helen Pharand (40 yr) and Ethel Brazeau (60 yr).

St. James the Less, Eganville

The Eganville council has a history of aiding those less fortunate. In the "100 Years Ago" section of *The Eganville Leader*, highlights from November 24, 1922 refer to St. James' efforts to aid fire victims in Northern Ontario by holding a Euchre Social. The money raised was sent to buy food and fuel supplies to the affected northern communities. (*The Eganville Leader* November 23, 2022)



St. Theresa's, Temiscaming

Temiscaming Council, with the support of the community, organized their Annual Pyjama Tree Project (December 2022) which provided 84 children with pyjamas for Christmas. The delivery crew from left to right are Richard Tremblay, Diane Robichaud, Lisa Dibreuil, Christiane Chenier, Madeleine Lemieux and Helen Tremblay.

St. Michael's, Douglas

Members gathered for a December luncheon and Awards Ceremony at Rocky Mountain House in Renfrew. Congratulations to service pin recipients Jane Enright for 40 years of service, Gail Wren for 50 years, and Irene Burchat for 60 years. Jean O'Neil, who was not able to

attend the luncheon, was presented with her 65 year pin at her home at a later date. Spiritual Advisor Fr. Michael Lund, who was also in attendance, assisted with the Pins ceremony and kindly took the photographs.



St. Michael's CWL brought Travelling Mary to St. Michael's School after the Christmas holidays. Pictured below is Travelling Mary with two children from the Kindergarten class.



After Travelling Mary's time in the Kindergarten room, the children carefully packed Mary into her suitcase and accompanied her down the hall to the Grade 1/2 classroom. A Facebook post from the school commented on how much the children enjoyed getting to know Mary.



St. Michael's CWL member Terry Cull recounted a story at our February meeting. She meets one of these kindergarten students as they get off the bus after school. Terry has a statue of Mary in her back yard. Her little kindergarten friend asked her if her Mary was the same as the Travelling Mary from school. It's good to know that the presence of Mary in the classroom has left an impression on the children and that they can make a connection to Mary in their lives outside of school.

Our Lady of the Snows, Stonecliffe



Diocesan President Annette Chaplin had the pleasure of presenting a 70 year service pin to Stonecliffe member Joan Charbonneau (above). Annette also

presented Stonecliffe Council President Linda Chartrand with a 50 year pin (below).



Joining in the celebration were three members of Stonecliffe Council, Joan, Linda, and Joan's niece Roseanne Boudreau (pictured below).



Mission Statement

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.

Oral Reports - Spring Diocesan Meeting - March 04, 2023 – Zoom

President's Report: Annette Chaplin

Unity Outreach - a national initiative to reach out to every parish council in Canada through in-person visits by executive officers at national, provincial and diocesan levels with the purpose of:

- Opening dialogue
- Building relationships
- Defining and celebrating each council's unique gifts
- Finding out what councils and members need from other levels
- Gauging the level of satisfaction of each council in how the other levels help the council in its unique charism
- Gauging the training needs of each council

The outcome of this and your responses will be used by the national board to provide councils with the necessary support, considering all the resources available through the strategic planning.

We want to get to know you better; to facilitate some dialogue that will help us get to know each other and explore the gifts and challenges of the League and its members.

Organization Report: Annette Chaplin

Annual Surveys: Of 27 councils, 18 completed the national survey.

I have received 15 of the parish reports – I will be getting in touch with the presidents who haven't sent me a report.

Thank you for doing those reports.

In 2022 – 2023 we have 4 councils disbanding. These are: Campbells Bay, (St. John the Evangelist), Chapeau (St. Alphonsus), Mattawa (St. Anne) and Allumette Island (St. Joseph).

Joan and I have and are trying to help the councils through disbandment. I try very hard to let them know that we love them, and know they did all they could for the CWL and that we understand why they are doing this.

Spiritual Development: Margaret Maloney

The Ontario Provincial Council Committee for Spiritual Development encourages us during this season of Lent by sharing quotations for us to ponder. Two I will share today:

Saint Rose of Lima: "Apart from the cross there is no other ladder by which we may go to heaven".

Saint Francis of Sales: "Have patience with all things, but first with yourself".

Personally I find these motivating and consoling as we celebrate Lent.

The Spiritual Development committee also shared with us a personal reflection by Bernadette Burgess which I will share with you now. It is an encouragement to pray the Stations of the Cross during Lent.

"Lent for me is a season of quiet waiting and introspection amidst all the daily noise that life brings. The season provides me the opportunity to refocus my attention on the cross and the crucified Christ. I actively take part in the Stations of the Cross, taking time to 'pray' the Stations. There are many versions of the Stations of the Cross that can speak to each of us. It is a devotion that can change your life each time you take an active role in praying the Stations. I pray the Stations for a particular intention- there is someone every day that needs my prayers. As I arrive at Holy Week, I am so excited to take an active part in all the liturgies leading up to the fullness of our faith- Our Lord's Resurrection."

Thanks to Bernadette!

Admin Assistant: Bev Drouin

*"Apart from the cross, there is no other ladder by which we may get to heaven."
St. Rose of Lima*

At the fall meeting several councils were interested in making a Travelling Mary suitcase. Please contact Colleen Prince at stjamesthelesscwl@gmail.com.

I would like to remind the presidents to update their executive lists and email me at bbdrouin@sympatico.ca soon as you have a change. If you have any articles for the Blue and Gold please email them to Pat Weller.

Past President: Joan Lemay

"For everything there is a season, and a time for every purpose under Heaven." (Eccles. 3:1)

Those of you who were past presidents in 2022 and completed the Annual Report Survey, will remember that there were several questions pertaining to your history documentation and how you archive this information. The work that your council does is important and keeping accurate and permanent historical records is equally important. We learn from our history. Please read National Past President, Anne Marie Gorman's Communique #6 at cwl.ca/communiques. Just three years ago when CWL National celebrated its 100th anniversary, I found it amazing and intriguing to read the CWL's documented history. Most of you have probably read it, but if you have not I encourage you to do so. You will find it on the CWL website: Spring 2020, *The Canadian League*, and also under Manuals, 1920-2005, Supplement to League History.

From your 2022 Annual Survey responses, I believe that some councils are diligent about documenting their history, and the proper storage of this information. National Council has produced an excellent resource for us, *Archive Guidelines for League History*, and it is available on cwl.ca. It recommends what information should be kept for five years and what should be filed indefinitely. The guidelines recommend information be written on acid free paper. Today most commercially produced paper is acid free. *Archives Guidelines* recommend storage of information be locked and kept on parish property. Two councils in Pembroke diocese indicated in their 2022 annual reports that their archives were stored in a fire proof container. This is an added insurance for preservation.

Some people have a more enthusiastic attitude about preserving history than others. A past president would be well served to identify one or two members with these gifts and ask them to work with her on the project. I ask all councils to make documentation of their histories and proper archiving of this material an ongoing goal for your council.

Christian Family Life: Donna Provost

This is my first report in my new position. To prepare I was looking through old issues of the Blue and Gold. I came across the 2009 issue in which I stated 'I truly am thankful for my fellow members in the League who I know are there to support me when I need their help and of course for the spirit of God who has guided me here'. In that issue I came across names of some ladies who are no longer with us and were mentors to me, Jacqueline Gaudreau, Joan Sicard, Rita Hemmings, Eleanor Foran and my convention travelling buddy Suzanne Mullins. Also Father Tait, who was Diocesan Spiritual Advisor who I came to rely on for guidance and who I loved deeply.

In his message Father Tait asked that we strive to be true peacemakers in our families. I received Directive #4 from Ontario Provincial Chair Betsy Currier in which she says Christian family life is all about living out our faith and Christian values. Our Catholic faith teaches us that we must love one another as ourselves.

I firmly believe in doing this we will make a difference in our families, Parish, community and in ourselves.

As our Provincial theme says, Go Make a Difference!

Education & Health: Louise Rockburn

The ban to manufacture or import "single use plastic" in Canada came into effect Dec 20th, 2022. Companies have one year, that is till Dec 20th 2023, to liquidate their stocks. There are six categories of products banned. They are: straws, stir sticks, check out plastic bags, cutlery, certain take-out containers and the six pack rings that hold products together like pop cans. Alternatives for these categories already existed which explains why they were chosen. Moving away from a linear economy of single use, to a circular economy of

multiple uses through better product design, reuse, and recycle, it is much better for our environment.

Canadians throw away three million tons of plastic waste every year, and only nine percent is recycled. This means that 2,730,000 tons of plastic go to landfills, oceans, the environment in general or to waste-to-energy facilities every year. We must all become more conscious of the effect of plastic on our planet and work at reducing products wrapped in plastic as much as possible.

March is Nutrition Month

The Ontario Provincial Council has organized an educational Zoom for Wednesday March 8th from 7pm to 8:30pm. The topic will be Prediabetes. The speaker, Roshni John, a registered dietitian will speak on "What is Prediabetes", the tests and diagnosis, the signs and symptoms, the risk factors, the treatment: lifestyle changes and the prevention of type 2 diabetes.

To register contact Shaila D'Souza. Email: shailaflavy@gmail.com

Deadline to register: Monday March 6th

This is such an important topic. Having worked in diabetes prevention for many years, I can tell you that type 2 diabetes (treated with nutrition, exercise and pills) and type 1 diabetes (treated with nutrition, exercise and insulin injections) are equally devastating if the sugar is not well controlled. The end result is the same. Please try to attend this Zoom. I will show the poster on the screen during the break if you should want to write the information to participate.

Communications: Pat Weller

It struck me how marvellous is the level of communication we have at our finger tips whether it comes through our phones, lap tops, or other devices. It doesn't seem so long ago that we thought carefully about who we might make a long distance phone call to or when we would make a call to best limit the charges. It was more common to write a letter to a friend or family member living away. So much has changed. Now many of us have a phone with a plan. We can pick up our phone at any time of the day and give little thought to the specific charges. We can send texts back and forth to family or friends whether they are next door or on the other side of the country as easily as if they were in the same room.

Texts and emails are one thing but what about social media? The immediate reach of these platforms is impressive, as is the speed at which events and news are circulated. It is apparent that social media has become an important way to connect and stay connected. However, whether it's a text message, email, phone call or social media post, whatever we do in service for the CWL must reflect the core purpose, mission, and values of the League and must be faithful to the teachings of the Catholic Church. These technologies can meet all of these criteria and still be fun and fulfilling instruments.

But let's not forget, in our focus on social media and the internet, that face to face personal interaction is still important, as are phone calls and written notes. Take a balanced approach and maintain good communications in a variety of ways. And parish councils, remember to share your good news with members across the diocese through the various means that are available to you. We can all use the technology and still be *Catholic and Living it!*.

Community Life: Terry Hodgson

Sexual violence is a broad term that describes any violence, physical or psychological. It can include rape, incest, sexual assault, sexual abuse, sexual harassment, trafficking, stalking, indecent or sexual exposure, and childhood sexual abuse. It crosses all sexual boundaries and affects people of all ages and cultural backgrounds. It has debilitating impacts on survivors and their families. It is a serious public health problem and has a short term and long term affect on mental health, an increased risk of suicide or HIV infection. One in three Canadian women and one in eight Canadian men experience sexual violence.

After sexual assault, survivors may feel their bodies are not their own and often report feelings of shame, terror and guilt. Many blame themselves for the assault. Section 271, 272 and 273 of Canada's Criminal Code define and categorize the crime of sexual assault on three different levels:

Level one addresses sexual assault, level two address sexual assault that causes bodily harm, level three covers aggravated sexual assault. It is one of the most serious crimes in Canada. Sentences range from one to ten years if convicted.

If you think someone might at risk of sexual violence, you can help them by getting them to a safe place or direct them or take them to a sexual assault center.

Resolution Report: Irene Perrault

At our fall Diocesan meeting I had you fill out a survey on resolutions. I compiled those responses and sent them to Maria Capobianco, ON Resolutions Chair. She tabled those responses from all the resolution chairs in ON and felt the need to respond to the question, "Why do you like resolutions and what fuels your interest in resolutions?" Here are some of the highlights to the question:

Resolutions are a powerful source for advocacy,
Resolutions give women a voice in Canadian society.

Resolutions help bring change for social justice.

Resolutions address issues of concern.

Resolutions help to educate ourselves and others.

When we see an injustice, we are fueled to do something about it

Resolutions help to change the world in a positive way.

From the responses resolutions are still alive and will continue to be a vehicle for members to make a difference in our world.

National resolutions chair, Rolande Charnichan, suggested two ways in which each member can get involved in our world. 1. Initiate a resolution to address a social injustice and 2. Write a letter to government about a League resolution or a social justice issue.

The national has published a new Resolutions Handbook on the website (cwl.ca) under Resources #618. It is important that members give advocacy to the adopted resolutions by writing letters to elected members of government. If members do not write letters, the resolution will have no effect but mere words on paper.

Rolande says that personal letters to government draw more attention than form letters, postcards or signing petitions. A tool for Personal Writing Guide can be found on cwl.ca under Resources #173.

On February 14, 16 and 17, 2023 the national met with federal MP's to discuss CWL's adopted resolutions.

Life Member Liaison: Carmel Rumleskie

A Life Member is one who was a Diocesan President serving a two year term and spent 6 years or more on the Diocesan council. Life Members pay their membership fees to their own parish council. Many members in the CWL have been members for life when they joined at 16 years or earlier but that does not make them a Life Member automatically. I find the term Life Member confusing. Life Members must go through a process before they are declared a Life Member.

Since the term Life Member was initiated years ago, we have 22 members. Twelve are deceased. One member, Donna Shaddick, has moved to the Toronto area. Of the remaining nine, six are actively serving on the Diocesan council.

Life Members act as mentors to new members, members taking on an executive position for the first time or offer their service to the National council as requested. More information on Life Membership may be found in the National Policy and Procedure manual pgs. 32-34.

As Life Members come from all parts of the vast area of Pembroke Diocese, it is a challenge to meet during the year. COVID has put a damper on meeting also. This year we will try to make a difference with Mary's help.

Additional News

Education and Health Chair Louise Rockburn

The Catholic Women's Leadership Foundation has had a change of address. Please send all donations to: Catholic Women's Leadership Foundation

12241, 132 Street
Edmonton, Alberta
T5L 1P7

The environment being one of the responsibilities of the "Education and Health" and "Social Justice committees", the following observances were taken from the Random Acts of Green and are important dates to remember, to research and maybe even do something special in our councils.

April

Earth Day: April 22nd seeks to highlight and promote efforts dedicated to the protection of the environment. We face many environmental crises including global warming, deforestation, endangered wildlife, shortage of potable water, and widespread pollution.

May

Endangered Species Day May 17th

World Bee Day: May 20th

World Biodiversity Day: May 22nd

June

World Environment Day: June 5th

World Ocean Day: June ?

World Rainforest Day: June 22nd

September

International Day of Awareness of Food Loss and Waste: Sept 26th

The Season of Creation: Sept 1st to Oct 4th, Feast Day of St Francis of Assisi. The theme this year is let Justice and Peace Flow

October: Circular Economy Month (Canada)

Waste Reduction Week in Canada: 3rd week

World Food Day: Oct 16th

International Day of Climate Action: Oct 24th

Spiritual Development Chair Margaret Maloney

Ontario Provincial Council Spiritual Development Chair Wilma Vanderzwaag in her recent directive #3 reminds all councils that April 26th is the memorial day of our patroness, Our Lady

of Good Counsel. She encourages all councils across Ontario to acknowledge this day in some way. She indicates that the National Council website has resources to assist listed under the 700 series.

The National Council Spiritual Development Chair Cathy Bouchard sends word that the League is hosting an online free workshop April 15th. It is called "Who Me? A Leader?" 2pm to 3 pm. Registration information is on the National website under Spiritual Development Communique # 10.

All members of the Pembroke Diocese are encouraged to attend the Diocesan CWL Annual Members meeting on Saturday, May 13th at Our Lady of Lourdes Parish in Pembroke. Praying together throughout the day on the Feast of Our Lady of Fatima will be a rich opportunity to mark the day in 1917 on which the Blessed Mother appeared to the three shepherd children of Fatima in Portugal. His Excellency Bishop Guy Durocher will join the meeting in the afternoon. An opportunity exists as well for members to attend the parish Mass at 4:30 pm.

Blessed Easter to all!

Opening Prayer from Feast of Our Lady of Good Counsel Prayer Service
(#706 cwl.ca)

Loving God, You know that our thoughts on earth are full of fear and uncertainty; through the intercession of the Blessed Virgin Mary, from whom Your Son took flesh and blood, send us the Spirit of Counsel to teach us how to know Your will and to guide us in all we do. Grant this through Jesus Christ, Your Son, who lives and reigns with You and the Holy Spirit, one God, forever and ever.

CATHOLIC
and **LIVING IT!**

The 102nd Annual Convention
of the Pembroke Diocesan Council
of The Catholic Women's League of Canada
Saturday, May 13th, 2023

Hosted by the Pembroke Diocesan Council with
Our Lady of Lourdes Parish
280 Lourdesview Drive, Pembroke, Ontario K8A 2G4

"Catholic and Living It!"

Sisters of the Catholic Women's League:

You are cordially invited to the 102nd Annual Pembroke Diocesan Convention at Our Lady of Lourdes Parish Hall, Pembroke on May 13, 2023. Registration and refreshments begin at 8:00am. The convention opens at 9:00am. Convention Mass will be held at Our Lady of Lourdes Parish at 4:30pm. Our lunch will have gluten and dairy free options....and homemade pie!

**Hear what is happening in the CWL,
connect with your sisters, feed your faith and get inspired!**

Those attending the convention are asked to come "SCENT AWARE"
Each council is asked to please bring your COUNCIL BANNER

Registration fee	\$15.00
Luncheon fee	<u>\$25.00</u>
Total	\$40.00

Please fill in the registration form and return it prior to April 30, 2023 to our Registration Chairperson
Joan Lemay, 49 Blackburn Rd, Horton ON, K7V3Z9

Cheques are payable to:
Pembroke Diocesan Catholic Women's League

We look forward to welcoming many of our members and Spiritual Advisors to Pembroke.
Non-members are welcome!

Sincerely,
Annette Chaplin
Pembroke Diocesan Council President

For more registration information call:
Joan Lemay
613-432-9161H
613-222-6146C
email at jtlemay@sympatico.ca

"Go Make a Difference!"

102nd Annual Pembroke Diocesan Convention of the Catholic Women's League of Canada

Our Lady of Lourdes hall, Pembroke ON Saturday, May 13, 2023

REGISTRATION DUE: April 30, 2023 PLEASE PRINT

Name: _____

Address: _____

Telephone: _____ EMAIL: _____

Parish Council: _____

I am attending the convention as a: Please check one.

Voting and Accredited Delegates

_____ Voting Delegate (parish president or designate)

_____ Parish Accredited Delegate (2 per council)

_____ Diocesan Officer

_____ Life Member

Non-voting Delegates

_____ Diocesan Spiritual Advisor

_____ Parish Spiritual Advisor

_____ Catholic Women's League member

_____ National Officer

_____ Provincial Representative

_____ Guest

Please complete: Registration \$15. _____

Lunch \$ 25. _____

Total: _____

Please indicate any Food allergies here: _____

Please make cheques payable to: Pembroke Diocesan CWL Council

Cancelled cheque is your receipt. No refunds after April 30, 2023.

Mail registration forms and total fees to: Joan Lemay, 49 Blackburn Rd, Horton ON, K7V3Z9. Call Joan with concerns at 613-432-9161H/613-222-6146C or by email at jtlemay@sympatico.ca

Come join us & celebrate our accomplishments over the past year in faith, fun & fulfillment!

Credential Form – Parish Voting Delegate (1)

This contact information will be used by the registration committee and diocesan recording secretary for checking credentials, preparing voting cards and the credential record. Information will be destroyed once the convention is over.

This is to certify that:

Name (please print): _____

Address: _____

Is the Voting Delegate of
Parish Council, Town/City: _____

Signature of Parish Council President: _____

Signature of Parish Council Recording Secretary: _____

Return this form with your completed registration form.

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Credential Form – Parish Accredited Delegate (1)

This contact information will be used by the registration committee and diocesan recording secretary for checking credentials, preparing voting cards and the credential record. Information will be destroyed once the convention is over.

This is to certify that:

Name (please print): _____

Address: _____

Is the Accredited delegate of
Parish Council, Town/City: _____

Signature of Parish Council President: _____

Signature of Parish Council Recording Secretary: _____

Return this form with your completed registration form.

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Credential Form – Parish Accredited Delegate (2)

This contact information will be used by the registration committee and diocesan recording secretary for checking credentials, preparing voting cards and the credential record. Information will be destroyed once the convention is over.

This is to certify that:

Name (please print): _____

Address: _____

Is the Accredited delegate of
Parish Council, Town/City: _____

Signature of Parish Council President: _____

Signature of Parish Council Recording Secretary: _____

Return this form with your completed registration form.

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