

FAITH IN ACTION

January 12, 2022

MESSAGE FROM THE PRESIDENT

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Ottawa Diocesan Council

President Lynn Lavictoire

Secretary Michelle Morrow

Treasurer Diana Baines

Christian Family Life Cathy Gasper

Education & Health Rosemary Fikis

Spiritual Development Janet Warren

Life Member Liaison Moira Matthews

Spiritual Advisor Fr. Paul J. Gaudet

CATHOLIC
and **LIVING IT!**

Remember that the Christian life is one of action, not of speech and daydream. Let there be few words and many deeds, and let them be done well.

- St. Vincent

Dear Sisters in The League,

Happy New Year! Our new national theme is **Catholic** and **Living It!** What a wonderful way to begin a new season inspired by our faith and led by the Holy Spirit.

September brought us to St. Basil's Parish where we participated in the Kateri Native Ministry of Ottawa Mass which was celebrated by Archbishop Marcel Dampousse. We continue to **learn and listen** as we journey with our Indigenous sisters and brothers in hopes of true reconciliation for a new vision of Canada.

We held our 2020 and 2021 Ottawa Diocesan Annual Meeting of Members hosted by St. Mary's (Almonte) Council which followed all the COVID-19 health and safety regulations. Compliments to Council President Cindy Zorgel and her team. The food was great and the day was well received as we were able to chat in person – an opportunity to be with one another. The Closing Mass was beautiful with all the Marian hymns and songs. Just a lovely day! We hope to be able to do it again this year.

Our Advent Retreat took place virtually this year. It was a wonderful morning and a lot of work went into it. Thank you goes out to our Diocesan Spiritual Development Chair Janet Warren who introduced teachings on the Jesse Tree, scripture, reflections, hymns/songs of all types, a homily by Bishop Barron, and more. It was a spiritual morning bringing us into Advent.

Three information sessions on the Instructed Votes for the executive were held recently and each of these sessions was well attended with informative dialogue. No stone was left unturned! Voting in the parish councils should go well as a result.

Moving forward, I would like to welcome St. Patrick (Fallowfield) Past President Catherine Gasper as Diocesan Christian Family Life Chair. She is a wonderful addition to the team. I also want to take this opportunity to welcome all the new Parish Council Presidents who have begun their term. This will be a new experience in leadership. Welcome all and congratulations! We look forward to meeting all of you and working with you in the very near future. Remember to have fun!

Love, peace and joy,
Lynn Lavictoire

FROM THE DIOCESE

DIOCESAN PRESIDENT – Lynn Lavictoire

NATIONAL DAY FOR TRUTH AND RECONCILIATION

September 30 was a beautiful day to spend outside and participate in the first National Day for Truth and Reconciliation. One particular event was hosted by Beechwood Cemetery Foundation in partnership with the Project of Heart, the Assembly of Seven Generations, and the First Nations Child and Family Caring Society. The purpose was to help people learn about residential schools and other forms of colonialism and motivate the changes proposed by the Truth and Reconciliation Commission Calls to Action.

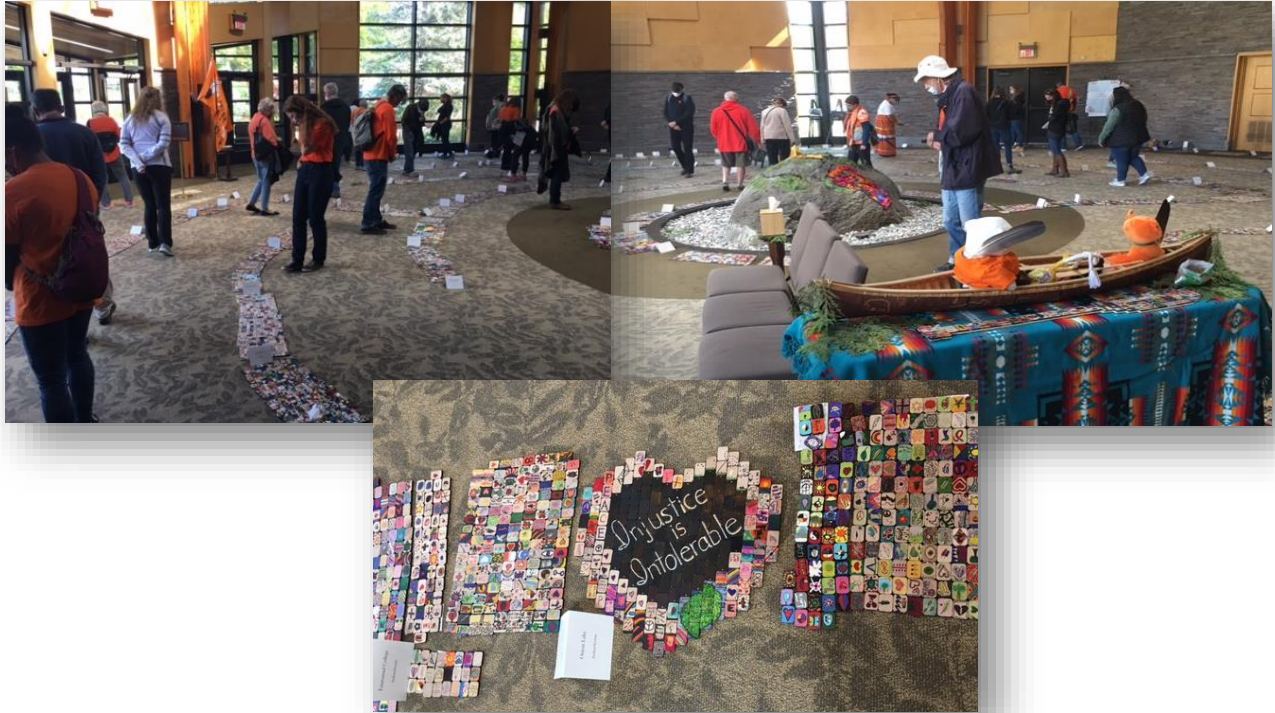
Throughout the day, there were several different activities for people to participate in. One was the Reconciling History walking tour hosted by Indigenous tour guides bringing people to the grave sites of various historical figures who played historical roles in the residential school system. One of the first places we visited, for example, was the grave of Duncan Campbell Scott who used the term “final solution” in describing government policy towards Indigenous people. This included ignoring the health abuses that led to the high rate of tuberculosis among Indigenous children in the residential school system documented in a report published in 1907.

The report was written by Dr. Peter Henderson Bryce, the Chief Medical Officer for the Department of Indian Affairs. The fallout from the report got Dr. Bryce removed from the department. Decades later he was recognized as an early and courageous advocate for improved health standards for residential schools. By all the flowers and decoration that adorn his grave stone, it is clear that Dr. Bryce is well respected and honoured by Indigenous people for all the efforts he made to help them.



Storytelling and a video were also on the day's agenda. Both featured Spirit Bear whose adventures are intended to help people of all ages learn from history on living better together. The video, for example, was a stop-motion animation film that tells the story of Spirit Bear hopping on a train to Ottawa and banding together with children and animals to end injustice against First Nations children.

The highlight of the day was the display of numerous mosaics totaling 57,000 tiles made by children and youth from schools all across Canada to honour the children of the residential schools. These



mosaics were laid out as a memory labyrinth to highlight the historical and contemporary truths of Indigenous people and their relationship with Canada. It was very touching to reflect on all the hard work and love these school children poured into their artwork in support of reconciliation.

Overall, it was an amazing day and uplifting to see all the other people who attended in support of their Indigenous sisters and brothers. I definitely look forward to attending this event next year!

DIOCESAN TREASURER – Diana Baines

As we start a new year, we usually take time to look back at the year just ended. Personally, I'd rather just look forward. For almost two years we've been isolated, fearful and definitely lonely, especially those living alone and the disabled. Our normal activities have been curtailed, and many friends and acquaintances are unwilling or unable to meet face to face. Our family gatherings are much smaller or are all online. As a friend told me "A phone call is like a little visit." Thank heavens we don't pay by the minute for phone calls; we'd all be bankrupt! COVID-19 has made keeping in touch with family and friends so much more special. Many of us have family scattered around Canada or around the world; a Zoom call doesn't replace a hug. It is at times like these that we are thankful for the friends we have made over the years.

Someone sent me the following article a while ago, the author is unknown, but it is definitely someone who knows the value of friendship.

A newlywed young man was sitting on the porch on a humid day sipping ice tea with his father. As he talked about adult life, marriage, responsibilities, and obligations, the father thoughtfully stirred the ice cubes in his glass and cast a clear, sober look on his son.

"Never forget your friends," he advised, "they will become more important as you get older." "Regardless of how much you love your family and the children you happen to have you, will always need friends. Remember to go out with them occasionally (if possible), but keep in contact with them somehow."

"What strange advice!" thought the young man. "I just entered the married world; I am an adult and surely my wife and the family that we will start will be everything I need to make sense of my life."

Yet, he obeyed his father, kept in touch with his friends and annually increased their number.

Over the years, he became aware that his father knew what he was talking about. In as much as time and nature carry out their designs and mysteries on a person, friends are the bulwarks of our life.

After 70 years of life, here is what he, I and you will have learned:

Time passes.

Life goes on.

Children grow up.

Children cease to be children and become independent. And to the parents, it breaks their heart but the children are separated from the parents because they begin their own families.

Jobs / careers come and go.

Illusions, desires, attraction, your body, ... weaken.

People can't do what they did physically when they were young.

Parents die but you move on.

Colleagues forget the favors you did.

The race to achieve slows.

But true friends are always there, no matter how long or how many miles away they are. A friend is never more distant than the reach of a need, intervening in your favor, waiting for you with open arms or in some way blessing your life.

When we started this adventure called LIFE, we did not know of the incredible joys or sorrows that were ahead.

We did not know how much we would need from each other.

Love your parents, take care of your children, but keep a group of good friends.

Stay in touch with them but do not impose your criteria.

And, by the way, thank you for being my friend.

Best wishes for 2022.

LIFE MEMBER LIAISON – Moira Matthew

WHAT IS A GIFT?

Every December, and sometimes in the months before, people make lists, ask questions of those they love and care for, and what is all this mental activity for? We want to make sure that the gift we buy is one that will make the recipient happy and show in a tangible way our love for them! Sometimes the gifts received are not what the recipient wants or needs, and then they are put aside to be re-gifted the following Christmas to someone else. A gift should not be wasted!

The dictionary describes the word gift as (n) "The transfer of something without the expectation of payment," and "A natural ability." In 1 Corinthians 12:4-11 we read of the Gifts of the Holy Spirit:

There are different kinds of spiritual gifts, but the same Spirit gives them. There are different ways of serving, but the same Lord is served. There are different abilities to perform service, but the same God gives ability to everyone for their particular service. The Spirit's presence is shown in some way in each person for the good of all. The Spirit gives one person a message of wisdom, while to another person the same Spirit gives a message full of knowledge. One and the same Spirit gives faith to one person, while to another person he gives the power to heal. The Spirit gives one person the power to work miracles; to another, the gift of speaking God's message; and to yet another, the ability to tell the difference between gifts that come from the Spirit and those that do not. To one person he gives the ability to speak in strange tongues, and to another he gives the ability to explain what is said. But it is one and the same Spirit who does all this; as he wishes, he gives a different gift to each person.

These gifts are freely given to us, but it is solely our decision as to whether we use them or not.

As members of The Catholic Women's League of Canada, we recite this line in the League Prayer "*Teach us to share with others at home and abroad, the good things You have given us.*" In other words, help us to share the gifts that have been bestowed on us with those with whom we come into contact with and those that we may never meet. Many members share their gifts with their fellow parishioners, working in Liturgy, Hospitality, Education, Committee work etc. There are those whose special expertise is in creating crafts, art work, beautifying the church environment. Another gift is that of fundraising for specific causes, the ability of engaging others to help further a cause. In July the Ottawa Diocesan CWL Council will have the honour of hosting the 2022 Provincial Annual Meeting of Members. As you can appreciate, this is no small undertaking and a committee of many members has been formed, each member sharing her own special gift for the benefit of all. "What can I or my Council do?" you might ask yourself. Some councils have been proactive by holding the great CWL standby for raising funds, the "Bake Sale," which have been enormously successful. You may not have the time or good health to be able to participate physically, but you can take part by buying one of the beautiful "Rosary Bracelets" or a "Convention Bag." In this way you can feel that you are using your gifts to help others – for the common good. If each of us, in our own special way, put to good use the gifts that have been freely given us, we are practicing our Faith.

MEMORIES

Remembering the past...



Imagining the future...

**THE CATHOLIC WOMEN'S LEAGUE OF CANADA
OTTAWA DIOCESAN COUNCIL 99th ANNUAL MEETING OF MEMBERS 2022
SATURDAY, MAY 14, 2022
AT ST. THERESA OF THE CHILD JESUS PARISH
95 SOMERSET STREET WEST, OTTAWA, ON, K2P 0H3**

Business Session
9:00 A.M. – 4:00 P.M.
With Registration beginning at 8:00 – 8:45 A.M.
&
Closing Mass at 4:30 P.M.

VOTING, ACCREDITED DELEGATES & INVITED GUESTS MAY REGISTER
The Ottawa Diocesan Council is looking forward to hosting this event!

2022 PROVINCIAL CONVENTION UPDATE

Welcome to Ottawa!

It is with great joy that the hosting Ottawa Diocesan Council extends a warm welcome to our League sisters from across the Province of Ontario for the 75th Ontario Provincial Council Annual Meeting of Members in July 2022. Many of us



may already know the many and varied attractions of the National Capital Region, and for those of us who don't, we will be pleasantly surprised by all that there is to see and do. Our members are eager to greet old friends and to make new ones as we come together to pray, conduct business, share ideas and enjoy fellowship. May Our Lady of Good Counsel continue to guide and protect us during this challenging time.

Following our welcome, please see our convention fundraisers and our convention prayer for the success of this promising event! Mark your calendars for July 10-13, 2022. If you would like to volunteer your time, gifts and talents please contact:

Life Member Moira Matthews at: moiramathews@rogers.com

Diocesan President Lynn Lavictoire at: odcpresident2019@bell.net

We look forward to celebrating with our sisters and honouring our outgoing Ontario Provincial President Colleen Perry who is native to Ottawa.

Our Lady of Good Counsel, *Pray for us.*

The Ontario Provincial Convention Planning Committee

Catholic Women's League Ontario 2022 Provincial Convention Fundraiser



Convention Sling Bag + Notebook
\$20.00 (plus shipping)

Rosary Bracelet with
CWL Charm
\$30.00 (plus shipping)



Handmaid Quilts
for various prices



To purchase these items, please contact Sue Ann Soulliere at 613-979-5757 or email sueannsas@bell.net

More details can be found at <https://ottawa.cwl.on.ca/OntarioProvincialConvention2022.html>

*Prayer to Our Patroness, Our Lady of Good Counsel,
for the 2022 Ontario CWL Convention*

Dear Mother Mary...

As we continue to navigate the COVID restrictions and trials, we seek your aid as we develop and plan for the 2022 Ontario CWL Convention. COVID challenges the world, including every member of the Catholic Women's League of Canada.



Our convention theme is loneliness and COVID has confronted us all with this condition.

Some of us were able to endure this period of isolation, and for that we are grateful.

Many people of the world had their loneliness increase to a point of extreme mental distress.

As plans proceed for Convention 2022, we are mindful that loneliness exists everywhere.

We seek your help to make this convention a gathering where we help each other, support each other, and pray for each other, transforming loneliness to a time of rich solitude in faith.

As we pray our daily rosary, we ask you to intercede with your Son, so that all those entrusted with the planning of this convention will be inspired by your concerns for your son, and for his Church. We pray that, with your help, we will overcome any hurdles we may encounter and that this convention will be, for all Ontario League members, an occasion for growth of our love for the League, for one another, and for God.

Amen

FROM THE PARISHES

ANNUNCIATION OF THE LORD – Council Spiritual Development Chair Sharen Reynaert

The LONELINESS of GRIEF



The
Loved one called home to heaven!
Only "me" no longer "we,"
Not quite knowing what to do or where to be!
Every day overcome by grief!
Listening for the voice that was so well known,
In my house of silence, now all alone!
No longer companionship, feeling incomplete,
Each day new challenges to meet!
Soul, spirit, mind and body cry out for peace,
Saying prayers of hope that will never cease!
 of
Cut-wrenching
Reality.
Inconsolable...
Eventually...
Faith restored!

ASSUMPTION OF THE BLESSED VIRGIN MARY – Council President Joan Lepage

There is a woman in our parish who is constantly having Masses for people whether it be for birthdays, healing, happiness, you name it. She says, rather than buying something for these people, she would rather have a Mass said that God will look after them. She does this also for all her family, sons and daughters as she believes prayer is a far greater benefit than all the gifts you can buy. Now if that isn't a woman living her faith to the fullest!

OUR LADY OF FATIMA – Council President Leslie Jean Anderson

Prayer Shawl Ministry



Our council is very fortunate to have successfully begun a prayer shawl ministry at Our Lady of Fatima Parish. The flow of requests is continuous for one of our beautiful, handmade shawls. Father Lindsay Harrison has always made himself available, to Bless these labours of love before they are distributed where needed most. Here's a sampling of a few requests: "May I please have two shawls for two siblings that are postoperative and haven't spoken in 25 years!" It was reported back to us that they are talking to each other and the whole family as well! May God be praised!

Another couple was given shawls after the death of their two-day old son. Those shawls brought some warmth into all their grief.

Other recipients are postoperative or preparing for surgery. There are also chemo therapy patients, those dealing with deaths of spouses or children, or living with old age debilitation. It feels so good to come with one's hands full of prayer and something tangible, like a prayer shawl to express your compassion. We try to meet the needs of each person where they're at. We fill requests

everywhere they are needed. Miraculously, the dedicated knitters always manage to stay ahead of the demand! There is no expectation of payment whatsoever, but offerings are gratefully accepted to keep supplies topped up when as needed.

Our Heavenly Mamma of Good Counsel is surely helping us along in our endeavours to meet the suffering Christ on the path of life and enfold Him in our loving embrace. The Prayer Shawl says: "I see Your suffering and I care!"

OUR LADY OF THE VISITATION – Council President-Elect Sandra Blais**THE RECYCLE & REUSE PROGRAM****REDUCE, REPAIR, RENEW, REPURPOSE**

During a Catholic Women's League Meeting in the early days of our council being reactivated (January 2012), it was suggested that we check out making sleeping mats out of the colorful plastic milk bags. Somehow, I became the coordinator and I treasure each day. We researched the idea and learned what a wonderful activity it was that we could help the homeless around the world who were sleeping on the ground and we could lessen the amount of plastic going to our landfill sites at the same time. A real "win, win" situation!

This program changed our "spare time," and we are more aware of the meaning of Pope Francis' words in his *Laudato Si'*, *On Care for Our Common Home* (2015), "Every effort to protect and improve our world entails profound changes in lifestyles, models of production and consumption." Pope Francis is inspired by Saint Francis who was particularly concerned for God's creation and for the poor and outcast.



After a short period of time, we added more items to support six beneficiaries. Our beneficiaries are:

Clifford Bowey Public School, who turn the aluminum from the pop tabs into funds for their students with severe developmental disabilities.

Miriam Care Centre, who support pregnant mothers who are in difficulties through the sale of used postage stamps.

Lions Club Eyeglass Recycle Plant, who provide eyeglasses to the vision impaired in developing countries.

Victoria Quilts Inc., who sew quilts for cancer patients.

Eco-Equitable, who teach new immigrants to acquire skills to obtain sustainable financial independence.

Canadian Food for Children who ship the sleeping mats. They are now shipping our candles that are used for heat and light in villages that do not have those services.

Our partners include: churches, schools, senior's clubs, Knights of Columbus, retired businessmen clubs, an upholsterer, City of Ottawa employees, women's business groups, neighbors, friends, relatives as well as the Catholic Women's League Councils in the Ottawa Diocese and even farther afield.

We are privileged to connect with many cities, towns and villages in our Province including: Smiths Falls, Toronto, Arnprior, Combermere, Carleton Place, Russell, Embrun, Limoges, Casselman, Kanata, Stittsville, Mississauga, and Kingston to name just a few!

Our volunteers not only collect items but some will process the stamps, or weave the milk bags, or deliver locally, or deliver to other areas, sew cushions, crush cans, and sort eyeglasses. I'm hoping to not only donate wax candles (new this year) but to make new candles. Our volunteers pick one or more activity that interests them. What a team! Won't you consider an item that interests you?

*Volunteers don't get paid, not because they're worthless, but because they're priceless.
- Sherry Anderson*

As coordinator, I have the joy of meeting so many wonderful people. Also, I get to organize everybody; conduct presentations and workshops, find drivers, schedule pick-ups and deliveries. The best tools are the telephone, computer and word of mouth. We don't have a Webpage or a budget and we have continued through the pandemic adhering to all the protocols. Most of the time our garage is full of items waiting to be delivered. When I hear an echo out there, I know we are in good shape!



As I write this (before the end of 2021), our statistics are pretty impressive: We have shipped over 600 sleeping mats; over 500 eyeglasses; delivered boxes of stamps; heavy bags of material; over 317 pounds of pop tabs; and boxes of bread tags and even three boxes of candles. And that was in our spare time?

(The Provincial total for 2021 of Sleeping Mats shipped is a little over 6,000!)

We'd love to have You and your council if you haven't already become involved. So, please take a moment to consider learning

more. This is the easiest program to be involved in. With a little effort together, we can create even greater results.

*Nobody can do everything, but everyone can do something.
-Max Lucado*

More information is available by calling:

Sandra Blais, Coordinator
Recycle and Reuse Program
(613) 443-1453

ST. FAUSTINA – Council Past President Marie-Claire Patterson**Every Home Needs a Stable Foundation**

Under sunny blue skies and a balmy -4°C, our Council held its first outdoor Christmas bake sale. Actually, this was just the side event. The main event was set up in our church hall.

After being greeted at the front entrance by a Knight of Columbus, parishioners and visitors were invited to sign in which also gave a chance at winning a pretty country-style wall hanging entitled “*Every Home Needs a Stable Foundation.*” The church hall was wonderfully adorned with a lovely display of crèches brought in by parishioners earlier in the day. As the display was planned for three hours, there was no need to feel rushed or concerned about overcrowding. The calm Christmas music helped you slow down, quiet your mind and turn your heart toward each nativity scene as you worked your way through the meandering path among the tables. It was an occasion for families to walk this path together and to spend time at each crèche; maybe even to think what it would have been like to visit Baby Jesus on a cold night in that stable. Before exiting the hall, parishioners had the opportunity to purchase religious items and to bid on a gorgeous statue of the Holy Family.





Visitors were then greeted outdoors, by the CWL members, with a cup of hot chocolate or hot apple cider and a wide selection of freshly baked goods. It was especially touching to see people lingering and chatting, while children ran and climbed the snowbanks. Overall, it was simply a perfect Parish social event that brought together volunteers from the CWL, the Knights of Columbus, and families in a covid safe event.

What a wonderful way to prepare our hearts as well as to stock up on home baking!

ST. IGNATIUS THE MARTYR – Council President Lillian Martineau

Works of Mercy and Prayers

Many times, we become aware of difficult situations. Sometimes helping could be just a small thing, but other times it may be life changing for both the recipient and the donor. As members of the CWL and the church, there are usually food and clothing drives and other collections to help those in need. Just buying something and dropping it into the basket is good but something may still seem to be missing. By putting a bit more of ourselves into Works of Mercy we also may start seeing a change in our own perspective of life and that could also become life changing for us.

Because of different circumstances, not everyone is able to donate money, help at shelters, care for the sick, visit the imprisoned or nursing homes, but we all can still pray. You can show that you care and that there is still hope by letting someone know that you will pray for them or pray with them. If you make something for a donation, you could also pray while working on it and dedicate those prayers for the unknown person who will be using it.

Special Prayers for the Month

Each month I have special prayers, chaplet or Rosary dedication and intercessions.

For example, during the month of November I daily recited the Chaplet of the Sevens Sorrows of Mary and prayed for the end of Human Trafficking.

In the month of December, I recited the Franciscan Rosary (Seraphic) with intentions for families experiencing problems. The main theme was for families but with each day a slightly different intercession and meditation.

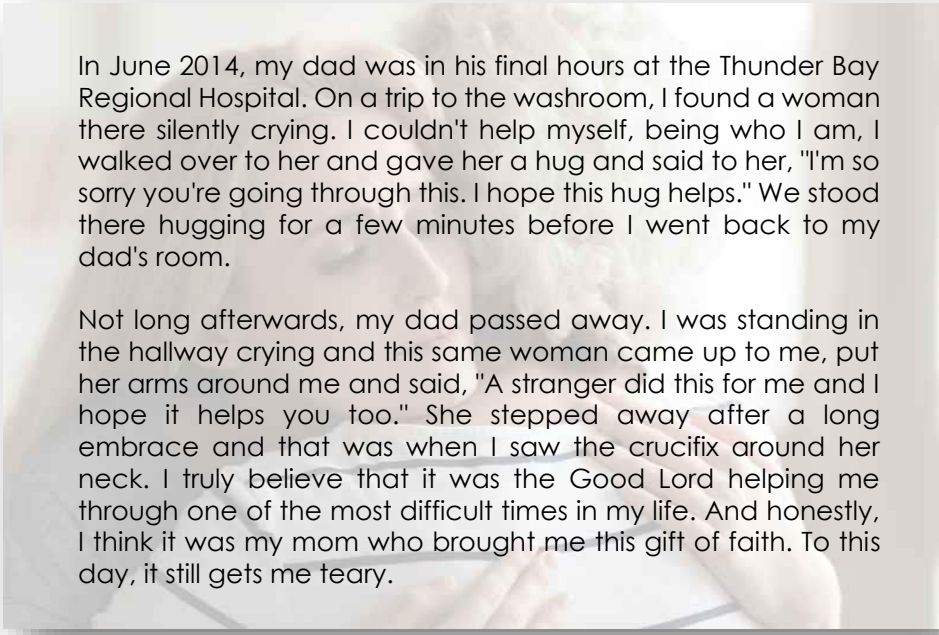


ST. MARY'S ALMONTE – Council President Cindy Zorgel

When it was suggested that our Ottawa Parish Councils think of ways to raise money to finance the Provincial CWL Convention in July 2022, we had to do some serious thinking. Our council's executive is not one to go out and ask for sponsorships or donations. But, one thing we are really good at are bake sales because, well, we are terrific bakers. With the Christmas holidays that were coming up, we decided to bake homemade cookies and pack them in Christmas tins for sale after the Masses at 4:30pm Saturday and 10:00am Sunday. We had 15 bakers who went to town – shortbread cookies, ginger-molasses cookies, sugar cookies and more as well as Diane's famous fudge and some squares too. It was a beautiful array. Saturday morning, six of us gathered and filled the tins with mixed goodies and labelled and priced the tins at \$10.00 a dozen. In one weekend we netted over \$1000.00 and we are not finished yet. There are still around 20 tins left – it was like the loaves and the fishes!

There were so many positives to come out of this FUNdraising activity. Yes, it was fun getting together to fill the tins with cookies – lots of laughs and comradery. And the joy on the faces of the parishioners who purchased the tins was worth it. One lady thanked us profusely after purchasing three tins saying "Thank you, thank you – now I do not need to bake a thing!" And, of course, we are very proud to raise money for our Ottawa Diocesan CWL organization to help pay for the expense of hosting a convention. Just a tip for those who would like to try a bake sale – we advertised in the bulletin for two weeks in advance and we had a lot of phone calls to reserve tins of cookies. That was very helpful.

Our next endeavor? A Valentine's Day bake sale and the goods can be anything. Besides Diane's fudge, Nancy's buns are the best in town. Always a fight to the front of the line when Nancy brings her buns! Butterscotch pies anyone? Yum! And more delicious cookies.

ST. MARY'S ALMONTE – Council Member Joanne Brown

In June 2014, my dad was in his final hours at the Thunder Bay Regional Hospital. On a trip to the washroom, I found a woman there silently crying. I couldn't help myself, being who I am, I walked over to her and gave her a hug and said to her, "I'm so sorry you're going through this. I hope this hug helps." We stood there hugging for a few minutes before I went back to my dad's room.

Not long afterwards, my dad passed away. I was standing in the hallway crying and this same woman came up to me, put her arms around me and said, "A stranger did this for me and I hope it helps you too." She stepped away after a long embrace and that was when I saw the crucifix around her neck. I truly believe that it was the Good Lord helping me through one of the most difficult times in my life. And honestly, I think it was my mom who brought me this gift of faith. To this day, it still gets me teary.

DATES TO REMEMBER

**League Development Day – February 19, 2022
via Zoom**

**Lenten Morning of Reflection – March 12, 2022
Assumption of the Blessed Virgin Mary Parish**

**Feast of Our Lady of Good Counsel – April 26, 2022
Holy Spirit Parish**

**Ottawa Diocesan Annual Meeting of Members – May 14, 2022
St. Theresa Parish**

**For more information, see:
<https://ottawa.cwl.on.ca>**

