

# League Lingo

Vol. 1 No. 1 Winter 2024

## From the Desk of the Editor

Welcome to the first issue of League Lingo for 2024. We are pleased to once again be able to offer this newsletter in print form for those who prefer hard copy to the internet. The League Lingo is another tool for councils to promote the Catholic Women's League in their communities. Consider leaving a copy: at the back of your church; in the staffroom of your local Catholic school; at nursing homes; and any other places in your community that women gather.

While visiting councils through the Unity Project consultations, members gave us many suggestions for content in League Lingo. We hope to include many more inspirational and informative articles in future issues.

Your feedback and suggestions are most welcome. Please send them to [secloncwl@gmail.com](mailto:secloncwl@gmail.com) or CWL Secretary Box 647 Bright's Grove, ON N0N 1C0.

*Nelly Kelders*, Diocesan Secretary



Apparition Hill, Medjugorje



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## **President's Message**

### **Mary's Musings and Meaning**

Winter has brought us: its fresh coldness; its sparkling white snow; and its quiet stillness; a time of reflection as spring draws near about who we are as Catholic Women's League members and how God's love calls us to respond to His call with, "Here I am, Lord; send me". So how do we answer in Faith, Service and Social Justice?

We have had a lot of questions about how to use these three pillars without being overwhelmed. Actually, there are ways to weave the three together. First take a look in your community and find a need. Some ideas are: Homelessness, loneliness, food insecurity, newcomers from another country, our environment, human trafficking, long-term care homes, pro-life issues and many more!

We are praying communities so, first of all, we pray for those who are trapped by the issue we are interested in. Perhaps it is those who have no home. Prayer is our first and primary source—the Faith pillar. As a service, do we perhaps send food that is left over from our functions to a homeless shelter? Do we make sandwiches for those who may be volunteering for Habitat for Humanity, building a shelter for a family at low rates? That's the Service pillar. For Social Justice for the unhoused in your own community, contact your councillors on town council and your mayor to urge them to take action, perhaps providing housing that is geared to income in Truth. As you can see you do not have to have a chair for each of the pillars. I know how hard it is to just find a president. But I also know that there are many members who are eager to help. For loneliness during COVID there were so many ways you prayed for those shut in, phoned them, and sent cards showing your concern that they not get extremely depressed. And you still continue to do this, only now with in-person visits. Have you thought about how you can encourage your communities to have low-cost services for the lonely or shut-ins to access? Each of those pillars forms a tripod to hold up the CWL and their communities so that we may answer God's call with a whole-hearted "Here I am, Lord; send me." We really need to listen to God and others. Pope Francis says, "Obeying God is listening to God, having an open heart to follow the path God sets out for us."

Blessings,  
Mary

## **HAPPY BIRTHDAY**

Bernadette Lesperance of Our Lady of the Assumption celebrated her 100th birthday in November.

Molly Harris of St. Michael, Bright's Grove is celebrating her 105<sup>th</sup> birthday in March.



## **Executive Council**

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# FAITH

## Hearts In Prayer

*At this Christmas when Christ comes, will He find a warm heart? Mark the season of Advent by loving and serving the others with God's own love and concern.*

### **Mother Teresa, Love: A Fruit Always in Season**

As I sit here writing this article, I can hardly believe Advent is almost over. God sent his son Jesus to be the salvation of our sins, he is the way, the truth and the light. The Holy Spirit guides our hearts to scripture and arms us with wisdom to protect our spirits against evil. As we take the time to help others in our community, let us be thankful for our many blessings. In the new year there are so many events to look forward to. With our new theme of "Here I am Lord, send me" and a focus on mental health, let us pray for those who suffer.

As we prepare for Ash Wednesday on Feb. 14, also the feast day of St. Valentine, we are reminded of the long journey Christ made from crib to cross. With Lent comes a time of prayer and reflection on the life and suffering of our Lord. Remember to pray the rosary.

**Saturday February 17, 2024 - London Diocesan Retreat Day** will be held in Windsor at Our Lady of Guadalupe Parish. Details to follow.

**Friday March 1, 2024 – World Day of Prayer** with this year's theme of "I beg you...Bear with one another in Love" by the Christian women of Palestine. This will be a time to remember all the turmoil in this region with prayer for them. More info can be found at [wicc.org](http://wicc.org). Become a coordinator and hold a service in your area. Contact myself for information on how to become one by email to [faithloncwl@gmail.com](mailto:faithloncwl@gmail.com).

**Friday April 26, 2024 is the feast day of Our Lady of Good Counsel.** Will you plan a day of prayer to honour our mother, Mary?

May your council be rich with the graces from Our Lady of Good Counsel.

Peace and Love,

Bea Taylor

Faith Chairperson London Diocesan Council



## 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.

### CWL Conventions 2024

#### **Save the Dates**

An opportunity to learn more about the CWL, to be inspired, to grow in faith and sisterhood with women who share your faith and your enthusiasm to be involved through faith, service and social justice.

#### **Diocesan Convention**

April 22-24 - London, ON  
[www.cwllondon.com](http://www.cwllondon.com)

#### **Provincial Convention**

July 7-10 - Sudbury, ON  
<https://cwl.on.ca>

#### **National Convention**

August 11-14- Saskatoon, SK  
[www.cwl.ca](http://www.cwl.ca)

## Indigenous Blanket Exercise



As part of the provincial **BEE Compassion Into Action** project, our St. Joseph Council in Corunna ON chose to act on the topic of Truth and Reconciliation. We hosted an *Indigenous Blanket Exercise* at our Parish Centre in September, 2023. The Blanket Exercise is based on using Indigenous methodologies and the goal is to build understanding about our shared history as Indigenous and non-Indigenous peoples in Canada by walking through the stages of pre-contact, treaty-making, colonization and resistance.

All members of the parish were invited to attend through announcements in the bulletin. There was a limit of 30 participants for the Exercise.

The evening was facilitated by Cortnee Goure, Coordinator with the St. Clair Catholic District School Board and Steve Tooshkenig of the Walpole Island First Nation. Participants played the role our First Nations, Metis, and Inuit People on Turtle Island as they were led through a series of historical events that impacted these peoples as European settlers arrived. Each person stood on a blanket as they played out their part.

At the end we gathered in a circle and were invited to share our thoughts and feelings. Feedback was positive with many feeling they were better informed and were moved by the activity. The evening concluded with refreshments and fellowship.





# Catholic Girls League



Pictured above is of the Catholic Girls League of Sarnia-Lambton. The girls range in age from eight to 14 but they can be members until age 16. We hand out invitations to join the league to all girls who are making their First Communion.

Our first group started in 2017. Unfortunately, we had to shut down in 2020 because of COVID. We re-activated with one of our former members last spring and have since grown our League to 12 members.

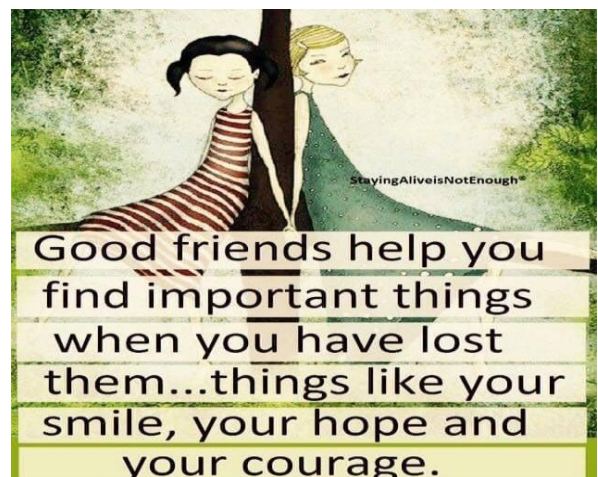
Seven of our 12 members were able to come out to work at the St. Benedict CWL bazaar, this fall, in Sarnia, along with several of our leaders.

The girls had their own table where they sold their crafts and items that were donated to them. When they were not needed at their own table, the girls were happy to help in whatever capacity was needed.

Very proud of these girls.

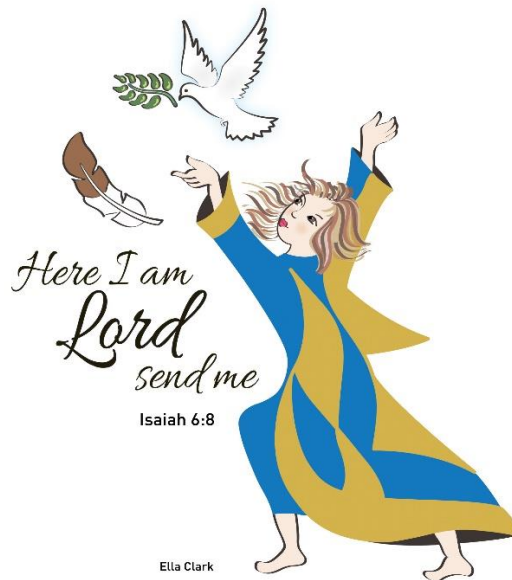
Jackie Detailleur  
Leader  
Catholic Girls' League of Sarnia-Lambton

Editor's Note: To find out more information on the CGL, go to the National website and look for #647 Catholic Girls League Admin Manuel in Manuels under Resources.



## **New National Theme and Prayer for 2024-2026**

Our national president, Shari Guinta has chosen for her theme *Here I am Lord, send me*. We are invited to pray the prayer *Here I am Lord, send me*, written by our national spiritual advisor, Bishop Wayne Lobsinger. Consider saying it at your meetings, either at the beginning or the end. Use it when discerning a role you might play in your council or whether to take on a project in your community. You can even use it as your own daily prayer to determine the direction your life takes.



### ***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 your 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

## *Crocheting Chemo Caps: An Act of Service*

Several Catholic Women's League councils from Ingersoll region joined forces to crochet/knit close to 200 beanies and caps for the Woodstock Hospital Chemotherapy Clinic. CWL members and parishioners from Holy Trinity, Woodstock, Our Lady Queen of Martyrs, Delhi, St. Mary's, Tillsonburg, St. Bernard, Waterford, Sacred Heart, Ingersoll and St. Cecilia's, Port Dover have been working on this project for over a year. The beanies and caps were blessed on Sept 23, 2023 by Father Sebastian and then presented to Woodstock Hospital Chemotherapy Clinic on Oct 2, 2023. These caps/beanies will bring comfort to those undergoing chemotherapy treatment in Oxford and Norfolk County.





## *St. Michael's London Welcomes New Members*

The Catholic Women's League is alive and thriving at St. Michael's. The council celebrated an enormously successful Membership Drive Weekend on October 28th and 29th. Council members came out in full force to support the effort: proudly wearing CWL sashes at every mass as they sat in the pews; and serving as sacristans, greeters, gift bearers, lectors, Eucharistic ministers and choir members.

Other volunteers welcomed parishioners into the hall for coffee and treats, answered questions about the CWL and managed the membership table. Many returning members took the opportunity to renew their membership over the course of the weekend and new members joined as well. The membership payments continued to trickle in throughout the month of November.

We currently have 24 new members, four new members who transferred from other councils, and three members who are returning after an absence. We even had four of our members sponsor four other women so that they could join. How heartwarming! It was a busy year for us, but our efforts have paid off with a very large increase in membership!

Submitted by Gail Brown





## *Donating Raffle Proceeds*



Immaculate Heart of Mary CWL in Grand Bend held a raffle in November 2023 in order to raise money for one of their favourite charities. The ladies are passionate about helping out their local community and were able to donate one thousand dollars to the Grand Bend Area Community Health Centre's *We Can Help Fund*. This fund allows local residents to apply for assistance when facing financial hardship.

## *Sock Drive Benefits Many*



Mark and Dianne Tucker on behalf of The Lake Huron Catholic Family of Parishes delivered 806 pairs of warm winter socks to Fr. Michael Bechard, Chaplain at Ark Aid Street Mission in London. All socks were generously donated by the parishioners of our Family of Parishes.

## *Regional Chair Persons*

### *The Link between Parish and Diocesan Councils*

Our regional chairpersons play an important role in the structure of the London Diocesan Council. They are the voice of all the councils they represent in their area. The regional chairpersons are appointed by the diocesan president for a two-year term. This appointment can be renewed once. They should be a past parish council president.

The regional chair is a voting member of the executive council which meets five times a year. As the liaison for her councils, she provides information to the diocesan council about her region and provides her region with information from the executive council. She chairs her region's meetings five times a year, passes on directives, reminds councils of annual reports and on-line surveys and assists with parish council questions. An annual report is submitted and she attends the diocesan convention as an accredited delegate.



Meet Jeanne Lauzon, regional chair for Essex County. She has held this position since 2020 when COVID hit. Jeanne has loved every minute and has learned so much more about the League, about technology and about herself. Being part of the diocesan team has helped her to spread her wings and accept new challenges. Zoom is her new friend!

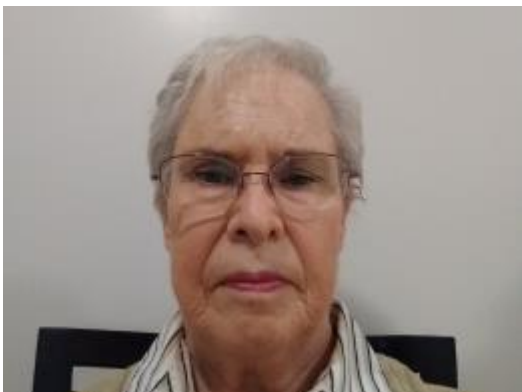
She loves working with the amazing ladies in Essex County. Their commitment blows her away! *Because we are a small area, I have been able to celebrate anniversaries, attend dinners and special activities. My sisters in the League have become close*

*friends who share ideas, resources, information and prayers.*

She has been married to Don, still the man of her dreams, for 53 years. They have four beautiful, compassionate and kind daughters, two fun-loving sons-in-law, two grandsons and an energetic granddaughter.

*When I moved to Belle River, I wanted to get involved in my new community so the secretary at my school invited me to my first CWL meeting. I have been a member for over 50 years, holding several positions as well as a recycled president. The ladies were so welcoming and I truly made life-long friends. These sisters supported me and worked with me on so many projects. We laughed together and we cried together, but most of all, we prayed together. The CWL has been a gift I hold dear to my heart.*

Thank you, Jeanne, for your dedication to the League.



We welcome Carol Hall as the new regional chair for the Sarnia-Lambton region.

She is the proud mother of two and Nana to two grandsons. Carol is a happily retired teacher with the St. Clair Catholic District School Board.

St. Benedict's Parish in Sarnia has been home for her for more than 40 years. When she first moved to the area, she was a stay-at-home mom with a new-born and a two-year old. She wanted to join the Catholic Women's League. She was treasurer for four years and two years later became president. During that time, she was actively involved with the Sarnia

Central Committee, a precursor to the regional council. *While I was president, I became a newly separated, working mother with two school-age children. I was very grateful for the unconditional support and encouragement that I received, and continue to receive from the friends that I made in St. Benedict's Catholic Women's League.*

For Carol, involvement in the CWL has provided a focus for personal growth, faith development, community and church involvement, and social action. She has been president several times, including the past six years. She has thoroughly enjoyed meeting and learning from the League members that she has met at regional days and diocesan conventions. She continues to be active in her council and looks forward to her role as Sarnia-Lambton Regional Chair.



Another new face to the diocesan executive council, is Helen Biales, representing Windsor Region. She joined the CWL in 2013 at St. John Vianney in Windsor. The council is relatively new, having received its charter in 2007.

When she first joined, Helen was still quite busy with the Alzheimer's Society of Windsor Essex and Hiatus House. When she retired from her charity boards, she decided to join the CWL. *It seemed like a good way to become immersed in issues of our Catholic faith community. I have always been active in my parish but this was a new way to*

*participate in the community.*

For Helen, being a regional chair gives her the opportunity to interact with the other Windsor councils on a more personal level.

She grew up on a farm outside of Glencoe, a small farming community half way between London and Chatham. Following graduation from Glencoe District High School, she attended London Teachers College. Helen taught for the London Separate School Board for four years before moving to the Windsor Separate School Board where she completed her 35-year teaching career. During the span of her education career, Helen was very active with the teacher federations on the local, provincial and national levels.

Welcome to the diocesan council, Helen





## *More Than a Shawl!*

Prayer shawls have been around for a very long time. They come in different shapes, sizes and colours. They can be knitted or crocheted. They even have different names like Peace Shawls, Comfort Shawls, Mantels etc. Regardless of their name, the purpose of the shawl is to bring peace, comfort, joy or celebration to the recipient. They can be given for a variety of reasons: bereavement, health, homebound, marriage, a birth, mediation or a commitment. The one thing they all come with, are the prayers of those who have created the shawl and those who are giving it. As well, they are often blessed by a parish priest.

St. Michael Catholic Women's League in Bright's Grove recently had the opportunity to bestow prayer shawls upon three of its members, when a donation of shawls was made to the council. But why stop at three? There were more ladies who could really use a shawl. There were no more shawls! What to do? To the rescue, Immaculate Heart of Mary CWL in Grand Bend. They were quite happy to provide St. Michael with the shawls they needed. Father Vince had already blessed the shawls, which added more meaning for the ladies in Bright's Grove, because he was their former pastor. A prayer card was also included with the shawl.



President Mary van Delft was joined by members Gen and Cathy in presenting a shawl to Linda who recently lost her husband. Another shawl was given to Olga, who is homebound.

Almost 105-year Molly was delighted to receive her shawl. Her daughter Janet sent us a message from Molly. In part, it read, *Thank you so much for my prayer shawl - it is lovely and warm and I am really enjoying being wrapped in the colours of the CWL.*



*Shawl Prayer: May this shawl be a sign of God's loving, healing presence. May it warm you when you are weary. May it encourage you when you are discouraged. May it assure of God's care and comfort. May it remind you that you are surrounded by the prayers of others. Amen*