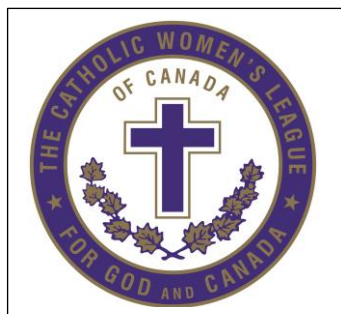


League Lingo

The Catholic Women's League of Canada

London Diocesan Newsletter



Vol.2 No. 1 Winter 2025

From the Desk of the Editor

Happy New Year! What an exciting year 2025 will be for our London Diocesan Catholic Women's League. As Pilgrims of Hope in this Jubilee Year, opportunities abound, to grow in faith, in service and through social justice. Elections will take place at the diocesan level in April and in many of our parish councils. Not only are we hosting our own diocesan convention and Annual Meeting of Members in April, but also the Provincial Convention in London in July. Added to that, is the National Convention in Toronto, in August.

As we expand to four issues of *League Lingo* this year, we are committed to providing a newsletter that is informative, interesting and inspiring. The goal is to make this a tool to use when promoting your council to new members and also a way to communicate the importance of The Catholic Women's League of Canada in the Diocese of London. Your feedback, contributions and suggestions are always most welcome. Happy reading in 2025!

Nelly Kelders,

Editor

secloncwl@gmail.com



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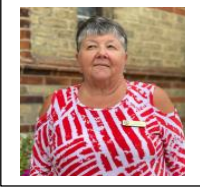
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- *Faith
- * Service
- * Social Justice
- *Celebrations
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From the Desk of the Vice-president

Welcome to 2025! My wish for you is good health, happiness and hope.

What better way to spread Hope than to become involved in the Jubilee Year activities. Pope Francis has requested that we be his **Pilgrims of Hope**. To help us accomplish this, the Canadian Conference of Catholic Bishops has identified six sub-themes and have created reflection guides for our use. In collaboration with the pastors of your Family of Parishes, your councils will be able to participate in the six themes. Each theme will run for two months. The first theme, *A Universal Guide to Jubilee* runs through January and February; *A Journey of Hope* follows in March and April. *Signs of Hope* happen in May and June; next is *Signs of Hope* in July and August, with the *Appeals of Hope* in September and October. The last theme is *Anchored in Hope* for November and December. All these materials are found on the Diocese of London website <https://dol.ca>. They are user friendly and reproducible. Don't forget to use the Jubilee prayer and song whenever possible.

I would like to thank all the councils who submitted their National Annual Report by Dec. 15th, 2024. As well, I thank all of the diocesan councils who have already sent in their Diocesan Annual Report. If your council has not sent one in yet, please forward it to me by January 15th, 2025. Hoping to meet many of you at our Diocesan Convention in Stratford, April 28, 2025

Denise Lalonde Morris

Vice-president/ Organization Chair



Spiritual Advisor's New Year's Message

Each year you never know where the Holy Spirit will lead the Church. Recently our Holy Father, Pope Francis launched a special Jubilee Year of Hope for the entire Catholic Church. This is a unique opportunity for all people of the Catholic faith, across languages, cultures and nations, to be united in prayer and in opening our

hearts to special graces for our families and for the world. In our Catholic Christian tradition, jubilee years were celebrated every 100 years, then 50 and now more commonly every 25 years. I am sure that these jubilee years are the fruit of long hours of prayer and discernment. During the Christmas season, you may have seen Pope Francis open holy doors in Rome and attaching indulgences to help us receive forgiveness and healing of our sins and the impact of these sins. These are all ways for us to once again affirm that we have a Father who is overflowing with mercy and love for all of us. In the official Year of Hope, we pray for an awakening of blessed hope for the coming of God's Kingdom and for a yearning for the treasures of Heaven. The theological virtue of Hope is a gift to keep our faith and trust strong when we are faced with many trials and challenges of life. May Our Lady of Good Counsel who kept her hope alive in the midst of her own sorrows and trials guide our families and our councils this year to grow as pilgrims of hope.

Fr. Paul Kim

London Diocesan Spiritual Advisor

Celebrating 100 Years of Faith, Service and Social Justice



The St. John the Baptist Catholic Women's League of Amherstburg celebrated their 100th anniversary at a banquet at the Portuguese Club in Harrow, on Sunday, October 20, 2024. In attendance were CWL members, past and present, their spouses, CWL members from other councils in the region, and diocesan executive members.

"We are honouring our first council, present members and sisters who have been laid to rest," explained Anne Roy, president of the St. John the Baptist CWL. Anne thanked members of the other councils for attending, as well as her own council, as they celebrated this important milestone.

Father Matt Kucharski, spiritual advisor of the council acknowledged that the women of the CWL have made personal sacrifices for the betterment of the community. He noted they have gotten involved in numerous social justice issues over the years and have grown in their faith at the same time.

Past-president Sharon Barron reviewed the 100-year history of the council. She pointed out that, at one point, the local council had over 500 members. After the local CWL celebrated its 67th anniversary, it went dormant for almost 20 years. In 2013, led by Nancy Joncas, the Amherstburg council was re-activated and has been growing ever since.

Theresa Ryan, past-president and historian of the London Diocese CWL, paid tribute to the women of St. John the Baptist Council and reviewed the history of our organization in Canada. She outlined some of the work that councils have performed through its history, including: school programs; supporting medical clinics; advocating for nurses in schools; first aid kits; milk programs and clothing drives for children; homes for unwed mothers; assisting with child welfare; supporting the development of juvenile courts; book clubs, spelling clubs, oratory clubs; and public health awareness.

Membership in the CWL promotes spiritual growth in each and every member. Spirituality is the lifeblood of the CWL. We pray for each other, our priest and our diocesan members.

Sharon Barron

Source: Ron Giofu, Amherstburg River Town Times

Serving Their Community Since 1966



Our Lady of Mercy Catholic Women's League in Sarnia has been delivering Meals on Wheels continuously since 1966.

The original teams consisted predominately of CWL members but as time passed, many had to leave for a variety of reasons. Today, re-enforcements have come from the community and other parishes.

President Phyllis Vanoverbeke continues to regularly deliver meals to the homebound three times a week, along with another CWL member. She is motivated to do so because she is interested in helping in the community and this is a way to do so.

The efforts of this group have not gone unnoticed. This summer, the Sarnia Canadian Red Cross presented a certificate of appreciation to Phyllis, who accepted on behalf of Our Lady of Mercy CWL. In the photo with her, are Tammy Fauteux and Trudy Gohn, representatives of the Sarnia Red Cross.

Celebrating 70 Years



On December 4, 2024, Shirley Charron was honoured by the members of the Most Precious Blood Council, Windsor, for her 70 years as a member of the Catholic Women's League. With Shirley are President Carol Guimond, and Treasurer Carol Lemire.
by Joan Jakubo

Honour is Their Due



The Catholic Women's League of Canada logo sign was recently installed at Ste. Anne Cemetery in Tecumseh, to commemorate the deceased CWL members buried in the cemetery.

May their souls rest in peace. Amen.

Never too Late to Re-ignite a Passion

Life Member Bev Weiler

Acting has always been a passion of mine ever since grade school. My first role was that of Mayzie the bird in *Horton Hatches an Egg*. I think I was in grade five. In grade seven, I was one of the children in *The King and I* musical. Music is a second passion for me, so that play fulfilled two roles.

In high school, I was in the Drama Club and was in several plays. I was a titmouse in *Alice in Wonderland*, a clown in *The Magic Shoppe* and Mimsie in *The Plaza Suite*.

After high school I was busy working and raising a family. I was thrilled when we moved to Watford and discovered that Our Lady Help of Christians CWL's major fundraiser was a skit night. For 25 years I was in my glory, so to speak.

I enjoyed attending theatre as well and a couple of years ago I attended the SMAK (South Middlesex Acting Krew) dinner theatre in Appin. After the performance I asked how to become involved with the group. This inquiry led to an audition and role as Janey in Norm Foster's *Hilda Yard*. This was one of my most challenging roles to date, and I thoroughly enjoyed the experience. From that role I moved to becoming involved in an acting group trying to start up in Strathroy.

A website was provided that promoted auditions in the area. I decided to audition for a role in *St. Thomas*, at the Elgin Theatre Guild. I was impressed with the group and the way they handled the auditions as well as the quaint little theatre. The quality of the acting was also impressive. Needless to say, I did not get a role in that play but was invited to audition for the Christmas play.

That is how I became Mrs. Claus. Another thoroughly enjoyable role. I am thankful to God for the opportunity to pursue this hobby and I look forward to future endeavours.



Celebrating her return to the stage with her are Life Member Pat Rivest and Member Lee Levergood.



You Asked Us



1. Sometimes I find the role of president overwhelming. Where can I get some support to help me to cope?

You can always email any member of the diocesan executive and ask for their help. The support may come in the form of a phone call, an exchange of email messages or you could request an in-person visit. Members of the executive council are available to do presentations or workshops if a council, family of parish councils or region would like to host one.

2. How often are our parish councils expected to meet?

Parish councils are required to have at least one general meeting per year. Most councils choose to have from four to ten meetings annually, depending on local traditions and needs. The executive council of the parish should meet 8-10 times per year, to ensure the business of the council is maintained.

3. What are regional meetings and who should attend?

The Diocese of London is divided into seven regions. Each region has a Regional Chair who is appointed by the Executive Council, in consultation with the regions. The Regional Chair calls a meeting of all the CWL councils in her region after each meeting of the London Diocesan Executive Council. The meetings take place in September, November, January, and March. Some regions have a fifth meeting in May, to complete business from the convention/Annual Meeting of Members and to socialize after a productive year. Parish councils are usually represented by their presidents but all members are invited and encouraged to attend regional meetings. These meetings are an opportunity to meet sisters from other councils; exchange ideas; problem-solve; and learn more about The Catholic Women’s League of Canada.

4. What is the difference between the Regional Meeting and the Fall Regional Days?

The Regional Meeting as described in question three is chaired by the Regional Chair and is attended by the members of her region. The Fall Regional Days occur in the fall of each year, on Saturday, and are organized by the Diocesan Executive Council. Each council is invited to attend one of the days. The day is hosted by one of the councils in the region, who also provides a lunch. It is usually a time of education and/or workshops as well as praying and camaraderie.

For more information about The Catholic Women’s League of Canada, visit our websites.

Diocesan Website	cwlondon.com
Provincial Website	cwl.on.ca
National Website	cwl.ca

Serving Our Communities

More Than Just a Place to Stay

By Susan Regier, St. Peter, St. Joseph

On Monday, October 7, 2024, eight women from the St. Peter Catholic Women's League in St. Joseph volunteered at Ronald McDonald House in London to prepare dinner for their *Meals from the Heart* program. After touring the facility, the women worked alongside Chef Kim and two in-residence young chefs to prepare a healthy, home-cooked meal for 100 people staying there.

"It was a phenomenal experience," said volunteer Susan Regier, president of the CWL. "We learned so much about the organization, the people there, and how donations help to make Ronald McDonald House more than just a place to stay for families with sick children."



Left to right: Jackie Dickson, Veronica Grunwald, Ava, Chef Kim, Martha Mungar, Carrie Van Osch, Susan Regier, Debbie Denomme, Anna Marie Patterson, Dianne Miller *in front:* Emma

A Blessing of Hope and Love

By Norine McFadden, St. Michael, Dresden



Reach Out Chatham Kent Missions which assists displaced community individuals, was presented with 42 unique pillowcases that have double sewn pockets within, and are filled with many items for personal hygiene. The pillowcases bring a sense of personal ownership to the individual and is a new item of comfort for them. Collected personal items offer a blessing of hope and love from our St. Michael, Dresden CWL Council to the community. Special thanks to our sewing group Jo Allossery and Liz Kominiek. Thank you to members and parishioners for their continued support.



To the Least of These, We Give

Operation Backpack

By Beth Lachine

The St. Joseph City, CWL took up the cause to promote and sponsor Operation Backpack in Chatham last summer. This project called FreeHelpCK, helps students to return to school in September with a backpack full of necessary supplies. A letter was sent by the council to all sister councils in Chatham, as well as the Knights of Columbus. Each backpack costs \$75. The response from the councils resulted in a donation of \$2,000.00.



From left to right: Pam Sojczynski, President St. Joseph's Harwich CWL; David Renaud, Treasurer St. Joseph's Knights of Columbus Council 10436; Gerard Masse, Grand Knight, St. Ursula's Knights of Columbus 9551; Geri Hughson, FreeHelpCK; Sandra Richie, President, St. Ursula's CWL; Frank Lazzarrin, Grand Knight Blessed Sacrament Knights of Columbus 1412; Maria Frias, Member, St. Joseph's (City) CWL; and Beth Lachine, President, St. Joseph (City) CWL.
Photo courtesy of Tim Haskell - FreeHelpCK

A Gift of Warmth

By Janice Rounding

Holy Name of Jesus, Essex CWL asked parishioners to help the needy of the Women's Centre and Street Help this fall. Their response was overwhelming. We collected hats, scarves, gloves, mittens, a few coats and well over 200 pairs of socks. We are blessed with a giving, caring parish.



Life's Lessons

Always choose life.
Believe in miracles.
Peace starts with a smile.
A smile is a sign of joy, a hug is a sign of love and a laugh is a sign of happiness.

In the end, all that really matters is that you loved.
Miracles are happening everywhere.
Life isn't tied with a bow, but it still is a gift.
There is no greater treasure than a good friend.

Journeying on the Path to Truth and Reconciliation

Betty Pajor


On June 21, 2024, National Indigenous People’s Day, the St. Bernard’s CWL ladies and friends met at the Moccasin Identifier Teaching Circle where we continued our journey on the path of Truth and Reconciliation. One of our members taught us the makings of the Dream Catcher whose purpose is to catch good dreams. It is made of a circle webbed inside with various beads and usually has three fringes with beads and feathers. She also created her own Medicine Wheel to explain the four coloured quadrants of black, white, red, and yellow which also are the colours used on drums, art, etc. Black represents the west, earth, and autumn. Red is south, water, moon, and summer. Yellow is east, fire, dawn and spring. White is north, air, midnight, and winter. The Medicine Wheel is believed to be the circle of awareness of the individual self; the circle of knowledge that provides the power we each have over our own lives.



We also became more familiar with the Moccasin Identifier Project which is to advance Treaty and Indigenous awareness by covering Canada in moccasins: to develop better understanding of Treaties and the Indigenous relationship to the land for the benefit of reconciliation: to restore harmony between indigenous and Non-indigenous Peoples. The stencil of the Anishinaabe moccasin was presented. The Anishinaabe live throughout Ontario whose culture is Woodland. Seneca, Huron and Cree moccasin stencils were also presented as part of the project.



Two of our parishioners were involved in founding the Native Pollinator Garden next to the Teaching Circle. Two native Tulip trees as well as Native pollinators are planted here. Their message is that we have to get over the notion of our gardens being “pretty”. We need to support life. Keystone plants are those plants that support the greatest number of insects, including our native bees, butterflies and moths. Keystone trees are Oak, which support over 400 species of caterpillars. Prunus, birch, maples, crab apples, hickories and pines support over 200 species. Goldenrods and asters support more than 100species. Nurseries and garden centres are starting to supply the growing market. They provided everyone present with a saucer plant and wild bergamot to plant in their gardens.

A Blessing		Numbers 6:24-26
<p>The Lord bless you and keep you; The Lord make his face to shine upon you, and be gracious to you; The Lord lift up his countenance upon you, and give you peace.</p>		

Five Characteristics of a Woman of Faith

By Monseigneur Michael Busch

Preamble: On Tuesday, December 10m 2024, the ladies of St. Michael CWL Council in Bright's Grove, held their general meeting and Christmas social. As is the practice in our council, the evening began with a prayer service in the church. Our Faith Pillar Chair, Christine Bresette led us in a memorial to deceased members, followed by a reflection on Mary. Our guest speaker was Monseigneur Michael Busch, a retired priest from the Diocese of Toronto, who has relocated to the Sarnia area. His topic was *Being a Woman of Faith*. Father Michael finished his address with the *Five Characteristics of a Woman of Faith*. As we enter into this Jubilee Year, perhaps, we can reflect on these attributes and how they apply to our lives. Thank you, Monseigneur Michael, for sharing your reflection with us.

1. Seek God First.

At her very core a woman of faith is anchored to the Rock that is Jesus Christ and she will not let anything tear her away. Yes, she is still subject to doubts, and temptations, she still struggles with sin; but it is her hope of redemption that helps her to persevere. Her faith, although tested, is constantly being renewed by His mercy, and it makes each new day bright with God's promise. She can withstand any crisis and forge ahead with relentless endurance. She does this because her fortitude is anchored in her faith and when life is difficult, she falls on her knees in prayer. A woman who prays is a warrior; a fighter, and perseverance is her name.

3. Show True Beauty.

A woman of faith embraces good. She has the insight to recognize a blessing when she sees one. She delights in the beauty of each moment and celebrates with quiet joy the passing of time and its inevitable changes. When overcoming a trial, a woman of faith shows her true beauty by drawing on the wisdom she has learned from past experiences. She can forge ahead with relentless endurance knowing that God's plan for her is constantly unfolding. She faces the inescapable barriers, sorrows and burdens that come with life because she has gained tenacity and grace. She pauses in the midst of loss and sorrow to offer gratitude for every good thing she has. She

2. Speak with Compassion.

A woman of faith manifests love. Her service comes from love and has the power to strengthen and enlighten those who surround her. Her passionate heart radiates compassion to all those who cross her path. She does not discriminate, nor does she separate the "ones who deserve love" from the "ones who do not". She believes that EVERYONE is valuable and worthwhile in God's eyes. God did not discriminate when he made her in His image, so neither should she. She knows all people deserve the unconditional love that God freely offers to her.

understands that it is the small miracles of life that offer hope in times of adversity.



4. Stay Humble.

A woman of faith walks in humility. She knows her flaws and her weaknesses and willingly exposes her vulnerability to help someone gain clarity and grow in faith. She is open and sincere; not afraid to reveal her true self, because in honesty there is freedom. She gives generously without expectation of reward, or acknowledgment of her sacrifices. She is thoughtful, trustworthy and dedicated. She shows up when she is needed. She is a true friend who not only helps you to celebrate the joyous moments but is with you in the trenches when life becomes a battlefield. When she hears a call for help, she offers her what she can, knowing that service itself is reward enough.

5. Imitate the Lord.

A woman of faith tries to live by God's grace. When she suffers an injustice, she responds by extending mercy. Knowing her sorrows and sufferings may never be vindicated; she chooses to let go of the bitter grasp of resentment. Forgiveness and redemption are gifts to her from the God of Grace. She, in turn, chooses to share those gifts by giving deeply, sacrificing her time and her energy to make a difference in this world. She pours her heart into whatever urgent need calls to her. She understands the responsibilities and obligations of pursuing God's purpose for her life. She ignites and increases her faith by following in the footsteps of her saviour and committing herself to God's service.

To all the women who hold these characteristics of faith, know that God is working through you in a profound and glorious way. Keep your hearts and your minds "centred on Jesus, offer simple witness and serve God in concrete ways, and you will keep faith alive at the core of your being! Thank you for being the faithful warriors that you are.

MEANING OF THE LOGO of the Ordinary Jubilee of the Year 2025

Pilgrims of Hope

DICASTERY FOR EVANGELIZATION
SECTION FOR FUNDAMENTAL
QUESTIONS REGARDING
EVANGELIZATION IN THE WORLD

The cross of Christ is the hope that cannot ever be abandoned because we are always in need of it, especially in the most difficult moments.

The figures represent humanity from the four corners of the World. They are embracing each other to illustrate the solidarity between the peoples, as the first holds onto the cross.

The Cross, in the shape of a sail, is transformed into an anchor that imposes itself over the waves in motion. A universal symbol of Hope.

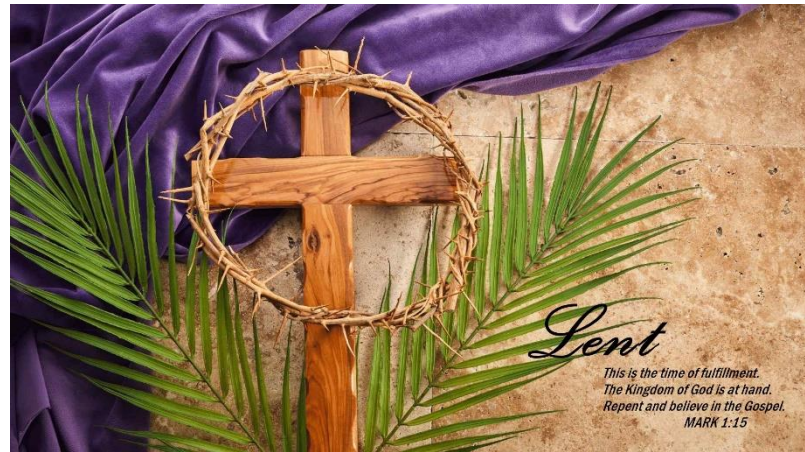
The rough sea is a reminder of the difficulties of the pilgrimage of life. Often, personal events as well as those of the world, press on us more intensely, demanding a greater hope.



London Diocesan Council of The
Catholic Women's League of Canada



Invites you to Pilgrims of Hope in the Jubilee Year Lenten Retreat



Where: St. Benedict's
Catholic Church, 1011 Oak Ave., Sarnia, On N7S 1J4

When: Saturday March 15, 2025

Lunch: \$15.00 per person

Agenda: 8:30 am – Registration
9:00 am – Mass
9:45 am – Social Time
10:15 am – Welcome and Land Acknowledgement
10:25 am - Speaker: Laura Lee, Pastoral Minister, Elgin
Roman Catholic Family of Parishes: *Pilgrims of Hope*
12:30 pm – Lunch
1:30 pm – Speaker: Christine Bresette, Faith Pillar Chair, St.
Michael CWL Council, Bright's Grove: *Mary's Perfect Yes*
2:30 pm – Final Blessing

Register with your Regional Chairperson by **March 8, 2025.**