Peterborough Diocesan Council of
The Catholic Women’s League of Canada

Fall Newsletter
2016
TABLE OF CONTENTS

1. Table of Contents .................................................................................................................. 2
2. Peterborough Diocesan Officers, Spiritual Advisor and Sub-Committee Appointees 2016 – 2018 .......................................................... 3
3. President’s Message ............................................................................................................. 4
4. Spiritual Advisor’s Message ............................................................................................... 5
5. Organization .......................................................................................................................... 6
6. 1st Vice-President/Education & Health .............................................................................. 6
7. Treasurer .............................................................................................................................. 8
8. Corresponding Secretary .................................................................................................... 9
9. Past President/Historian .................................................................................................... 10
    Ontario Provincial Convention Report .............................................................................. 11
10. Spiritual Development ........................................................................................................ 12
11. Christian Family Life .......................................................................................................... 13
12. Communications ................................................................................................................ 14
13. Community Life .................................................................................................................. 16
14. Resolutions & Legislation ................................................................................................. 17
15. Life Member Liaison .......................................................................................................... 18
16. Diocesan Convention Photos ........................................................................................... 19
17. Provincial Convention Photos .......................................................................................... 19
18. Anniversaries ...................................................................................................................... 20
20. National Convention Photo ............................................................................................. 22
21. Coming Events ................................................................................................................... 23
# The Catholic Women’s League of Canada
## Peterborough Diocesan Officers and Sub-Committee Appointees 2016-2018

<table>
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**Sub-Committee Appointees:**

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<th>Sub-Committee Appointee</th>
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*This list may be used for CWL purposes only.*
As we enter into our fall sessions, the Year of Mercy is fast approaching its end. You should congratulate yourselves on a very successful year of hard work, compassionate acts, and celebrations. It is well demonstrated throughout our parishes, dioceses, provinces, country, of the wonderful work that members of the CWL initiate and implement.

As we spoke at our convention we had several parishes celebrate anniversaries and it was a pleasure to attend these anniversaries with offerings of congratulations from all of our members within the diocese, along with the provincial and national presidents; St Mary’s Lindsay (95 yrs), St Peter-in-Chains (95 yrs), St Patrick’s Kinmount (95 yrs), St. Mary’s Huntsville (60 yrs), St. Alphonse Peterborough (25 yrs).

In June I attend the Symposium of Life – Euthanasia and medically assisted suicide. Our Friday evening guest speaker, Dr. Michael F Sullivan delivered a very timely presentation on “How did we get here and where and what can we do?” as it came within hours of the new law passing. The evening and following day was a huge success and many other speakers, including the Bishop and Fr. Tom Lynch, and allowed for a lively discussion panel. Also I have requested a video of the event for the CWL and await its editing.

I attended both the provincial and national conventions in July and August. The conventions were packed full of work, wonderful speakers, encouragement to go forward, ideas and suggestions to bring home to our councils and lots of fun. It was great to see members attending both especially those attending for the first time. I am sure their eyes and heads were aching with all of what was going on and listening to the involvement and areas that this organization reaches. As we worked on our provincial project of the Blessed, an amazing pilgrimage took place around the outside walls of the hotel and in through the Holy Door. If you wish to see some video of the speakers at the national convention go to www.cwl.ca. It may be of interest for you to mark off the date for the 2017 provincial (Thunder Bay July 9-12) and national (PEI Aug 6-9) conventions for next year.

While we are speaking of conventions, as you know our convention will be in Huntsville April 29/30 2017. Rooms have been secured at the Best Western for $99.00 a night. Guest speakers are in place and a good time will be had by all who attend. Provincial President Pauline Krupa is planning on attending. This is your convention and as many members as possible should attend.

As your mentors for this term introduce themselves to you please include them on your list of resources and contact them when you have questions. They are your link to the diocesan news, announcements, directives from provincial and national, or to troubleshoot any issues you may have. If they do not have the answers for you, we have great number of members with years of experience, whom you can may reach out to for answers and/or suggestions.
Directives from provincial council will be available at the fall meeting/Development Day on October 22, hosted by St. Pauls, Lakefield, as the provincial meeting will take place after this newsletter is published. Development Day is open to everyone and lunch will be offered for $15.00 per person. Speakers will address leadership and progress, inner wellness, spiritual vocations and a fundraiser that each parish could do online.....easy money. Please let Lakefield council know of your attendance by **October 12** so they can plan for the lunch.

Three members of the CWL attended a workshop on the redesign of the Peterborough diocesan website. A great deal of information was exchanged. The new website will soon be put into place and you will find it quite impressive and easier to navigate.

Father John Perdue, the diocese Director of Vocations, will be sending out updates to each parish through our gmail accounts. He had earlier invited parishioners to the ‘Welcome Barbeque’ and his workshop. This is a huge ministry that he has and with co operation amongst the CWL and others we hope to assist him with all divisions of vocations.

While at the national convention our new theme for the 2017 2018 term was announced. I believe it is quite fitting as you give thought to our organization and what we do: “Inspired by the Spirit, Women Respond to God’s Call”.

*Wendy Tedford*
Peterborough Diocesan President

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**Spiritual Advisor: Fr. Damian Smullen**

Dear Ladies of the League,

The summer heat has finally abated and we find ourselves beginning the fall with the anticipation of many good things waiting to unfold.

I attended my very first provincial convention. It was held in Stratford, Ontario, and whereas I didn't get to view any of the Bardic dramas, the dramas of the convention were equal to any thing on stage! I was very impressed with the convention, the superb organization of the event, the talent of the CWL, and the enthusiasm which seemed to flood the whole event. I'm looking forward to attending both provincial and national events next year.

The fall will see me attend a S’mores event with the CWL in Norwood, and I hope to casually attend some of the parish based meetings throughout the year. There were several anniversary celebrations that I attended during the summer, and was able to appreciate the way in which the league has been such an influence in the growth and development of parish life down through the years. I urge you all to continue to build up the spiritual bonds in your councils and continue to strive to make oars of work and prayer the means by which you row the CWL boat.

Our Lady of Perpetual Help, pray for us.

*Fr. Damian Smullen*
Peterborough Diocesan Spiritual Advisor
Organization Report: Wendy Tedford

As we all know, although Ontario holds the largest number of members within Canada, we are also declining in numbers. We need to take a direct effort to encourage ladies and young adults to join. When we approach them, ask them how they can make a difference with the talents they have and the interests they possess. Make them feel welcome and help them fulfill their purpose. Make use of their skills and they will grow and keep our parishes alive. After our successful effort with the two resolutions we put forward to provincial council, we could use this as an avenue to attract young members.

If you have not heard, we are required to change our annual reporting procedures. Joanne Hough and I attended a meeting in Toronto where all councils throughout the province spent time learning this computer program. All officers will be trained and will possess a USB key to assist your councils with the process. We hope to have mini sessions with a group of you, or if you wish, one on one to accomplish the procedures. Of course it will be new but not difficult to achieve the end result.

As I travelled to the anniversary celebrations since our convention, it was so uplifting to see that many councils honoured their members with the different pins that are made available to us. It was such a delight to see facial expressions when names were called out and more importantly, why! Congratulations to all who received recognition this year, either at these anniversaries or at your parish council meetings. Policy and Procedure reviews and updates have taken place within the diocese and provincial is doing the same thing. It is important that you point these documents out to your members and of course read them yourselves. As much as we wish to personalize our own councils it is a must we follow certain procedures. At our fall meeting we will have motions made to accept the updates. Presidents, please make sure you review the documents before the meeting to familiarize yourselves with the proposed sections.

Give yourselves a pat on the back for a wonderful, successful Year of Mercy. Your efforts do not go unnoticed. Take some time to read the reports on the provincial and national websites. When you are on the national site take some time to click on the videos for the guest speakers from the national convention.

Wendy Tedford
Peterborough Diocesan Organization Chair

1st Vice President/Education and Health Report: Audrey McLaughlin

EDUCATION
Parents and guardians are the first and most important teachers of their children. As Catholics we know that it is through their parents that children first learn of God’s love.

The generous love of parents provides children with fundamental lessons in life that cannot be learned anywhere else. Catholic schools seek to support families in this awesome task.
Since 1989, the Institute for Catholic Education (ICE) continues to work towards their goal of presenting a catholic view of human life, spirituality, marriage and family. With the guidance of the Assembly of Catholic Bishops of Ontario, resources continue to be developed to ensure that the family life curriculum in Ontario’s catholic schools continues to be consistent with our catholic teachings. Schools, parents and parishes must continue to work together to provide students with an education founded on the Gospels of Jesus. More information can be obtained from:

Office for the Institute for Catholic Education.....office@iceont.ca
10 St. Mary St., #604
Toronto, ON, M4Y 1P9   tel: 416-962-0031

MENTAL HEALTH
7 amazing digital resources that will help your mental health
Check out these exciting smartphone apps and digital resources designed to help manage depression, anxiety and other mental health issues. *(By Jill Buchner for Canadian Living Magazine)*

Getting treatment for anxiety, depression or other mental health issues is notoriously difficult. Many of us have trouble even asking for help, and when we do, we can be faced with long wait lists and costly appointments. In recent years, some more immediate and affordable options have been popping up in the digital realm. It’s true: An app can’t replace a therapist. But there can be benefits to having a resource you can connect to at any time, day or night. Here are some of our favourite digital mental health resources.

1. **Pacifica**
   Rooted in cognitive behavioral therapy, which reasons that issues like stress, anxiety and depression are caused by a pattern of thoughts that lead to certain feelings, this app attempts to change the way you think. Use the app’s thought analysis to learn more about your thoughts, use the mood tracker to report how you feel each day and get insight into your progress over time as all of this data is gathered into chart format. You can also try daily challenges to help you face your anxieties and do audio-based exercises, like meditations and visualizations, when you’re overwhelmed.

2. **Whil.**
   If you’d like to develop more balance in your life and learn how to better manage stress, a regular mindfulness meditation practice could be just the thing you need. Whil. offers more than 1,250 training sessions which cover mindfulness, yoga and emotional intelligence. Whether you’re looking for a one-minute relaxing meditation or a 20-minute energizing stretch session, you’ll find what you’re looking for in their huge collection.

3. **MindShift**
   If you suffer from anxiety, this app from Anxiety BC and BC Children's Hospital can help. Using evidence-based techniques, the app helps you become more aware of your anxiety—by rating anxiety levels and identifying physical symptoms—and manage it better. Audio coaching offers strategies to deal with a variety of situations, from perfectionism to social fears. Though the app is aimed at young adults, many of the techniques used are universally helpful.
4. **Koko**
You know how venting to a friend can help your worries feel a little less heavy? Well, researchers at MIT developed the app Koko, which encourages you to post your stress anonymously, to serve the same purpose. Other users chime in with ideas and words of encouragement to help you **rethink your negative thoughts**. Koko creators call it "a social network that calms your mind." It offers a way to redirect your thought path and discover a new perspective.

5. **Talkspace**
App-based talk therapy has arrived. Get connected with licensed therapists who can help with everything from couch. After downloading the app, a free consultation can help match you with an appropriate therapist, and then you simply choose a plan that works for your budget (unlimited messaging therapy is $25 a week).

6. **CAMH's Mental Health and Addiction 101 Series**
If you have a loved one who suffers from depression, bipolar disorder, addiction or another mental health issue, this resource is a great place to learn how you can help. The tutorials, designed by mental health care experts, take about 20 minutes each to complete and they teach you how individuals are impacted by each of these illnesses and recommend the best ways to **support family members or friends** who are suffering from them.

7. **CareKit**
One of the most exciting innovations brings the promise of new, more powerful mental health apps for the future. In spring 2016, Apple released a new open-source framework called CareKit, which will enable app developers to help users self-manage their mental health conditions on their iPhones. With this new software, apps will help you track mental health symptoms, manage tasks such as taking medication or meditating, and view the data in easy-to-understand charts that show how behaviors’ (like exercising or taking meds) affect the way you feel. And since all of this data is sharable, you can send these insights to a doctor or loved one. **Start** is one app that has used CareKit already. The app promises to help depression sufferers track their progress to see if a new antidepressant is working for them.

**Audrey McLaughlin**
Peterborough Diocesan Education & Health Chair

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**Treasurer’s Report: Helena Lessard**

Hello and welcome to the treasurer’s post. I am excited to continue as a member of the diocesan council executive. Prior to being Resolutions and Legislation Chair, I was the Treasurer for the council. Similar to the fall leaves changing, things have changed within the treasurer’s position. One adjusts, like leaves blowing in the wind, in order to present the council and the members of the diocese with the financial picture.

The treasurer’s role is integral to the workings of a council. Whether one has accounting, bookkeeping or office experience, there is assistance to complete the task at hand. To start, there is a job description (found in the Executive Handbook on the National website cwl.ca.)
The treasurer shall:
• maintain the financial records of the council
• receive all League monies
• pay all accounts as authorized
• be a signing officer for official documents
• present a report of revenues and expenditures at meetings
• prepare and monitor annual budget
• have financial records audited or examined annually

As in any role, one utilizes the resources around you; for example, communiqués and annual reports from all levels, counterparts at other levels and other treasurers within the diocese. In that regard, I would appreciate it if treasurers across the diocese would provide me (at trpocwl@gmail.com) with their contact information, in order that I may share that information with all treasurers. Then we can assist one another in the completion of our tasks as identified above.

A treasurer may also find league manuals from any level useful but more so, the national Guidelines for Treasurers. One of the recommendations is two signatures on all cheques issued. This safeguard helps to prevent unauthorized expenditures or from finances floating away in the breeze. I also recommend that the President, Secretary and Treasurer review and initial all documentation related to expenses. Also, communication through reporting of financial information back to parishes and the diocese is for transparency sake and to show accountable actions of all involved. Plus, it demonstrates the good work of the council and league members.

I suggest councils consider making the following donations. One donation is to the provincial dhas two seminarians. Another donation is to the national voluntary fund of the Catholic Near East Welfare Association. CNEWA works to build up the Catholic churches especially the Eastern churches in the Holy Land. Two projects in the Holy Land supported by the CWL under the umbrella name of Velma’s Dream are the Infant Welfare Centre in Jerusalem providing child care and assisting youth at-risk of not completing school and the Shepherd’s Field Hospital in Beit Sahour providing health care for pregnant women and young mothers and children.

In the end, may all your transactions conclude on a positive note.

Helena Lessard
Peterborough Diocesan Treasurer

Corresponding Secretary’s Report: Helena Lessard

The duties of Corresponding Secretary tie nicely into the Treasurer’s role. Often it is the Treasurer who is forwarding a donation to an organization accompanied by a note or letter. Also, the Treasurer provides the cheque for a guest speaker with a short thank you note. Generally, it is responsibility of the Corresponding Secretary to arrange meeting and convention accommodations. Again, this task dovetails nicely with the Treasurer’s role to arrange payment. However, I would just like to remind you that the theme of One Heart,
One Voice, One Mission will be finished at the end of the year. Check your stock of cards for theme related cards and use them up as quickly as possible before the new theme begins.

Thank you cards were received from the following:
1. Rev. William McGrattan was grateful for the spiritual bouquet he received in April.
2. Mikinakoos Children’s Fund thanked the diocese for the donation of $470.00 which is being used to establish a nutritional breakfast programme in Pikangikum First Nation.
3. CWL Leadership Foundation for the donation of $1,075.65

Happy writing!

Helena Lessard
Peterborough Diocesan Corresponding Secretary

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**Past President/Historian Report: Joanne Hough**

Welcome back to everyone! The summer was great...we need to remember the heat we experienced when January rolls around! A special welcome to new presidents and new members. Your leadership and membership is greatly appreciated.

Thank you for the opportunity to serve as President of the Peterborough Diocesan Council from 2014-16. It has been a pleasure to work with such a dedicated team of Officers and Spiritual Advisors. I look forward to working with members to ensure the historical records for the Peterborough Diocesan Council continued to be maintained in a comprehensive manner.

The Peterborough Diocesan Convention was held in Lindsay on April 17-18, 2016. The evaluation from those who attended applauded the speakers, the resolutions, the hospitality and the overall organization of the days. Thank you to St. Mary’s CWL, Lindsay, the host council and to the work of the officers and Spiritual Advisors. This was a great team effort! Check the diocesan website for pictures! [www.peterboroughcwl.ca](http://www.peterboroughcwl.ca)

The Ontario Provincial CWL Convention held in Stratford from July 10-13th was a great experience. Several members of the Peterborough diocesan and parish CWL councils attended. Bishop William McGrattan, National Spiritual Advisor and Bishop of Peterborough, addressed the convention members in respect to the significance of the Year of Mercy. He provided a thorough and most interesting presentation of Pope Francis and Pope Emeritus Bendict XV and the significance of the Year of Mercy. He offered several challenges for women of the CWL including ‘Authenticity – Be Who You Are...proud to be Catholic...proud to be women!’ His presentation was very well received. Michelle O’Rourke spoke compellingly of her experience of palliative care partnership rather than care giving and the death of her father. She shared the five important statements for closure when you do not know what to say...Forgive me...I forgive you...Thank you...I love you...Goodbye.

Margaret Van Meeuwen was recognized and blessed as a new Life Member of the League. Congratulations to Margaret on this recognition of her years of service to the League and her willingness to continue to work on behalf of the League.
The National CWL convention of the Catholic Women’s League of Canada was held in Halifax from August 14-17th. Again the attendees heard from exceptional speakers. Father James Mallon challenged the attendees to ‘be the mission on this earth.’ Sister John Mary spoke of Women of Mercy and Dr. Nuala Kenny informed us of the need and right to have palliative care services.

I have had the opportunity to attend four recent anniversaries of CWL Councils, St Peter-in-Chains (95th), St. Mary’s, Lindsay (95th), St. Huntsville (60th) and St. Patrick, Kinmount (95th). Each group celebrated their great accomplishments and their sisterhood. The Councils have extensive records of their activities and several references to the Peterborough Diocesan Council. They have kindly indicated a willingness to share their records.

We have obtained access to storage through St. Mary’s CWL, Lindsay. We are working to locate historical pictures and records from the last 95 years. Many members have relatives who were members of the Peterborough diocesan council and parish councils that may have a personal small envelope or scrapbook in their family historical records. It would be great to increase the accuracy of our records with a photocopy of such records. We are looking forward to sharing such treasures in future anniversary celebrations. The 100th Anniversary is only 5 years away! Contact me at 705-324-4491…I would love to chat!

Elections will be held in several councils over the next few months. If I can assist you in anyway with the election or discernment of leadership in councils, please feel free to contact me.

Enjoy the Fall and know that whatever you and your councils do for others is so greatly appreciated.

CWL Ontario Provincial Convention 2016
Stratford, Ontario

The beautiful setting of Stratford Ontario offered a wonderful gathering place for 400 women who attended the CWL Ontario Provincial Convention from July 10-16, 2016. The tour of the city with a beautiful river with swans and the Stratford Theatre production of Chorus Line were but a few of the welcoming activities.

The convention was officially opened on Sunday evening following opening Mass at Immaculate Conception Church. Bishop William McGrattan, Bishop of Peterborough/National CWL Spiritual Advisor, gave the opening address. He provided a thorough and most interesting presentation of Pope Francis and Pope Emeritus Benedict XV and the significance of the Year of Mercy. He offered several challenges for women of the CWL including ‘Authenticity – Be Who You Are…proud to be Catholic…proud to be women!’

Resolutions were presented for consideration of the assembly. Topics such as including home care in the Canadian Health Act, an amendment to the Immigration Act to permit access to permanent residency for foreign workers and expansion of the Nutrition North Canada Program to include all communities’ accesses only by air will be forwarded to the National CWL assembly for consideration. A resolution for the safe operation of all-terrain vehicles by youth under the age of 16 was approved and will be presented to Ontario Government officials by the Ontario CWL Provincial Council. The resolution was sponsored by St. Mary’s CWL Lindsay and approved to be forwarded to the Ontario CWL Provincial Convention by the Peterborough Diocesan Council.
Each day of convention opened with Eucharistic celebrations and prayer services. The former Spiritual Development Chair of the Peterborough Diocesan Council, Suzanne Liptay, was the author of two prayer services that originated from the Peterborough Diocesan CWL Convention. As members we were very proud of our executive member and her contribution.

On Tuesday, diocesan presidents and Ontario provincial executive members presented their study of several candidates for sainthood and how the example of the ‘blessed’ was reflected in the work of councils throughout Ontario.

Anne Shore, a motivational speaker, spoke to the group about ‘CWL Women Living Mercy Every Day’. “What is mercy? It is a love story with God...God loves you as you are!! It is an act of love...give food, shelter, etc.....we are becoming more Christ like.”. The evening ended with a well attended banquet with great celebration of who we are as Catholic women.

On the last day of the convention, the members heard greetings from Bishop Colli, Provincial Spiritual Advisor and Barbara Dowding, National CWL President. Michelle O’Rourke, Palliative Care author and speaker, used her father’s recent journey in palliative care to help us understand that we need to be ‘care partners’ rather than just ‘caregivers’. She demonstrated that the nature of dying teaches us how to live everyday...the nature of dying is not medical, it is experiential. She recommended words from Dr. Ira Byock, author of ‘Dying Well’ that closure was enhanced if there were time to say...“ I forgive you...Forgive me...thank you...I love you...goodbye.”

The convention closed with the Eucharist Celebration in St. Joseph’s Church and the reaffirmation of the provincial executive. Reflecting on the theme, ‘One heart, One Voice, One Mission – Palliative Care and Hospice Care’ was successful in motivating members to take action and provide care partnering in communities throughout Ontario.

**Joanne Hough**
Peterborough Diocesan Past President/Historian

### Spiritual Development Report: Laila Etherington

**One Heart One Voice One Mission**

It was around April this year that I was appointed to be a Diocesan Spiritual Development chairperson. I was not really thinking of what was in store for me, all I knew, was that, I won’t be alone on this journey. My Heart jumped for joy for the support and prayers which poured onto me by my sisters in the league. A Voice I heard calling me to take on a Mission to spread the favorite prayer of Saint John Paul II, which is the Holy Rosary. He encourages us to pray the rosary for peace in the world and also for families.

**Book of Life:**

When you are reporting your deceased members, please make sure that you send in your notification to National Office and that you also send it to the me at the Diocesan level sdpocwl@gmail.com. If you cannot do in on line please mail it to me at my home address.
Spiritual Growth of Members:
October is Marian month, if you have not done so, coordinate with your priest to say a rosary prayer in your parish before mass or after mass. Devout yourself by reciting this contemplative prayer of our Blessed Virgin Mary asking her to intervene for your favor that you need from her son, Jesus Christ, who is Our Redeemer. Say these refrains after saying your rosary,

“Holy Mother of God, Queen of Heaven and Earth, pray for us.”
“Our Lady, Queen of the Most Holy Rosary, pray for us.
“Our Lady of Good Counsel, pray for us.

Please keep in mind the “12 Hours of Prayer for Palliative Care” will occur on May 4, 2017. Approach and schedule this day with your parish priest and invite other congregations in your community to participate, maybe, invite a speaker from Palliative Care.

Lay Ministries:
One of Pope Francis’ messages to women is to consider taking up a vocation in ministries to help out the declining d.
“Blessed are the pure in heart, for they will see God”

St Mary's CWL in Huntsville organized a Women's Day of Reflection. The speaker briefed us about the power of silent prayer and meditation. I was aroused by the experience and the theme “We Are Called To Be Saints.” I thought, “is it that simple?” In case you're interested, the contact name is Ian McLean who can be reached at tykemcl@gmail.com.

There will be a new theme for National CWL. This will start on January 1, 2017 to December 31, 2019.
“Inspired by the Spirit, Women Respond to God's Call.”

There is an Alpha course every Wednesday at St. Mary’s, Huntsville, 7.00 – 8.30 ending November 24 with a Retreat following. If you would like more information, please contact St. Mary’s Church office.

Laila Etherington
Peterborough Diocesan Spiritual Development Chair

Christian Family Life Report: Wendy Tedford
Within this committee is a focus group reference to Vocations. For all those who attended the Vocations Welcome Barbecue for our three new additions to the diocese, glad you were able to attend. It was great day, wonderful landscape, mounds of excellent food, and most pleasing company. I arrived after work so may have missed some of you. As previously shared with our presidents, an invitation to attend a workshop in Peterborough has been extended by Fr. John Perdue, Vocations Director for the diocese. He also has extended an invitation to all members to attend an Open House, on October 15th, at the Saint John Paul II House of Discernment at the old VEYO location. It will begin at 10 am and include Mass and a barbecue.

Under the heading of Ministry of Youth, World Youth Day in Poland was a huge success with 3 million young men and women attending. Pope Francis has announced that the next celebration with take place in 2019 in
Panama City, Panama. A website, www.workforceplanningboard.org, was created to assist youth to figure out where they may wish to go in their lives. Feel free to share this.

Ministry of Seniors division will be celebrating National Seniors on October 1. Also, Paris Ontario has announced they have become a Dementia Friendly Community. Some interesting facts:

- 5% - the % of Canadian Institutes of Health Research’s budget invested in dementia research
- 45% - the greater your risk of being diagnosed with dementia if you smoke
- 65% - of those diagnosed with dementia are women
- 16000 – the number of Canadians living with dementia are under 65 years of age
- 25000 – the number of new cases of dementia diagnosed every year
- 56000 – number of Canadians cared for in hospitals with dementia, not an ideal area for care
- 564000 – number of Canadians living with dementia in Canada
- 937000 – estimate number of Canadians who will be living with dementia in 15 years
- 1.1 million – number of Canadians affected directly or indirectly with the disease
- 10.4 billion – the annual cost to Canadians to care for those living with dementia

As we near the end of the Year of Mercy reports show that we, CWLERS, have huge hearts, lots of energy and a desire to assist in many ways. Throughout the country we are praised and marveled at. All of you should be proud of your efforts. With a new theme coming into effect January 1st, many new challenges will come upon us. However, it is such a fitting theme, I am sure that we will breeze through the year with the same energy we always have.

Wendy Tedford
Peterborough Diocesan Christian Family Life Chair

Communications Report: Anne McKinnon

Communicate! Communicate! Communicate!

First of all, I would like to introduce myself, as I was appointed to this position and have taken on the publishing of the diocesan newsletter. I am a member of St. Mary’s parish, Lindsay and have served on both the Toronto and Peterborough diocesan executives of the CWL. I was diocesan president of the Peterborough diocese from 2010-2012 and was presented with a Life Member’s pin in 2015. I am happy once again to be a part of this great council.

So often the perception of the League is teas, bazaars, bake sales and funeral lunches – all of which are absolutely necessary and equally important as they allow us to carry out our work for God and Canada, particularly in this Extraordinary Year of Mercy. However, that’s not all we are about and we need to get that message out.

So... I issue a challenge to every parish council to produce a newsletter. To aid them in their task, you will propose the following questions: Does your parish know how much you contribute to the many worthwhile causes and organizations you support? Do they know about the service awards and pins you have presented to deserving members? Do they know that you honour your deceased members every November? Do they know
that your members took the time in July to attend the provincial convention and in August to attend the national convention? Do they know about our resolutions process or the resolutions passed at both the provincial and national conventions? Do they know that a delegation from the provincial and national councils meet with respective government officials annually to discuss our concerns and raise issues? These, and so much more, are excellent content for a newsletter and I ask that your parish councils give serious consideration to publicizing their many, worthwhile accomplishments. If we don’t toot our horn, no one will. I can think of no better way, or time, to communicate the League in our parishes. Many councils will be conducting membership campaigns this fall and newsletters can only help recruit new members. If they can’t afford to print a newsletter for every bulletin, they could consider handing the newsletter out to every woman who walks through the church doors. Encourage them to be creative!

Speaking of newsletters, are you, your diocesan executive, your parish council executives and members subscribed to receive the monthly Ontario ON-Line Newsletter? This publication features one (or two) diocesan councils and a standing committee each month. It’s another opportunity to promote the League. Encourage your councils to sign up to receive both the monthly Newsletter and The Trillium News and Views at www.cwl.on.ca (bottom right of page). It’s easy to subscribe and it’s free! This would make a great announcement in parish bulletins! Parish council members can subscribe to this newsletter by sending your email address to cmpocwl@gmail.com, and you will receive the Spring and Fall newsletter from this diocese.

**CWL Pins and Scarves**

At church recently, a young man noticed one of the member’s CWL pin and asked about it. This young man was a regular at church and is currently a member of the National Evangelization Team (NET) so he knew about the League but didn’t know we had pins. Do we have pins! She couldn’t believe he had never seen a CWL pin before. The point of this short, but true, story is to emphasize the importance of wearing our CWL pins and scarves in public. When noticed, they provide the perfect opportunity to share the League. She admitted it took me a while to get into the habit of doing so, but now she keeps her pins and scarf on a shelf at the door so they are easily accessible when leaving the house.

In closing, I ask you to challenge your parish councils to consider publishing a CWL newsletter. We are accomplishing great things in our parishes, communities and province and should be proud to tell others. When all is written down, I guarantee they will be amazed at all they have accomplished. Should they accept the challenge, please invite them to send me a copy and, with their permission, I will share it with other levels of the league and post it on the diocesan website.

May Our Lady of Good Counsel continue to guide and bless you in all your efforts for God and Canada.

**Anne McKinnon**

Peterborough Diocesan Communications Chair
Community Life Report: Suzanne Liptay

At the National convention, our provincial past-president, Betty Colanari, was elected National Community Life Chair.

**Dignity and rights of persons**-
The media deals extensively with indigenous issues ranging from missing and murdered aboriginal Women, Residential Schools, the 60s Scoop, pipelines over natives lands, to unequal social, health and education services to our native peoples. I urge you to be attuned to these issues with open minds and receptive hearts, to enable us to speak up and work for the dignity and rights of all Canadians.

**Social and economic justice**-
National convention passed a motion to establish a permanent voluntary fund for the Catholic Near East Welfare Association (CNEWA). This pontifical agency was founded in 1926 to support the churches and peoples of the Middle East, northeast Africa, India and Eastern Europe.

**Refugees, immigration and citizenship**-
Resolution 2016.01, *Equal Access to Permanent Resident Status*, initiated by Ontario and passed at the national convention urges the federal Government to amend the *Immigration and Refugee Protection Act* so that foreign workers may apply for permanent resident status regardless of occupational classification. Why? Because low-skilled workers are now precluded from applying, and foreign workers are forced to exit Canada to apply for permanent residency; this causes disruption to the lives of their families as well as to businesses and the economy. In addition, lack of opportunity for permanent residency may increase vulnerability to workplace exploitation.

Refugees in our diocese are still in their first season here. Think about connecting with a refugee family for our various Canadian holidays - Thanksgiving, Remembrance Day, the Christmas season. Perhaps your CWL council or your family might invite them to share in one of these events with you.

**Canadian Catholic Organization for Development and Peace (CCODP)**-

*At our local D&P Councils*:
The challenge issued at last years' National Convention to increase parish CCOPD donations by 10% was nearly, but not quite, realized. And please remember the 1% program; free pamphlets are available through the National office.

**Peterborough Diocesan D&P Council**:
Our federal government has been holding public consultations to seek insights on how best to improve the design and delivery of Canada's International Assistance. We responded by submitting a brief to the government giving evidence based-ideas that will help Canada innovate and deliver results on:

- the health and rights of women and children
- green economic growth and climate change
- inclusive and accountable governance, peaceful pluralism, diversity, and human rights
- peace, security and responding to human crises.
Development and Peace will be 50 years old in 2017. The October 2nd the fall campaign workshop theme is “At the Heart of the Action,” D&P was founded in 1967 to support the poorest and most vulnerable people in the global south by supporting local organizations in their work to promote justice and peace, and by mobilizing canadians to take action and create change. The specific action, this fall, is a postcard campaign to ask the Canadian government to support small family farmers in the Global South who are severely affected by climate change.

Blessings,

*Suzanne Liptay*

Peterborough Diocesan Community Life Chair

**Resolutions/Legislation Report: Maria Fitzgerald**

After a long drought from the initiation of a resolution, two resolutions were presented and passed at our diocesan convention and later presented to the provincial council this past year.

I am pleased to report that one was presented and carried at the July provincial convention and the second resolution is held for presentation at next year’s convention. Since the resolution dealt with the provincial government, it was followed up with a letter to the member of parliament prior to the official request of presenting it to the House.

I attended my second provincial convention in July and particularly found the Legislation sessions of both conventions extremely enlightening as I witnessed the procedures of reviewing each resolution being put forward. I was impressed and proud to realize the laws in which the CWL has been influential.

Although this is an unfamiliar and untraveled path for most parish councils, there is a need to create a greater awareness of this committee. Perhaps our parish councils might be encouraged to review some of the resolutions CWL members have initiated. When recruiting new members, we could certainly use this awareness as a means to involve and stimulate younger members who demonstrate an interest in this area.

I plan to attend both the provincial and national conventions in 2017 to participate in the process once more. We will have another resolution go forward to provincial. Provincial will definitely have some going forward to national and national will definitely have some going forward to the government for the benefit of all. Well done, Catholic Women’s League!

*Maria Fitzgerald*

Peterborough Diocesan Resolutions and Legislation Chair
ACTION PLAN FOR RESOLUTION 2016.01
Training for the Safe Operation of All-Terrain Vehicles (ATVs) by Youth under the age of 16.

1. Write to the Premier, minister of transportation and local members of the provincial parliament urging the Ontario Provincial government to amend the Off Road Vehicle Act to require mandatory safety training courses.
2. Educate members on the importance of safety training for youth under the age of 16 years.
3. Support individuals and groups who are petitioning the Ontario Provincial government for changes to the Ontario Off Road Vehicle Act in respect to youth under the age of 16 years.
4. Monitor governments’ responses to the request contained in the resolution.

Life Member Liaison: Anne McKinnon

Every two years, after the past diocesan president has served her term, an application is sent to the national executive requesting that a Life Membership be bestowed on her. The presentation of a Life Membership to Margaret VanMeeuwen took place at our annual convention in April 2016. She was then recognized again at the provincial convention which was held in Stratford in July. This brings the number of life members in our diocese to ten: Elizabeth Condon, Lois Crider, Virginia Lynch, Madeline Pearson, Erica Perk, Glenda Klein, Willy Wicha, Joan Gaensbauer, Anne McKinnon and Margaret VanMeeuwen.

Sadly, this year we said goodbye to two honorary life members. Mary Matthews, Toronto Archdiocese and Lucille Cullen, Saute Ste. Marie diocese. These ladies had been national presidents. A memorial card from the Society of the Little Flower was sent to the families from the Peterborough life members.

SAVE THE DATE!!!! Laila Etherington, Diocesan Spiritual Chairperson and I will be planning a spiritual retreat day to be held on March 4, 2017. When the theme has been decided and speakers chosen, invitations will be sent out to all life members and the diocesan executive.

Anne McKinnon
Peterborough Diocesan Life Member Liaison

CONGRATULATIONS,
LIFE MEMBER MARGARET!!
Diocesan Convention 2016 Lindsay

Fr. Tom’s Farewell

Bishop McGrattan installing Fr. Damian Smullen as our new Spiritual Advisor for the diocese

The Sing-A-Long


The Saturday evening get together was in the form of ‘Silly Olympics’. Everybody had a great time vying for the prizes. We had Kick the Bucket, I’s Kating, Yawn Darts, Shuffle Bored and Noodle Toss. We also had a sing song as you can see above. The evening was so much fun!!

PROVINCIAL CONVENTION - STRATFORD

Melissa and Wendy processing to the Holy Door with holding the picture of Blessed Rosalie Rendu

Meghan crowing Mary.
COUNCILS CELEBRATING ANNIVERSARIES IN 2016

Diocesan President Wendy Tedford presents a 95th Anniversary certificate to Jane Antal, President, St. Mary’s, Lindsay

Betty Sommers, President of St. Alphonsus CWL is given her 25th Anniversary certificate from Diocesan President Wendy Tedford

President Madeline Pearson and her council proudly show their new banner which had just been blessed by Spiritual Advisor, Fr. Damian Smullen on their 95th Anniversary
CWL NATIONAL CONVENTION 2016
Halifax, Nova Scotia -- August 2016
By Joanne Hough, Glenda Klein, and Gail Vugts

WUCWO - The opening day of the convention was shared with the North American Conference of the World Union of Catholic Women’s Organisations (WUCWO). As a League member, each of us is affiliated with this organization. Over 10 million women belong from 100 organizations in 65 countries. The reports from Vice-President Maribeth Stewart (US) and President Maria Giovanna Ruggieri (Italy) showed that our concerns are similar to other Catholic women around the world. We need to have hope and mercy in order to find solutions.

Spiritual Program - The spiritual program included parts of the Liturgy of the Hours. We had a pilgrimage to the basilica where we entered through the holy doors and had opportunities for confession. We enjoyed an updated video about the prodigal son. Newly installed President Margaret Ann unveiled her theme which will begin in 2017: Called by the Spirit - Women Respond to God’s Call.

CWL Convention - Five bishops, 29 spiritual advisors, 51 guests and 669 members attended. Interesting reports were given by each provincial president and national officer. Resolutions were discussed and approved. These reports and resolutions are available at www.cwl.ca as well as the main speakers’ presentations. I invite you to read about your standing committee or to watch the videos.

Sr. John Mary: Women of Mercy United in One Heart, One Voice, One Mission - She belongs to the Sisters for Life, Toronto and she spoke about our mission of mercy, the mercy at the heart of motherhood, and the orientation of the heart and how we can become better.

Fr. James Mallon: I Am a Mission on This Earth – Father James Mallon is a pastor and the author of ‘Divine Renovation’ a challenging and practical guide to assist parish communities to move from a maintenance model to a mission model. Father reminded us that we are a missionary church. His topic ‘I Am a Mission on This Earth’ challenged us to examine our purpose as ‘church’. Are our actions one of accommodation, opposition, withdrawal or reflective of the purpose of mission – engagement. A radical review of what we do as parishes and church organizations is needed. He challenged us to ask ourselves, “Are we more attached to what we do or how we do it?” Further, “What is our purpose?”

Discussion among attendees was certainly heightened following his presentation.

Dr. Nuala Kenny: Palliative Care - Sr. Kenny works with terminally ill child cancer patients. She spoke eloquently about medically-assisted death and what has happened in this country lately. She gave us four goals:

- to understand the Supreme Court of Canada decision and Bill C-14 on medically-assisted death
- to recognize the importance and misunderstandings about hospice/palliative care
- to assess the reasons for requesting medically-assisted death
- to accept the challenge of a Christian community to respond to suffering by doing works of mercy

Spiritual Advisors - Bishop William McGrattan, National Spiritual Advisor (SA) reported on the discussion during the SA luncheon. He said that all the SAs related most to their experience at the parish level. They were parish based and parish focused. “Everything is possible with God, but we do not have to do everything.” We were encouraged to educate and mentor members to take leadership roles. We were asked to:

- create an “engagement” by having outreach that doesn’t require monthly meetings, e.g., crafts.
- encourage members and non-members to work together and be part of the spiritual and corporal works of mercy of the Church
- focus on younger women and those of other cultures

CWL Foundation Pens – While taking turns at the display table we were able to spread our pens from PEI to SK, bringing awareness to members across Canada about the Catholic Women’s Leadership Foundation while having fun doing a skit. We took 700+ pens to convention and came home with six which have since been sold. Proceeds of over $1,000 will be sent before year end.

Gail’s First Personal Experiences - She enjoyed our national convention, not just because it was held in her home province, but she got to eat fresh cooked lobsters too. She was able to meet CWL family and friends from all over Cape Breton Island. It was like old home week. The closing night was overwhelming: our dinner was simply excellent, and our new found friendships developed. The entertainment was a big surprise for many, but not for Gail! It took her back to her childhood in Cape Breton; her two grandfathers, uncles, cousins even her Dad, worked in the coal mines. She said she could smell the coal dust, and carbine lamps when lit. Her throat filled up and with tears in my eyes the lights went out as The Men of the Deep walked on stage with their lamps lit, so proud with heads held high, celebrating (50 yrs) of entertaining. They brought the house down with songs and jokes. Many of these men still go down in the mine daily.

May God keep them safe.
Peterborough Diocesan Council of
The Catholic Women’s League of Canada
Fall Newsletter 2016

National Convention 2016 Halifax

Peterborough members attended the national convention in Halifax

CONGRATULATIONS ALSO TO ONE OF OUR YOUNGER MEMBERS
Meghan & Adam Crooks (Lessard) St. Mary’s Lindsay

Life Members Anne McKinnon and Willy Wicha were proud to be with her on her important day along with her mother, Helena
A Prayer to Our Lady of Sorrows

Virgin of all Virgins blest
Hasten to my fond request
Let me share your brief Divine
Let me, to my latest breath,
In my body bear the death of
Your dying Son Divine.

COMING EVENTS

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>October 1, 2016</td>
<td>Development &amp; Peace Workshop, St. Anne’s Parish, Peterborough</td>
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<tr>
<td></td>
<td>Registration: 9:00; Workshop: 9.30-2.30. Lunch provided.</td>
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<td>R.S.V.P. <a href="mailto:kstaunton@cogeco.ca">kstaunton@cogeco.ca</a></td>
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<td>October 22, 2016</td>
<td>Development Day: Speaker – Fr. John Purdue, Vocations, St. John’s Parish, Lakefield</td>
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<td>November 5, 2016</td>
<td>Baskets Galore – fundraiser for St. Mary’s CWL, Lindsay</td>
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<td>November 5, 2016</td>
<td>Norwood/Havelock Bazaar, 11-2 pm, Norwood Town Hall</td>
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<td>December 1, 2016</td>
<td>Parish Annual Reports – due to President/organization chair Wendy</td>
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<td>December 15, 2016</td>
<td>Parish President’s Annual Report – due to President/organization chair Wendy</td>
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<td>January 15, 2017</td>
<td>Parish Reports – President Wendy distributes completed reports to each diocesan standing committee chair</td>
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<td>January 30, 2017</td>
<td>Diocesan Reports – diocesan standing committee chairs and life member liaison send reports electronically to President Wendy</td>
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<tr>
<td>March 1, 2017</td>
<td>Diocesan President’s Report – Wendy sends her report electronically to provincial organization chair Anne and President Pauline</td>
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<td>March 4, 2017</td>
<td>Spiritual Retreat – Life members and diocesan officers</td>
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<td>March 31, 2017</td>
<td>Registration Deadline – delegates’ names and forms submitted to registration convener</td>
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<tr>
<td>April 29-30, 2016</td>
<td>Peterborough Diocesan Convention – Best Western, Huntsville, Ontario</td>
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