

CWL

St. Catharines Diocese

Monday, May 1, 2023



CWL Catholic Connections

National CWL: cwl.ca

ON Provincial CWL: cwl.on.ca

St. Catharines CWL: stcatharinescwl.ca

CWL
President's Message

The month of May is always dedicated to our beloved Blessed Virgin Mary. Held in the highest regard by all, she is the one woman we should all want to emulate. Mary is the patron saint of all humanity; remembering that we should always try to set an example of love and compassion. Pray the rosary, alone, with family, at church, in the car; it doesn't matter where you pray just, please pray to Our Lady. She is a light to all who believe.

Lisa Fillingham

St. Catharines CWL Diocesan President

Messages From Deedee Alexandre:

Quote for the Month:

We are of such value to God that he came to live among us...and to guide us home. He will go to any length to seek us, even to being lifted high upon the cross to draw us back to himself. We can only respond by loving God for his love. –**St. Catherine of Siena**

The 65th AMM—Tuesday, April 24, 2023

As Convenor of the 65th CWL Annual Meeting of Members, the



Planning Committee and I would like to thank all the people who attended and made this AMM such a success! From Bishop Bergie and Linda Dayler to the Life Members to all the Vendors, your attendance made the day wonderful. Thank you!!! Enjoy the pics taken by Marlene, our photographer for the day.--**Deedee Alexandre**



Bishop Bergie, Father Richard Kowalchuk, Father Janusz Roginski and, Father Ronald Angerville



Father Ronald distributing the Eucharist



Sabina Knight, Planning Committee Member, and Colleen Martin, CWL ON President-Elect



Bishop Bergie, Father Ben Weber, and CWL ladies from the Cathedral in front of the Mother Mary crowned display



Guest speaker, Linda Dayler,
who spoke on “The Role of
Women in the Church”



*Bishop Bergie; Father
Richard receiving the
Spiritual Bouquet from
Deedee Alexandre, on
behalf of the CWL
Ladies*



The Reaffirmation Ceremony of the St. Catharines CWL Diocesan Executive took place.

Left to right are:

Deedee Alexandre, Theresa Murphy, Frances Murdaca, Lisa Fillingham, Dina Marchionda,
Diane Szydowski, and Father Richard!

St. Catharines Diocese
Catholic Women's League

Come Celebrate the
CWL "New Year"!!!

Meet and Greet!!!

Join Us!!!

Pierogies, Chicken, and Salad

Cash Bar

\$20.00—**advance tickets**

\$25.00—**limited tickets at the door-cash**

Friday, September 8, 2023

St. John's Ukrainian Church--91 Lakeshore, St. Catharines

Doors Open at 5:30 p.m.

**Bishop Bergie will give the
"New Year's" Blessing!**

Register with your Council President by August 25th

Please send cheque (CWL St. Catharines) to Dina Marchionda:
8739 Milomir Street, Niagara Falls, ON L2H 0A7

See you there!



TRUTH AND RECONCILIATION – A JOURNEY

by Sue Pellerin

We are fortunate to add another site in our region that aims to unify the Indigenous and non-Indigenous community. It is the Indigenous Unity Garden at Mel Swart Park in Thorold and it was unveiled on April 22nd. Here is a link to the newspaper article.

<https://www.niagarathisweek.com/whatson-story/10914649-indigenous-unity-garden-to-be-unveiled-in-thorold/>

One CWL council is already planning to visit it as a group. May others follow!

Over the course of the past few months, the Native Women's Association of Canada have posted samples of Indigenous artists as well as some teachings and words of wisdom to accompany them. Here are a few:

- Being kind to your spirit is one of the most powerful and healing things you can do for yourself.
- A reminder: do not overthink but live in the moment.
- The strength and resilience of Indigenous women are a testament to their indomitable spirit and the enduring power of their cultures and traditions.

These words give us insight to the indigenous spirit so that we may learn to appreciate the richness of their culture.

As mentioned last month, the Diocesan council has orange scarves for sale to help us mark the National Day for Truth and Reconciliation on September 30th. If you would like to purchase one (cost is \$20.), please contact suepellerin62@yahoo.ca. We thought that scarves are one-size-fits-all and would still allow us to recognize this day.

St. Kevin

The St. Kevin Catholic Women's League held a Fish Fry Fundraiser during Lent. The profits raised from this event were used towards academic scholarships for Notre Dame College School in Welland. Thanks to Stephanie the Lunch Lady for partnering once again with the CWL to make this event happen.

Our highly successful Eyeglass campaign saw members of our parish contributing 240 pairs of glasses for this Diocesan project. These glasses were donated at the annual Diocesan convention in April.

On May 2, we have arranged a trip to St. Michael's Ukrainian Catholic Church for a session with Father Jerry Lazoryk who will explain the beautiful icons of the Greek Orthodox Church and discuss the difference between Roman and Greek rites. All are welcome.

On May 4 we will honour our Mother with our annual Mass and Crowning of Mary. This final mass will culminate our masses and meetings until the fall when we will honour our own ladies with our Pin Presentation Mass. God bless all our members and they work that they do on behalf of our Lady.

Blessings, Lorrie MacKenzie—President

Please note the pics below:



Lorrie MacKenzie, Mike MacKenzie, Joan Brown



Notre Dame Student, Christopher Richardson



CWL President Lorrie MacKenzie & 240 pairs of glasses collected!

Do you know what “intercessory prayer” really means?

When you need the help of the saints, intercessory prayer is your go-to

Catholic Company—March 2, 2023

There are various forms of prayer. The best-known form—and what most people mean when they say “prayer”—is petitionary prayer. That is, petitionary prayer is the act of asking for gifts or graces from God.

This is why our Protestant brethren are scandalized when we say we “pray” to the saints. They say it is wrong to pray to saints, because it treats them as though they were God and had the *power* to grant gifts or graces.

Put this way, the Protestant argument is correct. It *would* be wrong to “pray” to the saints if we thought that “praying to the saints” meant that a saint was using their own, self-derivative powers to bring about grace...or if prayer was identical with “worship,” which is for God alone.

This is not, however, the sense we are using when we as Catholics pray to the saints. The word prayer simply means “to ask,” not “to worship.” As the *Catholic Encyclopedia* clarifies:

[W]hen we pray to [the saints], it is to ask for their intercession in our behalf, not to expect that they can bestow gifts on us of their own power or obtain them in

virtue of their own merit.

—*Catholic Encyclopedia*

This is what we mean by intercessory prayer: the saints *intercede* for us. James 5:16 says that “The prayer of a righteous man has great power in its effects.” Since the saints are perfect, and are in heaven with God, their prayers have great efficacy. So we ask them to turn to God *on our behalf* and ask *Him* to bestow the proper graces and gifts upon us.

Though our prayers are far less perfect than those of the saints, we *can* and *should* intercede for each other, as well. This is what is happening when we promise to pray for someone else—we are practicing *intercessory prayer!*

Our Lady of the Holy Rosary

Thank you to all our members who attended the 8:00 a.m. Mass on April 26 to celebrate the feast day of our Patron Our Lady of Good Counsel!

May God Bless you! Kim Kuchar--President



Fr. Lemaitre with Albert Einstein

The question you should ask your spouse every morning



North_gear | Shutterstock

[Anna Ashkova](#) - published on
04/24/23

According to psychologist Dr. John Gottman and his wife Dr. Julie Schwartz, asking each other one simple

question in the morning can strengthen your marriage.

A kiss, a hug, whispering “Did you sleep well?” in your spouse’s ear... This is how the morning often begins for new couples. Then as time passes, routine settles in, and the small morning gestures of affection give way to the frantic race of daily life. Morning conversations are often logistical: “Are you picking up the kids from school?” “Can you buy milk tonight?” “Have you scheduled a doctor’s appointment?”

Yet, according to Dr. John Gottman, a therapist specializing in relationships, asking your spouse a simple question in the morning can help break this routine and make the relationship last.

Curiosity, admiration, and attention

In the book *The Love Prescription*, Dr. John Gottman and his wife Dr. Julie Schwartz explain that there are three things that are common to couples

that last: taking an interest in each other, sharing admiration for each other, and metaphorically (and often literally) “turning toward each other instead of away” when the spouse requires attention.

And to put these three points (curiosity, admiration, and attention) into daily practice, the Gottmans, who have been studying couples for more than 20 years, suggest asking your spouse this question every morning: **“Is there anything you need from me today?”**

“It’s just one sentence. But it does a lot. It’s an invitation. It says I love you and I want to be there for you,” they say.

That simple question can be a key tool for a happy couple. However, don’t forget that you also have to be ready to listen (and respond) to the answer!

Videos to Watch

18 Minutes of Catholic Trivia!

<https://www.youtube.com/watch?v=VIY2i8TlWes>

All Christian Denominations Explained in 12 Minutes!

<https://youtu.be/tzLS4O7YaUg>

Father Mike Schmitz on Prayer:

https://media.ascensionpress.com/video/does-god-need-me-to-pray-for-what-i-need/?utm_source=Klaviyo&utm_medium=email&utm_campaign=content&content=pg-novenas&kx=4W1Qe ocPIGZG9zfujBwSp8CvHbbK8jQRFQy1tUjRaB O8tJnYVSUdz-P6kyxhK-.TcpZhH



Passed Away:

a) Colette Saranchuk—March 10, 2023--St. Catherine of Alexandria; Years of Service: 40

b) Joan Longmuir—April 6, 2023--Our Lady of the Scapular Church; Years of Service: 12

c) Anne MacLeod—April 10, 2023--St. Thomas Aquinas; Years of Service: 12

d) Marion Larmour—April 28, 2023—Our Lady of the Scapular; Years of Service: 11

I am looking for anyone in the Port Colborne, Welland area that is willing to volunteer by hand sewing together knitted squares into blankets, to be donated to Out-in-the-cold and/or those in need. Wool will be supplied. Please contact Mary Nan 905-834-9520 or email - mary.nan@sympatico.ca



Worldpriest Annual Global Rosary Relay for the Sanctification of Priests

Friday 16 June 2023

Country: Canada

Time: 19:00 Local prayer time

Lead Location: Le Sanctuaire du Rosaire,, Port Colborne, Ontario

Mysteries: Glorious

Please use all live streaming, video and Facebook Live facilities you may have access to - and help extend your prayer participation to an even greater audience worldwide.

Pray the Rosary, unite with your country and help encircle the world in prayer

The Worldpriest Annual Global Rosary Relay for Priests 2023 - organised and coordinated by Worldpriest. For further information visit our Website: www.worldpriest.com Email: info.worldpriest@gmail.com

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190



ST. KEVIN'S CATHOLIC WOMEN'S LEAGUE
303 Niagara Street
Welland, ON
L3C 1K5

St. Kevin's Catholic Women's League invites you on an
"In- City Field Trip"

When: Tuesday, May 2, 2023, 11:00 a.m.

Where: St Michael the Archangel

Ukrainian Catholic Church

405 Harriet Street, Welland

Father Jerry Lazoryk will explain the beautiful icons which make this church a true jewel. He will also speak about the differences between the Roman rite and Greek rite, which are all part of the Roman Catholic Church.

Join us following the presentation (about an hour) for lunch at the Blue Star Restaurant, King Street (on your own). We will make a reservation based on numbers attending.

Contact: Phyllis Colton (905) 788-0368 to confirm your attendance.

***St. Michael's Frozen Perogies will be available for sale on this date.
(\$8.00 a dozen)**



HOSPICE / PALLIATIVE CARE IN NIAGARA

Join us for a panel discussion and audience questions.

Tuesday, May 9, at 7 pm

Divinity Room

Dr. Galina Arvinte
Hotel Dieu Shaver
*Chief of Staff, Palliative Care
Physician*

Sally Baerg
Health Care Connect Ontario
*Nurse Practitioner Palliative Care at
Home & Community Support
Services*

Trudy Cowan
ParaMed Home Health Care
Clinical Education Supervisor:

Sr. Louise Dillon
Hotel Dieu Shaver
*Director of Mission and Pastoral
Care*

Joy Friesen
Hospice Niagara
Community Program Manager

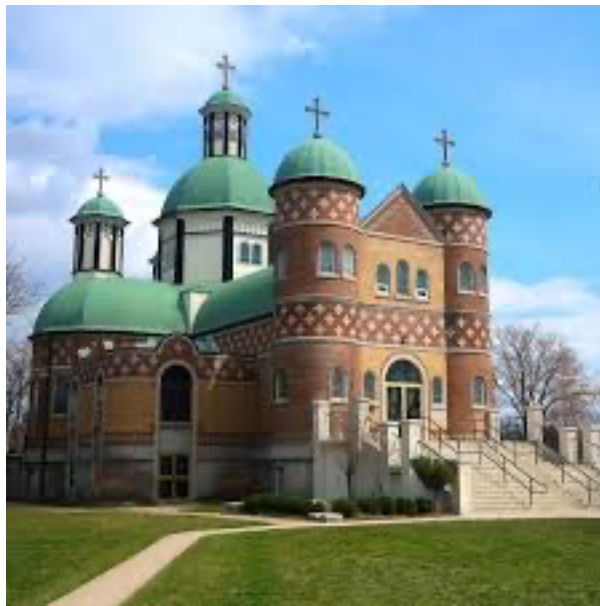
Sue Shipley
Hospice Niagara
Senior Director of Clinical Services:

Palliative care
EVERYWHERE
National Hospice Palliative Care Week | May 7 - 13, 2023





**Our Lady of the Holy Rosary Catholic Women's League
invites you on a tour of St. Cyril and Methodius Church**



Father Jerry Lazoryk has welcomed us to visit his beautiful church for an opportunity to learn more about the **Ukrainian Catholic Rite**.

Iconographer Nestor Komar will tell us the history of the iconography of this church and how it has an impact of Eastern Catholic Spirituality.

Wednesday, May 10, 2023, 10:30 a.m.

St. Cyril and Methodius
Ukrainian Catholic Church
14 Rolls Avenue
corner of Niagara St. and Vine St. just north of the QEW
St. Catharines Ontario

Please contact Kim Kuchar (905) 732-6601 or cwlholyrosary@outlook.com to confirm your attendance.



ONTARIO PROVINCIAL COUNCIL THE CATHOLIC WOMEN'S LEAGUE OF CANADA

Education & Health Standing Committee
for
National Hospice Palliative Care Week
(May 7-13, 2023)

Presents an Overview of

THE CANADIAN CONFERENCE OF CATHOLIC BISHOPS HORIZONS OF HOPE TOOLKIT FOR PARISHES ON PALLIATIVE CARE

[To assist caregivers and family members facing a terminal illness to understand palliative care from a theological, ethical and medical perspective]

PRESENTERS

SHIRLEY CHRISTO, MHSc, MEd, PARISH NURSE, CWL LIFE MEMBER
DR. MOIRA MCQUEEN, PhD

DATE: MONDAY MAY 8, 2023
TIME: 7:00 PM – 9:00 PM
LOCATION: ZOOM

REGISTRATION DEADLINE: SUN. MAY 7th
CONTACT: SHAILA D'SOUZA shailaflavy@gmail.com
(Provide your name, diocese, province)
LOGIN DETAILS PROVIDED AFTER REGISTRATION

Go Make a Difference
CATHOLIC
and LIVING IT!



MOTHER'S DAY TEA & SILENT AUCTION



Saturday, May 13, 2023

Seatings: 11:00am & 1:00pm

Tickets: \$15.00 Each

Contact: Shelley 905-714-7677

May Liturgical Calendar: Living with Christ

1 st —St. Joseph the Worker/St. Pius V	20 th : St. Bernadine of Siena
2 nd —St. Athanasius	22 nd : St. Rita of Cascia
3 rd —St. Philip and St. James	24 th : Blessed Louis-Zephirin Moreau
4 th —Blessed Marie-Leonie Paradis	25 th : St. Bede the Venerable/St. Gregory VII/St. Mary Magdalene de Pazzi
6 th —St. Francois de Laval	26 th : St. Philip Neri
8 th —Blessed Catherine of St. Augustine	27 th : St. Augustine of Canterbury
10 th —St. John of Avila	29 th : Mary, Mother of the Church
12 th —St. Nereus & St. Achilleus/St. Pancras	31 st : Visitation of Mary
13 th — Our Lady of Fatima	
18 th —St. John I	

The Church lists the corporal works of mercy as follows:

1. **Feeding the hungry**
2. **Giving drink to the thirsty**
3. **Sheltering the homeless**
4. **Clothing the naked**
5. **Visiting the sick**
6. **Visiting the imprisoned** (sometimes listed as “ransoming the captive”)
7. **Burying the dead**

The Church lists the spiritual works of mercy as follows:

- 1. To instruct the ignorant**
- 2. To counsel the doubtful**
- 3. To admonish sinners**
- 4. To bear wrongs patiently**
- 5. To forgive offenses willingly**
- 6. To comfort the afflicted**
- 7. To pray for the living and the dead**

CWL Executive: 2022-2024

President: Lisa Fillingham

Past President/Historian: Frances Murdaca

Treasurer: Dina Marchionda

Secretary: Karen Hofstede

President-Elect: Deedee Alexandre

Spiritual Development Chair: Deedee Alexandre

Service Chair: Cathy Crabbe

Social Justice Chair: Diane Szydowski

Communications Chair: Theresa Murphy

Spiritual Director: Father Richard Kowalchuk
