



Catholic Women's League
Diocese of St. Catharines
Thursday, August 1, 2024



Catholic Connections

National CWL: cwl.ca

ON Provincial CWL: cwl.on.ca

St. Catharines CWL: stcatharinescwl.ca



Quote for the Month:

“But Mary kept all these things, pondering them in her heart.” - Luke 2:19

CWL Executive: 2024-2026

President: Deedee Alexandre

Treasurer: Dina Marchionda

Secretary: Denise Papaiz

Faith Chair: Theresa Murphy

Lead: Frances Murdaca

Service Chair: Sue Pellerin

Lead: Lee Crampton

Social Justice Chair: Kate Montague

Leads: Lorrie MacKenzie/Syl Roach

Communications Chair: Theresa Murphy

Life Member Liaison: Janice Deslauriers

Past President/Historian: Lisa Fillingham

Spiritual Director: Father Richard Kowalchuk

Pope Francis' Prayer Intention for the Month of August

For political leaders

We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their jobs.

President's Message

Dear Clergy and CWL Ladies,

We still have half the summer left! August is always an active month. Farmers are getting ready to harvest their crops--such as corn and peaches. And the rest of us are readily waiting to reap that harvest. Thank you to and God bless all the local farmers! See you at the markets!

Liturgically, during the month of August, we have the Transfiguration of the Lord (August 6), and the Assumption of the Blessed Virgin Mary (August 15). There are also some significant saints (aren't they all significant?!): Saint Teresa Benedicta of the Cross (August 9), Saint Bartholomew (August 24), Saint Monica (August 27) and her son, Saint Augustine (August 28). All of them lead us to Jesus and heaven.

August is also a month of preparation--whether it is for the people taking their holiday during this time; students, teachers, and support staff returning to school; or the Catholic Women's League of Canada Councils planning their upcoming year. Remember that the due date for submissions to the Catholic Connections is the **25th**!

Table Officers and Parish Council Presidents--

- **Wednesday, August 28:** meeting on Zoom at 6:30 p.m.--NOT in person; please send regrets to Denise Papaiz; the link will be sent to you
- **Friday, September 6:** use this as a reminder to let **Dina Marchionda** know if you plan to attend the annual **"Happy New Year / Meet and Greet"**. All monies and names need to be sent to Dina Marchionda by **August 23--don't forget** to phone or email her with all your information.

My prayer for all of you is to enjoy the rest of the summer, stay active and safe, and stay cool!



Deedee Alexandre--905-732-4782 deedecwl321@gmail.com

Prayer of St. Gertrude the Great

A prayer which would release 1,000 souls from Purgatory each time it is said. Let's try to make a point of saying this prayer each day.

**“Eternal Father, I offer You
the most precious blood of Your
Divine Son, Jesus, in union
with the Masses said throughout the
world today, for all the
Holy Souls in Purgatory,
for sinners everywhere, for
sinners in the universal church,
those in my own home and
within my family. Amen.”**



Past Events

77th Annual Ontario Provincial Convention
July 7-10, 2024: Sudbury, ON
Diocese of Sault Ste. Marie
Report by Deedee Alexandre

Although this was not the first provincial convention I attended, it was the first one as Diocesan President of the St. Catharines CWL. It was a great opportunity to represent all of you. Joining me at the convention were accredited delegates: Lisa Fillingham and Sue Pellerin, Betty Colaneri, National Vice-President, Wilma Vanderzwaag, Ontario Faith Chair, Shelley (and John) Tamas, Pearl Peritalo, Katie and baby Josephine Wallace, and Father Richard Kowalchuk, CWL Spiritual Advisor. Good times!



First row: Wilma Vanderzwaag, Katie Wallace, Josephine Wallace, Lisa Fillingham, Deedee Alexandre, Fr. Richard Kowalchuk, Betty Colaneri; Back row: Pearl Peritalo, Sue Pellerin

Sue Pellerin and I arrived by car on Saturday, July 6, and I was rested and prepared for the next day.

Sunday, July 7: the pre convention meeting for the provincial officers, diocesan presidents, and spiritual advisor was held from 9 a.m.-2 p.m. In her

report, Linda Squarzolo spoke favorably about the April 23 St. Catharines

Diocesan AMM! Also, we will be calling the two CWL workshops we have each year: **League Development Days.**

Two takeaways at the meeting were: “**find the bright lights and polish them**”. We’re all bright lights! And, quoted by Cardinal Leo, “**When we go out, are we being the Eucharist?**”

Following that meeting, between 2:30 p.m. and 4 p.m., was the Resolutions Dialogue, where three resolutions were discussed; one was sent back for more clarification and two would be presented at the convention. The Opening Mass at Our Lady of Hope Parish started at 6 p.m.

Monday, July 8: the day started with the Eucharistic Celebration at 8:30 a.m. Following that were the Diocesan Presidents’ Reports. Later in the afternoon were the Provincial Officers Reports. Each of the reports was

interesting and engaging. Good times!

That evening, most of the delegates opted to attend the delicious dinner at St. Mary's Ukrainian Church. There was a very affable fellow there who spoke to us for about 15 minutes. His name is **Gerry Lougheed**. I spoke with him after the dinner and on the phone on Thursday; he has agreed to be one of our guest speakers at the **April 8, 2025 St. Catharines CWL AMM!!!** You will love him!

Tuesday, July 9: there was a Sunrise Prayer Service at the Grotto starting at 7 a.m. I heard it was outstanding!

The Eucharistic Celebration started at 9 a.m. That was followed by some business sessions--all very informative and interesting. **Edwina MacDonald** was the keynote Speaker in the afternoon, and her topic was

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“Listening to the Indigenous Voices”. She spoke of the importance of relationships to the earth, to one another, and to our Creator.

There was also a presentation regarding **Sashbear.org**, which was the organization selected to donate to. I encourage each of you to Google Sashbear--you never know how this organization will play out in your life.

The day ended with a delicious meal at the banquet where the entertainment had many people moving on the dance floor!

Wednesday, July 10: the morning began with Provincial Officers giving a presentation regarding using the National website. Very, very interesting and motivating.

That was followed by Resolutions--one provincial, and one will be

forwarded to National. Check out the information and progress on:
cwl.on.ca and **cwl.ca**

The last major point of business was the election for Provincial Executive-- July 2024-July 2026. I am **so proud** to announce that **Wilma Vanderzwaag** is now the provincial Administrative Assistant, and **Lisa Fillingham** is now the provincial Treasurer. **Congratulations to both of them!!!**

By the way, the Provincial theme for these two years is: **Joy**.

The 77th Annual Convention ended with the closing Eucharist and Installation of Provincial Executive.

The convention did not end for the newly-elected Provincial Executive, Diocesan Presidents and Diocesan Spiritual Advisor! We attended the post-convention meeting between 3 p.m. and 5:15 p.m.

There will be further information from the 77th Provincial Ontario Convention as implementation is initiated.

I invite each of you to consider attending the 78th Ontario Provincial Convention to be held in London, ON--July 5-9, 2025!!! Really consider attending!

July 2024-July 2026 Ontario Provincial Executive

Spiritual Advisor: Bishop Dowd

President: Colleen Martin

Administrative Assistant: Wilma Vanderzwaag

Vice-President / Organization: Karen MacDonald

Recording Secretary: Lisa Henry

Treasurer: Lisa Fillingham

Past-President / Historian: Linda Squarzolo

Chairs: Sue Lubowitz -- Service

Hilarion Mitchell -- Social Justice

Claudette Langdon --Faith

Our Lady of the Rosary Shrine
40th Anniversary Celebration
Friday, July 19, 2024

There were 325 people who attended the 40th Anniversary Celebration of Our Lady of the Rosary Shrine dinner at the Italian Canadian Cultural Centre in Port Colborne on Friday evening, July 19, 2024. The atmosphere was warm and welcoming with many items at the Raffle Table. There were many hugs and “how are you?” queries from the attendees.

The Chair of the event, Shelley Tamas, outlined the evening with words of gratitude and hope in the future of Our Lady of the Rosary Shrine. His Excellency, Bishop Gerard Bergie, said a few words, including Grace. The food was excellent! Nothing less than expected from this wonderful venue.

Although delightful, people were, however, at this event for more than comradery and culinary delights. They were there to see and listen to the Guest Speaker: “Rwandan genocide survivor, best-selling author, and world-class speaker on faith, hope, and forgiveness”: Immaculée Ilibagiza, who now lives with her family in the United States.

Many of you may know that the Rwandan civil war/genocide started on April 7, 1994 and ended on July 15, 1994. During that time, over a million people died, and approximately 2 million fled the country. Perhaps you heard about the eight people confined in a washroom--3' x 4'-- for 91 days; Immaculée was one of those people.

She spoke about forgiveness--even she had difficulty with this but overcame the anger, fear, impatience, etc. with the belief in and the grace of God. One powerful point she made was that God still loves the evil



Immaculee Ilibagiza and Deedee Alexandre

people; everyone is a child of God. She also asked the audience to ponder their response to the question: “If I die today, have I done everything I could do?” She also challenged each of us to be the bridge between Jesus and others. Finally, she exhorted us to consider what is our “bathroom”--what confines us? And to pray, pray, pray!!!

Thank you to Shelley Tamas and the planning committee for arranging this once-in-a-lifetime opportunity to hear such a motivating speaker!

Written by Deedee Alexandre

St. Thomas More Parish, Niagara Falls



Falls from June 4 to 9, entered its 45th year and raised \$164,450.

CWL members Sharon Angotti and Nicole Chartrand volunteered at this year's Book Riot for Birchway Niagara (formerly Women's Place of South Niagara). The Birchway Book Riot, held at the Gale Centre in Niagara



Sharon received recognition for 35 years of volunteer work at Birchway Niagara's Annual General Meeting, held on June 18 at Club Italia Event and Conference Centre in Niagara Falls.

St. Thomas More Parish, Niagara Falls (con't)



The Monsignor Matthew J. Clifford Award was presented by Sharon Angotti to a Grade 8 student graduating from Our Lady of Mount Carmel Catholic Elementary School. The graduation ceremony took place at the Americana Conference Resort in Niagara Falls on the evening of June 19.

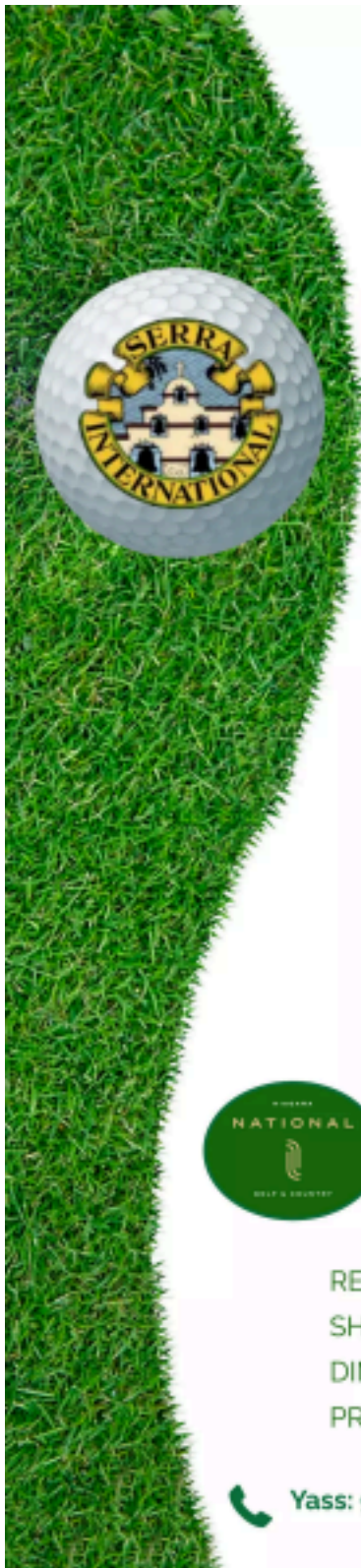


This award was also given to a Grade 8 graduate of Loretto Catholic Elementary School and was presented by the school.

The Rosemary Walsh Award was presented by Gloria Cukierski to a Grade 12 student graduating from St. Michael Catholic High School. The graduation ceremony took place at Central Community Centre in Niagara-on-the-Lake on

the evening of June 26.

Upcoming Events



SERRA CLUB OF ST. CATHARINES

4TH ANNUAL

"ON EAGLES' WINGS"

GOLF

TOURNAMENT

Thursday, Aug. 15th

2024

in support of Priests, Seminarians, Diaconate Candidates,
and Religious in the Diocese of St. Catharines

18 holes of golf, cart, welcome gift,
and buffet dinner

\$140 each

\$40 dinner only

Clergy, please consider joining us...



Niagara National

Golf and Country

2900 College Rd., Stevensville ON

REGISTRATION 10:45 - 11:45 AM

SHOTGUN START 12:00 PM

DINNER 5:30 PM

PRIZES AND DRAWS 7:00 PM

Grand Prizes

Raffles -Draws -50/50

Closest to the Pin

Longest Drive

Putting Contest



Yass: 905-736-4555

registration open online
www.serrastc.ca/golf2024/



Catholic Resources

We would like to provide CWL members with a list of Catholic resources, which include apps, podcasts, articles and more.

To access them, click on the links below:

[Catholic Connections
Community Library](https://shorturl.at/jxQ17)
<https://shorturl.at/jxQ17>

[Ascension](https://media.ascensionpress.com/)
<https://media.ascensionpress.com/>

[Aletia](https://aleteia.org)
<https://aleteia.org>

[Get Fed](https://www.catholiccompany.com/getfed/)
[https://www.catholiccompany.com/getfed/
ed/](https://www.catholiccompany.com/getfed/)

10 Ways to celebrate the Immaculate Heart of Mary this August

[Annabelle Moseley](#) - published on 08/01/19

What the month of August means to Catholics and how to honor it in your home.

Did you know that in the Catholic Church, each of the 12 months of the year has a devotional theme? August is the beautiful month of the Immaculate Heart of Mary. Continuing our series on ways to showcase each month's Catholic theme in your life, here are 10 ways you can more closely align your life to the Immaculate Heart of Mary.

Wear the Miraculous Medal for the entire month

This is one devotion that may just stick around even after the month is over! The back of the Miraculous Medal depicts Mary's Immaculate Heart, pierced by a sword. If you don't have a medal, it's a great time to get one and have it blessed, or get one for a family member or friend. Wear as an act of great devotion and a testimony to the power of prayer.

Create a home altar honoring the Immaculate Heart

Choose a painting, holy card, or statue depicting the Immaculate Heart of Mary and place it in the center of your dining table or mantle. Have the children help to pick out the flowers that will

adorn your humble home altar. Ask them to pick blooms in red or pink (whether from your home garden, or the local store) that will remind you of Mary's beautiful heart.

Engage children by making heart-shaped cookies or cake

Decorate with pink and red icing. Have a simple home prayer service for the Immaculate Heart of Mary by saying favorite Marian prayers together as a family, playing a beautiful Marian song like "Ave Maria" (and even singing along as a family) and then enjoying the dessert in celebration of Mary. To make it even more meaningful, make enough cookies or an extra cake and bring to someone who could use a good cheering up!

Have children make Immaculate Heart greeting cards

Fold construction or computer paper in half to make a card. On the cover, have kids draw a heart. Then surround the heart with roses. Finally, include the depiction of the sword of sorrows. If children are

too little to draw well, you can draw the heart, have the kids color it in and then get rose stickers or using a glue stick, paste rose petals around the heart. Help them compose a message of love inside the card, and give as a gift to a grandparent, relative, or friend to whom you want to send love.

Begin the First Five Saturdays' devotion

This devotion is also called the Act of Reparation to the Immaculate Heart of the Blessed Virgin Mary. It was requested by Our Lady of Fatima. [Here's how to do it.](#)

Pray the Fatima Morning Offering

Celebrate the Immaculate Heart of Mary by praying the Fatima Morning Offering daily this month, as it concludes with these words, invoking the Immaculate Heart:

Precious Blood of Jesus, save us!

Immaculate Heart of Mary, pray for us!

Most Sacred Heart of Jesus, have mercy on us!

Amen.

Spend time in prayer with the Prophecy of Simeon

The beautiful scripture of Luke 2:35 reminds us of the sword that would pierce Mary's heart. Spend time reading, meditating, praying on and contemplating this scripture. This prophecy of Simeon is also the first sorrow of Mary.

Pray the Seven Sorrows Rosary

Here are the prayers for a Rosary that helps you meditate on the seven sorrows.

Go to Mass on August 15, the feast of the Assumption

Mark your calendar now for this holy day of obligation (on a Thursday) and attend Mass, praying to the Immaculate Heart on the Feast of the Assumption. Another special day to honor the Immaculate Heart by attending daily Mass (though not a holy day of obligation) is Thursday, August 22, the Queenship of the Blessed Virgin Mary. Why not stop after Mass to light a candle for your

intention at the Marian altar in your parish?

Consecrate yourself to the Immaculate Heart

This would be a great month to begin a consecration to the Immaculate Heart of Mary using this prayer or this total consecration to Mary as taught by St. Louis de Montfort.

<https://aleteia.org/2019/08/01/10-ways-to-celebrate-the-immaculate-heart-of-mary-this-august>

5 Ways to honor the saints and devotions of August in your life and home

Annabelle Moseley - published on 08/01/21

This month is all about the Virgin Mary and some of her close friends.

August is the month devoted to the Immaculate Heart of Mary and is

filled with beautiful feast days dedicated to Our Lady and to great saints who learned from her example in the way they shaped their own lives.

Marking the days of this month with wonderful ways to celebrate and honor Our Blessed Mother and the very inspiring saints of August will make our summer so much more satisfying. Let's mark our calendars now!

"He took Peter, John and James with him and went up onto a mountain to pray. As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning."(Lk 9:28-29)

The "Sons of Thunder," James and John, along with Peter, were blessed to be able to witness the way Jesus's face and clothing changed; the way he spoke with Old Testament prophets; the way the Father Himself said, referring to Jesus: "Listen to Him."

This is a beautiful feast day for us to ask God to transfigure us in whatever ways He knows we need. As we pray for that intention today, let's also try something we usually reserve for the dawn of January: making a list of resolutions! What do we need to change that would feed our souls: fasting more and eating less? Giving to the poor more and shopping less? Offering praise of others more and complaining less? We've got this!

A less-famous saint than some, St. Lawrence is a wonderful one to get to know better, and adopt as one of our patrons. **St. Lawrence was asked to show the "treasures" of the Church to the evil prefect of Rome.** In response, St. Lawrence brought the poor and sick people of Rome, whose suffering, borne as a sacrifice to God, is an authentic treasure. After teaching this lesson, he was martyred

and died joyfully for the Lord.

In honor of this inspirational saint, let's donate to a charitable cause today and offer up any discomfort or difficulty we experience for love of Jesus, salvation of souls, and reparation of sins committed against the Immaculate Heart of Mary.

This is the day we celebrate the Blessed Virgin Mary's assumption into Heaven. Across many cultures, it's a day for traditional blessings of garden herbs and full-blooming fruits grown all summer long. A parish priest can be asked to do a traditional blessing of herbs and fruits before or after Assumption Day Mass. These fruits and herbs then become blessed sacramentals, which can be eaten or dried and saved for times of sickness and challenge throughout the year.

After Mass on Sunday the 15th, enjoy your celebration of the Assumption with a wonderful feast that includes fruits and herbs, as is tradition. Bonus points if any of those fruits or herbs come from your own garden! Enjoy an Assumption Day meal featuring Rosemary and Thyme Chicken ([here's a great recipe](#)); a fresh [Caprese salad](#) (tomatoes, mozzarella and basil with olive oil and balsamic, and a platter of fresh fruit for dessert.

You can also make a sheet cake, cover it with white icing, and have the kids help decorate it with marshmallows to represent the clouds of the Assumption.

And, weather permitting, why not involve the children (and feel young at heart!) by gazing upwards at the sky today ... no matter the weather ... and seeing what the clouds look like. You'll leave the cares of the earth behind for a little while as you discuss the various types of clouds you see, share which cloud is your favorite, and imagine what it must have been like for Mary on the Assumption, as

she rose into heaven.

August 22 is not only the feast of the Queenship of Mary but is also the traditional feast of the Immaculate Heart of Mary, which is where the August devotion to Mary's Immaculate Heart comes from. The Queenship of Mary reminds us that we should honor our Blessed Mother's royalty through being loving servants to her even as we are her children.

A wonderful way to serve and love the Immaculate Heart of Mary more deeply is by doing a Consecration to the Sacred Heart of Jesus -- especially one that also promotes devotion to Mary. [This one](#), available online, sends free daily emails for each day of the Consecration, complete with prayers, reflections, beautiful Catholic works of art, music, and even a daily podcast directly to your inbox. These guided daily devotions take so little time (9 to 14 minutes total) but will be time well spent. They can aid and inspire us to better prepare our hearts for Jesus and honor His Mother's Immaculate Heart. August is a perfect time to begin.

St. Augustine is famous for many things, like experiencing a profound conversion after a life of vice, penning the ultimate spiritual autobiography, *The Confessions*, and becoming one of the greatest thinkers in history.

Augustine also had a beautiful bond with his mother, St. Monica, who famously agonized over and prayed for her “son of many tears” to convert. **Not only did he attribute his eventual conversion to her prayers, but he loved talking about God with his mother. They had rich spiritual discussions together.**

There was one time in particular, not long before St. Monica's death, when the two discussed at length the great rewards of heaven and how the pleasures of this life are nothing when compared to eternal joy.

With whom do you most enjoy talking about the deeper things in life, and about faith? Why not send a message to or call that person today; or better yet, sit down with them and over a cup of tea or coffee ... talk about higher things than the weather, politics, or “what's new.” Discuss your latest spiritual insights or thoughts together. It will be food for your soul! Don't know where to start? Read the days Scripture readings together and discuss your favorite verses, or do a web search for quotes by your favorite saints. Try to involve shared food or drink ... and remember, some of the best and most meaningful conversations happen in the kitchen!

May the saints of August and the Immaculate Heart of Mary protect and bless you and your family!

<https://aleteia.org/2021/08/01/5-ways-to-honor-the-saints-and-devotions-of-august-in-your-life-and-home>

Video: <https://youtu.be/3xnVYfLLCac?feature=shared>

<https://ourladyoftherosaryshrine.org/events/>

Just a Gentle Reminder!

When a CWL member passes away, there is a completed form that needs to be sent to **Debbie Pine:** debbiepine@royalpage.ca as well as to National. Please also send to **Elizabeth Angotti:** elizabethangotti@gmail.com and **Katherine Kehoe:** k.keho88@gmail.com. Any questions, contact Debbie.

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**

