



**CWL**

**St. Catharines Diocese**

**Saturday, March 16, 2024**



## **CWL Catholic Connections**

**National CWL:** [cwl.ca](http://cwl.ca)

**ON Provincial CWL:** [cwl.on.ca](http://cwl.on.ca)

**St. Catharines CWL:** [stcatharinescwl.ca](http://stcatharinescwl.ca)

**CWL  
President's Message**

**Dear Members of the CWL,**

My daughter and I were talking one night, and she asked me “What did you get out of this”? I never did this to benefit myself so after discussion and more clarification she asked me what would entice someone to want to do this role aside from our faith.

It was a good question that made me think. It certainly was not for posterity. I really do not even know how I ended up here. Being diocesan president was never a goal, but I am here and reflecting this may not be why I did it, but what makes me happy I did.

I thoroughly enjoyed the opportunity to visit the parishes during the Outreach Program. The discussions that evolved from the questions were heartwarming. I can say that every parish wanted to help and did help their communities. The needs may be different and how you

donated may be different but, in the end, it is the CWL that reached out to help. The legacy we must be so proud of is our generosity of heart, the deep desire to help and our care.

I truly have seen, felt and loved the sisterhood. I have made so many friends that will be with me forever. There is bond we feel in our own parishes but in this role, dealing with many parishes, provincial and national, plus the years on the national strategic marketing group you really do feel the sisterhood. It is a bond that is indescribable but enveloped in our hearts.

Finally, I believe my pride in the CWL has burst. I have always been proud to be a member and beyond proud to be a member of Star of the Sea CWL. However, hearing and seeing all that is done in the parishes makes me feel an exuberance for the future. This has reaffirmed my belief that we can make a difference through deeper opportunities for faith, education and fun

It has been an honour and a privilege that you allowed me the opportunity to do this. Thank you to my wonderful executive who has worked diligently and been so supportive. I started earlier than expected, through a tumultuous time, followed by COVID, changing of the organizational structure, resignations and life in general. However, I look at this and smile, I would never change any of these past years.

Deedee will be a wonderful president and happily, with two years of the new structure under our belt, many women were more confident and comfortable to take on chairs or leads. Thank you to all who accepted these roles.

May Our Lady of Good Counsel bless all of us and the works of the CWL.

**--Lisa Fillingham, St. Catharines CWL President**

## Messages From Deedee Alexandre:

### Quote for the Month:

“Thy will be done.”  
--Jesus

### Happy Easter Ladies!

**A very heart-warming thank you to Lisa for four years serving as your Diocesan President!!!**

**1. Catholic Connections:** At the AMM, as many of you know, I will be the new President of the St. Catharines Catholic Women's League of Canada. Consequently, this will be the final edition of the Catholic Connections. **UNLESS!** someone steps forward and would like to continue this monthly newsletter. Please let me know!

### **2. CWL AMM--quick reminders!**

- registration: 7:45 a.m.-8:45 a.m.
- Mass is at 9 a.m.--no admittance after 9 a.m.
- pop tabs can be dropped off at AMM--before noon

**2. Diocesan Executive Meeting: May 29, 2024--St. Alexander at 6:30 p.m.--dessert bar and coffee!** All Diocesan Executive Officers and Parish Council Presidents **and** the Faith Chair, Social Justice Chair, and Service Chairs at each parish are invited to attend!!!

**The Catholic Women's League of Canada  
St. Catharines Diocesan Council**

3. **“Happy New Year” / Meet and Greet--2<sup>nd</sup> annual:** St. John's Ukrainian Catholic Church--doors open at 5; dinner at 6 p.m.

**66<sup>th</sup> Annual Diocesan**

Cost--\$25.00.

**Annual Meeting of Members**

Advanced tickets only! Tickets ~~will not be~~ available at the door.



Holiday Inn and Suites Parkway  
Conference Centre

Deedee Alexandre 327 Ontario Street, St. Catharines, Ontario

**Tuesday, April 23, 2024**

Guest Speaker	CWL ON-President	CWL National President	Banquet Keynote Speaker
Adelaine Nohara	Linda Squarzollo	Shari Quinta	Josephine Lombardi



**AMM Registration:** 7:45 a.m.-8:45 a.m. Tuesday, April 23, 2024

**\$40.00:** registration +

- lunch and day meeting = \$85.00
- banquet only = \$110.00
- full day--including banquet = \$150.00

**TO REGISTER,  
PLEASE CONTACT  
your  
Parish Council  
President!**

**Please note:** Vendors will be at the AMM Convention. The only beverages provided pre-AMM, at breaks, and at lunch are water, coffee, and tea; no juices, etc.

**Registration Deadline:** Thursday, March 21, 2024



Choose Life Niagara  
**ANNUAL  
DINNER EVENT**

**SPEAKER: BLAISE ALLEYNE**

SATURDAY, APRIL 13, 2024

RECEPTION 5:00 P.M. DINNER 6:00 P.M.

**CLUB ROMA**

125 VANSICKLE RD, ST. CATHARINES

**TICKETS:**

ADULTS \$60

STUDENTS \$30



Pro-life speaker and co-author of *A Guide to Discussing Assisted Suicide*, Blaise Alleyne, has had thousands of conversations about abortion and euthanasia with people from all walks of life and trains people in effective pro-life apologetics.

**PURCHASE TICKETS AT  
CHOOSELIFE.CA/EVENTS**

See you there!

REGISTRATION  
OPEN



WEBINAR SERIES

THE YEAR OF PRAYER IN PREPARATION FOR THE JUBILEE 2025  
WITH DR. JOSEPHINE LOMBARDI

A GREAT SYMPHONY OF PRAYER:

The Our Father

AS A PROGRAMME OF LIFE

2 APRIL

1. Why did Jesus address  
God as Father?

TUESDAYS  
IN APRIL 2024  
1:00-2:30 PM EDT

9 APRIL

2. Seeking God's Kingdom  
& Knowing God's Will

23 APRIL

3. Daily Bread  
& the Gift of Forgiveness

30 APRIL

4. Managing Trials  
& Resisting Evil

Hi Deedee Alexandre,

This is a reminder that your webinar will begin in 1 week:

### A Great Symphony of Prayer: The Our Father as a Programme of Life

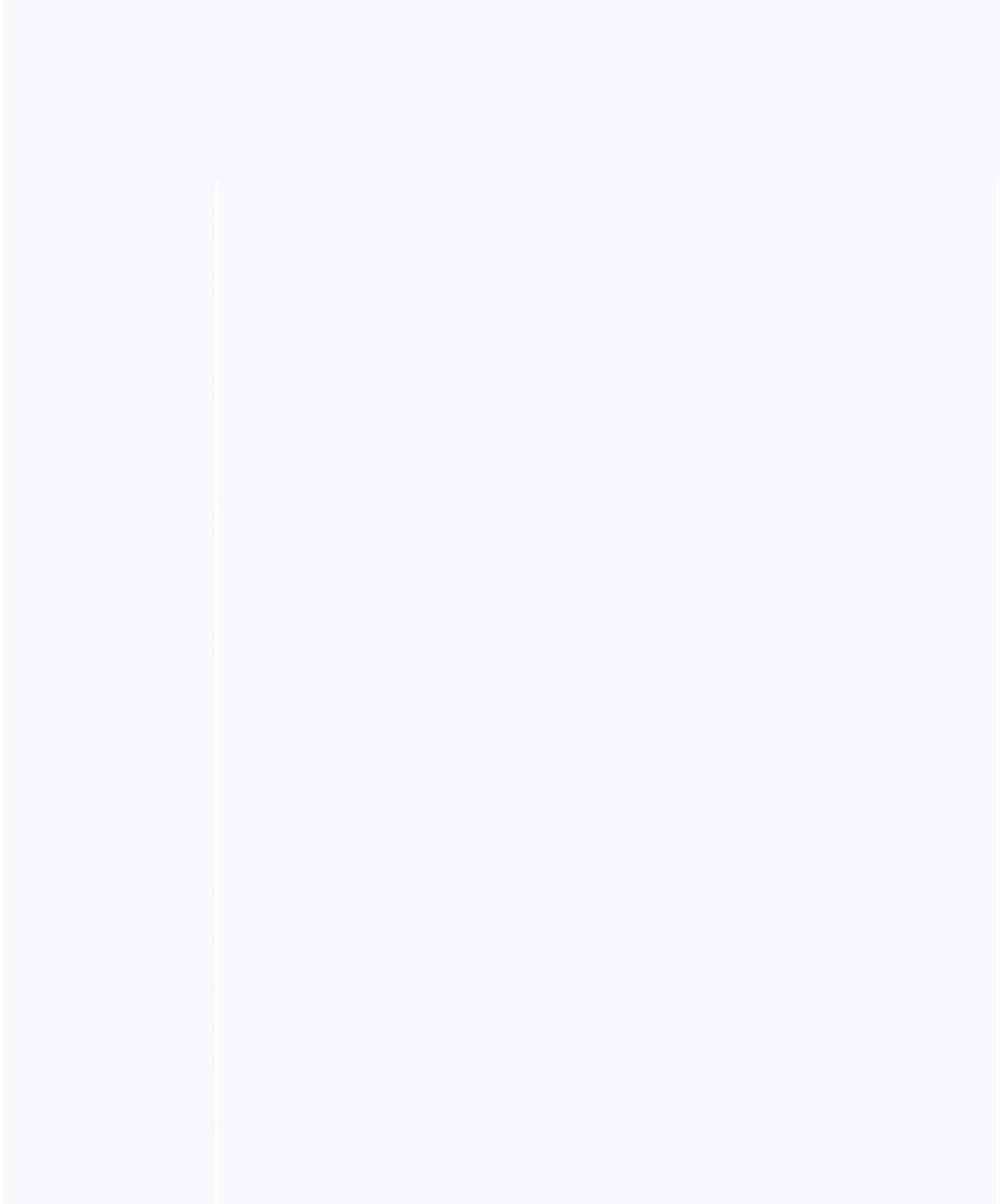
Date & Time Apr 2, 2024 01:00 PM Eastern Time (US and Canada)

Webinar ID 820 9677 0565

Passcode 338153

Description The CCCB Ad hoc Committee for the Preparation for the Jubilee 2025 is hosting a two-part series titled, "A Great Symphony of Prayer" which will enable the faithful one meaningful way to participate in the Year of Prayer which was announced by Pope Francis on 21 January 2024.

The Jubilee Office in Rome has prepared a series of booklets on prayer, the themes of which will be taken up during the webinar series. For each official language, there will be one four-part webinar series in the spring and one more four-part webinar series in the fall.



*The Catholic Company presents*



## **It's Holy Monday, but where is Jesus?**

**After his triumphant entrance into Jerusalem, where does Christ go?**

**Monday, March 25, 2024**

Yesterday Jesus rode into Jerusalem. The crowds hailed Him as the Son of David and exalted Him with palms and shouts of joy.

Now Monday of Holy Week dawns. Where is He? What happened after the crowds dispersed?

The Gospels shed light on this. On the evening of Palm Sunday, Jesus went to spend the night in Bethany, where He would have stayed with friends (Matthew 21:17).

Monday morning, He returned to Jerusalem. According to the Synoptic Gospels, it is on this day that Jesus walked with firm purpose into the Temple and drove out the moneylenders, castigating them for making His Father’s house a “den of robbers” (Matthew 21:12–17, Mark 11:15–19, Luke 19:45-48).

Jesus also began His final days of teaching, giving the people a holy torrent of parables and warnings. Many of His most famous teachings and parables—such as the widow who gave two pennies, the parable of the wicked tenants, and the dispute over paying taxes to Caesar—happened during Christ’s ministry in Jerusalem.

Then—as biblical clues suggest—He returned again to Bethany.



Note, here, the importance of Jesus' friends: He spends time with them in these last days of His life on earth. In these early days of Holy Week, we feel Christ's Passion looming out before us. The weight of Good Friday seems to permeate into each moment. Yet, despite our growing awareness of Our Lord's Passion, we also feel the reality of His Resurrection. Although we know the incoming darkness of Golgotha, we can walk towards it because we know the tomb will be empty next Sunday.

The beautiful duality of Holy Week is the same tension we embrace whenever we look upon a crucifix. This is why crucifixes are such beautiful images in our faith and why every Catholic should have one. Wearing a crucifix is a great way of keeping it close and ready to share with others.

## **Going to Golgotha**

*Joseph Pearce - published on 03/29/24*

*The question is not whether we will suffer. Of course we will. The question is what we will do with the suffering when it comes.*

The very name of Golgotha is creepy. In Aramaic, it means "skull," or the place of the skull. It was a skull-shaped hill just outside the walls of Jerusalem. Even its Latin name, Calvary, means "skull." It was, it seems, an obvious place for criminals to be put to death. And it was, of course, the place where Christ was put to death. The place where the criminals executed the

innocent man.

Traditionally, the image of the skull has been the emblem of the *memento mori*, the reminder of death. It is seen in Christian art and is found as an allegorical figure in Christian literature. For Christians, the skull, as a *memento mori*, is meant to remind us of the Four Last Things: Death, Judgment, Hell, and Heaven. It is appropriate, therefore, that we should keep our eyes on Golgotha.

But we should do more than keep our eyes on Golgotha. We should see ourselves on the skull-shaped hill itself. We were there when they nailed Christ to the cross. All of us were there. As He was nailed to the cross, it was our sins that hammered the nails into His flesh. This was why Mel Gibson chose to hold the nail that was hammered into Christ's hand in the film he produced, *The Passion of the Christ*. It was an act of penance.

There is, however, another way that we are on Golgotha during the season of Lent and during all the seasons of the year. We are there as fellow sufferers with Christ, not as innocent victims but as culprits. We are not merely those who crucify Christ. We are also those who are crucified. All of us suffer. Suffering is unavoidable. We suffer for our own sins and we suffer from the sins of others. We all have our own crosses to carry and we are all sometimes nailed to them.

The question is not whether we will suffer. Of course we will. The question is what we will do with the suffering when it comes. Will we be like the bad and impenitent thief, who is crucified on Christ's left? Will we blame everyone else for our sins except ourselves? Will we blame our neighbours or our enemies? Will

we blame God?

Or will we be like the good and penitent thief, who is crucified on Christ's right? Will we acknowledge our own sinfulness? Will we acknowledge that our sins have hurt our neighbors and our enemies? Will we blame ourselves and ask God to forgive us our trespasses and deliver us from evil?

When we spend time in the place of the skull, reminding ourselves of the death that awaits us, how will we judge ourselves? Will we judge ourselves self-righteously, condemning ourselves to the hell we have made for ourselves? Or will we judge ourselves as needing merciful forgiveness, gaining from Christ the place with Him in paradise that he promised to the good thief?



*Read more: Memento mori in art: Skulls, skeletons, and rotting fruit to remind us of the vanity of life*

# Does Easter begin on Holy Saturday?



Philippe Lissac | Godong

[Philip Kosloski](#) - published on 04/16/22

*Technically speaking the season of Easter begins during the Easter Vigil on Holy Saturday, which starts after sundown.*

Often Catholics will ask when Easter “officially” starts. **Does Easter begin on Holy Saturday?**

Holy Saturday is meant to be a day of prayer and silence, preparing our hearts for the celebration of Jesus’ resurrection on Easter morning.

For many centuries **there was no liturgy on Holy Saturday, and the Easter Vigil only began after midnight.**

Author Herbert Thurston gives a brief explanation in his book, *Lent and Holy Week*.

*[T]he Mass which is now sung on Holy Saturday ... was not originally a Mass for Holy Saturday at all, but coming at the end of the long ceremonies of the great vigil, was in reality the **midnight Mass of Easter Sunday**. Probably in the earliest stage of the celebration this point **was not reached until long after midnight, when the day was already beginning to break**. There was every reason then why the joyous exultation of the Resurrection should find its first expression there. Theoretically Holy Saturday, like Good Friday, was an **'aliturghical' day, a day without a Mass**.*

The Easter Vigil in the Roman Catholic Church now begins **after sundown**, starting with an elaborate liturgy of lighted candles and readings from the Bible.

Shortly before the Gospel is read, the **"Alleluia"** is intoned for the first time since before Lent. It is **a liturgical way of celebrating Jesus' resurrection.**

For someone who wants to know the "official" start of the celebratory Easter season, it would be after that **glorious singing of "Alleluia."**

Try to hold-off on any Easter celebrations until after the Easter Vigil, which for many people won't end until 10:00 or 11:00 p.m.



*Read more:* [Here's a step-by-step guide to the Easter Vigil](#)

*Read more:* [The early Church abstained from Mass on Holy Saturday](#)



**Catholic medical doctor  
examines trauma of**

# Christ's Passion



Fred de Noyelle | GoDong

[J-P Mauro](#) - published on 04/14/19

*Dr. Timothy Millea attempts to pin down the cause of Christ's death using modern medical understanding and the Shroud of Turin.*

In an 2019 talk, Dr. Timothy Millea examined the last 18 hours of Jesus' life and the strain his body was put under during his Passion and crucifixion. The Catholic surgeon determined, from the accounts of the Gospels and images of the Shroud of Turin — believed to be the burial shroud of Christ — **that the most likely cause of his death was blood loss.**

Hypovolemic Shock

Catholic News Service reports that the doctor explained that **the human body contains about 1.5 gallons of blood, and to lose just 40% of this puts one at risk of hypovolemic shock, a life-threatening condition.** After a full night of beatings, scourging at the hands of Roman soldiers, and his ultimate crucifixion Jesus likely surpassed this threshold.

“Christ emptied himself,” Dr. Millea told about 100 people at his home parish of St. Paul the Apostle in Davenport. “As a surgeon, two words that make our hair stand on end are ‘bleeding out.’ If you can’t stop it, you can’t keep that patient alive.”

Dr. Millea took the audience through an hour-by-hour account of the physical ramifications of such merciless torture, from the emotional Agony in the Garden of Gethsemane, to Jesus’ crucifixion. Millea said:

“Some people ask, did Jesus really die of physical factors, or did he — as God — say, ‘OK, my work is done.’ How he lived this long is one of the biggest divine mysteries.”

He said that his interest in the topic arose when he read a 1986 article “On the Physical Death of Jesus Christ” in the Journal of the American Medical Association. **In his research into the matter he found that this discussion has been taking place since the 16th century.**

## The Shroud of Turin

In examining the Shroud of Turin, Dr. Millea pointed out that the man buried in this shroud stood 5’10” and weighed about 175 lbs. Tradition tells us that Jesus was whipped 39 times, but the figure in

the Shroud of Turin displays nearly 400 wounds, all of which were bleeding on the day of his death.

While tradition numbers 39 scourges, the Romans most likely used a flagrum, a whip made of leather cords 2 feet long tipped with metal objects, broken glass and lead balls. Each swing of the flagrum held the potential to leave dozens of wounds. “It was a very diabolically effective means of harming the tissues down to muscle depth,” said Millea.

The crown of thorns could also have created many wounds, as it was most likely much larger than the coronet we see in artistic depiction. **Millea said the thorns were probably more like a helmet.** “Every time the soldiers hit the thorns, they impaled in his scalp. If you’ve ever had a cut on your scalp, you know it bleeds like crazy.”

Of the cross, **Millea said that Jesus was most likely only carrying the cross beam**, as the entire cross would have weighed upwards of 300 lbs. He said, “You’ve got a 175-pound man who has been beaten, he’s bleeding, he hasn’t eaten or slept or had anything to drink, and he’s going to carry 100 pounds for 600 yards. He fell three times? It’s a miracle he didn’t fall more often.”

More blood loss would have come when the nails were driven through his wrists. Millea notes that they would not have gone through the hands, as they would not have been able to support his weight. **Instead the nails would have gone through a spot in the upper wrist where the ligaments are strong** — this is where the Shroud of Turin shows the nail wounds. Dr. Millea did note that the pain of puncturing the median nerve would have been intense.

## Other explanations

Millea acknowledged that **other physicians and historians have speculated that Christ's death may have been due to asphyxiation**, because breathing was so difficult on the cross, or **even from a heart attack** after experiencing such intense trauma for so long.

The surgeon did not throw these theories out, but he did say that blood loss is not only a medical explanation, but a scriptural one as well. **Jesus took the place of the slaughtered lambs of the Old Testament sacrifices and the cause of death for sacrificial animals was also blood loss.** This coincides with the Last Supper, at which point Jesus took the place of the sacrifice.

He described events of Jesus' Passion and death as "a tragic story, a horrible story, a painful story," but as he ended his presentation he showed an image of the resurrected Christ, reminding the audience that "this story doesn't end with where we finish tonight."



## Passed Away:

a) **Cecilia Sheehan**--January 2024: St. Julia Parish--Years of Service: 5

b) **Mary McLynskey**--February 28, 2024: St. Julia Parish--Years of Service: 21

c) **Lenora Evelyn Broughton**--March 22, 2024; St Thomas Aquinas--Years of Service: 33--see below for funeral details

<https://www.arbormemorial.ca/en/pleasantview/obituaries/lenora-evelyn-broughton/121420.html>

### Just a Gentle Reminder!

When a CWL member passes away, there is a completed form that needs to be sent to Deedee Alexandre: [deedeealexandre321@gmail.com](mailto:deedeealexandre321@gmail.com) and to [debbiepine@royalpage.ca](mailto:debbiepine@royalpage.ca)

Thank you!



Happy  
Easter

**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:**

**President-Elect:** Deedee Alexandre

**Spiritual Development Chair:** Deedee Alexandre

**Service Chair:** Diane Szydowski

**Social Justice Chair:** Sue Pellerin

**Communications Chair:** Theresa Murphy

**Spiritual Director:** Father Richard Kowalchuk

**~the end~**