

**CWL**

**St. Catharines Diocese**

**Wednesday, November 1, 2023**



## **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

As we see elderly veterans selling poppies, it is so easy to associate their age with the last world war. We think of the sacrifice that so many made and then go on with our day; living in a peaceful country where war is not a second thought. However, countries and people are not as Blessed as we are. How many are fighting wars in Ukraine and Israel? How many have died? How many will live to become veterans and pass their stories on that become history? Remembrance Day is not only about the past; it is about the present and future. It is about remembering all who sacrifice for peace. It is about remembering that we can help in many ways, but that nothing is more helpful and universal as prayer. Pray daily, pray often, and never ever forget the power of prayer.

**Lisa Fillingham, St. Catharines CWL Diocesan President**  
**Messages From Deedee Alexandre:**

**Quote for the Month:**

**At the end of life, we shall be judged by love.**

St. John of the Cross

**Hi Everyone!**

I hope each of you is taking a moment to appreciate in awe and wonder the wonderful changing colour of the leaves. It's just marvellous!

**November is full of activities at the Parish and Diocesan levels.**

**a) Wednesday, November 1: Diocesan Council Meeting--**  
10 a.m. Zoom

**b) Friday, November 3: Advent Retreat Registration**  
**Deadline**

- please contact Dina Marchionda if your cheque is in the mail

**c) Sunday, November 5: Mass for the Deceased--St. Kevin's**  
Parish at 2 p.m.

**d) Saturday, November 11 & Thursday, November 16:  
Advent Retreats!**

- registration: 8:15 a.m.-9:00 a.m.--please see poster

**Any questions or concerns, please contact me.**

**Thank you and God Bless!**

Deedee Alexandre

**St. Vincent de Paul  
100<sup>th</sup> Anniversary of the CWL!**

The 100th Anniversary of the Catholic Women's League of St. Vincent de Paul Parish

**“100 YEARS OF CARING AND SHARING”**

The St. Vincent de Paul Catholic Women's League celebrated its 100th anniversary on October 15, 2023. Bishop Gerard Bergie celebrated Mass and then all guests enjoyed a lunch and special presentations at the Church Hall.

**Background**

Throughout the last 100 years, the Council has been visible and actively promoting our Mission Statement, which calls for the members to grow in faith and to witness to the love of God through ministry and service.

The first group of 36 members organized church suppers, quilt sales and other events and in their first 3 years they raised enough money to pay off a \$4000 mortgage on the church, not a small amount in those days. The yearly membership fee was 25 cents. During the War Years the women became involved in the war effort, running the “Knights of Columbus Hut”, a recreation centre for soldiers in training at the Niagara-on-the-Lake Common.

Diverse projects have been undertaken, which included involvement in church ministries and assistance to the poor, the youth, the elderly and the school and community. The CWL has supported many foster children in impoverished countries and sent food and warm clothing to those in need.

The CWL parish league continues to support faith, family and community and works to advance the cause of justice and charity that our first members helped foster 100 years ago.

As we researched the history of our CWL we discovered that many records (from 1937 to 1975) have been lost due to a flood in a storage area. We do have one small notebook which somehow survived with some records from 1923 to 1937.

We continue to be interested in finding more information about the work of the CWL in the 1940s and 1950s. Are there any pictures of the “Knights of Columbus Hut” during the war years? Any photos

or stories from that period? Does your CWL group have records going back to the War years? Does your group have a story to tell?

Write the next chapter.....

--submitted by Sabina Knight, President



Left to right: Deedee Alexandre, Wilma Vanderzwaag, Fr. Peter Rowe, Bishop Gerard Bergie, Brandy Delaney, Sabina Knight, Emely Sabandel



Father Peter Rowe,  
Sabina Knight,  
Brandy Delaney, and  
Wilma Vanderzwagg



Wima Vanderzwaag presented Helen Hendriks with a Certificate of Merit for her 67 years of Working within the CWL. Helen is still an active and contributing member of our CWL.



10 Past Presidents from the last 30 years attended our Celebration.

Front: Marion Frendo, Anna O'Brien, Lina Pillitteri,

Back : Sabina Knight Diane DeGroot, Rita Van Noort, Betty Ann Asher, Maryann Larivee,  
Marion Battersby, Sally Harmer

# St. Mary's / St. Ann's 70<sup>th</sup> Anniversary of the CWL

## *St. Mary-St. Ann's CWL 70<sup>th</sup> Anniversary*







A lovely dinner was served with 63 people attending. The key note speaker for the evening was Deedee Alexandre, who gave an inspiring talk on who we are as women. She challenged those present to set their priorities knowing the most

important thing we have to aim for is our life with the Lord. We need to display this in all we do.

Following was a presentation by our Past President Catherine Montague on “Who We Are and What We Do”. Along with this was a wonderful display of pictures and scrapbooks showing our history.



The 70<sup>th</sup> Anniversary of St. Mary's – St. Ann's Catholic Women's League was



celebrated on Monday, October 16, 2023. The celebration began with Mass at 5:00 pm. Fr. Roshan D'Souza OCD, Pastor of our Parish was the presider and preacher. Fr. Jerome Mascarenhas OCD, Fr. Robert Bulbrook and Deacon Cliff

Dawson were the concelebrants. A Rosary, led by Deedee Alexandre (Spiritual Life Development Chair) from the Diocese, followed the Mass.

## The current CWL Board





Membership pins were presented.

5 years: Mary Bene, Carol Carr, Marcia Smelser and Tricia Gilbertson

20 years: Marie Peart and Kathy Smith

25 years: Jennifer Kelly

30 years: Jayne Dennis, Marie Graham and Judy Webb



**Janice Poirier, President of Mary's/St. Ann's CWL**



## Our Lady of the Holy Rosary Parish

At the Pin Celebration on Tuesday, October 10, 2023. The ceremony was celebrated at Our Lady of the Holy Rosary Catholic Church with Father Janusz Roginski presiding.



Pictured at the front is Claire Noonan who received her 70<sup>th</sup> year Service Pin and Margaret McGarrigle who received her 60<sup>th</sup> year Service Pin.



Bottom row on the left-hand side (second from the left) is Jackie O'Brien - 50 years and top left is Linda Merrill - 40 years.

Submitted by Kim Kuchar  
President,  
Holy Rosary Church



## Is Halloween a holy day of obligation in the Catholic Church?

[Philip Kosloski](#) - published on 10/29/19 - updated on 10/27/23

***Attending the vigil Mass on Hallowe'en fulfills your duty for All Saints Day.***

Throughout the liturgical year there are various feast days that do not fall on Sunday, but which the Church asks the faithful to celebrate with attendance at Mass.

These days are called holy days of obligation, and the Church equates the importance of these days to a Sunday.

A precept of the Church explains, “**On Sundays and other holy days of obligation the faithful are bound to participate in the Mass.**”

One of the chief reasons behind these holy days is to highlight a specific aspect of the life of Christ or to give honor to the role of the Blessed Virgin Mary and the communion of saints.

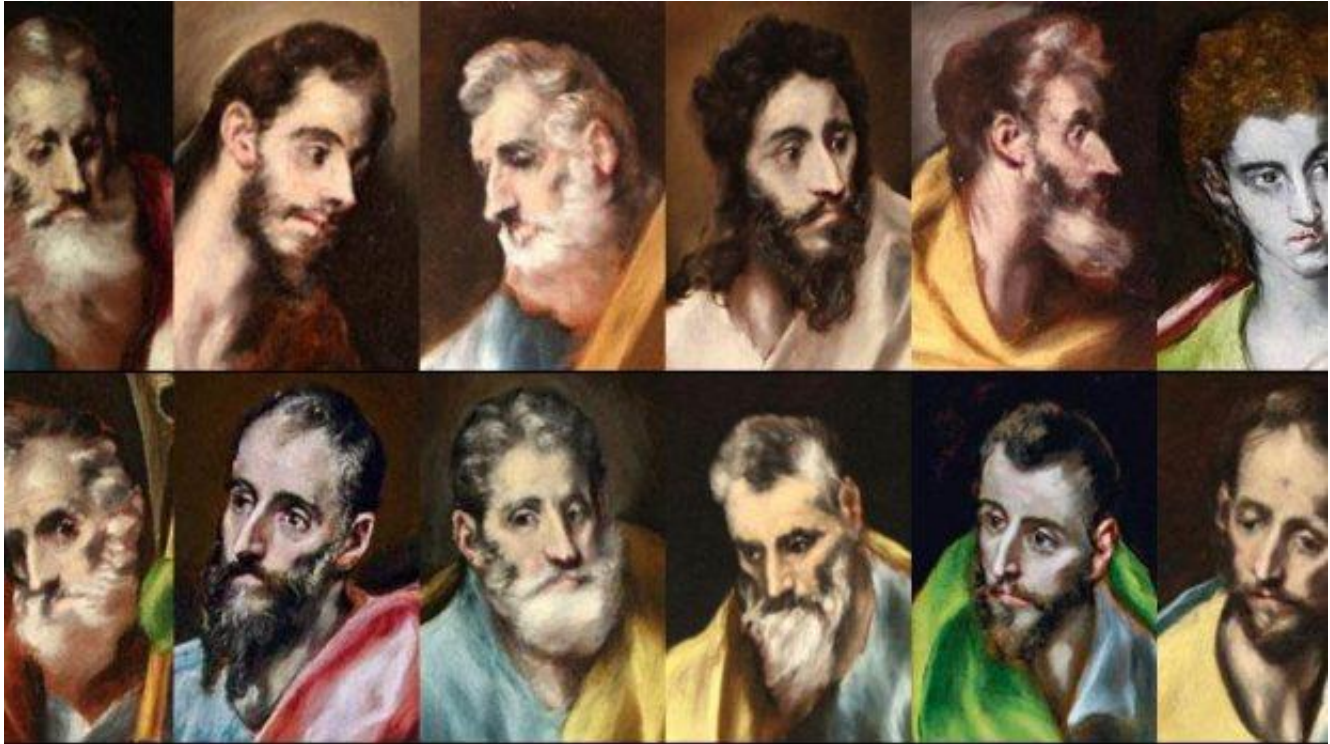
These days are for the spiritual benefit of Christ’s flock and are opportunities to receive grace.

For many centuries **November 1, the Solemnity of All Saints**, has been a holy day of obligation. The ability to fulfill the obligation of attending Mass on “All Hallows’ Day” is also extended to “All Hallows’ Eve,” more commonly known the evening known as “**Halloween.**”

This means many parishes have a **vigil Mass on Hallowe’en**, to celebrate the feast of All Saints

As a result, if the workday doesn’t allow you to attend Mass on November 1, go to the vigil Mass on October 31 and celebrate with joy the beauty of Heaven.

## Which one of the apostles are you most like? (Photo gallery)



[Dolors Massot](#) - published on 10/28/20 - updated on 10/28/23

*When you read the New Testament, you realize that each of the Twelve had a distinct personality. And you just might see yourself in one of them.*

**[Click here to launch the slideshow](#)**

Take a look at the Twelve Apostles (substituting St. Paul for Judas Iscariot). When you read the New Testament, it become clear that each one had a distinctive personality. Peter was strong, but impulsive. Andrew appears to have been rather brave. Thomas was the rationalist.

Which one of the apostles are you most like? How would you have responded to Jesus if you had been in that apostle's place? Check out this slideshow to discover some of their most salient personality traits.

## What is “magnanimity”?

### What does true “greatness” mean?

The Catholic Company--October 9, 2023

Magnanimity is one of those misunderstood words. When we say someone is *magnanimous*, we often simply mean that they are generous.

While generosity in some sense is a part of magnanimity, it fails to encompass its full meaning.

It's always a good idea to check in with St. Thomas Aquinas when we're attempting to define things. About this virtue, he says:

**“Magnanimity by its very name denotes stretching forth of the mind to great things.”**

—St. Thomas Aquinas, Summa II-II, Question 129, Article 1

Ah, this gets to the heart of it. From the Latin, magnanimity means *greatness of soul*, and Thomas's definition seems to fit the etymology much better.



Magnanimity is the virtue that helps us to aim high. To have noble goals and to diligently pursue them.



### **Aim high!**

But—you might say— isn't that ambitious and proud?

Not if your goals are truly worthy, your intentions are good, and you view yourself with humility.

Worthy goals include progress in virtue, the discovery and accomplishment of God's will, the care of our neighbor—all aims, really, big or small, that contribute to our own holiness and the triumph of the good. Note that these goals need not include big tasks or projects. The smallest thing done for a noble purpose is a perfect exercise of magnanimity.

**Our intentions should be the sanctification of our souls, the glory of God, and the salvation of our neighbor—not praise or admiration.**

Viewing ourselves with humility means recognizing our smallness and our total dependence on God. It means recognizing that our life, our talents, our faith, all the graces we possess, our very existence—all are gifts from God, to be received with gratitude rather than pride. Humility also helps us to maintain a vigilant awareness of our weakness and liability to sin.

So, with all these things in mind, aim high. Dream big. Be noble. It doesn't matter how humble your circumstances, how small the mite you have to offer, how unnoticeable your actions in the eyes of the world. Be you a king or a stable hand, you've got greatness in you.

### **Reflections prompted by Matthew Perry's life and death**



Rena Schild | Shutterstock

*[Cerith Gardiner](#) - published on  
10/30/23*

*With the tragic death of the 'Friends' star, we think these are some key meaningful lessons to be drawn for fans and non-fans alike.*

Millions were left in shock at the announcement of Matthew Perry's death October 28. The 54-year-old actor had notched up an impressive

fan base for his role as the Chandler Bing, the popular *Friends* character notorious for his wit, sarcasm, but overall kindness.

In real life Perry struggled with alcohol and opioid addiction — something the actor detailed in his refreshingly frank memoir, *Friends*, as shared by the Daily Mail:

*Hi, my name is Matthew, although you may know me by another name. My friends call me Matty. And I should be dead... People would be surprised to know that I have mostly been sober since 2001. Save for about sixty or seventy little mishaps over the years.”*

Perry’s death has caused an outpouring of love from his fans. He gave so much pleasure from his on-screen appearances; now his life and untimely death have prompted the following five reflections:

### 1. IT'S OKAY TO BE VULNERABLE

Throughout a lot of his acting career, Perry was battling with his addictions. Although his fans were not aware of all the details until his memoir was published, by opening up about his struggles people were able to see the real man behind the happy-go-lucky Chandler Bing.

Sometimes in our darker moments we might put on a brave face and smile to the world. But in sharing our hardships we can often gain strength and friendship.

### 2. NEVER GIVE UP

In his memoir Perry also talked about the incredible number of times he’d been to rehab, the number of times he’d tried to detox — and

failed — and also the number of surgeries he endured as a result of his addiction. These accounts are certainly not for the faint of heart. Yet what resonates throughout his memoir is that he didn't give up. He chose to consistently fight for a better life.

### 3. ALWAYS REACH OUT IN PRAYER

When Perry was in a state of desperation, he poignantly wrote how he'd reached out to God, and how God had answered. Below are snippets of the account that can be found in pages 322–330 of his book:

*“'God, please help me,' I whispered.*

*'Show me that you are here. God, please help me.'”*

*As I kneeled, the light slowly began to get bigger, and bigger, until it was so big that it encompassed the entire room... What was happening? And why was I starting to feel better?*

*I started to cry. I mean, I really started to cry — that shoulder-shaking kind of uncontrollable weeping. I wasn't crying because I was sad. I was crying because for the first time in my life, I felt OK. I felt safe, taken care of.*

*Decades of struggling with God, and wrestling with life, and sadness, all was being washed away, like a river of pain gone into oblivion. I had been in the presence of God. I was certain of it. And this time I had prayed for the right thing: help.”*



#### 4. SUCCESS IS NOT ABOUT FAME OR FORTUNE

Considering the vast wealth and fame that came with his role on *Friends*, the actor shared in an interview below (at 44:35 minutes) how that was *not* what he wanted to be remembered for.

“The best thing about me, bar none, is that if somebody comes up to me and says, ‘I can’t stop drinking, can you help me?’ I can say ‘yes’ and follow up and do it. That’s the best thing... When I die I don’t want *Friends* to be the first thing that’s mentioned, I want that to be the first thing that’s mentioned.”

#### 5. LIFE SHOULD NEVER BE TAKEN FOR GRANTED

When famous people die, especially unexpectedly and at a young age, it often serves as a dramatic reminder that life is fleeting, and that we never know how long we will have before God calls us home. In some respects, Perry is a modern-day *momento mori* – reminding us that we will die, and that we should make the most of the time we have on earth.



[HTTPS://YOUTU.BE/VRZSYBHMMRO](https://youtu.be/VRZSYBHMMRO) AN INTERVIEW WITH MATTHEW

**Deedee's Note:** if you or someone you know and love is struggling with any form of addiction: alcohol, drugs, porn, food, etc., please consider Catholics in Recovery: [catholicsinrecovery.com](http://catholicsinrecovery.com)

There are MANY online opportunities to join groups. Take the step.



## **Anxious about Confession?**

**We understand—and want to help!**

October 14, 2023

Confession is uncomfortable. There's no getting around it. But we shouldn't let our discomfort rob us of the astonishing graces that come to us through this sacrament.

At one level, we ought to feel ashamed of our sins—at least in the sense that we ought to have horror over our own willingness to do evil. If we are remorseful at all, we will feel some level of aversion towards our own sins and experience some discomfort in saying them out loud.

But certain feelings of shame and dread can grow and fester until they keep us away from the sacrament altogether. We can enter a debilitating emotional state that prevents us from revealing a sin to God so that He can heal it. Undue shame makes us want to hide from God; it's shame that comes from Satan, "the accuser."

Undue shame occurs when we allow ourselves to anguish over sin without ever truly bringing it to God. Rather than repent of our sins, we despair, believing that our actions have placed us entirely outside the bounds of God's mercy. We obsess over our own fallenness instead of focusing on the bounteous Love of God.



Undue shame may also arise from distrust in God's mercy.

God tells us: "Come and I will give you rest." We respond: "I don't believe you." Jesus mounts the Cross and pours out His

life for us and we say with ingratitude, “I don’t believe that’s enough.”

But it is always enough. Christ’s mercy is inexhaustible, healing, and far more powerful than any shame or sin.

So, come to the confessional where God’s Divine Mercy is waiting for you. We promise you will find freedom there.

### **Can angels read our thoughts?**

The Catholic Company: October 24, 2023

“God alone,” says St. Thomas Aquinas, “can know the thoughts of hearts and affections of wills.”

So no, angels can’t read our minds.

But the angels—our guardian angels especially—can often tell what we’re thinking based on physical cues such as facial expressions.

It makes sense, if you think about it. A family member or a good friend can often tell what we’re thinking or feeling just by the slump of our shoulders or the very slight smile on our faces.



Our guardian angels saw us grow up. They've seen our faces and mannerisms since we were babies. They've been at our side 24/7 for all our existence, so they certainly can tell a lot through our subtle external signals (especially considering that their intellects are far superior to ours).



*Tobias and the Archangel Raphael* by Giovanni Girolamo Savoldo

So does the fact that angels can't actually mind-read mean that we *always* have to pray out loud to communicate with them?

No. We can, without the aid of articulated words, communicate any thoughts or prayers we desire to share with them. God allows such things through His power. [Angels] can know specific thoughts that we willfully desire to communicate with them...Therefore, as soon as

we make the decision to speak with or to pray to the angels, they will become aware of what we want to communicate to them.

—Fr. Matthew Hincks, ORC, Opus Sanctorum Angelorum

If you think about it, this is rather fun, since it's so different from how we communicate with other humans. Words are, at best, only estimations of our thoughts. They are always a translation of sorts, never quite reaching the accuracy of the original language. It can even be a source of sorrow and frustration when we can only imperfectly convey our ideas through human language.

But with angels, we can convey our thoughts and prayers just as they are. Instantaneously. Presto. How cool!

And how comforting it is to have a friend with whom we can communicate so easily, who often already knows how we're feeling...

**Everything you need to  
know about ghosts**



*[Philip Kosloski](#) - published on  
10/18/18 - updated on 10/26/23*

*Catholics believe in three different types of ghosts, including one type we should avoid.*

Often ghosts are depicted in popular culture either as cute, cuddly creatures like *Casper, the Friendly Ghost*, or frightening beings that haunt a particular place or person. Yet in general, most people believe ghosts are objects of fiction, not real.

### **But what's the truth about ghosts? Are they real?**

According to the Catholic Church, yes, ghosts are real, except the Church's definition of ghosts is slightly different than the world's view and includes three different types.

#### **Holy ghosts**

First of all, the word "ghost" is traditionally defined as "**spirit.**" In this respect, the Catholic Church heartily affirms that there is a spiritual world around us. These spirits are normally identified as "angels."

Angels, similar to God, are pure "spirit" and do exist. It is a "truth of faith" and we are obligated to believe in them as Catholics.

Whenever an angel appears to someone in the Bible, the person might be afraid at first, but then the angel speaks and urges them not to be afraid. The angel appears to give a specific message of encouragement

and to help a particular person draw closer to God. Their purpose is to lead a soul on the path that God has laid out for them in hopes of ultimately reaching eternal life.

Also, an angel does not seek to deceive and would not lurk around corners, trying to hide from someone. Their mission is very specific and often they give assistance without our even knowing they are an angel. At times they may take on a human appearance, but the way they look is not meant to scare or frighten, but to help us.

### **Deceptive demons**

On the other hand, while there do exist *good* angels, **there also exists *bad* angels**. The *Catechism of the Catholic Church* affirms, “**Satan or the devil and the other demons are fallen angels who have freely refused to serve God and his plan**” (CCC 414).

This type of “ghost” falls into the definition of spiritual creatures that are featured in paranormal reality shows. Reports of such ghosts always revolve around something that scares an individual. It might be a moving object or a haunted house. Sometimes it is a report of a terrifying figure. Often the person who believes they saw a ghost only catches a glimpse of it but the experience is chilling.

This tactic is certainly reminiscent of what demons want to do to us: they want to scare us. Demons want to trick us into believing that they are powerful and gain our submission. It is an old tactic. The devil wants to lure us away from God and wants us to have a fascination with the demonic.

Odds are very likely that if someone sees a ghost or if they are involved with “ghost-hunting,” what they saw is actually a demon.

### **Spirits of the dead**

The third category of “ghosts” does not fit the definition of an angel or demon. **There have been countless stories throughout the centuries of saints or souls in purgatory who visit people on earth.** Saints appear to people to urge them on and give them hope of eternal life and souls in purgatory typically come to ask for prayers or to thank someone for prayers. The saints have attested through the centuries of seeing souls from purgatory, but these souls always seek the prayers of those they appear to and then thank the saint when they are admitted into Heaven. Souls in purgatory have a purpose behind their appearance and do not seek to scare or intimidate us.

The Church officially does not have anything “written in stone” regarding **the souls who appear after death, though stories and the common experience of people appear to confirm this phenomena.** It is possible that some ghosts are the spirits of deceased relatives who seek to give us a word of comfort or even warning, but the Church has not said either way whether that could be the case or not.

In the end, the Church would suggest that if you are plagued by ghosts who are trying to haunt and scare you, don’t call the *Ghostbusters*. **Call your local priest instead.** There might be something much more sinister at work that paranormal investigators will have no power over.





**Pope calls on  
Church to not  
become a  
“supermarket of  
salvation”**

*[I.Media](#) - published on 10/26/23*

***As the Synod on the future of the Church enters its last few days of work, Pope Francis gave a speech to the participants reminding them of his priorities.***

“The Church is feminine, she is wife, she is mother,” said Pope Francis to the participants of the Synod on the future of the Church gathered during the General Congregation in the afternoon of October 25, 2023. In a speech in Spanish, shared later the same evening by the Holy See Press Office, Pope Francis called on the Synod fathers and mothers to move beyond “ideological schemes” and reject a Church that functions like a business.

“Either the Church is the faithful people of God on a journey, holy and sinful, or it ends up being a business of varied services,” Pope Francis said, deploring how certain parishes have “price lists” for sacraments. “When pastoral agents take this second

path, the Church becomes the supermarket of salvation and the priests mere employees of a multinational.”

The Pope was speaking just a few days before the end of the first Roman phase of the Synod on the future of the Church, which began on September 30. The 364 members of the Synod, who are due to vote on a summary report on Saturday to serve as a guide until the concluding session in October 2024, were able to hear the Argentine Pontiff remind them of his priorities.

### **The importance of the people of God**

While this month’s work was an opportunity to debate highly sensitive subjects in the Church – the role of women, the authority of bishops, welcoming LGBT people, migration, etc. – Pope Francis reiterated that, in order to move beyond ideological approaches, the Church must move forward with “the holy and faithful people of God.”

“One of the characteristics of this faithful people is its infallibility; yes, it is infallible in credendo (*In credendo falli nequit*, says LG 9) *Infabilitas in credendo*. And I explain it this way: ‘When you want to know what the Holy Mother Church believes, go to the Magisterium, because it is in charge of teaching it to you, but when you want to know how the Church believes, go to the faithful people,’” the Pontiff explained.

The South American Pontiff emphasized that, among this people endowed with a “soul,” women occupy a decisive place, not least because they have been pioneers in the transmission of the faith. “The Church is feminine, she is wife, she is mother,” he

underlined. “The woman of God’s holy and faithful people is a reflection of the Church.”

## **The “scourge” of clericalism**

Referring to an intervention by one of the Synod’s members, Colombian nun Liliana Franco, the Pope denounced the “macho and dictatorial” attitudes of those who overstep their ministry and end up “disfiguring the face of the Church.”

“This is the great defeat to which clericalism is leading us,” he added, highlighting the example of “the scandal of young priests trying on cassocks and hats or albs and lace robes” in Rome’s tailors.

“Clericalism is a whip, it is a scourge, it is a form of worldliness that defiles and damages the face of the Lord’s bride; it enslaves God’s holy and faithful people,” the Pope said to the Synod members, three-quarters of whom are bishops.



### **Passed Away:**

**Grant eternal rest unto her soul, O Lord. And let your perpetual light shine upon her.**

**a) Teresa Miksza:** October 5, 2023; Our Lady of the Holy Rosary--63 years of service

**b) Arlene Pizzacalla:** October 22, 2023; St. Alfred of Rome--33 years of service

**c) Marisa Alfieri:** October 18, 2023; St. Joseph's, Grimsby--8 years of service

# VISITATION & Funeral Mass

**ST. PATRICK'S**  
Roman Catholic Church  
107 Orkney Street East, Caledonia

## VISITATION

Friday October 20th, 2023  
2:00 pm - 4:00 pm / 7:00 pm - 9:00 pm

## FUNERAL MASS

Saturday October 21st, 2023 - 10:00 am  
Followed by committal service &  
interment at St. Patrick's Cemetery  
(315 Lanark Street, Caledonia)  
*Followed by light luncheon in St. Patrick's Parish Hall*



JOAN MARIE BELL (nee Kavanaugh)  
July 16th, 1937 - October 6th, 2023

**Life Member:**

**Joan Bell**

## **November Liturgical Calendar: Living with Christ**

- |   |  |
|---|--|
| <b>1<sup>st</sup>: All Saints Day</b>                         | <b>18<sup>th</sup>: Dedication of the Basilicas of Sts.<br/>Peter and Paul</b> |
| <b>2<sup>nd</sup>: All Soul's Day</b>                         | <b>21<sup>st</sup>: Presentation of Mary</b>                                   |
| <b>3<sup>rd</sup>: St. Martin de Porres</b>                   | <b>22<sup>nd</sup>: St. Cecelia</b>  |
| <b>4<sup>th</sup>: St. Charles Borromeo</b>                   | <b>23<sup>rd</sup>: St. Clement I / St. Columban</b>                           |
| <b>9<sup>th</sup>: Dedication of the Lateran Basilica</b>     | <b>24<sup>th</sup>: St. Andrew Dung-Lac and<br/>Companions</b>                 |
| <b>10<sup>th</sup>: St. Leo the Great</b>                     | <b>25<sup>th</sup>: St. Catherine of Alexandria</b>                            |
| <b>11<sup>th</sup>: St. Martin of Tours/Remembrance Day</b>   | <b>30<sup>th</sup>: St. Andrew</b>   |
| <b>15<sup>th</sup>: St. Albert the Great</b>                  |  |
| <b>16<sup>th</sup>: St. Margaret of Scotland/St. Gertrude</b> |  |
| <b>17<sup>th</sup>: St. Elizabeth of Hungary</b>              |  |



**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:** Diane Szydowski

**Social Justice Chair:** Sue Pellerin

**Communications Chair:** Theresa Murphy

**Spiritual Director:** Father Richard Kowalchuk