



Catholic Women's League Diocese of St. Catharines



National CWL: cwl.ca
ON Provincial CWL: cwl.on.ca
St. Catharines CWL: stcatharinescwl.ca

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CWL Diocesan Executive: 2024-2026

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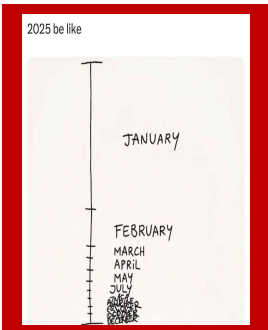
President's Message



Dear Bishop Bergie, Father Richard Kowalchuk, Clergy, and Sisters in the League!

Happy Thanksgiving Everyone!

It's hard to believe that so much has happened since the June publication of Catholic Connections! The provincial convention in London, ON and the National Convention in Toronto. Both were excellent conventions with wonderful guest speakers and important resolution were passed. Then we had the sizzling summer and then the third annual "Happy New Year / Meet and Greet" was successfully held about one month ago! Which begs the question, "Is this what Einstein meant when he proposed this theory of time?" Time sure seems to go by quicker near the end of the year!



The Steering Committee is now called the Resolution Committee because there is a national resolution and a provincial resolution being worked on--both have to do with the unhoused and poverty; please read more about the unhoused/poverty resolutions in the section about the Meet and Greet.

There is a another possible provincial resolution being considered.

There will be a few changes to the Catholic Connections moving forward: first, a round of applause for Elizabeth Angotti and Kathryn Kehoe who have worked tirelessly on the Catholic Connections for 15 months! Thank you, Elizabeth and Kathryn, from the bottom of my heart.

Also--the Catholic Connections will only be published every two months. Finally, we will not be publishing the women who have passed away--those can be included in reports from individual Parish Councils.

There are many events that are lined up for the autumn:

October 2025: Sock-tober / Month of the Rosary

Saturday, October 25th: **League Day Workshop**--9:30 a.m.-
12:30 p.m.--Joy of Leadership parts 1, 2, and 3
--free workshop but please register with your Council President
--at St. Alexander Parish

November 2025: Warm-vember

Tuesday, November 11th: Remembrance Day

Saturday, November 15th: **Diocesan Mass for the Deceased**
St. Michael Parish--310 Central Avenue, Fort Erie-2 p.m.

Wednesday, November 19th: **Diocesan Table Officers**
Meeting--6:30 p.m. on Zoom

Monday, November 24th: **Diocesan Council Meeting--**
:6:30 p.m. -- on Zoom *note this is on a Monday**

Wednesday, November 26: **Advent Retreat:** Mount Carmel--
registration: 8-8:45a.m.--Father Peter Rowe

Saturday, November 29th: **Advent Retreat:** Mount Carmel
registration: 8-8:45a.m.--Father Peter Rowe

December 2025:

Saturday, December 6th: National Day of Remembrance and
Action on Violence Against Women

Monday, December 8th: Feast of the Immaculate Conception

Wednesday, December 10th: **Diocesan Council = Executive +**
Council Presidents Christmas Lunch:

1 p.m., M.T. Bellies Restaurant--871 Niagara Street, Welland

Friday, December 12th: Our Lady of Guadalupe/Day of Prayer

Again--praying that everyone has a very hearty and prayerful Thanksgiving.



Deedee Alexandre--905-732-4782
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Pope Leo blasts elitism, indifference toward poor in first major document

*Pontiff calls for a church renewed by solidarity with the poor and
condemns complacency within its ranks.*



Pope Leo XIV speaks on the central balcony of St. Peter's Basilica at the Vatican May 8, 2025, following his election during the conclave. (OSV News/Reuters/Yara Nardi)



BY JUSTIN MCLELLAN

Vatican Correspondent

[View Author Profile](#)

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October 9, 2025--National Catholic Reporter

Pope Leo XIV bluntly called out inequality and indifference to the plight of the poor in the first major teaching document of his pontificate.

"In a world where the poor are increasingly numerous, we paradoxically see the growth of a wealthy elite, living in a bubble of comfort and luxury, almost in another world compared to ordinary people," the pope wrote. "We must not let our guard down when it comes to poverty."

Released on Oct. 9, the apostolic exhortation [Dilexi Te \("I Have Loved You"\)](#) sets the tone for Leo's pontificate with a passionate call for solidarity with those on society's margins and calling charitable works "the burning heart of the Church's mission."

[Leo signed the document on Oct. 4](#), the feast of St. Francis of Assisi.

"Dilexi Te"

To read Pope Leo XIV's first major teaching document, [click here](#).

The pope noted that the exhortation — a teaching document meant to have a more pastoral tone than the doctrinal weight of an encyclical — had been in the works in the final months of Pope Francis' life. "I am happy to make this document my own," Leo wrote in the document, explaining that he added his own reflections,

but still heavily quoted from his predecessor — 57 times in the document's 130 citations — in a clear sign of continuity.

While the document's pastoral tone urges a renewed spiritual concern for the marginalized, it also carries sharp edges. For example, it denounces people who internalize indifference by placing their faith in the free market instead of allowing themselves to be consumed by compassion for their neighbor.

'Religion ... cannot be limited to the private sphere, as if believers had no business making their voice heard with regard to problems affecting civil society and issues of concern to its members.'

—Pope Leo XIV

Dilexi Te calls out Christians who "find it easier to turn a blind eye to the poor," justifying their inaction by reducing faith to prayer and teaching "sound doctrine," or by invoking "pseudo-scientific data" to claim that "a free-market economy will automatically solve the problem of poverty."

"There is no shortage of theories attempting to justify the present state of affairs or to explain that economic thinking requires us to wait for invisible market forces to resolve everything," Leo wrote. "Nevertheless, the dignity of every human person must be respected today, not tomorrow, and the extreme poverty of all those to whom this dignity is denied should constantly weigh upon our consciences."

The pope particularly condemned a view of the church which caters to the elite by arguing that the church is most effective by building relationships with those in society who carry the greatest influence.

"It is easy to perceive the worldliness behind these positions, which would lead us to view reality through superficial lenses, lacking any

light from above, and to cultivate relationships that bring us security and a position of privilege," Leo wrote.



Pope Leo XIV signs his first apostolic exhortation, "Dilexi Te" ("I Have Loved You"), in the library of the Apostolic Palace at the Vatican Oct. 4, the feast of St. Francis of Assisi, as Archbishop Edgar Peña Parra, the substitute secretary for general affairs at the Vatican Secretariat of State, looks on. The exhortation was released Oct. 9. (OSV News/Reuters/Vatican Media)

The exhortation also points out that throughout history "Christian movements or groups have arisen which show little or no interest in the common good of society and, in particular, the protection and advancement of its most vulnerable and disadvantaged members."

"Yet we must never forget that religion, especially the Christian religion, cannot be limited to the

private sphere, as if believers had no business making their voice heard with regard to problems affecting civil society and issues of concern to its members," the pope said.

Blending biblical reflection with the writings of the church fathers, Leo said that Christians encounter Christ above all in the poor. He challenged entrenched prejudices — both within the church and in wider society — that portray poverty as a personal choice and denounced what he called a "specious view of meritocracy" that treats the poor as undeserving of a dignified life.

'I am convinced that the preferential choice for the poor is a source of extraordinary renewal both for the church and for society.'

—Pope Leo XIV

The document devotes significant space to tracing the church's long history of caring for the poor in an extensive, though not exhaustive, account of its charitable and spiritual tradition. It includes the early church fathers' reflections on the poor as a path to holiness, the church's ministry to the sick, the contemplative link between prayer and poverty, the ransoming of prisoners, the rise of mendicant orders in response to urban poverty, and the enduring efforts to educate the poor and accompany migrants along their journeys.

Leo articulated how historically, care for the poor has been the engine that has driven church renewal, from Vatican II to the developments in Latin American theology that had since been incorporated into the wider church.

"I am convinced that the preferential choice for the poor is a source of extraordinary renewal both for the Church and for society," the pope wrote, echoing the language of Latin American liberation theologians who coined the term "preferential option for the poor."

That notion, linked to liberation theology, holds that the church must give special concern and priority to the needs of the poor, the marginalized and the oppressed.

Leo, who spent more than two decades as a missionary and bishop in Peru, drew heavily from Latin American theology in drafting the document, citing various documents that came out of meetings of Latin American bishops that followed Vatican II.

Calling learning from the poor "an inescapable challenge for the Church today," Leo wrote that "the poor are possessed of unique insights indispensable to the Church and to humanity as a whole," advancing the idea affirmed in the [2007 meeting of Latin American bishops in Aparecida](#), Brazil, that the poor are not "objects of charity on the part of others" but "subjects capable of creating their own culture."

"Not infrequently, our prosperity can make us blind to the needs of others, and even make us think that our happiness and fulfillment depend on ourselves alone, apart from others," the pope wrote. "In such cases, the poor can act as silent teachers for us, making us conscious of our presumption and instilling within us a rightful spirit of humility."

The poor expose the "attitude of aggressive arrogance with which we frequently confront life's difficulties," and "remind us how uncertain and empty our seemingly safe and secure lives may be," he wrote.

Leo also addressed the practice of almsgiving, which he said, "nowadays is not looked upon favorably even among believers."

While acknowledging that the "most important way to help the disadvantaged is to assist them in finding a good job," Leo wrote that "we cannot risk abandoning others to the fate of lacking the necessities for a dignified life."

"Consequently, almsgiving remains, for the time being, a necessary means of contact, encounter and empath with those less fortunate," he wrote. "We Christians must not abandon almsgiving."

Presenting the document at a news conference, Cardinal Michael Czerny, prefect of the Dicastery for Promoting Integral Human Development, was asked if the document, coupled with Leo's care for creation and openness to LGBTQ+ Catholics, marks him as a "liberal pope."

"As soon as you say 'a liberal pope,' you pull the pope and the ministry of Peter and his successors onto a very partial platform," the cardinal responded. "It's true, you can interpret these things from a political science or a sociological point of view, and God bless you if you want to do that, but we can't answer in those same terms and we shouldn't."

"Is the Gospel liberal?" he asked. "I guess that's my answer."

[Read this next: 9 things to know about 'Dilexi Te,' Pope Leo's first apostolic exhortation](#)



A person asks for alms near St. Peter's Square at the Vatican Oct. 8, 2025. (CNS/Lola Gomez)

“Happy New Year / Meet and Greet”

For those who were not able to attend the Happy New Year/ Meet and Greet on September 12 at St. John’s Ukrainian Parish, a fun time was had by all! Faith, fun, and fellowship! Below you will find the Bishop Bergie’s Blessing bestowed on all the CWL Members of the Diocese:

Prayer for Blessing the Catholic Women’s League of Canada

Lord Jesus, we pray for your blessing upon the Catholic Women’s League of Canada. Thank you for the many gifts you have given women of the Church.

We are grateful for the many parishes of our beautiful diocese, where Catholic women gather together in prayer and service.

Help members to share their gifts in service to the League, Church and world.

Teach them to be kind to one another. Help them to listen to Your Word.

Lead them to act justly and walk humbly with you. Give them brave voices to speak out and support the work of the Church.

Sustain them by encouraging and welcoming more Catholic women to join the League.

Grant the Catholic Women’s League of Canada unity and peace. When each member’s earthly journey has ended, welcome them into your heavenly Kingdom, where they will live with you and all the angels and saints, forever and ever.

Amen. And may Almighty God bless you, Father, Son and Holy Spirit.

Our Lady of Good Counsel, pray for us!

“Happy New Year / Meet and Greet”

Deedee Alexandre read the following summary of the Steering Committee: inception of and transition to the Resolutions Committee--at the Meet and Greet.

In February 2024, steps were taken to engage in the 2-year CWL National focus on mental health: the unhoused and people with mental illness.

In May 2024, a workshop was held at St. Alexander where the Council Presidents, Faith, Service, and Social Justice Chairs were invited to attend.

It was a very productive workshop and out of that emerged the Steering Committee--a group of ladies who were invested in educating, inspiring, and acting for the unhoused and people with mental illness. Our theme was: **Where will my Sister Lay Her Head?** Even though we assisted everyone regardless of gender, age, and religion.

Between May 2024 and July 2025, the Steering Committee has been meeting at least once a month. At this point, I would like to introduce the CWL members who provided input, at one time or another, on this Steering Committee: some people are no longer on the committee and some people are absent this evening--but all are significant. Would you please stand when your name is announced--Elizabeth Angotti, Catherine Montague, Syl Roach, Sue Pellerin, Theresa Murphy, Lorrie MacKenzie, Alda Bianco-Dolino, Bev Pupo, Fran Waterhouse, and Anna Sabucco. Thank you.

What essentially occurred organically was a melding and a growth of the three pillars: Faith Chair, Service Chair, and Social Justice Chair.

The Parish Councils acted as the Service pillar whereby they responded to the immediate needs and directed their actions at the **effects of injustice**. As most of you know, the parish councils / the Service pillar-- did outreach to charities--whether it was collecting for Sock-tober and donating to St. Vincent de Paul, for instance, or collecting food for the Hope Centre, the parish councils were boots to the ground in terms of assistance.

The Steering Committee, on the other hand, acted as the Social Justice pillar and responded to long-term needs and directed their actions to the **cause of injustice**.

Consequently, the Steering Committee focused on social justice and met with politicians: Mayor of Welland, Frank Campion, Mayor of Niagara Falls, Jim Diodati, Mayor of St. Catharines, Mat Siscoe, Mayor of Fort Erie, Wayne Redekop, MPP of Niagara Falls, Wayne Gates, MPP of Niagara West, Sam Oosterhoff, MP of Niagara Falls, Tony Baldinelli, and MP of St. Catharines, Chris Bittle. Non-politicians included Bishop Bergie, Brian Suchorab--director of the RAFT, Henriette Koning, Commissioner of Community Services for the Niagara Region, and Jeff Sinclair, Manager of Homeless Services for the Niagara Region.

So, what had essentially happened was that the Service Chair/Parish Councils and the Social Justice Chair/Steering Committee worked hand in hand and all the efforts were bridged by the Faith Chair.

The Steering Committee requested that the Diocesan Council allocate \$300 for each of the four regions-- in April, the Diocesan Council agreed to donate to one or two agencies per region that serviced the unhoused and / or people with mental illness. The agencies were decided by the Council Presidents for each of the regions.

In addition, the Steering Committee wanted to organize an event that would serve to educate, inspire, and act. That is how we landed on holding the Speakers' Forum on May 31 this year. We had Marnie Katzman, a woman living in shelters on and off for three years; Father Gerard Power from St Patrick's Niagara Falls who works with unhoused people in Niagara Falls; and Jane LaVacca, Executive Director of Westview Centre for Women. It was a very enlightening morning and afternoon. Over 120 people attended this event at St. Alfred Parish.

What grew out of that Speakers' Forum--organically but with some urgency, was to make a shift from having the Steering Committee to creating a Resolutions Committee. So, as of August, we now have a Resolutions Committee with two additional members: Dianne Heritz and Wilma Vanderzwaag. Thank you, ladies, for joining the Resolutions Committee.

I am very happy to announce that we are currently working on two resolutions for consideration. One resolution is being drafted for the Ontario provincial government, and that is to increase Ontario Works payments. The resolution being drafted for the federal government, is to implement the Guaranteed Basic Income "demonstration project" in the province of Prince Edward Island, with the hope that it eventually be adopted for all of Canada.

This is the process of passing resolutions with the Catholic Women's League. First, it starts at the Parish Council level--the two resolutions will be presented and voted on at St. Thomas Aquinas Council parish. If passed, they will then be gifted to the St. Catharines Diocesan Council where they will be presented, discussed, and voted on at the **Diocesan AMM** to be held on **Tuesday, April 21, 2026**.

If passed, the resolutions will be gifted to the Ontario Council where they will be presented, discussed, and voted on at the Ontario Convention in Thunder Bay in July 2026. If passed, the Ontario Works resolution will be presented to the Ontario government on behalf of the CWL members in Ontario.

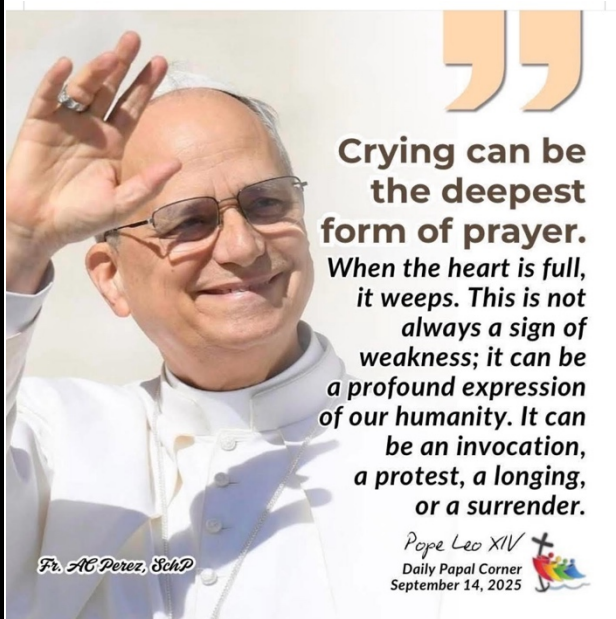
If the Guaranteed Basic Income resolution is passed at the Ontario Convention, it will then be gifted to the National Council at the National Convention in Halifax in August 2026, where, if passed, will be presented to the Federal Government.

We may not all agree on the causes that result in people becoming unhoused. We may not all agree as to how to assist unhoused people or people with mental illness. But our Catholic faith compels us to do something.

What we can agree with is this: just as we each pray to receive mercy and compassion, so too, must we show mercy and compassion to one another. To all our brothers and sisters.

On September 11, the Gospel from Luke 6: 30–31 stated: **“Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you.”** There by the grace of God go us.

Thank you.



“Happy New Year / Meet and Greet”



seated: Betty Colaneri, National
CWL President

left: Deedee Alexandre, Diocesan
CWL President

right: Colleen Martin,
Ontario Provincial CWL
President

Syl Roach: Recipient of the Ontario Social Justice Award!

Each year, at the Ontario Provincial Convention, a person is recognized and presented with the Ontario CWL Social Justice Award. There is quite a process to nominate someone but it is worth it! This year, there were five nominees throughout the province and our very own, Syl Roach, won! It was quite an honour. However, Syl was not at the Provincial Convention to accept the award, but Deedee Alexandre did so on her behalf.



Syl Roach and Deedee Alexandre

Further, Syl Roach could not attend the Meet and Greet on September 12 so Sharmian Vandenbrink accepted the award on Syl's behalf. Finally, at the September 24 CWL Diocesan Council meeting held at St. Alexander Parish, Syl was able to accept the Award!

Here is the speech that Syl composed and Sharmian Vandenbrink read at the Meet and Greet:

I could not be with you tonight because of a family commitment, but I wanted to thank Deedee Alexandre and the Diocesan CWL

for nominating me for the Ontario Social Justice Award. I am honoured that the Provincial CWL selected me out of five nominees throughout the province of Ontario.

I share this Award with the members of our Housing Insecurity and Mental Health Steering Committee for their commitment to address this complex issue, and with all of you for supporting our initiatives.

This past year, together with you, our Diocesan Steering Committee members sought to educate themselves, to seek the opinion of our elected officials, and to alleviate the suffering of our vulnerable sisters and brothers through service. All of which are in keeping with the ten principles of Catholic social teaching: to emphasize the dignity of the

human person, the common good, and the importance of community and participation in social justice.

Encouraged by some members of the National CWL and the Provincial CWL, our Diocesan CWL will continue to address mental health, housing and income insecurity, now through a Resolution Committee. We will again look to you to support our work, by being open to a new way of assisting those who live in poverty in Ontario and in Canada. Together, the members of the Catholic Women's League can be a strong voice for positive change.

Thank you for supporting me and our collective works of Social Justice through this award. Your sister in Christ,
Syl Roach

National Convention: Toronto--St. Mike's Cathedral



Installation of Betty Colaneri as National CWL President



THE JUBILEE PRAYER

Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.

May your grace transform us into tireless
cultivators of the seeds of the Gospel.
May those seeds transform from within both
humanity and the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.

May that same grace spread
the joy and peace of our Redeemer
throughout the earth.

To you our God, eternally blessed,
be glory and praise for ever.

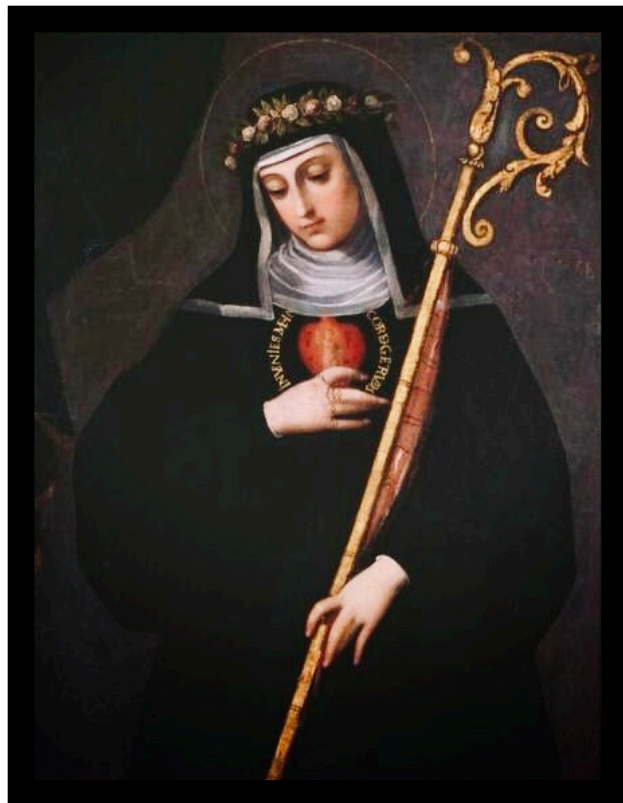
Amen.

Francis

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.”**



HALDIMAND PARISHES PILGRIMAGE: A Journey of Faith, Love, Hope, and Joy

This morning, the faithful of Haldimand County came together for a **spiritual pilgrimage** under the theme: *Faith is the Seed | Love is the Power | Hope is the Light | Joy is the Flower*.

The pilgrimage was lovingly organized by the **Catholic Women's League (CWL)** of **St. Mary's and St. Ann's Parishes, Hagersville**, together with the parish community, under the capable leadership of **Fr. Stephen Lobo, OCD**. Pilgrims from the four surrounding parishes joined the journey:

- **St. Mary's & St. Ann's, Hagersville** **St. Michael's, Dunnville**
- **St. Patrick's, Caledonia** **St. Stephen's, Cayuga**

Approximately **60 faithfuls** participated in this spiritually enriching event. At each parish stop, the program included:

- **Entrance Hymn & Introduction**
- **Gospel Reading**
- **Reflection by the parish priest**
- **Silent meditation and prayer**
- **Conclusion**, followed by travel to the next parish destination

Reflections by the priests beautifully connected each parish to the themes of **Faith, Love, Hope, and Joy**, inspiring all to live these virtues in daily life.

- **Fr. Jerome (St. Patrick's, Caledonia)** – *"Faith is the Seed"*
- **Fr. Rudy (St. Stephen's, Cayuga)** – *"Love is the Power"*
- **Fr. Josephat (St. Michael's, Dunnville)** – *"Hope is the Light"*
- **Fr. Stephen Lobo (St. Mary's, Hagersville)** – *"Joy is the Flower"*

The pilgrimage was further enriched by the **choir members** at each parish, who lifted hearts with prayerful song, and the **liturgy committees**, whose

meticulous planning ensured a smooth and prayerful flow of events. Special thanks are extended to all who **served snacks and lunch**, creating an atmosphere of fellowship and joy. The presence of **Deacon Cliff and his family** added warmth and inspiration to the gathering.

The event concluded with a **beautiful and symbolic gesture** — participants created a **cross from stones and pebbles**, each inscribed with a personal message of faith, hope, love, or joy. This meaningful act reflected the unity of the pilgrims and the enduring power of God's presence in their lives.

The **Haldimand Parishes Pilgrimage** was a wonderful testament to the strength of community, the beauty of shared faith, and the joy of walking together in Christ.



FR.

&



Article
submitted by:
**STEPHEN
LOBO, OCD**
Pastor, St. Mary's
St. Ann's Parish
Hagersville, ON



National Day For Truth and Reconciliation - Sept.30, 2025

(Hosted by St Joseph Parish's ASTER and CWL Groups)

On Tuesday, Sept.30, 2025, a group from St Joseph parish in Grimsby hosted CWL members from around the Diocese for a morning of reflection on truth, prayer, and commitment to change. This group, formed in 2023 following a presentation about residential schools arranged by Pastor Rico Passero, adopted the name ASTER, an acronym for Actions Seeking Truth, Education and Reconciliation.

As one entered the church on Sept.30, it was clear effort was made to create a space for remembering and honouring the survivors of residential schools as well as those who did not return home. There was an orange shirt display in



the foyer which shared the message “Every Child Matters”, several books on Orange Shirt Day and information about ASTER. A memorial display of children’s shoes and candles were placed on the steps to the altar.

The day began with mass, followed by the rosary, said outdoors in a grotto devoted to Mother Mary. Members of ASTER - Roy Reeves, Vera Woronchanka, Debbie Mayos, Karen Pryer, Terri Bulman and Michele Altobelli and CWL members Pam Hrstic and Iris Rapko contributed with a Land Acknowledgement, a personal testimony and introduction and as leaders of the decades of the rosary. Each sorrowful mystery was tied to the

truths and struggles that have resulted from residential schools in order to encourage reflection and meaningful prayer. It was clear many in attendance were moved by this.



Karen Pryer

After closing and thank-yous, all were invited to gather in the church hall for light refreshments and fellowship. The St. Joseph CWL was instrumental in this aspect of the event! A brief “history” of ASTER’s formation, goals, and work over the past three years was shared with the hope of igniting conversations about Truth and Reconciliation efforts around the Diocese. There were, in fact, many enthusiastic exchanges over coffee and Donna Hubber’s tea biscuits! With these new lines of communication open, let us support one another in our efforts towards seeking the truth and

healing for our Indigenous brothers and sisters and all of us.

Submitted by: Michele Altobelli



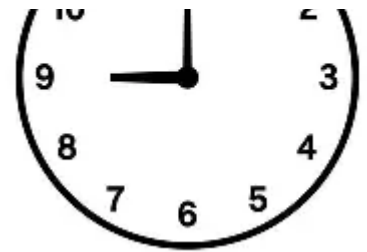
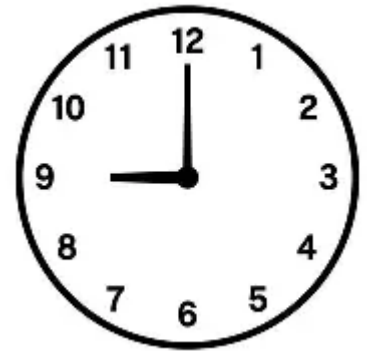
IT'S TIME FOR.....

**Our Lady of the Holy Rosary
Catholic Women's League**

**Bazaar & Penny Sale!
SUNDAY OCTOBER 26,
2025
9 am - 2 pm**

**Holy Rosary Hall
Queen Street, Thorold**

**Food!
Crafts!
Prizes!
Baking!
Tiffany Table!
White Elephant!
Children's Corner!**

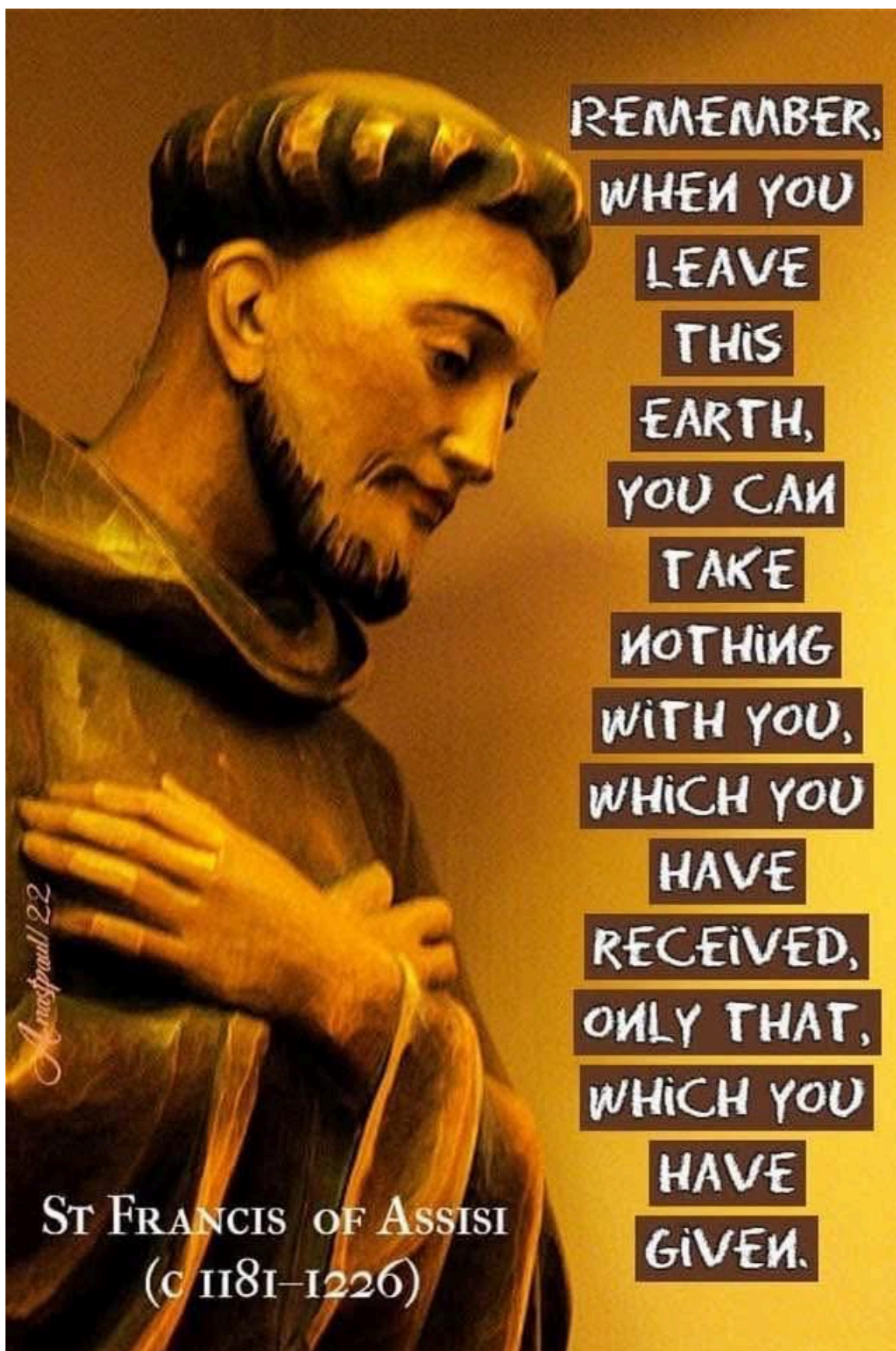


COME! MEET BONES!

Niagara IceDogs Mascot!



Sunday October 26, 2025
Noon – 1 pm
CWL Bazaar & Penny Sale!
Holy Rosary Hall



REMEMBER,
WHEN YOU
LEAVE
THIS
EARTH,
YOU CAN
TAKE
NOTHING
WITH YOU,
WHICH YOU
HAVE
RECEIVED,
ONLY THAT,
WHICH YOU
HAVE
GIVEN.

ST FRANCIS OF ASSISI
(c 1181-1226)



*Dear Parish Council
Presidents,*

I wanted to take this opportunity to thank you for all your hard work at making this an outstanding Diocesan Council! Your work does not go unnoticed--God sees everything.

Also, if I missed one of your submissions to the Catholic Connections, I apologize; if it's not too late, please resubmit it to me and it will be in the November--December edition.

I wish and pray that everyone has a wonderful Thanksgiving. --Deedee

The 8+8+8 Rule

Distribute your day (**24 hrs**) into **8+8+8 hrs** to make a **good balance sheet** of your life.

- **8 hrs** of hard work,
- 8 hrs of **good sleep** and
- **8 hrs** should be spent on (**3Fs, 3Hs, & 3Ss**)

👉 **3Fs** are family, friends, and faith.

👉 **3Hs** are health, hygiene, and hobby.

👉 **3Ss** are soul, service, and smile.

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**



