



**Catholic Women's League**

**St. Catharines Diocese**

**Tuesday, February 1, 2021**



## **CWL Catholic Connections**

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

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

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



**President's Message:** To  
BE Loved or to have been loved

In February, the focus is always on St. Valentine and love. Every depiction shows a couple having a special night together. But not everyone has a spouse; we can

love Our Lord, relatives, friends, and life.

Maybe we should look beyond the couple aspect and celebrate the love we have for one another. Take the time to make someone you love to feel special. Show them your love; tell them you love them, go out with them, or make them feel special on Valentine's Day. Loving others is what we should be celebrating. How Blessed is it to love and be loved?

## The Way of Love

# El Camino del Amor

[ Chapter 4 of Amoris Laetitia ]  
♥ Pope Francis' practical guide to love in marriage



**1 Love is patient**  
Patience takes root when I recognize that other people also have a right to live in this world, just as they are.

**2 Love is kind**  
Love allows us to experience the happiness of giving, the nobility and grandeur of spending ourselves unstintingly, without asking to be repaid, purely for the pleasure of giving and serving.

**3 Love is not jealous**  
True love values the other person's achievements. It does not see him or her as a threat. It frees us from the sour taste of envy.

**4 Love is not boastful**  
Love is marked by humility; if we are to understand, forgive and serve others from the heart, our pride has to be healed and our humility must increase.

**5 Love is not rude**  
Love is not harsh. Its actions, words and gestures are pleasing and not abrasive or rigid. Love abhors making others suffer.

**6 Love is generous**  
Love can transcend and overflow the demands of justice, "expecting nothing in return" (Lk 6:35).

**7 Love is not irritable or resentful**  
Our first reaction when we are annoyed should be one of heartfelt blessing, asking God to bless, free and heal that person.

**8 Love forgives**  
Forgiveness requires a ready and generous openness of each and all to understanding, to forbearance, to pardon, to reconciliation.

**9 Love rejoices with others**  
If we fail to learn how to rejoice in the well-being of others, and focus primarily on our own needs, we condemn ourselves to a joyless existence.

**10 Love bears all things**  
We have to realize that all of us are a complex mixture of light and shadows. The other person is much more than the sum of the little things that annoy me.

**11 Love hopes all things**  
This phrase speaks of the hope of one who knows that others can change, mature and radiate unexpected beauty and untold potential.

**12 Love believes all things**  
Love trusts, it sets free, it does not try to control, possess and dominate everything.

**13 Love endures all things**  
Love shows a certain dogged heroism, a power to resist every negative current, an irrepressible commitment to goodness.

“ If I have all faith so as to move mountains, but do not have love, I am nothing. ” 1 Cor 13:2

saltandlighttv.org

Message From Deedee Alexandre,  
Spiritual Development Chair

## CWL Book Club

**Next Book:** **The Inconvenient Indian** by Thomas King—easily ordered online or available in book stores

**Tuesday, March 8:** (6:45 p.m.—sign on) / 7 p.m. start  
-Vance Badawey, MP for Niagara Centre—will be a guest speaker near the conclusion of the book

Use the **same link** for **each weekly Tuesday** book club meeting—below or from [cwlstcatharinescwl.ca](http://cwlstcatharinescwl.ca)

<https://us02web.zoom.us/j/84539960812?pwd=eW5QMk9pc0FHU2VINWVzQlIYSWZJQT09>

Meeting ID: 845 3996 0812  
Passcode: 089466

**Lent Retreat** : **Friday, Feb. 25, 2022**  
**6:45 p.m. sign on/**  
**7 p.m. start**

**Zoom link below—on poster and on CWL website**

ST. CATHARINES CWL DIOCESE



## Lent Retreat

With Facilitator: Deedee Alexandre  
CWL Diocesan Spiritual Development Chair

*"Lent...A Time of Reflection and Action:*

*Praying—Love of God*

*Alms Giving—Love of Neighbour*

*Fasting—Detachment/Attachment"*



Date: **Friday, February 25, 2022**

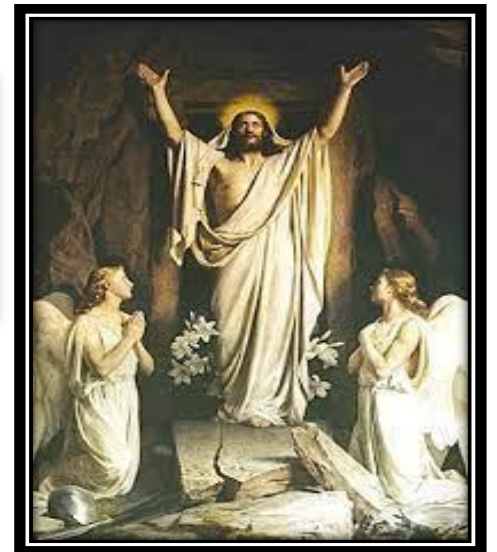
Time: **7:00 p.m. (portal opens at 6:45 p.m.)**

### Preparation for the Retreat:

- Quiet, dimly lit room
- Have a candle and matches/lighter or battery-operated candle
- Pen and journal



*Ash Wednesday  
March 2, 2022*



Topic: **LENT RETREAT**



Date: **Friday, February 25, 2022**

Time: **07:00 PM Eastern Time (US and Canada)**

Portal will open at **6:45 p.m.**

Join Zoom Meeting

<https://us02web.zoom.us/j/81407858755?pwd=QWtLSUVtckp5OFpKYWRsRlR1NGh6UT09>

Meeting ID: **814 0785 8755**

Passcode: **686574**

For more information, please contact:  
Deedee Alexandre,  
Diocesan CWL Spiritual Development Chair  
[deedeealexandre321@gmail.com](mailto:deedeealexandre321@gmail.com)

## Message to the Council Presidents

On a rotating basis, each Region will have an opportunity to submit information re: info and activities from their Council to the Catholic Connections—this newsletter

**PLEASE** email Deedee (not anyone else) your Council information by the **25<sup>th</sup> of the month**—I require time to format your submission into the Catholic Connections newsletter.

**Thank you for all your submissions!**

**Niagara Falls Councils** will be in the March edition.

**ALSO—Announcements** are for names of any Council member at any time—who **died, became a new grand/mother, etc.**

**My Email: [deedeealexandre321@gmail.com](mailto:deedeealexandre321@gmail.com)**

Thank you,

Deedee Alexandre

**PS:** the Lent Poster was graciously done by Joelle Toal—very much appreciated!

## **“How Do We Know If Something is Good or Evil?”**

**(Deedee—very succinct video—just under 10 minutes)**

[https://media.ascensionpress.com/video/how-do-we-know-if-something-is-good-or-evil/?utm\\_source=Klaviyo&utm\\_medium=email&utm\\_campaign=content&content=morality&\\_kx=4W1Qe\\_ocPIGZG9zfuJBwSp8CvHbbK8jQRFQy1tUjRaBO8tJnYVSUdz-P6kyxhK-.TepZhH](https://media.ascensionpress.com/video/how-do-we-know-if-something-is-good-or-evil/?utm_source=Klaviyo&utm_medium=email&utm_campaign=content&content=morality&_kx=4W1Qe_ocPIGZG9zfuJBwSp8CvHbbK8jQRFQy1tUjRaBO8tJnYVSUdz-P6kyxhK-.TepZhH)

### **CWL--St. Stephen's, Cayuga, Haldimand Region 2021 Report**

We held in-person meetings on March 11, October 14, and November 11, 2021. Father Ronald and the executive members attended. It was decided to postpone our elections and leave all positions as they are. Our Spiritual Development representative has asked to leave the position. We have not yet found a replacement.

We sent out Christmas cards to all our shut-in members and created a newsletter which was sent to all members including a Spiritual card. We wanted to remind members that just because social and fundraising events have been cancelled, we are still thinking of them.

We are hoping, this Spring, to hold an outdoor plant sale and a raffle for some large gift baskets.

In September, our parish held its annual outdoor Mass at the Cemetery and I handed out service pins to C.W.L. members.

We presented gifts to a family that became Catholic. We continue to give gifts for Baptisms, First Communion, and Confirmation. We also send Mass cards to the family members of loved ones who have died. We also send cards for special birthday celebrations.

Financially, we have held back on donations as we have not been able to hold any fundraising events. We only gave to Save a Family Plan and a high school graduate reward.

This year, St. Stephen's Church will be celebrating its 150<sup>th</sup> Anniversary. Father Ronald hopes we can plan events.

We held our voting meeting for the amendments for National and submitted the results.

Respectfully submitted,  
Bernadine Lutes, President

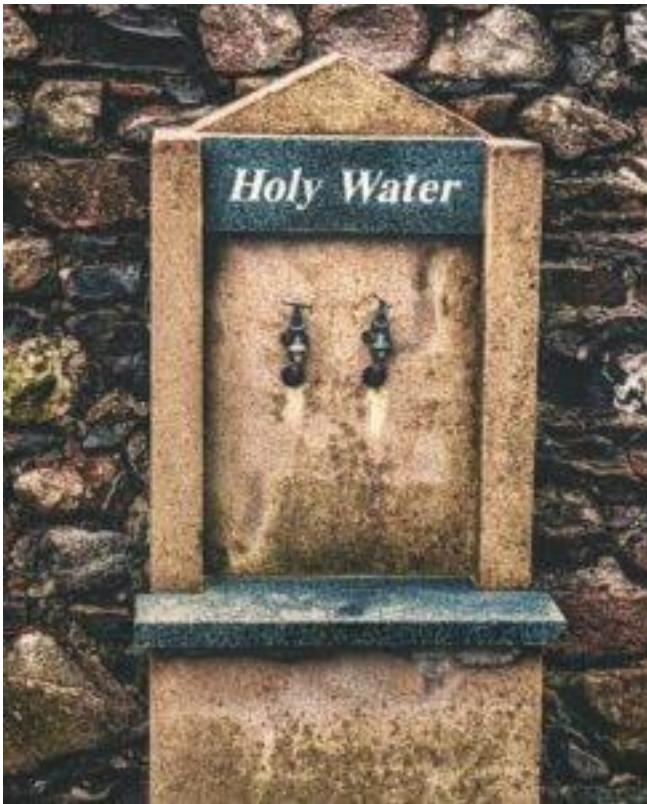
## **Why should I use holy water?**

Holy water is such a common aspect of Catholic life that it's easy to forget why it exists—and why it's important.

Holy water is, in fact, so important that we should use it daily—even multiple times a day.

But why?

As a bit of background, the use of holy water goes all the way back to the Old Testament. The priests used water to purify themselves before and after offering



sacrifice. They also used it in rites of purification for the people. The use of water symbolized the cleansing of sin and impurities. In the New Testament, St. John the Baptist used water to baptize, calling the devout to repent in preparation for the coming of Christ.

Similarly, when we bless ourselves with holy water, we are reminded to **truly repent of our sins** and strive after a sinless and virtuous life.

We also use holy water as **protection from evil**. Demons *hate* holy water. God's blessing is upon it and His power works through it—therefore evil spirits



fear it as a weapon which God has given us against their workings.

As St. Teresa of Ávila says in her autobiography:

“From long experience I have learned that there is nothing like holy water to put devils to flight and prevent them from coming back again.”

Another reason to use holy water is that **it reminds us of our own Baptism**, when we were purified from sin and received into the Church. We recall the sinlessness of our newly-baptized souls, the promises we made to reject Satan and sin, and the Faith that we accepted and professed. It reminds us of who we are and what we are called to be.

This is a short rundown of the myriad benefits of holy water and why it is such a powerful sacramental. You can learn more in [Holy Water & Its Significance for Catholics](#), available from The Catholic Company along with [a beautiful Miraculous Medal holy water bottle](#) to take with you wherever you go. [Order your set today!](#)

**Greetings to all from  
St. Joseph Church in Grimsby**

With the ongoing pandemic, it has been a challenge to think of ways to keep our members connected and involved. Our membership drive in September was

successful, resulting in 6 new members. A big welcome to those ladies! An outdoor Rosary was held at our beautiful Marian grotto where we celebrated the Feast of the Holy Name of Mary. In October, we supported the Grimsby Life Chain, standing in silent vigil in support of the sanctity of life from conception to natural death. Our Soctober event saw the donation of 1054 pairs of socks plus lovely hand-knitted items for distribution to five regional charities. An invitation by the Knights of Columbus, as part of their "Fifth Sunday of the Month" initiative, drew several of our members to an outdoor Rosary in support. In November, we held an in-person General Meeting where we reviewed accomplishments for the year, financial status and the slate of officers for the 2022-2023 term. We assisted Fr. Rico in the Mass of Remembrance by reading names, handing out roses and lighting candles to honour the deceased of our parish. Fundraising efforts have looked a little different during the pandemic and we have honed our organisational and curbside delivery skills. In October, we held a pizza fundraiser and were able to donate \$1000 to the church's HVAC replacement fund. In December, we held our annual poinsettia sale, once again taking preorders with curbside and personal delivery options. \$500 from the sale went to Blessed Trinity's Breakfast Club program. As so many prayers are needed at this time, we have encouraged our members to participate in a monthly Zoom Rosary during the colder months. This brings

our members together virtually for some socialisation and prayer. Our Christmas gathering was our Rosary in Red where we all donned our festive Christmas attire. Those members who do not have internet have received several calls this past fall to keep them informed and feeling connected. This pandemic has been hard on all of us but with prayer and God's grace we will see our way through it. God bless everyone!

--Joanne Vander Laan

**“Give Away the Grace You’ve Been Given”**

**(Deedee—another very good video—Bishop Barron’s homily from Sunday, January 30<sup>th</sup>)**

<https://www.youtube.com/watch?v=zoK8uXl3f9c>

## **10 Biblical quotes for when you’re feeling unmotivated**



*[Adriana Bello](#) - published on 01/24/22*

*Count on these verses for encouragement.*

If you're feeling unmotivated, a good read can awaken your intelligence and give you the spark you need to start fresh. What better book to turn to than the best one of all times, the Bible, to learn from its teachings? It contains texts that are inspiring and which shed new light on us and the reality that surrounds us.

Here are 10 biblical quotes that will be of great value when you feel unmotivated:

**“For God did not give us a spirit of fear and cowardice, but rather a spirit of power and of love and of self-discipline.” (1 Timothy 1: 7)**

Do you feel as if fear is becoming too much a part of your life lately—that you make decisions to do or stop doing things mostly out of fear? Remember that you are in God's hands and you have the power of His Spirit.

**“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.” (Matthew 11:28)**

When you're full of worries or are stressed out because of work, take a couple of minutes to express your feelings to God. He always listens and looks for ways to lighten your burdens. God is peace.

**“This is the day that the Lord has made; let us rejoice and be glad in it.” (Psalm 118:24)**

Sometimes we have so many distractions on our minds that we don't notice that the sun is out, we are alive and breathing, and God loves us. Every morning is literally a new day ... a new opportunity that our Father gives us to change, improve, solve our problems, and achieve what we want. Sometimes it's difficult, but always try to start the day with a happy heart.

**“God is not a God of disorder, but of peace.” (1 Corinthians 14:33)**

Sometimes it's hard to read or listen to world news and not feel overwhelmed or hopeless. At such moments, it's good to ask God to fill our day with His peace and serenity. This biblical quote invites us to keep our focus on His greater plan, remain calm, and not be distracted by those who want to pull us away from our true path.

**“For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive you your trespasses.” (Matthew 6:14-15)**

If you're dealing with someone who hurt you and who you thought was your friend or faithful co-worker, of course it's easier to hold a grudge. But even though sometimes it's hard to forgive, it's the best thing for you and others. Forgiveness is the best way to heal those wounds. If God has forgiven us so many times, how can we not follow his great example? How can we expect to be forgiven if we ourselves do not forgive?

**“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Philippians 4:6)**

Worrying about absolutely everything is a sign of not fully trusting the Lord. There are things that will escape our understanding, and that’s when we should take refuge in God the most. Let’s start our days with thankfulness and with confidence that He is working on what we really need. The Lord is good, so we shouldn’t hesitate to ask Him for help to face the obstacles that we’re facing. He hears us!

**“Trust in the Lord with all your heart; and do not rely on your own insight. In all your ways acknowledge Him, and He will make straight your paths.” (Proverbs 3:5-6)**

On days when we have to make an important decision, we can read this quote several times, inhale and exhale ... and ask Him in that breath to fill us more with Him and less with ourselves, especially when we run the risk of making a decision out of anger, pride, or sadness (after all, we are human and imperfect). We must remember that God is always with us and let Him be the one who guides our decisions, trusting in His infinite love.

**“Humble yourselves therefore under the mighty hand of God, so that He may exalt you in due time. Cast all your anxiety on him, for he cares for you.” (1 Peter 5:6-7)**

God is our Father and knows us very well. He’s not far away from us; on the contrary, He knows perfectly well what weighs on our hearts. As we read this Bible quote,

close your eyes and imagine Him taking you by the hand and helping you get through this day. God is in control and will make sure He gives you what is best for you in the long run.

**“Again Jesus spoke to them, saying, ‘I am the light of the world. Whoever follows me shall not walk in darkness, but will have the light of life.’” (John 8:12)**

On days when we feel that the world is a dark place, we should take refuge in the light of the Lord, because otherwise it’s very easy to get lost. The enemy will always try to get us off track or sow despair, but God’s light is a reminder that we’re not alone and that He will fill our heart with hope for the present, for the future and for all eternity. Have faith and always choose the way of Jesus Christ.

**“Put on the whole armor of God, so that you may be able to stand against the wiles of the devil.” (Ephesians 6:11)**

God will never make us fight a battle unarmed. He always provides us with armor according to the problem we have to face. Sometimes, though, we have to ask Him to remind us that we have Him there at our disposal, because we forget.

## **St. Helen’s Council**

--the 100th Anniversary tree was planted in April, with the blessing ceremony taking place in August

- members participated in the Life Chain in Beamsville on Oct. 3rd, and in the Holy Rosary Crusade on Oct. 16th
- a Maple Leaf pin was awarded to Past President Colleen Drake for her dedicated service to the CWL and willingness to step in when needed
- Hendriks Greenhouses donated lovely Christmas planters/ arrangements that were delivered to shut-ins
- We had a virtual meeting in March, a teleconference meeting in May, and in-person meetings in September and December.

*Piera Palmieri, President*

### **“How to Live the Little Way”**

<https://mail.google.com/mail/u/0/#inbox/WhctKKXPcgHcJXnHRbFgvqxmWDPNCFXLmMQXdMTBwVzWtRVpDqpNSWVPNmzJVBlPhnDFsTL?projector=1>

**What is the only church in the world consecrated by an angel?**

In the spur of Italy, near the broad expanse of the Adriatic...



Catholic Company—January 10, 2022

...lies the little town of Monte Sant'Angelo, just a 30-minute drive from San Giovanni Rotondo.

In this beautiful, whitewashed town is a shrine located in a small cave.

The cave constitutes the only church in the world not consecrated by human hands.

Why wouldn't we consecrate this place like every other church?

The reason is that *St. Michael did it himself*. The traditions surrounding the founding of this shrine include four apparitions of St. Michael, including the earliest appearance of him in the Western world.



Entrance to the cave (photo: [Mboesch/CC BY-SA 4.0](#))

In the 5th century, he appeared to a local lord from nearby Siponto who had lost a bull in a cave. The man shot an arrow to scare the bull out of the cave, but the arrow came back and struck the lord. St. Michael appeared to the local bishop to request that the cave be consecrated.

The bishop did not obey immediately, perhaps doubting the vision's veracity.

The second vision of the Archangel occurred when Siponto was threatened by invaders. He saved the town, an event that is commemorated on May 8th (some scholars believe this battle may actually have taken place a couple centuries later, in the 600s).

St. Michael appeared a third time—to the same bishop—to reiterate his request. The bishop at last acquiesced and was told by St. Michael that the cave didn't need to be consecrated because the Archangel had already done it himself. Legend says that he even left his footprint in the rock of the cave!

St. Michael made one last appearance in 1656, when he spared the townspeople from a plague that had struck southern Italy. He told the bishop that whoever kept stones from the cave would be protected from the plague.

To this day, pilgrims flock to the town to visit the grotto, which is one of the holiest spots in Christendom—even though it isn't as well-known as other pilgrimage sites. Many popes and saints have visited it, including St. Francis of Assisi, who wouldn't enter it because he felt unworthy. The stones of the cave—which have been used effectively in exorcisms—are now relics that you can obtain for spiritual and physical protection.

### **St. Mary's/St. Ann's, Hagersville**

We had 3 members receive their 70-year pins in 2021: Mildred Addison, Frances Montague, and Monica Montague. These three ladies were founding members of the Caledonia St. Patrick's council and the next year were founding members of our St. Mary's/ St. Ann's Hagersville Council.

Kate Montague

Past President St. Mary's/ St. Ann's

# I'm trying to be more like St. Thomas Aquinas, and it's harder than I thought



[Theresa Civantos Barber](#) - published on 01/28/22

***The great philosopher shows the undeniable connection between quiet listening and deep thinking.***

Everybody loves a good comeback, and some of the best have come down to us through history. One of my favorites was actually said on behalf of someone else: St. Albert the Great defending St. Thomas Aquinas.

Thomas Aquinas was a student at the university where St. Albert taught, and Aquinas had picked up a rather unfortunate reputation. He was extraordinarily quiet, not only in classes and debates but even during leisure time. **Because of his notable silence and tall, hulking figure, some of the other students derided him with the nickname “the Dumb Ox.”**

When St. Albert heard of this, he wryly replied, **“You call him a Dumb Ox; I tell you this Dumb Ox shall bellow so loud that his bellowings will fill the world.”**

His words proved prophetic. Indeed, Aquinas went on to become one of the most brilliant writers and philosophers the world has ever known.

Listening and thinking go together

When I shared this story with my children recently, we were struck by St. Thomas’ silence. This legendary genius was remarkably and unusually quiet.

He wasn’t quiet because he was foolish or lazy; quite the opposite. He was a man of rare wisdom and work ethic. **The reality is that St. Thomas was a genuinely great listener.**

There is something powerful about such silence: In his case, it revealed his practiced habit of thoughtful reflection. **He was listening and thinking about what he heard instead of blurting out every thought that crossed his mind.**

I've been thinking a lot lately about the importance of silently listening, since I recently finished a fascinating book, [\*You're Not Listening: What You're Missing and Why It Matters\*](#) by Kate Murphy. It's an illuminating and often humorous deep dive into "why we're not listening, what it's doing to us, and how we can reverse the trend."

I've thought a lot about a point Murphy makes several times: **Silently listening is the best way to really learn and understand.** In fact, silence is unexpectedly powerful. As she said in an [interview about the book](#),

We're taught that the very image of power today is somebody prowling around on a stage: orating from behind a podium, someone mic'd up giving a TED talk or a commencement speech. But, listening is actually the more powerful position in communication. You learn when you listen. It's how we connect. It's how we cooperate. It's how we develop creative ideas. It's how we understand. It's how we divine truth and detect deceit. That's where the power lies. **Listening is the more powerful position in general. You are not gaining anything when you're talking, you're not gathering intelligence when you're talking.** And listening teaches you how to actually talk because you learn other people's level of understanding – you learn what will persuade them. You know what their tender points are. You learn what you should stay away from, or what's really going to hit home.

## Becoming a better listener

While reading *You're Not Listening*, it began to dawn on me that I'm not always a great listener. ("Oh, you just noticed?" my husband quipped.)

I struggle especially with what Murphy calls "giving support responses instead of ["shift responses."](#) A "shift response" changes the topic to yourself, while a "support response" asks questions to elucidate understanding about the other person's point of view. For example,

### **Shift Response**

Mary: *I'm so busy right now.*

Tim: *Me too. I'm totally overwhelmed.*

### **Support Response**

Mary: *I'm so busy right now.*

Tim: *Why? What do you have to get done?*

**I began to wonder what I've missed out on by not listening very well.** My natural urge is talking to fill up silence. (Like most Americans, I have a [low tolerance for uncomfortable silences.](#))

**St. Thomas Aquinas shows the undeniable connection between quiet listening and deep thinking.** And since finishing *You're Not Listening*, I've been trying to be more like Aquinas. I've been trying to let silences hang for a few beats. **I've been trying to listen carefully, really take in**

**what I'm hearing, reflect, and ask thoughtful follow-up questions.**

Embracing silence has been harder than I expected. More than once, I've had to backtrack: "Oh, you're having a hard day? Me too! Oh, wait ... no ... let me rephrase that ... Tell me, what's been hard about your day?"

But since I started doing it, **I've noticed that I'm having better and deeper discussions.** I've reached some breakthrough moments in conversations that I don't think would have happened before.

It's not automatic, and it takes a little more thought. I'm definitely still a "good listening" work in progress. But I'm going to keep at it.

Here's hoping that by imitating the famed silence of ["the Angelic Doctor,"](#) I can also imitate a tiny fraction of his wisdom. St. Thomas Aquinas, pray for us!

**And: if you have time to worry, you have time to pray!**





**Catholic prayer for your  
friends [Philip Kosloski](#) - published on**

**01/29/22**

***Pray to God that he will give good health and happiness  
to your beloved friends.***

Having a small group of close friends can be a great joy in our lives, being able to share with other people our lows and our highs.

Here is a prayer for your friends adapted from the *St. Andrew Daily Missal*, asking God to grant them health and well-being.

**O God, who by the grace of the Holy Spirit  
did pour the gifts of charity into the hearts of your  
faithful,  
grant health of mind and body to our friends,  
that they may love you with all their strength  
and accomplish with perfect love what is pleasing to  
you.  
Through Christ our Lord.  
Amen.**

### **St. Martin's Council**

Held Dec 8, 2021  
(during a tiny  
Covid window  
when we could  
gather). St  
Martin's CWL  
joined for food  
faith and



fellowship. We were blessed to have 3 generations of  
CWL members from one family. Carolyn Vaughan  
Parish CWL president (top right), her  
mother Heather Tomascin in red and Heather's  
mother Maureen Conway, seated. Carolyn's daughter  
aged 9 will hopefully be the 4th generation in a few  
years. Time flies when you're having fun!

# 10 Biblical greats who had imperfections like the rest of us



Giovanni Bellini | Public Domain via Wikipedia

[Cerith Gardiner](#) - published on 01/28/21 - updated on 01/27/22

***The Bible reminds us that no one is perfect ... and that's okay!***

The Bible is full of men and women who played important roles in salvation history. Reflecting on them can be a good reminder that even with their admirable qualities and virtues, many of them had their own very human struggles.

From addictions to questionable temperaments to very poor choices... they weren't always so saintly. So while you and

I might get disheartened about our own vices and imperfections (especially with many of our New Year's resolutions falling by the wayside), we are in perfect company!

### **Noah drank too much.**



Giovanni Bellini | Public Domain

If your bid to partake in a dry January has failed, don't lose heart. While better known for his impressive ark-building skills, in [Genesis 9: 20-23, Noah owned a vineyard](#) and was partial to a bit of wine. His sons actually discovered him in a state of undress and covered him up to preserve his dignity.

### **Jonah ran away from God.**

Sometimes we may start the new year with the best intentions of developing our faith. While you may not be spending the time you wanted on your prayer life, remember some holy men and women even turned away

from God at a point in their lives. When Jonah saw that God's anger towards the Nineveh and the Assyrians had subsided, he was furious. Considering them to be so wicked and evil, Jonah couldn't bear God's mercy towards them. In fact, so much so, he ran away. (Jonah 4:2)

### **Miriam was a gossip.**

Many of us aim to be kinder to people, whether loved ones or strangers, by not saying things behind their backs. And it is incredible to think that the [beloved sister of Moses](#), who had protected and cared for him with such devotion, would have gossiped about the state of her brother's marital relations — but she did. In Numbers 12: 1 we hear of her chatting carelessly to Aaron about it, which resulted in her being excluded from the camp for 7 days.

### **Paul enabled and oversaw killings.**



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It's hard to think that the someone, but in Acts 7-8, Paul — named Saul at the time — guarded the clothes of those who were stoning Stephen. Furthermore, Paul enabled the persecution, and subsequent death, of some of Jesus' followers due to completing certain administrative duties from the high priests.

### **Moses struggled with a speech impediment.**

It's difficult to imagine that the powerful [commands of Moses](#) as he led his people away from slavery were given by a man who was “slow of speech and tongue” (Exodus 4:10). Some scholars believe this referred to a stutter, while others claim it was a different sort of speech impediment. Nonetheless, speaking publicly didn't come easy to the prophet.

### **Gideon suffered from insecurity.**

In the [Book of Gideon we see the struggles of a man who felt insecure](#). Faced with an army of 135,000 Midianites, Gideon needed a lot of reassuring from his Heavenly Father. Like any child who feels insecure, Gideon wanted the loving, guiding hand of his Father to embolden him to defeat the enemy with his small army of 300 men.

**Elijah suffered bouts of depression.**



If you feel depressed in any way, look to [Elijah, who needed an angel and then God himself](#) to pull him out of his depressed state when he questioned the depth of his faith (1 Kings 19:4-14).

**David was an adulterer (and plotted a murder).**

While [King David's men went off to war with the Ammonites](#), he stayed behind in the comfort and security of his palace. From his palace wall, he spotted a beautiful married woman named Bathsheba, bathing. He summoned her to the palace and conceived a child with her. On top of that, David ordered the death of Bathsheba's husband. Their newborn died as a result of his sins, and it was only later that God rewarded the couple with their son, Solomon. (2 Samuel 11 and 12)

## **Martha harbored resentment.**

This one will speak to all the hosts among us. In Luke 10, we hear how [Martha was running around trying to prepare a meal for her guests.](#) She expressed frustration that she was the only one pitching in while her sister just sat at the feet of Jesus, but to her surprise Jesus pointed out that she worried too much and everything was how it should be.

## **Jacob was a liar and a cheat.**



The story of Jacob and Esau takes sibling rivalry to a whole new level. You could say that Jacob was a bit of a con artist. He denied his brother Esau his birthright, and in Genesis 27, as his father Isaac lay dying, managed to persuade Isaac to give him the blessing meant for Esau.



# **Singing nun Janet Mead, whose ‘The Lord’s Prayer’ became a rock hit, dies at 84**

*[J-P Mauro](#) - published on 01/27/22*

(Deedee--Take a trip down memory lane!)

[https://aleteia.org/2022/01/27/singing-nun-jane-mead-whose-the-lords-prayer-became-a-rock-hit-dies-at-84/?utm\\_campaign=EM-EN-Newsletter-WeeklySunday-&utm\\_content=Newsletter&utm\\_medium=email&utm\\_source=sendinblue&utm\\_term=20220130](https://aleteia.org/2022/01/27/singing-nun-jane-mead-whose-the-lords-prayer-became-a-rock-hit-dies-at-84/?utm_campaign=EM-EN-Newsletter-WeeklySunday-&utm_content=Newsletter&utm_medium=email&utm_source=sendinblue&utm_term=20220130)

## **Sheila Walsh Video**

(Deedee: one of my favourite videos—very touching)

<https://mail.google.com/mail/u/0?ui=2&ik=b112a54470&attid=0.1&permmsgid=msg-f:1723436555296103975&th=17eae06a7758de27&view=att&disp=safe>

## **Fun Video About Our Canadian Winters!**

(submitted by Lisa Fillingham)

<https://mail.google.com/mail/u/0?ui=2&ik=b112a54470&attid=0.1&permmsgid=msg-f:1721491080185433749&th=17e3f7043e74ce95&view=att&disp=safe>

## **Breaking In The Habit**

### **Catholic Movies**

<https://mail.google.com/mail/u/0/#inbox/CllgCJTMXKQFnntpWFvTZknRmcZflcLQmVdbxblPSkvWmKbmqFzvVGGJCQFkVHQRdDmwwbWcXJV?projector=1>



#### **a) Birthday:**

Sheila Fronk celebrated her 90<sup>th</sup> birthday on January 10!

#### **b) Deaths:**

**Star of the Sea:** 2020 Theresa Bujtas Marina Schenck

2021 Margaret Tice Teresa Montana

**Our Lady of the Holy Rosary:** Teresina (Teresa) Aiello—  
January 18, 2022—36-year member

**St. George:** Jackie Huibers—January 9, 2022

**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: 2021-2022**

**President:** Lisa Fillingham

**Past President/Historian:** Frances Murdaca

**Treasurer:** Karen Hofstede

**Secretary:** Cathy Crabbe

**Organization Chair:** Heather Tomascin

**Spiritual Development Chair:** Deedee Alexandre

**Health and Education Chair:** Dina Marchionda

**Legislative and Resolutions Chair:** Sue Pellerin  
**Christian Family Life:** Ethel O'Brien  
**Community Life Chair:** Diane Szdyloski  
**Communications Chair:** Joelle Toal

**Liturgical Calendar:** February 2022  
--Living with Christ—

**2<sup>nd</sup>:** Presentation of the Lord  
**3<sup>rd</sup>:** Saint Blaise / Saint Ansgar  
**5<sup>th</sup>:** Saint Agatha  
**8<sup>th</sup>:** Saint Jerome Emiliani / Saint Josephine Bakhita  
**10<sup>th</sup>:** Saint Scholastica  
**11<sup>th</sup>:** **Our Lady of Lourdes**  
**14<sup>th</sup>:** Saints Cyril and Methodius / St. Valentine  
**17<sup>th</sup>:** Seven Holy Founders of the Servite Order  
**21<sup>st</sup>:** Saint Peter Damian  
**22<sup>nd</sup>:** Chair of Saint Peter  
**23<sup>rd</sup>:** Saint Polycarp

~the end~