



Catholic Women's League

St. Catharines Diocese

Saturday, January 1, 2022

CWL Catholic Connections

National CWL: cwl.ca

Provincial CWL: cwl.on.ca

St. Catharines CWL: stcatharinescwl.ca



President's Message: To BE Inspired

Romans 15:1

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

We all start the year off hoping to fulfill New Year's resolutions that we never seem to meet. This year, make a resolution to Be Inspired by our Lord, for his inspiration is never ending. If we take the time to start each day with his inspiration in our mind and hearts, then our actions will be a positive reflection of this. We can achieve this resolution. I hope this year inspires us to do more in the name of our Lord.

Lisa Fillingham

Message From Deedee Alexandre:

Just a reminder that I will be starting a new **CWL Book Club**. We will meet **online each Tuesday evening** at 7 p.m. for *approximately* 1.5 hours.

The start date will be: Tuesday, **January 11, 2022.**

The book will be: Josephine Lombardi's fabulous book—

Experts in Humanity: A Journey of Self-Discovery and Healing. It can be ordered online.

Zoom link:

Use the **same link** for **each** Tuesday book club meeting.

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

Meeting ID: 845 3996 0812

Passcode: 089466

Please have the **Introduction** already read—pages 6-12. In future sessions, we will read approximately 20-25 pages or so.

Thank you and God Bless.

With love,
Deedee Alexandre

8 Ways Mary can help you have a fantastic new year

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[Cerith Gardiner](#) - published on 01/01/19 - updated on 12/31/21

Here's how the Blessed Mother can help make life more serene and fulfilling.



As we prepare for the year ahead, we might be feeling optimistic, excited, or even a little anxious — after all, who

knows what God has in store for us in 2022? Yet, as we face whatever new challenges lie ahead, we can learn to lean a little more on Mary, the Mother of God. As our heavenly mother, she can gently guide us to a more peaceful and fulfilling life, and help us to have the courage to face difficulties and the grace to appreciate what we have.

The first day of a new calendar year is always a holy day in the Church dedicated to Mary, the Mother of God, so it's a perfect day to consider how we might lean on her in the coming year. We can ask for her intercession as well as learn by her example and apply it to how we live. Isn't that the perfect new year's resolution?

Here are 8 simple ways to let Mary guide your year...

KEEP CALM UNDER PRESSURE

When life seems out of control we can get into a panic, but we can seek serenity by following Mary's example.

Being the “highly favored one” came with a lot of responsibility — and stressors. Mary had no idea what Joseph, her betrothed, would say to the idea of her conceiving the Son of God. Yet she remained calm and humble. There was no drama, just trust and peace that God would be faithful.



Mangostar | Shutterstock

SAY “YES” TO THE UNKNOWN

Sometimes it’s so easy to say “no” to something when you’re feeling unsure. But just imagine getting a visit from a stranger — an angel, no less — who tells you that God has chosen you to give birth to His son. It was a pretty daunting mission! But Mary had the courage and faith to say “yes,” which can give us the courage to say “yes” when we’re not sure of what lies ahead.

HELP YOUR KIDS SPREAD THEIR WINGS

Our children trigger many emotions in us, including worry. Mary and Joseph went through every parent’s nightmare when

12-year-old Jesus went missing for 3 days. When Jesus was found in the Temple in the depths of theological discussion, He asked Mary why they'd been searching for Him, because He was in His "Father's house." While it may have seemed like rejection, Mary embraced her Son's path and helped Him on His way.



[Agung Pandit Wiguna | Pexels CC0](#)

FULFILL YOUR CIVIC DUTY

Whether it's making the effort to vote or filing taxes, sometimes we balk at our civic duties. Well, Mary made sure she was present for the census in Bethlehem, even if it meant an exhausting journey on a donkey while heavily pregnant. Mary followed the precepts and laws of her time, so by being a good citizen we're following her example.

BE THERE FOR OTHERS IN NEED

We often shy away from helping those in need because it can make us feel uncomfortable. Mary faced many difficult

situations. She made haste to help her pregnant older cousin, Elizabeth. She went through the agony of watching her son be crucified. If we're present and attentive to those in need we're imitating one of Mary's finest qualities.

WEAR BLUE!

The color of our clothes can have an effect on our state of mind. Try wearing the color of the Virgin Mary — blue — as a beautiful nod to her, but also because it's considered to be a color of faith, loyalty, truth, and heaven.



Immaculate | Shutterstock

BE WILLING TO SACRIFICE YOUR OWN NEEDS

We often hear about parents needing “me time.” But when you're tired and desperate to recharge your batteries, think of Mary, who sacrificed her own plans and dreams to put the

needs of God and her son first. It helps to put things in perspective!

BE HUMBLE OF HEART

As a human being, Mary was — and always will be — unique. She was the chosen woman; the one who gave birth to the Son of God. But she didn't flaunt it, brag about it, or allow it to go to her head. As Jesus grew up and she witnessed many amazing and, no doubt, bewildering events, she continued to “ponder them in her heart.” Like her, we can humbly accept our own particular tasks and mission in life.

Discover your special patron saint for 2022!



wjarek | Shutterstock

[Aleteia](#) - published on 12/28/21

St. Faustina did it every year! You can take part in this fun religious tradition, too!

For most of us, 2021 was definitely not an easy year. Not to mention 2020... **So what would you say about asking for a special heavenly supporter for 2022?** Everyone should have a patron saint they can count on!

The Second Vatican Council teaches about the saints:

Being more closely united to Christ, those who dwell in heaven fix the whole Church more firmly in holiness. [...] They do not cease to intercede with the Father for us, as they proffer the merits which they acquired on earth through the one

Draw your patron saint for 2022



mediator between God and men, Christ Jesus. [...] So by their fraternal concern is our weakness greatly helped.

By learning about the lives of the saints and cultivating devotion to them, we train our minds and hearts to be fixed on the things above, the things of heaven!

How long is the Christmas season?

Don't ditch your tree on December 26th. Christmas is just getting started!

Catholic Company—Get Fed—December 28, 2021

One of the joys of being Catholic is that we accord our great feast days all the festivity they deserve.

For us, Christmas is not merely a one-day event that is over as soon as it has begun.

In fact, while Christmas Day itself is the 25th, the Feast really lasts a full 8 days: an octave. The Church celebrates her most sacred feasts with octaves. In the current calendar, Christmas and Easter have their own octaves, and in the older calendar, feasts such as Pentecost did as well.

And the season of Christmas doesn't end after the octave. Our celebrations continue through the "Twelve Days of Christmas," which end on the Feast of the Epiphany—

January 6th, though it is often transferred to the Sunday between January 2nd and January 8th.

And still, we keep celebrating.

According to the current calendar of the Church, the Christmas season doesn't end until the feast of the Baptism of Our Lord, which usually occurs on the Sunday following Epiphany.

According to the older calendar, the Christmas season goes all the way through February 2nd, the Feast of Candlemas. Also called the Purification of Our Lady, or the Presentation of Our Lord, this feast commemorates the day Our Lady went to the Temple to fulfill the requirements of the Mosaic Law forty days after Our Lord's birth.

Christmas is a *season*, not just a day. The Church invites us to celebrate this most glorious mystery of our redemption with *weeks* of rejoicing. Another happy effect of this arrangement is that we are able to observe Advent with a certain reserve, penitence, and anticipation—to use it as a true spiritual preparation for Christmas joy and festivities.

Even though the world forgets Christmas on December 26th, we encourage you to keep those decorations up and continue exulting with the angels at the coming of the Savior to earth!

CWL: St. Patrick's, St. Catharines— Donnell Lucien



On October 24, 2021, we at St. Patrick's Parish, St. Catharines, had a very nice Pin presentation ceremony. Three members received service pins, 60 years, Lois Press; 30 years Lorraine Clark and 10 years Tina Martino. Father Brian Bevan included in the homily, an additional piece on the CWL of our parish and included all the recipients in the prayers of the faithful.

He also gave a very nice introduction at the beginning of Mass for the pin recipients and had everyone give an acknowledgement of the recipients at the end of Mass. Lois Press actually received her 60-year pin 2 years ago, before I was president, upon learning of this I knew I had to include her in the presentation as this is a wonderful milestone for our CWL, and we honored this milestone with a bouquet of flowers.

From Left to Right: Lois Press, Lorraine Clark, Tina Martino

Pope advises married couples to remember 3 key words: **'Please, thanks, sorry'**

In his letter, Francis acknowledges stresses of lockdowns and quarantines on families

The Associated Press · Posted: Dec 26, 2021 1:33 PM ET | Last Updated: December 26



Pope Francis waves after delivering his traditional Christmas Day Urbi et Orbi speech from the main balcony of St. Peter's Basilica at the Vatican on Saturday. The Pope penned a letter to married couples that was released on Sunday. (Yara Nardi/Reuters)

Pope Francis sought on Sunday to encourage married couples, acknowledging that the COVID-19 pandemic has aggravated some family problems but urging couples to seek help and always remember three key words in a marriage: **"Please, thanks and sorry."**

Francis penned a letter to married couples that was released on Sunday, a Catholic feast day commemorating Jesus's family. It came halfway through a yearlong celebration of the family announced by Francis that is due to conclude in June with a big family rally in Rome.

Speaking at his studio window on Sunday, Francis said he intended the letter to be his "Christmas present to married couples." He urged them to keep having children to fight the "demographic winter," which, in Italy, has led to one of the lowest birthrates in the world.

"Maybe we aren't born into an exceptional, problem-free family, but our family is our story — everyone has to think: It's my story," he said. "They are our roots: If we cut them, life dries up!"

'Forgiveness heals every wound'

In the letter, Francis said lockdowns and quarantines had forced families to spend more time together. But he noted that such enforced togetherness at times tested the patience of parents and siblings alike and in some cases led to real difficulties.

"Pre-existing problems were aggravated, creating conflicts that in some cases became almost unbearable. Many even experienced the breakup of a relationship," Francis wrote.



The faithful attend the Pope's Angelus noon prayer in St. Peter's Square on Sunday. (Gregorio Borgia/The Associated Press)

He reminded parents that the breakup of a marriage is particularly hard on children, who look to their parents as a constant source of stability, love, trust, and strength.

"The breakdown of a marriage causes immense suffering, since many hopes are dashed, and misunderstandings can lead to arguments and

hurts not easily healed," he said. "Children end up having to suffer the pain of seeing their parents no longer together."

He urged parents to keep seeking help to try to overcome conflicts, including through prayer. "Remember also that forgiveness heals every wound," he said.

He repeated a refrain he has often used when meeting with families and married couples, listing the three most important words in a marriage: **"Please, thanks, and sorry."**

Put down the phones, Pope says

Picking up the theme in his remarks to tourists and passersby in St. Peter's Square, Francis said a failure to make peace before going to bed at night can lead to a "cold war" the next morning.

"How many times, unfortunately, conflicts originate within the domestic walls due to prolonged periods of silence and from unchecked selfishness!" he said. "Sometimes it even ends up in physical and moral violence. This lacerates harmony and kills the family."

He urged families to put down their cellphones at the dinner table and talk. "It's sad to see a family at lunch, each one with his or her own cellphone not speaking to one another, everyone talking to the mobile phone," he said.

Then when an argument breaks out, each one repeats their refrains "staging a comedy they've already seen where everyone wants to be right, and in the end, a cold silence falls. That sharp, cold silence, after a family discussion, is ugly, so very ugly!" he said.

He urged parents to think not of themselves but others, and to pray "for the gift of peace." CBC

Home is a sacred place. How might you bless yours?

There's no place like home. It's vital to our sense of security and self-understanding.

RELIGION

[ALICE CAMILLE](#)

Published December 23, 2021—U.S. Catholic

There's no place like home, Dorothy repeats like a mantra. She clicks the heels of her magic shoes until she opens her eyes to find herself in the land of her dreams once more. Who knew it would turn out to be Kansas?

Dorothy's wild adolescent heart had sent her roving through new worlds and on astonishing adventures. She'd met a gracious spirit, a talking tree, a bogus wizard, and a deadly foe. She even made three unforgettable friends. But in the end Dorothy discovers that home is where her heart most longs to be. Familiar faces are the ones she'd been seeking all along.

Home has this kind of magnetic authority over us. While some of us are glad to travel far and wide, homecoming is always welcome: back to our own beds, clean clothes, and established routines. We return to the place where our net of relationships will catch us. We come home to where our possessions are, those knickknacks and keepsakes that remind us what life has been about so far. When we come home, in a way, we return to ourselves.

Because home is so vital to our sense of security and self-understanding, the church recommends a ritual of home blessing every year on the feast of Epiphany. In the little town where I grew up, our pastor would come to each parishioner's house and mark in chalk the front door lintel with the date of the new year, connected with and encased by crosses. Gradually the markings would wear away, but in the meantime, we were reminded that all our comings and goings were blessed. Something was expected of us when we exited into the world beyond that door. And something else was expected when we resumed our lives together under that roof.

Home is a sacred place, not just a space to store our stuff. Home reveals something about us. It doesn't matter whether we're homeowners, apartment dwellers, or RV park denizens. Carl Jung viewed the living space as a model of the mind. Is yours organized or cluttered, spare or burdened, clean or carelessly kept? Does the space you inhabit function, or is it a mess of abandoned tasks and lost items?

What we keep around us are containers of meaning, according to Edwin Heathcote, an architectural commentator who has made a livelihood decoding the messages inherent in our environments. It's not just the diaries, photographs, and bookshelves that record our journeys. Everything in our personal space announces where we've been and what we've deemed worth preserving.

The home is a vessel of our history. In the writings of Cicero, it even functions as a "memory palace" that can serve as an infinite mental storage unit. The bond between our home and our brain is so acute that we can memorize huge amounts of data by mentally storing it in different rooms of an interior so-called memory palace modeled on actual rooms we've inhabited. Science documents that the reason we so frequently forget what we were looking for when we pass from room to room in our homes is the very act of passing through a doorway. Each threshold literally moves us into a different mental

space—and alas, whatever drove us there falls away until we (sometimes literally) retrace our steps and remember what we came for.

Where we live and who we become are intimately connected. Consider the violence it does to the elderly when they're removed from their homes and possessions and placed in some anonymous new space. The three dimensions of space and the fourth dimension of time are combined in a unique way in the rooms that encompass us. That's not something that easily transplants. While I've moved many times to different parts of the country, I have rituals of return that I practice in each new space that becomes home for me. For example, when I was young and my belongings were few, I would unpack them all at once and put them in as near a proximation to the old positions as possible. I wouldn't go to bed the first night until all my old pictures were nailed to the new walls.

What features of a home need consecrating, and how might you bless yours?

That's no longer possible, since I can no longer fit everything I own into three suitcases and the back of a car. But I still recreate spaces that worked well in the past

to encourage finding necessary items expediently. Jung is onto something when he calls the house an externalization of the self. It explains why some of us spend our lives seeking the dream house and why successful horror movies capitalize on the haunted house. It's why some swear by feng shui, designing a building or organizing a room to create the most beneficial flow of energy and traffic. We want our spaces to succeed in their purpose because we want our time in these places to be peaceful, productive, and safe.

The ancients were convinced that evil spirits were always attempting to infiltrate their homes. This way of thinking is reflected in the parable Jesus tells about a man with a demon in his house, which leaves only to return with seven more: the last condition being worse than the first. To avoid this fate, homes were designed with doorways facing the rising sun. This encouraged the first rays of light to banish creatures of darkness. Raised doorsills were invented as a means to trip up demons. Even today, the threshold of our homes remains a place of encounter and decision. Do we open the door to that unknown fellow with the clipboard or not? Are we home to the neighbor who promises to stay for a minute and is still talking our ear off an hour later? If you watch vampire movies, you probably know the undead can't enter the dwelling of the living unless invited in. But once in, they can't be shut out no matter what. The threshold is still a place for us to choose cautiously, whether it's Aunt

Mildred or someone you used to date on the other side of the peephole.

Rituals of entry remain with us too. The doorbell rings and so begins a series of greetings or refusals, handshakes, or hugs. We enter a church and dip our fingers into the holy water font for a blessing. From the watchtower, the sentinel asks, “Who goes there?” and you better have an acceptable answer or your life is at stake. Threshold denotes territory, and territory defines belonging. Our country is currently re-examining the way our national boundaries function. Do we need to lower our threshold of entry or raise it?

This brings us back to the significance of home and the rituals we need to bless and sustain it. What features of a home need consecrating, and how might you bless yours? The main doorway deserves a blessing, considering all the comings and goings it keeps vigil over. Windows reveal the world outside, yet at the same time they limit our perspective. Bless them for their reminder of the seen and unseen. The rooms we use to seek our rest, the kitchen from which meals emerge, the home office or study corner where we labor: What might we say to acknowledge these holy sites? Perhaps each family member might present an object that has meaning for them for special blessing. And don’t forget to bless the table where we gather together for food and sharing,

nourishing body and soul.

This article also appears in the January 2022 issue of U.S. Catholic (Vol. 87, No. 1, pages 47-49).

CWL: Our Lady of the Holy Rosary—Linda Merrill

The Catholic Women's League of Canada
Membership

Has this been done???

It came to me, in a dream:

I was speaking to a married couple. Just pleasantly chatting.

The wife had stepped away just a bit.

The husband had stepped closer just a bit.

My chance.

I half whispered... "your wife needs to re-new her CWL Membership for this year."

He looked surprised but didn't flinch as he pulled out his wallet.

As I took his cash, it hit me.... the lady was not renewing...she was a newbie!!!

So... the moral of the story...not quite sure. However, maybe it's the men out there

that can encourage their ladies.

It also came to me, in real life:

A husband of a long-time member would always make sure his wife was paid up. When she passed away, he would donate membership dollars for someone who would then have less of a financial burden. He is long passed away now but his kindness

and caring will never be forgotten.

God Bless the Husbands and Families of our Members!

Respectfully submitted,
Linda Merrill
President

Who are the Fourteen Holy Helpers?

These heavenly companions have been helping mankind since the Middle Ages.

Catholic Company—December 20, 2021



The Fourteen Holy Helpers are fourteen saints that are collectively invoked against various ailments and dangers.

Devotion to the Fourteen Holy Helpers began in 14th-century Germany, which was suffering under bubonic plague. Called the “*Nothelfer*”—“Helpers in Need”—in German, devotion to them eventually spread to other countries. Their feast is

kept in some places on August 8th.

A depiction of the 14 Holy Helpers with Sts. Peter and Paul

These saints are mostly drawn from the ranks of the early Church martyrs. Each one is invoked against a particular affliction, often related to the means of their martyrdom.

Here they are:

1. **St. Acatius** – 4th c. Greek captain in the Roman army. Some say he was crowned with thorns. Eventually beheaded. Invoked against headaches.
2. **St. Barbara** – 3rd c. Virgin-martyr killed by her own father. Lightning struck him as punishment. Invoked against lightning and fire.
3. **St. Blaise** – 4th c. Armenian martyr-bishop. Cured a child choking on a fishbone. Invoked against throat ailments.
4. **St. Catherine of Alexandria** – 4th c. Egyptian virgin-martyr famous for her learning. Invoked by lawyers and against diseases of the tongue.
5. **St. Christopher** – “Christ-bearer.” 3rd c. Martyr who carried the Christ Child across a stream. Invoked against travel dangers and sudden death.
6. **St. Cyriacus** – 4th c. Roman deacon-martyr. Cured Diocletian’s daughter, possibly of blindness. Invoked against eye diseases.
7. **St. Denis** – 3rd c. Missionary to France. Bishop of Paris. Martyred by beheading. According to legend, at his martyrdom he picked up his head and walked; hence he is often pictured with his head in his hands. Invoked against demonic attacks and headaches.
8. **St. Erasmus (Elmo)** – 4th c. Italian martyr-bishop. Tortured by having his intestines pulled out. Namesake of “St. Elmo’s Fire,” electric phenomenon that precedes a storm at sea. Invoked against stomach ailments (and a favorite of sailors).

9. **St. Eustace** – 2nd c. General in Trajan’s army. Saw a stag with a cross between its antlers. Converted with wife and kids. Burned alive in an oven. Invoked against fires.
10. **St. George** – 4th c. Soldier under Diocletian. Killed a dragon. Saved a princess. Died a martyr. Invoked against skin diseases and palsy.
11. **St. Giles** – 7th c. Athenian monk. Founded a Benedictine community in France. Told Charles Martel to go to confession. Invoked against crippling diseases.
12. **St. Margaret of Antioch** – 4th c. Virgin-martyr. Converted by her holy nurse. Shepherdess. Invoked by women in childbirth and against kidney diseases.
13. **St. Pantaleon** – 4th c. Doctor employed by the emperor. Nailed to a tree then beheaded. Blood, preserved in Ravello, Italy, liquefies every year. Invoked by doctors and midwives, and against lung diseases.
14. **St. Vitus** – 4th c. Sicilian. Converted by his Christian nurse and her husband. All three martyred together. Invoked against paralysis, nervous diseases, and epilepsy.

CWL: Star of the Sea—Lisa Fillingham

Marg Vinc led the Turban Ministry for over 20 years and recently decided to retire. Our turban ministry has made over **3000 turbans** for the oncology unit at the General Hospital and Wellspring Niagara.



Connie Tracey and Marg Vinc



Father Richard Kowalchuk—the CWL Diocesan Spiritual Advisor “at work” at Start of the Sea.



Linda Dirks led the parish on a spiritual retreat in December titled Mary in a Martha world.

What do we mean when we call someone a “mystic”?

We hear the term often, but usually only associate it with the greatest of saints.

Catholic Company—December 14, 2021

Mysticism is an intimidating word.

We instinctively associate it with saints who had incredible supernatural experiences—such as St. John of the Cross, whose feast we celebrate today; Padre Pio; Teresa of Ávila; Faustina Kowalska.

These saints certainly were mystics. But what makes a mystic a *mystic*? Is it an inaccessible reality, something beyond us everyday mortals? Let’s find out.

The word “mysticism” refers either to the tendency or the desire of a soul for union with the divine, or to a philosophical or religious system built upon that desire. Interestingly, mysticism is found not only in Christianity; other religions have an idea that the ultimate end of man is union with something divine.

It seems that there is an innate mystical impulse in all of us—an impulse that must be very strong if it is found even in religions that don’t possess the fullness of truth.

Well, it “seems like” it’s in our nature because *it is*. St. Augustine said:

“Thou hast made us for Thyself, O Lord, and our hearts are restless until they rest in Thee.”

The human heart longs (whether knowingly or unknowingly) for final union with God and the beatific



vision consists in exactly that.

We can tap into mystical realities right here on earth *through prayer*, and we don't have to be great saints to do it. The saints themselves—especially St. John of the Cross and St. Teresa of Ávila—have taught us how to pray.

Ecstasy of Saint Teresa by Gerard Seghers

While the higher levels of mystical prayer—such as “unitive” prayer—take time to acquire (and not everyone will achieve the same levels), the pathway is open to us all. We *can* embark on it and follow that impulse towards God which He has planted in all our hearts.

But be careful. As said above, many religions and pseudo-religions talk about mysticism. Only the Catholic Church, however, has the full truth and can teach us how to seek it properly. Non-Catholic mysticism is spiritually dangerous.

St. Catherine of Alexandria CWL—

Teresa Berardi



During Lent, we started a Prayer Shawl Ministry and continues to be a work in progress.



On June 26, 2021, mass was offered for truth and reconciliation for our Indigenous peoples. A small altar at the Cathedral church has been set up as we continue to pray.



On October 7, 2021, we came together to pray the Rosary and the crowning of Mary.



A wreath donated by the Cathedral Church Parish Council was laid at the St. Catharines Cenotaph on November 11, 2021.



A Memorial Mass for living & deceased CWL members was offered on November 21, 2021.



Bishop Bergie celebrated a solemn Mass of dedication of the Cathedral Church on November 25, 2021, Feast of St. Catherine of Alexandria.



Congratulations

December 9, 2021, Years of Service Pins awarded to members for the year 2020 & 2021.

Pins awarded for 60, 55, 45, 35, 30, 25, 20, 10, 5 years and several insignia pins. A combined total of 410 years of service given to the CWL.

Deedee—a sobering message this month)

YouTube priest

December 22, 2021

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



ANNOUNCEMENTS

The following CWL Ladies passed away:

- **Betty D'Agostini**—November 18
St. John Bosco Parish, PC
- **Mary Rose Kenny**—December 13
Church of the Holy Rosary
- **Patricia Gamm**—December 23
30-year member
St. John Bosco Parish, PC

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 Tomascini

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: January 2022

--Living with Christ—

- 1st:** Mary, Mother of God
- 3rd:** Most Holy Name of Jesus
- 7th:** St. Andre Bessette
- 8th:** St. Raymond of Penyafort
- 12th:** St. Marguerite Bourgeoys
- 13th:** St. Hilary
- 17th:** St. Anthony
- 20th:** St. Fabian/St. Sebastian
- 21st:** St. Agnes
- 22nd:** St. Vincent
- 24th:** St. Francis de Sales
- 25th:** Conversion of St. Paul
- 26th:** Saints Timothy and Titus
- 27th:** St. Angela Merici
- 28th:** St. Thomas Aquinas
- 31st:** St. John Bosco

~the end~