



**CWL**

**St. Catharines Diocese**

**Sunday, January 1, 2023**



## **CWL Catholic Connections**

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

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

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

### **President's Message:**

Taking a moment to reflect, what can you do for someone instead of yourself? Whether you make meals, take someone to the doctor, visit, buy groceries, or send cards, you can always make someone's day. The ability to reach out in different ways to those in need allows us to share our abilities, grow in faith, and serve others.

By giving more of yourself, you are resolving to become a better version of yourself. Neither giving nor helping can ever be too much. Consider what you can do to make someone's day brighter; you never know when a smile will come to their face.

Happy New Year, Lisa-- St. Catharines CWL Diocesan President

## Messages From Deedee Alexandre:

**a) January Catholic Connections: from Welland—thank you to the contributors!**

**b) February Catholic Connections:** would the **Haldimand Region** parishes please email reports to Deedee by **January 27** to:

**deedecwl321@gmail.com or  
deedeealexandre321@gmail.com**

**2023:**

**St. Catharines:** January, May, and September

**Haldimand:** February, June, October

**Niagara Falls:** March, July, November

**Welland:** April, August, December

**c) Deceased Members:** please send **one email** to **both** **Debbie Pine** and **Deedee Alexandre:** **debbiepine@royalpage.ca** **and** to **deedecwl321@gmail.com** with the following information:

- (a) Name and CWL id # of the deceased**
- (b) the Council Code**
- (c) date of death**
- (d) Parish name and city**

## Full text: Pope Francis' homily for Christmas 2022



Pope Francis prays in

front of the nativity scene after Christmas Mass Dec. 24, 2022./ Credit: Vatican Media.

By [Pope Francis](#)

Vatican City, Dec 24, 2022 / 13:00 pm

What does this night still have to say to our lives? Two thousand years after the birth of Jesus, after so many Christmases spent amid decorations and gifts, after so much consumerism that has packaged the mystery we celebrate, there is a danger. We know many things about Christmas, but we forget its real meaning. So how do we rediscover the meaning of Christmas? First of all, where do we go to find it? The Gospel of Jesus' birth appears to have been written precisely for this purpose: to take us by the hand and lead us where God would have us go.

It starts with a situation not unlike our own: everyone is bustling about, getting ready for an important event, the great census, which

called for much preparation. In that sense, the atmosphere was very much like our modern celebration of Christmas. Yet the Gospel has little to do with that worldly scenario; it quickly shifts our gaze to something else, which it considers more important. It is a small and apparently insignificant detail that it nonetheless mentions three times, always in relation to the central figures in the narrative. First, Mary places Jesus “in a manger” (Lk 2:7); then the angels tell the shepherds about “a child wrapped in swaddling clothes and lying in a manger” (v. 12); and finally, the shepherds, who find “the child lying in the manger” (v. 16). In order to rediscover the meaning of Christmas, we need to look to the manger. Yet why is the manger so important? Because it is the sign, and not by chance, of Christ’s coming into this world. It is how he announces his coming. It is the way God is born in history, so that history itself can be reborn. What then does the Lord tell us? Through the manger, three things, at least: closeness, poverty, and concreteness.

Closeness. The manger serves as a feeding trough, to enable food to be consumed more quickly. In this way, it can symbolize one aspect of our humanity: our greed for consumption. While animals feed in their stalls, men and women in our world, in their hunger for wealth and power, consume even their neighbors, their brothers and sisters. How many wars have we seen! And in how many places, even today, are human dignity and freedom treated with contempt! As always, the principal victims of this human greed are the weak and the vulnerable. This Christmas too, as in the case of Jesus, a world ravenous for money, ravenous for power and ravenous for pleasure does not make room for the little ones, for so many unborn, poor and forgotten children. I think above all of the children devoured by war, poverty and injustice. Yet those are the very places to which Jesus comes, a child in the manger of rejection and refusal. In him, the Child of Bethlehem, every child is present. And

we ourselves are invited to view life, politics, and history through the eyes of children.

In the manger of rejection and discomfort, God makes himself present. He comes there because there we see the problem of our humanity: the indifference produced by the greedy rush to possess and consume. There, in that manger, Christ is born, and there we discover his closeness to us. He comes there, to a feeding trough, in order to become our food. God is no father who devours his children, but the Father who, in Jesus, makes us his children and feeds us with his tender love. He comes to touch our hearts and to tell us that love alone is the power that changes the course of history. He does not remain distant and mighty but draws near to us in humility; leaving his throne in heaven, he lets himself be laid in a manger.

Dear brother, dear sister, tonight God is drawing near to you, because you are important to him. From the manger, as food for your life, he tells you: "If you feel consumed by events, if you are devoured by a sense of guilt and inadequacy, if you hunger for justice, I, your God, am with you. I know what you are experiencing, for I experienced it myself in that manger. I know your weaknesses, your failings, and your history. I was born in order to tell you that I am, and always will be, close to you". The Christmas manger, the first message of the divine Child, tells us that God is with us, he loves us, and he seeks us. So, take heart! Do not allow yourself to be overcome by fear, resignation, or discouragement. God was born in a manger so that you could be reborn in the very place where you thought you had hit rock bottom. There is no evil, there is no sin, from which Jesus does not want to save you. And he can. Christmas means that God is close to us: let confidence be reborn!



The manger of Bethlehem speaks to us not only of closeness, but also of poverty. Around the manger there is very little: hay and straw, a few animals, little else. People were warm in the inn, but not here in the coldness of a stable. Yet that is where Jesus was born. The manger reminds us that he was surrounded by nothing but love: Mary, Joseph, and the shepherds; all poor people, united by affection and amazement, not by wealth and great expectations. The poverty of the manger thus shows us where the true riches in life are to be found not in money and power, but in relationships and persons.

And the first person, the greatest wealth, is Jesus himself. Yet do we want to stand at his side? Do we draw close to him? Do we love his poverty? Or do we prefer to remain comfortably ensconced in our own interests and concerns? Above all, do we visit him where he is to be found, namely in the poor mangers of our world? For that is where he is present. We are called to be a Church that worships a Jesus who is poor and that serves him in the poor. As a saintly bishop once said: “The Church supports and blesses efforts to change the structures of injustice, and sets down but one condition: that social, economic and political change truly benefit the poor” (O.A. ROMERO, Pastoral Message for the New Year, 1 January 1980). Certainly, it is not easy to leave the comfortable warmth of worldliness to embrace the stark beauty of the grotto of Bethlehem but let us remember that it is not truly Christmas without the poor. Without the poor, we can celebrate Christmas, but not the birth of Jesus. Dear brothers, dear sisters, at Christmas God is poor: let charity be reborn!

We now come to our last point: the manger speaks to us of concreteness. Indeed, a child lying in a manger presents us with a scene that is striking, even crude. It reminds us that God truly

became flesh. As a result, all our theories, our fine thoughts and our pious sentiments are no longer enough. Jesus was born poor, lived poor and died poor; he did not so much talk about poverty as live it, to the very end, for our sake. From the manger to the cross, his love for us was always palpable, concrete. From birth to death, the carpenter's son embraced the roughness of the wood, the harshness of our existence. He did not love us only in words; he loved us with utter seriousness!

Consequently, Jesus is not satisfied with appearances. He who took on our flesh wants more than simply good intentions. He who was born in the manger, demands a concrete faith, made up of adoration and charity, not empty words, and superficiality. He who lay naked in the manger and hung naked on the cross, asks us for truth, he asks us to go to the bare reality of things, and to lay at the foot of the manger all our excuses, our justifications, and our hypocrisies. Tenderly wrapped in swaddling clothes by Mary, he wants us to be clothed in love. God does not want appearances but concreteness. May we not let this Christmas pass without doing something good, brothers and sisters. Since it is his celebration, his birthday, let us give him the gifts he finds pleasing! At Christmas, God is concrete: in his name let us help a little hope to be born anew in those who feel hopeless!

Jesus, we behold you lying in the manger. We see you as close, ever at our side: thank you Lord! We see you as poor, in order to teach us that true wealth does not reside in things but in persons, and above all in the poor: forgive us, if we have failed to acknowledge and serve you in them. We see you as concrete because your love for us is palpable. Help us to give flesh and life to our faith. Amen.

# How to ring in the New Year with the Holy Spirit



Pascal Deloche | Godong

[Philip Kosloski](#) - published on 12/29/22

***Ask the Holy Spirit to direct all your thoughts and actions in the New Year.***

While January 1 is dedicated to the Mother of God, it is also a most appropriate day to invoke the Holy Spirit.

The Vatican's *Directory on Popular Piety and the Liturgy* suggests turning to the Holy Spirit for inspiration in the New Year.



[The faithful] should try to lend a Christian understanding to this custom making of these greetings an expression of popular piety. The faithful, naturally, realize that the “new year” **is placed under the patronage of the Lord**, and in exchanging new year greetings they implicitly and explicitly place the New Year under the Lord’s dominion, since to him belongs all time.

A connection between this consciousness and the popular custom of singing the *Veni Creator Spiritus* can easily be made so that on January 1 the faithful can **pray that the Spirit may direct their thoughts and actions, and those of the community during the course of the year.**

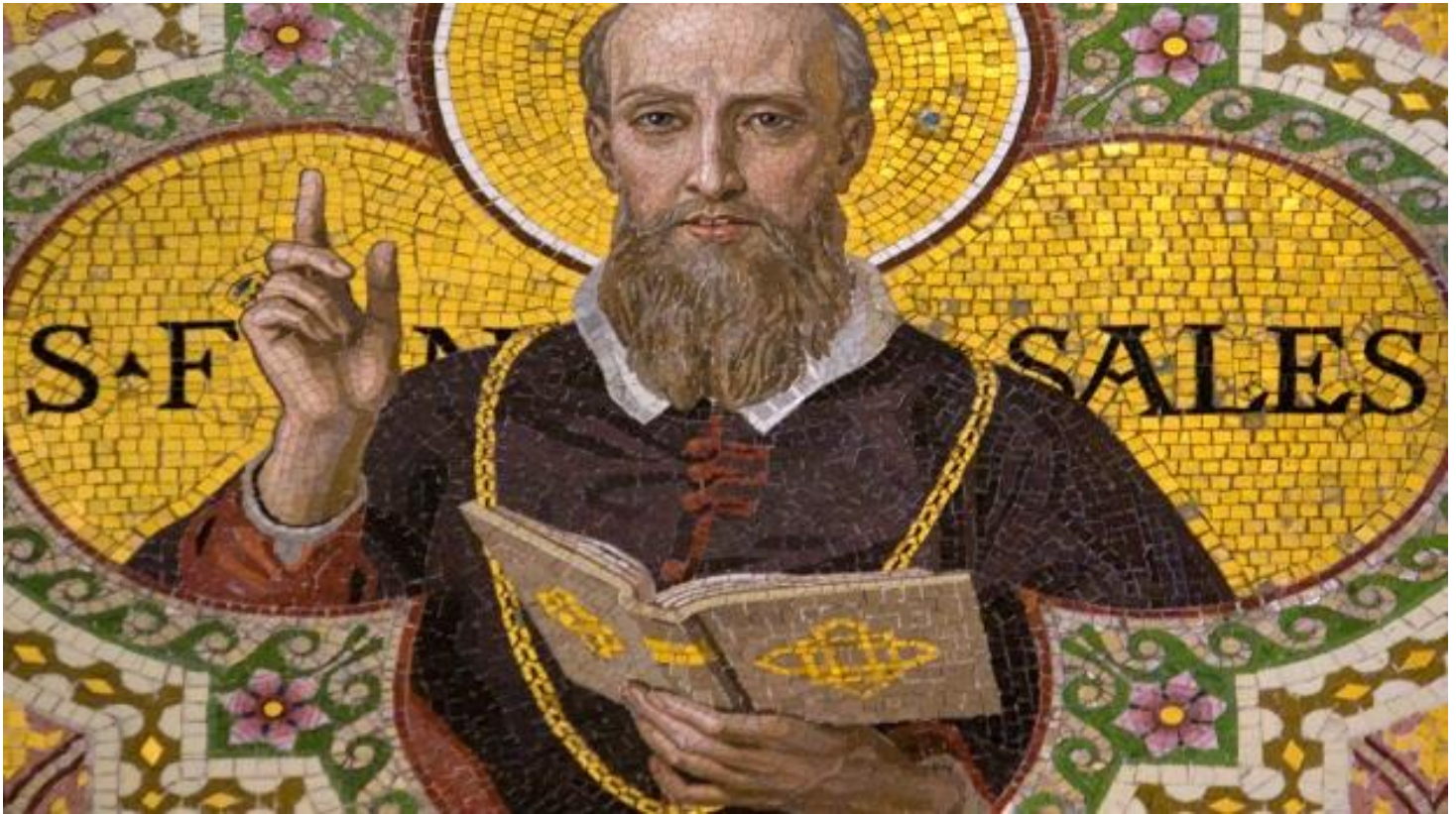
The hymn, *Veni Creator Spiritus*, opens with the words, “Come, Holy Spirit, Creator blest, and in our souls take up Thy rest; come with Thy grace and heavenly aid to fill the hearts which Thou hast made.”

Later on in the hymn we sing the words, “Kindle our sense from above, and make our hearts o’erflow with love; with patience firm and virtue high the weakness of our flesh supply.”

It is a beautiful hymn and provides a powerful invocation of the Holy Spirit over the New Year.

If you are looking for an alternative way to ring in the New Year, consider praying to the Holy Spirit for inspiration.

# Why a saint from 400 years ago is the antidote Pope Francis thinks we need



Fr Lawrence Lew OP/Flickr

[Fr. Peter John Cameron, OP](#) - published on 12/29/22

***There's too little room for others, let alone the voice of God. Pope Francis thinks St. Francis de Sales has some answers.***

Pope Francis has published an apostolic letter to commemorate the 400th anniversary of the death of St. Francis de Sales, Bishop and Doctor of the Church. It is the Holy Father's way of having us revisit the second paragraph of his Apostolic Exhortation *Evangelii Gaudium* (which appears on page 10 of the letter):

The great danger in today's world, pervaded as it is by consumerism, is the desolation and anguish born of a complacent yet covetous heart, the feverish pursuit of frivolous pleasures, and a blunted conscience. Whenever our interior life becomes caught up in its own interests and concerns, there is no longer room for others, no place for the poor. God's voice is no longer heard, the quiet joy of his love is no longer felt, and the desire to do good fades. This is a very real danger for believers too. Many fall prey to it, and end up resentful, angry and listless.

Pope Francis considers St. Francis de Sales to be an ideal antidote to these ills for reasons that the apostolic letter spells out:

### **A man of experience**

Pope Francis in the letter stresses that Francis de Sales “recognized the importance of concern for the human dimension. ... His teachings were the fruit of a great sensitivity to experience.”

This sensitivity was conditioned by Francis de Sales' personal experience with “two consecutive interior crises that would have a lasting mark on his life. ... The experience of this crisis, with its anxiety and uncertainties would remain illuminating for him and provide him with a singular approach to the mystery of God's relationship with humanity.” Pope Francis lauds St. Francis de Sales for “his flexibility and his far-sighted vision” that “have much to say to us” and which seem to be the direct result of the saint's own struggles with suffering. Francis de Sales remains a profoundly human figure who can lead us to rediscover and live our own humanity.

### **A man of perception**

The Holy Father notes that “Francis perceived clearly that the times were changing” and that “those changes represented so great an opportunity for

the preaching of the Gospel. The Word of God ... now opened up before him new and unexpected horizons in a rapidly changing world.” And then he immediately shifts to our predicament: “The same task awaits us in this, our own age of epochal change. We are challenged to be a Church that is outward-looking and free of all worldliness.”

Pope Francis presents Francis de Sales—whom St. John Paul II dubbed the “Doctor of Divine Love”—as an outstanding exemplar for us to follow:

Today [St. Francis de Sales] bids us set aside undue concern for ourselves, for our structures, and for what society thinks about us, and consider instead the real spiritual needs and expectations of our people.

## **A man of devotion**

Key to this is what St. Francis, the author of the spiritual classic *Introduction to the Devout Life*, calls devotion “a sort of spiritual alertness and energy whereby charity acts within us or, we act by means of it, with promptness and affection.”

Pope Francis tells us that devotion is meant to become “a style of life, a way of living immersed in our concrete daily existence” ... one that “embraces and discovers meaning in the little things.” For it is the “ecstasy of life” generated by devotion that brings forth what Pope Francis hails as “the joyous exuberance of a Christian life” that “transcends the mediocrity of mere conformity,” while causing us to rediscover “the wellsprings of joy” and to avoid “the temptation of self-centeredness.”

The apostolic letter encourages us:

To live in the midst of the secular city while nurturing the interior life, to combine the desire for perfection with every state of life, and to discover an interior peace that does not separate us from the world but teaches us



how to live in it and to appreciate it, but also to maintain a proper detachment from it. That was the aim of Francis de Sales, and it remains a valuable lesson for men and women in our own time.

## **The Catholic Company: Bite-Sized Faith**

December 22, 2022

### **Which are the 10 principal virtues of Mary??**

In his classic work *True Devotion to Mary*, St. Louis de Montfort explains that this devotion to Mary “leads the soul to avoid sin and to imitate the virtues of the Blessed Virgin,” especially her ten principal virtues.

He lists them as:

- Profound humility
- Lively faith
- Blind obedience
- Continual prayer
- Universal mortification
- Divine purity
- Ardent charity
- Heroic patience
- Angelic sweetness
- Divine wisdom

During this final week of Advent, we will explore these ten virtues and how they were manifested in her life. We'll start with the first five today and read about the rest during Christmas week.



*The Visitation* by Philippe de Champaigne

**Profound humility.** Our Lady was the most exalted of all creatures, yet also the most humble. “My soul doth magnify the Lord...” she said during her Visitation to St. Elizabeth, recorded in the Gospel of Luke. Not only did Mary attribute everything good to God and see herself as His creature, totally dependent on Him, but she also saw her life’s very purpose as glorifying the Almighty.

**Lively faith.** Our Lady believed everything God revealed and in all His promises, without faltering. And she did it with eagerness and joy, not with timidity or skepticism. She trusted in Him completely, He Who can neither deceive nor be deceived. “Blessed is she who believed that the Lord’s words to her would be fulfilled,” said St. Elizabeth to her at that same Visitation.

**Blind obedience.** Our Lady was perfectly obedient to God, as exemplified by her *fiat* at the Annunciation. Even at those times when the way ahead seemed uncertain or fraught with danger—such as when the Holy Family had to flee to Egypt—she always obeyed, trusting in God.

**Continual prayer.** Mary never stopped praying. She certainly set aside specific time in her day for prayer, to be alone with God and to converse with Him, but this prayer continued even amidst her other duties. Whether she was baking bread, preparing dinner, cleaning her house, or visiting a neighbor, all was done in union with God.

**Universal mortification.** *Mortification* is the denial of one's own will and inclinations. Our Lady never followed after her own will, but continually united it to God's will in every circumstance. She accepted patiently all contradictions, sufferings, and hardships with love, offering all things to God with perfect resignation and charity.

## The 10 principal virtues of Mary (Part II)

Today, we continue our discussion on Our Lady's ten principal virtues.

Last week, we discussed the first five of the ten principal virtues of Our Lady, as they are listed by St. Louis de Montfort in his beloved work *True Devotion to Mary*: profound humility, lively faith, blind obedience, continual prayer, and universal mortification.

Today, we will finish with the latter five: divine purity, ardent charity, heroic patience, angelic sweetness, and divine wisdom.

**Divine purity.** To be pure of heart means that everything in your heart is of God and in accordance with His will.

“Blessed are the pure of heart, for they shall see God...”

Mary saw God more clearly than any other human because nothing blurred her vision of Him.

**Ardent charity.** Mary’s heart was the dwelling place of the Holy Spirit. She was continually on fire with the love of God, and everything she did, said, and thought was motivated by this boundless love for God and for her neighbor for His sake.

**Heroic patience.** Our Lady encountered difficulties in her life as everyone on earth does. In fact, next to Jesus Himself, she suffered more than any human being who ever lived. But no matter how big or small the trial, she bore it patiently, without sourness, irritability, or despondence. Even the death of her Son was a trial she bore willingly—and *heroically*.

*Mater Dolorosa* by Carlo Dolci





**Angelic sweetness.** We might sometimes wonder what it would have been like to meet Our Lady on the streets of Nazareth. It would have been like meeting an angel. You wouldn't have been the same afterwards. She radiated kindness, generosity, peace to everyone—even the

most difficult individuals.

**Divine wisdom.** Mary's ongoing contemplation of divine things caused her to see everything through the lens of the divine—which is a lens of perfect clarity and accuracy. Everything to her gained its proper perspective when viewed as part of God's plan. She therefore possessed the gift of wisdom in the highest degree.

Contemplate Our Lady's virtues often and strive to apply them to your life—but don't do it alone. Our Lady herself is ready and waiting to help you imitate her virtues and

guide you in the paths of God. She is our Mother, given to us by Christ Himself, and she loves us more than we can imagine. A beloved image of our Mother is a perfect way to draw your thoughts to her during the day and remind you to talk to her often.

Pope Benedict XVI passed away on Dec. 31, 2022. There is more information at this link.

[https://aleteia.org/2022/12/31/pope-francis-will-celebrate-benedicts-funeral-on-january-5/?utm\\_medium=email&utm\\_source=sendgrid&utm\\_campaign=EM-EN-Newsletter-Daily-&utm\\_content=Newsletter&utm\\_term=20221231](https://aleteia.org/2022/12/31/pope-francis-will-celebrate-benedicts-funeral-on-january-5/?utm_medium=email&utm_source=sendgrid&utm_campaign=EM-EN-Newsletter-Daily-&utm_content=Newsletter&utm_term=20221231)

## Try the world's oldest dessert, called “Noah's pudding”

[Cerith Gardiner](#) - published on 04/30/22 - updated on 12/28/22

*This sweet treat is steeped in history and meaning and is also delicious!* One of the ways to celebrate a special occasion is with something tasty. And this has been the case for millennia. So with the

festive season in full swing, why not look to an ancient dessert to celebrate Christmas in style!

In fact, long before the birth of Christ, people rustled up sweet treats for festive occasions, such as saving mankind from extinction. In fact, Islamic tradition states that Noah's family was so relieved that they survived the Great Flood thanks to Noah's ark-building abilities, that they decided to make a pudding.

Since the family landed on Mount Ararat, in what is now Eastern Turkey, they were restricted in what they could use for this dessert. They apparently gathered grains, legumes, fruits and nuts that remained on the ark and came up with a delicious dish called *ashure*.

According to the BBC, the rich dessert can be served hot or cold. It is not overly sweet and has undertones of a porridge when warm. When it is left to chill it congeals and has a texture similar to custard.

A dessert filled to the brim with nutrition and meaning

Today the dessert still holds a lot of meaning and symbolism among the Turks and neighboring cultures, as food editor of Vogue and GQ Turkey, Cemre Torun, wrote in an article that was shared by the BBC:

“Ashure means '10' in Arabic and refers to the 10th day in the month of Muharram, the first month of the Islamic calendar. The dessert is cooked in homes during that week and distributed to friends, symbolising the spread of love and abundance.”

Torun also shared in more detail the different religious belief systems in Turkey over the years, which is fascinating to read. But importantly for the food editor, the dessert is indicative of the types of cooking in the Anatolian region.

“The presence of ingredients like chickpeas and beans showcases the importance given to balance and flavours, emphasis on abundance and prosperity, how nutritious the cuisine is in this region, and the importance of the pantry in our kitchens. They are always filled with all kinds of beans, lentils, grains and seeds.”

The rather nutritious and filling dessert can be adapted to include various fruits and nuts. And as there is so much history surrounding the dish, lots of families will have their own special versions that their ancestors would have perfected and shared with their neighbours and continue doing so today.

Yet, Suna Cagaptay, a professor of architectural history and archaeology, goes into further detail about the Abrahamic and Islamic traditions and timings of when this ashure was made, as shared in New Lines Magazine:

“Ashure pudding has endless connotations. There is an emphasis on good and evil, which the tradition of eating it around Christmas and New Year’s or in remembrance of Abraham surviving the fire by Nimrod shows. There is also praise for the bounty and rejuvenation that the earth offers as we see in the idea of Noah’s pudding or the wheat fields that miraculously grow in the story of St. Barbara.”

Interestingly, the name of the dessert is similar to *Ashura*, a period when in Jewish tradition the rescue of Moses from the Pharaoh was celebrated. Shia Muslims celebrate Ashura a few days before Ramadan, when the martyrdom of al-Husayn, the son of Ali and Fatima and the grandson of the Prophet Mohammed, is commemorated.

With the dessert holding so much meaning for thousands of years, in various religious belief systems, it’s difficult to discern one particular recipe, as so many are adapted to family tastes and available ingredients.



So if you're not able to hop on a plane and try one in a Turkish dessert shop, you could try out this [one from Spruce Eats](#).

## The Catholic Company: Bite-Sized Faith

December 24, 2022

### Why should we have Masses said for our intentions?

When a priest offers the Holy Mass, he prays that the graces which come from the Mass be bestowed on someone in particular, such as a parishioner, family member, or departed soul.

The intention he prays for is usually one that has been requested by a *parishioner*. That's right!

We, the laity, can ask a priest to offer Mass for someone we are praying for, whether that person is someone who has passed away or who is still living. The intentions can vary: for conversion, for health, on birthdays or anniversaries...

But why ask a priest to offer Mass? Why not just pray for them ourselves? It is good to do this because of the multitude of spiritual fruits gained from the Holy Sacrifice of the Mass. **It is the greatest and most efficacious of all**

prayers, because in it, we are offering Christ Himself to His Father: the perfect Lamb of God, the supreme and most pleasing Sacrifice.

As St. Leonard of Port Maurice says:

**Let us be diligent in hearing Mass as often as possible, and with all possible devotion; and furthermore, let us endeavor to have as many Masses as possible celebrated for our intention. By this means, be our debts weighty as they may, and countless beyond numbering, there can be no doubt that we will be able to discharge them all completely and entirely by the treasure which is derivable from the holy Mass.**

There you have it—from a saint! His words are a good reminder not to take the Mass for granted, for it is more powerful than we know.

## **Our Lady of the Holy Rosary**

Our Lady of the Holy Rosary (Thorold) Catholic Women's League is celebrating!

We are celebrating our Maple Leaf Service Pin awardee, Carol Kriski!

We are celebrating our Years of Service Pin Recipients!

We are celebrating **seven** new members for 2023!

We are celebrating our incoming Executive members with Kim Kuchar as our new President. Our new Spiritual Advisor, Fr. Jose Karikompil is also added to the new list!

We are celebrating our Catholic Elementary School, newly combined St. Charles, and Msgr. Clancy Schools... now "Our Lady of the Holy Rosary Catholic Elementary School"... one long-time member created 650 bookmarks (from used greeting cards!) which were handed out to our students. Each bookmark was made with superior care!

We are celebrating a new year, full of promise and hope!

God Bless our sisters in the League, our Spiritual Advisors (& all Clergy) and all our fellow parishioners.

Respectfully submitted,

Linda Merrill, Past-President (in 2023)

**Bishop Robert Barron:**

<https://www.youtube.com/watch?v=hOSJVor7YiA>



## Passed Away:

- a) **Jean Chmielewski**—St. Joseph, Grimsby—November 3, 2022
- b) **Gertrude Kilgour**—St. Mary of the Assumption—December 11, 2022; 7 years of service
- c) **Shirley Pielechaty**—St. Elizabeth—December 14, 2022
- d) **Margaret Clark**—St. Kevin's—December 24, 2022; 40 years of service

## Book Study!!!

A **new** book study will start on **Tuesday, January 10, 2023**. The book is: **Experts in Humanity—by Josephine Lombardi**. The book can be purchased through Novalis, Amazon, and I think—Chapters.

The Zoom link will be on the **stcatharinescwl.ca** Website—on January 10—it will be the **same Zoom link** each week. No need to pre-register.

**6:45 p.m.**—the Zoom portal will open

**7 pm.**—the book study will start—until 8:30 p.m.

*This will take approximately 8 weeks to cover—  
Approximately 20-25 pages a week.*

Any questions—contact **Deedee at 905-732-4782**—text and talk

DAILY MEDITATION | JANUARY 1, 2023

## **A New Beginning!—Henri Nouwen**

We must learn to live each day, each hour, yes, each minute as a new beginning, as a unique opportunity to make everything new. Imagine that we could live each moment as a moment pregnant with new life. Imagine that we could

live each day as a day full of promises. Imagine that we could walk through the new year always listening to the voice saying to us: "I have a gift for you and can't wait for you to see it!"  
Imagine.

Is it possible that our imagination can lead us to the truth of our lives? Yes, it can! The problem is that we allow our past, which becomes longer and longer each year, to say to us: "You know it all; you have seen it all, be realistic; the future will just be a repeat of the past. Try to survive it as best you can." There are many cunning foxes jumping on our shoulders and whispering in our ears the great lie: "There is nothing new under the sun... don't let yourself be fooled."

When we listen to these foxes, they eventually prove themselves right: our new year, our new day, our new hour become flat, boring, dull, and without anything new.



So what are we to do? First, we must send the foxes back to where they belong: in their foxholes. And then we must open our minds and our hearts to the voice that resounds through the valleys and hills of our life saying: “Let me show you where I live among my people. My name is ‘God-with-you.’ I will wipe all the tears from your eyes; there will be no more death, and no more mourning or sadness. The world of the past has gone” (Revelation 21:2-5).

## Upcoming CWL Events!!!

**\*\*\*there will be a CWL Diocesan Meeting for the Table Officers and Council Presidents on January 19—at 10 a.m. on Zoom—more information on the following events will be shared at that meeting**

### **a) February 11 and February 15: Lenten Retreat**

- there will be two days for this retreat
- maximum number of attendees is 110 per date
- the Retreat will be at **Mount Carmel**
- the cost is \$50.00 per person—lunch included

- **register before Friday, February 3<sup>rd</sup>**

**b) February 18—Canadian Blood Services Partners for Life**

- the CWL National Goal is to have 200 donations!
- interested? your Council President will have more news

**c) February 25—Choose Life Dinner at Club Italia**

- the cost is \$50.00 / person—dinner is at cost
- two tables are reserved for CWL members
- if interested in going, please register online and **then** let Lisa Fillingham or Deedee Alexandre know to save you a spot
- please see poster below



## CWL St. Catharines Diocese Lenten Retreat

**“Lent: More than Giving Up Chocolates!”**



**Date:** Sat., February 11,  
2023

Wed., February 15, 2023

**Place:** Monastery of

**Mount Carmel** 7020 Stanley Avenue,  
Niagara Falls

**Max #** of People to Register:  
**110**—each day

**Cost:** \$50.00 / person

### Agenda:

**8:15-9:00 a.m.**—Registration

**9:00 a.m.-9:10 a.m.**—Welcome

**9:10 a.m.-9:30 a.m.**—Rosary

**9:30 a.m.-10:30 a.m.**—Speaker: **Father Daniel Corso**

**10:30 a.m.-10:45 a.m.**—tba

**10:45 a.m.-11:15 a.m.**—Confession

**11:15 a.m.**—Mass at the Mount Carmel Chapel

**12 p.m.**—lunch

**Contact: Your  
Council President!**

\*\*\*max initial 6 people per parish\*\*\* --register by February 3<sup>rd</sup>

25 FEBRUARY  
2023

# CHOOSE LIFE NIAGARA

## *Annual Dinner Event*



**SPEAKER: EMILY ALBRECHT**  
SATURDAY, FEBRUARY 25, 2023  
RECEPTION 5:00 P.M. DINNER 6:00 P.M.

**CLUB ITALIA**  
2525 MONTROSE RD.  
NIAGARA FALLS

**TICKETS:**  
ADULTS \$50  
STUDENTS \$25

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Emily Albrecht, Director of Education and Outreach at the Equal Rights Institute in the U.S., equips people to have respectful and productive dialogues about abortion while promoting a culture of life in their communities.

**PURCHASE TICKETS AT**  
**CHOOSELIFE.CA/EVENTS**  
or call 905-684-7505



**d) 40 Days for Life—February 22-April 2**

- you can register online—**40daysforlife.com**
- stay tuned for more details from your Council President

**e) Friday, March 3—World Day of Prayer**

- please contact Linda Warkentin for more details
- [warkentin.linda@gmail.com](mailto:warkentin.linda@gmail.com)

**f) Month of Mary—May, 2023**

- Council Presidents will be given more information
- to organize a date and time to dedicate the Rosary at your Parish
- ideas: say the Rosary before a Mass, say the Rosary at your General Meeting, etc.



**CWL St. Catharines Diocese**  
**Annual Members' Meeting**  
aka: Convention

**Date:** Monday, April 24, 2023

**Place:** Holiday Inn—327 Ontario St., St. Catharines

**Cost:** \$120.00 / person

## **Guest Speakers**

**Bishop Gerard Bergie—“The Synod on  
Synodality”**

**Linda Dayer—“Women and the Catholic  
Church”**

## **Registration Deadline**

**March 15, 2023**



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

**1<sup>st</sup>: Mary, Mother of God**

**2<sup>nd</sup>: St. Basil and St. Gregory Nazianzen**

**3<sup>rd</sup>: Most Holy Name of Jesus**

**7<sup>th</sup>: St. Andre Bessette**

**8<sup>th</sup>: Epiphany of the Lord**

**9: Baptism of the Lord**

**12: St. Marguerite Bourgeoys**

**13<sup>th</sup>: St. Hilary**

**17<sup>th</sup>: St. Anthony**

**20<sup>th</sup>: St. Fabian and St. Sebastian**

**21<sup>st</sup>: St. Agnes**

**24<sup>th</sup>: St. Francis de Sales**

**25<sup>th</sup>: Conversion of St. Paul**

**26<sup>th</sup>: St. Timothy and Saint Titus**

**27<sup>th</sup>: St. Angela Merici**

**28<sup>th</sup>: St. Thomas Aquinas**

**31<sup>st</sup>: St. John Bosco**

### **The Church lists the corporal works of mercy as follows:**

- 1. Feeding the hungry**
- 2. Giving drink to the thirsty**
- 3. Sheltering the homeless**
- 4. Clothing the naked**
- 5. Visiting the sick**
- 6. Visiting the imprisoned (sometimes listed as “ransoming the captive”)**
- 7. Burying the dead**

## **The Church lists the spiritual works of mercy as follows:**

- 1. To instruct the ignorant**
- 2. To counsel the doubtful**
- 3. To admonish sinners**
- 4. To bear wrongs patiently**
- 5. To forgive offenses willingly**
- 6. To comfort the afflicted**
- 7. To pray for the living and the dead**

## **CWL Executive: 2022-2024**

**President:** Lisa Fillingham

**Past President/Historian:** Frances Murdaca

**Treasurer:** Dina Marchionda

**Secretary:** Karen Hofstede

**President-Elect:** Deedee Alexandre

**Spiritual Development Chair:** Deedee Alexandre

**Service Chair:** Cathy Crabbe

**Social Justice Chair:** Diane Szydowski

**Communications Chair:** Theresa Murphy

**Spiritual Director:** Father Richard Kowalchuk

# Happy New Year!

