



CWL

St. Catharines Diocese

Tuesday, March 1, 2022



CWL Catholic Connections

National CWL: cwl.ca

ON Provincial CWL: cwl.on.ca

St. Catharines CWL: stcatharinescwl.ca

President's Message: To BE Blessed

Everyone associates March with St. Patrick and luck. We want to be lucky in life, love, and wealth. People look for more prosperity during this month. But are we forgetting that we are Blessed, lucky, prosperous, successful and achievers? We may not think we are but every day being a Catholic who celebrates the Lord makes us all these things.

We often forget that no matter how bad or sad things are, we still carry these Blessings with us. Our belief and God's love is the bountiful fortune we have and

when we think of that, we do not need to seek fortune, because we have it today and always.

Lisa

St. Catharines CWL Diocesan Convention:

Date: Saturday, April 30th

Time: (8:45 a.m.—sign-on) 9 a.m. start-12 p.m.

Platform: Zoom—link will be on the website

Agenda:

- **Father Richard Kowlachuk—Gospel reading and reflection**
- **Crowning of Mary**
- **Rosary—Joyful Mysteries**
- **Business/Election**
- **Closing Prayer**

Message From Deedee Alexandre:

CWL Book Club

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

Starting Tuesday, March 15: (6:45 p.m.—sign on) / 7 p.m. start —and *every* Tuesday
*****note in the Feb. Catholic Connections, I had incorrectly put down March 8 would be the start date; it will, indeed, be March 15**

--we will read approximately 20-25 pages a week

Use the **same link** for **each weekly Tuesday** book club meeting—below or on **cwlstcatharinescwl.ca**

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

Meeting ID: 845 3996 0812

Passcode: 089466

Also! Vance Badawey is scheduled to speak to the CWL members on Zoom on **Tuesday, May 17 at 7 p.m.**—the topic will be about Indigenous Peoples. Keep the date open!

Jesus loves you. Can you believe it?



Ash Wednesday

March 2nd

Lent invites us to recognize that we are enough for God, writes Father Bryan Massingale. Published February 24, 2022

“Repent, and believe in the gospel.”

These two summonses, or better, invitations, are spoken over us as Christians are marked with ashes at the beginning of Lent. We are called to “repent” and to “believe.”

Repent is a translation of the Greek word *metanoia*. We also often translate it as “conversion.” Repentance or conversion is a call to change our ways of living, thinking, and loving. Repentance summons us to undertake a deep change.

Years ago, I read a book by business school professor Robert E. Quinn entitled *Deep Change* (Jossey-Bass). The author draws a distinction between two different kinds of change. The first is incremental change. Here we engage in surface or superficial efforts at improvement. It’s like painting the walls or exterior of a house. The basic structure is left intact. We simply change the color, or rearrange the furniture, or, if we are daring, buy new furniture to redecorate the room.

Deep change is altogether different. It goes beyond mere redecoration to a total transformation. Here we knock down walls; we gut the house; we totally redesign

the floor plan. We create or buy a different house altogether. Deep change happens when we question the fundamental assumptions and directions of our life and embark on a new life path. As one author puts it, conversion means that we are going in the wrong direction and have to engage in a major course change.

The tough wisdom of Lent is that human beings and human societies need course changes. Lent is a time of moving beyond “I’m not a bad person” or superficial acts of “giving up” stuff such as dessert, alcohol, or TV. The discipline of Lent invites us to take an honest searching life inventory—much like 12 Step programs encourage—and admit the patterns of our living and thinking that are not serving us or others well. For those same patterns also keep us from fully being the images of God that we in fact are.

Yet Lent is not only a summons to radical honesty and deep change. It is also an invitation to believe: “Believe in the gospel.” What is the gospel? At the beginning of the Gospel of Mark, we read: “The beginning of the good news of Jesus Christ, the Son of God.”

The good news is that God—the Incomprehensible Infinite Mystery of Radical Love—cares about each of us. Not only are we loved. We are to believe that we are lovable. We are so lovable that Radical Love became just like us, to show us how beloved we really are.

A friend recently wrote to me, insisting that I take better care of myself. He told me: “Take care of the precious gift that you are. The precious gift that you are. The precious gift that you are. You can’t hear that often enough.”

For many of us, believing that we are lovable and worthy of love requires a major shift, that is, a deep change or conversion. Because we too often hear, in ways subtle and direct, that we are not lovable as we are. That we are not “enough.” Not good enough, smart enough, attractive enough, fast enough, tough enough, man enough, woman enough, rich enough. The gospel of everyday life—confirmed in advertising, social media posts, and family messages—is that we are not enough. We must earn love. But love that must be earned is not love.

The gospel of Jesus is a radical word of grace: You are enough. God became one of us to show us that we are good enough. We are lovable. As St. Paul declares, “While

we still were sinners, Christ died for us” (Rom. 5:8). God’s love is unearned and undeserved. It’s the kind of love that empowers us to love others, to love all—as we are loved.

Lent invites us to believe in the gospel of God’s love for us. The Christian life is a response to God’s overwhelming love. We then are empowered to show that love to all without exception—especially to those considered unlovable, beyond love, or not good enough.

“Repent, and believe in the gospel.” This is a demanding Lenten program. Yet, imagine what we would be like, what the church could be like at the end of Lent, 40 days later, if we took these summonses to heart?

This article also appears in the March 2022 issue of U.S. Catholic

Pope: Put down your weapons!

[Kathleen N. Hattrup](#) - published on 02/27/22

"Let us pray to God more intensely. For this reason, I renew to all the invitation to make 2 March, Ash Wednesday, a day of prayer and fasting for peace in Ukraine."

After offering a commentary on the Gospel reading of February 27 and leading the midday Angelus, Pope Francis turned his heart to the situation in **Ukraine**.



The “logic of weapons” is **diabolical and perverse**, he said. And those who are the real victims of every conflict are the “ordinary people” — **“I think of the elderly, of those who seek refuge in these times, of mothers fleeing with their children ...”**

He noted the many people with Ukrainian flags gathered in St. Peter’s Square, and he even **spoke a prayer in Ukrainian:** *Jesus Christ be praised!*

Here is what he said:

~

In recent days we have been shaken by something tragic: war. Time and again we have prayed that this road would not be taken. And let us not stop talking; indeed, let us pray to God more intensely.

For this reason, I renew to all the invitation to make 2 March, Ash Wednesday, a day of prayer and fasting for peace in Ukraine. A day to be close to the sufferings of the Ukrainian people, to feel that we are all brothers and sisters, and to implore of God the end of the war.

Those who wage war forget humanity. They do not start from the people; they do not look at the real life of people but place partisan interests and power before all else. They trust in the diabolical and perverse logic of weapons, which is the furthest from the logic of God.

And they distance themselves from ordinary people, who want peace, and who – the ordinary people – are the real victims in every conflict, who pay for the follies of war with their own skin. I think of the elderly, of those who seek refuge in these times, of mothers fleeing with their children... They are brothers and sisters for whom it is urgent to open humanitarian corridors, and who must be welcomed.

With a heart broken by what is happening in Ukraine – and let us not forget the wars in other parts of the world, such as Yemen, Syria, Ethiopia – I repeat: Put down your weapons!

With a heart broken by what is happening in Ukraine – and let us not forget the wars in other parts of the world, such as Yemen, Syria, Ethiopia – I repeat: Put down your weapons!

God is with the peacemakers, not with those who use violence. Because those who love peace, as the Italian Constitution states, “reject war as an instrument of



aggression against the freedom of other peoples and as a means for the settlement of international disputes.” [...]

I warmly greet the peoples present here today. And I see many Ukrainian flags! [In Ukrainian]: *Jesus Christ be praised!*

AFP

Sacred Heart Parish CWL Council, Niagara Falls

The Ladies of Sacred Heart Parish CWL have not been meeting in person during the Covid19 pandemic but that does not mean we have been inactive. CWL members have many roles within our parish family including bring Communion to the homebound, cleaning the church and rectory, and reading at Masses. We took good care of our little church and all of our members even though we were uncomfortable hosting meetings and events. To raise much needed funds for our parish we hosted a garage sale in the driveway of the rectory. Our corresponding secretary has been

keeping us up to date on any member's prayer requests, illnesses, hospitalizations and family deaths. She sent get well cards and masses to anyone in need. At Christmas our homebound members each received a box of chocolates along with a socially distanced wellness check to let them know we care. Past presidents worked tirelessly to reach members and submit our 2022 membership. We hope to get together safely in the near future and celebrate our friendship and sisterhood in person.

Christine Haymes

Stephen Colbert and Dua Lipa Interview

(Make sure you watch this; Stephen's response at 2:50 minutes is wonderful!)

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

St. George, Crystal Beach, CWL Council

The inability to do our normal activities has curtailed us in several ways, but we have been united in prayer with our October and May Living Rosaries. This parish-wide project sponsored by our Council has been in place for many years and enables us to complete roughly five full Rosaries (20 decades) daily during those months for particular intentions. We also have a Mass offered monthly for our members & their families which is a blessing beyond compare for all of us.



Members have continued to assist with our parish food bank (SVDP) which services many of the needy in the area and with monthly Meals on Wheels deliveries.

Keeping in touch by phone and email has bridged the gap somewhat while on lockdown & other restrictions that prevented in-person meetings. We did have a lovely patio lunch for members in September. This was super fun and well attended.

Planned events for 2022: another patio lunch, picnic & pilgrimage to the Rosary Shrine, video study group, yard sale this summer, and a parish dinner in the Fall to build community.

We know Spring is near...we saw robins recently, and the snow is melting! Here's a picture from this past Fall of the 100th CWL Anniversary red maple tree we planted in Oct. 2020...spectacular!

Marjorie Eagan, President

3 Keys to Sustainable Happiness and Joy

Stop putting off your happiness until you achieve all your goals. Sean Grover

Posted February 13, 2022 Reviewed by Gary Drevitch

KEY POINTS

- Happiness that depends solely on people, places, or things is fragile and often unsustainable.
- Delaying happiness until you achieve all of your personal or professional goals is a gamble that tends to fail.
- For sustainable happiness, experts suggest working to cultivate gratitude, altruism, and a spiritual practice.

Most people come to therapy because they're disappointed in life. Things didn't turn out as planned; hopes were dashed, relationships ended, careers stagnated.

Is it possible to be happy when life doesn't work out as you planned?

How do you define happiness?

While most folks would agree that happiness is a worthy goal, few agree on how to achieve it, and even fewer know how to make happiness sustainable. The world is full of people who attached their happiness to wealth, romance, or materialism, only to discover that joy was fleeting; old anxieties and depressions returned, and they woke up one morning to find that dreadful weight of despair pressing down on them again.

When happiness slips away, we tend to repeat the same patterns: We chase it with even greater vigor. Sadly, happiness that depends solely on people, places, or things is fragile. Like a phantom, it can disappear suddenly and without notice.

Cultivating Sustainable Happiness

You can't wait to be happy sometime in the future; cultivating happiness based on your environment, relationships, belongings, appearance, weight, career success, or bank account won't do. Delaying happiness until you achieve any or all of these goals is a gamble that's likely to lead to – you guessed it – unhappiness.

3 Keys to Sustainable Happiness and Joy

Here are three things you can do today to build a foundation for sustainable happiness and joy in your life:

1. **Gratitude**. There can be no lasting joy without appreciating what you have now. Gratitude doesn't develop naturally; it must be cultivated. Take a moment of quiet reflection – *now*. Enjoy what you have – *now*. Express gratitude for what you have – *now*. Chances are you already feel lighter, your mood improved. But here's the key: It takes more than just a moment, it takes a daily practice of gratitude. Before you can harvest sustainable happiness, you have

to labor in the fields of appreciation. Appreciation and gratitude are the gateways to sustainable happiness.

2. Altruism. A self-centered life, driven by ego, is a lifestyle that's may be destined to end in burnout and loneliness. Studies have shown that people who regularly engage in altruistic activities consistently score higher on happiness measures than people who solely focus on themselves. The happiness experienced by bringing joy to others is more sustainable than happiness entirely based on satisfying our own needs.

3. A Spiritual Practice. I've worked with hundreds of people in therapy. I've witnessed many of them overcome staggering hardships. But many of those who are able to cultivate sustainable joy in life had a daily spiritual practice that gave them strength and courage in the face of suffering. A spiritual practice strengthened their emotional core and empowered them to find joy even in times of adversity.

As Buddhist peace activist Daisaku Ikeda writes:

“It is not others nor our fate nor the times we live in that make us unhappy; it is our own weakness. Inner weakness is the ultimate cause of unhappiness. It is what makes us fall into apathy and self-destructive patterns of behavior...and fills us with self-loathing. That is why to lead a happy life, the most important thing of all is to forge and develop our inner strength.” (World Tribune, 2/21/22, p8)

Here’s the best part: Sustainable happiness won't cost you a dime. It is available to everyone. Yes, it takes time and discipline. But how can you hope to master anything – even happiness — without practice?

St. Vincent de Paul CWL Council

Corrie Vriens and MaryAnn Brzeczka were part of a small group of members who worked diligently (and safely) to produce 130 boxes of Apple Dumplings to sell to raise funds for our special projects. These delicious treats quickly sold out. We were able to support many in need.

The “Giving Tree” drive was a successful project. Each Christmas, the St. Vincent de Paul parishioners have helped Ozanam, Start Me Up Niagara, Raft, and our local long-term care facilities provide support to those in need. The C.W.L. collected new warm winter wear (hats, mitts, scarves, socks, sweaters, etc.), hygiene products, and non-perishable foods during this Advent season. There was also a box for gift cards or money donations. These items were all delivered the week before Christmas.



The St. Vincent de Paul CWL is looking forward to being able to work and pray together soon.

Sabina Knight, President

10 Inspiring wedding trends for 2022



Marzena Devoud - published on
02/23/22

Wedding procession, hairstyle, bouquet ... there are many meaningful wedding trends right now, and we are here for it!

Many couples have waited until 2022 to finally organize their wedding, due to the consequences of the health crisis related to the COVID-19 pandemic. It is all the more interesting to see what the wedding trends for this year will reveal. Get inspired.

VIRTUAL INVITATIONS-With the health restrictions that brides and grooms have had to adapt to since the beginning of the COVID-19 pandemic, virtual invitations are the

perfect solution. They allow you to communicate in real time with your guests, to change the date of the ceremony or to update the details until the last minute.



2 THE TOP AND SKIRT DUO

Julian Hochgesang | Unsplash CC0

For those who insist on having their own wedding dress to keep and pass on to the next generation, purchases of two-piece wedding dresses increased significantly in 2021. This trend is even more pronounced for 2022 wedding attire. Elegant and contemporary, these two-piece dresses are easily transformed throughout the big day, with the addition of an overskirt for the ceremony, or pants for the dance floor... They allow the bride to look great without being overdressed. As for the details, high collars are the order of the day for wedding dresses. A Lavallière, chimney, or claudine collar ... Inspired by the ruffle collars of the

aristocracy, this is the refined detail that will figuratively and literally elevate the necks of brides in 2022.

3 HAIRSTYLE: NATURAL LOOK



One rule to remember this year: stay true to yourself. Working on your wedding hairstyle for hours on end isn't necessary. Instead, natural elegance is back in 2022. Beautifully loose or slightly wavy hair will easily adapt to different head accessories like pretty flower crowns, combs, or hairpicks. Another trendy idea this year is the low bun. Enhanced

with a refined accessory, it will give the bride a natural and sober look. A pretty wax flower crown or hair pick, for example, will style the hair in a very natural way.

4 JEWELRY: DISCREET AND MEANINGFUL



Wedding decor

Crowns, rings, bracelets, headbands, medals, combs ... Bridal jewelry is no ordinary jewelry. It's the final touch to the wedding dress. These details will grace the bride's face with elegance, and will illuminate her look. In 2022, jewelry is discrete, delicate, and full of meaning. Some items such as pearls, medals, or rings will give meaning to the ceremony and the sacrament of marriage.

5 BRIDAL VEIL: THE BIG COMEBACK



The bridal veil, a symbol of purity, is back this year. Long, short, embroidered, or iridescent, the veil embodies something sacred: purity and commitment at the same time. In 2022, many designers are offering a multitude of shapes, materials and lines to harmonize it with the wedding dress.



6 WEDDING PROCESSION: SMOCKS AND MIDI SHORTS

While the simplicity of white and creamy shades is synonymous with elegance, in 2022 pastels, embroidered smocks, and floral motifs in all shades of color are in the spotlight for the dresses of

the little bridesmaids. As for the boys, the return of midi shorts and navy blue marks the year 2022!



7 BRIDAL BOUQUET: IRREGULAR

Artem Oneshchak

In 2022, the bridal bouquet should not only be large, but also natural and irregular, as if it were composed of freshly cut flowers from a garden. Perfectly stylized wedding bouquets are a thing of the past and are being replaced by

bouquets made of freesias, roses, peonies and other flowers and leaves, even including dried flowers.



8 DECORATION: AN EXPLOSION OF COLOR

Among wedding decorating trends, forecasters are unanimous: the year 2022 is indisputably synonymous with colors, and pastels in particular. Sky blue, old pink, and mint green reign to decorate the pews, tables

and chairs, especially with flowers in these cheerful tones. However, it should always be in an elegant and harmonious style.



9 SECOND-HAND WEDDING DRESSES

Fans of the British royal family remember it perfectly. For her wedding, Princess Beatrice chose to borrow a dress ... from her grandmother, Queen Elizabeth. As for Carrie Symonds, wife of Boris Johnson, she made headlines in 2021, mainly because of her rented wedding dress. She wore an ivory tulle and silk gown designed by Christos Costarellos that sells for £2,870 (about \$3880 US dollars) but was rented for just £45 (\$60). Whether motivated by an ecologically responsible approach or by budgetary reasons, more

and more brides-to-be are walking down the aisle in a “designer” dress but ... second

hand. Having a dream wedding dress without emptying your account is a strong trend this year.

10 ZERO WASTE DIY



Good news for green-living enthusiasts: zero-waste wedding decorations are a strong 2022 trend. In fact, many 2022 brides and grooms are planning their weddings in an eco-friendly spirit. Some are even making it their wedding theme. Why not make your own gifts or decorations, using jars and bottles as vases for flowers or lanterns for candles. Or choose the gifts for the guests among eco-

friendly and sustainable, reusable and zero waste products?

Families taking cover in our rectory: A priest reports from Ukraine on the 1st hours of war



SERGEI SUPINSKY/AFP/East News

[Karol Wojteczek](#) - published on 02/24/22 - updated on 02/24/22

"This is not a war against Ukraine, but a war in the heart of Europe. We are all under attack. It is a war against the whole world."

“This is not a war against Ukraine, but a war in the heart of Europe. We are all under attack. It is a war against the whole world. Pray for us as we wait for good news, news of peace, because God is with us and is our greatest strength. We pray that He will convert hearts and crush them with the power of peace, not weapons,” Fr. Sergiei Palamarchuk, pastor of the Greek

Catholic parish in Lisichansk in the Luhansk region, said in an interview with the Italian agency SIR.

The problem is that we know where to flee from, but we don't know where to go.

[According to SIR](#), the priest — speaking by phone — was on his way from Muratov to Lisichansk. He was bringing with him several families seeking shelter in his rectory. “Right now we are fleeing Muratov because there are too many weapons there. We see military vehicles, we hear the sounds of bombing and mortar shelling. The situation here was already not safe,” the priest said.

“Many families have fled in cars, and we are the last ones to leave the area. Some, however, have stayed because they don't know where to go. The problem is that we know where to flee from, but we don't know where to go. We are getting bad news about Kiev, Kharkiv, so no city is safe at the moment. When we get to my house in Lisichansk, we will have to think about what to do and where to go,” the parish priest reported.

Thank you for your prayers and please pray for us. Do not stop praying for us.

Despite the difficulties in continuing the conversation, Fr. Sergei reconnected to deliver an appeal for prayers through the media.

“Thank you for your prayers and please pray for us. Do not stop praying for us. This is the greatest and most important thing. And one more thing. We must understand that this is not a war against Ukraine, but a war in the heart of Europe. We are all under attack. It is a war against the whole world. Pray for us as we wait for the good news to come, the news of peace, because God is with us and God is our greatest strength. We pray that he will convert hearts and humble them with the power of peace and not weapons,” the priest stressed.

According to the information reported by the media and confirmed repeatedly by Ukrainian services, fighting and evacuation of the population are ongoing in the Luhansk district.

Father Casey: Questions about Confession (youtube.com video) (Deedee: just in time for Lent!)

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



a) Passed Away:

- Rose Weaver—January 22, 2022; St. Therese of Lisieux
- Cathy Kruger—February 5, 2022; St. Joseph's, Snyder
- Jacqueline Herman-Wing—February 16, 2022; St. Julia
- Theresa Citrigno—February 20, 2022; Our Lady of the Scapular

b) Other:

- <https://chaliceevents.ca/>

- **“Step Sisters”**—the **Coldest Night of the Year** team from St. Alexander Council, ‘stepped’ out on Saturday, February 26th in Welland. The five-member team, organized by Suzanne Tiffin, raised **\$6,305.00** for the homeless.

l-r: Donna Bitondo, Keri Harrison, Sue Pellerin, Deedee Alexandre, and Suzanne Tiffin.



- **40 Days for Life Niagara 2022**

- Wednesday, March 2, 2022 8:00 AM
Sunday, April 10, 2022 3:00 PM
- Niagara Falls Hospital 5546 Portage Road Niagara Falls, ON

40 Days for Life

There are three ways to participate in 40 Days for Life in Niagara this year.

1. **Prayer vigil outside the Niagara Falls hospital:** Portage and North Sts. [Register online](#) or contact [Annette](#) to sign up for a time slot(s).
2. **Virtual 40 Days for Life:** Contact [Annette](#) to add your name to a list of participants who will receive a daily email with prayer intentions, Scripture passages and notes to inspire and inform participants.
3. **Prayer vigil outside the Niagara Region Public Health Centre in Welland:** 200 Division St. Contact [Allen](#) for information about signs and time slots.

Since *40 Days for Life* began in 2007, over 20,000 lives have been saved, 114 abortion centres have closed and 229 abortion workers have quit. Let's continue to

pray for unborn babies at risk of abortion, their mothers and families, and for all the vulnerable in our community.

*May your unfailing love be with us, Lord, even as we put our hope in you.
Psalm 33:22*

March Liturgical Calendar: Living with Christ

2nd: Ash Wednesday

4th: Saint Casimir

6th: 1st Sunday of Lent

7th: Saint Perpetua and Saint Felicity

8th: Saint John of God

9th: Saint Frances of Rome

13th: 2nd Sunday of Lent

17th: Saint Patrick

18th: Saint Cyril of Jerusalem

19th: Saint Joseph

20th: 3rd Sunday of Lent

23rd: Saint Turibius of Mongrovejo

25th : The Annunciation of the Lord

27th: 4th Sunday of Lent

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

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~the end~