



Catholic Women's League
St. Catharines Diocese
Monday, November 1, 2021



CWL Catholic Connections

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

President's Message: Thank you to Deedee Alexandre for offering to do the newsletter. Our CWL has asked for more spiritual endeavours and this is the start of this request. May God Bless you all as you read this and say a prayer for Deedee who has put so much time and effort into this!

Message From Deedee Alexandre:

Dear St. Catharines CWL Members,

Please look at the inaugural issue of CWL Catholic Connections. I've selected a variety of articles from a selection of Catholic and secular online sites. Read whatever interests you.

Near the end of the issue, there is a section called “**Announcements**” for, you know, announcements. Consider submitting something that is important to you—i.e. birth of a baby, death of a loved one, opening of a business, etc.

In the January edition, there will be allocated space for Parish Information—the Presidents have been notified of this.

Advent Retreat for 2021: will be online this year

Date and Time: Friday, November 26 at 7 p.m.

<https://us02web.zoom.us/j/86393698350?pwd=QWhEdDlmUkhjY3pPVGxJdUNMTEQ5UT09>

Meeting ID: 863 9369 8350

Passcode: 097044

We look forward to your attendance!

Finally, 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: golly, I hope I did this correctly!
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

What are the Catholic origins of Halloween?

Though it is often hijacked by the pagan, demonic, and secular, All Hallows' Eve has a treasured place in Catholic tradition...

Catholic Company—Oct. 29--2021

...but you'd never know it when walking down the street in October, seeing houses gaudily strewn with fake spiderwebs, skeletons, and repulsive cadavers. Some Christians have considered withdrawing totally from this "holiday," since it seems like the domain of the devil.

But the *proper* celebration of Halloween is very much a part of Catholic tradition.

Halloween is another word for “All Hallows’ Eve”—the eve of All Saints’ Day. In the old Church calendar, the Vigil of All Saints was a liturgical event. It had its own Mass, where the priest would vest in penitential purple, the usual color for vigils. He would don white in the evening for the First Vespers of All Saints, which marked the beginning of the Church’s celebration of this great holy day.

Together, the Vigil (October 31), the Feast of All Saints (November 1), and the Commemoration of All Souls (November 2) formed a comprehensive picture of the Catholic view of the afterlife.

Then, there are the Vespers of the Dead—sometimes called “Black Vespers,” since the priest would vest in black, the color of death and mourning. These Vespers were not officially said on Halloween, but rather after Second Vespers on All Saints’ Day, looking toward All Souls’ Day. In the Catholic region of Brittany, a devotion developed of saying these Vespers on Halloween itself. It seems these Breton folk were quite solemn on Halloween and kept the importance of praying for the dead at the forefront of their Vigil doings.

In the British Isles, festive All Hallows’ Eve traditions arose that will sound familiar to you. Children would go door-to-door begging for a “soul cake” and promising in return to pray for the deceased of the giver’s family. The Halloween tradition of dressing up is also potentially connected with

this custom (pictured below: an excellent Halloween/All Saints costume—St. Michael!).



All Saints' Day—November 1



On All Saints' Day there's a call to live as saints, to remind us how we're supposed to live. All

Saints' Day commemorates all those who have attained the beatific vision in Heaven.

Were you born on the Feast Day of a Saint?
How wonderful. Take time to talk to your Saint today.

Also, take time to speak to a loved one who has passed away—once in heaven, they are considered saints.

All Souls' Day—November 2



On All Souls' Day, we're talking about all souls and asking God's mercy for them. All Souls' Day is a commemoration of the faithfully departed, all

those Holy Souls who have died and are in Purgatory, being cleansed of their sins so that they can enter into the presence of God in Heaven.

Pope Francis agrees to visit Canada to help with Indigenous reconciliation, Vatican says

By Frances D'emilioThe Associated Press Toronto Star
Wed., Oct. 27, 2021timer3 min. read

VATICAN CITY (AP) — Pope Francis has agreed to visit Canada to help efforts at reconciliation with Indigenous peoples following shocking revelations of the Catholic Church's role in the abuse and deaths of thousands of native children, the Vatican said on Wednesday.

In a brief statement, the Holy See's press office said the Canadian Conference of Catholic Bishops invited the pope to make an apostolic journey to Canada "also in the context of the long-standing pastoral process of reconciliation with Indigenous peoples."

In return, Francis "has indicated his willingness to visit the country on a date to be settled in due course", the statement said.

The pilgrimage could be the occasion for a papal apology that has been demanded by many in Canada.

Francis had already agreed to meet in December with Indigenous survivors of Canada's notorious residential schools amid calls for a papal apology for the Catholic Church's role. At that time, the bishops

conference said the pontiff had invited the delegations to the Vatican and would meet separately with three groups — First Nations, Metis and Inuit — during their Dec. 17-20 visit. The pope will then preside over a final audience with all three groups Dec. 20.

On Wednesday, Toronto Cardinal Thomas Collins said the December encounters will help lay the groundwork for the Canadian pilgrimage. “Over the course of several days, through authentic listening and dialogue, Pope Francis will hear directly from those who have suffered,” said the cardinal in a statement.

Collins said that his country’s bishops had apologized earlier this year as they “sorrowfully acknowledged the historical and ongoing trauma and the legacy of suffering and challenges faced by Indigenous peoples that continue to this day.”

The cardinal added that he was praying the pope’s visit will allow for healing and dialogue to continue “through authentic encounters of compassion, understanding and reconciliation.”

Pope prays for those with mental illness and victims of suicide



Antoine Mekary | ALETEIA

[Kathleen N. Hattrup](#) - published on 10/10/21--Aleteia

The pandemic has made a tremendous tragedy even worse.

On the occasion of World Mental Health Day, Pope Francis turned his thoughts to those with mental illness and to victims of suicide.

After praying the midday Angelus on October 10, he said:

I would like to remember our brothers and sisters who suffer from mental illness, and also victims —

often young people – of suicide. Let us pray for them and their families, so that they are never left alone, or discriminated against, but instead are welcomed and supported.

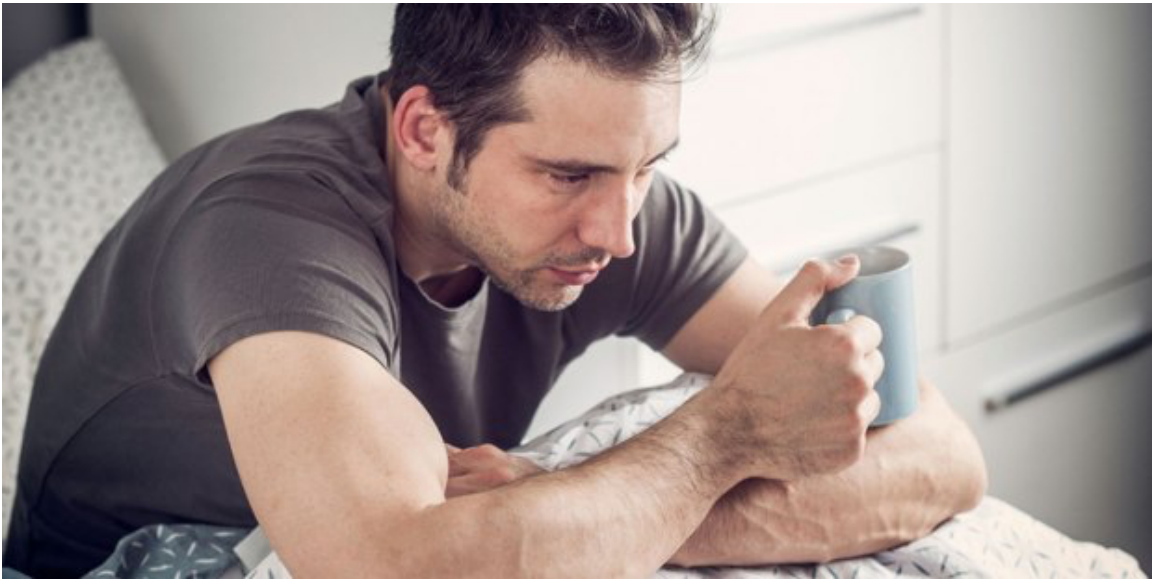
One billion people affected worldwide

In a message published this October 10 for World Mental Health Day, the Prefect of the Dicastery for Integral Human Development, Cardinal Peter Turkson, expressed concern that the pandemic had exacerbated the suffering of people with mental illnesses.

“It is estimated that before the Covid 19 pandemic, nearly a billion people around the world suffered from mental disorders,” he said, lamenting that the pandemic has exacerbated the difficulties.

Deploring the very wide disparities in the management of these diseases across the world – in some countries, “between 75% and 95% of people with mental disorders cannot access mental health services” – the Ghanaian cardinal pleaded for a strengthening of the health system, “in particular by supporting organizations engaged in scientific research on mental illnesses and by promoting models of social inclusion.”

Mental health is deeply connected to spiritual health — these resources can help with both



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[Theresa Civantos Barber](#) - published on 10/10/21 - Aleteia

New ministry helps clear away psychological obstacles to receiving God's grace and love.

Love is the central and defining fact of human existence: The Church tells us that the purpose of human life is to seek God, to know Him, and to love Him with all our strength (CCC 1), and

Christ taught that the greatest commandments are first to “love the Lord your God with all your heart, and with all your soul, and with all your mind,” and second to “love your neighbor as yourself” (Matthew 22:36-40) Then why does it seem so hard to find, in this world riven by conflict and division?

All too often, the obstacles to giving and receiving love are internal. We fear being vulnerable or think we aren't worthy. That's why a new psychological resource can be such a valuable tool, especially now when so many factors threaten mental well-being. Souls and Hearts brings together wellness resources and providers to offer faithful Catholics guided, customized programs “designed to **remove psychological obstacles to giving and receiving love** from God and neighbor.”

“We are here to bring the best and most effective aspects of the psychological sciences, consistent with the faith, to the average Catholic,” said Dr. Gerry Crete, a licensed marriage and family therapist in Atlanta, Georgia, who is a co-founder of Souls and Hearts. “We bring insights from many Catholic mental health professionals from across the country to one centralized place.”

The Souls and Hearts website includes a variety of courses, blogs, and podcasts. The goal is to address different issues facing Catholics, including the following:

- Marriage help
- Parenting
- Vocation discernment
- Reduction of anxiety
- Improvement of prayer life

Removing obstacles to love affects not just mental and emotional health but spiritual as well, which makes sense since all are closely connected. This site, along with other resources and this directory of Catholic therapists, can connect Catholics with mental health resources to greatly improve quality of life.

Working to unblock the channels of God's grace and charity is the process of a lifetime, but always well worth it. Each step taken toward mental wholeness and wellness helps make present on earth the "abundant life" (John 10:10) that Christ wants for each one of us.

Catholic prayers for mental health



Tiko Aramyan | Shutterstock

[Philip Kosloski](#) - published on 04/26/21--Aleteia

Peace and serenity of mind are important for our physical, mental, and spiritual well-being.

As humans, we sometimes forget that we are creatures of mind, body and soul. This means that whatever happens in one area of life will inevitably spill over into another area.

Everything is interconnected, reminding us that our physical and spiritual health

needs to be in tune with our mental health.

Here are several prayers that seek to bridge the gap and address those needs, to help us maintain peace and serenity of mind.

Feeling alone or isolated? Pray this prayer by St. Faustina

***Jesus, Friend of a lonely heart,** You are my haven, You are my peace.*

You are my salvation, You are my serenity in moments of struggle and amidst an ocean of doubts.

You are the bright ray that lights up the path of my life.

You are everything to a lonely soul.

You understand the soul even though it remains silent.

You know our weaknesses, and like a good physician, You comfort and heal, sparing us sufferings — expert that You are.

Trust in God's will with this short prayer

***Lord, send me forth to do Thy will,
But let me feel Thee present still.***

If you're feeling discouraged, try this prayer to the Risen Jesus

*O Risen Jesus,
you who gave peace to your apostles, gathered
in prayer,
when you said to them, "Peace be with you,"
grant us the gift of peace!*

*Defend us from evil
and from all forms of violence that afflict our
society,
so that we may all live, as brothers and sisters,
a life befitting our human dignity.*

*O Jesus,
who died and rose again for love of us,
dispel from our families and from society
all forms of despair and discouragement,
so that we may live as risen people
and may carry your peace to all the world.*

Amen!

Prayer to cleanse your mind from distracting thoughts

*O God, I firmly believe that you are everywhere
present and sees all things. You see my
nothingness, my inconstancy, my sinfulness.*

*You see me in all my actions and you see me in this my meditation. I bow down before you, and worship your divine majesty with my whole being. **Cleanse my heart from all vain, wicked, and distracting thoughts.** Enlighten my understanding, and inflame my will, that I may pray with reverence, attention, and devotion.*

This simple prayer of St. Teresa of Avila can calm your nerves

*Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.*

Pray this prayer to St. Brigid of Ireland

*Saint Brigid,
You were a woman of peace.
You brought harmony where there was conflict.
You brought light to the darkness.
You brought hope to the downcast.
May the mantle of your peace cover those who are troubled and anxious, and may peace be*

*firmly rooted in our hearts and in our world.
Inspire us to act justly and to reverence all God
has made.*

*Brigid you were a voice for the wounded and
the weary.*

Strengthen what is weak within us.

Calm us into a quietness that heals and listens.

*May we grow each day into greater wholeness
in mind, body and spirit.*

Feeling lonely? Here's a powerful prayer to lift your spirits

*Dearest Lord, make us remember, **when the world is cold and dreary, and we know not where to turn for comfort**, that there is always one spot bright and cheerful—the Sanctuary. When we are in desolation of spirit, when all who are dear to us have passed away, like summer flowers, and none are left to love us and care for us, whisper to our troubled souls that there is one friend who dies not—one whose love never changes—Jesus on the altar. When sorrows thicken and crush us with their burden, when we look in vain for comfort, let thy dear words come forth with full force from the tabernacle, “**Come to me all you who labor and are heavily burdened, and I will***

refresh you.” Thy friendship, dearest Lord, henceforth shall be the dearest treasure we possess. It shall compensate for the treachery and ingratitude of creatures. It shall be our consolation when the wild flowers are growing over the best loved ones, and when all who hold a dear place in our hearts are withered and gone! With thy friendship the world will never be dreary, and life never without a charm. Would that we could realize the pure happiness of possessing thy sympathy! Would that we could feel, when we are crushed and humbled, when the hope we have lived for has withered, when sorrows and trials, that we dare not reveal to any, make our souls sink well nigh unto death, when we look in vain for someone to understand us, one who will enter into our miseries, make us remember that there is One on the altar who knows every fiber of our hearts, every sorrow, every pain special to our peculiar natures, and who deeply sympathizes with us. Compassionate Jesus, our hearts crave for sympathy, and to suffer seems nothing to the bitterness of suffering alone.

Why is St. Jude the patron of impossible cases?

Perhaps you've turned to this saint when all earthly solutions have failed.

St. Jude Thaddeus was one of the twelve Apostles, a relative of Our Lord and of St. James the Less.

While we don't know much else for sure about him, various traditions say that he preached the Gospel in Edessa, Armenia, Mesopotamia, Libya, and Persia, where he suffered martyrdom with St. Simon the Zealot. He shares his feast today with St. Simon, and both are buried in St. Peter's Basilica.

St. Jude wrote an epistle that is included in the New Testament. A fun fact about this epistle is that it is the only time in the New Testament outside the Book of Revelation in which St. Michael the Archangel is mentioned.

St. Jude Thaddeus

This epistle is one of the traditional sources for our devotion to St. Jude as the patron saint of hopeless cases. In this letter, he denounces the heretics and false teachers that have tried to corrupt the faith of the Christians he addresses. He encourages these



Christians to stay strong, to “build yourselves up on your most holy faith,” and to wait for the mercy of Christ.

Interestingly, he also urges them to save those in spiritual danger, “snatching them out of the fire.” How many of us have prayed to St. Jude for a wayward loved one?

Another traditional origin for invoking St. Jude in hopeless cases is that his name is so close to that of Judas Iscariot that early Christians were afraid to invoke it. Indeed, you’d have to be *desperate* to do so.

Then, there is the testimony of Our Lord Himself. He revealed to St. Bridget of Sweden that He desired to foster devotion to St. Jude, saying:

“In accordance with his surname, ‘Thaddeus,’ the amiable, loving, he will show himself most willing to give help.”

Meet Sandra Sabattini, a newly beatified 22-year-old



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[Philip Kosloski](#) - published on 10/10/19 - updated on 10/28/21

Sabattini was full of life and wanted to serve the poor as a medical missionary.

Alessandra (“Sandra”) wasn’t content with living an ordinary life. From the time of her early childhood, she desired a life of holiness, a desire fostered by her parents Giuseppe and Agnese Sabattini.

Starting when she was 10 years old, Sandra kept a diary, in which she wrote, **“A life lived without God is just a way of passing time, whether it’s boring or fun, time to be filled in while waiting for death.”**

Two years later in 1974 she met Servant of God Oreste Benzi, founder of the Pope John XXIII Community in Italy. That summer she spent time volunteering at the Madonna delle Vette home in Canazei, helping young people with disabilities. It left a profound mark upon her soul and she later said to her mother, **“We worked till we dropped, but these are people I’ll never leave.”**

As a teenager she would frequently use the “pocket money” from her parents to give to the poor, leaving almost nothing for herself. Sabbattini’s heart was focused on the most vulnerable of society and wanted to help them in any way possible.

PARTNER CONTENT

She graduated from high school in 1980 and then attended the University of Bologna to study medicine. It was her dream to be a medical missionary in Africa, tending the needs of those who didn’t have anyone to care for them.

While attending a meeting of the Pope John XXIII Community, she met a young man named Guido Rossi, and they fell in love, sharing the same ideals. They became engaged to be married and were joined together by their love of God and the poor.

Sabbattini always made a point to pray on a daily basis, often getting up early in the morning to pray in the silence of a nearby church. She would kneel or sit on the floor in an act of humility, spending an intimate time with Jesus.

She wrote, **“Charity is the synthesis of contemplation and action, it is the point at which heaven joins earth, where human beings join with God.”**

Then in April 1984 she was on her way to attend a meeting of the Pope John XXIII Community and after leaving her car, she was hit by another car and died in the hospital on May 2, 1984, at the age of 22.

She left a profound legacy of a youthful heart on fire with God’s love. Her life has inspired many, because of her apostolic zeal and love of the poor.

On October 2, 2019, Pope Francis approved a miracle through the intercession of Sandra, paving the way for her future beatification. One more miracle is required before she can be declared a saint.

Sandra was beatified on Oct. 24, 2021, by Pope Francis.

Why St. Vincent de Paul loved serving the poor



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[Philip Kosloski](#) - published on 09/27/21--Aleteia

St. Vincent de Paul treasured every moment with the poor, believing he was closer to Jesus when serving the poor.

St. Vincent de Paul placed service to the poor above nearly every activity in his life. He did have a devout prayer life that fueled his ministry, but he believed that even that could be interrupted to help out someone in need.

He explains his thoughts in a piece of writing featured in the Church's *Office of Readings*. In particular, St. Vincent de Paul believed serving the poor was in union with Christ's mission on earth.

Although in his passion he almost lost the appearance of a man and was considered a fool by the Gentiles and a stumbling block by the Jews, **he showed them that his mission was to preach to the poor:** He sent me to preach the good news to the poor. We also ought to have this same spirit and imitate Christ's actions, that is, **we must take care of the poor, console them, help them, support their cause.** Since Christ willed to be born poor, he chose for himself disciples who were poor. He made himself the servant of the poor and shared their poverty. He went so far as to say that he would consider **every deed which either helps or harms the poor as done for or against himself.**

This is why St. Vincent firmly believed that charity to the poor is an essential part of being a Christian. It is a work of God that we must do, even when it interrupts our prayer time.

*It is our duty to prefer the service of the poor to everything else and to offer such service as quickly as possible. **If a needy person requires medicine or other help during prayer time, do whatever has to be done with peace of mind.** Offer the deed to God as your prayer. Do not become upset or feel guilty*

*because you interrupted your prayer to serve the poor. God is not neglected if you leave him for such service. One of God's works is merely interrupted so that another can be carried out. **So when you leave prayer to serve some poor person, remember that this very service is performed for God.***

In our own lives, we should reflect on how we serve the poor and whether we do all that we can to help the less fortunate among us. It may be not easy, but it is a service we are doing for Christ himself.

What is the origin of the St. Michael prayer?

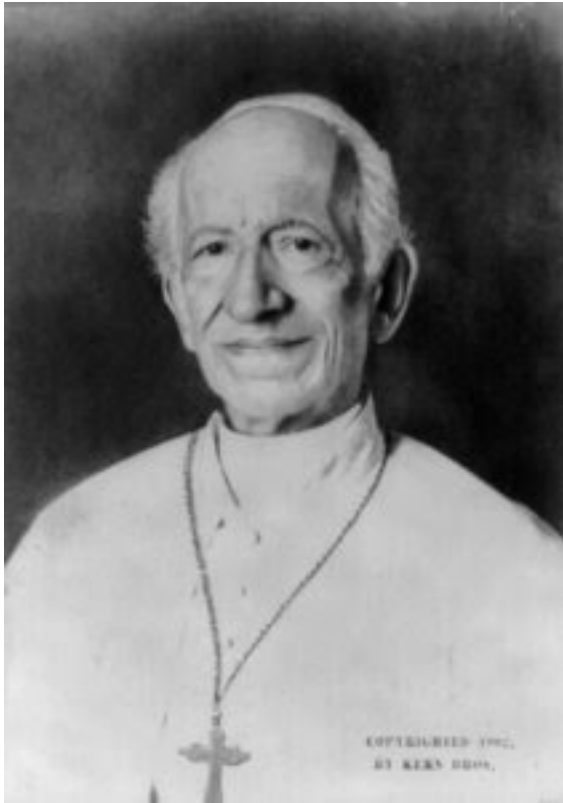
You might already pray it daily—but do you know where this powerful prayer comes from?

The Catholic Company—October 14, 2021

St. Michael the Archangel, defend us in battle...

The prayer to St. Michael is part of the Leonine Prayers, which were once said at the end of

Mass. They are called Leonine because Pope Leo XIII ordered them to be said after Low (simple) Mass for the liberty of the Church during an era when the temporal authorities were attempting to suppress the Church's rights.



Pope Leo XIII

But the St. Michael prayer was not originally included in the Leonine Prayers. It was added a couple years after Pope Leo's original instruction, following a mysterious and powerful vision that he is said to have experienced after celebrating Mass one day at the Vatican.

Though it is not certain exactly what happened that day, accounts say that—appearing pale and fearful as he stood near the altar—the Holy Father beheld a harrowing vision of demons gathering on Rome. He quickly went and

composed the St. Michael prayer and added it to the Leonine Prayers.

Although it is no longer obligatory after Mass, pontiffs—especially John Paul II—and bishops have promoted the St. Michael prayer as a powerful defense against Satan’s forces. Many parishes recite it together after Mass, some even continuing the tradition of the whole set of Leonine Prayers.

Pray the St. Michael prayer! Pray it for the protection of the Church, for our country, for your family, for yourself. Pray it! Do it now! Here it is!

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Host, by the power of God, cast into Hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls. Amen.

How do I “do” mental prayer?

"I keep hearing about mental prayer and how important it is. It sounds hard, though, and I don't know how to begin!"

Catholic Company—October 15, 2021

Mental prayer can sound intimidating. Maybe it's because every time we use the word "mental" it seems to connote high levels of either intelligence or difficulty: mental math, mental gymnastics, mental block, etc.

Is mental prayer about *thinking hard*?

Let's ask St. Teresa of Ávila, one of the foremost authorities on mental prayer.

"Do not tire your brain by trying to work it during meditation."

—St. Teresa of Ávila

Huh. Great feats of the mind are not, apparently, what the saints, spiritual writers, or your parish priest are talking about when they discuss the necessity of mental prayer.

Let's start with an *accurate* definition, then: mental prayer is *conversation with God*.

To return to St. Teresa:

“For mental prayer in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him Who we know loves us.”

“I don’t know,” you might say. “I’m still not sure I’d know what to say, think, or do for thirty minutes, or fifteen, or even ten...I’ll just get distracted...”

That’s because everyone needs a *structure* for prayer time. It’s the best way to ease any fears you might have about starting mental prayer and to keep your mind and heart on track.

Here’s a short guide on how to “do” mental prayer, a method taken from St. Teresa and other great writers on prayer such as St. Alphonsus Liguori and St. Francis de Sales. Of course, this is just a guide and you can adjust it as you need to:

1. Place yourself humbly in the presence of God. Ask for guidance and light during this time of prayer. Call on Our Lady and your guardian angel to assist you.

2. Choose a subject for meditation.
Something from the Gospels is always a good choice. Perhaps you have a favorite meditation book.
3. Immerse yourself in the Gospel event or subject you have chosen. For example, if you are reading about the Crucifixion, imagine yourself there as an onlooker.
4. Talk to Our Lord about it. Make acts of love and affection towards Him, thank Him, ask Him questions, make some good resolutions for the future. Ask Him for the graces you need.
5. End with a prayer of thanksgiving.

That was pretty awesome, wasn't it?

Of course, this is only a brief sketch of mental prayer. You can learn more about how to pray fruitfully in [*The Ways of Mental Prayer*](#), a spiritual classic that describes the stages of mental prayer, its joys and challenges, and practical methods of practicing it.

(Deedee--Trust me, you'll be more than entertained!)

YouTube priest entertains with '18 Minutes of Useless Catholic Trivia'

J-P Mauro - published on 09/27/21—Aleteia

https://aleteia.org/2021/09/27/youtube-priest-entertains-with-18-minutes-of-useless-catholic-trivia/?utm_campaign=NL_en&utm_content=NL_en&utm_medium=mail&utm_source=daily_newsletter

How many of these Catholic facts did you know?

Ever since he was received as a postulant in the Order Friars Minor, Fr. Casey Cole has been sharing his vocational journey. **What began as a blog, titled “Breaking in the Habit,” has now evolved into a popular YouTube channel, where he teaches about the faith with entertaining videos.**

Fr. Cole's videos cover Catholic concepts and practices, but often come at them from an out-of-the-box angle. **In one video, for example, he explores the Catholic faith through the *Harry Potter* books. Another explains how Franciscans created the concept of a pawn shop.**

18 Straight Minutes of Useless Catholic Trivia, featured above, was released earlier this year. The video is about what its title describes — however, it is anything but useless. **Fr. Cole's smartly spun witticisms and rapid fire factoids are both educational and enlightening.**

Trivia

While the trivia may seem “useless” at first, it is an excellent way to connect with the history of the faith. **Some of them are amusing — like the fact that the next Pope Sixtus would be Sixtus the Sixth — while others may cause one to view the Church in a new light.**

An example of this would be when he touches upon Sr. Mary Kenneth Keller, the first woman to receive a doctorate in computer science. **To**

discover that a Catholic nun helped blaze a trail to the Information Age is a point of pride for Catholics. The same can be said for Fr. Georges Lemaître, who developed the Big Bang Theory.

Fr. Cole presents each piece of Catholic trivia with dry humor that works well with the subject matter. For example, after explaining Sr. Keller's doctoral thesis (in technical terms) he pauses and says, "Yeah ... that." **Later on, he pauses to mention his sponsors, only to reveal there are no sponsors.**

There is a wealth of Catholic information on "Breaking in the Habit," from the perspective of a young priest. **Fr. Coles personable style is exceedingly accessible and has drawn nearly a quarter of a million followers.** It is the perfect way to spend an afternoon laughing, while furthering your knowledge of the Catholic faith.



ANNOUNCEMENTS

- a) **Diocesan Executive Meeting:** Star of the Sea on Saturday, November 13 at 9 a.m.
- b) **Instructed Vote Information Meeting:** Star of the Sea, Saturday Nov 6 at 9:00 am (please send your attendance to lisafillinghamcwl@outlook.com)
- c) **Diocesan Meeting:** Wednesday, November 17th at 6:30 Lisa will send out Zoom link to all who need it
- d) **Advent Retreat:** November 26th at 7:00 pm -- Zoom link will be on the website also

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

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Christian Family Life: Ethel O'Brien

Community Life Chair: Diane Szdyloski

Communications Chair: Joelle Toal

Liturgical Calendar: November 2021

--Living with Christ--

1st: All Saints Day

2nd: All Souls' Day

3rd: St. Martin de Porres

4th: St. Charles Borromeo

9th: Dedication of the Lateran Basilica

10th: St. Leo the Great

11th: St. Martin of Tours

12th: St. Josaphat

15th: St. Albert the Great

16th: St. Margaret of Scotland/St. Gertrude

17th: St. Elizabeth of Hungary

18th: Dedication of the Basilicas of Sts. Peter and
Paul

22nd: St. Cecilia

23rd: St. Clement I/St. Columban

24th: St. Andrew Dung-Lac and Companions

25th: St. Catherine of Alexandria

30th: St. Andrew

~the end~