

League Lingo

Catholic Women's League of Canada

London Diocesan Newsletter

Vol. 1 No. 3 Fall 2024

From the Desk of the Editor

It is hard to believe that this is our third issue of League Lingo for 2024. As the year has unfolded, we continue to make strides to improve and enhance our communications. This issue is no exception. The last four months have been very busy. Several members of the Executive Council as well as Life and regular members attended the provincial and national conventions and Annual Meetings of Members. We learned so much that needs to be shared. Make sure to check the provincial and national websites!

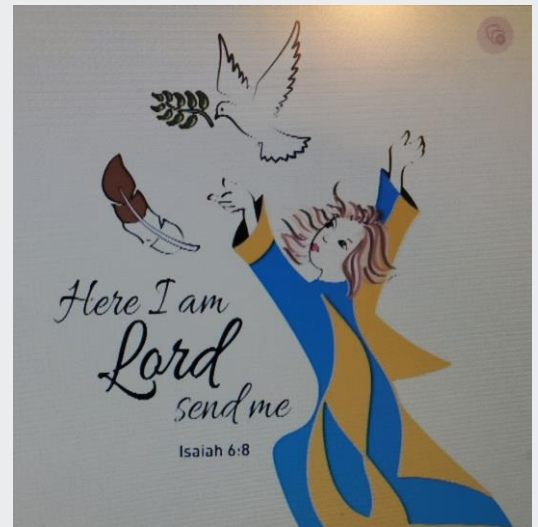
We will also be looking at subscriptions and costs for League Lingo in 2025. We are blessed to have the support of the Sarnia Bluewater Family of Parishes in the printing of this publication at a cost we can afford. They have been very generous to us. Thank you also to the councils who have contributed to our issues. We learn through sharing.

Finally, thank you to the ladies who have worked on the League Lingo with me: Patricia Rivest and Jeanne Lauzon and on the website: Loretta Ayotte and Meagan King. Thank you for sharing your talents with us. We look forward to expanding our team in 2025 as we look for more ways to share our good news.

Nelly Kelders
Editor

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Diocesan website: cwlondon.com

Provincial website: cwl.on.ca

National website: cwl.ca

Faith

Service

Social
Justice

President's Message

We have had an eventful summer. Life members, executive members and some past executive members attended our annual retreat at Holy Family Retreat House, in June, animated by Linda Staudt on Synodality and the CWL. We experienced a way of communication based on active listening to each other which we hope to practice.

Many of us attended the provincial AMM/convention renewing friendships, praying together and electing a new executive for the province. Colleen Martin is our new provincial president. Some of you may have heard about my tumble and dislocated shoulder. Special thanks for all the gifts of food, cards, Masses and concern. I feel better but once again, God has taught me patience. I hope to see you at our Fall Regional Days in September and October. Blessings,
Mary



President Mary Bannon

Remembering Shirley George

By Bev Weiler, Life Member

Full of fun, mentor, humble, kind, welcoming, generous, down to earth, spiritual, advocate and friend. All of these words describe Shirley so well.

Life Member Shirley George was a woman who wore many hats: she trained and worked as a nurse; was a military wife; world traveler; lifelong learner, earning a BA in Sociology as an adult; cancer survivor;



Papal Medal recipient; advocate for justice; diocesan and provincial president of The Catholic Women's League of Canada; Right to Life member; supporter of Ecumenism; and dear friend.

Shirley knew many heartaches and challenges in her life. Tragically, she lost her daughter and parents in a drunk driving accident. She witnessed family members struggle through cancer and then battled breast cancer herself. Losing her son, Father Matthew George, to a traffic accident was heartbreaking, yet Shirley always looked to the positive and leaned on her faith to see her through those difficult patches.

As a result of that drunk driving accident that claimed her family members, Shirley became a spokesperson for Citizens Against Drunk Driving. Her many speaking engagements took Shirley from high school auditoriums to community meetings and prisons. She shared her story in hopes of making a difference. Shirley believed in giving to others, she believed in justice and empowering others.

One proud moment in her life was the ordination of her son Matthew. She was very close to Matthew and even took a road trip to visit him in his parish in Whitehorse when she was 80.

Shirley had many stories to share about her extensive travels and military postings. She was quiet-spoken, with a dry sense of humour and engaging personality. Her curiosity and creativity knew no bounds. Courses in leather making and upholstery, taking German classes, writing many "songs" for CWL functions, and making her well known Mulligatawny soup, are examples of how Shirley put her talents and skills to use.

The Catholic Women's League of Canada was very important to Shirley. She served as London Diocesan President from 1994 – 1996 and as Ontario Provincial President from 2006 – 2008. Her breast cancer diagnosis and treatment kept her from pursuing a position at the National level. In Shirley's words, "The League is my lifeline to the community, to friends, to education, to spiritual development and much more which I can't articulate..."

Despite the challenges and heartaches, her faith never wavered. She was not afraid of a challenge and walked forward in her chosen faith (she was a convert). Her quiet mannerism was a testament to her. Shirley was a pillar to her family, her community and The Catholic Women's League of Canada.

Meagan King *2024 Young Woman of Excellence*

Edited and revised from The Chatham Daily News



Meet Meagan King who has been a member of St. Joseph Catholic Women's League, Harwich, in the Chatham Family of Parishes since 2021. This spring she was recognized by The May Court Club of Chatham for her commitment to her school, church and community by naming her the 2024 Young Woman of Excellence.

The May Court Club is an organization dedicated to addressing the needs in their community, primarily those of women and children, through volunteerism and fundraising. Meagan exemplifies the qualities they look for in bestowing this award.

As a student at Ursuline College in Chatham, Meagan was very active and some of her achievements included:

- recognized for demonstrating the most school spirit. Her fellow grade 12 classmates choose her as the recipient of their School Superlative award;
- Lancer Link Leader – a senior student who mentors grade 9 students as they transition to high school;
- Stage Manager for school plays;
- Media Club where her photography skills, script writing and directing were demonstrated;
- Community Service – 770 hours in her four years of high school, the most in her graduating class and thus the recipient of the Lieutenant Governor Community Award;
- Achieved academic honours in all four years of high school; and
- Received the Christian Living Award and the Ontario Catholic Education Student Award.

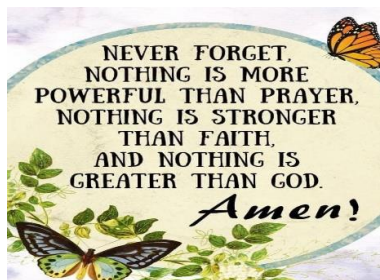
In her community, Meagan excelled:

- Completing all levels for the Girl Guides program, received the Youth Commitment Award and was a Junior Leader in Brownies;
- Received every badge possible in the Pathfinder and Ranger programs, including the Canadian Cord;
- Developed an online platform, established a podcast and hosted and edited a video series as an intern for the Chatham Catholic Family of Parishes in the summers of 2021-23;
- Prepared bag lunches for those in need at the Society of St. Vincent de Paul; and
- Published the social media platform as head of the marketing team for Youth Council Ignite and youth dedicated to engaging local youth.

Meagan is currently enrolled in the Film & Television Production program at Humber College in Toronto.

Over the summer she has worked with the London Diocesan CWL communication committee to review our website and to discuss other media related issues we are investigating.

The London Diocesan Catholic Women's League congratulates Meagan on receiving this award and her many achievements.



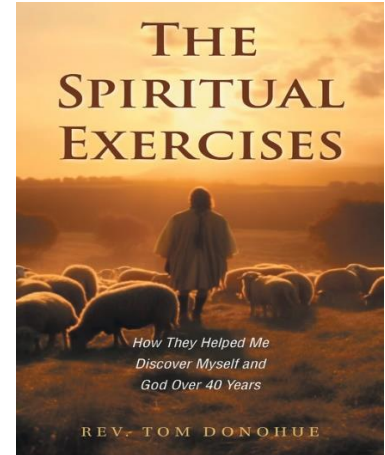
Living Our Faith

St. Peter's Goderich CWL Retreat The Spiritual Exercises of St. Ignatius

By Diane Weber and [Colette O'Kane](#)

Twenty-five ladies attended our CWL Spiritual Retreat on Saturday, April 20, 2024. We were delighted to spend time with our CWL sisters from St. Peter's and our Family of Parishes. It was truly a blessing to have each of them with us.

Fr. Tom Donohue, our guest speaker, introduced us to spiritual exercises from St. Ignatius, including a session on getting to know ourselves, choosing to follow God, and how to do so. His experience with the spiritual exercises and his humour proved to be a great encouragement for us to examine where we are now spiritually and how to move closer to the Lord. Fr. Tom's book titled '*The Spiritual Exercises, How They Helped Me Discover Myself and God over 40 Years*' was for sale - a useful tool to continue learning.



CWL Day at the Shrine St. Patrick's Church, Merlin July 24, 2024



In 1917, Our Lady of Fatima appeared to three children in Fatima, Portugal. She asked them to pray the rosary every day for world peace and make devotions to her Immaculate Heart to save souls.

Every July, all members of The Catholic Women's League of Canada, London Diocese are invited to the Shrine of the Holy Rosary, in Merlin, to spend time in prayer including hymns of praise; Litany to Our Lady of Fatima; participation in the mass; reciting the rosary; and receiving the sacrament of reconciliation.

On July 24, 2024 more than one hundred women gathered in response to the invitation to spend a retreat day at the Shrine. The weather cooperated. The birds sang and the sun shone for the most part! This was a beautiful opportunity for us as women of faith to exercise the most important priority of our organization and that is to pray.

Prayer of Fatima

O My Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those in most need of Thy mercy. Amen

Through Service

Beyond Consultation: Visitation CWL, Comber Takes Action

By Susi Dupuis

Our *CWL Service Opportunities Survey* conducted by Service Chairperson Mary Ann Hamlin, provided not only great insights from our membership but leads as to how to move forward within the scope of Service within our Council. Through the survey, members were asked to rate the need of a variety of initiatives, as well as share their prospective participation. Out of the survey, it was discovered that our members are willing to support opportunities seen as high needs for our council, parish and surrounding communities. From there, action has been taken!

Working within our Council to establish a Buddy System, as well as collaborating with our Pastoral Team to reestablish a group of laypeople who will visit our community elementary schools, these experiences and programs are in the works.

Additionally, two larger scale initiatives are well on their way to implementation having been established and already reaping the attention of our Council members, parishioners and local communities.

Initiative 1: The return of our parish *Funeral Luncheon Committee*. Our Council has spearheaded the comeback of a much-appreciated opportunity that parishioners have missed since Covid days: sharing in a meal and fellowship when most in need following funerals of loved ones. Three of our Council members have taken on the responsibilities of setting up menus and costs, volunteer lists and managing the kitchen and service of meals when requested by families of our parish community. In addition, volunteers are called on to assist with the service of other types of meals and gatherings that may take place in Visitation Parish's Hall.

Mary Ann Hamlin continues to lead us in our support for the *Canadian Food for Children* through a variety of sewing projects created especially for female children and young girls. Led by our most recent Maple Leaf Pin recipient, Stephanie Janisse, ladies within our Council take pride in assembling items specific to the needs of children and young girls in Africa, most particularly dresses in a variety of sizes.

Initiative 2: *Fill the Trailer; Feed the Community* – a CWL-driven monthly food donation program. Our Council has a committed group of volunteering couples who make themselves available once a month to collect and deliver food donations to the Tilbury Information and Help Centre, which serves over 300 families in local surrounding communities. A bilingual monthly calendar of collection items has been created and distributed through our family of parishes' bulletin, advertised at local establishments and through social media platforms, encouraging parishioners and community members to support this program by focusing on an ever-changing one or two non-perishable items per month. A trailer awaits donation drop offs in the parish's parking lot the morning of each last Sunday of the month, welcoming those who attend masses or simply drive by to leave their food donations. It is also possible to drop off items in a CWL donation bin that is available throughout the month in the parish's hall foyer.



715 boxes Kraft Dinner in May and in June 284 cans of pasta sauce and 315 bags/boxes of pasta noodles and more.



Samples of some of the 100+ dresses sewn for girls and young women in Africa.

Addressing Loneliness

By Gail Brown

The St. Michael's (London) CWL council held its first Spring Friendship Tea in May of 2023, as a way to address loneliness among seniors in our community. The event was a wonderful success and the start of what promises to be an annual event. This year it was held on May 8, and approximately 90 women from the parish and neighbouring long-term care residences were hosted for an afternoon of treats, conversation and music.

Spiritual Advisor Father Felix Odobi welcomed and blessed the group. It was evident from the many smiles and chatter that everyone, volunteers included, was having a good time.

Reaching out to those who may be lonely is only one of the ways we strive to live out the CWL values of faith, service and social justice.



Spreading Joy in Dresden

By Norine McFadden



St. Michael CWL in Dresden hosted their annual Belgian Waffle and Strawberry Social, in June as part of the Counsel's commitment to work for their community. Our members are exceptionally proud of their focus to help all who are in need as the need is great.

The parish community has rallied around our members to support our 50/50 draw which takes place on September 16th.

Joy was infused into our final June meeting with the use of tea cups, flowers, and food organized by Organization Chair Anne Jennen.

We wished all the best to Fr. Gerard Bedard, our CWL Spiritual Advisor as he leaves us for his new parish. His legacy of continuous joy in our Faith will always remain with us.

Through Social Justice

Supporting the Welcome Centre Shelter for Women and Families in Windsor

By Ozelle Case

CWL councils from the Lake St. Clair Catholic Family of Parishes worked together to collect donations of cash and diapers from their parishioners for the Welcome Centre Shelter for Women and Families in Windsor, ON. The photo collage includes Ste. Anne CWL members (President Linda Proctor and Treasurer Paula Rorai) from Tecumseh, ON and Good Shepherd CWL members (Service Chair Chris Ouellette and Vice-president Yvonne Zagler) from Lakeshore, ON. Many thanks to the parishioners of the Lake St. Clair Catholic Family of Parishes for your generous support!



Women In Mind

By Susi Dupius



In welcoming change to the Visitation Parish CWL Council of Comber and in following suit of the three-pillar structure, the new executive has moved forward making great strides in involving general council members and inviting those who may be on the cusp of becoming Catholic Women's League members.

Our Social Justice Chairperson, Jessica Gaudette led an inspiring workshop, that brought close to 60 participants out to our monthly general gathering in May.

Preparation included sharing information about the workshop, as well as setting up a registration process. This enabled us to plan ahead for resources and treats! In focusing on the month of May, and Mary as Our Lady of Good Counsel, a themed workshop, *Women in Mind* was proposed to our executive by Social Justice Chairperson, Jessica Gaudette.

The intent of the workshop was to provide opportunity for the women of our Council and their guests to take the time to reflect on female role models in our lives. Ladies and children gathered that evening as mothers, daughters, grandmothers, granddaughters, godmothers, sisters, aunts, mothers- and sisters-in-law, and Gal Pals! Participants of all ages were led through a variety of thought-provoking activities; a story called *Mother*; journaling and sharing of individual experiences through a questionnaire; planting seeds of remembrance; our executive council's collaborative singing of *Standing on the Shoulders*; and socializing in fellowship over treats and beverages.

Celebrating Our Members



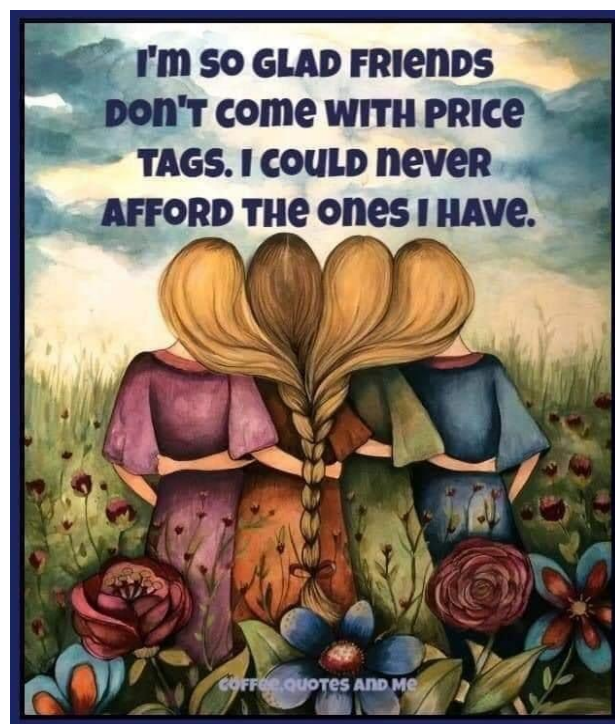
Congratulations to Mina Bacon of **Ste. Anne CWL (Tecumseh, ON)** who received her 60th anniversary pin at the annual Year-End and Awards Dinner. Standing with Mina Bacon is Ste. Anne CWL president Linda Proctor. God bless you, Mina!

At **St. Simon & St. Jude CWL** service pins were blessed by Father Mark Poulin, who himself was installed as our Spiritual Advisor.

A total of 30 pins were awarded to our members including milestones marking ten to 75 years of prayerful service.

Outstanding members, Mary Parent celebrated 75 years and Bev Barrette served 65 years. Theresa D. Barrette and Betty Ghanam received recognition for 55 years, while Pam Young, Shirley Fillion, and Connie Luhowy served 50 years.

Holy Name of Jesus, Essex CWL's almost 125 members celebrated our 90th Anniversary on April 26, Our Lady of Good Counsel's feast day. London Diocesan Spiritual Advisor, Fr. Paul Kim celebrated Mass, along with four of our former priests and our deacons. Fr Paul was also a former priest of our parish. We continued with dinner for 104 members, spouses and guests, and members from other councils. Our deacons blessed and pinned many short and long-standing members. A wonderful evening. Janice Rounding and Pat Kozak, co-presidents



We are so blessed to have within our council so many long-term, committed and supportive members. We also welcomed six new members, with the message to wear their pins with pride, honour & loyalty.



The Most Wonderful Time of the Year!

Flip the calendar to September and poof! Bazaar time is upon us. This is an important time of the year for many councils as they put together plans for their fall and Christmas bake sales, Christmas markets and teas. It can be a stressful time for organizers. Remember to start your work day and your event day with a prayer. Your sense of humour should not be far behind. Enjoy the *ABCs of a Bazaar* and make sure you share it with your team!

The BAZAAR ABC's

A is for Apples
We peel and we pare
B is for Bazaar
And the laughs we all share
C is for Cookies
So good and so sweet
D is for Deals
The ones you can't beat!
E is for Eggs
Dozens are bought.
F is for Fun
We sure have a lot!
G is for Giving
And that's what we do.
H is for Helping
And we do this too.
I is for Improving
We do it each year.
J is for Joyful
With holiday cheer!
K is for Kindness
We share all we've got.
L is for Lucky
All the tickets we bought!

M is for Money
We give and we share. It's also for
Meat Pies The best anywhere!
N is for the Needy
We show them we care, by giving our
profits with love and with prayer.
O is for Ovens
So busy, so hot.
P is for Penny Table and Purses
And the bargains we've got!
Q is for Quiet
At the end of the day.
R is for Resting
Just do it your way!
S is for Service.
We're always on task. We help to
raise money. For those who may ask.
T is for Tarts
Too thin, no, too thick!

U is for Upbeat
That is the trick
V is for Value
Our pies are the best.
W is for Workers
The best never rests!
X is for Xcellent
That's each one of you!
Y is for Yahoo
We did it again!
Z is for Zealous
And that's all of you!

*Dedicated to all the CWL sisters
who love their bazaars*

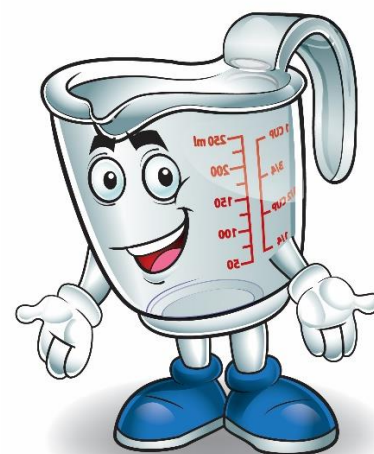
*By: Jeanne Lauzon, Essex Regional
Chair*



Recipe for Success

Ingredients

1 tsp. of ideas
½ cup of goodwill
½ cup of patience
1 pinch of positivity
¾ cup of imagination
16 oz. of leadership
2 tablespoons of Teamwork
1 cup of market vision
3 heaping spoons of challenge
½ lb. of hope
2 cups of love
Mix well.
Enjoy the fruits of your labour!



The Traveling Sisterhood

The Ontario Provincial Convention and Annual Meeting of Members

Bee There...The Nickel Capital of the World

By Jeanne Lauzon, Essex Régional Chair

What a start to our trip to the provincial convention and Annual Meeting of Members (AMM) of The Catholic Women's League of Canada (CWL), in Sudbury. I had picked up my travelling sisters, Helen Bailes, Windsor Regional Chair and Faith Pillar Chair Bea Taylor. As we neared London, my cell phone rang. Why would my husband be calling me now? His news was not good. It seems in my haste to leave; I left behind one of my suitcases. It contained all my toiletries, extra shoes and most importantly my make-up. How would I keep my eyebrows looking full, without my cosmetics? Bea assured me I would find what I needed at the Walmart in Sudbury when we got there. Throughout the week they would religiously check my appearance to ensure that my eyebrows looked okay.

Our first two days in Sudbury were relaxing. We registered for the convention, met lots of ladies from the Diocese of Sault Ste. Marie who was hosting us and just got the lay of the land. Saturday evening, we were invited to a private showing of the play *Chicago*, by the Yes Theatre Company at the Sudbury Theatre Centre Stage. Sunday, we went off to see the *Big Nickel*, do a little shopping so I could replace missing items and then participated in the Resolutions Dialogue, where we had the opportunity to review the three resolutions being submitted to the AMM. The day ended with the opening mass and reception at Our Lady of Hope Church. There is nothing more beautiful and affirming than celebrating mass with so many faith-filled women whose voices raise to bring glory to our God.



The next three days were busy with the business of the AMM and presentations during the convention. Monday evening was capped off with a delicious dinner hosted by St. Mary's Ukrainian Church community. Pastor Fr. Peter Bodnar was a gracious host. He explained to us how the iconic paintings of Our Lady of Perpetual Help, were painted on the wood from munition crates in the Ukraine. The evening's sponsor, Gerry Loughheed, gave a rousing speech, extolling the work of the League.

Tuesday morning I was up early to take part in a Sunrise Prayer Service at a park in the centre of Sudbury. The Grotto of Our Lady of Lourdes was situated at the top of a hill overlooking a beautiful river. We made it back to the convention centre in plenty of time for mass. The masses were all very beautiful and my most favourite part of the convention.

Tuesday's keynote speaker, Edwina MacDonald, spoke on *Listening to Indigenous Voices*. Several Indigenous women spoke about their experiences and the importance of their faith. They explained the meaning behind our table centerpieces and the need to acknowledge the Spirit in the Sky. We learned about the Sashbear Foundation which empowers family members and communities with life transforming skills and hope through workshops and evidence-based programs.

Highlights on Wednesday included presentations by provincial executive; national president, Shari Guinta; our rousing invitation to the 2025 provincial convention/AMM in London; and most important, elections for the 2025-27 provincial executive. A beautiful mass at Holy Redeemer Church closed the convention.

It was a wonderful convention: filled with inspiring reports; faith-filled masses and services; and great opportunities to meet enthusiastic sisters across the province who believe in the values of the League. I am also happy to report that all my luggage made it home with me from Sudbury!

The National Convention and Annual Meeting of Members

Here I am Lord...send me

Patricia Rivest, Life Member

The 104th annual convention and AMM of The Catholic Women's League of Canada was held in Saskatoon, Saskatchewan from August 11-14, 2024. I started my journey in the early morning of Saturday, August 10th, in London, as I waited to board a Westjet flight to Calgary at 6:15am. From there, we boarded our flight to Saskatoon. With the time difference, we touched down in Saskatoon at 11:00 am and the beginning of five delightful days with almost 600 of our sisters in the League.

Saturday evening, we were invited to St. Patrick's Parish, for a Fiesta Filipino organized by their Filipino community. There was plenty of fellowship, food and fun. We were entertained with songs and dances throughout the evening. It was a pleasant start to the convention.

The format of this convention/AMM has changed. Plenary sessions and Break Out sessions were held on Monday and Tuesday. The AMM was held on Wednesday. I was not sure I would agree with the change in format. However, having participated at this convention/AMM, I appreciate the change. Education and learning, presentations from various organizations and breakout sessions on the first and second days is a great benefit. There are no interruptions during the two days with the making of motions. Just educational! The business session of the AMM is clear, concise and informative. I pray everyone will accept this change. Remember *Change is Growth*.

Sunday afternoon was the Resolution Dialogue. Resolutions are a very important part of the League. With resolutions we reach out to others not only in our community but throughout the province, country and beyond. Three resolutions were adopted at the Annual Meeting of Members on Wednesday:

1. Increase Supported Housing for Individuals Experiencing Homelessness with Mental Health and Mental Illness Issues
2. National Universal Pharmacare Program to Include Prescription Drug Coverage for People Experiencing Mental Illness
3. Grant the Canadian Ombudsperson for Responsible Enterprise Legal Authority to Investigate Environmental and Human Rights Abuses.

The official opening (which was held prior to the Mass), Eucharistic celebration and reception were held at the Cathedral of the Holy Family.

Monday began with the Eucharistic celebration followed by the National President's message as well as the National Spiritual Advisor's message. Two plenary sessions followed; *Walking Together in Synodality* which was like the *Conversations of the Spirit* we had experienced at our executive retreat in June, and *Papal Doctrine of Discovery*. In listening to the *Papal Doctrine of Discovery*, I realize how little I know of the Indigenous treaties and the difficulties of the Indigenous people. There is a need to learn more and to understand the history. The next session was *Here I Am Lord, Send Me*. Questions asked: "How Deep is your YES to God?" and "Where is God sending you now?"

Tuesday began with the Eucharistic celebration followed by a day of breakout sessions. A day of education and learning. There were nine different sessions. I was able to attend three of the nine:

1. Catechesis: The ABCs of the Christian Catholic faith is the Creed, the Sacred Sacraments and traditions. The Eucharist is the source and summit of what we believe.
2. Women in the Life and Mission of the Church
3. Palliative Care
4. 1 for All and All for 1: This was a very uplifting and joyous session. Be joyful and show your love for the League. Recruit, Regain and Retain. When was the last time you asked someone to become a member of the League?
5. Leadership: Dealing with Obstacles
6. Social Media: Connection
7. Walk with Him: This session provided suggestions for the three pillars: Faith, Service and Social Justice. The idea here was to focus on ONE item for each pillar. Check out the website for valuable information.
8. Move Me, Engage Me, Embrace Me
9. Be Not Afraid: An Interactive Workshop on Crafting Resolutions

Wednesday began with a Prayer Service and the AMM was called to order. Credential Report was given; adoption of the standing rules; Minutes of the 103rd meeting was passed by the national executive; and correspondence was read. Reports were given by the national president, national spiritual advisor, national secretary-treasurer and the executive director.

I look forward to learning more and how to participate with the action plans of these adopted resolutions in the Fall issue of the Canadian League Magazine and also on the national website cwl.ca

The 43 members from Ontario, including 14 members from London Diocese gave a rousing invitation to our sisters from across Canada, to join us for the 105th Annual National Convention/AMM in Toronto, August 10-13, 2025.

Thursday morning, I joined my sisters from Ontario as we retraced our steps to London and home. Tired but invigorated by what we learned and the sisters we reconnected with and the new sisters we met. Until next time!

OPC Sudbury 2024



National Convention 2024 Saskatoon



*London Diocesan
Convention 2025,
Stratford, ON
April 28-30, 2025*

*Ontario Provincial
Convention 2025
London, ON
July 6-9, 2025*

*The Catholic Women's League of Canada Annual Convention/AMM
Toronto, ON
August 10-13, 2025*