



# Antigonish Diocesan CWL Newsletter

April 24<sup>th</sup>, 2021

Spring ~ A Time of Rebirth, Regrowth and Renewal

## Janice MacDougall – ANTIGONISH DIOCESAN CWL PRESIDENT



Spring greetings to each of you! To say that being president for the Antigonish Diocesan Council, has not been as expected, is definitely an understatement! Who would have thought, that Fall Conference 2019 would have been our first and last time to gather as a diocesan group? The only certain thing is that COVID-19 has changed the way we do almost everything!

Being in any leadership role has challenges. That is true whether the leadership role is at work, home, in the community or parish. As CWL leaders and members of the League, we need to encourage each other to do our best for God and Canada. The women who said yes, to serving at the executive level, need to be supported and encouraged. Everyone is doing the best they can, with what they have, trying to fulfill their extended term of office.

Thanks to technology we are able to promote the League, through the numerous updates that were shared over the past year. We believe that **sharing information and communicating** what is happening, in a timely fashion is critical in keeping our members engaged and connected. We hope that the information sent to parish presidents, was shared to parish executive members, and council members when appropriate.

Speaking of technology, the Annual Meeting of Members (AMM), formerly called Spring Convention, will be held on June 19<sup>th</sup>, 2021. The national council, NS Provincial Council, and both diocesan councils in Nova Scotia, will follow the same format for the upcoming meetings. Numerous hours have been logged on emails, Zoom meetings and telephone calls, as we work closely with NS Provincial President Glenda Carson, and Halifax/Yarmouth President Janet Terrio, to ensure that we are fully informed when planning our respective meetings.

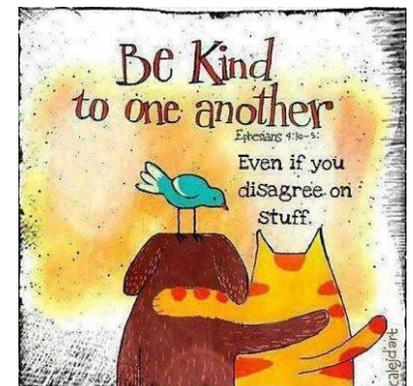
This year's format will look very different. The "Notice of Meeting" and "Preliminary Agenda" were sent out on April 21<sup>st</sup>, 2021, using the latest information available to us at the time. Everyone who is planning to attend, must pre-register through their parish council contact person. **The deadline to register is May 28<sup>th</sup>.** Later registration cannot be accepted. There are a lot of details to be worked out, this format is all new to us!!

I'm filled with gratitude, that the good Lord, has given me the grace and courage, to embrace the many changes that have occurred due to COVID-19. Just about everything I expected my term as diocesan president to be, has been different. Open minds, kindness to each other and finding new ways to get our business done are needed for us to move forward. I pray that the Lord will continue to bless all members with faith, trust and hope, and that we will have the confidence and trust in all that we do for God and Canada. Stay safe, social distance, continue frequent handwashing, wear you mask properly and get vaccinated when your age group is announced.

May Our Lady of Good Counsel continue to inspire & guide us, as we work together "For God and Canada" and "Care for Our Common Home" as we "care for each other".

*Janice MacDougall*

*auntie273@gmail.com*



## Fr Daniel Boudreau – ANTIGONISH DIOCESAN SPIRITUAL ADVISOR

Greetings! Within our liturgical calendar, we have just celebrated and entered into one of the greatest of our Christian faith, the Easter Vigil and Mass of the Resurrection! During the season of Lent, we strove to follow in the footsteps of Jesus through various acts of devotion, preparing our hearts and minds to enter into the joy of Jesus! This great journey, this great mystery of faith, has transformative powers to elevate and lift us up in a way that we could never have imagined. It is inspiring to follow the Apostles of Jesus before the Resurrection and then discover how their lives changed after the Resurrection!!! As Saint Thomas put it best, "My Lord and my God!" (John 20:28). After the Resurrection hope is restored. Life begins anew! The broken relationship between us and God has been restored! I have always liked the beautiful and comforting words of Jesus when he said: "I have come that you might have life in all its wonder, in all its fullness, and in all its joy" (John 10:10). God wants us to be happy and enjoy the blessings we receive each day of our lives! God truly loves and blesses us abundantly!

The joy and blessings that we have received during the Easter season invites us into a deeper faith and relationship with Jesus! It is an opportunity to grow in holiness and likeness of Christ. "Be holy as your heavenly Father is holy" (1 Peter 1:16); the chance to be nourished and strengthened by the joy and grace we have received from our participation in the Easter mystery! The question now becomes, "How do we hold on to the joy and depth of this glorious Easter experience?"

As CWL members, we have a beautiful opportunity to be involved in a whole host of activities prayerfully designed to help us grow deeper in our faith. The love and support of other believers is no small blessing! As we come together during this special C.W.L. event, we have yet another opportunity to support and encourage one another in our shared experience. Let us take full advantage of this grace filled time so that God may be glorified in the days, weeks, and months ahead! Thank you and continued blessings!



*Father Daniel J. Boudreau*

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## Doreen Boudreau – SPIRITUAL DEVELOPMENT



**He is risen! Alleluia!** Each year we hear these words and we rejoice. Like the rebirth of the natural world in spring, the Resurrection brings us a new beginning—a sign of new life. It brings us hope!

This year, we have a new reason to be hopeful. People are getting vaccinated against the coronavirus so that we can put this dreaded disease behind us. We continue to practice the health protocols of washing our hands often, wearing a mask and keeping 6 feet apart. And we long for the day when we can again give each other a hug! It seems like such a small wish!

In the meantime, there are things that we can do. God has given us this beautiful garden we call "Earth", to enjoy. Let us make use of it. Go for a walk, enjoy the sunshine, prepare our beds for the flowers that are beginning to burst free of their winter dormancy, listen to a gurgling brook. There is much joy in the simple things in life.

And remember, you are not alone. This garden is to be shared with our neighbours and preserved for generations to come. We must CARE FOR OUR COMMON HOME!

May Our Lady of Good Counsel guide us in this endeavor. Peace, love and happiness to you all!  
Stay safe and stay strong!

*Doreen Boudreau*



## Julie LeLievre – PRESIDENT ELECT/ORGANIZATION



*Easter is time for us to rejoice and celebrate the risen Lord. May this season of Easter fill you with hope, happiness, prosperity and an abundance of love and joy.*

Things have changed since this time last year, but we are still in this time of pandemic and restrictions. The good news is that we are able to celebrate mass (with limited attendance) and visit with our designated family/social group. I, like all of you, spend most of my time at home, missing seeing my children and grandchildren, but I am fortunate to be able to regularly visit my 96-year-old mother who lives nearby.

The diocesan executive officers have met via Zoom meetings several times over the past few months; we are busy working on your behalf. We connected with councils through phone calls completing the 'Staying Connected Survey'. Due to councils not being able to meet and fundraise, it was decided the Council Commitment Fee will be on hold until it can be further discussed at our next executive meeting. Memos and diocesan newsletters continue to be generated and distributed to councils.

Plans are underway for Spring Convention- now referred to as the Annual Meeting of Members (AMM), in accordance with CWL directives to align with *Canada Not-for-profit Corporations Act*. This meeting is scheduled for **June 19**. The NS Provincial AMM is planned for **July 10** and the National AMM **August 9 & 10**. Provincial and national elections will take place. We all must follow both public health and Antigonish Diocese guidelines for gatherings, therefore attendance will be limited.

Strategic plans are ongoing with lots of information from national. For more updates visit: [cwl.ca](http://cwl.ca) Quick Links: Implementation of the Strategic Plan. The new *Welcome Program* was sent to all councils and has lots of great ideas on welcoming both new and 'seasoned' members. The instructed votes on the proposed amendments to the *Constitutions and Bylaws* and increase in per capita fees, have been delayed until March **2022** due to many provinces still having lockdown restrictions. All members must be given the opportunity for in-person discussion and voting on these proposed changes.

Thank you to councils for completing the annual reports. Even though councils were not able to meet, members still found time to promote CWL initiatives. Councils introduced ways to stay connected with members such as: started a *Facebook* page, monthly emails, news bulletin developed and mailed to all members, reached out to members via phone calls and small group gatherings with social distancing.

Thank you to all councils for all you do for members, to promote our Catholic faith, and serve in our communities.

*Julie LeLievre*



## Earlene Landry – EDUCATION & HEALTH

The Care for Our Common Home Initiative has been extended to June 30<sup>th</sup>, if you want to poll members on eliminating the use of plastic bags and straws. You can take part in the online survey at <http://www.surveymonkey.com/r/CWLENVIRONMENT>. Please continue to conserve water and plant trees to provide a better environment for us to live.

Try to keep in touch with your council presidents to ask for any memos I've sent this past year. All memos are sent to your president for distribution. I will continue to pass on the information I receive from the national and provincial education and health chairpersons, as they work hard to keep you up to date on any new projects or regulations for the future.

Some important upcoming dates for you to participate in with your councils:

- Earth Day is April 22, 2021.  
This year's theme is Restore Our Earth.  
Check out <http://www.earthdaycanada.ca>
- National Hospice Palliative Care Week is May 3<sup>rd</sup> – 9<sup>th</sup>.  
The 12 Hours of Prayer Kit will be available on the national website by mid-April.
- Webinar on Palliative Care May 8<sup>th</sup> 2021 to register: <https://cwl.ca/webinar-on-palliative-care/>
- 70<sup>th</sup> Annual Mental Health Week is May 3<sup>rd</sup> – 9<sup>th</sup>, 2021.  
The Canadian Mental Health Association has a toolkit available at <http://www.mentalhealthweek.ca>

*If you or someone you love is struggling, there is hope and help:  
Please contact your local CMHA. [www.cmha.ca/bounceback](http://www.cmha.ca/bounceback).  
Visit the Government of Canada's Wellness Together portal.  
Thinking of suicide? Please call 1-833-456-4566 toll free in Canada  
**There is help available! Talk to a friend, sibling or parent.***

You are not alone

I will research more information on the Canadian Blood Services Partners for Life Program and encourage members to register under the League's unique partner ID (CATH011269) to donate blood. I will send out the newly revised bursary certificates and information on the Hospice Palliative Care postcard campaign.

To Care for Our Common Home is an ongoing responsibility and even with not much contact with our fellow members, due to COVID-19, you have all truly accepted the challenge to make our communities a safe place to live. Our numbers are low for COVID-19. Let's keep it that way. Register for your vaccine as soon as possible. Stay safe and healthy and keep a positive attitude.

May Our Lady of Good Counsel guide you as you continue to share your gifts and keep your councils informed.

Your sister in the League.

*Earlene Landry*

## **Anne McCormick – DIOCESAN SECRETARY**

Over the past year Zoom has become a popular household word. Zoom is a communications app with video and audio capability that allows people to meet face to face virtually. This has been a common way for families and organizations to connect during this time of pandemic. Videoconferencing apps aren't new and Zoom is just one tool of many, including Skype and Whatsapp. As an executive, we too have had to explore different ways of connecting, and over the past year we have had our meetings using Zoom.

The host schedules the Zoom event/meeting and shares a private link for participants to join. Zoom also supports phone dial in calling for those who prefer to join by phone or who don't have access to a computer (in this case the host must have subscribed to an audioconferencing plan). This is a private link so do not share the link, phone numbers or access code with those not invited to your meeting. After participants click on the link or dial in, the host grants them access to join. The business is conducted by the president as in a regular face to face meeting. Prior to beginning the meeting, videoconferencing protocols may be reviewed with participants. Depending on the number attending the meeting by Zoom, the host may be supported by a moderator to ensure a smooth flow of events. There is also an option to record the meeting which is a great help for the secretary when writing minutes.

Member responsibilities apply at Zoom meetings just as at face-to-face meetings. In addition, as with any new experience, there are learning curves in using this technology. For example, it is important for participants to have the link available and be ready to join ahead of time in order to avoid delays in joining and to allow troubleshooting when needed. Have the host's contact number available in case it is needed for troubleshooting. Check the sound on your computer to make sure it is turned on and the volume is adequate. Participants need to position themselves so that others can see their head and shoulders on the screen and ensure there is good lighting. The lighting should be in front of you and not come from behind you. With this in mind it may be necessary to close curtains or blinds behind you. It is important to become familiar with the mute button, and mute yourself when not talking to cut down on distracting background noises and rustling of papers, etc near the microphone. Turn the video off if you leave the meeting for some reason; your name will remain on the screen as a place maker until you return. And let others in your home know you are on a zoom call so they can respect your need for privacy and quiet. Avoid multitasking during the meeting and have materials ready ahead of time for any presentations you will be doing. Additional tips for attendees can be viewed at <https://www.technology.pitt.edu/blog/zoom-tips>

In October 2020, National Secretary-Treasurer Janet McLean, in her Communique # 5, wrote a "*Guide to Virtual (Online) Meetings during COVID-19*". This was sent to parish council presidents and is also posted on our Antigonish Diocesan website at [antigonishdiocesanwl.ca](http://antigonishdiocesanwl.ca). This is a valuable reference for those planning to host virtual meetings.

Watch your spring mailings for more information on using Zoom for parish council meetings and other events. Doreen Gowans, National Communications Chair, in her April 2021 spring mailing memo has included valuable information on setting up and using Zoom.

Technology such as Zoom allows councils to connect, move forward and continue operating during these unprecedented times. Let's support and encourage each other and learn together so that we can engage in productive virtual meetings and events.



*Anne McCormick*

## Wanda Bruckschwaiger - COMMUNITY LIFE



“Whoever welcomes you welcomes Me, and whoever welcomes Me welcomes the One who sent Me”. (Matthew 10:40).

The League’s *Welcome Program* was designed to welcome members, to affirm members and validate members. This welcoming program promotes a genuine feeling of connection as a CWL member.

I recently participated in a Zoom presentation by Dr. Mary Jo Leddy, hosted by St Marguerite Bourgeoyoys Parish. Dr. Leddy is a writer, speaker, theologian and social activist. She is involved and recognized, near and far, for her work with refugees at Toronto’s Romero House. Romero House is a community of faith and hope welcoming and providing shelter to refugees new to our country.

In her talk Mary Jo spoke about her book “The Other Face of God: When the Stranger Calls Us Home”. She shared stories and reflections, from the introduction of her book, describing her life at Romero House and her experience caring for refugees settling into a new community life. Mary Jo reflected on the following:

- ✚ “Do you believe in God and Jesus?”
- ✚ “Do you believe life could be meaningful?”
- ✚ “Do you believe in impossible dreams for justice and peace?”
- ✚ “Did you see evil in the world?” and
- ✚ “Have you seen the face of God?”

Mary Jo responded with a firm “Yes, through the strangers and foreigners, who are also called refugees”. In her book she mentions the names of refugees in whom she saw the face of God.

I was very moved by the wonderful talk and passion Mary Jo has for the refugees who are coming to our country. I feel we are welcoming our neighbours and foreigners to our communities, even though sometimes we fear strangers. But we are known to reach out to help with housing, jobs and friendship. As the *Welcome Program* states, welcoming is not a one-time event.

You can learn more about Mary Jo’s work and faith through the many books she has written. Let’s continue welcoming one another.

*Wanda Bruckschwaiger*

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## Laurena Greencorn – CHRISTIAN FAMILY LIFE

Daily Novena Prayer to St Joseph -

<https://yearofstjoseph.org/devotions/prayers/>

O Saint Joseph, whose protection is so great, so strong,  
so prompt before the throne of God, I place in you all my interests and desires.



O Saint Joseph, do assist me by your powerful intercession and obtain for me from your divine Son all spiritual blessings through Jesus Christ, Our Lord, so that having experienced here below your heavenly power, I may offer my thanksgiving and homage to the most loving of fathers.

O Saint Joseph, I never weary of contemplating you and Jesus asleep in your arms. I dare not approach while He reposes near your heart. Hold Him close in my name and kiss His fine head from me, and ask Him to return the kiss when I draw my dying breath. St. Joseph, patron of departing souls, pray for me. **Amen.**



# Helena MacLeod – COMMUNICATIONS

*“...effective communication requires more than an exchange of information. When done right, communication fosters understanding, strengthens relationships, improves teamwork, and builds trust.”*  
 (author unknown)

Here we are still under the rules of COVID, with restrictions making in person meetings challenging for some councils. To keep all our members informed, we have been using all the communication tools we have, to keep up to date and connected. The tools most used, I believe, are email and snail mail for those members that don't use email.

## National Website:

*To Inspire*, a new section that has been added to the website, includes several short videos and scripts for all to view, like and share. The link for that is [www.cwl.ca/to-inspire](http://www.cwl.ca/to-inspire).

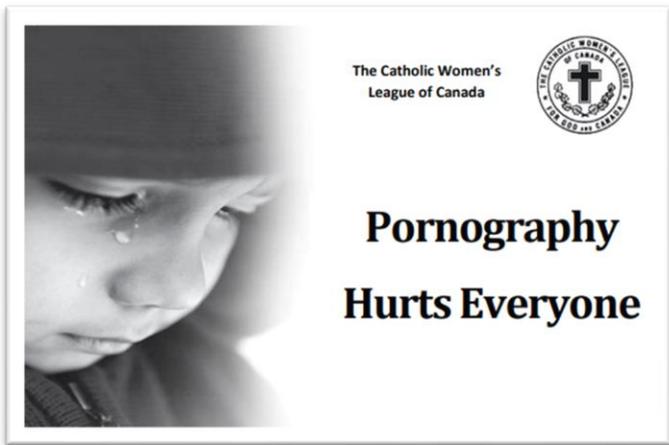
## The Canadian League fall edition:

Just a reminder that the League magazine will only be published on line this fall. For most councils it will probably be too much of an expense to print off copies and mail them for the members who don't have access to a computer. Maybe you can think of ways to share the content with a fellow member.

In communique #19, Doreen Gowans, National Chairperson of Communications, shares information that the **Catholic Register** would like to produce a feature editorial or a magazine to showcase the League's history and future, as a celebration of the 100<sup>th</sup> anniversary. For more information and to participate, you can go to [cwl.ca/communique](http://cwl.ca/communique) and click on communications.

Antigonish CWL Diocesan Council Executive Officers 2019-2022 (3-year term due to pandemic)	
President	Janice MacDougall
Spiritual Advisor	Fr. Daniel Boudreau
Past President	Cleo Windsor
Pres Elect/Organization	Julie LeLievre
Secretary	Anne McCormick
Treasurer	Kathleen Campbell
Spiritual Development	Doreen Boudreau
Education & Health	Earlene Landry
Christian Family Life	Laurena Greencorn
Communications	Helena MacLeod
Community Life	Wanda Bruckschwaiger
Legislation	Jolene MacLellan
Resolutions	Ann Callahan

**We are respectful**  
 We have fun  
**We love what we do**  
 We work hard and smart  
**We do great things**  
 We communicate and listen  
**We are helpful**  
 We stay positive  
**We strive for excellence**  
 — We are a TEAM —



## Pornography Hurts:

Practically every day in the local newspapers someone is brought to court because of producing or accessing pornography. The good part of that is that they are getting caught but it seems to be more rampant since COVID, probably because more people have been in lock down and are spending more time on computers and other devices. So, I'm asking that you take the time, if you're able, to access and print the *Pornography Hurts Everyone* postcard and mail it to your member of parliament. To access the postcards and printing instructions go to: <https://cwl.ca/resources/100-series-crest-stationery-and-other-council-supplies/>

Keep safe and remember God has great things in store for you.

Your sister in the League, *Helena MacLeod*