



Antigonish Diocesan CWL Newsletter

May 14th, 2022

"Peace begins with a smile" ~ Mother Teresa

Janice MacDougall – ANTIGONISH DIOCESAN CWL PRESIDENT



CATHOLIC
and **LIVING IT!**

New Hope, New Hope Is What We Have Been Given, By the Lord!!

Filled with pride and gratitude, I extend my thanks to everyone who supported my journey as president of the Antigonish Diocesan CWL Council. To say that my term was not what I expected would be an understatement! Actually, I don't know what I thought it was going to be like, but I do know that the diocesan officers did what we could, when we could, and we worked very well together for our members and for God and Canada!

When reviewing the notes from my first day "on this job", I am proud that we are able to check some items as accomplished! The promise to be accountable, respect others and work as a team, all receive a check mark! During the two-year term, plus a year due to you know what (COVID), with God's help and grace, I was honest, worked hard, helped others, was open and willing to listen ~ all things I promised to do.

Zoom, our online meeting platform, was a blessing in disguise! It gave us an excellent way to stay engaged, be informed, work together, share ideas and support each other. It is very important that every president keep her executive "in the loop" by holding executive meetings and giving everyone the opportunity to have input and be part of the team; we are not in this alone!

Communication, in a timely and effective manner, is key to the success of any organization or team. We, as presidents, are requested and expected to share information. If our members don't know, they can't go or participate! It is important that members are informed on what is taking place, so that they can choose to attend or be involved, if they so wish.

I look forward to attending in person meetings, fundraising events and special occasions, while still continuing to be careful and cautious in my choices, like wearing a mask in crowds, limiting hugs and handshakes and knowing it is perfectly OK and necessary to do things differently going forward! It is nice knowing that we can return to our new normal, have fun, and still get our business done!

So, with new hope and the blessings of the Lord, let us go forward with confidence ~ to do what we can, when we can ~ making a difference in our homes, workplaces, parish communities, diocese, province, country and indeed the entire world, by spreading kindness like never before!

Janice MacDougall

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Fr Daniel Boudreau – ANTIGONISH DIOCESAN SPIRITUAL ADVISOR

Dear CWL members and friends,

Greetings!

We have just completed our Lenten journey and proclaimed gloriously the Resurrection of Jesus! The Easter Vigil, in all its beauty and splendor, renewed our faith and hope once again! The spiritual batteries are recharged and we continue to move forward as people of God. At least, that is the desired target of all our efforts - to walk closer with our Savior as we daily live out the faith that is truly ours!

To be truly honest with you, this can certainly seem like a daunting task these days. The pandemic continues to drag on, the daily news reports are nothing short of frightening, wars and conflict abound, even the rising cost of gas and food can challenge our peace and joy! How can we continue and still be the light of hope to others around us? Jesus promised us a “peace beyond all understanding” (John 14:27)! How do we lay claim to that? Especially this Easter season?

When such thoughts and concerns come my way, and they do, I frequently turn to the writings of Saint Paul. He was such a real person of faith and his many shortcomings made him so identifiable! His main pursuit, despite the many challenges of life and faith, was to continually strive for the “imperishable wreath” (1 Corinthians 9:25). It was the consistent day to day following God and trusting completely despite all the distractions, hardships and limitations he faced. When we think about it all, it’s a formula that works and Paul’s life gives testimony to his deep faith and love for God.

We are truly blessed and the Easter celebrations are proof of that! Let’s continue to move forward, praising God all the way! Thanks, and continued blessings to each of you!

Father Daniel J. Boudreau

Doreen Boudreau – SPIRITUAL DEVELOPMENT



God loves music, did you know?

What makes me say such a thing? Well, just look around and listen. It’s spring after all! The melting ice and snow have turned into babbling brooks. The songbirds have returned to their summer habitat. The howling winds of winter have given way to gentle breezes whispering in the trees. The new animal babies are calling to their mothers. All music to my ears—and yours—and God provides it all!

Spring is a time of renewal. Pope Francis is asking for renewal in the church through the synodal journey. Please take some time to participate in the various activities provided to us for our input. Also, now that COVID-19 restrictions have been lifted, let us make a concerted effort to renew friendships and commitments to help our neighbour in a more tangible way. Let us pray that peace may reign in the world. I am reminded of the words in the song “Let There be Peace on Earth” which reads “With God as our father, brothers (and sisters) all are we. Let me walk with my brother in perfect harmony.” And now that congregational singing is once again permitted, let us raise our voices in gratitude and praise for all that God provides; because He loves music after all!

Doreen Boudreau

Anne McCormick – DIOCESAN SECRETARY



Don't Take the Bait!

Phishing (pronounced: fishing) is an attack that attempts to steal your money, or your identity, by getting you to reveal personal information, such as credit card numbers, bank information, or passwords, to sources that pretend to be legitimate.

Phishing messages can take the form of an email, text message or phone call from a cybercriminal who is pretending to be someone they are not, such as a reputable company, bank, government agency, or online store. A phishing scam can also happen when a friend's account may have been hijacked and the hijacker sends emails to everyone in the friend's address book.

Phishing scams often threaten or pressure you to respond to requests "quickly".

Phishing scams are the third most common scam affecting Canadians today.

Don't take the bait! Protect yourself from phishing scams by:

- Learning how to spot them. Red flags indicating phishing messages include requests to share personal information, use of urgent or threatening language, suspicious senders or suspicious links, unexpected emails, or unprofessional design in the email address or content, such as spelling and grammar errors.
- Being wary any time you receive a message that asks you to reveal personal information even if it appears to be from someone you know or a company you trust. For example, if you receive a message that appears to be from an online store (like Amazon) or your bank that tries to convince you of the "legitimate" need to verify information, it could be a phishing scam. Don't be tricked into responding.
- Not opening links or attachments you are unsure of; always access websites using trusted links. If in doubt, go directly to the company home page. Scammers can copy the look of a company's communications to fool you into clicking on a phony link or attachment. In some cases, the cybercriminal may already know something about you to make the message sound more legitimate.
- Verifying requests for information through another means. Reach out to the sender in a different way i.e. by phone. Unless you have requested it, any message asking you to reset your password, update your account, etc may be fake.
- Deleting any messages that seem suspicious or too good to be true!
- Reporting them.

To learn more about phishing go to: <https://www.getcybersafe.gc.ca/en>
<https://support.microsoft.com/en-us/windows/protect-yourself-from-phishing-0c7ea947-ba98-3bd9-7184-430e1f860a44>

Anne McCormick

Congratulations on 100 Years!

2021 ~ St Ninian Parish Council ~ Antigonish

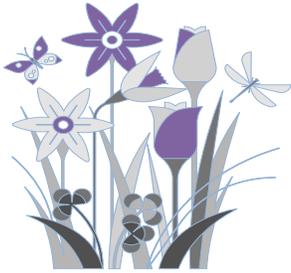
2022 ~ St Anne Parish Council ~ Glace Bay

2022 ~ Holy Redeemer Parish Council ~ Sydney

2022 ~ Diocesan Council ~ Diocese of Antigonish

Earlene Landry – EDUCATION & HEALTH

Catholic and Living It!



We are always positive to one another and when we gather, we always go home feeling a little better about life and the goodness in all of us. Joining the Catholic Women's League in 1998 was the most positive thing I could have done for my self-esteem. I was named to the executive one month after I joined and have served on three different levels and was a facilitator on the national program "Catch the Fire". Every level of CWL has encouraged me to do a little more. I have grown so much and made many friends for life. I really miss the fun of CWL and getting to know new members. I encourage you to

continue to invite people to become members and to share the positive experiences you've had with the CWL.

As I finish my term as education and health chairperson, I want to thank everyone for their participation in the projects and surveys I have sent over the past three years. I know it's been hard with the COVID-19 pandemic, but you did what you could, when you could.

Continue to do good things for people; love your family and friends. This pandemic has helped us appreciate family and friends. May God and Our Lady of Good Counsel continue to stay in your life and help you to realize the goodness in being *Catholic and Living It!*

Your sister in the League. *Earlene Landry*

Laurena Greencorn – CHRISTIAN FAMILY LIFE

Spring is here! The birds are busy building their nests; it is so nice to hear them singing in the early mornings. As I think of spring, I think of the month of May and the Blessed Virgin Mary as Mother of the Church and as our Blessed Mother. We celebrate her throughout the month. I also think of flowers and their beautiful fragrance.

When I lived in High River, Alberta, we, at Saint Francis de Sales, would plant yearly flower gardens around our church and the statue of Mary.

When planting flowers, I think of this poem and think of Mary...

Lilies for her purity,
Blue bells and morning glories for the cloak she wore;
Baby's Breath for the Child she nurtured,
And for her willing feet the Lady Slipper;
Foxglove to warm her gentle hands,
Sweet Woodruff (Bedstraw) for her rest.
(Author Unknown)



So, if you're planting flowers this year, you may want to think of Mary and her beautiful garden. Pray to her, talk to her and enjoy your flowers. Enjoy spring!

Laurena Greencorn

Ann Callahan – RESOLUTIONS

As we continue to celebrate Easter, hope is ever present. Let us all put our best foot forward, trust in ourselves and have faith in our abilities to bring forth new ideas and topics for a resolution. Our faith lies in God, trusting that He will guide us to build good and faithful resolutions to be presented in the future. We must all believe that who we are as individuals is God's gift to us. However, more importantly, who we become is our gift to God. It is through our faith in God and ourselves that we build a new way of being *Catholic and Living It!*

Ann Callahan

Jolene MacLellan - LEGISLATION

Hello everyone! I hope you are having a wonderful spring season, and that the cold weather is finally behind us. While there have not been many actionable items in the legislature lately, there have certainly been a few bills that you might like to be up to date on. Bill 149: The Financial Measures Act (2022) received royal assent on April 22nd. It contains several interesting pieces, including some changes to Income Tax credits that may be of specific interest to many families and land owners. Also receiving royal assent on April 22nd was Bill 131: The Powers of Attorney Act and Bill 145: The Electricity Act. As always, more information on any bill presented to the Nova Scotia Legislature can be found at nslegislature.ca.

I hope you continue to find yourselves in good health, and I will see you all soon.

Jolene MacLellan

Helena MacLeod – COMMUNICATIONS

[Prayer for Peace in Ukraine](#)

Prayer for Ukraine God of peace and justice,
we pray for the people of Ukraine today.
We pray for peace and the laying down of weapons.
We pray for all those who fear for tomorrow,
that your Spirit of comfort would draw near to them.
We pray for those with power over war or peace,
for wisdom, discernment and compassion to guide their decisions.
Above all, we pray for all your precious children, at-risk and in fear,
that you would hold and protect them.
We pray in the name of Jesus, the Prince of Peace. Amen.

(Canadian Conference of Catholic Bishops)



[Prayer for Healing and Reconciliation](#)



O Blessed Virgin, Our Lady of Guadalupe intercede for us with your Son that we who live in this land, Indigenous and non-Indigenous together, may experience healing and reconciliation on a renewed journey for justice and peace for our children. Mother of the Church, pray for us.

(Development and Peace Caritas Canada)

Helena MacLeod