



Antigonish Diocesan CWL Newsletter

Oct 16th, 2020

"The world has slowed so we can rediscover ourselves & our surroundings"

Janice MacDougall – ANTIGONISH DIOCESAN CWL PRESIDENT



Happy Fall! So much has happened, or not happened, since our last newsletter!! On March 22, 2020, a two week "State of Emergency" was declared for the Province of Nova Scotia, and *still remains in effect seven months later!* Who would have thought that just about everything would be changed, postponed or cancelled?

What wasn't cancelled was my faith! For me, the "lockdown" increased and help to deepen my faith. This new found time, helped me reflect and pray more. It also gave me the opportunity to clean, organize and declutter my heart and my home. We were all given lots of time to think about how we live, and make necessary changes to how we care for ourselves, our neighbors and our "common home/environment". The "down time" uncovered new God given talents for many, like: making homemade bread, baking, cooking, trying new recipes, knitting, mask making, nature walks, exploring our beautiful island, growing vegetables and making preserves, just to name a few! For those of us with computers and internet, we were able to participate in daily/weekend mass, prayer groups, recite the Rosary daily with Facebook friends, and meet online or by phone. Thankfully, many people "*Cared for Our Common Home*" by connecting with neighbors, friends and family, in many

ways like: window visits, deck visits, driveway visits, phone calls, texts, emails and sharing baked items or homemade meals. Personally, I struggled with not being able to gather with family, friends, CWL sisters, travel and attend planned events. Like many of you, for the first time ever, my calendar was "clear".

Slowly, but surely, councils in our dioceses are moving forward, by resuming meetings and planning for the future. In doing so, remember that we must follow all guidelines, rules and regulations, to keep everyone safe. Let's pray that each President and all CWL members, will do what we can, when we can, to support & help each other. I hope that we will have the eyes to see what needs to be done, and the courage to do what needs to be done, especially, when it comes to "*Caring for Our Common Home*" & "*Caring for Each Other*".

We can work together to get through the challenges placed in our paths by COVID-19 and The State of Emergency. No one knows what the future holds ~ Let's embrace it with open hearts & open minds. As CWL members, we will continue to work together, For God and Canada, by placing our trust in the hands of the Lord. Seems like a great time to invite women to *Come Care With US*, as we live out the League Theme, *Care for Our Common Home!*

Always remember, as President of the Antigonish Diocesan CWL Council, I am available to assist you & your council. If you need help or advice, don't hesitate to just reach out.

Janice MacDougall

auntie273@gmail.com



Fr Daniel Boudreau – ANTIGONISH DIOCESAN SPIRITUAL ADVISOR



Dear C.W.L. Members and Friends!

There is a famous introduction to a powerful book that reads, "*It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair...*", written by none other than Charles Dickens in his book A Tale of Two Cities. In many ways, this observation captures best where we are today in our world, and yes, even in our churches. Where do we go from here? How do we make sense of things? What is the "*will of God*" for our lives during COVID-19? How do we remain connected to each other and our faith while practicing physical distancing?

As a parish priest, struggling with the same questions, striving to support and navigate our faith communities through these very challenging times, I must confess it is not always an easy task. Feelings of frustration and discouragement can be pesky visitors along the journey. Yet, Scripture assures us that "*we know that all things work together for good to them that love God, to them who are called according to his purpose.*" (Romans 8:28). Keeping in mind that we are "*Easter People*" and the victory has already been won! Through the days of challenge, my heart and mind frequently return to a wall plaque hanging on my office wall that reads, "*I am the vine; you are the branches.*" (John 15:5). It is a reminder and invitation to be daily renewed by the nourishing strength of a loving God who calls us His children. "*As the deer pants for the running waters, so my soul longs for you, O God.*" (Psalms 42:2) In short, if we are to find stability and certainty in our faith, our relationships with each other, even maintain community and communion with each other, then we must remain firmly attached to the vine.

There are many things in our life that we may not be able to control at this time. However, there are many more things that we CAN take charge of. Decisions and choices that we can make to ensure that we are firmly attached to the vine! Choosing hope over despair! Choosing to be connected by the power of prayer! Choosing to spend daily time with God! Intimate, quiet time, with our Lord and Saviour! Choosing to read our Bibles and learn more about the goodness of our God! Also choosing to be patient and kind to one another! We are after all called to always be ready to account for the hope and joy that is within us, "*doing it with gentleness and reverence*" (1 Peter 3:15)!

In closing, let us continue to keep each other in prayer! Let us ponder the precious words Jesus gave to his followers, "*I will not leave you orphaned or desolate, I will come to you.*" (John 14: 18). Those words of hope have not changed in more than two thousand years! Praise God!

Thanks, and Continued Blessings! *Father Daniel J. Boudreau*

Mass for Shut Ins Update:

Father Patrick O'Neill, CWL Provincial Spiritual Advisor & Producer of Mass for Shut Ins, has announced that Mass for Shut Ins will be returning to CTV on Sunday, October 18th at 11:30am. Parishes and groups are invited to participate as the congregation (15 to 20 people). ***For complete details & to book your group contact Mae Rowe at 902-539-6188, ext 222.***

Due to COVID restrictions, taping will be done at Our Lady of Fatima Parish, by CTV staff on Saturday mornings. To ensure everyone's safety, ALL Public Health and Diocesan guidelines and restrictions will be followed and strictly enforced.



Doreen Boudreau – SPIRITUAL DEVELOPMENT

As I sit down to write this message and realize that Thanksgiving Day is coming up this weekend, I contemplate on all the things that I am thankful for.

- I am thankful for being able to live in such a wonderful part of the world where peace reigns instead of war.
- I am thankful for the plentiful harvest. I think that more people than usual planted gardens this year because pickling supplies are hard to find.
- I am thankful for the kaleidoscope of colors that God paints our countryside every year at this time.
- I am thankful for the health and love of my family and friends (including my extended family—my sisters in the League).
- I am thankful that so many of you are following the advice of our medical professionals which has resulted in flattening the curve of COVID-19 infections. Please continue to do your part to keep everyone safe.



Care for Our Common Home is not only caring for the environment; it is also caring for each other. We need to always be sensitive to the needs of our neighbour, our brothers and sisters, the stranger in our midst. Charitable actions, whenever possible, are wonderful. When we cannot physically support each other, we can pray for each other. Since the pandemic began, Mom and I recite the rosary on a daily basis and finish off with “*A Prayer Amid an Epidemic*” by Kerry Weber. I would like to share it with you so that you might also join in.

Jesus Christ, you traveled through towns and villages “curing every disease and illness.” At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love. Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow. Be with those who have died from the virus. May they be at rest with you in your eternal peace.

Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace. Jesus Christ, heal us. Amen

Doreen Boudreau

Email: dobocreations@outlook.com

Cleo Windsor – PAST PRESIDENT

It feels so wonderful to be able to get back to church and some normalcy.

It is very important to be aware that many are still uncomfortable attending Mass and going out in general. Please check in with others to make sure they are ok. A phone call would be great for so many of our friends.

My hope is that you all had a great and blessed Thanksgiving.

Cleo Windsor



Anne McCormick – DIOCESAN SECRETARY

In keeping with our national theme, Care for Our Common Home, I hope you have been able to implement some of the suggestions from last year's Fall Conference on reducing the use of paper and ink. I certainly have become very conscious of the amount of paper and ink I use.

Understanding the impact of ink and toner cartridges on our environment will add additional motivation to our efforts to reduce environmental harm.

What do you do with your ink cartridges once they are empty? Unfortunately, many people throw them into the garbage. Approximately 70% of used printer cartridges throughout the world are currently being thrown out. In fact, it has been estimated that, in North America, up to 350 million ink and toner cartridges end up in landfills yearly. There are many negative effects from these actions. For example, in addition to the space they take in landfills, the cartridges are made of plastic and take hundreds, even thousands of years to decompose, further contributing to the plastic crisis. The toner and ink inside cartridges are made of fine plastic particles, carbon, toxic dyes and coloring agents. Remnants of the cartridge contents can potentially leak out polluting the environment, including soil and water supply, contributing to health hazards.



What many people do not know is that printer cartridges can be recycled and refilled. Approximately 97% of the materials used in printer cartridges can be recycled and made again into a new cartridge. Empty cartridges can be professionally cleaned, inspected and refilled to be used again. Indeed, every cartridge recycled is one less thrown out.

Check with your local supply stores regarding recycling and/or refilling. For many years, Staples, for example, has been recycling ink and toner cartridges. And Costco will refill cartridges at a cost less than the purchase of a new cartridge.

Councils may want to educate their members on the harmful effects of cartridges in landfills, check local stores for recycling/refilling programs, or maybe even explore hosting a cartridge drive in partnership with parish, schools or other organizations....measures to reduce our carbon footprint and Care for Our Common Home.

May Our Lady of Good Counsel guide us as we become protectors of one another and the environment.

Anne McCormick

Julie LeLievre – PRESIDENT ELECT/ORGANIZATION



Due to COVID-19, we know we cannot do things as we've done previously, but we can do some things.

- Councils are finding safe ways to gather, including outdoors (weather permitting!); in large spaces and virtual meetings.
- Keep in touch with members via phone call, text or email. Send birthday/anniversary cards to members.
- Maybe now is the time to become more knowledgeable about CWL. Make time to explore the various manuals and resources available on the national website.
- Fundraising has become a challenge due to restrictions, but we can try new ideas through virtual donations: online auctions; virtual raffles, crowdfunding campaigns - encourage donors to give only as much as they're comfortable with.
- Since funds are limited, we can give a smaller amount or reduce which charities to donate to.
- Perhaps try some new fun ways for members to virtually socialize: virtual painting or craft night; virtual cooking; followed by a picture contest to share our creations.
- 2021 Membership fees can be dropped in the church collection basket, or mailed to the organization chair.
- All Public Health Guidelines, social distancing restrictions and Bishop's diocesan directives must be followed.

National Information

- **Annual Reports:** annual report information with directions for completion will be available on the national website November 1st
- **Membership:** Parish Councils are reminded that capita fees for this year are due by October 31st.
- **Strategic Plans:** *The League of the Future–Year 2* and the League's *Welcome Program* resources are included in the National parish mailing which was released the second week of October and are available at <https://cwl.ca/national/>. Group work is being done to create an orientation for executives at all levels.

Year 2 working groups include:

Marketing Working Group:

- The first initiative in order to grow is to ensure a marketing foundation from which to build.
- The second initiative begins by telling the League's amazing stories, with highlights to create awareness
- The third initiative is about connecting, coming together and being one with messaging, sharing why members have joined and informing women why they will want to join.

Reorganization Working Group:

- Sub-Committee #1 is responsible for reviewing existing standing committees and reducing them to three to align with the core values of faith, service and social justice
- Sub-Committee #2 is responsible for examining the League's current levels, streamlining executive offices at all levels and creating distinctive roles for each level.
- Sub-Committee #3 is responsible for simplifying procedures and reporting processes.
- **Executive Elections:** National has issued guidelines concerning Elections since voting in the League is only permitted in person, and currently most councils are not permitted full membership gatherings. Council elections for Jan/Feb 2021 are postponed. *All current council executives are asked to remain in their current positions until such time as elections may be safely held.*

Let us pray that we Stay Safe and Stay Healthy.

God Bless, *Julie*



Earlene Landry – EDUCATION & HEALTH

Religious Education:

Antigonish Diocesan Catechetical Consultant, Debbie Aker, has an article in the Diocesan newsletter about the new online learning platform & options for Catechism this year: <https://www.antigonishdiocese.com/wp-content/uploads/2020/09/This-Month-September-2020.pdf> No cost to the parish or the children for this program. Please encourage your members to contact Debbie @ catecheticalconsultant@dioceseofantigonish.ca She even has a plan for people without internet!



Mental Health:

Our Common Home needs protection for ourselves and our community. Nova Scotia Health Authority is available to help those in need. Whether it's anxiety, loneliness, depression, stress, nervousness, grief, addiction, or other mental health issues there is help available at <http://www.novascotia.ca/mental-health-and-wellbeing/> or phone 1-888-429-8167 or 911. **Don't hesitate to reach out for help!**

COVID-19 has taken its toll on everyone.

As of September 24, 2020, Nova Scotia had 1087 confirmed cases of COVID-19.

Sixty-five people have died and 1,021 people have recovered.

Please: Wear your mask! Wash your hands! Exercise social distancing! Use hand sanitizer!

Listen to the Minister of Health! By doing so, you have done your part to protect Our Common Home.

Take care and stay safe.

Your sister in the League, *Earlene Landry*

earlene@bellaliant.com

DO YOU KNOW THAT.....

- ✚ There is still time to Plant a Tree to commemorate the 100th Anniversary of the League? **Deadline has been extended to July 1, 2021.**
- ✚ Plans are underway for the 2021 annual general meeting being held in Toronto to commemorate the first national convention that was originally held in Toronto in 1921.
- ✚ Fall 2020 Parish Council Mailing Memos have been sent out by **Marion Wong, Office Assistant, CWL National Office.** Please be sure to share the information with your executive/council members.
- ✚ Registration is now open!! Join **Executive Director Kim Scammell** as she gives an informative, how-to webinar on **"How to Complete an Annual Report Survey"**. Dates offered are Wed, Oct 28th at 8pm or Nov 24th at 3pm ~ Register online <https://cwl.ca/webinar-how-to-complete-an-annual-report-survey-registration-now-open/>

Antigonish CWL Diocesan Council Executive Officers 2019-2022	
President	Janice MacDougall
Spiritual Advisor	Fr. Daniel Boudreau
Past President	Cleo Windsor
President 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

Kathleen Campbell – TREASURER

FINANCIAL PROJECTS

At the parish level, all financial projects shall be approved by the members at a council meeting, in consultation with the spiritual advisor. When considering a donation to an organization, a council is responsible to vet the organization to ensure its practices are in accordance with the values and teachings of the Catholic Church.

NATIONAL VOLUNTARY FUNDS

Parish councils complete the National Voluntary Fund Remittance Form indicating which funds they wish to support and forward it to national office together with a cheque made out to The Catholic Women's League of Canada. A copy of this form is to be sent to the diocesan treasurer, for information. Four agencies are permanently assisted by donations received from members and councils of The Catholic Women's League of Canada.

TEMPORARY VOLUNTARY FUNDS

Temporary voluntary funds may be established by national council from time to time as deemed appropriate and will be identified as such and assigned an expected end date.

ANNUAL REPORTS

The treasurer prepares a list of charitable donations made by the parish council. These parish amounts are tabulated by the diocesan treasurer for a diocesan total, by the provincial treasurer for a provincial total, and then forwarded by the provincial treasurer to the national secretary-treasurer who calculates the national totals.

These summaries are not a complete description; for the current declaration and policy wordings, refer to the "National Manual of Policy and Procedure" (Finance-section 8) and "Leading the League" manual.

Let us embrace the League Theme: Care for Our Common Home!

Kathleen Campbell

apple.campbell4@gmail.com



An excerpt from National Treasurer Janet McLean's Memo – posted on www.cwl.ca - dated Oct 8th, 2020

PAYMENT OF MEMBERSHIP FEES:

“Why pay a membership fee since everything is closed?” is a remark you may hear spoken. Remember, the national portion of the per capita fee is \$13.00 and work at national office is certainly not on hold! Office building expenses (rent, utilities, maintenance), office equipment, and staff expenses cost approximately \$6.50 per member. Expenses for implementing the strategic plan are approximately \$2.50 per member and The Canadian League costs approximately \$3.50 per member. National also provides funds for League development, the national executive expenses, and funds a large part of the national convention. The League's financial stability is directly affected by the number of its members, so early membership renewal and remittance for 2021 is essential. Please encourage your diocesan counterparts to share this with their councils.

To read the full memo, go to: <https://cwl.ca/communique-4-treasurers/>

Wanda Bruckschwaiger - COMMUNITY LIFE

The COVID-19 virus has separated us from our communities. The pandemic has shifted our focus away from the usual trend of helping each other in our communities, country and worldwide. We no longer gather in large groups through meetings, visiting or support groups, making it difficult to stay connected. Sadly, the pandemic has affected a lot of people especially the vulnerable and elderly.



This is the time to brainstorm with our members and seek ways to help the organizations that we supported over the years. Let's continue to gather personal care items for women's and men's shelters, hold a food drive at your meeting place and donate lap blankets for the elderly and sick, just a few ideas. We can continue to contribute to our

communities of course, being mindful of social distancing and wearing our masks.

Development and Peace chapters for the Atlantic provinces remain active through zoom meetings. They launched a campaign COVID-19, Recovering Together. The organization is also using the theme Our Common Home. They are supporting the Amazon Rain forest in Brazil and also the Beirut Explosion.

For councils interested in supporting D&P some suggestions are:

- Organize collection at church
- Promote in church bulletins and theme posters
- Individual Prayer or group prayer
- For further information search devp.org/contact

National Community Life Chairperson, Marie Rackley has informed us that the 1% Program has been reinstated for The Canadian Catholic Organization for Development and Peace. Councils can now collect and submit 1% of all revenue earned and submit to the national voluntary fund for CCODP. For more information, check out Community Life Communique #16 <https://cwl.ca/communique-16-community-life/>

Some Upcoming Events:

- October is Mi'kmaq History Month, theme for 2020, Plant Knowledge and Use
- October 17- International Day for the Eradication of Poverty
- October 31- UNICEF DAY
- November 25- International Day for the Elimination of Violence against Women
- December 1- Universal Human Rights Day
- December 12- National Day of Prayer in Solidarity with Indigenous Peoples

Thank you to those who share their time volunteering in your community. To start changing the world, sometimes you just need to start locally.

God Bless, Wanda Bruckschwaiger



“Across the country, bishops are approving a special collection to be taken on the World Day of the Poor, the weekend of Nov 14-15, for D&P’s Fall campaign of Recovering Together. This will help D&P-Caritas Canada to support its partners in the global south in their recovery from the pandemic. You can read more on the campaign “Recovering Together”

at <https://www.devp.org/en/education/fall2020/materials>. Your generous donation allows Development and Peace to support over 100 projects in 35 countries in Africa, Asia, Latin America and the Middle East! You can contribute through the parish or make an online donation at www.devp.org or call 1-888-234-8533.

Jolene MacLellan - LEGISLATION

Sisters in the League,

What a beautiful fall season we have had! I hope this newsletter finds you all in good health and in good spirits. Though it has been a long time since we have been together, many people have been finding ways to stay in touch, which is very important for all of us. I hope that you continue to stay healthy, and that you find ways to show each other that you care.

Since March, all levels of government have been mainly focused on the response to COVID-19, as well as the economic fallout of the virus. As you well know, Nova Scotia has been a champion among provinces when it comes to dealing with COVID-19, and keeping the numbers low. Let us all pray the numbers remain that way.

One level of government that has been particularly busy this fall has been the municipal government. Municipal elections will take place on Saturday October 17th. Different municipalities seem to have different rules around voting this year, but whether you are voting by phone, online or in person, be sure to take the time to vote. More than any other election, municipal elections have a direct effect on your daily life.

I hope to see you all in the not too distant future.

In the meantime, stay healthy and happy as the season of holidays fast approaches. *Jolene MacLellan*



Ann Callahan – RESOLUTIONS



I am not sure what everyone has been doing these past few months but I'll just let you know that my jelly, jam, beet, rhubarb and tomato skills have been hoaned to the nth degree along with my baking skills. Our garden has been bountiful and we have been preserving for the winter to come. The freezer is full, the garden is tilled and ready for next year's planting and hopefully we will not have to go through another COVID-19.

Have you resolved to fill your larder for the coming year? Have your prepared your soil for next year's planting? Just like the preparation we do for our soil, so we do in resolutions – we research, discuss, write and rewrite – then we prepare for the presentation of what we hope will be the best resolution ever.

Resolutions are a vital part in the League's work. We address social concerns and are not afraid to speak out. Over the years we have done this through our resolutions but only after due process with research and presentation at the various levels.

The Spring edition of The Canadian League magazine is loaded with knowledge of our history as a League. In it you will see the evolution of our League plus several noteworthy articles on our women who have excelled in service and social justice, and most particularly, Women of Faith. Please read them.

The resolutions, briefs and position papers presented by the League are grounded in our Catholic teaching, reflecting our core principle – to unite Catholic women to grow in faith and to promote social justice through service to the church, Canada and the world.

In closing – I hope that everyone had a thankful and blessed Thanksgiving. *Ann Callahan*

Laurena Greencorn – CHRISTIAN FAMILY LIFE



Prayer for the Family Ontario Provincial Council-Christian Family Life Study Kit - Page 3

Lord Jesus, You were the centre of the holy family, Help us to learn that our Christian families need Your love in their midst. Inspired by Your example, may we love one another unselfishly.

Mary, mother of God and our mother, teach us your ways of peace within the family. God of grace and wisdom, show us how to be patient and kind, slow to speak harshly and quick to forgive each other.

Bless all grandparents, parents and lone parents, Lord. Be gentle in Your care for all children—born and unborn. Cherish all women, Lord, especially those about to give birth. Guide all fathers to know the wisdom of Your ways.

Be with the sick and comfort the lonely, Strengthen those who follow You in religious orders. May our homes reflect the harmony of Nazareth as we share Your love with our neighbours. We make this prayer through Christ, our Lord. Amen

The complete Christian Family Life Study Kit is available for download, on the National Website under Manuals <https://www.cwl.ca/wp-content/uploads/2017/12/651-Christian-Family-Life-Study-Kit-2004.pdf>

Laurena Greencorn

Helena MacLeod – COMMUNICATIONS

Happy Fall to all. Hope you are all keeping safe and well. In today's crazy & hectic world, we realize the importance of good communication skills and the modes we use to keep informed and connected.



There are many reasons for communication:

- | | |
|---|--|
| 1: Express a need | 2: Give instructions |
| 3: Social interaction | 4: Share information |
| 5: To ask questions | 6: To offer reassurance, compassion or empathy |
| 7: To express feelings or emotions and to build and maintain relationships. | |

All of these have proven to be essential in this time of the pandemic. We should be thankful for all the modern ways of communicating we have available to keep us connected when we have been so disconnected.

There are a couple of things I would like to draw your attention to:

The League Magazine will be out the around end of October with the theme “100 years of dedication and sisterhood”; please take time to read and enjoy the content. The online Speakers series that was held in lieu of the convention can still be accessed via the national website at cwl.ca in case you missed it. Just scroll to “In the News” August 18th post titled Summer Speaker Series and click on it and you can choose the presentation you would like to view. <https://cwl.ca/re-watch-the-summer-speaker-series-webinars/>

In keeping with our theme “*Care for Our Common Home*”, if there is anything good to come out of this virus we have encountered, it is for people to take a good look at the impact, “the back to basics” way we have been living has had on our environment. Some things are: Less packaging, because people are learning to cook at home, so less takeout and prepackaged foods; Less travelling means less pollution in the air; big cities seeing less smog. We are learning that being out in fresh air is a lot safer than crowded into confined spaces. Let’s pray that people have learned to respect our environment more and not revert back to destroying it. Also, I hope many of us have learned more patience and empathy for our friends, neighbours and strangers alike.

May Our Lady of Good Counsel guide us always as we work “For God and Canada”

Helena MacLeod

glenceogirl.hm15@gmail.com