The Catholic Women's League of Canada

Antigonish Diocesan Council

Ignite Your Passion, Empower His Mission

TO: Parish Council Faith Chair
FROM: Diocesan Faith Chair, Paula Cassidy
DATE: October 24, 2026
SUBJECT: Prayer and Action
MEMO: # 1 (2026-2028)
CC: Parish Council Presidents, Diocesan Officers, Life Members, Provincial Secretary (for distribution to provincial counterpart)

Sisters in the League:

October – Holy Rosary: The dedication of October to the **Holy Rosary** is a rich tradition that opens our hearts to consider the beauty and efficacy of a prayer given to us by Our Lady, Herself. It echoes the cry of The Lord, *"If anyone thirsts, let him come to me and drink"* (John 7:37). May we faithfully carry on the practice of this cherished devotion specifically requested by the Queen of Heaven to draw us into communion with Christ, convert sinners, and restore the culture to Christ. Here are a few ideas to help us dedicate October to our mother Mary through the Holy Rosary.

- Commit to praying the Rosary every day of October.
- Pray the Rosary as a family, with your spouse, or with a friend. Each person can share their intentions before praying and then lead a decade.
- Place a Rosary on your bedside table, in your car, or anywhere that will remind you to pray a Hail Mary, a decade, or whatever you have time for in the various moments of your day.
- Begin your monthly meeting with a decade of the Rosary for the intentions of the poor.

October Diocesan CWL Conference:
How privileged are we to have the opportunity to gather for our Fall Conference in "Beautiful Bras d'Or" on the 24th of October. May it be a time of reflection and of action as we consider our theme "Blessed are the Poor". It will be good to be together sharing Faith.

Our National Office offers the following suggestions for action during October and November for our councils as we focus on those in need:
October:

- Host a "Sisters in Spirit" vigil
- Host a "Purple Thursday" event
- Have an education session on the eradication of poverty.

November starts with the beautiful Feast of All Saints, a special occasion to honor all the faithful departed who have reached heaven. They remain in close communion with us, assisting us with their prayers and interventions during our journey. As St. Therese said, *"I will spend my heaven doing good upon earth."* Many saints share this mission.

The day after All Saints is All Souls Day and shifts from a celebratory tone to one of prayer and penance. Scripture, the Church Councils, the Catechism, and the saints all teach that it is a good and pious practice to pray and do penance for the dead (2 Maccabees 12:45, Council of Trent, Canon 13, Catechism #1032). And when we die, we will likely need the same charity shown to us. The Church sets aside a month for this important spiritual work of mercy. It's a time of remembrance and a source of solace for those mourning the loss of loved ones.

November:

- Bring prayer books to a homeless shelter.
- Have your meeting in a senior/nursing home where some of your members live.
- Visit veterans in care homes.
- Visit a cemetery and offer prayers for those who have died.
- Start a journal, placing the name and memories of those who have helped us grow in faith.

Your sister in the League,
Paula Cassidy, Antigonish Diocesan CWL Faith Chair