



Notre Dame de Lorette Catholic Women's League



January 2020

Meeting:

**January 8, 2020 @
DTS Staffroom**

Currently collecting:

*Tin for the Bin
Pill Bottles
Feminine Hygiene
Products & Toiletries
Tabs for Wheelchairs
Used Eyeglasses
Children's Sacramental
Clothing*



Holy Day of Obligation

Solemnity of Mary, Mother of God

January 1, 2020

Mass to the Intentions of the CWL

Welcome to our newest members: Luana Hebert & Cecilia Tsessaze!

Our Spiritual Advisor

Fr. Jorge Mario de los Rios Londoño

Our Members

Lacey Bernardin, *President*

Lynne Bernier

Susan Bernier

Irene Bialek

Valerie Bonnefoy

Jacqueline Bouchard, *Vice Pres, Chair*

Lindsay Bouchard

Jolene Capina, *Treasurer*

Maryse Chartier

Lucille Chay, *President-Elect, Chair*

Crystal Chernichan

Monica Chernichan

Rolande Chernichan

Jaquelyne Cournoyer

Patricia Danylchuk

Suzanne Desmarais

Janine Durand-Rondeau

Gisèle Falk

Constance Haas

Luana Hébert

Monique Jeanson

Sue Johannesson

Monique Johnson

Delaney Kolowca

Heather Kolowca

Nettie Lambert

Catherine Larson

Micki Maxwell

Marie McCall

Madelyn McConnell

Kathleen Messner

Suzanne Moore, *Chair, Secretary*

Carol Mravinec

Mary-Ann Novak

Agatha Olayiwola

Marcia Poirier

Jennifer Poitra

Marie-Ange Prevost

Mae Ross, *Chair*

Iris Swiderski

Cecilia Tsessaze

Joanne Touchette

Marilyn Toutant

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>The CWL prays the rosary for Peace on Wednesdays</p>			<p>1</p>  <p>Solemnity of Mary, Mother of God</p>	<p>2</p> <p>Mass to CWL Intentions</p>	<p>3</p> <p>Adoration 6—7 pm Connie Haas</p>	<p>4</p>
<p>5</p> <p>Epiphany of the Lord</p> <p>Prayers < Mass Rolande Chernichan</p>	<p>6</p>	<p>7</p>	<p>8</p>   <p>CWL General Mtg, 7:00, DTS Staffroom</p>	<p>9</p>  <p>Luana Hébert</p>	<p>10</p> <p>Adoration 6—7 pm Marcia Poirier</p>	<p>11</p>  <p>Valerie Bonnefoy</p>
<p>12</p> <p>Baptism of the Lord</p> <p>Prayers < Mass</p>	<p>13</p>  <p>Fr. Mario</p>	<p>14</p>	<p>15</p>  <p>Pastoral Council Mtg</p>	<p>16</p>	<p>17</p> <p>Adoration 6—7 pm Rolande Chernichan</p>	<p>18</p>
<p>19</p> <p>Prayers < Mass</p>	<p>20</p>	<p>21</p>	<p>22</p> 	<p>23</p>	<p>24</p> <p>Adoration 6—7 pm Suzanne Desmarais</p>	<p>25</p>  <p>CWL Diocesan Executive Meeting</p>
<p>26</p> <p>Prayers < Mass</p>	<p>27</p>	<p>28</p> <p>Irene Bialek</p>	<p>29</p>   <p>MaryAnn Novak</p> <p>Carol & John Mravinec</p>	<p>30</p>	<p>31</p> <p>Adoration 6—7 pm Jaquelyne C.</p>	<p>Games night with Knights@ Bles d'Or, 7:00</p>



Lacey's Address

Merry Christmas and a Happy New Year to you all!

Welcome to the new decade, the 20's. I hope you all had a lovely holiday season as we are now getting back into our regular routines. I know I will miss the time that I had off and was able to spend with my family as I return to work this week.



We started off the month with our Annual Advent Gathering. Everyone brought a potluck dish and probably ate too much! We socialized, played games and sang carols. Thank you everyone for making this a special and joyful celebration. (pics on pgs 4&5)

On December 6th, the parish celebrated with Father Mario for his 22nd Ordination Anniversary. There was a mass followed by a gathering in the sacristy. Mae Ross was able to present Father with our Spiritual Bouquet Cards along with a card on behalf of the

CWL.

On December 9, four of our ladies represented us at the Feast of the Immaculate Conception mass at the Cathedral. Thanks to Suzanne Desmarais, Mae Ross, Gisele Falk and Suzanne Moore.

For Christmas Eve Mass we had Heather and Delaney Kolowca as well as members in training, Megan and Vanessa Bernardin, who so graciously acted as greeters and collectors. As the CWL is

normally asked to perform this service every year, I'd ask that



some of you consider putting your names forward when the opportunity arises next year.

Congratulations and thank you to Irene Bialek, Iris Swiderski, Angel Prevost, Connie Haas and Marcia Poirier for working so tirelessly on the Christmas Hampers for 2019, along with all their husbands and helpers. A total of 61 hampers were packed and picked up by families in need.

More good news this month as we welcome yet another two new members to our council. Welcome to Cecilia Tsessaze and Luana Hebert!! Remember to welcome Cecilia and Luana the next opportunity you get. We love our new members and wish to show them what our League is all about.

In the new year we will be celebrating the reaffirmation of our executive officers. Also new this upcoming month, we will be having a games night with the Chevaliers de Colomb/Knights of Columbus and our spouses. More information on this at the meeting. Hope to see many of you there. Also during our general meeting, all the chairpersons will be announcing their three 2019 highlights. This is a good time to get caught up on some things that you may have missed.

Lastly, we wish to send out our condolences to Pat Summers on the loss of his granddaughter Brooke-Lynn, as well as to Janine Durand-Rondeau on the passing of her mother Laurette. Our prayers are with you both as well as with your families.

I hope 2020 will find you all well and hopeful for all that is to come

Lacey

Pope's Prayer Intentions for January 2020

Prayer intention for evangelisation

Promotion of World Peace: We pray that Christians, followers of other religions, and all people of goodwill may promote peace and justice in the world.



Advent Gathering 2019





Good Times!



Happy Anniversary, Fr. Mario



Our Members Around Town...





A New Theme for Manitoba

Our National Theme, *Care for our Common Home*, is entering its second year. To that end, we are all encouraged to be mindful of, and to undertake initiatives to care for our land. Many Councils choose to adopt a highway in their area, others will set aside a day to clean up river ways or neighborhood parks or green spaces. Still others will plant trees and/or beautify their yards or church properties. Anything that you can do to reduce our carbon footprint will ultimately generate a return that will benefit our Earth.

In keeping with the National Theme, as president of Manitoba Provincial Council, I have chosen for my two-year theme, **"The Seed that**

Flowers". Many Councils are struggling, with declining membership, aging, and other priorities. We can all extend a hand – we can make a phone call, drop in for coffee, offer a ride, welcome our sisters to Mass, events, or meetings. All of these small gestures will create harmony, community and connection. The small seed that we plant will reward our efforts with beautiful flowers that become a sisterhood of sharing. Likewise, the small acts of service that we give for the beautification of our communities will convert to *Care for our Common Home*. Will you join me in this endeavour? – Will you reach out to someone today?

May Our Lady of Good Counsel be always at your side, guiding and protecting you in everything you do, for God and Canada!

Janet Brunger, President
Manitoba Provincial Council



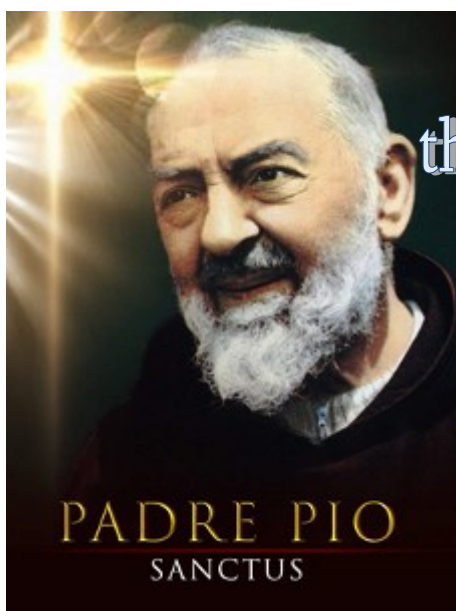
A man remains a Christian as long as he makes the effort to give the central assent, as long as he tries to utter the fundamental Yes of trust, even if he is unable to fit in or resolve many of the details. There will be moments in life when, in all kinds of gloom and darkness, faith falls back on the simple, 'Yes, I believe you, Jesus of Nazareth; I believe that in you was revealed that divine purpose which allows me to live with confidence, tranquility, patience, and courage.' As long as this core remains in place, a man is living by faith, even if for the moment he finds many of the details of faith obscure and impracticable. Let us repeat; at its core, faith is, not a system of knowledge, but trust. —Joseph Ratzinger
from *Faith and the Future*

This is the tragedy of the modern notion of freedom. When I train myself in the name of my personal freedom to pursue what I want, when I want, how I want, as often as I want, I'm actually not free. I'm a slave. I become a slave to my interests... In the end, the modern notion of freedom trains us to become slaves to our own selfishness. —
Edward Sri from *Who Am I to Judge?*



Qwerty Jones
@QwertyJones3

How many syllables does the word
"Gloria" have?
CATHOLICS: 18



When we are depressed or feeling blue, this prayer from Padre Pio is a way to reach out

In a recent confession, when I was in a season of depression, the priest gave me a very specific penance. I was to read about Jesus walking on stormy seas, and Peter's fear in Matthew 14:30-31. Then reflect, specifically, on that moment when Peter is desperately reaching out to Our Lord—that second just before Jesus takes his hand.

It was a dark and doubt-filled moment for Peter, whose faith had faltered. It was also an intuitive response to a person physically drowning — reaching out, trying to grasp at anything to save his life.

Father gave me imagery by meditating on and fulfilling that penance; a metaphor to psychologically and spiritually reach for the hand of Christ. I was surprised by how quickly the instinct to survive spiritually soon matched the desire to live physically when exhausted and in deep waters.

Assured that the Lord had taken my hand so I will not drown, I often read this prayer, sometimes three times through!

Stay with me, Lord, for it is necessary to have you present so that I do not forget you. You know how easily I abandon you.

Stay with me, Lord, because I am weak,

and I need your strength, so that I may not fall so often.

Stay with me, Lord, for you are my life, and without you, I am without fervor.

Stay with me, Lord, for you are my light, and without you, I am in darkness.

Stay with me, Lord, to show me your will.

Stay with me, Lord, so that I hear your voice and follow you.

Stay with me, Lord, for I desire to love you very much, and always be in your company.

Stay with me, Lord, if you wish me to be faithful to you.

Stay with me, Lord, for as poor as my soul is, I want it to be a place of consolation for you, a nest of love. Amen.

~St. Pio of Pietrelcina, Prayer After Communion

Depression is a battle, and for some of us a lifelong cross to bear. In bearing it as best we can while reaching up and out for help, we are led in to a deeper maturity of faith—which like most virtues, is not easily won.

<https://aleteia.org/2018/01/10/when-were-depressed-or-feeling-blue-this-prayer-from-padre-pio-is-a-way-to-reach-out/>

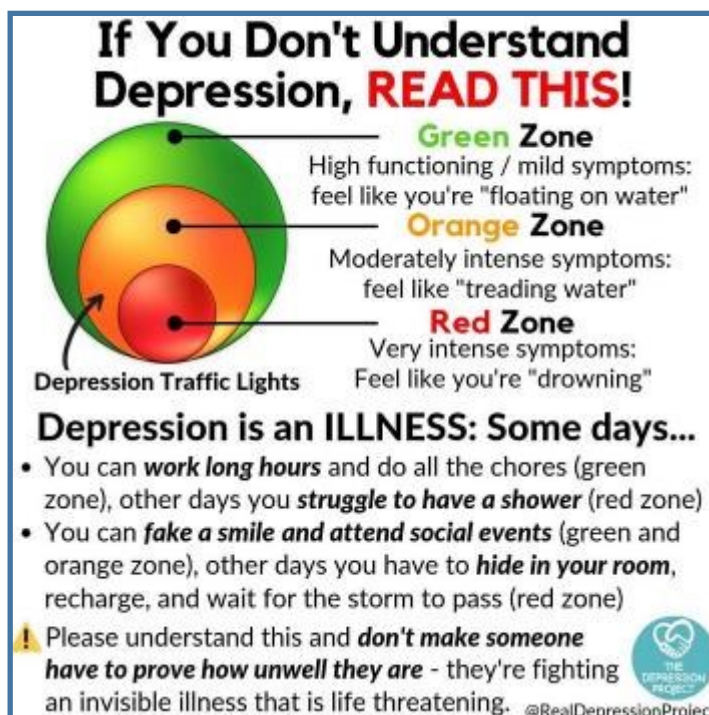
If you find yourself in a state of darkness, the key is "to reach."

The small framed unsigned print reads "Reach up as high as you can today, and God will reach down the rest of the way." It's my go-to quote for those times when I feel an emotional darkness—depression—coming on. For many of us this darkness is a familiar not-so-good old friend, the Black Dog mentioned by Sir Winston Churchill—or seasonal affective disorder.

The DSM (Diagnostic and Statistical Manual of Mental Disorders) has clinical definitions for depression, and there is as well the spiritual darkness that St. John of the Cross writes about in *Dark Night of the Soul*. However, you've come to a depressive state, and for whatever history brought you there, the key in both of those dark times is *to reach*.

The state of darkness and depression is not a void. It is a space filled with insights that we are momentarily blinded to. When we try to go it alone, we are often too wearied to keep from going under, instead succumbing to the waves of hopelessness.

To reach is not an intuitive movement when psychologically and/or spiritually sinking into depression. Even though we've been taught that to despair is to turn our backs to God—which is a sin—there is another element to despairing that is sometimes overlooked. It comes from the Rule of St. Benedict, "In all things may God be glorified."



PEOPLE TELL ME,
**“JUDGE NOT
 LEST YE BE JUDGED.”**
 I ALWAYS TELL THEM,
**“TWIST NOT
 SCRIPTURE LEST YE
 BE LIKE SATAN.”**

CHALLENGE: “Christians shouldn’t criticize others’ lifestyles or actions. Didn’t Jesus say not to judge?”

DEFENSE: Jesus didn’t tell us that we should close our eyes to moral evil in the world.

The exhortation not to judge is found in Jesus’ major ethical discourse (Matt. 5:1–7:29, Luke 6:17–49). The *point* of the discourse is to give moral instruction. In it, Jesus discusses what conduct counts as good and bad, and he expects his followers to acknowledge the

difference.

Not only does he expect them to distinguish between good and evil in their own behavior, he also expects them to do so with others’ conduct, telling them, “You will know them by their fruits” (Matt. 7:20). Thus, whatever Jesus meant, it was not that we should pretend that nobody does evil.

What he did mean is not difficult to discern if we read the statement itself: “Judge not, that you be not judged. For

with the judgment you pronounce you will be judged, and the measure you give will be the measure you get” (Matt. 7:1–2); “Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven” (Luke 6:37).

Jesus is saying we should take a generous, forgiving attitude with others so God will take a generous, forgiving attitude with us. We should treat others as we want to be treated. This is a prominent theme in his teaching (cf. Matt. 5:43–48, 6:12–15, 7:12, 18:21–35).

Although we are to be forgiving and merciful to others, this does not mean ignoring, much less approving, immoral behavior. Neither does it mean we should not try to help others. Admonishing the sinner is a spiritual work of mercy. Scripture elsewhere says: “Let him know that whoever brings back a sinner from the error of his way will save his soul from death and will cover a multitude of sins” (James 5:20).

Often the exhortation not to judge is used as a conversation stopper to shut down discussions of immoral behavior. Sometimes it carries the insinuation that the one “judging” is doing something morally wrong. When this is the case, the person making the accusation is himself judging, and thus risks being a hypocrite (cf. Matt. 7:3–5).

https://www.catholic.com/magazine/online-edition/judge-not-doesnt-mean-ignore-evil?utm_source=Catholic%20Answers%20Daily&utm_campaign=4c72ef60b0-CADaily121819&utm_medium=email&utm_term=0_6b4f9e3af2-4c72ef60b0-212576237&mc_cid=4c72ef60b0&mc_eid=b70d22d586

BIBLICAL JESUS VS POSTMODERN JESUS

Born as God Almighty in the flesh
Warns of sin, judgment & hell
Commands repentance of sins
Gives you salvation, hope, peace & joy
Hated & despised by the world
Hates sin & exposes the truth about sin
Commands with divine authority
Offends the world with the truth
Brings division when necessary
Preaches God’s righteousness
Exalts God the Father’s will
Warns of false signs & wonders, magnifies God’s Word
Demands that emotion, experience & opinion conform to sound doctrine
Commands you to deny yourself & allow Christ to work in you

Born as a man who was promoted to deity
Never says anything negative
Disregards repentance of sins
Gives you health, wealth & happy feelings
Loved & accepted by the world
Condone sin & never corrects you of your sins
Gives suggestions instead of commandments
Hates to offend you; loves political correctness
Promotes unity & tolerance at all costs
Preaches only on love
Serves your will, not God’s will
Exalts signs, wonders & mysticism above God’s Word
Exalts emotion, experience & opinion above sound doctrine
Encourages you to love yourself & gratify all your fleshly desires

Which Jesus do you follow?

20 Resolutions for

2020

In the eighteenth century, American preacher Johnathan Edwards drew up an impressive list of resolutions that spurred him toward a God-centric life. With 2020 just around the corner, the Movieguide® editorial staff took a page out of Edwards' book and did the same.

Below are two veins of resolutions for our upcoming year. We hope this blesses you or encourages you to do the same!

*This list of resolutions is in no particular order

Entertainment

1. Resolved to stand in awe at creation and the gift God gave us to create

"In the beginning God created the heavens and the earth." – Genesis 1:1 (HCSB)

2. Resolved to help filmmakers spread the Gospel

"Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit." – Matthew 28:19 (NIV)

3. Resolved to honour the Lord with our work

"And whatever you do, in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him." – Colossians 3:17 (BSB)

4. Resolved to look at entertainment differently than the world

"You were bought with a price; do not become slaves of men." – 1 Corinthians 7:23 (NASB)

5. Resolved build like-minded people up with encouragement

And we exhort you, brothers and sisters: warn those who are idle, comfort the discouraged, help the weak, be patient with everyone. – 1 Thessalonians 5:14 (CSB)

6. Resolved to honour projects that edify the Lord and biblical values

"Finally, brothers and sisters, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things." – Philippians 4:8 (CSB)

7. Resolved to equip parents to help raise up the next generation with cultural wisdom

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." – Matthew 19:14 (NIV)

8. Resolved to stand opposed to content that depreciates the name of God

Let love be without hypocrisy. Abhor what is evil. Cling to what is good. – Romans 12:9 (NKJV)

9. Resolved to ask for wisdom when necessary

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. – James 1:5 (NIV)

10. Resolved to not make entertainment an idol

[My] little children, guard yourselves from idols. – John 5:21 (ASV)

Daily Living

11. Resolved to fear God

The fear of the Lord is the beginning of wisdom; all who follow His instructions^[a] have good insight. His praise endures forever. – Psalm 111:10 (HCSB)

12. Resolved to honour our neighbours as Christ commands

The second is this: 'Love your neighbour as yourself.' There is no commandment greater than these." – Mark 12:31 (NIV)

13. Resolved to stand firm in the truth of Jesus Christ

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."

14. Resolved to pray continually

"Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak." – Matthew 26:41 (NASB)

15. Resolved to love others

"We love because God loved us first." – 1 John 4:19 (CEV)

16. Resolved to cast our cares and stresses on Him

"Give all your worries and cares to God, for he cares about you." – 1 Peter 5:7 (NLT)

17. Resolved to avoid gossip

"But avoid worldly and empty chatter, for it will lead to further ungodliness," – 2 Tim. 2:16 (NASB)

18. Resolved to store up treasures in heaven

Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. – Matthew 6:20 (NLT)

19. Resolved to exemplify the fruit of the spirit

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. – Galatians 5:22-23 (ESV)

20. Resolved to fix our gaze on Jesus

fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. – Hebrews 12:2 (NIV)

<https://www.movieguide.org/news-articles/popular-articles/movieguides-20-entertainment-and-daily-living-resolutions-for-2020.html>

29 Phrases that show everyday Catholic wisdom



We have our own jargon, and some of it is pretty cool.

Our pastor at Mass last week shared his least favourite “Catholic catch phrase.” It was, “God never gives you more than you can handle.” “Yes he does,” said the pastor, “And he’s there to handle it with you!”

I wondered what other “Catholic catch phrases” were out there, and so I asked Facebook friends to share some. I got a lot. Most of them actually are great Catholic wisdom, reduced to brief phrases. Here are some of them, grouped by themes, with my explanations.

The nature of God

“God is never outdone in generosity.” -- This is what I heard from the religious brother who convinced me to go to the seminary — and it’s true. But it’s not like Karma — God gives generously to the just and the unjust.

“God never closes a door without opening a window.” -- *The Sound of Music* was probably the most well-known use of this recognition that God’s providence is always on our side..

“If you want to hear God laugh, tell him your plans.” -- God always has a surprise in store, as Pope Francis likes to remind us.

Call to prayer

“Let’s keep so-and-so in prayer.” -- This one is great when it is sincere; sometimes it’s a “Catholic” introduction to a tidbit of gossip.

“A decade or two ...” -- In Catholic speak, this means, “let’s only say part of the Rosary, not the whole thing” — which is better than nothing.

“Pray about it and decide.” -- In some Catholic circles, you don’t “think” about decisions, you “pray” about decisions ...

“The family that prays together stays together.” -- In America, this phrase was popularized by Father Patrick Peyton. But it was also used by both Mother Teresa and St. John Paul II. I’ve found it to be true.

“Pray as though everything depends on God. Work as though everything depends on you.” -- This saying, sometimes attributed to St. Augustine and sometimes attributed to St. Ignatius, is so great it ended up in the Catechism.

Latin

“Deo gratias.” -- This is Latin for “Thanks be to God!” and it’s great when used to express gratitude; not good when it’s an attempt to avoid using the Lord’s name in vain by using Latin (God knows Latin).

“Mea culpa!” -- The Catholic way of saying “Sorry!” If you’re very sorry, add a “maxima” before “culpa.”

Catholic theology

“We’re not either/or, we’re both/and.” -- This is often said by Catholic theologians, explaining that the Church does not see the need to choose between Scripture *or* Tradition, faith *or* works, literal interpretation and figurative. We are both/and on these and many other issues.

Catholic words for secular ideas

“Hail Mary pass.” -- In football, this is a quarterback’s almost randomly aimed pass into the end zone in hopes that his team will catch it. It was named for a real Catholic quarterback’s actual Hail Mary prayer.

“Rob Peter to pay Paul.” -- We use this to mean “take from one of my accounts to pay off another,” but in Catholic England it meant, “Withhold tithing money from St. Peter’s in Rome to pay St. Paul’s in London instead.”

“Is the Pope Catholic?” -- This is a snarky comeback to a question whose answer is as obvious as the pope’s religion.

Praying to the saints

“Tony, Tony, come around, something’s lost and can’t be found!” -- This is the common American version of the prayer to St. Anthony for lost items. “St. Anthony, pray for us!” works just as well, I’ve found.

“Hail Mary, full of grace, help me find a parking space.” -- They say you can pray to God for anything large or small, so I see no reason why you can’t get his mother’s help in a crowded parking lot.

“She had the patience of a saint.” -- You hear this from many people, Catholic and not. It’s nice that patience has been “branded” as a Catholic saint thing.

“Jesus, Mary, and Joseph, we love you. Save souls.” -- My wife and I were unaware of this prayer until we heard fellow students in college using it after Rosary decades. Now our family does that.

Catholic lifestyle

“You can’t be more Catholic than the Pope.” --

This phrase has been used for generations to refer to those who would attempt to be more pious than the Church actually calls for.

“Leave room for the Holy Spirit.” -- This is the Catholic rule for how close teens should dance at the prom.

“That’s an occasion of sin!” -- In the Act of Contrition after confession we promise to “avoid the near occasion of sin.” This phrase is

Sacrifice phrases

“You’ll get time off Purgatory for that!” -- This sentence of consolation and commiseration assures the listener that the troubles they are facing will not be forgotten by God.

“Offer it up.” -- The best explanation of this one is by Pope Benedict XVI (No. 40 here). The best expansion on it is from an Italian friend in Connecticut: “You don’t like your dinner? Offer it up. Go clean your room and offer it up. You’re sick? Offer it up. Don’t eat that cannoli. It’s bad for you; so it won’t go to waste I’ll eat it and offer it up.”

“Offer it up for the poor souls in Purgatory.” -- This gives a specific intention to the “offering up.” I love that we habitually speak of the souls in Purgatory as pitiable, which they are.

“That’s your cross to carry.” -- A beautiful way to put a difficult situation into perspective.

Catholic worldview

“We’re open to having more.” -- This is a Catholic’s answer to the person who points to the children in your van or at the grocery store and says, “You’re done, right?”

“He’s going through a dark night of the soul.” -- This is what you say of someone who is going through a tough time in life — not to be confused with an actual “dark night of the soul,” a rare thing that happens to great saints.

“Everything is grace.” -- A beautiful quote from St. Thérèse of Lisieux about how God can bring good out of anything. Think of it as a Catholic “when life gives you lemons, make lemonade.”

“Preach the Gospel, and if necessary, use words.” -- This, often falsely attributed to St. Francis, is nonetheless great advice, as is a sister catch phrase: “You may be the only Gospel some people ever read.”

https://aleteia.org/2019/04/01/29-phrases-that-show-everyday-catholic-wisdom/?utm_term=Autofeed&utm_campaign=english_page&utm_medium=aleteia_en&utm_source=Facebook#Echobox=1554415772



Instagram has become a front door for sexual predators to enter kids' lives.

Tell Instagram that it's time to make minors' safety a priority:

EndSexualExploitation.org/Instagram

#WAKEUPiNstagram #iNSTAiMPSKiDS

groom, and exploit children.

- Minors whose Instagram accounts are set to private can still receive unsolicited direct messages from strangers, which has led to several instances of sex trafficking and child sexual abuse.
- There are countless comments by predatory adults on the photos of minors, where they leave sexually graphic comments, sexualize children, or solicit sex from children.

While there is still more work for Instagram to do, we are encouraged by the result of our meeting!

During this discussion, it became clear that Instagram has been working to address some of our recommended changes from our previous meeting in July of 2019. They're increasing some protections for children by improving systems to identify grooming behavior patterns, and taking steps to fix the problems with unsolicited direct messages for minors. Unfortunately, it also appears that Instagram's current system to remove sexualizing comments under children's photos have not been as robust and consistent as Instagram intended. We believe that after our meeting, that matter is being investigated.

These system improvements are a step in the right direction, but it's vital that NCOSE remains at the table in order to inform the policies and to bring survivors and other expert allies to consult, or else these improvements may still fall short of the digital safety overhaul that is necessary to make Instagram a safe environment.

This discussion is one of many, as Instagram committed to having an ongoing dialogue to fix these systems.

There is still a long way to go, and it is important to keep the pressure on Instagram to prioritize these issues, but we have hope that we are moving in the right direction!

<https://endsexualexploitation.org/articles/progress-we-met-with-instagram-about-their-problems-with-sex-trafficking-and-predatory-comments/>

Progress! We Met With Instagram About Their Problems With Sex Trafficking and Predatory Comments

We at the National Center on Sexual Exploitation recently met with a top executive from Instagram!

This occurred in December, after three anti-sexual exploitation organizations from three different countries—the [National Center on Sexual Exploitation](#) (United States), [Collective Shout](#) (Australia), and [Defend Dignity](#) (Canada)—launched a #WakeUpInstagram campaign to call on Instagram to improve its related policies and practices.

As part of this campaign, we brought forward three serious concerns:

- According to survivor testimony, sex traffickers and child predators appear to be increasingly using Instagram to identify,



Right now, children and minors are being sexually exploited on Instagram.

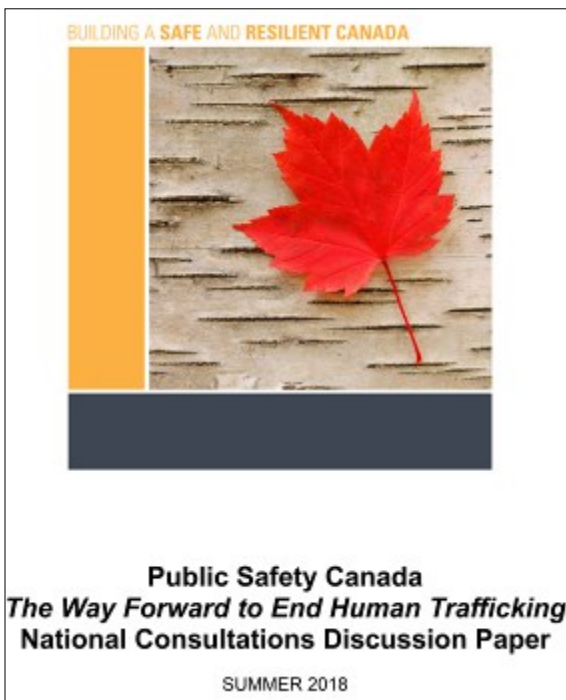
TELL INSTAGRAM TO

- 1 stop strangers from messaging minors
- 2 proactively remove sexual comments on minor's photos
- 3 improve reporting systems

TAKE ACTION:

EndSexualExploitation.org/Instagram

#WAKEUPiNstagram #iNSTAiMPSKiDS



Defend Dignity Welcomes Justice Committee's Report on Human Trafficking

DEFEND DIGNITY DECEMBER 13, 2018

Defend Dignity welcomes the newest report of the Standing Committee on Justice and Human Rights which was presented to parliament on December 11th, 2018.

The report, entitled "Moving Forward in the Fight Against Human Trafficking in Canada", includes seventeen recommendations for the Justice Minister pertaining to the government's approach to human trafficking. Defend Dignity believes the recommendations made by the Committee are a positive step forward in the fight against human trafficking.

In April 2018, Defend Dignity had the opportunity to present ten recommendations to the Committee that we believe would improve Canada's response to human trafficking. We are pleased that the Committee aligned with some of these recommendations in their recent report, including:

- The renewal of an enhanced National Action Plan to end human trafficking
- Increased training for judges in the form of support programs aimed at increasing awareness of human trafficking
- Improved data gathering and information sharing among stakeholders and the creation of a national information database

The report also recommends that the Justice Minister "firmly establish the parameters and the definition of human trafficking to ensure that there is a definition used by all governments within Canada." Defend Dignity believes this to be a good first step, but further calls on the government to synchronize the definition of Human Trafficking in Canadian legislation to agree with the definition of human trafficking found in the UN Palermo Protocol, as approved by Canada in 2002.

Defend Dignity made other recommendations that were not included in the Committee's list of recommendations. These include:

- An affirmation of the current prostitution laws (The Protection of Communities and Exploited Persons Act, or *PCEPA*)
 - The purging of past prostitution records of victims of human trafficking
 - Increased funding and supports for victims of human trafficking
- * To make Prostitution Offender Programs (aka john schools) mandatory in every major city in Canada for their role in educating and reforming buyers of sex.

Of particular significance is the absence of any language that would recognize the role that demand plays in human trafficking. It is Defend Dignity's position that demand for paid sex and human trafficking are inextricably linked, and therefore any comprehensive strategy for fighting human trafficking must involve a strategy to curb demand.

Defend Dignity welcomes the Committee's findings and thanks Committee members for their dedicated work in the fight to end human trafficking in Canada. We also believe that there is much more to be done to strengthen Canada's approach to human trafficking that will further empower law enforcement, protect victims, and deter traffickers, and we look forward to our next opportunity to collaborate with the Committee on this matter.

The Committee's report can be viewed at: <https://www.ourcommons.ca/DocumentViewer/en/42-1/JUST/report-24/page-5>
<https://defenddignity.ca/defend-dignity-welcomes-justice-committees-report-on-human-trafficking/>

*At this point, it is extremely important to keep in mind that a person is not bad because he has a temptation. Many believe, because they have a temptation to pride, to avarice, to hate, to lust, that there is something wrong with them. There is nothing wrong with you if you are tempted. You are not tempted because you are evil; you are tempted because you are human. There is nothing intrinsically evil about human nature just because a little devil knocks at the door. Evil begins only when we open the door and consent to the temptation. Scripture praises the man who suffers temptations. When we resist temptations, we strengthen our character. —Ven. Fulton J. Sheen, from *Life is Worth Living**

CALENDAR 2020

DISCERNMENT RETREAT

JANUARY 10TH TO 12TH, 2020

Amazing retreat experience for young adults between 17 and 35 years of age. This retreat will promote the discovery of the beauty of all vocations, to the priesthood, to the married life, and to the religious life. The investment for this retreat is \$50, and includes all retreat materials and food.

WINTER CAMPS

WEEKENDS IN JANUARY AND FEBRUARY 2020

Amazing weekend camps in January and February for all kids aged 8 to 17! Camp fires, snowshoeing, winter fun, small groups, prayer, and more! Register today! More information: catholicway.net/winter-camps. Registration: stmaloacamps.net

VIRTUAL LENTEN RETREAT

FEBRUARY 26TH TO APRIL 12TH, 2020

Daily meditations, by members of our local Church, will help guide you through the high holy season of Lent, from the comfort of your own home! Be part of this online retreat here: cseledenretreat.wordpress.com.

VALENTINE'S DAY SOCIAL FUNDRAISER

FRIDAY FEBRUARY 14TH, 2020

A fun night out and a great way to support the CSE, the Valentine's Day Social will be held in the Holy Redeemer Parish hall, 64 Donwood Drive, Winnipeg. Tickets are \$15 each (\$10 for supporter tickets). There will be music, dancing, a silent auction, and more!

For tickets call 204.347.5396 or email brianne@catholicway.net

TRIDUUM RETREAT

APRIL 9TH TO 12TH, 2020

Join us for this meaningful retreat. You'll celebrate the mysteries of the Triduum in a small community setting, delving deeply into the mysteries of Christ's death and resurrection.

MOTHER-DAUGHTER RETREAT

MAY 2ND TO 3RD, 2020

This will be a beautiful weekend retreat for mothers and daughters of all generations! Bonding, prayer, and loads of fun will have you going all weekend! **Investment:** 14 years and older: \$40 per person; Under 14: \$30 for first, and \$10 for all others of the same family.

FATHER-SON RETREAT

MAY 29TH TO 31ST, ROSEAU RIVER CAMPGROUND

Come out to this amazing camping weekend! Boys only! Beautiful weekend of bonding, activity, and prayer between fathers and sons. Dad can't make it? God-fathers, uncles or male role models are welcome!

SUMMER CAMPS

WEEK-LONG CAMPS FOR KIDS AGES 5 TO 17 IN JULY AND AUGUST

Check out this amazing opportunity for kids ages 5 to 17! We offer amazing week-long camps for age groups between 8 and 17, and day camps for 5 to 7 year olds. Check out our summer camp page and register your child today!

***Save the Date!**
→ CSE Annual Banquet
ENJOY A GREAT MEAL
AND SUPPORT THE CSE
When?: Friday April 17th, 2020
Where?: Hall of Sts-Martyrs-
Canadiens Parish (289 Dussault Ave.)
Please contact the
CSE for more info!

EMMAUS
Come every Wednesday
for prayer and fellowship!
Check out our website for
more information on this
year's schedule!
catholicway.net/emmas



YES! I WOULD LIKE TO PARTNER IN THE CSE'S IMPORTANT WORK!

STEP 1 I'd like to make a ONE TIME gift of:
☐ \$50 ☐ \$100 ☐ \$200 ☐ Other: \$ _____
 (please enclose a cheque payable to "CSE" or fill in your credit card information below)

STEP 2 I'd like to make a MONTHLY gift of:
☐ \$15 ☐ \$25 ☐ \$50 ☐ Other: \$ _____

STEP 3 I would like to donate from my:
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☐ My credit card: ☐ Visa ☐ Mastercard
 Card#: _____
 Exp. date: ____-____ Sec. number (3 digits): _____

I hereby authorize the Catholic School of Evangelization to deduct the amount indicated above, from my bank account or credit card, on a one-time or monthly basis, as per indicated above, on the 15th day of the month.
 Signature: _____ Date: _____

STEP 4

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☐ I give the CSE permission to contact me by email.

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