



Notre Dame de Lorette Catholic Women's League *May 2021*



May Month of Mary



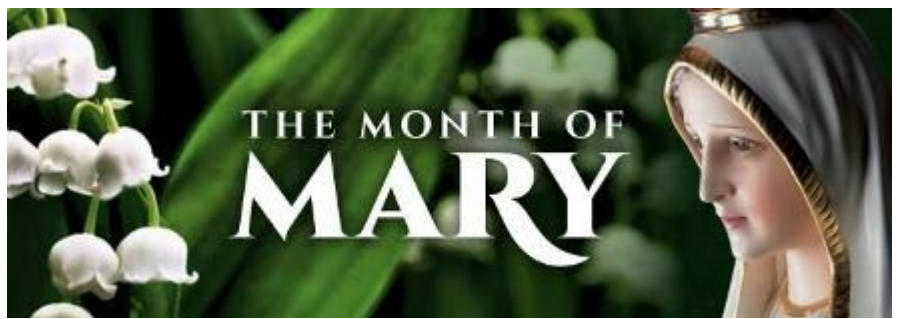
Our Spiritual Advisor
Fr. Jorge Mario de los Rios Londoño

Our Members
Lacey Bernardin, *President*
Megan Bernardin
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*

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Monica Chernichan
Rolande Chernichan
Jaquelyne Cournoyer
Patricia Danylchuk
Suzanne Desmarais
Janine Durand-Rondeau
Gisèle Falk
Constance Haas
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
Joanne Touchette
Marilyn Toutant

May 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Always and everywhere, contact with the Church means participation in her universality. Beneath the Cross where Mary was proclaimed the spiritual Mother of all Christians stands not only the woman who has offered her own child to God, but also the woman who has sacrificed to God the wish or hope for a child of her own, or who was willing to give a child to God. — Gertrud von le Fort from <i>The Eternal Woman</i></p>						1 Queen of Heaven
2	3	4	5  Micki Maxwell (98 years!)	6	7	8  Lacey Bernardin
9 	10	11	12  General Mtg TEAMS	13 Our Lady of Fatima	14	15
16	17  Gisele Falk	18	19  Constance Haas	20  MaryAnn & Wayne Novak	21  Monique Johnson	22
23 	24	25	26 	27	28	29  Marilyn & Bob Toutant
30	31 Visitation of the Blessed Virgin	<p>A French Catholic writer of a century ago, Léon Bloy, frequently wrote this sentence. It is one of the most profound sentences I have ever read: 'There is only one tragedy, in the end: not to have been a saint.' That is the meaning of life. The meaning of life is to be a saint. Nothing less. — Peter Kreeft from his book <i>How to Destroy Western Civilization</i></p>				

Hello ladies & Father J.

Mario,

I would like to start off by apologizing to anyone who attempted to log on to our Teams meeting for our Anniversary Celebration last month. We had everything set up and ready to go, but unfortunately, the internet wasn't able to support anyone actually logging in. It was a lovely celebration and I'm sorry you weren't able to share in the experience. On that note, we were able to present several pins to members in attendance as well as recognize those who weren't able to be there in person to accept. I would like to mention that we had a special pin presentation that evening as well. We were able to present Mae Ross with the Maple Leaf Service Pin.

Thank you again to everyone who either bought or sold C & S gift cards for our fundraiser. They are now ready and have been delivered. At our next meeting we will have the final numbers on how well we did.

During the month of May, there are normally many different events that take place. With the tighter restrictions that have recently been imposed many things have either been cancelled, postponed or have been made virtual. We will be sending out information on each event as we are able to, but here is a quick rundown:

- National Week for Life and Family: Currently waiting on an update from the parish in regards to a possible event that was to be planned, but will encourage members to pray as a family. A special video will be sent out to watch as well. Will organize a walk in the fall to also coincide with the 40 Days for Life.

- Baby Shower: Will postpone until the fall and ask for donations to go along with the Walk for Life.

- World Catholic Education Day: This is on May 13th and we encourage everyone to show your appreciation to our local educators. *We have some among our council.*

- Mental Health Week: May 3-9. There is information in the newsletter to read and you are encourage to go on social media and show your support with #GetReal.

- National Hospice and Palliative Care Week: May 3-9. There is a free webinar entitled "A Practical Discussion about Palliative Care" that will take place on May 8th. You must pre-register at cwl.ca. Our council will also be sending out a 12 Hours of Prayer for Palliative Care Guide and we will also be hosting an hour of virtual prayer. Check your email for the link that is soon to come.

- The Month of Mary: As this month is dedicated to Mary, there are many resources available to you online. *Living With Christ* is offering free daily emails with prayers and notes to Mary if you register through their site. Here too is a short message from The Vatican: "The Vatican announced a rosary initiative dedicating the month of May to pray for the end of the COVID-19 pandemic. The Pontifical Council for the Promotion of the New Evangelization said that "for the deep desire of the Holy Father, the month of May will be dedicated to a prayer marathon with the theme 'Prayer to God went up incessantly from the whole Church.'" Catholic shrines worldwide will focus on this endeavour and be involved in leading the rosary, which will be live-streamed daily at noon EST. The month of May is dedicated to the Blessed Virgin Mary, and Pope Francis will begin the month with a prayer to Mary asking for her intercession. The Holy Father stated, "The pandemic has made no distinctions and has hit people of all cultures, creeds, social and economic strata."

Cathy Bouchard from Alberta Mackenzie has provided the following links:

Liturgical Guide to May Rosary Prayers
<http://www.pcpne.va/content/dam/pcpne/pdf/Eventi/rosario2021/Sussidio%20Rosario%202021%20Inglese.pdf>

Shrine List:
<http://www.pcpne.va/content/dam/pcpne/pdf/Eventi/rosario2021/Shrine%20List%20Ing.pdf>

Watch on Vatican Media Live:
<https://www.youtube.com/watch?>

Lacey's Address



v=4Rb7_WdNIZY

Let us join our voices to others from around the world when we pray the rosary daily during the month of May."

As a note, our May general Meeting will be virtual through Teams again, so please keep an eye out for the link.

Let's not forget that June 5th is our highway cleanup, weather permitting (see pg 4). If you are unable to help with the clean-up and would like to help, we are looking for donations of sandwiches and baking for windup afterwards. Contact Suzanne (204-878-3137) if you can help in this regard.

Lastly, I would like to wish all the moms out there a very Happy Mother's Day. (Happy Mother's Day Mom!)

Hope to see you all again soon!

Lacey Bernardin

2021 Pope's Intentions

May 2021 — The World of Finance
Let us pray that those in charge of finance will work with governments to regulate the financial sphere and protect citizens from its dangers.



A Social-Distancing Activity that helps our community!
Saturday, June 5, 2021

Raindate: June 12, 2021

**COME ON
DOWN AND
LEND A HAND!**

Refreshments served
at Lorette Parish Hall
Parking Lot
following Clean-up.

In keeping with Public Health orders, a maximum of 2 people will travel in a car to the start-up locations. Pilot drivers will ferry people back to their vehicles as needed. Face masks are recommended when travelling with someone else (exception is made for members of the same household).

Hwy 207 from McDougall Rd to Junction of Hwy 206
HIGHWAY CLEANUP
Meet 9:00 a.m. at Lorette Parish Hall Parking Lot

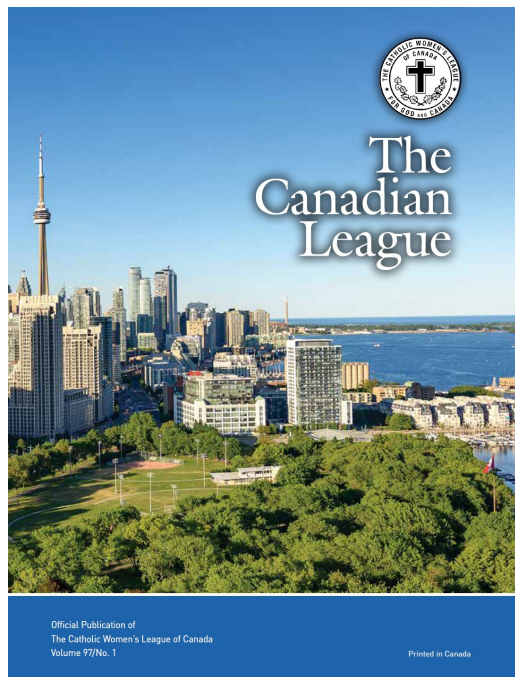


Sponsored by the Notre Dame de Lorette Catholic Women's League



PLEASE NOTE:

Fall League Magazine: The fall issue of *The Canadian League* will be available online only.



2021 NATIONAL ANNUAL MEETING OF MEMBERS TORONTO, ONTARIO

APRON FUNDRAISER



This handy apron, available in blue, is imprinted with the League crest. It is a one size fits most with a neck strap and waist ties to keep the apron in place. There are two spacious front bottom pockets to hold pens, paper pads, cell phones and other essentials. Great for those League functions.

Price: \$20.00 each + \$6.00 postage & shipping **

**** For orders of two or more please contact Lucia Vacca at the e-mail or phone number provided for more shipping cost details.**

Make cheques payable to:
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Send your order and payment to:
Lucia Vacca 187 Calverley Trail
Toronto, Ontario M1C 3Y4

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E-mail: lucia.vacca@sympatico.ca
Telephone: (416) 283-3536

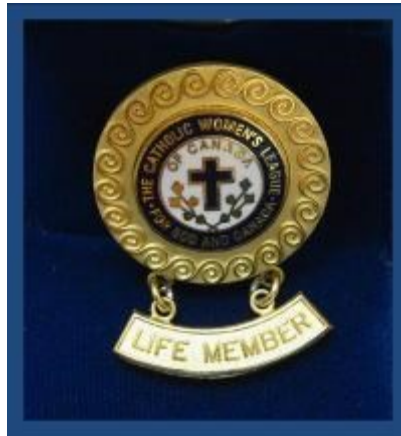
Former Alumnus Receives Life Membership Award

I joined Notre Dame de Lorette Parish Council in 1990 as Christian Family Life Chairperson. I later served as President-Elect from 1996 –1998 and as President from 1998 – 2000. From there I went on to serve on Diocesan Council, again as Chairperson of Christian Family Life, followed by President-Elect and President from 2006 – 2008. I served on Provincial Council while President of Diocesan and then as Resolutions Chair, 1st Vice and Spiritual Chairperson. I later went back to serve as Corresponding Secretary.

I was honoured to have received the Maple Leaf Service Pin from my former council in Lorette and my 25-year Pin from my sister-members in Ste-Anne.

To further enhance my growth and development within the league I have also attended many Diocesan and Provincial conventions as a member or a delegate, multiple workshops and seminars offered by various levels of CWL. I have also attended several national conventions. I assisted the Public Relations Chair and acted as Secretary to the convention committee when St. Boniface Diocese prepared to host the 1999 National Convention held in Manitoba. This preparation and attendance at the convention was a particularly exciting and educational experience.

I have co-written resolutions with others of my parish council and reviewed resolutions sent to the provincial level after adoption at diocesan. I have prepared resolutions adopted at the provincial level to be forwarded to the national convention committee. Additionally, I set up a meeting with Premier Selinger and his caucus and participated in presentation of resolutions to government. In 1998 Notre Dame de Lorette hosted the Provincial Convention which I coordinated with the help and experience of our convention committee and senior



members. This also stands out as a very memorable experience rich in growth and new friendships. In 2006, as newly installed St. Boniface Diocesan President, I chaired the provincial convention hosted by Notre Dame de Lorette parish council.

As Diocesan Christian Family Life Chair, I also had the opportunity to co-present the Christian Family Life / Community Life presentation at the Provincial Workshop held in 2003. As the St. Boniface Diocesan President I was given the honour of representing the Diocese in many CWL capacities and visited all parish councils.

I am also a Nathanael alumni, have had the wonderful opportunity to develop my spiritual growth and lay ministry in the church during the period of 2005-2008.

Finally, I am honoured to be considered for life membership although the award is pending due to the Covid 19 pandemic causing the cancellation of the Diocesan Convention this year.

While all of the above has been meaningful and has shaped my role in the league and my personal development, most importantly I treasure the many relationships and friendships that I have been blessed with through my participation in the league.



Colleen Holloway being presented with Life Membership pin by Diocesan President, Paulette Chase

*Colleen Holloway,
Life Member*

Anniversary Celebration

April 14, 2021



St. Kateri Tekakwitha Spiritual Presentation



Welcome to our newest member, Megan



Five-year pin awarded to Kathleen



Marilyn & Jacqueline receive 10-year pins



Nettie Lambert awarded 20-year pin

Congratulations to other recipients: Jaquelyne Cournoyer, 5 years; Maryse Chartier, 5 years; Heather Kolowca, 5 years; Gisèle Falk, 5 years; Joanne Touchette, 5 years; Monica Chernichan, 10 years; Lindsay Bouchard, 20 years; Jennifer Poitra, 20 years; Nettie Lambert, 20 years; Madelyn McConnell, 30 years!

Double-header for Mae Ross



10-year Service pin award to Mae Ross, presented by Lucille Chay, Organization Chair



Maple Leaf Service Award presented to Mae Ross by Lucille Chay, Organization Chair

The Maple Leaf Service Pin was established in 1971 for members who have served the League in an exceptional manner. The member who receives this award has to be an active League member for a minimum length of seven to ten years and has performed outstanding League service on a one-time basis or over several years.

Her positivity, her smile and her adorable laugh are parts of her personality...those characteristics coupled with her relationship with God and her willingness to share some of her personal moments of her faith with her sisters are some of the special qualities that (in my opinion) make up the member who will be receiving this award. She is very real, open and honest. When she shares her spiritual activities with us, we can hear her thought process and those private conversations she has in her heart with God. She is willing to put herself out there – to be vulnerable – and allows us to participate and feel connected to her “AH-HA” moments. She is very captivating. She is this bundle of joy wrapped up in a tiny, cute little package. Have you guessed who I am referring to? Yes, you are correct – it’s Mae Ross!

Mae is part of the “original cool” group that began the Notre Dame de Lorette Catholic Women’s League under the direction of Fr. Bernard Belanger in 1989. In 2015, under the direction of President Marcia Poirier and the mentoring of Spiritual Chairperson, Rolande Chernichan, she finally “took the plunge” (as they say) and took on the Spiritual Development role. Since then, dear sisters, my goodness has she owned it and taken it to a whole new level! Mae, we are so grateful to have you as one of our sisters.

Mae is so creative, but of course, so humble about it. In addition to our appreciation of her willingness to say YES and to step up to the challenge, she has blown us away with the depth of preparation that she puts into her spiritual programs: the PowerPoints, the YouTube videos that she chooses to incorporate, the choice of spiritual readings coupled with her choice of music – she is able to hit all of our senses during our meetings.

Dear Mae, from all of us sisters, we thank you so much for the gift of you and the gift of your faith. We thank you for introducing us to the K.I.D.S. initiative and expanding our awareness of the needs of

the communities that the initiative serves. Thank you for being our source of connectedness through your spiritual activities.

Personally, I have continued to feel very connected with our members, even through COVID, because of the initiatives that Mae has designed and initiated. Even though we haven’t been able to be together in person over the past year, she created and facilitated novenas, she designed an activity that allowed us to share how we connect our faith to music or hymns, and the list goes on. In addition to being the Chairperson of Spiritual Development, Mae also took on the Christian Family Life Chairperson role in 2019 and has done a fabulous job of that as well.

Mae, you are amazing. You are a gift to our council, and we wish that more ladies throughout the League could benefit from your talents and gifts. You are a willing learner and a gifted teacher, and we are so glad to be able to celebrate you. Congratulations on your well-deserved Maple Leaf Service Pin, Mae!

— as presented electronically by Jolene Capina

Kudos to our CWL

What inspired and motivated me more about the CWL is one the warm welcome given to new comers and the effort made to integrate them into the community. The prayer life, is in inspiring, as is the fact that the CWL follows their members in prayer. *Agatha Olayiwola*



This is really easy for me to say. Due to my recent illness and this darn COVID, i felt truly alone suffering through all the things I've had to deal with. With the exception of family and a few close friends like Lucille, I was alone. But then, ladies of the CWL came through. I found out prayers were being said for me by all of you. That's when I made a bargain with God. I asked God to take me right from hospital if there was some flaw inside me that would cause me to pass on in the fairly near future, then bring me home now so my family would not have to stand beside me anymore. But if not, give me the strength to endure all the pain and work and patience it would take to recover and then endure cancer treatment.



Then the sisters came through in a big way, showing me their support and encouragement to face what I had to. This meant learning to walk, learning to talk, as my vocal cords were all damaged, learning to swallow, and many more things; even my memory and how to do things were affected.

I am told by the surgeons that I died twice while in hospital. I am convinced without the prayers the verbal encouragement, the friendship offered by my CWL sisters, I would not be here writing this today. Along with writing why I love the CWL and why I'm glad I joined I want also to thank each and every single lady who offered prayers for me. I want to especially thank those that went the extra mile to contact me directly and prayed with me. — *Sue Johannesson*

I love the spiritual support that Catholic Women's League members give to each other. We pray for each other wholeheartedly! I have felt the power that comes from our unified prayers and I am always grateful for the way that our members so readily respond to the call to pray. — *Irene Bialek*



I really miss going to conventions of all levels. I get great reassurance in knowing that I am not alone in this journey of life. Having the added CWL bodies means a lot to me. Our monthly meetings and conventions keep us connected. — *Constance Haas*



So what has impressed me is the presence of CWL ladies around the community not just the parish: Thrifty Treasures, Food Bank, Taché Christmas tree, even in the ditches! Do we have CWL t-shirts? — *Monique Jeanson*



I love the multigenerational aspect of the League. My mother and daughter are members along with several aunts. It's a family affair for me as well as many other families. — *Lacey Bernardin*

I really love going out to the conventions and our parties and the food — *Jaquelyne Cournoyer*



What an amazing compilation of statistical information by Suzanne regarding our Lorette CWL council! Remember the complaints of having to do reports, all those meetings, etc? Yet here we are having shared in the history of the League for almost one-third of its 100 years. From Suzanne's stats, we can say that being prayer partners, our monthly newsletter, and our annual budget have been a constant for 32 years! A close second is celebrating our council's anniversary which could only occur after our first year. A beautiful balance of faith, fun, and fulfillment!

Our council draws its identity in three categories that have the most recurrences (done for 28 or more years) :

Faith – Prayer Partners, Masses to CWL intentions, mementos for children's sacraments, donations to Kee-Pas missions

Service – Cabbage rolls/parish supper, Christmas hampers, Baby shower

Social Justice – Donations for pro-life, Alpha House (abused women & children), Least Coin, Coady Institute

CWL was introduced to Notre Dame de Lorette because of Evelyn Wyrzykowski who was then serving as the League's national president. She believed that we had what it takes to be League... faith and a desire to serve God in imitation of Mary... as "handmaids of the Lord". We did not know what our "yes" would require. Being a member has increased my faith, and being of service through ministry in the church. It has blessed me with the sisterhood of the League in my parish and province and from coast to coast. It has given me an appreciation for belonging to a diocese, and the mutuality that exists between our bishop, the CCCB and the League. Being a CWL member has necessitated that I learn to use a computer and other media. It has taught me skills for meetings that have served me well in other volunteer organizations. It has given me laughter and good times, especially in our social gatherings and conventions. The League has given me increased awareness about societal issues, and it has been the motivation to become involved in developing resolutions to be the voice on matters of social justice. Most of all, I've learned that in saying yes to God through membership in the League, the journey involves sacrifice and servant leadership, and humble faith in the knowledge that Christ and Mother Mary accompany us on the road, each step of the way. — *Rolande Chernichan*



For many years I considered a membership in the CWL and when I finally decided to do so I was so impressed with the open and welcoming spirit of all the ladies. I look forward to meetings and am impressed with the work accomplished where we really see how the CWL makes a difference in such a good way in our world and members are so supportive of one another.

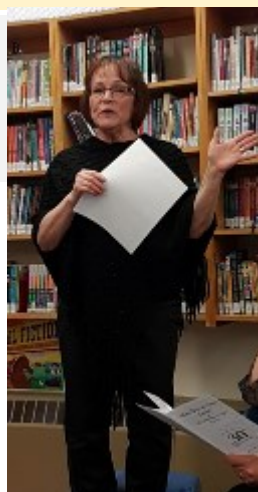
A special event for me was the community spirit displayed in adopt a highway. I was hesitant for us to take this on as it seemed like another project and time is limited, but I think taking care of our environment is so important and it is great for the CWL to be involved with this and promote it in our community.

Prayer partners are a special part of our league and reaching out 1:1 to one another brings us closer together and can assist in helping members feel connected to our group — *Kathleen Messner*

Being in CWL gave me the courage to go outside my comfort zone; for example, taking part in different committees or being a part of the executive.

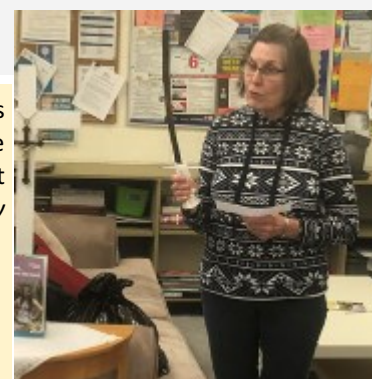
I'm proud to be a CWL member as God has provided each of us the gifts and talents to ensure the church lives on and that our mission is possible.

Lastly, it is also a pleasure to be in such good company of all these caring, dedicated and faithful women of all ages from all over our country.. — *Marcia Poirier*



I am grateful for the opportunity that our CWL council has given me in being the *Spiritual Development Chair* the last several years; I have grown so much in my faith as I depend on the Holy Spirit to guide me in preparing the *Spiritual Development program* for our meetings. — *Mae Ross*

Since joining the Notre Dame de Lorette CWL Parish Council, my spiritual life has been greatly enriched. My faith has grown and I now have a peace within me that was not present in the past. I have also been blessed with a whole new set of friends that I have come to cherish. — *Lucille Chay*





The first year I actively joined the NDL CWL, my lovely sister Jolene who had just begun her term as President somehow convinced me to also be a member of the executive as her recording secretary. I definitely learned a lot and am very grateful for the patience and guidance of all those who helped me along the way. I am equally grateful for the unconditional love and support all my sisters of the league have blessed me with over the years, even though I haven't been as present as I'd like to be.

One of the most special moments for me would have to be helping to host the 2018 National Convention with my Mom (who was provincial president at the time), along with my two sisters Jolene and Crystal. We are extremely proud of all that she accomplished

during her term. One of the best moments was seeing all the husbands who also helped behind the scenes to make that convention happen. They are honorary CWL members in my book — *Monica Chernichan*

I have been blessed to get to know so many wonderful ladies through parish, diocesan, provincial and national activities, days of study and through conventions. Oh, the friends we have made!

The CWL has taught me the proper procedures for an organization to function properly and that has come in handy several times over! My favourite activities are the pro-life ones – the baby shower, Walk for Life and the 40 Days for Life Prayer Vigil. — *Suzanne Moore*



How I have enjoyed so many wonderful friendships as we prayed together, celebrated together and supported each other through hard times and happy times. — *Iris Swiderski*



FAITH ...it is beautiful to be part of an organization that shares the same faith that is so important to me.

FAMILY... my sisters in the league have grown to be like family to me in so many ways; most importantly through support, prayer and love.

FUN ... with the exception of solemn times like funerals, prayerful moments, and meetings, the CWL represents fellowship, fun and loads of laughter! — *Madelyn McConnell*



What's Your CWL?



Post a selfie video or comment telling us why you joined The League, and why being a part of our sisterhood is fulfilling to you!

Whether it was for faith, service, social justice or sisterhood, connect with us on social media and post using the hashtag **#WhatsYourCWL**



@CWLNational



@CWLNational



faith

service

**SOCIAL
JUSTICE**

Not on social media? Visit us at **cwl.ca** and click "To Inspire".

VALUING WATER: FIVE DIFFERENT PERSPECTIVES



2021 Valuing water

1. Valuing water sources – natural water resources and ecosystems.

All water is generated by ecosystems. And all the water we abstract for human use eventually returns to the environment, along with any contaminants we have added.

The water cycle is our most important 'ecosystem service'. Higher value must be given to protecting the environment to ensure a good quality water supply and build resilience to shocks such as flood and drought.

2. Valuing water infrastructure – storage, treatment and supply.

Water infrastructure stores and moves water to where it is most needed, and helps clean and return it to nature after human use. Where this infrastructure is inadequate, socio-economic development is undermined and ecosystems endangered.

Typical valuations of water infrastructure tend to underestimate or not include costs, particularly social and environmental costs. It is difficult to recover all costs from tariffs (known as full cost recovery). In many countries, only part or all of the operational costs are recovered, and capital investments are covered by public funds.

3. Valuing water services – drinking water, sanitation and health services.

The role of water in households, schools, workplaces and health care facilities is critical. Furthermore, WASH – water, sanitation and hygiene – services also adds value in the form of greater health, particularly in the context of the COVID-19 pandemic.

WASH services are often subsidized, even in high-income countries. However, untargeted subsidies can benefit people with existing water connections, rather than improving the situation for poor and underserved communities.

4. Valuing water as an input to production and socio-economic activity – food and agriculture, energy and industry, business and employment.

Agriculture places the biggest demand on global freshwater resources and is a major contributor to environmental degradation. Despite being fundamental to food security, water in food production is generally given a low value when assessed purely through the economic lens of value produced in relation to water used. Many of the wider benefits – improving nutrition, generating income, adapting to climate change and reducing migration – are often not reflected in the cost of water.

For the energy, industry and business (EIB) sector, water-related threats such as water scarcity, flooding and climate change can push up costs and disrupt supply chains. Corporate mismanagement of water can damage ecosystems and harm reputations and affect sales.

Traditionally, the EIB sector has valued water by the volume used, plus the costs of wastewater treatment and disposal. More organizations are adopting integrated water resource management (IWRM) planning approaches as they improve their sustainability

5. Valuing socio-cultural aspects of water – recreational, cultural and spiritual attributes.

Water can connect us with notions of creation, religion and community. And water in natural spaces can help us feel at peace. Water is an intrinsic part of every culture but the values we attribute to these functions are difficult to quantify or articulate.

Economics often considers water to be a resource for practical human usage and pays little or no attention to its socio-cultural, or environmental, value.

There is a need to fully understand cultural values around water by involving a more diverse group of stakeholders in water resources management.

<https://www.worldwaterday.org/learn>

The Rosary (The Pauper's Psalter)

This popular devotion of Roman Catholic tradition has its origins in medieval times (around the 12th and 13th centuries). Many people of this age could not afford to purchase the Psalter (a book containing the 150 psalms) which were used by the religious orders and clergy. In order to supply the great number of faithful with some prayer form which would be easily accessible, itinerant preachers developed and encouraged the use of a string with beads upon it. Each bead would represent a prayer to be said & either the Lord's Prayer, the Hail Mary, and the Doxology. In time, other prayers would be added to make up what we now call the Rosary.

Originally, the rosary was called "The Psalter of Jesus and Mary" because it consists of the prayer Jesus gave us (The Our Father) and the prayer the Angel Gabriel gave us (The Hail Mary). The word *Psalter*, as mentioned above, refers to the Book of Psalms in the Bible, which has 150 psalms. When prayed completely, the original rosary (Joyful, Sorrowful, and Glorious Mysteries) has 150 "Hail Mary" prayers. The word "Rosary" comes from the Latin word *rosarium*, which means a garland or bouquet of roses. Each of the prayers of the rosary is an offering of a rose to Jesus through Mary.

The use of beads or knots when praying dates back to the early days of Christianity. String or heavy cord was tied with knots and used to help focus and keep track of the prayers. The word "bead" comes from *biddan* - an Old English word which means "to entreat" or "to pray".

This prayer combines two very strong currents within the spirituality of the Church. First, the Rosary desires one to meditate on the significant events of Christ's life. Second, this prayer also hopes to emphasize the unique role of Mary, Mother of God in the plan of salvation. These two currents of Roman Catholic theology are meditated on by the recitation of the following prayers within the Rosary itself: the Creed, the Lord's Prayer, the Hail Mary, the Doxology, the recitation of the Joyful, Sorrowful, Glorious, and Luminous Mysteries.

In 1520, Pope Leo X officially approved the universal use of the rosary. In 1571, St. Pius V declared the first Feast of the Holy Rosary which was made universal by Pope Clement XI. In 1917 the Blessed Mother selected for herself the name "Our Lady of the Rosary" at



OUR LADY OF FATIMA TILE MURAL

Fatima when she appeared to three children in Fatima saying, "I want you to continue to say your rosary every day in honor of Our Lady of the Rosary to obtain the end of the war and peace in the world". In 2002 Pope John Paul II introduced new mysteries (Mysteries of the Light or Luminous Mysteries) to the Rosary and wrote his apostolic letter "On the Most Holy Rosary" (*Rosarium Virginis Mariae*).

What are the promises of the rosary?

1. Whoever shall faithfully serve me by the recitation of the Rosary, shall receive signal graces.
2. I promise my special protection and the greatest graces to all those who shall recite the Rosary.
3. The Rosary shall be a powerful armor against hell, it will destroy vice, decrease sin, and defeat heresies.
4. It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of people from the love of the world and its vanities, and will lift them to the desire of eternal things. Oh, that souls would sanctify themselves by this means.
5. The soul which recommends itself to me by the recitation of the Rosary, shall not perish.
6. Whoever shall recite the Rosary devoutly, applying himself to the consideration of its Sacred Mysteries shall never be conquered by misfortune. God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just, he shall remain in the grace of God, and become worthy of eternal life.
7. Whoever shall have a true devotion for the Rosary shall not die without the Sacraments of the Church.
8. Those who are faithful to recite the Rosary shall have during their life and at their death the light of God and the plenitude of His graces; at the moment of death they shall participate in the merits of the Saints in Paradise.
9. I shall deliver from purgatory those who have been devoted to the Rosary.
10. The faithful children of the Rosary shall merit a high degree of glory in Heaven.
11. You shall obtain all you ask of me by the recitation of the Rosary.
12. All those who propagate the Holy Rosary shall be aided by me in their necessities.
13. I have obtained from my Divine Son that all the advocates of the Rosary shall have for intercessors the entire celestial court during their life and at the hour of death.
14. All who recite the Rosary are my children, and brothers and sisters of my only Son, Jesus Christ.
15. Devotion of my Rosary is a great sign of predestination.





#GetReal

CMHA Mental Health Week

May 3-9, 2021

Visit mentalhealthweek.ca
for info and tools!

About Mental Health Week

- Every year since 1951, CMHA has hosted Mental Health Week in the first full week in May, making 2021 the 70th year.
- This year, CMHA Mental Health Week is being observed May 3-9, 2021.
- Mental Health Week is a Canadian tradition, with communities, schools and workplaces rallying to celebrate, protect and promote mental health.
- The core objective of Mental Health Week is to promote mental health because mental health is something we can promote and protect, not just something we can lose.
- Visit www.mentalhealthweek.ca for info and tools about CMHA Mental Health Week.
- Connect on social media using the hashtags #GetReal and #MentalHealthWeek.

About the 2021 CMHA Mental Health Week campaign

- The theme of this year's Mental Health Week is understanding our emotions.
- Recognizing, labeling and accepting our feelings are all part of protecting and promoting good mental health for everyone.
- Naming, expressing and dealing with our emotions—even when they're uncomfortable—can make us feel better.

A time of unprecedented stress and anxiety

- People are experiencing unprecedented stresses and feelings of anxiety related to COVID-19.
- 40% of Canadians say their mental health has deteriorated since the onset of the pandemic.

About the basics of emotions

- Emotional literacy is the ability to recognize how we feel, understand our feelings, label them and express them.
- When we are emotionally literate, we are better able to manage our emotions, or "regulate" them.

- Although we "feel" our emotions in the body and may recognize they are there, sometimes our emotions can be hard to put into words.
- An event can trigger emotions very quickly, automatically, and even unconsciously.
- Emotional events can trigger changes in our facial expressions, muscle tone, and voice tone, in our autonomic nervous system that regulates our heart and respiratory rate, digestion, perspiration, and in our endocrine system, which involves our hormones.

About putting emotions into words

- Scientists call the act of putting feelings into words *affect labelling*.
- Saying "I feel sad" or writing about what's upsetting me are both examples of affect labelling.
- When we put our feelings into words, we are actually constructing and making meaning of our emotions. Without words for emotions, our feelings might seem unclear to us.
- Affect labelling has been compared to the effect of hitting the brakes on when driving a car. When you put feelings into words, you are putting the brakes on your emotional responses.

How affect labeling works

- When people put their feelings and thoughts about upsetting experiences into language, their physical and mental health often improve. Writing about our feelings can reduce physician visits and positively influence our immune function. Writing can also reduce cortisol (stress) levels and negative mood states.

Giving attention to our feelings can help ease anxiety and decrease rumination (or obsessive thinking).

- Naming, talking and writing about our emotions helps to regulate them by decreasing our anger or fear response.
- Naming our emotions lowers amygdala activity – the part of the brain involved in the

fear response – and activates the prefrontal region of the brain thought to be involved in inhibiting behavior and processing emotions.

- Affect labeling can reduce the anxiety response in our bodies; for instance, talking about your feelings before giving a speech can help reduce your physiological stress response and anxiety.

About uncomfortable emotions

- Although negative emotional states like sadness are not usually considered desirable in Western society, these emotions can actually help us adapt.
- The experience of "negative" emotions has traditionally been linked to physical illness and decline. However, research shows that our health is based on a complex interplay of positive and negative emotions and that good physical health is promoted when we feel both "the good with the bad."
- Expressing so-called negative emotions can have a positive impact on our relationships.
- Expressing "negative" emotions – such as anxiety, fear and sadness – increases support from others, builds trust in new relationships and deepens intimacy.

If emotions are overwhelming, please seek support

- Naming – or labelling – our emotions can help us understand and process them. It can even make us feel better. However, if your emotions are overwhelming, persistent and/or are interfering with your daily life, it is important to seek mental health supports.

- If you or someone you love is struggling, there is hope and help: • Please contact your local CMHA.
- Visit 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

Has anyone else heard/used any of these words from the past? Do you still use them?

- adgrayvisions compiled this list, so they get the credit

Some of the best words ever!

Gallivant • Britches • Codger • Rigmarole
 Hoodwink • Ragamuffin • Fiddle-faddle
 Humbug • Skullduggery • Jalopy • Kibosh
 Bejeebers • Flibberty-jibbit • Hullabaloo
 Bamboozled • Flabbergasted • Brouhaha
 Discombobulated • Lollygag • Malarkey
 Cattywampus • Nincompoop • Skedaddle
 Shenanigans • Flummoxed • Pumppernickle
 Berserk • Periwinkle • Thingamajig • Whatsit
 Confuzzled • Kerfuffle • Poppycock • Bogus
 Balderdash • Fuddy-duddy • Thunderation
 Whosemegadget • Skewwiff • Lambasted
 Flim-flam • Whatchamacallit • Concoction
 Doohicky • Gobsmailed • Thingamebob
 Camaraderie • Nucklehead • Wishywashy
 Fiddlesticks • Caterwauling • Rigmarole
 Tomfoolery • Bodacious • Fiddle-dee-dee
 Willy-nilly • Decrepid • Persnickety • Egads
 Audacity • Baloney • Kerfuffle • Numb-skull

