



# Notre Dame de Lorette Catholic Women's League

February 2022

**CATHOLIC**  
and **LIVING IT!**

## MISSION STATEMENT

The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.



Our Spiritual Advisor  
Fr. Jorge Mario de los Rios  
Londoño

Our Members  
Lacey Bernardin, *Past-President*  
Megan Bernardin  
Lynne Bernier  
Susan Bernier  
Irene Bialek  
Valerie Bonnefoy, *Chair*  
Jacqueline Bouchard  
Lindsay Bouchard  
Jolene Capina  
Maryse Chartier

Lucille Chay, *President*  
Crystal Chernichan  
Monica Chernichan  
Rolande Chernichan  
Jaquelyne Cournoyer  
Patricia Danylchuk  
Suzanne Desmarais  
Janine Durand-Rondeau  
Gisèle Falk  
Constance Haas  
Monique Jeanson, *Chair*  
Sue Johannesson  
Monique Johnson  
Delaney Kolowca  
Heather Kolowca  
Nettie L. Lambert

Catherine Larson  
Marie McCall  
Madelyn McConnell  
Kathleen Messner  
Suzanne Moore, *Treasurer, Chair*  
Carol Mravinec  
Mary-Ann Novak  
Agatha Olayiwola  
Marcia Poirier, *Chair*  
Jennifer Poitra  
Marie-Ange Prevost  
Mae Ross  
Iris Swiderski  
Joanne Touchette  
Marilyn Toutant



# February 2022

Sun

Mon







Tue

Wed

Thu

Fri

Sat

		1	2	3	4	5  Nettie Lambert
6	7	8	9  Holy Mass @ 6:15, Meeting @ 7:00 at hall	10	11	12  Prov Day of Celebration Angel & Roger Prevost 
13	14 	15	16	17	18	19
20	21	22  Sue Johannesson Agatha Olayiwola	23  Constance & Elwood Haas	24  Irene & Clarence Bialek	25	26
27	28	<p>Adoring with the rosary: when you pray the rosary in the presence of the Blessed Sacrament, you love Jesus with the heart of Mary. You offer Jesus Mary's perfect adoration. Jesus welcomes your hour of adoration as if it came from Mary herself. -- <b>Fr. Florian Racine</b> from <i>Could You Not Watch with Me One Hour?</i></p>				

# Lucille's



# Letter

**Hello Fr. Mario and CWL ladies:**

As I sit here to write my first message as your incoming president for 2022-2023, I can't help but think about the strong, smart and capable women who have held this position admirably since 1989. Our council of Notre Dame de Lorette has been extremely fortunate and blessed to have these women in leadership roles. I am honoured and humbled to be elected to follow in their footsteps. I ask for your prayers as well as the intercession of the Holy Spirit that I may have the grace and know-how to fulfill my duties competently and diligently.

My journey in the CWL started in 2014-2015. My sister-in-law, Yvette, invited me to attend several general meetings with her including your anniversary celebration...outings that I greatly enjoyed. I was captivated by this warm, welcoming, community-minded, active, prayerful, prayer filled group of women. That spring, Yvette invited me to the diocesan convention that was being hosted by the Lorette Parish Council. I did and I was hooked! I had been yearning to deepen my faith and to belong to a group whose service and social justice values matched my own. The Lorette Parish Council of the CWL ticked all the boxes!

In fairness to my own parish, I felt it was necessary for me to determine if a CWL council would be viable at Our Lady of Hope before I proceeded further. An invitation was extended to all the ladies in the parish to see if there was interest in forming/

resurrecting our own council. There was little interest in this path so, that fall, I decided to join the Lorette Parish Council. As the saying goes, the rest is history. You have made me feel at home since the day I arrived. It has been my pleasure to work, pray and socialize with each and every one of you for the past 7 years.

I want to thank and congratulate the ladies who have accepted to work with me at the executive level. These ladies have so much to offer us and I am excited about the possibilities for the future of our council with their help and guidance. Kudos to Lacey, Marcia, Val, Monique & Suzanne.

My first responsibility as your president was to attend the virtual diocesan winter meeting on January 22<sup>nd</sup> where I reported on our council activities from September to the present.

Our general meeting in February will have us doing some planning for the year as well as doing a review of the Policies & Procedures manual. Please take the time to give some thought to how you would like to see our meetings evolve and bring your ideas to share at the meeting.

Working together, we can continue to achieve great things as you have been doing for 33 years!

*Lucille Chay*



## Collecting Tins for the Bin for Our Taché Food Bank

At each of our monthly meetings  
Bring donations of non-perishable food items  
And/or monetary donations  
We will keep track of the weight and money

## 2022 Pope's Intentions

### FEBRUARY

#### *For religious sisters and consecrated women*

We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.



# Annual General Meeting, January 12



Beautiful inspirational display set up by Spiritual Development Chair Mae at our monthly meetings.



President Lacey in her element, excited that she can pass the gavel with no "unfinished business!"



Mae presenting with heartfelt passion *Catholic and Living It!* long before it became a national theme.



President-elect Lucille gives her final report before elections for a new executive that she will chair.



Our trusty recording secretary and media technician, Suzanne



New executive in attendance poses for a photo following election.

## Meet Our New Executive



Lucille Chay, President



Lacey Bernardin, Past-President



Marcia Poirier, Chair



Monique Jeanson, Chair



Valerie Bonnefoy, Chair



Suzanne Moore, Chair

# 2021 YEAR *in* REVIEW

## 2021 Spiritual Development Highlights

Monthly Novenas - being united in prayer during such a trying year.

We'd been *praying* for Agatha's pregnant daughter and son-in-law to have their VISAs accepted. They arrived safely in Winnipeg from Nigeria on November 27, 2021 just before the borders were closed due to Omicron! Agnes (daughter) gave birth to a beautiful, healthy baby girl, *Kirsten Chizere*, on *December 2nd!!!* *Kirsten* means *anointed one*. *Chizere* means *God sent*. How appropriate! All well! All healthy!

Thanks be to God!!!

Our members came together and helped in gathering baby items: crib, playpen, clothing, car seat, stroller, etc...before the baby came home from hospital!

Members bought various baby gifts from blankets, clothing, toiletries, diapers, wipes, detergent, etc...like an ongoing baby shower! So proud of our council! —

*Mae Ross*



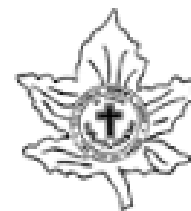
## 2021 Organization Highlights

We welcomed our newest & youngest CWL member in 2021, Megan Bernardin.

Birthday cards were sent/ distributed to members throughout the year.

Our council hosted the diocesan Day of Reflection in November.

*Lucille Chay*



## 2021 Christian Family Life Highlights

**August:** One of our members began her novitiate with the Sisters of the Holy Cross in Peru!

**December:** Collected baby items (used, new, monetary donations) for member Agatha's daughter and son-in-law who are newcomers to Canada and who delivered a baby within a week of arrival to Canada.

**September/November:** 40 Days for Life – one day a week in prayer vigil for an end to abortion, respect and sanctity for life... *Mae Ross*



## 2021 Community Life Highlights

Our council was nominated for & received the Premier's award for volunteerism.



Our council held a prayer service for the children of residential schools buried in unmarked graves and we planted orange flowers in front of the church in their memory.

Our council did highway clean-up in June and September.— *Lucille Chay*

## 2021 Education and Health Highlights

Awarded scholarship to Elena Chammartin

Members participated in online *Jesus in the Four Gospels* sessions offered by Catholic Charismatic Renewal Services

Members were made aware of blood donations, mammogram mobile clinics, flu clinics

Hosted Diocesan Day of Reflection, which included Canadian History Uncovered (blanket exercise)



## 2021 Communications Highlights

Preparation of criteria for Premier's Volunteerism Award, which we were awarded

Newsletters continued throughout the pandemic

Use of Zoom for meetings when we were not able to get together in person

*Suzanne Moore*



## 2021 Resolutions Highlight

Cited several of our past resolutions to help us win the Premier's Volunteerism Award.





# Notre Dame de Lorette Parish Council

## 2021 Annual Highlights



This year, our council had been nominated for The Premier's Volunteer Service Award. This was to honour our work within the community through various projects throughout our past 32 years as a council. One of the criteria that helped us win was the twice yearly highway cleanup. Because of our dedication, we won the award and there was a virtual ceremony on September 23.

Our council has been lucky enough to continue to meet monthly throughout the year of 2021. We at times met virtually when required as well as been able to meet in person at our Parish hall for most of the year. Even during our virtual times and diminished in person meetings, we were still able to do many of our regular annual activities, including two different fundraisers.

We were very pleased to be able to have some meaningful events within our council this past year. The two that stood out the most were: A Prayer Service for the deceased Indigenous children from the residential school discoveries. We planted orange flowers around our CWL tree located in front of our church along with saying the prayers. The other event was hosting the 2021 Day of Reflection. Our members had a great time participating in the blanket exercise put on by Brother Tom as well as learning from Janet and Sharon and various topics.

Lastly, our council is very pleased to announce that several of our members are serving on the Parish, Diocesan and even National Executive levels of the CWL.

Lacey Bernardin, President





# News from Maryse

Peace and blessings to each one of you at the beginning of this year. As I write, I have realised that 2021 offers me many reasons to be grateful. Here are a few from the past month:

1) Silent retreat at Santa Eulalia Retreat House. Between the endless construction of the neighbour's house and the busy avenue in front of the novitiate, there is not always silence. I thirsted for silence, and this respite outside Lima, surrounded by trees and birds, soothed my soul. As the week's spiritual exercises progressed (think of a regimen of four to five hours of intense exercise per day), I had my ups and downs, but I left with a clear sense of the purpose of my novitiate: to work through my personal history with a focus on my wounds.

2) A whirlwind of activities awaited us when we returned from the retreat as two housemates, Natacha and Frecia, made their first profession (first vows) the following Sunday. We also welcomed Frecia's family for a few days. What a joy to celebrate their commitment during a carefully prepared ceremony!

3) No rest after the vows! Frecia, Elvira (Holy Cross associate member) and I led a Christmas

pageant for the seniors of the Juan Pablo II neighbourhood with about 30 children from this underprivileged area. The children acted out some scenes from the birth of Jesus, between which they sang "villancicos" (Christmas carols). Afterwards, everyone enjoyed panettone and hot chocolate, of course!

4) After the show, it was only one week before Christmas and the house was still not decorated. So we put up the decorations and the crib. Apparently, it's not a nativity scene if there's no river involved... Ideally, you want to have flowing water, like in the attached video taken in one of the oldest churches in Lima, La Merced. We made do with a paper river

5) After the early evening mass, due to the curfew, a community prayer and gift exchange, we celebrated Christmas with the sound of fireworks... impossible to fall asleep before the wee hours of the morning! Christmas dinner was prepared by the sisters of the Luz de Maria house, located near the novitiate. On the menu: turkey, potatoes, sweet potatoes, manioc, and ceviche! I had prepared pastries for dessert. Fortunately, I did it before Christmas, because since then the oven has been giving us a hard time...

6) New year, new departures... Frecia and Natacha, having finished their novitiate, took the road for their new mission. I will miss them for sure, but I am grateful for the moments of joy and growth lived together. Attached are some photos from an outing to explore the centre of Lima.

7) From what I understand, the congregation has a tradition of ending the year with a retreat to reflect on its highlights and name our desires for the year ahead. I summarise the graces received in 2021 as "I don't have to be perfect to live out what God is calling me to."

8) One final reason for thanksgiving, the success of the matching gift campaign for the Songdin Health Centre in Burkina Faso. Your generosity has exceeded all expectations: over \$106,000 has been raised, which, combined with previous donations received, gives the congregation hope for a construction start this spring. (See attached letter for details).

I conclude by wishing you reasons for hope and gratitude throughout 2022. Be well and, to paraphrase one of my sisters, be kind to yourself!

Un abrazo, Maryse







# What We Do



The blue swirls represent the Holy Spirit inspiring members as they start with prayer. The Holy Spirit flows throughout the image beginning with the sun rays and dove in the upper right corner, joining members because they have invited Him with arms open.

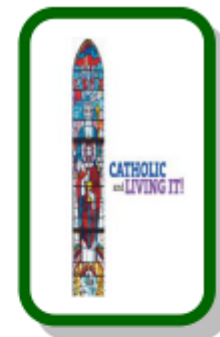
During business, members remain inspired to perform service for others by creating resolutions or monetary support from fundraising efforts. The papers floating away exemplify members do this for others, not for themselves.

After business, members relax and socialize. They reach out to other members, developing their relationships with them.





The Catholic Women's League of Canada  
Manitoba Provincial Council



**23<sup>rd</sup> ANNUAL DAY OF CELEBRATION**  
**SATURDAY, FEBRUARY 12, 2022**

Hosted by: Manitoba Provincial Council

**THEME: CONNECTED BY SISTERHOOD**

**PLACE:** Your Home; via Zoom

**TIME:** Gathering & Socializing - 9:00 a.m. - 9:30 a.m.  
WORKSHOP - 9:30 a.m. - 2:30 p.m.

## AGENDA

- 9:30 a.m. Welcome, League Prayer  
Morning Liturgy
- 9:45 a.m. Dr. Zita Somakoko, speaking on Domestic Violence against Women
- 10:45 a.m. HEALTH BREAK
- 11:00 a.m. Slobodan (Slobo) Mitrovic, raising awareness on issues faced by New Canadians
- 12:15 p.m. LUNCH
- 1:00 p.m. Town Hall, led by Crystal Reiter, MB Provincial Council Chairperson of Organization, speaking on Breaking the Barriers of Apathy in the League
- 2:00 p.m. Closing Remarks
- 2:05 p.m. Closing Prayer

**COST:** Free      **DEADLINE** for registration: [February 8, 2022](#)  
Email to Con at [conmarks.cwl@gmail.com](mailto:conmarks.cwl@gmail.com) to register.



# Why it's Totally Worth It: A Catholic Priest's Moving Testimony About Living His Vocation Daily

by [Fr. Bill Peckman](#) - Nov 3, 2019

What is it like being a priest these days?

It is sometimes sitting in a folding chair listening to your school kids singing Christmas songs.

It is sometimes standing by the bedside of person drawing their last breath in this life.

It is sometimes being amazed that you are holding the Body, Blood, Soul, and Divinity of Jesus Christ at Mass.

It is sometimes feeling totally unworthy to do so.

It is sometimes being in the pulpit wondering if anyone is listening.

It is sometimes being in the pulpit being very aware that people are listening.

It is sometimes being the strong one in a room full of grieving people.

It is sometimes resting your head on your steering wheel trying to collect yourself after such moments.

It is sometimes the joy of a baptism.

It is sometimes the sorrow of a funeral.

It is sometimes eating a great meal at a parishioner's house.

It is sometimes getting to the end of the day trying to remember if you've eaten anything today.

It is sometimes the joy of helping the prodigal son come home.

It is sometimes the sorrow of watching a defiant prodigal son leave.

It is sometimes the hours of prayer which keep you afloat.

It is sometimes the pain of scandal which drags you down.

It is sometimes getting up and knowing you are stepping on to a battlefield.

It is sometimes moments of incredible grace.

It is sometimes moments walking in the valley of death.

It is sometimes being respected.

It is sometimes being scorned.

It is sometimes speaking words of comfort.

It is sometimes speaking unwelcome words calling people to conversion.

It is sometimes being praised for your service.

It is sometimes being called every name in the book for telling the truth.

Lived correctly, it is always about being a servant in Persona Christi.

It is difficult but rewarding.

It is a constant call to give witness.

It is willingly being the poster child for being countercultural.

It is about dying to self intentionally every day.

It is about making God's grace available as much as possible.

It is not for the thin-skinned or faint of heart.

It is not for the worldly and ambitious.

It is not a job or career.

It is a way of life.

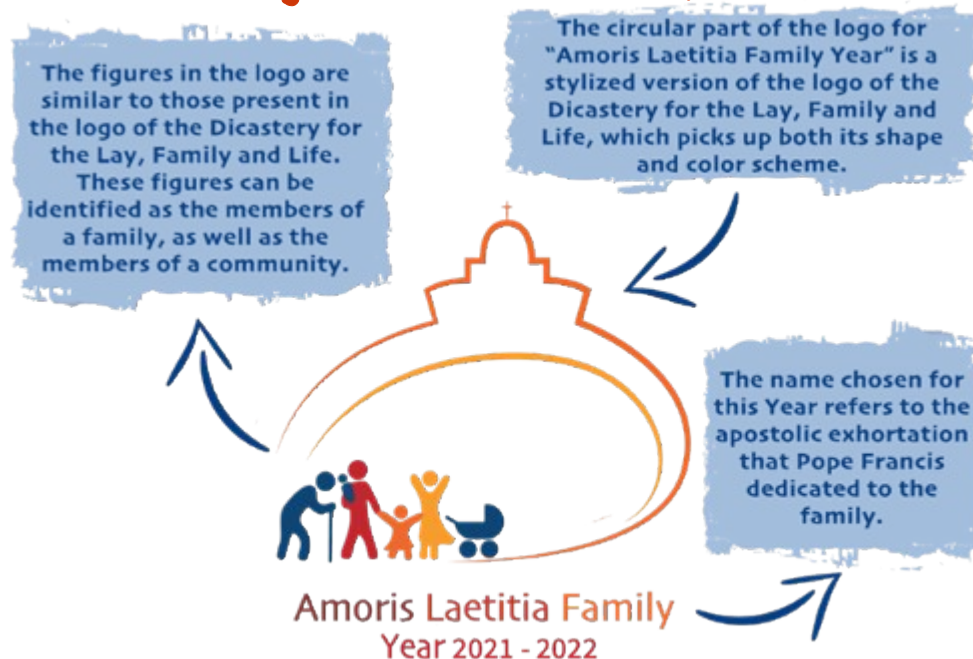
I would have it no other way.



<https://www.churchpop.com/2019/11/03/why-its-totally-worth-it-a-catholic-priests-moving-testimony-about-living-his-vocation/>



# Amoris Laetitia Family Year March 19, 2021 – June 26, 2022



Since 19 March 2021, Pope Francis has invited the Catholic faithful to celebrate a year dedicated to the family and deepen our understanding of his Apostolic Exhortation *Amoris Laetitia*, "The Joy of Love". The *Amoris Laetitia* Family Year will conclude with the 10<sup>th</sup> World Meeting of Families, which will take place in Rome and will also be celebrated in local dioceses, 22 – 26 June 2022.

The Office of Family and Life at the Canadian Conference of

Catholic Bishops has created this online resource page to explore the pastoral insights of *Amoris Laetitia* through video resources, the official text divided into chapters along with reflection questions, an overview of what Catholic dioceses and eparchies of Canada are doing to celebrate this year, as well as relevant Church documents and prayers for the family. All of these resources offer ways to learn, pray, and discern. Together they represent the CCCB's ongoing accompaniment and support of today's families.

## NAADOHBII: TO DRAW WATER SYMPOSIUM:

Our world is profoundly linked to water in all forms for human and ecological survival. Water is sacred. Water is life.

The Water Symposium is part of the inaugural Winnipeg Indigenous Triennial, *Naadohbii: To Draw Water*, presented by BMO Financial Group. The symposium will take place virtually with Indigenous voices from Turtle Island, Aotearoa and Australia discussing environmental, political and cultural traditions and interconnected relationships to water.

Naadohbii (pronounced NAH-DOH-BEY) is from Anishinaabemowin language and translates as "to draw/seek water." The name was gifted by Elder Dr. Mary Courchene. Featuring over 20 artists, including some newly commissioned pieces, *Naadohbii: To Draw Water* is tri-national, sharing interdisciplinary artwork from Turtle Island, Australia, and Aotearoa (New Zealand). This exhibition illustrates an axis of solidarity between Indigenous nations across the globe around environmental, political, and cultural traditions and interconnected relationships to water.

Women are traditional water carriers and givers of life. Indigenous peoples continue to be profoundly linked to water for physical and spiritual wellbeing; rivers, lakes, streams, and

oceans have an impact on the health of global communities, and our relationship to the natural world. Water has become a pressing concern for the larger global community.

*Naadohbii: To Draw Water* considers the **United Nations Declaration on the Rights of Indigenous Peoples** as well as the **Truth and Reconciliation Commission of Canada's Calls to Action**, recognizing the power of art in enacting change. This exhibition contributes dialogue towards water and our changing environment from an Indigenous perspective and with an international scope. Our world is profoundly linked to water in all forms for human and ecological survival. Water is sacred. Water is life.

Join artists, curators, activists, and water defenders as they discuss the power of water during artist talks, curator panels, film screenings, and performances.

<https://www.waq.ca/event/naadohbii-to-draw-water-symposium/>

# COADY

INTERNATIONAL INSTITUTE  
ST. FRANCIS XAVIER UNIVERSITY

## Igniting Leadership

Dear Friend,

The past year has made me thankful for many things including the creativity and dedication of my Coady colleagues, the passion and commitment of Coady education program participants, and donors like you who made this all possible. Without exception Coady course facilitators rose to the challenge and created exceptional online educational experiences for their participants.

Coady participants, including more Canadians than ever before, leaned into the online environment and made these courses a great

success. None of this would have been possible without the generosity of supporters, like you, who continued to help us to create opportunities for so many participants to take part in Coady education programs.

*"The Coady course is a life changing experience, you will learn a lot from the diverse student population and innovative approach to learning that is used by the Coady teaching team. The courses are also flexible and the impact and experience remains with you. You do not want to miss this opportunity."* -- **Abiodun Rufus Unegbu, Nigeria**, Executive Director/Co-Founder at Leadership Initiative for Youth Empowerment, Women's Leadership for Community Development (2021)

Today (October 17), marks the International Day for the Eradication of Poverty and approximately 10,000 Coady graduates (including 352 in the past year) – and the countless people they influence – are at work in more than 146 countries continuing to improve thousands of lives through their leadership. These graduates put their knowledge to work; mobilizing their communities to deal with immediate issues such as the Covid-19 pandemic while at the same time working to build economies that are more inclusive, more resilient communities, and more accountable governance in their organizations and communities.

*"Chi Migweetch for your support. Your support is so important for those of us that have limited resources and accesses to further our education and be able to move forward in life. This is highly appreciated..."* -- **Hannah Geauvreau-Turner, Canada**, National Ambassador of Hope Canada, We Matter, Building Abundance in Indigenous Communities (2021)

Throughout the pandemic Coady continues to support and engage with community leaders working on the ground where change needs to happen the most, prioritizing youth, women, Indigenous leaders, and particularly participants from developing countries. Following health guidelines to minimize travel, we continue to offer international and Canadian participants an extensive program of online courses. This has improved accessibility and created opportunity for even more change leaders to participate and, in the spring of 2022, we hope to welcome people on-campus. The demand for our programs has gained global attention and continues to fill a niche area not easily found in the wider market and outstripping available resources. For example, Coady's Global Change Leaders program now receives an average of 1,200 applications per year for just 20 spaces.

**Please consider supporting Coady International Institute** so we may continue to offer educational programming for emerging and established community leaders with a passion for social change. Your support allows us to maintain and often increase the opportunities we can provide, ensuring that change leaders from around the globe and here in Canada have increased access to educational opportunities without additional financial burden.

To donate please send a cheque designated to "Coady International Institute" care of Lynn O'Donnell, Development Officer to 4780 Tompkins Lane BOX 5000 Antigonish, NS B2G 2W5 or [donate online](#). Thank you for your continuing support. Sincerely,



Gord Cunningham  
Executive Director, Coady Institute

<https://coady.stfx.ca/annual-appeal-2021/>

*Here are just some ways your donation makes a difference*

97%

of graduates gained relevant knowledge

9,736

graduates from 146 countries

93%

overall satisfaction rate among graduates

459

graduates from January 2020 to October 2021

93%

of graduates found their course highly useful to their work

4800+

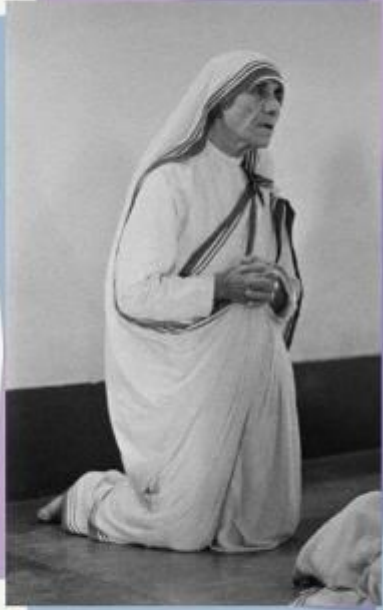
other leaders trained by 2020-21 graduates

*\*\* Statistics based on course evaluations and outcome surveys sent to 287 Coady participants representing 54 countries graduating from January 2020 to March 2021 with 147 graduates answering questions from the survey.*

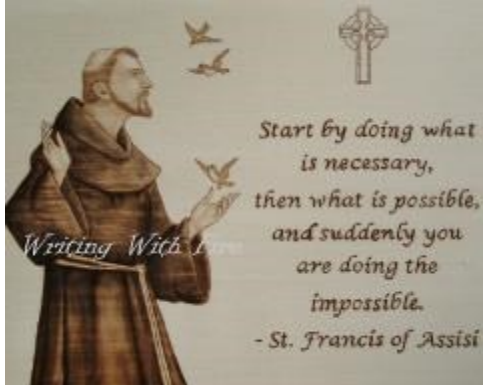


# To Inspire

## ST. MOTHER TERESA'S HUMILITY LIST



1. Speak as little as possible about yourself.
2. Keep busy with your own affairs and not those of others.
3. Avoid curiosity.
4. Do not interfere in the affairs of others.
5. Accept small irritations with good humor.
6. Do not dwell on the faults of others.
7. Accept censures even if unmerited.
8. Give in to the will of others.
9. Accept insults and injuries.
10. Accept contempt, being forgotten and disregarded.
11. Be courteous and delicate even when provoked by someone.
12. Do not seek to be admired and loved.
13. Do not protect yourself behind your own dignity.
14. Give in, in discussions, even when you are right.
15. Choose always the more difficult task.



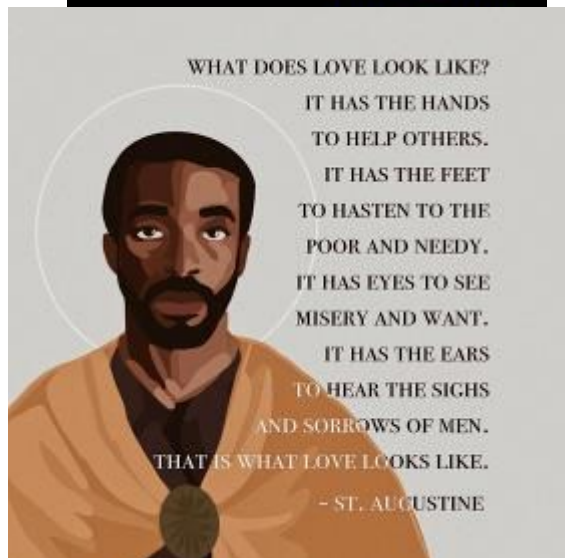
"Do not look forward to what might happen tomorrow. The same everlasting Father who cares for you today, will take care of you tomorrow and every day. Either he will shield you from suffering, or he will give you unfailing strength to bear it. Be at peace then and put aside all anxious thoughts and imaginations."

St. Francis de Sales

CATHOLIC.com

"Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, kindles the true light of chastity."

—St. Augustine



*God* has given us:

**Eyes**, not to judge others but to look beyond situations,

**Mouth**, not to criticize but to speak for the truth,

**Hands**, not to punish but to give a helping hand,

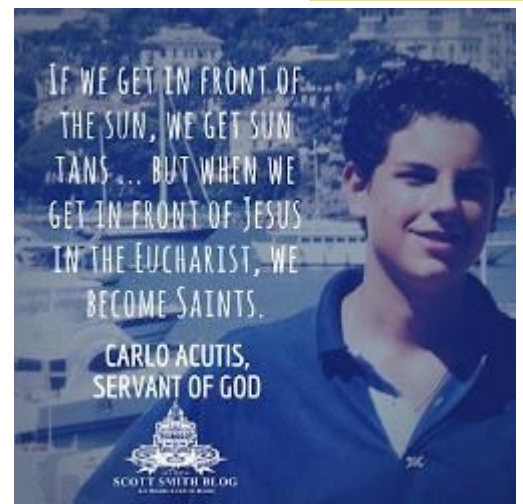
**Ears**, not to be insensitive but to listen and aid those in pain.

**Everything** God gave us has its purpose. Use them for the greater glory of the Lord.

DEAR YOUNG PEOPLE,  
DO NOT BURY YOUR  
TALENTS,  
THE GIFTS THAT  
**GOD**  
HAS GIVEN YOU!  
DO NOT BE AFRAID  
TO DREAM OF  
**GREAT THINGS!**  
POPE FRANCIS



♡ If a Tiny Virus can do this much Damage..... imagine what a Mustard Seed of Faith can Do.... ♡



*Catholicism*

Can't Beat the Real Thing



# To Amuse

