



Pro-Cathedral of the Assumption Catholic Women's League

VOLUME 2 ISSUE 4

APRIL 30, 2017

Step Forward

In

Faith and Action

Ponderings

Message from the President



Maudena holding the baton at Relay For Life 2015

Why Join the CWL?

Article by Maudena Farnsworth, President of the Pro-Cathedral of the Assumption Catholic Women's League of Canada

In my generation, once a girl turned 16 years of age their mother signed them up with a CWL membership. For me, that was in 1966. Now, joining the CWL is very much a personal decision. Why join the CWL? Like any service club, a person feels drawn to the work achieved by the organization through its underlying philosophy. As the mission statement says, "the Catholic Women's League of Canada a national organization rooted in Gospel values calling its members to holiness through service to the People of God." However, for others, it is simply to achieve that sense of belonging.

Like Anne Gorman, National President-Elect and Chairperson of Organization, said in her recent article, "a good place to begin to understand the importance of belonging is to return to the basics and review what the League is and what guides its members."

The League Objects are as follows:

- 1) to achieve individual and collective spiritual development;
- 2) to promote the teachings of the Catholic church;
- 3) to exemplify the Christian ideal in home and family life;
- 4) to protect the sanctity of human life;
- 5) to enhance the role of women in church and society;
- 6) to recognize the human dignity of all people everywhere;
- 7) to uphold and defend Christian education and values in the modern world; and
- 8) to contribute to the understanding and growth of religious freedom, social justice, peace and harmony.

Ninety-seven years ago, The Holy Spirit inspired women to respond to God's call producing a national organization of women in Canada whose goal is to: welcome all, be gentle and compassionate to all and love yourself so you may love others.

Today, the CWL is one of the largest organizations of women in Canada with in excess of 82,000 members represented in every province and territory and in the military.

Is the CWL for you? I ask you to reflect on your capacity to make a difference in your community, to give your special gifts to the service of God through the great works done by members of the Pro-Cathedral of the Assumption CWL. If you feel God's call, join us at a General Meeting. The next meeting will take place on Wednesday, May 3rd at 7 p.m. in the Parish Hall.

May God bless you and God bless the League.



Did you know that the CWL has a new theme?

Symbols

Dove Holy Spirit – advocate, counsellor, intercessor

Cloud & Light living, saving God of glory

Fire transforming energy of Pentecost

Disciples CWL members, responding joyfully to God's call in word and action

Cross, Anchor & Heart Faith – lived, professed, witnessed and spread Hope – strength to sustain and preserve us

Love – the first and greatest of all virtues



Pro-Cathedral
of the Assumption
Catholic Women's League
Cordially invites you to our
second annual

WOMEN HELPING WOMEN SPRING TEA & DESSERT FUNDRAISER

**ALL PROCEEDS
WILL SUPPORT:**



OJIBWAY WOMEN'S LODGE
Respect, Security, Harmony



AMELIA RISING
sexual assault centre of nipissing
centre d'agressions sexuelles de nipissing



Nipissing Transition House
La Maison de Transition

Saturday, May 13th 2017
1:00 p.m. to 3:00 p.m.

Tickets: \$5.00 Per Person

Pro-Cathedral of the Assumption
Parish Hall
480 McIntyre Street West

Invite your friends and come indulge in a
delightful afternoon tea served
with delicious desserts!

Please help support local women in crisis.

Everyone Welcome!

Tickets will be available at the door

(Wheelchair accessible entrance on
Algonquin Ave. side of church)

We are seeking assistance in the preparation of special desserts, donation of ingredients listed next bulletin and assistance in setting up, tearing down and serving. Please contact Annette at Annette.d@live.ca

Volunteers are needed !

- ⇒ Funeral Lunch Helpers
- ⇒ CWL Prayer Service
- ⇒ CWL Honour Guard

Please contact Maudena Farnsworth
at 705-495-2532.

We are on the web at
www.cwl.ca;
www.cwl.on.ca and at
www.procathedral.ca



Education & Health Committee Message

Article by: Gerri Reid, Co-Convenor

We share the world with those suffering from mental illness, physical ailments, violence and the lack of economic opportunities. As CWL members and fellow human beings we have an obligation to reach out with a helping hand or a listening ear. This is what Jesus would want us to do. We all know someone, maybe a family member, a friend or a neighbour that is facing such a challenge. You may even be the caregiver. How do you deal with that? Educate yourself, seek professional advice, share the burden and pray for guidance. Remember, you are not alone. There are many ways to use your God given talents to help others. There are many organizations, schools, nursing homes and individuals with special needs looking for your contribution and your compassion. What are you waiting for? Consider this, you reap what you sew. Why not sew a little happiness?

The kids are not alright

National Chairperson of Education and Health Fran Lucas, April 3, 2017

(reprinted in part from the Education and Health Communique #4)

Recently, the Heart & Stroke Foundation of Canada released its 2017 Report on the Health of Canadians, entitled *The kids are not alright*. The report's subtitle "How the food and beverage industry is marketing our children and youth to death" really captures the theme and subject matter of this well-researched report.

Since 1979, childhood obesity levels have tripled, and today almost one third of Canadian children are overweight or obese. Obesity increases children's risk for heart disease and stroke, diabetes, high blood pressure, depression and other health problems. The link between obesity and unhealthy diets among children and youth, including the types and amounts of foods consumed, has been clearly established.

Over the past 70 years, Canadian consumption of processed and ultra-processed foods has increased. They now account for 60% of the average family's food purchases, given that these energy dense, nutrient-poor processed foods and sugary drinks are often the most accessible and heavily marketed items available to consumers.

Dr. Tom Warshawski, chair of the Childhood Obesity Foundation, says, "It is unethical to teach vulnerable kids to consume foods high in fat, sugar and salt." Yet up to 90% of the food and beverages marketed on television are high in one or more of these three ingredients. On average, Canadian children watch about two hours of television each day, viewing four to five food and/or beverage advertisements per hour. Add in other screen time, and the total time jumps to approximately eight hours each day.

To get a sense of the impact of this marketing, Dr. Monique Potvin Kent, food and beverage marketing expert, reviewed advertising on the 10 most popular websites visited by Canadian 12 to 17 year olds over a one-year period in 2015 to 2016. She found that the teens viewed over 2.5 million food and beverage advertisements—over 90% of them for unhealthy, items high in fat, sugar or salt. One of these top sites is used by teachers and students because it is a good educational math resource.

We are all subject to the effects of marketing. If it didn't work, advertisers would have given up long ago. But children and youth, who do not yet have fully developed powers of discernment and critical thinking skills, are especially susceptible. Geoff Craig of Heart & Stroke says, "Marketing works. The 'nag factor' does not come out of nowhere—it is driven by marketing messages. Marketers know that 90% of food and beverage purchases are driven by kids." Dr. Potvin Kent believes that legislation restricting the food and beverage industry from marketing directly to youth is an important step in protecting children and supporting parents who "face a tough battle to protect their children from marketing messages."

To read the entire article go to <https://www.cwl.ca/education-and-health-communique-4/>

To read the full report *The kids are not alright*, or for information on the research and data supporting the report or what members in your province/territory can do, go to the website <http://www.heartandstroke.ca/what-we-do/media-centre/report-on-health>.

Thanks to Kathryn Bourque, St. Paul Diocesan President, for her help with the research for this communique..

You are awesome!

The national CWL lap quilt challenge has been met with resounding success because of the generosity and talents of the following:

- Barbara Foubert
- Lesley Mc Innis
- Kimberley Morrow
- Victoria's Canada Quilts in Ottawa made by their satellite office here in North Bay. They are donating 4 quilts one for each year for the challenge.

A lap quilt shows "We care for you" and is passed along to those in need.

Upcoming Events

97th Annual

Diocesan Convention

April 28 to 30 at the Best Western in North Bay.

CWL flag raising ceremony

North Bay City Hall on Friday, April 28th at 10 a.m.

Come out and support the kick off of convention!

Women Helping Women Tea & Dessert Fundraiser

May 13, 2017 from 1 to 3 p.m. at the Parish Hall

Relay For Life

June 23, 2017 from 6 to 11 p.m. at the 22 Wing Athletic Field

70th Annual

Provincial Convention

July 9 to 12 in Thunder Bay.

Upcoming Meetings

Executive Meetings

April 24

May 29

June 26

General Meetings

May 3

June 7 (CWL Spring Dinner)

The Pro-Cathedral of the Assumption CWL Executive for 2017 to 2019

President: Maudena Farnsworth

President Elect & Organization & Membership Chair: Shirlene Condie

First Vice-President & Spiritual Development Chair: Sr Shannon Hickey

Treasurer: Vicki Doucette

Recording Secretary: Mary-Lynn Truchon

Corresponding Secretary: Louise Defonzo

Past-President: Diane Carmichael

Committee Chairs:

Christian Family Life: Barb Foubert

Community Life: Elizabeth Delarosbel

Education & Health: Gerri Reid & Evelyn Ridell-Gruber

Communications: Leah Pierce

Resolutions/Legislation: Dawn-Marie Duffy

Parish Activities: Annette Dutrisac

Spiritual Advisor: Monsignor Dave Tramontini

The Ponderings newsletter is located on the Pro-Cathedral of the Assumption webpage under "groups". All questions and ideas can be forwarded to Leah Pierce, Communications Officer, at pn.thebay@gmail.com.