



# Pro-Cathedral of the Assumption Catholic Women's League

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## Ponderings

### Pro-Cathedral CWL Hosts Women's World Day of Prayer

Article by Sister Shannon Hickey, Spiritual Development

Our ladies from the Pro-Cathedral worked very hard to make the Women's World Day of Prayer a success. On Friday, March 4, 2016, approximately 70 members from various churches around the North Bay community attended the event with a Cuban theme. The leader was from the New Apostolic Church, the main reader from the United Church, the three teenagers were from Trinity United and others were from St. Peter's the Apostle and the Pro-Cathedral, with a welcome and final blessing from Monsignor Dave Tramontini. The soloist from the Pro-Cathedral led everyone in song and Patricia Fassel and Wilda Beaupré worked very hard making flowers for the pews. A

talk was given by Debbie Laframboise who was also responsible for the wonderful desserts of Cuban cookies, ice cream and other tasty treats. The Salvation Army will spearhead next year's event with Captain Gloria and her husband leading the charge.

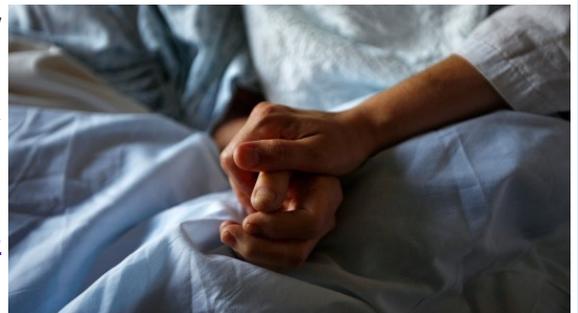
World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice. For more information visit the World Day of Prayer International Committee website at [worlddayofprayer.net](http://worlddayofprayer.net)



### 12 Hours of Prayer for Palliative Care

*"Let us not underestimate the power of so many voices united in prayer."* – Pope Francis

Barbara Dowding, CWL National President, writes, "At the February national executive meeting, it was decided unanimously to call upon this power of prayer and to initiate a nationwide **12 Hours of Prayer for Palliative Care** on May 4, 2016. This is designed to take place during the National Hospice Palliative Care Week (organized by the Canadian Hospice Palliative Care Association) as a profound witness to the sanctity of human life. For more information, visit [cwl.ca/12-hours-of-prayer-for-palliative-care-may-4-2016/](http://cwl.ca/12-hours-of-prayer-for-palliative-care-may-4-2016/)



# ONE HEART VOICE MISSION

## Palliative and Hospice Care

The theme chosen for the jubilee year is **One Heart, One Voice, One Mission: Palliative and Hospice Care**, which focuses on outward expressions of mercy towards our brothers and sisters as they reach the end of their lives. Pope Francis calls us to be the visible face of Christ in the world.

The formation of palliative and hospice care teams in all communities across Canada is something for which the League will continue to strive.

You can support palliative and hospice care across Canada through the spiritual and corporal acts of mercy, personal encounter and prayer.

One heart – filled with mercy, compassion and holiness

One voice – united in harmony to speak the truth with courage and zeal

One mission – witnessing to the Good News of the Gospel  
through personal encounter and joyful service

*I am one of many. I belong to a  
sisterhood from which I can  
draw spiritual and temporal  
support, comfort and strength  
in times of need.*

*I am reminded of my religious  
teachings and responsibilities.*

*I am aware of my culture and  
my country.*

### **SISTERHOOD PROJECT**

Are you heading to Health Sciences North in Sudbury? Feeling alone?? Sisters of CWL are never alone. Sudbury's CWL Councils have begun a new project: **SISTERHOOD PROJECT**. Simply contact St. Patrick's Parish at 705-522-3900 or the Pastoral Care at the hospital. Give them the details of your arrival date. If you wish, you will be placed on their Prayer Line, they will provide support to your family and you during critical care or surgery, take family members for coffee away from the hospital, provide a sympathetic ear, encouragement or anything else you feel they could help you with. (Due to privacy concerns the request must come from the patient.) **CWL MEMBERS ARE NEVER ALONE. WE ARE A SISTERHOOD WHO SUPPORT EACH OTHER AND DO GOD'S WORK.**

# Community Life

Article by: Elizabeth Delarosbel

Community Life is really an interesting ministry within our CWL.

Even though I am the chair of the committee, the committee has a well established core of activities and members who operated without any intervention/knowledge on my part.



The excellent work done by women who are willing to give time to work in the initiatives of Community Life cannot be overly lauded. Each person is deeply valued and I am constantly being "wowed" by each person's dedication and uniqueness in the gifts they have to offer. No matter the age, young'uns, our school girls, working mothers, single mothers, single women, and our golden girls, who dedicate hours of their time, some, a few hours regularly and still others who "put in" an hour or two, squeezing in what they can spare, and willing to jump in at a moment's notice. I am both humbled and grateful.

## Catholic Charities:

Pro-Cathedral Food Bank: from the support of the generosity of our parishioners, providing nutritious foods to people in need. There are many people in our community who have difficulty in making ends meet and our food bank helps as best it can.

The Catholic Charities clothing initiative: is shared with other parishes in sorting and distribution of clothing and other household items. All free of charge. We at the Pro-Cathedral meet every 2nd month to happily do our share in this initiative.

North Bay and District Food Bank: our donations focuses on the need of infants and toddlers by providing formulae and diapers.

## Development and Peace:

This initiative encompasses members of the CWL across North Bay and area and includes men and women of all parishes who support Development and Peace. Development and Peace not only works on initiatives in developing countries but has embraced Pope Francis's encyclical Laudato Si that addresses care for our common home: our world.

I encourage all people to read the encyclical (it is a long read) as it is an eye opener to everyone who reads it. Development and Peace has their own web site at [www.devp.org](http://www.devp.org)

## New Initiative:

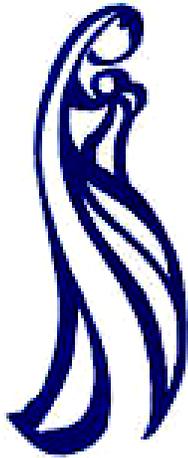
Very new is the shifting of our visits to the North Bay District Mental Health Unit to visits of discharged patients within North Bay.

Since April 2015 The Community Life initiative of visiting persons with mental illness has been greatly challenged and with prayers and perseverance, and Deacon Richard's suggestion, we are seeking to adopt a ministry of visitation and assistance to persons living with mental illness located on 416 Lakeshore Drive. The community home is administered by the Canadian Mental Health Association. We hope to visit and build a friendship with the people and by taking their cue, offer assistance with the skills we can share, like guiding a person in mending their clothing, using a sewing machine, baking, reading and simply "being" with them. I have visited the community and the environment is welcoming and warm.

The vision here is to have a healthy number of ladies in order to have at least one visit per month, in the afternoon, a Tuesday or Wednesday, with a duration of 1.5 to 2 hours. Once a list of "volunteers" is establish we can get together and plan our visits.

## The Pro-Cathedral of the Assumption CWL Executive for 2015 to 2017

THE CATHOLIC  
WOMEN'S LEAGUE  
OF CANADA



President: Diane Carmichael

President Elect & Organization & Membership Chairperson:

Maudena Farnsworth

First Vice-President & Spiritual Development Chairperson:

Sister Shannon Hickey

Treasurer: Vicki Doucette

Recording Secretary: Patricia Fassl

Corresponding Secretary: Brenda Passmore

Past-President: Lisa Henry

Committee Chairpersons:

Communications: Leah Pierce

Christian Family Life: **VACANT**

Education & Health: **VACANT**

Community Life: Elizabeth Delarosbel

Resolutions/Legislation: Wilda Beaupre

Parish Activities: Debbie Laframboise

Spiritual Advisor: Monsignor Dave Tramontini

We are on the web at  
[www.procathedral.ca](http://www.procathedral.ca)

[www.cwl.ca](http://www.cwl.ca)

[www.cwl.on.ca](http://www.cwl.on.ca)

[ssmcwl.ca](http://ssmcwl.ca)

**Note:** If you are interested in serving on the Executive and would like to learn more about the role of the Education & Health or Christian Family Life committee chairperson please contact Diane Carmichael, President, at 705-471-5096.

### Upcoming Meetings & Events

<u>Executive Meetings</u>	<u>General Meetings</u>
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25 April

4 May

24 May

1 June

27 June

96th Annual Diocesan Convention will be held May 13-15 in Sault Ste. Marie.

Annual June Dinner Meeting will be held June 1st at the parish hall.

16th Annual Relay For Life will be held Friday, 10 June from 6 p.m. until midnight at the CFB North Bay Athletic Field.

\*\*\*Christmas Bazaar & Tea—19 November

### Volunteers are needed !

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

Please contact Maudena Farnsworth at 705-495-2532.



The Early Bird Draw winner of the annual membership was Anne Walsh. Please contact Maudena Farnsworth, President Elect and Organization & Membership Chairperson, at 705-495-2532 for more information.

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 [warren\\_pierce@bell.net](mailto:warren_pierce@bell.net)