



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

VOLUME 2 ISSUE 2

SEPTEMBER 25, 2016



*Women Helping Women  
Tea Fundraiser Update*

*The new date is*

*February 11, 2017.*



## Ponderings

**"Those who belong to Christ will be known by what they do"**



(Left to right) Rose Mackie and Dawn Marie Duffy pose with CWL membership candles after being inducted into the Pro-Cathedral CWL. Absent were: Alyssa Atchison, Kathalee Dudson (transfer from Holy Name of Jesus), Sr Betty Mitchell, Nancy Pitre, Erin Richards and Sr Marlene Roy.

On Wednesday, September 7th, 2016, during the General Meeting, seven new members were welcomed to the Pro-Cathedral CWL raising membership numbers to 236. During the ceremony, Diane Carmichael, Council President stated, "We welcome all new and current League members and visitors. We pray that your membership will be most enjoyable and fulfilling. As members of The Catholic Women's League of Canada, we are guided and inspired by our Mission Statement. *'The Catholic Women's League of Canada is a national organization rooted in gospel values calling its members to holiness through service to the people of God'*" The President lit each new members' candle as a symbol. "You have been given lighted candles as a reminder of the candle you received at your baptism. Let your light shine before all, so that your good works may give glory to God."



These are exciting times in our League history! Every year the Centenary Committee will be hosting events leading up to our 100th Anniversary to commemorate this auspicious occasion. Kick starting our celebration is a logo contest that was introduced at this year's national convention in Halifax, Nova Scotia. Every member is encouraged to submit their creative ideas for a logo that will be used on all 100th Anniversary promotional items as the official logo. The contest details are located on the CWL.ca website. Entries will be accepted until the deadline of December 31, 2016

## Provincial Convention Highlight—Good Communication

Maudena Farnsworth, President Elect & Organization/Membership

Here is one of several highlights from the convention that appealed to me— good communication. This is first and foremost to us as a parish council. It means more than the notices, as well written as they are, that are put in our bulletin. It means to communicate between ourselves and our parish. Words are beautiful. They can make people feel good about themselves, can be spiritual, cause laughter and show love. But words can also be hurtful. They can cause anger, gossiping, conflict and division. We lose much respect if we cannot get along with each other. We are Catholic women and one of our main beliefs is forgiveness. If we cannot come to terms with each other then ask someone to mediate. If we cannot get along with each other, then how can we present ourselves to our non-members in our parish so that they would like to join us. Words can undo our many good works in the blink of an eye.

We must also keep up communications with our shut ins or elderly members who may have been very active but age or health have limited their involvement in parish activities. They need to know they are remembered. Maybe we can have a few ladies start a telephone committee that could call them once a month to let them know we care. This could also include those members who, for reasons other than what I stated, just pay their dues.

Our council is for all the parish needs not just our members. Some of the ways we show this is our funeral lunches, helping out on Social Sundays, breakfasts, spaghetti suppers or volunteering at any other function our parish may hold. One of the ways that was suggested is for us to wear our pins or scarves to show we are proud members of the CWL.

In closing, I would like to leave you with these thoughts from Father Brian Cavanaugh,

“Do not miss out on each day’s opportunities. Pray for guidance and patience. Dare to dream possibilities. Work your dreams into reality. Stretch yourself beyond your comfort zone.”

### Investing in the Future

This year's CWL Bursary student recipient is James Duffy, grandson to Theresa Duffy and son of Dawn Marie Duffy. He graduated from St. Joseph-Scollard Hall and will be attending the University of Ottawa to study Electrical Engineering. He will be receiving his \$400 bursary at the 11 a.m. Mass on October 9, 2016.



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

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

President: Diane Carmichael

President Elect & Organization & Membership Chairperson: Maudena Farnsworth

First Vice-President & Spiritual Development Chairperson: Sr 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: Lorraine Atchison

Education & Health: VACANT

Community Life: Elizabeth Delarosbel

Resolutions/Legislation: Wilda Beaupre Parish Activities: Debbie Laframboise

Spiritual Advisor: Monsignor Dave Tramontini

## Focus on Christian Family Life Standing Committee



Article by: Lorraine Atchison, Chairperson

### Support vocations:

As the Christian Family Life Chairperson I am entrusted with supplying a calendar at the back of the church where people can initial their intention for vocations at Mass. For the months of July, 41 Masses were said for vocations and in August, 35

Masses were said for vocations.

### Support Marriage and Family:

Marriage preparation weekend is on October 28 and 29. Contact Regional Catholic Services at 705-472-5821 to reserve your place. Material cost per couple payable at the time of registration. Couples should register early.

Our CWL Council sponsors a family with "Save a Family Plan". We received a letter from our sponsored family from India thanking us for our donation which will help with an income generating activity.

### Support Sanctity of Life:

Life Chain is on Sunday, October 2, and usually runs from 2 to 3 p.m. We are asked to continue to support palliative care. The committee chairperson keeps tabs on any "Life" activities in the community such as Right to Life dinners and activities.

### Ministry to:

Youth—On September 21, a protest was organized by the Canadian Families Alliance of which the Campaign Life Coalition is a member. The goal was for thousands of parents, grandparents and concerned citizens from across Ontario to gather in front of the Provincial Legislature to:

- ⇒ Demand respect for parental rights
- ⇒ Speak out against the sexualization of children
- ⇒ Demand the full repeal of a poisonous sex program that is being forced on elementary school children

People with Disabilities—we visit people with intellectual disabilities once a month at a group home.

Seniors—A movement for seniors is Ascending Life Canada. We received spiritual resources for the fall including prayers and reflections.

Widowed separated and divorced are also the focus of the committee.

**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)

# Volunteers Needed

- ⇒ **Funeral Lunch Helpers**
  - ⇒ **CWL Prayer Service**
  - ⇒ **CWL Honour Guard**
- Please contact**  
**Maudena Farnsworth**  
**at 705-495-2532.**



*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.*

## Message from Spiritual Development Chairperson

Sr Shannon Hickey

I trust that all have enjoyed a wonderful summer. On Thursday, September 15th we celebrated the Feast of the Exaltation of the Holy Cross. What a beautiful reminder of God's unconditional love for each of us especially during this year of Mercy. On the 16th we celebrated the Feast of Our Lady of Sorrows. We all depend on Our Blessed Mother to intercede to her Son for us during our sorrows and we all know how much our Lady suffered in her life, yet she never held anything back from our Lord so we know we can count on her intercession to help us in our times of need and sorrow. This is a reminder to all our League members to continue praying for World Peace on Thursdays by praying the Rosary and praying the Prayer of St. Francis of Assisi. Please also continue to pray to our Patron for all of Ontario, Blessed Giovanna Franchi, given to us by Pope Francis. We look forward to seeing you at our October 12th meeting when we will watch the movie FireProof! Do come and bring a friend.

Blessings and love to each of you.

### 416 Ministry

Visiting people, people living with mental illness  
Elizabeth (Betty Anne) Delarosbel  
Community Life

Last June, the ladies of the CWL under the Community Life program had their first Meet and Greet visit with the residents at 416 Lakeshore Drive. It was decided in June that we would host a campfire for the residents on September 13, 2016, rain or shine. As the day approached, the weather forecast predicted 60% rain! An invitation was given out to the general membership at the September 7<sup>th</sup> CWL meeting to join the ladies of Community Life at our Campfire visit. Three individuals accepted our invitation to join us. Our Campfire began by preparing Bannock at the BBQ. Residents and visitors alike had the opportunity to flour their hands and make bannock patties. Everyone enjoyed the fresh bannock hot off the grill with lots of butter and yummy jams. We circled around the campfire, sang traditional campfire songs like, Fire's Burning, On Top of Spaghetti, Kumbaya, then we roasted marshmallows on maple sticks and ate "s'mores". Both support workers and the residents told us they were very happy with our visit. A special moment touched everyone's heart when while singing, How Great Thou Art, a bird started to sing when we sang "... And hear the birds sing sweetly in the trees...". Imagine! Great thanks to the support from the staff at 416 who put together the ingredients for the campfire, thanks for coming to our invited guests, thanks for the muffins, cookies and s'mores from the ladies of the CWL Community Life and thank you for the good company of all participants. About the 60% chance of rain? The rain finally arrived at 3:15 p.m. as we were packing up! Praise be to God for such a wonderfully warm afternoon and for holding off the rain.

## Pro-Cathedral Catholic Women's League Annual Christmas Bazaar & Tea

Saturday, November 19th, 2016

We have it all ...

Bazaar  
Tea Room  
Penny Sale  
Raffle

The Who's Who of  
North Bay will sure  
to be there!

Raffle Draw @ 2 p.m.

\$500, \$300 & \$200

Tickets on sale at  
Bazaar!

"Maybe Christmas  
doesn't come from  
a store, maybe  
Christmas perhaps  
means a little bit  
more?"

Parish hall, 480 McIntyre St. West

Tea Room—\$5/person

Tea Room and Penny Sale—11 a.m. to 2 p.m.

Bazaar—11 a.m. to 3 p.m.

Wheelchair accessible entrance on Algonquin Ave.

side of the church

### Upcoming Meetings & Events

#### Executive Meetings

September 26

October 24

November 28

#### General Meetings

October 12—Movie Night

November 2—Memorial Service

December 7—Christmas Dinner

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