

NEWSLETTER

JANUARY 2025

SASKATCHEWAN PROVINCIAL COUNCIL CATHOLIC WOMEN'S LEAGUE



President's Message

Helen Kayfish

Happy New Year!

My prayers are for each of you this year as we begin a time of Jubilee, a time for Hope. As we begin a new year, we will be busy with elections and appointments for some councils. Other councils will be busy going about the business of the League with the members they have. It is with great sadness that I must tell you that 6 councils have disbanded in Saskatchewan. This is sad to hear as we are all trying to keep our councils alive and well. One council in Regina has re-activated and Glaslyn in the PA diocese is in the process of applying for a charter. One council in Saskatoon has voted to have two members as co-presidents to help keep the council going. Currently there are 105 councils in the province. I attended the Regional Workshop held in Good Soil last fall where I spoke with a member that I saw leadership skills in. She greatly answered yes to God's call to assist Shirley as the new Diocesan Vice President. Welcome Sylvia Bender Rongve. She was just waiting to be asked.

Maybe someone you know or meet is just waiting to be asked.

You may remember that last year we had a membership contest? Well, I'm sure you are aware that we are doing so again this year. Donna Aldous, the provincial Vice-president has prepared the contest and sent it out last fall. Just a reminder that we all have until Feb 1, 2025 to submit the names of the new members to Donna. Best of luck to everyone. (as a side note, my parish council of Notre Dame in North Battleford won the contest last year and we have four new members for this year so far)

Soon the diocesan and provincial conventions will be upon us. We will be holding discussions about the future of our diocesan councils. I hope to see many of you at your diocesan conventions so informed decisions can be made.

Saskatoon Diocesan Convention April 26, 2025 in Saskatoon
Regina Diocesan Convention May 3, 2025 in Moose Jaw SK
Prince Albert Diocesan Convention May 10, 2025 in Good Soil SK
Saskatchewan Provincial Convention June 1 & 2, 2025 in Weyburn SK
I look forward to seeing everyone this spring!



SPIRITUAL ADVISOR

Fr. Francis Hengen

Dear sisters in the League,

I hope you all had a very blessed Christmas and are enjoying the first days of the new year.

There is not too much to report from the local CWL activity scene. However, there are three events that were important for the members in my home council.

First: In October, St. Joseph Parish Council in Indian Head celebrated 70 years as a council with a special Sunday afternoon Mass. Pins and certificates were presented to members for special years of membership. A banquet followed the Mass for members and guests. It was a wonderful opportunity for the members to make their presence clearly visible to the parish, and it is good for the members to celebrate their accomplishments. I encourage all parish council to celebrate these occasions and experience the smiles, the hugs and the laughter that will be part of the gathering.

Second: Like many councils, the members of St. Joseph Parish gathered for a social time in Advent. There was an afternoon Mass followed by a brief meeting, then some Card Bingo and a great selection of pot-luck desserts. It is so good for League members to let each other know how much they enjoy getting together and having fun. Playing games, singing songs or telling stories all help to deepen our bonds of friendship as members draw closer to each other. Celebrate such socials when you can.

Third: On January 12, St. Joseph Parish held their Installation of Officers at the Sunday morning Mass. This was new experience for many of the members as there had not been an installation ceremony for a long time. It was a good opportunity for the parish to get a glimpse of who is involved in the CWL. All members present at the Mass wore their CWL sash and several took part in liturgical ministries. The Knights of Columbus council served a pancake and sausage brunch after Mass. Everyone was invited to attend. Like many councils, there is not a full executive, but this ceremony did show the parish that there are women who are willing to take positions so that the CWL will continue to be a vital part of parish life, and the members at large can show their support for those who will serve as their executive. Councils will benefit from such a moment of visibility.

Besides these CWL activities, we have also begun our pilgrimage through the Jubilee Year as Pilgrims of Hope. Jubilee banners led the entrance processions for the January 1 Masses to mark the start of the Jubilee Year. The Jubilee Prayer has been used as the concluding prayer after the General Intercessions, and the Jubilee Hymn is now part of the liturgical music repertoire. CWL members can help parishes enter into the spirit of the Jubilee by leading and taking part in events that will call all parishioners to recognize what a wonderful opportunity we have with the gift of this significant year. Let your imaginations be your guide in preparing and bringing graced encounters for your sisters and brothers in the Lord. You will be blessed for your efforts.

PAST PRESIDENT

Connie Crichton

The position of past president may seem like a slower pace than you experienced as president, but it is an important one none the less. You are the keeper of the history, the guidance on policy and procedures and a source for advice on all things CWL. How are you measuring up?

In November, a virtual meeting took place offering guidance on creating or revising a policy and procedures manual for your parish council. There were 15 in attendance with many others asking for the recording. That recording is still available and can be requested by sending an email to our provincial email: skprovcwl@gmail.com.

As the keeper of the council history, you are the archivist. Resources to help you with that task have been updated and are available for download. You will find them on the website cwl.ca under resources/Manuals. They are:

601 Archive Guidelines for League History

601B Archives Brochure

A virtual Q&A session could be made possible if I receive enough interest. You can show your interest by emailing me at the provincial email above.

Fran Lucas, in her September 15, 2024, communique, asked some very good questions that should give you ideas on just how valuable you can be to your council as past president. Just ask your "Angel" for some guidance as you proclaim: *"Here I am Lord, send me."*

LIFE MEMBER LIAISON

Chantal Devine

In her last communique, National Life Member Liaison, Jacqueline Nogier, highlighted the importance of good communication. When we have clear lines of communication, everything runs more smoothly in our homes, in our workplaces and in all our activities. She pointed out that the National CWL has always strived to communicate with their membership in the most effective way possible. Recently, national made the decision that all national officers would send out quarterly communiqués to help League members stay better connected. I hope that you've all had a chance to read some of the wonderful articles included in the last mailing on November 30th, 2024.

The month of December ended on a sad note with the passing of Life Member Marlyne Reindl of Saskatoon. Marlyne was a member of the CWL for over forty years. She served as president at the parish, diocesan and the provincial level. She will be remembered for her dedication to family, and her many years of volunteer work in her community. May she rest in peace!

Wishing you and your family a year filled with many blessings,

VICE PRESIDENT

Donna Aldous

The work of the Saskatchewan CWL councils for the 2024 year has been recorded through the annual report surveys that were completed by parish councils. Only 44 of the 105 councils completed the online surveys. There were some who submitted the surveys in paper format to national and others to their diocesan presidents. It is not too late to send a paper copy to your diocesan president to let them know all the good work your council has done in the past year. It is important to celebrate these achievements and record them as part of your history. Also other councils can obtain ideas by reading the summary reports that are part of the provincial and diocesan annual report booklets. Without your input, these reports are not a complete recording of the activities undertaken by our league sisters.

A reminder that the membership contest will be closing February 1, 2025. Please see the poster below. The entry form to be completed by the parish council is at the back of the newsletter. Remember only paid up members of councils as of February 28th, 2025, will be included in the final judging so get your memberships into national office right away.

Saskatchewan Provincial Catholic Women's League of Canada We have a place for you!

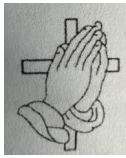


MEMBERSHIP CONTEST

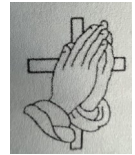
For the second year in a row your provincial CWL is encouraging participation in a membership drive.

The council with the largest increase (%) in new members will receive free registration for their council members attending the provincial convention in June, as well new members will have their name entered into a draw for a prize. Complete the form you will find attached and on the website (cwlsk.ca) by February 1, 2025 and email to skprovcwl@gmail.com

As we approach the Jubilee of 2025 let's reach out to all Catholic women and offer the sisterhood of love and support that characterizes what CWL is.



FAITH
(HEARTS IN PRAYER)
UNITING CATHOLIC WOMEN TO GROW IN FAITH
WENDY DALE



Happy New Year Sisters in the League, and Happy Jubilee Year to all of you. I hope that everyone was able to celebrate the birth of our Saviour surrounded by family, in a warm, cozy home, and without too many dishes to do... I remember growing up how badly I always wanted to be involved with dishes at my Grandma's and be in on the conversations with my Aunties. This many decades later I'm the leader of the dishes pack and still having great chats with those I can convince to grab a towel! That reminds me of the overriding message of the Annual Reports – for many members, it's been decades of shifting Executive roles, and it would just be nice to come to the banquet once in a while without having to do all of the prep and the clean-up after. How are we doing at praying for our own Councils, and supporting those who have taken leadership positions? This needs to be incorporated into every meeting, an intercessory prayer for all of the Council members, especially for those who are discerning leadership roles, that they will feel confident and assured of the support of all members, and will have a rewarding experience that will inspire others to want to be on the Executive team – to join the Aunties who GET to do the dishes, if you will ☐

The Annual reports also indicated – in terms of Faith – that we are committed to prayer, and growing in prayer! The National website has been accessed by many, as well as participation in National Webinars. We are keeping up with the messages from Pope Francis, studying the Catechism of the Catholic Church, and participating in ecumenical and interfaith activities in our communities. Following are more ways that you can grow in your Catholic Faith, from our National Faith Chair, Rolande Chernichan.

Great Symphony of Prayer webinar series: The Canadian Conference of Catholic Bishops (CCCCB), in charge of organizing the 2025 Jubilee for Canada, launched a series of eight free-access webinars on the theme of prayer, entitled “A Great Symphony of Prayer” led by Dr. Josephine Lombardi. The April series “The Our Father as a Programme of Life” is available on the CCCB Jubilee webpage.

Pilgrimage to Rome 2025: Jubilee of Hope: Thanks to your interest and favourable response to the survey circulated in September, planning is underway for a pilgrimage to Rome in November 2025. Watch for registration information in the winter issue of *The Canadian League*.

Pope Francis' Encyclical 'Delexit Nos' (He Loved Us): Released October 24, 2024, the Holy Father speaks about the human and divine love of the heart of Jesus. It is Pope Francis's fourth encyclical, coinciding with the 350th anniversary of the first apparition of the Sacred Heart of Jesus to St. Margaret Mary Alacoque. Members are urged to prayerfully read the encyclical. Consider small parts with your Council.

World Day of Prayer (March 7, 2025): Councils and members are invited to join in prayer and action by sharing in this global ecumenical movement led by Christian women. The day's theme, *I Made You Wonderful*, based on Psalm 139:1-18, reinforces that women and girls are “fearfully and wonderfully made” in the image of God.

Lenten Webinar: “Hope in the Midst of Turmoil” (April 6, 2025): Mark your calendar and join sisters across Canada! Check the National website for registration details.

Spiritual Advisors' webinar: Chairpersons of faith at all levels are encouraged to continue building relationships with their council's spiritual advisor and to engage them in planning spiritual programs. Set up a time to view the [webinar](#) for spiritual advisors by National Spiritual Advisor Bishop Wayne Lobsinger.

Pilgrimage, Holy Door, Reconciliation, Prayer, Liturgy, Profession of Faith, and Indulgences. As we celebrate the characteristics of the Jubilee Year, let's celebrate this wonderful sisterhood that we have, and pray that we are strengthened in our faith by the words and actions of all the members of the CWL.

Our Lady of Good Counsel, Pray for Us!!



SERVICE
(HANDS THAT SHARE)
SERVICE TO THE CHURCH, CANADA AND
THE WORLD
Mary Kehrig



CHAS Convention – “Awakening Dignity” – Relationship at the Heart of Care. Held Oct. 22&23, 2024

You Matter – Enhancing Dignity and Human Flourishing through Palliative Care

This includes total care of pain and suffering so that you not only die peacefully but also live as good as possible until you die.

New model now realizes end of life care includes bereavement. With earlier integration on reducing symptoms and burdens supports caregivers. Intensive caring reminds patients they matter with presence and accompaniment – a relationship commitment to non-abandonment and affirmation of personhood.

Mental Health Ministry – Fostering Communication of Hope

Panelists stated that to bring hope we must convert pastoral practices to care, bring mercy of Christ and accompany them. It’s not about fixing, diagnose or therapy. Greatest act of solidarity is to pray with them, be a friend, listen to their story of suffering. Peer support groups with others in similar situations are starting to form in each diocese to help remove the stigma of mental issues. Parishes are uniquely organized to facilitate these. Deacon Eric Gurash with “Emmaus” group in Regina states that by sharing, they feel not alone and it helps alleviate suffering. The key is confidentiality.

Fr. Andre Lalache relates 85% increase of wellness with relationship. Reflection of assets, trauma awareness can lead to renewal and restoration in context of our faith to grow into community. Critical basic needs of food and sleep need to be recognized.

Redemptive Suffering

Join your suffering with God’s suffering as we are the body of Christ. In suffering:

- Recall meaningful gifts
- Love for another; will good to others
- Courage in capacity to love

Anointing of Sick gives peace as a blessing of resilience in acceptance.

Our True Identity and Dementia

The dignity of human person is rooted in his/her creation in image of God. In God, we live and move and have our being (Acts 17:28). We need to claim our belovedness of God in order to support others.

Dementia is as much a relational and social condition as it is neurological. 40% of dementia can be reduced. The periphery of vision is reduced; there is compensation in losses as brain chemistry is always changing and gives rise to anxiety. The left side of the brain attacks what we do most while right side remains with responses to arts in poetry and music. Social isolation occurs and loneliness is central to unfriending experience.



SERVICE
(HANDS THAT SHARE)
SERVICE TO THE CHURCH, CANADA AND
THE WORLD
Mary Kehrig



(Continued)

Spiritual First Aid - Dr. Josephine Lombardi

Faith helps people to hope with patience and joy in response to a time of crisis.

V – Vent – process and name the feeling; hypersensitive; flight or fight mode; express anger

I – Investigate – perceive correctly, how do I know this is true?

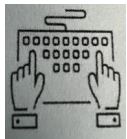
C – Christ – centered connection. Ignatian discernment to goal setting. Short term – deep breathing, detach and be in present moment, mindfulness

T – Truth – goodness with good will for others, beauty of atmosphere, love for another, courage

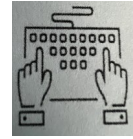
O – Ora – Pray – power of intent and sincerity. “Thy will be done” – as we mature, we can wait. Slows aging process up to 15 years,

R – Read – read widely, be updated and aware

Y – Yield – yield to God’s will. Trust in God’s grace as on our own, we tend to despair. With help from others and God’s grace, we can manage.



SOCIAL JUSTICE
(MINDS THAT DARE)
SERVICE TO THE CHURCH, CANADA
AND THE WORLD
MARCELLA PEDERSEN



I would like to encourage CWL members to host events with their Indigenous sisters around March 8 for International Women’s Day. It is a day that can pull us all together without feeling invasive or threatening.

Encourage an Indigenous woman to say a prayer at the event, bring crafts, Bannock or soup; ask someone to dance, drum or sing. If each one of these roles are filled, chances are they will bring a friend for support, so you have at least 10 people attending that are indigenous and hopefully the non-indigenous will attend to meet, support and reconcile with indigenous.

You only need to know one Indigenous person and ask them to locate the other people listed above. Speakers can be young, old, immigrant, Indigenous and non-Indigenous. By giving women a one event job to bring something, they will have a reason to participate.

The speakers could relate experiences of residential school, intergenerational trauma, or focus on the gains of how and what have been made in education, health, finances, sports, violence against women, trafficking, etc. Themes like “Press for Progress” or “Resilience of Indigenous Women”. Let’s celebrate all women. Have fun! Other possible dates to try this kind of program event would be on or near Water Day, Earth Day, June 21st Indigenous Day, Sept 30th or Dec 12th.

I put on 5 events in Saskatchewan on each of two years with mostly complete strangers. All events were successful and developed positive networking, confidence, and “good feelings”. Although the Church is working on Reconciliation, WE have a role to play to in bringing reconciliation to fruition on the local level.

REGINA DIOCESAN

Linda Maddaford

President

Every January when the afternoon sun starts to shine a little brighter and the days starts to lengthen, we know that spring will soon follow. With great hope for the coming spring, and for the Jubilee year I exclaim, "here I am Lord, send me."

Like many CWL women, I have been a lifelong volunteer. I found my spiritual home in my faith, and my outlet for service and social action in the Catholic Women's League. There are many social and justice issues we bring awareness to. We still are the only women's organization that is received on Parliament Hill for Lobby Day. Our numbers are important for the resolutions that we present there. But most importantly there is strength in numbers, alone I can do very little, and the work seems insurmountable. Together, we can accomplish so much in our parishes, for families, for communities and for the greater good.

A comment about holding an executive position: Women are called to be active leaders in the church - we see our natural gifts grow, fruits of the spirit, gifts that bubble over from the super abundance God provides. It is a true gift of service, and very humbling to take an executive position. You may deeply feel that you are not qualified. You do not have to be. You will be carried, loved, and generously supported by those who went before you because they want to see you succeed as a leader in service. And they want to see their council continue.

From the National Manual of Policy & Procedure, pg 14, 15 - These are the ministries the League encourages us to bring to life;

- to support the individual and collective spiritual development of members as envisioned by the documents of Vatican II
- to encourage and exemplify living our Christian values, and in particular to model the image of the family, throughout society
- to represent Catholic women and their views on topics of national interest and importance, and to communicate those views to church, government, and society at large
- to support and engage in the work of religious, charitable, and community activities
- to embrace and encourage Christian companionship among Catholic women everywhere

Councils go through low cycles and really do rely on word of mouth, visibility, and promotion of our purpose and mission. Long standing members are very important because they know the history and reason we are a sisterhood. They are valued for their sage counsel and purity of their prayer life. Younger women still need community and will find the same satisfaction that we find in this organization, if we tell them about it.

In 2024 the following councils received greetings and a certificate to recognize their anniversary:

- 75 years, St. Patrick, Sturgis
- 80 years, St. George, Assiniboia
- 40 years, St. Joseph, Balgonie
- 65 years, St. Patrick, Preeceville
- 70 years, St. Joseph, Indian Head
- 70 years, St. Lawrence, Maple Creek
- 80 years, Christ the King, Shaunavon

REGINA DIOCESAN

Linda Maddaford

President

Long standing member certificates were presented to;

Emily Fahlman, 70-year member, St. Joseph, Indian Head

Gloria Karpa, 50-year member, St. Joseph, Indian Head

Lydia Monasterski, 60-year member, St. Vincent de Paul, Weyburn

Tillie Fahlman, 60-year member, Little Flower, Regina

What a blessing you have been to so many. I would like to encourage you to celebrate these milestones and continue to pass the torch to the next generation of catholic women.

Your Diocesan and Provincial executive are here to support each region and your councils. We are here to provide encouragement, enrichment, and empowerment. Our mission is to welcome and invite the next generation of women to take hold of the torch of our faith. The voice and ministry of the CWL is as vital today as it was 100 years ago. Good things are happening in your local CWL and across the province.



Fruits of the Synodal on Synodality, What changes does the synod call for, particularly for women?

- ◆ “Full implementation of all the opportunities already provided for in Canon Law with regard to the role of women, particularly in those places where they have not been implemented”.
- ◆ There is an urgent need for more and more women in leadership positions, in decision-making and participatory bodies in the Church. This is already allowed in various instances, but they are not integrated.
- ◆ Women’s participation is essential to ensure transparency in resource management and evaluation processes.
- ◆ It calls for greater attention to the to the language and images used in preaching, teaching, catechesis, and the drafting of official Church documents, giving more space to the contributions of female saints, theologians, and mystics.
- ◆ Finally, the question of women’s access to diaconal ministry is not closed; discernment needs to continue.

WUCWO

Save the date:

May 3rd, 2025, 102nd Regina Diocesan CWL Convention, St. Joseph’s, Moose Jaw.

SASKATOON DIOCESAN

Marion Laroque
President

I want to thank all our Saskatoon diocesan councils who participated in the annual report survey process this year. You have shared your successes and also your concerns. If your council has not been able to complete the survey by the December deadline, please send a paper copy or anything you would like included in the final report directly to me. Every comment is read and noted. I will also include a summary of the tremendous work of all our volunteers who helped make the national convention such a success. The final Saskatoon diocesan annual report will be emailed to every council by the middle of February.

Save the date:

Saskatoon Diocesan Executive Winter meeting

Saturday, February 8, 2025

Holy Spirit Parish

[114 Kingsmere Place, Saskatoon](#)

All members are welcome.

I am looking forward to seeing many of you at our convention at the Cathedral of the Holy Family on April 26th. It will be a time to renew friendships, meet new people and be inspired by our speakers.

Convention Dates to mark on your calendars

Prince Albert Diocesan Convention :

Saturday, May 10, 2025 , Goodsoil

Saskatoon Diocesan Convention:

Saturday, April 26, 2025 Cathedral of the Holy Family, Saskatoon

Regina Diocesan Convention:

Saturday May 3, 2025, St. Joseph, Moose Jaw

Saskatchewan Provincial Convention

Sunday, June 1 and Monday June 2, 2025, St. Vincent de Paul, Weyburn

National Convention:

August 10-13, Toronto, Ontario

