

NEWSLETTER

OCTOBER 2024

SASKATCHEWAN PROVINCIAL COUNCIL CATHOLIC WOMEN'S LEAGUE



President's Message

Helen Kayfish

Happy Autumn!

As September has finished and October rolls in, we are feeling the winds change and the cooler temperatures are appearing. We, the members of the Catholic Women's League are busy with Fall meetings and workshops. We are getting back to our regular meetings and planning for the upcoming year. I wish to remind you of the national theme, 'Here I am Lord, Send me'. We are all encouraged to have guest speakers on mental health and mental illness whenever possible at the workshops and next year's conventions. Also, please check out and use the national resources available to us.

I recently attended the Academic Mass at St. Thomas More College at the University of Saskatchewan. Bishop Mark shared some history of the college throughout the years and welcomed everyone to the new academic year. I have been invited to attend council anniversaries, some of which I have been unable to attend, but I have sent my greetings and a certificate of congratulations on the milestones reached. On October 4, 5 & 6, 2024 I will be representing the CWL at the UCWLC provincial convention in Yorkton. This is the 69th annual convention celebrating 80 years as a league in Canada. We wish them well.

I am reminding everyone to **please** review the action plans for the resolutions passed at both our provincial convention and at the national convention. Please get your letters out to the appropriate members of our government. You may wish to also send a letter to the opposition party leader as an election is in the near future.

As you may have heard, Prince Albert Diocesan Spiritual Advisor, Father Peter Nnanga has returned to Nigeria. We thank Fr. Peter for his many years of dedication and service the Catholic Church in Prince Albert Diocese and to the many years of service to the Catholic Women's League in Saskatchewan. As always, please pray for him and all our spiritual advisors.

My prayers and best wishes for everyone as we celebrate thanksgiving here in our beautiful country in just a few short days. We have many blessings to be thankful for.

Please contact me or any member of the Provincial Council if you have any questions or suggestions. We will do our best to reply to you.



SPIRITUAL ADVISOR

Fr. Francis Hengen

Ah, the beauty of Autumn is with us in the changing colours of trees and the late blooming flowers that still show forth their blossoms. It is time to wrap up summer activities and prepare ourselves for the next three months. These months are filled with many rich celebrations and a time for parish CWL councils to take a lead in drawing attention to the three pillars of the League: Faith, Service and Social Justice.

Faith:

October is the month of the rosary with October 7 being the Feast of Our Lady of the Rosary. You may want to arrange to have a rosary night once a week open to all parishioners. It may work best to have it the same night each week, but, even though we know there are certain mysteries assigned to certain days of the week, that is not compulsory. Perhaps whoever is leading the rosary can see that there is a different set of mysteries for each week, that way in four weeks all the mysteries will be prayed. These are the great mysteries of our faith, and October is a good month to take a more in-depth look into their meaning.

Service:

November begins with All Saints Day (Nov. 1) and All Souls Day (Nov 2). These days give us a chance to honour the saints in heaven and to remember and pray for those of our family and friends you have gone before us in faith. Many parish councils have a special Mass celebrated for their deceased members. This can also be celebrated in conjunction with the Knights of Columbus if there is a council in the parish. It is time to not only pray for the deceased, but to also recall the work they did for the League, the parish and the community. Have a reception after the Mass and tell the stories of what these women have done. There is also another day to celebrate Mary – November 21: The Presentation of the Blessed Virgin Mary.

Social Justice:

Thanksgiving and Christmas are often days connected with food hampers and there are many parish CWL councils that take part in this, either on their own or along with a ministerial association or community drive. But, as councils move into another year of activities, it can also be a time for letter writing to local government, provincial and federal governments. Whether there is the same party in power or a new one in Saskatchewan in November, they need to know the issues and interests that are important to CWL members.

Thanksgiving cards and Christmas cards are much appreciated by the lonely, shut-ins and inmates in prison. (Just a note – there are guidelines to writing letters to prisoners that you may want to check with before sending one.)

December is a good month to keep in mind the homeless, unemployed, refugees and exiles and take time to reflect upon the experience of Joseph and Mary and Jesus's welcome in our world. There are also four feast days to celebrate Mary: December 8 – The Immaculate Conception; December 12 – Our Lady of Guadalupe; December 25 – Nativity of the Lord; December 29 – Feast of the Holy Family.

On December 3 we begin and new church year, the Year of Luke and we also begin the season of Advent, the rich and wonderful season in which we prepare ourselves for the glorious season of Christmas.

May you all have a wonderful Autumn and in your own special way live out your CWL life in Faith, Service and Social Justice wherever you find it.

PAST PRESIDENT

Connie Crichton

Your role as past president is a support for your council. You have gained a wealth of experience during your time as president and while it is time for you to step back from the lead, your president will need to know you are there when she needs you.

You are now part of the history of your council and also the keeper of the history. Make yourself aware of what history exists and where it is stored. Did you inherit a box of “history”? What does it contain and does it have to be put with other archived material, stay with you and passed on, or could it be destroyed? Resources such as *Past President Handbook* (#611) and *National Manual of Policy and Procedures* (#615) provide you with information as what should be archived.

You will now be capturing your council’s history for the extent of your term. Recording events and taking pictures as time goes on will help to make memories for your members as the years go by and many anniversary celebrations will benefit from the moments you capture through reporting and pictures. Has your council ever made a history book? While it may be a job that involves time and research, perhaps you could inspire a few other members in this project with a goal of completing a special anniversary. The book doesn’t have to be extensive and could be just a page containing highlights from each term and a few pictures. If your council has produced a history book, I would love to have you share that with me. Email to: skprovcwl@gmail.com. The national office is also interested in having any published history books shared with them.

I will continue to urge councils to consider drawing up your own council’s policy and procedures manual. I will be having a virtual GoTo Meeting information session on **November 7, 2024, at 7:00pm** to help get you started. Watch for more information coming to you with links to the session as well as the provincial website cwlsk.ca.

Resources for Past Presidents

Manuals and Brochures

<i>Archive Guide for League History</i>	#601
<i>Archives Brochure</i>	#601B
<i>Constitution and Bylaws (2023)</i>	#604
<i>Handbook for Past Presidents</i>	#611
<i>National Manual of Policy and Procedures</i>	#615
<i>Recruit Parish Leaders Guide</i>	#651

Workshops:

<i>Dealing with Conflict in Order to Reach a Win-Win Solution</i>	#808
<i>How to Prepare a Parish council Manual of Policy and Procedure</i>	#812
<i>Mentoring Workshop</i>	#817 A&B

VICE PRESIDENT

Donna Aldous

Recruit and maintain members is a very important role for a vice president. I recommend you look at the National CWL 'Welcome Program'. It contains detailed information on membership, including recruitment, renewals, orientation programs, welcome kits, companionship and mentorship programs, and resources.

The Winter 2024 Canadian League Magazine features 'Are You The "1"?'

Written by our National Vice-President Betty Colaneri, she asks us to take 1 step in the right direction and we could be that 1 member who makes a difference. I firmly believe that a personal ask is that 1 step in the right direction. I challenge you to extend a personal invitation to someone in your parish in the next two weeks to join our sisterhood. You can be that "1". Please let me know how it went.

Included is the Saskatchewan Provincial Catholic Women's League 2024-25 Membership Contest. St Vital CWL, Battleford; winner of the 2023-24 contest had their members attending the provincial convention in North Battlefield registrations paid for.

Leadership Development is also a vice president's responsibility. Again, National CWL has done the work for us. 'Joy of Leadership Through Engagement in Ministry' looks at ways to increase leadership throughout the League. It encourages and supports members in taking on leadership roles as service and ministry. It focuses on opportunities that can inspire members to become more engaged and to discover and enhance their leadership roles. It is an excellent resource. Please have a look at it.

The Vice-President Handbook is a valuable resource, please have a copy for your council. Our League Magazine is a very rich and informative tool when approaching women about CWL. I give old copies to women to show them the great work we do.

Is your Spiritual Advisor receiving the magazine? If you have more than 1 priest in your parish, are both learning how we are living out our core values of faith, service and social justice? I am new to the provincial executive, but I am excited and ready to learn how I might best serve you and the League. I am approachable, so let me know how I might be of assistance to you and your council.

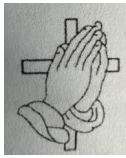
LIFE MEMBER LIAISON

Chantal Devine

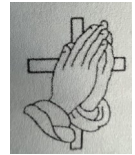
It is an honour for me to serve as the provincial life member liaison. In my role, I distribute the information and communiques sent to me from our National Life Member Liaison, Jacqueline Nogier, to our Saskatchewan Life Members. She tries to send out a message every two weeks. I, in turn, pass on any news or requests for prayers from our provincial honorary life and life members to Jacqueline. She shares our news and requests for prayers with all life members across Canada. In times of need, what can be more powerful than a prayer chain that stretches from sea to sea!

At the recent national convention held right here in Saskatoon, our province was blessed by the commissioning of a brand-new life member! Congratulations to Connie Crichton on being granted this esteemed recognition in the League! She joins four honorary life members and fourteen other life members in Saskatchewan.

For the next two years, I look forward to staying in touch with all my counterparts in the province and across Canada.



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



Greeting Sisters in the League! If you are like me, our favourite season of the year is finally here, not too hot, not overly cold, with the freshness in the wind of the Holy Spirit reminding us that although the busy-ness of summer is over and there is time to relax, the wind will keep us moving forward, definitely going where He sends us!

In this time of preparation for the Jubilee Year, we have the seven characteristics of a Jubilee Year that we can focus on. Consider a small activity based on a different characteristic for seven meetings, or choose one or two characteristics to focus on over the course of the year. Pilgrimage, Holy Door, Reconciliation, Prayer, Liturgy, Profession of Faith, and Indulgences are all topics that we may be familiar with; the Jubilee Year gives us a chance to further our education about the characteristics, and enhance our spirituality in various ways. The Vatican website has many resources available to enhance our prayer and preparation time for the Jubilee Year. The hymn for the Jubilee Year is easy to download and sing. The choir at Holy Cross High School was able to learn the hymn in only two practices and incorporate it into their Opening Mass and Liturgies. A key and exciting proposal is in regards to the Seven Characteristics of the Jubilee..... a Pilgrimage! Plans will get underway to plan a National CWL Pilgrimage to Rome for the Jubilee year, based on interest through a survey which you should have already received, and which must be replied to by October 10. Please indicate your interest through the survey for this very exciting opportunity!

Two more opportunities to increase your prayer life will be coming out soon, an Advent Webinar which will be produced by National (check the National website!), and a unique way to focus on each prayer and mystery of the Rosary over the course of the year, by our own Provincial Spiritual Advisor Fr Francis Hengen.

In the recent Faith Communique from National which you would have received by now, I would like to draw your attention to some ongoing opportunities that you could get involved in.

October 2–27: Pray for those meeting in the second session of the **XVI Ordinary General Assembly of the Bishops** as they continue the work of the Synod on Synodality.

A Great Symphony of Prayer: Mary, the Saints and Scripture on October 3, 10, 17, 24: Register for the webinar series led by Dr. Josephine Lombardi, in preparation for Jubilee 2025.

Novena of Hope: This novena, which begins on the Feast of Our Lady of the Rosary and ends with the Feast of St. Teresa of Jesus, invokes Our Blessed Mother and seven women—both religious and lay, both saints and servants of God—who have been extraordinary mentors for the Catholic women of Canada.

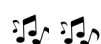
November: Pray for all saints, the faithful departed and an end to wars, remembering the sacrifice of those who fought in them.

Blessings on your windy Autumn, may we all be motivated and moved by the Spirit, as we pray:

Blow, blow, blow, 'til I be

But the breath of the Spirit, blowing in me.

Were you singing or humming? I hope so!!





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



“We have seen that Jesus’ actions are stronger than the words he uses” – Pope Francis

In solidarity for Sept 30 Truth and Reconciliation, our parish has displayed an orange T-shirt “Every Child Matters” in our glass CWL cabinet at the Cathedral. At our October gathering we will have bannock for hospitality. Five small orange T-shirt pins will be a door prize for each of our tables at that event.

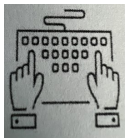
During the months of Mary in May and October, Rosary pamphlets are ordered and distributed at each Sunday mass.

Soft covered Bibles are collected and given to Prison Ministry.

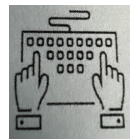
Regular donations to CWL Clothing Depot with faithful volunteers taking them to the Depot several times a week when they assist there.

Volunteers give communion to shut-ins and in Sherbrooke Care home weekly; visit sick in hospital or pray for and make phone calls to their home.

As the Cathedral, many parish women assist the CWL ladies for service and clean-up for numerous parish and diocesan events in addition to funerals.



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



Charity

versus

Social Justice

We decide for them – Colonial system

Partners determine their own priorities

Social Service

Social Change

Eg. Good Samaritan, Mother Theresa

Eg. Exodus:

“Let my People Go” Archbishop Romero

Private individual acts

Public group acts

Responds to immediate needs

Responds to long term needs

Provides direct service

Works to change institution

Requires repeated actions

Resolves structural injustices

Directed at symptoms

Directed at root causes

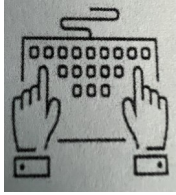
See results immediately

Long term struggle

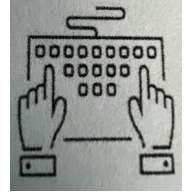
"Give of your extra's"

"Gave all that she had"

Development & Peace Org.



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



For planning ahead, responding to the call to action on reconciliation. Reconciliation is about forming relationships. How? Keep on reading. I would like to recommend parish councils make an effort to reach out to First Nations members in their area to plan a joint event. Three appropriate times to host an event would be in December for Lady of Guadalupe Feast Day, Christian Unity Week in January, March 8 – International Women’s Day, or June 21 Solstice Day.

Where to start? Ask one indigenous person that you know if they would recommend or help you find a speaker, a dancer, a singer, a drummer, someone to say a prayer, a craft person, a Bannock maker or give you some names to contact. With those seven people they will likely bring a friend, so they don’t feel alone, so you have a group of 14 people attending the event that are doing something. Or ask a key person or elder in the community to help you. Host it in a non-threatening venue: school, senior citizen hall, etc. Could also invite non-indigenous persons to speak from a youth perspective, an immigrant perspective, and an elder perspective.

Make sure your CWL members show up too. Maybe need to ask them to plan a meal around the event, or plan a pot luck. In hosting the event, best to get an elder involved and give them a gift of tobacco. Important to arrange chairs in a circle and have a question that everybody attending can share their story. Come up with a theme for the event. Open the event to the public and advertise it well in bulletin, social media.

I was able to organize and host /plan 5 events throughout the province, with the theme, Resilience of Indigenous Women (2017), Press for Progress (2018), and started out with total strangers at two of the events. All I had was a name and a phone number and why I wanted to host or the goal of the event. All were successful and relationships were formed. At one event, the key person asked several women to speak for 3 – 5 minutes each re: women in advancement, violence, sports, teaching, health. By seeking help, they may have some suggestions or own ideas of what an event could look like. You can do this!

Resolutions passed at the 104th Annual Saskatchewan Provincial Convention:

2024.01 Increasing Income Exemption to Saskatchewan Income Support Program (SIS)

Resolved—That Saskatchewan Provincial Council at the 2024 provincial convention assembled, urge the Saskatchewan provincial government, to increase the exemption of monthly income earned to SIS clients.

2024.02 Re-instate Direct Payments to Landlords and Utilities – Saskatchewan Income Support Program (SIS)

Resolved—That Saskatchewan Provincial Council at the 2024 provincial convention, urge the Saskatchewan provincial government, to reinstate or to give the option of direct payments to landlords and utility companies and to assess how this change in policy is impacting the people who are homeless.

ACTION PLAN—All members

1- When candidates running for the provincial election come to your door ask them what their position is on these issues.

2– When the election is over, write to new minister of Social Services, the Premier, the leader of the opposition. Do you know someone who is impacted negatively by the current policies? Share your personal knowledge.

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.

SASKATOON DIOCESAN

Marion Laroque
President



Donna Aldous, vice president of the Provincial CWL and Marion Laroque, Saskatoon Diocesan CWL president completed a 5 km walk as part of the Step Up for Mental Health Walk held in Saskatoon on September 22.



Congratulations to Donna for coming in third in her age category. Thanks to everyone who responded to the request for donations. Over \$1250 was raised for the Catholic Women's League Team. These funds will be used to support mental health initiatives across the province. Let's plan to have a bigger team next year!

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