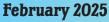
Regina Diocesan Council NEWSLETTER





Spiritual Advisor Fr Oliver Inchody

President Linda Maddaford

> Vice President Vacant

Past President Janette Rieger

Secretary Claire Verret

Treasurer Lynn Jones

Faith Chairperson Agnes Smith

Service Chairperson Cookie Jacques

Social Justice Chairperson Lynda Thul

PRAYER

May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us. Amen.

> St Therese of Lisieux, the Little Flower

FROM THE PRESIDENT'S DESK

Excerpt from October 19, 2024 presentation to Southwest Region

I think it was Brene Brown who told a story about a village where all the women washed clothes together down by the river. When they all got washing machines, there was a sudden outbreak of depression, and no one could figure out why. It wasn't the washing machines in and of themselves. It was the absence of time spent doing things together. It was the absence of community.

Here I am

Isaiah 6:8

Ella Clark

Friends, we've gotten so independent. We're "fine" we tell ourselves even when in reality we're depressed, we're overwhelmed, we're lonely, and we're hurting. "We're fine, we're just too busy right now," we say when days, weeks, months and years go by without connecting with friends. I'm fine, I'm fine, I'm fine. It's so easy to say even when it's not true.

We've become so isolated and it's hard to know how to get back. It's so hard to know how to even begin to build the kind of relationships our hearts need. And I think in our current culture, it's just not as organic as it once was.

It's more work now. Because



Your Diocesan Executive: Janette & Claire in back; Agnes, Linda, Cookie & Lynda in front. Missing: Fr Inchody & Lynn Jones

you know, we have our own washing machines. We don't depend on each other to do laundry, or cook dinner, or raise babies anymore. We don't really depend on each other for much of anything if we're being honest.

In Brene Brown's book *Braving the Wilderness*, she says that being lonely effects the length of our life expectancy similar to smoking 15 cigarettes a day. I don't say that to freak anyone out, but to let you know that the longing for connection is *legit*. I think we've treated friendship like a luxury for far too long; friendship isn't a luxury, it's a necessity. We don't want it. We kind of need it.

Be independent. Be proud of it. But be an independent woman who realizes the value and the importance of opening the door to other good women. You can do it alone, but you don't have to. Islands are only fun for so long.

Brene gently reminds us: There is true magic when women come together and hold hands and share ideas and share stories and struggles and endless bowls of salsa. You use your gifts, and I'll use mine, and then we'll invite that girl over there who brings a completely different set of skills to the table we are building, and we'll watch together as something miraculous unfolds.

From, A Great Symphony of Prayer, Session 2, Seeking God's Kingdom and Knowing God's Will, Dr Josephine Lombardi shares: "Pray that God will lead you to the state of life that he will squeeze the most out of you. You will know you have a charism, if you feel joy when you use that gift. If you feel energized when you use that gift. If people seek you out because you are known for that gift, and when you sense the fruits when you use that gift."

St Augustine said that hope has two daughters: "Anger and Courage. Anger at the way things are, and Courage to see that they do not remain as they are." Because God desires shalom for the whole creation, we are right to be angry at poverty and all that interferes with shalom. "Hate what is evil," says Paul.

We women of the CWL are daughters of Hope. God gives each of us a personal call to holiness. He graces us with the gifts that we need for the purpose he desires that we fulfill. As women of the Catholic Women's League, we are answering this call to holiness, the call to participate in building the kingdom of God.

Submitted by Linda Maddaford Regina Diocesan President

CWL AFFILIATION WITH CHAS

The Catholic Health Association of Saskatchewan (CHAS) was formed in 1943 to be a voice for Catholic hospitals and long-term care facilities, and to protect and promote Catholic health care in Saskatchewan. Their mission is to provide leadership, education and resources for all who serve in the healing ministry of Christ – in health care, parishes and communities.

The CCCB in their 2005 pastoral letter on Catholic Health state: "From the early days of this country, countless women and men have devoted their entire lives to caring for the sick and they left a powerful legacy of Catholic health ministry. All Catholics must now preserve, build upon, and keep in trust this legacy for future generations."

If your council doesn't yet have an associate CHAS membership, please consider purchasing one. The annual fee is \$75. Click to find the <u>Renewal Form</u>. Memberships can be paid anytime; notices to renew usually come out in the first months of the year. Click to <u>Subscribe</u> to the CHAS newsletter.

A SPECIAL YEAR OF JUBILEE

2025 is a Year of Jubilee, which happens every 25 years in the Catholic Church. The Jubilee Year began on Christmas Eve 2024 and continues to January 6, 2026.



The Jubilee is a time of renewal and forgiveness. Catholics are invited to strengthen their relationship with God. The concept of "Jubilee" has its origins in the Book of Leviticus, chapter 25. It was a special year of reconciliation, pilgrimage, freedom

and homecoming. Pope Francis has designated the 2025 Holy Year as a time to renew ourselves as **"Pilgrims of Hope."**

During this Jubilee Year all the faithful who wish to do so can make a pilgrimage to the Holy Door of St Peter's Basilica in the Vatican. The tradition of the Holy Doors



dates back to 1423 when Pope Martin V opened the door at St John Lateran. Since then, the custom has expanded to include Rome's four major basilicas.

Each basilica's Holy Door is sealed from the inside and only opened during Jubilee years by the Pope, marking the start of a Holy Year. The Holy Doors are sacred portals found within the four major Papal basilicas in Rome: St Peter's Basilica, the Archbasilica of St John Lateran, the Basilica of St Mary Major, and the Basilica of St Paul Outside the Walls. These doors are ceremonially opened only during Jubilee Years, symbolizing the spiritual journey from sin to grace. For pilgrims, crossing these doors is a profound act of faith, offering opportunity for renewal, forgiveness, and a deeper connection with the divine.

The Jubilee Year has happened every 25 years since the 15th century. The Catholic Church began to officially celebrate Jubilee years in the year 1300, when Pope Boniface VIII called a Jubilee Year in response to the crisis the medieval church was facing — from plagues, to wars and political upheaval — and he saw the calling of this Jubilee for the first time as an important moment for the Church for Christians to come to Rome to renew their lives and deepen their faith. A great number of people responded to the call and a new tradition was born.

Let us all have a great year of renewal, forgiveness and faith.

Submitted by Agnes Smith Faith Standing Committee Chair

PAST-PRESIDENT'S UPDATE

Greetings to you on this Jubilee Year of Hope—so much better than just an ordinary New Year! May our lives be filled with hope throughout this year and beyond.

Speaking of hope, we are always hopeful that individual members will decide the time is right in their lives to let their name stand for executive positions—whether at the parish, regional, or diocesan level. (Provincial and National would love to have you one day too!) This is not an election year for the Regina Diocesan Council, but if you are thinking about what being on the Regina Diocesan Executive entails, I would happily answer any questions that you may have.

One way to learn about the Diocesan Executive is to represent your region at the diocesan meetings. We have vacancies in the following regions: **Estevan**; **Our Lady of Good Counsel** (Fort Qu'Appelle, Indian Head, Lestock, Raymore, Southey, and Cupar councils); and **Our Lady of Peace** (Assiniboia, Coronach, Gravelbourg, and Lafleche councils). While the **Moose Jaw** region technically isn't vacant, the chairperson Lynda Thul is also doing double-duty as the Social Justice Chairperson on the Regina Diocesan Executive, so she would likely enjoy some help.

Another way to be involved at the Diocesan level is to **be on a sub-committee.** If you have a particular interest, such as prayer, pro-life activities, community involvement, etc., and would like to serve on a subcommittee under our Faith, Service or Social Justice Chairpersons, give me or the chairpersons a call to indicate your interest and how you would like to help.

A new policy has been implemented by the National CWL which involves all elections to executive positions at any level of the League, including your parish CWL council. Going forward, anyone who lets their name stand for any executive position has to complete Form 553, a Pastoral Letter of Good Standing, which can be found at *this link*. Even if a member has served on your parish executive previously, at the next election that member will have to meet with her priest who will complete the form. The form is then given to the person in charge of the election, usually the past-president. The past-president verifies that the form has been signed by the priest and then returns the form to said member. This change to election procedures will likely be included in the next update to the National Manual of Policy & Procedure.

Please feel free to contact me at any time regarding elections, serving at a regional or diocesan level, serving on a sub-committee, or just to chat!

> Submitted by Janette Rieger Diocesan Past-President

CAMPION COLLEGE SCHOLARSHIP

Do you have a child who will be entering the University of Regina this autumn through Campion College? Campion is a Federated College to the

University of Regina (U of R). They offer classes in the Arts and Sciences and preprofessional programs. Your child can take all the U of R classes that



are offered, but by going through a Federated College such as Campion, they have access to all the extras that Campion offers. Visit <u>www.campioncollege.ca</u>

Another great thing about being a Campion student is access to more scholarships that are only offered to them. The one we are particularly proud of is the **Regina Archdiocesan Catholic Women's League Scholarship** of **\$1,000** that is offered to students entering their first year. This scholarship is awarded to a first-year Campion College student who:

- participates actively in their parish, school or community;
- is a full-time student during the upcoming fall semester; and
- whose mother is a CWL member

This scholarship has to be specifically applied for, as not all first-year students are automatically considered for this, due to the specific requirements mentioned above. (A personal statement is also required, along with a summary of volunteer/community service and extracurricular activities.) The application deadline is **March 15, 2025**, and all Campion College scholarships are awarded in the fall.

If your child is going to the U of R this fall, consider registering through Campion. If your grandchild is going, and their mother is not a member of the CWL, encourage them to purchase their membership so that their child is eligible. Also, let your councils and family members know about this great opportunity so that high-school aged children can consider volunteering in order to be eligible. Unfortunately, there are sometimes very few applicants for this scholarship—and some years no one has applied!

It's not just about the scholarships. It is the Catholic atmosphere: Holy Mass, music, counselling (personal and academic), friendships and activities. It is a really great way to go to university while meeting up with people in smaller groups, so as to not be overwhelmed in a large university setting.

> *Submitted by* Janette Rieger Proud Campion College Graduate of 1987

DIOCESAN CONVENTION - MAY 3, 2025

The 102nd edition of our annual Diocesan Convention will be a one-day event this year,

on **Saturday, May 3** at St Joseph Parish in Moose Jaw.

In addition to opening ceremonies and devotions, reports, and the conducting of necessary business, we will have door prizes, raffle draws, and a lovely lunch. The day will feature guest speaker Rev **Deacon Lamont Dyck**



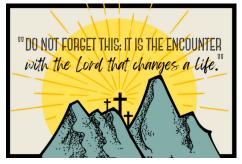
on "Presence, Ministry and Community." And an afternoon workshop, "Here I am, Lord" will inspire us by showing how remarkable women lead.

By now councils should have received a registration package with tentative agenda and information on accommodations. Do encourage your members to attend. It is a great way to reinforce our sisterhood: socializing, supporting each other, and lifting our voices in communal prayer and song!

By moving to a one-day format, we miss out on a banquet but, for many of us, save in not needing to stay overnight. So mark your calendars and think about organizing a carpool or two. Some of the greatest conversations happen on those road trips!

Submitted by Claire Verret Diocesan Secretary

LENTEN WEBINAR: HOPE IN THE MIDST OF TURMOIL



CWL members are invited to be "Pilgrims of Hope" in a onehour webinar on **Sunday, April 6,** 2025 at 2:30 pm CDT.

Join in this time of prayer and reflection as we celebrate Jubilee 2025 and share in spiritual preparation for Passion Sunday, the Pascal Triduum and Easter.

National President **Shari Guinta**, National Spiritual Advisor **Bishop Wayne Lobsinger**, and National Chairperson of Faith **Rolande Chernichan** will lead the webinar. Click on <u>*this link*</u> to register.

WORLD DAY OF PRAYER - MARCH 7, 2025

World Day of Prayer (WDP) is an international ecumenical Christian laywomen's initiative. Organized by the Women's Inter-Church Council of Canada, it is celebrated annually in over 170 countries on the first Friday in March. This year's service is written by the women of **Cook Islands**.

"I will praise thee, for I am fearfully and wonderfully made..."

—Psalm 139:14

The program invites us into the knowledge that each one of us was made with care and love by God. When we can receive this profound truth, everything in our life changes and we begin to radiate and shine from within. We also learn how to treat every other person as made wonderful by God.



Too often, women and girls have been silenced and oppressed. The message that we, as women and girls, are "fearfully and wonderfully" made in the image of God reinforces our movement's support of women in expressing their faith and speaking about their lives in prayer and worship before God and in community.

ON THE BRIGHT SIDE...

No matter how grouchy you're feeling, You'll find a smile more or less healing. It grows in a wreath



All around your front teeth, ______ Thus preserving the face from congealing.

—Anthony Euwer

DATES TO REMEMBER

March 7	World Day of Prayer
March 15	Application deadline, Campion College Scholarship
April 26	Feast of Our Lady of Good Counsel
May 3	Regina Diocesan Convention in Moose Jaw
May 4-10	National Hospice Palliative Care Week in Canada
May 24	10th Anniversary of "Laudato Si"

If you would like to contribute to our next newsletter, please email either:

LINDA MADDAFORD: regina.diocesan.cwl@gmail.com or CLAIRE VERRET: sayclaire@shaw.ca