



Catholic Women's League Newsletter



Executive:

President:
Carol Deters

Past President:
Frances Mroczko

Secretary:
Marcella Sévigny

Treasurer:
Yvonne Turgeon

Organization:
Rose Marchinko

Spiritual:
Deanna Pellatt

Communications:
Sandra Archer

Spiritual Advisor:
Fr. Francis Hengen



Centred on
Faith & Justice

O Lord, as women of faith, we come before you seeking justice for your world. A world blessed by you the Creator, where the weak are protected and the riches of creation are shared so all may live in dignity. A world where all of your children live in harmony and mutual respect; a world where peace is founded on justice and justice guided by faith. Faith, hope and love; and the greatest of these is love. May we be faithful to our League Prayer, always aware of the needs of others and seek justice for all, with love. Amen.

Mission Statement

The Catholic Women's League of Canada is a national organization rooted in gospel values calling its member to holiness through service to the People of God.

President's Message

St. Gerard's Council was chartered in 1965. This year, our Charter President, Velma Harasen, was elected National President of the Catholic Women's League!

Each of us have been given unique gifts and talents by God. All of these gifts are of equal importance, which, when combined, allow us to take on projects and grow in ways we never thought possible. This journey of using our gifts and talents never ends.

Our members assist in many ministries of the church including communion ministers, lectors, welcomers, music ministry, and communion to the sick and homebound (to name a few). We also share in Christian education for children and sacrament preparation, as well as sponsors for R.C.I.A. Our members lead the Stations of the Cross one Friday during Lent, and lead the Rosary on Sundays in May and October.

In May, 45 of our members attended the Diocesan convention held here in Yorkton.

With the help of many people our annual garage sale in September was a success. The profits from this sale enable us to support Save a Family, Development and Peace, Chalice, Esk-Omi Missions, Coady Institute, AMPO, Camp O'Neill, and SHHS scholarships.

14 of our members and Father Francis attended the Yorkton-Melville Regional retreat on "Forgiveness" held in Sturgis at the end of October.

Our project again this winter will be making quilts for the homeless.

The C.W.L. Maple Leaf service pin is given by a council to a member who has served the League in an exceptional manner. This year we are very pleased to present this pin to Treeske Holtkamp. Shirley Barnes and Mary Bozsik received 50 year pins this year.

As my term as president comes to an end, I want to thank our Spiritual Advisor Father Francis for his help and support, and the members of the executive for all their work to make this year successful.

May we be "watchful and ready" this Advent season, and may the Christmas season be one filled with many blessings for you and your families.

Carol Deters



Father, all-powerful God, your eternal Word took flesh on our earth when the Virgin Mary placed her life at the service of your plan. Lift our minds in watchful hope to hear the voice which announces his glory and open our minds to receive the Spirit who prepares us for his coming. We ask this through Christ our Lord. Amen.



Spiritual Advisor Father Francis Hengen installs (left to right):

Lucille Bridgewater
Donna Lazurko
Margaret Strand
Lorraine Zazula
Linda Zaba
Angie Oleskiw &
Annie Boroto

as new CWL members in February.



Shirley Barnes (above) & Mary Boszik (below)

are presented with a 50 Year Service pin by Rose Marchinko



Spiritual Advisor's Message

Dear Sisters in the League,

We may be surprised if we could really add up all the minutes and hours we spend waiting in a day or a week. Life seems to be so busy, and things are happening so fast. There is always the danger of being late. So why would we think that we spend so much time waiting? Yet we do wait: at traffic lights, for the computer to boot up, for a reply to our e-mail or text, for something to be over so we can start the next thing. When we look at this waiting, it looks like empty time, and in many ways it is.

With the season of Advent, we are called to wait as well, but this is to be a rich, full time – an expectant period of great anticipation, for we are waiting for our King to come, for the inauguration of the Kingdom, for the final fulfillment of the Promise. We need the quiet time to reflect and prepare ourselves for this celebration. So light the Advent candles, and then sit quietly and wait for the Lord to speak to your heart – a heart that you are preparing for his coming.

Happy Advent!

Fr. Francis

Membership News

It has been my role to recruit members and maintain membership for our organization.

We began our annual membership drive in November, 2010 and continued thru to April, 2011. We welcomed 10 new members, including those in the photo at the left, as well as Marjorie Bautista, Shelley Kaspick, and Connie Watling. Spiritual Advisor Father Francis Hengen, with assistance from President Carol Deters, also installed the new Executive. Each new member received a C.W.L. Insignia Pin and a Membership Kit. At the meeting that followed each new member was introduced. The evening ended with coffee and dainties.

On November 2nd, deceased members of the League were remembered at a candlelight prayer service. Eternal Rest to our League Sisters who died in the past year: Catherine Bird, Marguerite Caldwell, Mary Diakuw, Katherine Keller and Charlene Kinaschuk.

Service Pins were presented at our annual wind-up on June 1st. In addition to the 50 Year pin recipients (pictured left), 25 Year pins were presented to Shirley Pearce, Fran Semchuk, Eileen Skaluba, and Olga Duff.

A Maple Leaf Service pin will be presented to Treeske Holtkamp at our Christmas social. The Maple Leaf Service pin was introduced in 1971 for members who have served the League in an exceptional or meritorious manner.

Did you know.... there are approximately 1300 parish councils across Canada and just under 100,000 Catholic women in the National League? The Saskatchewan Provincial Council currently has 7,415 members in 160 parish councils as of May 31, 2011. Our St. Gerard Council membership stands at 158 members.

Please remember to renew your membership for 2012. Encourage others to join our League. Together we share our gifts, talents, ideas and watch wonderful works happen! As the prayer of St. Francis says, "for it is in giving that we receive."

Come join us!

- Submitted by Rose Marchinko

Spiritual Development

The Tradition - ADVENT

*Arise, O Jerusalem, stand upon the height . . .
and see the joy that is coming to you from God.*

Baruch 5.5; 4.36

When we enter into Advent, the Church's four-week preparation for Christmas, we are stepping into a long line of horizon-watchers. The first ones were Old Testament prophets such as Baruch who kept vigil for the fulfillment of God's promise to restore his people and establish his reign on earth. John the Baptist, the last and greatest prophet, was standing watch when that long-awaited moment arrived. In words that recall Baruch and others, John proclaimed the arrival, or "advent," of God's kingdom and of the Messiah who would usher it in (see Luke 3.4-6).

Christ's coming changed everything, but still God's people are on the watch. In Advent our vigilance and expectation take on a keener edge. Aiming our spiritual binoculars toward the past, we join with the men and women of old who waited for the Saviour with eager longing. Looking to the future, we prepare our hearts to welcome that Saviour again – not just at Christmas, but when he returns in glory. Christ has come; Christ will come again – this is the true spirit of Advent.

Those of us who would rather watch at the manger than listen for the final trumpet should pay special attention to the Old Testament readings in the Advent liturgy. Like the composite verse (above) from Baruch, which appears as the Communion antiphon for the second Sunday of Advent, they sound exultant themes of joy and restoration, of God's gathering, in the poor and oppressed.

Jesus began this work at his first coming; he will complete it at his second. The King will establish his perfect reign, and there we will be wrapped in justice and splendour, raised up in glory, led in joy (see Baruch 5.1-9).

Advent is a season for learning to thrill at our destiny and for longing that all humanity might share it. Fundamentally, it is not about buying Christmas gifts and decorating the house. In Advent, we prepare ourselves. We live in hope as we do what we can to bring God's kingdom into our world.

Taken from the *Catholic Women's Devotional Bible, New Revised Standard Version Bible*,
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- Submitted by Deanna Pellatt

How CWL has Affected My Life

I first joined CWL in 1976 shortly after we moved to Sydney, N.S. Being totally new to the area I thought it would be a way for me to get to know other Catholic women. My oldest sister in Saskatoon had been involved already for a number of years. It was true to its word. I met a group of lovely women. But I wasn't very involved. I had 3 young children under 4 ½ and naturally was very busy. Four years later we moved to another house and a new parish. It was at that time that I slowly started to get involved. It made such sense to me. Here was the largest women's group in Canada. And we had clout! Resolutions that were passed at the local level, then the regional, the diocesan, and finally the national level were then presented to Canadian government officials. Occasionally, they were made into law. Wow! Our catholic women could do that? That was incredible. The more I got involved, (secretary, spiritual life convenor, Christian family life convenor, fall fair convenor) the more I enjoyed it. The year I left I was going to let my name stand as president elect. But God had other plans for us.

- Submitted by Marcella Sévigny

Three Generations of League Sisters



Pictured above are
Ruth Molnar, Janice
Flaman (Molnar) and
Katherine Flaman.

Women of the Parish Christmas Party 2010





Prayer of St. Francis

*Lord, make me an
instrument of your
peace.*

*Where there is
hatred,
let me sow love;*

*where there is injury,
pardon;*

*where there is doubt,
faith;*

*where there is
despair,
hope;*

*where there is
darkness, light;*

*and where there is
sadness, joy.*

*O Divine Master,
grant that I may not
so much seek
to be consoled
as to console;*

*to be understood
as to understand;*

*to be loved
as to love.*

*For it is in giving
that we receive;*

*it is in pardoning
that we are pardoned;*

*and it is in dying
that we are
born to eternal
life.*

Amen

Women of Peace

What is peace? By definition, it is the cessation of or freedom from any strife or dissention. For me, it is a feeling of satisfaction and contentment with my life. It is something I strive for each and every day.

Many organisations in our world work toward peace. Society invests much time, money and manpower to achieve peace among nations and within nations. The human race will sacrifice a lot in order to create a safe and peaceful environment for its citizens.

Communities work together to create a peace-filled place in which its families can grow. They plan spaces and activities for every community member. Whether that community is a city, a school or a faith community, their objectives are similar – create a community in which everyone feels welcome, safe, comfortable, and at peace.

Within our families, we also strive for peace. We work hard so that each family member feels loved and appreciated. Our homes are places where we can be honest with one another, where we are safe and loved for who we are and where we are challenged to try new things without fear of failure.

Peace – contentment – love – honesty – safety – respect – friendship. Is this not what we work toward in our daily lives in our interactions with others and in the relationships we cultivate in our daily lives? Is this not what we as Christians strive to create each and every day? Is this not the example Jesus showed us in his ministry?

May the Peace of Christ be in your hearts each and every day!

- Submitted by Dietta Todos

Regina Diocesan Council - 88th Annual Convention

Our convention this year was held in Yorkton on May 1st and 2nd. It was hosted by the Yorkton-Melville Regional Council, which is made up of CWL councils in Canora, Ituna, Kamsack, Melville, Preeceville, Sturgis and Yorkton. The Regional Co-chairs, Marion Milette of Preeceville and Sharon Musey of Sturgis, St. Gerard Council president, Carol Deters were the hostesses for this event. Despite the major snowstorm our area experienced overnight Friday, April 29 and Saturday, April 30, over 200 delegates were able to attend the convention.

Our theme for the convention was the new theme announced by our new National President, Velma Harasen, at the 2010 National Convention in Ottawa. We are women of peace and hope going forward “**Centred on Faith and Justice**”.

Our keynote speaker for the convention was Leah Perrault, Director of Pastoral Services for the Diocese of Saskatoon. Leah used examples of three women from the Old Testament who demonstrated how hospitality created an environment for justice to happen. Leah challenged us by saying, “Faith is not something we do, it is someone we know who challenges us and changes us to be people of justice. Peace and perseverance can lead to a commitment to justice and hope is a vision for the possibility of justice.”

Sr. Bernadette Feist, Director of Native Valley Ministries, shared some of her experiences working with First Nations people in the archdiocese. She also thanked a number of our CWL councils who had supported the work of Native Valley Ministries for a number of years.

This was an election year for our diocesan council. Our new president is Chantal Devine of Marquis and the President- Elect is Marge Appell of Regina. Frances Mrozcko let her name stand as a standing committee chair: Christian Family Life.

- Submitted by Mary Bybliw

Women of Hope

Growing up I used to think that God was out there somewhere ... up in the sky, far away in the clouds. He was definitely higher than the largest rainbow but at the same time I also knew that he listened to my prayers and I had hoped he answered them.

When my husband, John was sick with stomach cancer it was a very scary time for us. It felt like a dreadful rollercoaster ride that we both dearly wanted to get off. This wasn't to happen. This time was filled with the uncertainty of the unknown and tremendous pain for John. I found it amazing that when he couldn't stand the unbearable pain anymore the chaplain at the hospital, Father Les, would come and see him. He would always calm down and John would have peace by the time that Father Les left his room.

It was days and weeks of this breakthrough pain. It was so extremely hard to watch, knowing that there was nothing that I could do. He often said that we must not have been praying enough ... he was so ready to die.

One of his favourite nurses came to see him just the day before he died. It was a bright Sunday afternoon. My family and children had just left and I felt overwhelmed. Carmen came to sit with us on her day off. One of her nieces had celebrated a sacrament but she thought she should come in. I was amazed and was so thankful. She had offered to sit with John for me to take a break and go for a walk.

As I headed out of the hospital I kept on thinking that I can't do this. I don't know what to do. I was so scared of what was to happen next, John's eminent death, and my future with the kids. How am I to go on? Hope in the present and in the future was beyond my grasp. I felt completely lost and lacked any sense of direction.

From John's hospital window, I had seen a path along the river's edge that looked so inviting. It beckoned me to explore. Off I went. It was as if God was nudging me along saying, "Go right along this pathway."

As I walked along I sensed His presence. He took me to a spot along the path where I stopped and everything melted away. It was as if He was saying to me, "Look. Look over there ... see that bird. See I am taking care of all things." Then he showed me a small tree that was just budding out. "See I am making all things new."

I then felt warmth that is hard to describe. It was thick and dense like being wrapped in a thick warm feather tick. With the warmth came a peace ... the peace that surpasses all understanding. The fears that I had were stripped away. Gone. Hope had returned.

I knew from that moment on that I would have the strength to go back and be able to be with John until he passed away. I also knew that God is with me. He is right beside me, gently guiding me along and making a way. I now know that even in my fears, I can trust that He alone can turn what looks like a disaster into a blessing. He is faithful and walks with me every day of my life.

- Submitted by Colleen Hoffort

Advent Prayer

*Father, as we wait together in hope during this Advent season
we remember all that you have done for us.*

We thank you for the gift of your Son, Jesus Christ, who is the true light of the world.

May we live in love during Advent and always because of the coming of Jesus Christ.

Help us to share with others, and treat all people with justice in your name.

All honour and praise be yours forever and ever. Amen.



Symbolism of the
Advent Wreath

- Evergreens -
continuous life.
- Laurel -
victory over
persecution and
suffering
- Pine, holly, & yew -
immortality
- Cedar -
strength and healing
- Holly -
the prickly leaves
remind us of the
crown of thorns
- Pine cones, nuts,
or seedpods –
symbolize life and
resurrection
- Circle of the wreath
symbolizes the
eternity of God,
immortality of the
soul,
& the everlasting life
found in Christ

All together, the
wreath of
evergreens depicts
the immortality
of our soul
& the new,
everlasting life
promised to us
through Christ,
who entered our
world becoming
true man
and who was
victorious
over sin and death
through His own
passion,
death,
and
resurrection.

Rest in Peace

†Charlene Kinaschuk

†Catherine S. Bird

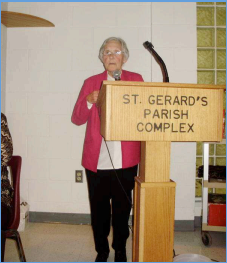
†Mary Jane Diakuw

†Effie Hardy

†Marguerite Caldwell

†Katherine Keller

†Josephine Czakler



*Treeske speaks at
the 2010
Christmas Banquet*

Holy Mary,
Mother of God,
you have given the
world its true light,
Jesus, your Son –
the Son of God.

You abandoned
yourself completely
to God's call
and thus became
a wellspring
of the goodness
which flows forth
from him.

Show us Jesus.
Lead us to him.
Teach us to know
and love him,
so that we too
can become
capable of true love
and be
fountains
of living water
in the midst
of a thirsting world.

- Benedict XVI

Women of Faith

Faith. Most people when hearing this word would think of one of its dictionary meanings: belief in God or the doctrines of religion. You may believe in God, but is this "faith"? To me the truest dictionary definition of faith is 'having trust in a person or thing'. Can you say you have always had trust in God? When bad things happen we tend to say, "How could God let such things happen?" I have experienced this. But, through the years of fellowship with my sisters in the League, and also because of the better understanding of my Catholic "faith" that I have gained during my time in the Lay Ministry Formation Program, I have come to have more 'faith' in God. Now, when things seem hard I think of the following scripture reading and trust that God knows what he is doing:

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. - Romans 8, verse 28

So, trust in God, and have a faith filled Christmas!

- Submitted by Elaine Wintonyk

CWL National Convention

Lucky me! I got to go again to the "National Convention of The Catholic Women's League." Who is so lucky? It is an experience worth paying for. So-o-o many women from all over Canada. And to be able to show my daughter and experience it with her.

It made me proud when I saw Mrs. Mahoney from Regina carrying the Saskatchewan flag, and then Velma Harrison (she is a past Yorktonite and now National President).

I am a Catholic woman and I belong to "The League", which boosts my faith in God, who created me and the Spirit who inspires me to action. We need each other for that inspiration, that is why we have gatherings so we can help each other to become, that is how the Spirit works.

Sometimes when I think of my summer, where I have been and what I experienced, how these happenings affected my life, I have to say, the Convention was one of my highlights this year and I'm so proud to belong.

My hearing and my memory are slowing and down-right poor. I remember that I truly enjoyed every one of the speakers that I could understand here and there, especially Archbishop Currie, he gave an excellent message and if you read your magazine, all of it and the readings too are printed in there. I received communion from our own Shepherd Father Francis, which did my heart so good to see him there. In one word it was unforgettable.

The food was good, and everything was so well organised. The music was so familiar, no new hymns to learn, we all could sing out and we did. It was hot outside and comfortable and cool inside. We had a bit of trouble parking and had to start very early as my daughter lives in Orangeville. We gladly did and made it every day.

There were posters everywhere and I copied this one:

"The life I touch for good or ill, will touch another life, and that in turn another, until who knows where the trembling stops or in what far place my touch will be felt".

This is so true and maybe next convention, someone with a younger memory will go and give a more detailed report. In 2013 the National Convention will be in Regina. God willing I can take that in again. It is worth it. We need these positive lifts and encounters now and then. May God bless you all.

- Submitted by Treeske Holtkamp (The Lucky One)

Women of Justice

Women Against Poverty

In the Winter 2011 edition of "The Canadian League" Velma Harasen, National President, announced the new theme "Centred on Faith and Justice", and that the focus for the next two years will be on poverty. Women Against Poverty (WAP) - Change for Change was a national project for April 26th, the Feast of Our Lady of Good Counsel.

From that point forward, councils at all levels have focused on selecting projects that will help to alleviate poverty.

The Catholic Women's League of Saskatchewan announced in the spring that our province is focusing on affordable/inadequate housing, especially for single parents, low-income families and seniors. Suggested ideas - Support for Habitat for Humanity, clothing drives, safe houses and shelters.

Charity vs. Justice

"Charity is about giving a hungry person some bread, while justice is about trying to change the system so that nobody has excess bread while some have none; charity is about treating your neighbours with respect, while justice is about trying to get at the deeper roots of racism; and charity is about helping specific victims of war, while justice is about trying to change the things in the world that ultimately lead to war. Charity is appeased when some rich person gives money to the poor while justice asks why one person can be that rich when so many are poor." - Rolheiser, Ronald. The Holy Longing: The Search for a Christian Spirituality. New York: Doubleday, 1999. 169

Quilt Project

On July 1, 2010 the City of Yorkton declared a State of Emergency after receiving over 100 mm of rain in a very short period of time. Due to a flash flood, many residents were displaced from their homes.

In an effort to assist with future crises, our council crafted thirteen quilts to be used by three local agencies:

Shelwin House is a 24 hour shelter for abused women and their children. It offers supportive counselling, meals and emergency supplies of clothing, advocacy and referrals to appropriate agencies, and a safe environment - all contributing to positive change in the lives of women and their children.

Parkland Victim Services aids victims of crime and traumatic events by providing information, advocacy, support, and referral. The goals of this organization include minimizing trauma and limiting the effects of crime, preventing further victimization, ensuring that the victim's rights and needs are being met, coordinating community and volunteer resources for victims, and assisting the R.C.M.P. in providing crime prevention services to the community.

In response to the July 1, 2010 flood The Salvation Army provided clothing, food, water, shelter beds, emotional support and physical assistance to those who needed them, and set up an emergency shelter in a school gym. The goal of The Salvation Army is to establish an Emergency Response Supply Distribution Centre in Yorkton.

Currently we are crafting smaller quilts for children at the request of the local agencies.

Thank you to Yvonne Turgeon for coordinating this project.



Yvonne Turgeon presents the quilts to LaVern Dumka & Melinda Davies (Shelwin House), Envoy Roy Bladen (The Salvation Army – Emergency Response), & Cheryl Tiller (Parkland Victim Services) at our June wind-up.

HERE ARE
SOME PHOTOS
OF OUR
HAPPY QUILTERS!



Displaying the
finished product.



Yvonne & Lorraine



Fr. Francis & Carol



Mary Ann & Dolores



Rita

2011 Garage Sale



Adeline (above) and Helen (below) sorting the house-ware



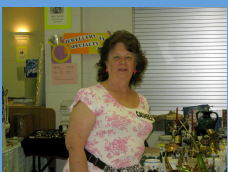
Toys, toys, toys!



Household items



And clothing.....



Frances at the Jewellery Table



The gals are taking a much needed break!



Kay & the crew kept us fed!

Annual Garage Sale Fundraiser

For the past ten or so years, the St. Gerard CWL Council has chosen to have one major fundraiser per year as opposed to several smaller fundraisers.

The 2011 Garage Sale was a huge success! New this year was a "Jewellery Table" which proved to be a VERY popular! The net proceeds in 2011 were approximately \$5,900.00. Household articles and clothing that remained unsold were donated to local charitable organizations.

What do we do with the proceeds of our annual fundraiser?

In addition to our membership in Pro-Life and C.H.A.S., we also support the following local, provincial, national and international causes:

Save a Family Plan is a Canadian-based international non-governmental organization (NGO), committed to seeking justice and working with the marginalized and poor of India, regardless of caste, creed, gender, or political affiliation. In 2011 our League sponsored a well.

Chalice is a Catholic-sponsorship program that shares Christ with those in need by creating and nurturing caring relations of life and love, in Africa, Asia, Latin America, Europe, and Haiti.

Development and Peace is the official international development organization of the Catholic Church in Canada and the Canadian member of Caritas Internationalis. It supports local initiatives in fields such as agriculture, education, community action, as well as the consolidation of peace and advocacy for human rights in 70 countries.

Coady International Institute works with innovative people and organizations to create effective, practical and sustainable solutions to reduce global poverty and injustice, accomplished through leadership, education, action partnerships and to help young Canadians become active global citizens.

Esk Omi Missions serves the spiritual, material, and cultural needs of the Inuit peoples in the Diocese of Churchill-Hudson Bay. It provides for the needs of Inuit missionaries and catechists, as well as helping to construct and maintain mission buildings.

Camp O'Neill is a Catholic-oriented youth camp located at Round Lake that provides youth an opportunity to experience camp in a spiritual setting. Both Youth Camps and Special Needs Camps are offered.

AMPO is an outdoor education program that involves Grade 7 students from St. Alphonsus, St. Mary & St. Michael, and St. Paul schools in Yorkton. It is designed to encourage spiritual development through a multitude of activities.

Sacred Heart High School Scholarships are presented annually to two graduates. The recipients of the 2011 scholarships were Katherine Flaman (League Sister & daughter of League Sister Janice Flaman) and Kylie Chupa (daughter of League Sister Jody). Congratulations, and good luck with your future endeavours!

Diocesan Retreat – “Forgiveness”

On October 29th, 2011 Father Francis Hengen and 13 ladies from St. Gerard Parish Council attended the Diocesan Retreat in Sturgis hosted by the Yorkton-Melville Regional Council. The ladies attending were: Carol Deters, Mary Bybliw, Frances Mroczko, Kay Kuemper, Donna Lazurko, Angela Ostapovich, Marcella Sévigny, Yvonne Turgeon, Bernadette Kormos, Deanna Pellatt, Treeske Holtkamp, Margie Slugoski, and Dolores Spreitzer.

The session opened in prayer with Benediction and the Rosary led by Father Marcin Mironiuk, OMI.

Sister Teresita Kambeitz, an Ursuline of Prelate Sister, was the presenter. Sister Teresita gave a very informative and spiritual presentation on “**what forgiveness is**”.

“Forgiveness is the overcoming of negative feelings and judgment toward the offender, not by denying ourselves the right to such feelings and judgment, but by endeavouring to view the offender with compassion, kindness and love while recognizing that he or she does not deserve these.”

The 5 Phases of Forgiveness were covered with very knowledgeable examples of how we can grow spiritually and develop more empathy for other people.

1. Identify the hurt (name the injury) – seek for the truth of the loss
2. Express the hurt – cry, diarize, scream, “vent”
3. Understand the hurt – what leads this person to do what he/she did to me?
4. Forgive the hurt – can I put this person ahead of the misdeed?
5. Let go of the hurt – give it over to God and grow from it

Sister Teresita also showed us how forgiving others that have hurt us can help us to have a better relationship with God. The retreat closed with Mass, with Father Francis giving the homily.

- Submitted by Dolores Spreitzer

Advent Prayer

***Come, long-expected Jesus.** Excite in me a wonder at the wisdom and power of Your Father and ours. Receive my prayer as part of my service of the Lord who enlists me in God's own work for justice.*

***Come, long-expected Jesus.** Excite in me a hunger for peace: peace in the world, peace in my home, peace in myself.*

***Come, long-expected Jesus.** Excite in me a joy responsive to the Father's joy. I seek His will so I can serve with gladness, singing and love.*

***Come, long-expected Jesus.** Excite in me the joy and love and peace it is right to bring to the manger of my Lord. Raise in me, too, sober reverence for the God who acted there, hearty gratitude for the life begun there, and spirited resolution to serve the Father and Son.*

I pray in the name of Jesus Christ, whose advent I hail. Amen.



Prayer for Peace Within

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 you who choose to claim it.

*St. Therese of Lisieux
(The Little Flower)*



*Some
Definite Service*

God knows me
and calls me
by my name....

God has created me
to do Him
some
definite service;

He has committed
some work to me
which
He has not committed
to another.

I have my mission—
I never may know it in
this life,
but I shall be told it
in the next.

Somehow I am
necessary
for His purposes...

I have a part
in this great work;

I am a link in a chain,
a bond of connection
between persons.

He has not created
me for naught.

I shall do good,
I shall do His work;

I shall be
an angel of peace,
a preacher of truth in
my own place,
while not
intending it,
if I do but keep
His commandments
and serve Him
in my calling.

Therefore
I will trust Him.

- John Henry
Cardinal Newman
*Meditations and
Devotions*,
"Meditations on
Christian Doctrine,"
"Hope in God—
Creator",
March 7, 1848

Service to the People of God

Have you ever wondered about joining the Catholic Women's League, and how each member serves the people of God? League members seek to carry out their mission of building up the kingdom of God through service. There are eight standing committees that offer a range of particular areas in which members may serve.

Our local council has been blessed. In January 2012 we will witness the installation of new members, as well as League Sisters who will chair the following committees (or combinations of):

Spiritual Development

- a) Spiritual growth of members
- b) Study of Catholic teachings
- c) Role of women in the church
- d) Evangelization and mission assistance
- e) Lay ministries
- f) Ecumenism and interfaith endeavours

Christian Family Life

- a) Marriage and family
- b) Sanctity of life
- c) Ministry to:
 - i) Youth
 - ii) Disabled
 - iii) Seniors
 - iv) Widowed
 - v) Separated
 - vi) Divorced
- d) Vocations

Education and Health

- a) Catholic education
 - i) Catholic schools and catechesis
 - ii) Rites of Christian Initiation
- b) Literacy and continuing education
- c) Scholarships and bursaries
- d) Wellness and sickness/disease
- e) Environment
- f) Genetics

Resolutions

- a) Research and preparation of resolutions and briefs
- b) Study and implementation of resolutions adopted by other levels

Organization

- a) Recruit members/maintain membership
- b) Leadership development
- c) League resource material
- d) Annual reports
- e) Life membership

Community Life

- a) Dignity and rights of persons
- b) Social and economic justice
- c) Refugees, immigration and citizenship
- d) Canadian Catholic Organization for Development and Peace
- e) Developing countries

Communications

- a) The Canadian League magazine
- b) Media:
 - i) For evangelization
 - ii) To promote the League
 - iii) Evaluation and promotion of good content
 - iv) Newsletters and bulletins
- c) Media relations
- d) Pornography

Legislation

- a) Monitor and study legislation at all levels of government
- b) Preparation of briefs and position papers on proposed legislation

For more information about the Catholic Women's League of Canada on a national and global basis, please check out their national website www.cwl.ca

MARK YOUR CALENDARS!

Regina Archdiocesan Convention	(Weyburn)	Apr. 29/30, 2012
Saskatchewan Provincial Convention	(Moose Jaw)	June 4/5, 2012
National CWL Convention	(Edmonton)	Aug. 12-15, 2012
National CWL Convention	(Regina)	Aug. 10-14, 2013

Suzel's Favourite Dainties

SPANISH SLICE

3/4 c. brown sugar
1 c. margarine
1 1/2 c. flour

Rub together into 8x13" pan. Bake at 350F for 10 min.

Melt in pot:

3/4 c. syrup
2 T oil
2 (6 oz.) pkg. butterscotch chips
1 T water

Add 2 c. spanish peanuts. Pour over base. Cool and slice.

PEANUT BUTTER FUDGE BROWNIE BARS

1 1/2 c. butter melted, divided	1/4 c. milk
1 1/2 c. sugar	1 1/4 c. chopped pecans, divided
2 eggs	1 pkg. (10 oz.) peanut butter chips
1 t. vanilla	1 can (14 oz.) sweetened condensed milk
1 1/4 c. all-purpose flour	1/4 c. semisweet chocolate chips
2/3 c. cocoa	

In a bowl, combine 1 cup melted butter, sugar, eggs and vanilla; beat well. Add flour, cocoa and milk; beat until blended. Stir in 1 cup pecans. Pour into a greased 13-in. X 9-in. baking pan. Bake @ 350 F for 25-30 minutes or just until edges begin to pull away from sides of pan. Cool completely in pan on wire rack. In a medium saucepan over low heat, combine remaining butter and peanut butter chips, stirring constantly. Stir in sweetened condensed milk until smooth; pour over baked layer. Place chocolate chips in a small microwave-safe bowl. Microwave on high for 45 seconds; stir. If necessary, microwave an additional 15 seconds at a time, stirring after each heating, just until chips are melted. Drizzle bars with melted chocolate; sprinkle with remaining pecans. Refrigerate 1 hour or until firm. Cut into bars. Yield: 2 dozen.

Father Francis' Famous Pumpkin Pound Cake

2 1/2 c. sugar
1 c. vegetable oil
3 eggs
3 c. all-purpose flour
2 t. baking soda
1 t. ground cinnamon
1 t. ground nutmeg
1/2 t. salt
1/4 t. ground cloves
1 can (15 oz.) solid-pack pumpkin
Confectioners' sugar

In a mixing bowl, blend sugar and oil. Add eggs, one at a time, beating well after each addition. Combine flour, baking soda, cinnamon, nutmeg, salt and cloves; add to egg mixture alternately with pumpkin. Transfer to a greased 12 cup fluted tube pan. Bake at 350 F for 60-65 minutes or until a toothpick inserted near the centre comes out clean. Cool for 10 minutes before inverting onto a wire rack. Remove pan and cool completely. Dust with confectioners' sugar. Yield: 12-16 servings



The St. Gerard
Council of the
Catholic Women's
League
meets the
First Wednesday of
each month
at 7:30 pm in the
CWL Room.

For God and Canada

*The Catholic
Women's League
of Canada
is first and foremost
a spiritual
organization, that
hopefully will bring
its members closer
to God,
to our Patroness
Our Lady of Good
Counsel,
and to each other.*

*The CWL is an
organization that
contributes to the
life and vitality of
the church,
family
and community,
both at home
and abroad.*

Have suggestions or
submissions for the
next newsletter?

Please contact:
Sandra Archer,
Communications

For those who have
supplied an email
address, a coloured
copy of the
newsletter will be
sent directly to your
inbox!

Do you have an email
address but are not
on the CWL email
list? Follow this link:
[www.yorktondigital.ca
/lists.stm](http://www.yorktondigital.ca/lists.stm)
and select
"stgerard-cwl "
to subscribe

The Night Before Christmas

Sister St. Thomas, B.N.D. de N

A more spiritual version of the famous Christmas story

'Twas the night before Christmas, and all through the town,
St. Joseph was searching, walking up roads and down;
Our Lady was waiting, so meek and so mild,
While Joseph was seeking a place for the Child;

The children were nestled, each snug in their beds,
The grown-ups wouldn't bother, there's no room they said;
When even the innkeeper sent them away,
Joseph was wondering, where they would stay;

He thought of the caves in the side of the hills,
Let's go there said Mary, it's silent and still;
The moon on the breast of the new fallen snow,
Made pathways of light for their tired feet to go;

And there in a cave, in a cradle of hay,
Our Saviour was born on that first Christmas Day!
The Father was watching in heaven above,
He sent for His angels, His couriers of love;

More rapid than eagles God's bright angels came;
Rejoicing and eager as each heard his name;
Come Power, Come Cherubs, Come Virtues, Come Raphael,
Come Thrones and Dominions, come Michael and Gabriel;

Now fly to the Earth, where My poor people live,
Announce the glad tiding My Son comes to give;
The Shepherds were watching their flocks on this night,
And saw in the heavens and unearthly light;

The Angels assured them, they'd nothing to fear,
It's Christmas they said, the Saviour is here!
They hastened to find Him, and stood at the door,
'Til Mary invited them in to adore;

He was swaddled in bands from His head to His feet,
Never did the Shepherds see a baby so sweet!
He spoke not a word, but the shepherds all knew,
He was telling them secrets and blessing them too;

Then softly they left Him, The Babe in the hay,
And rejoiced with great joy on that first Christmas Day;
Mary heard them exclaim as they walked up the hill,
Glory to God in the Highest, Peace to men of good will!