
Catholic Women's League of Canada



Calgary Diocesan Newsletter

October 2010

From the President's Desk
Annamaria Matsui
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Today is a good day...

It seems we've been preparing for Fall, all summer with all the cool & rainy weather. It is sad to see the green go away but the new colors that God has painted nature with are just breath taking. We can only stare in wonder and think "how great Thou art". Many of you are busy in the kitchen canning all that wonderful food from this year's harvest. We gather together for Thanksgiving and create a feast for our families. At this time, let us pray for those who are not here to share it with us. May they be with us in spirit. Let us also remember those who are without a home, struggling to get through each day that their struggles are rewarded.



Every September, your Diocesan executive meets with Bishop Henry. The past few years, the dinner has been hosted by Fr Vargas at Sacred Heart parish. The evening is filled with great food but also allows the executive to have a discussion with our bishop to about various issues that involve our diocese and changes in the Church. We discuss social issues as well.

I hope that all who attended the Fall Meeting and Workshop enjoyed themselves thoroughly and that you are passing on your new found information to your councils. We had a bittersweet announcement that our much loved Spiritual Advisor, Fr Edmund Vargas, would be leaving our executive after 10 successful years with our Calgary Diocesan. We will dearly miss his presence and spiritual guidance at our meetings. We wish him great success as he completes his columbarium project and other construction at Sacred Heart Parish. Bishop Henry's most excellent choice for our new Diocesan Spiritual Advisor is Father Mario Basque of St Anthony's in Drumheller. We are happy that Father Basque accepted the appointment and we are truly blessed to have him on our Diocesan executive.

As I am writing this article, I'm also preparing to attend the provincial meeting in St. Albert at the Star of the North. The meeting starts Thursday evening and ends on Sunday by noon. I meet with the other diocesan presidents and learn about issues that are common to us all as well as others that are totally unique to another diocese. The sharing of ideas is wonderful. Our provincial officers update us on what they have been doing these past months since the convention as well as our

provincial president Fran Lucas brings back information from her meetings with the National executive.

Plans are already underway for next year's convention being held on April 29, 30 & May 1. The convention will be hosted by Calgary's SW quadrant and have booked the Delta Hotel on Southland Dr SE (formerly the Best Western Hospitality Inn).

Some of you may already be aware that a discussion surrounding the per capita fees at National. Next year, at the 2011 National convention, a motion will be made to raise the per capita fees by \$5.00 in 2012. The Fall edition of The League magazine will give us more information pertaining to why they feel the need to raise the fee. I will be mentioning this each month so that no one misses this important information. Raising fees is always a difficult decision and should not be taken lightly. If we could grow our membership nationally, it would mean more funds going to National and they would not need to raise the per capita fees.

At the provincial convention it was decided to discontinue with the Pennies for the Poor Initiative and start a new initiative called Nickels for the North. The background on this is that our Northern councils are in need of financial aid to attend conventions or for that matter just be able to have their diocesan executive meetings. The distances between each parish is great, and they are less populated. This means they receive less per capita but it is more expensive to run their councils. The name pins that Gloria aka "the hat lady" used to make generated funds that went directly to help fund our Northern councils. Since National has decided to issue these name tags, we had to come up with a different idea to help fund the North. Our provincial executive decided that if we collected nickels, it would greatly help our northern sisters.

The Calgary Diocese will still continue to collect "Pennies for the Poor" to send to help fund the orphanages in Burundi Africa. This decision was made due to many of us have non CWL members such as co-workers, family & friends who are giving pennies to help the orphans. Ella Ell has graciously offered to look after the wire transfers to Sr Maria Goretti. I ask that this is a secondary initiative and does not compete with the Nickels for the North.

The Edmonton Diocesan is trying to raise funds for the National convention that will be held in Edmonton in 2012. They have various articles that they are selling such as CWL umbrellas, luggage tags, and 4G memory sticks. All these items have CWL logo on them. Another council is selling Madonna lapel pins that are decorated with blue enamel. The Diocesan executive will have the items available for sale at the Regional meetings as well as at our convention in April.

Did you know that on October 17, Pope Benedict XVI will officially canonize Brother Andre? The Oratory in Montreal has been working very hard to make sure everything will be perfect for this special day.

I wish you all a Blessed and Happy Thanksgiving.

President Elect / Organization
Suzanne Sherry
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Welcome the new season of Fall! By now, many of you have attended the Diocesan Fall Meeting/Workshop and have also had your Welcome Back council meetings. School is in full swing and even the hockey season is upon us. Many of us have children/grand children who participate in amateur hockey and rely on us as their fan base! The harvesting of our gardens is complete, and the winterizing of our garden beds should be just about done! We do have so much to do in our lives it is sometimes difficult to find that peace and seclusion we need to be with God. We need to take the time – quiet time – to listen to what He is asking of us. In fact, it really is important to “make” the time – it really is in our control to make it happen. Many councils have elections coming up at the end of the year and members should listen to hear if the Lord is calling them to take a place of leadership on their council. Having as many positions filled on our your executive makes for lighter work for all. Consider having sub-committees as well. The more members who volunteer to help, the easier it is for the Council as a whole. There is a place for anyone who is willing to let their name stand.

Even during the busy hours of our daily life, we can offer all of our toils and labours as a prayer to our Creator. As we plan new CWL activities amidst busy personal lives, our thoughts and plans must include serving our Parish, our Council and our Community. Not everyone is safe and secure in warm homes. The needs of those less fortunate need to be considered. As your council plans these events, keep in mind the need to report them on the Annual reports! You all do such wonderful work, please take the time to let us know. The Annual reports were handed out at the Fall Meeting/workshop. They cover the period of Jan.1 through to Dec. 31, 2010. Do have a look back on your wonderful hard work and submit your report to me by December 15, 2010.

I wish to remind all councils that National would like us all to use the on-line registration that is now available. I encourage each “membership” chair to try it. It is very user friendly and basically walks you through it. Why not give it a try!

Don't forget to have a look at the criteria for the Father Walter Krewski Awards on the Provincial Website at www.cwl.ab.ca . The deadline for these awards is Feb.28, 2011 and is connected to your membership drive for next year! Also, you should be considering if you know of a member who qualifies for the Bellelle Guerin Award. Again, the criteria for this award can be viewed on the same site and there is no deadline for submission.

You should be in the planning stages of kicking off your membership drive. If there are still per capita fees to be collected for 2010, it is important to have those submitted as soon as possible. Once you have closed your books on the 2010 per capita fees, you can start collecting for 2011.

I pray we all have a successful journey together as we continue our work as women of Peace and Hope. May God Bless you all.

**Secretary
Elaine Barth
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Dear Sisters of the League:

By the time you read this, our Fall Meeting and Workshop will be over. **For all who attended I say thank you** for taking the time to become more familiar with our Catholic Women's League and my hope is that you will take the information you received, back to your council and share it with your executive and council members. **To be a council secretary is not a difficult responsibility but a very important one** so I encourage members to consider this position when election time comes around. Take the Secretaries Handbook and familiarize yourself with the duties. Remember to keep proper records so that we will always be able to retrieve information in years to come.

This month of October will be remembered as the month in which Pope Benedict VI canonized six holy people to Sainthood. We are very privileged to have one Canadian among them, namely **Brother Andre Bassette** of Montreal, the first Canadian born male saint for Canada. Brother Andre had a deep devotion to St. Joseph, the humble, quiet worker whom Andre imitated. His task at the seminary was to keep the oil containers filled for the lights that burned in front of the altar and certain saint statues, especially the statue of St. Joseph. He used these oils and the medals of St. Joseph as he prayed and blessed the sick bringing about many miracles of healing.

Brother Andre attributed these healing miracles to St. Joseph and in thanksgiving, built an oratory at the base of Mount Royal where he ministered to the sick and brought comfort to millions. He didn't live to see the completion of the Oratory, which took place in 1967 but to this day several million people visit the Oratory of St. Joseph each year. He was beatified on May 23, 1982 by Pope John Paul II and will be canonized as **Saint Andre on October 17th, 2010.**

The life story of this humble man is very interesting and I encourage you to pick up a book from the library to read. May we, through his inspiration, increase our devotion to St. Joseph in our daily lives, our powerful Patron Saint of Canada.



Spiritual Development
Sharon Malec
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Adults and Prayer

We, as adults, often take things for granted. One of the most significant skills is that of Prayer.

Please remember in your prayers, your sisters in the League and their families.

I ask for your prayers for Katie. She is a young woman who is dealing with a brain tumor.

Our image of God affects how we pray. We should examine this image. Some of us believe that God is male and old. He keeps track of our sins and we can change his mind. Can you think about why you do not get what you want sometimes when you have asked God for it?

Pray for the needy people of the world. Give us the ability to help them.

There are lots of reasons. I found as I wrote them down that there were 15. Is your list this long?

The wisdom of the church, the People of God, teaches us how to pray. We do not learn alone. We should all continue learning about our faith. Catechesis leads us to prayer.

Sometimes we forget to pray. Try to make a ritual of prayer. Whether it be at bedtime, sitting in your favorite chair during the day or as you are walking. It has been suggested that prayer has 3 forms. (1. Vocal 2. Meditative and 3. Contemplative.)

Our vocal prayer is often the prayer that Jesus taught, 'The Our Father'. Jesus prayed in the synagogue. He prayed to the agony in the garden. Internal prayer uses words.

Meditative prayer is the prayer of searching – the mind seeking to understand, the heart seeking to be reconciled. Have you thought of having a leader of 'Centering Prayer' present a program to you? Meditative prayer is to unite ourselves completely with Jesus.

Contemplative prayer is the simplest expression of the mystery of prayer. There is a story told of St. John Vianney, the Curé of Ars.

*John noticed a fellow in his parish church, coming in a little way each day, sitting in a back pew ...simply sitting. One day, John asked him, "What are you doing here, sitting silently each day?" The gentleman answered simply, "I gaze upon God. God gazes back at me."
Contemplation.*

We are in communion with God who loves us so much! We are chosen.



Christian Family Life
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HAPPY THANKSGIVING!

Let's face it there is nothing specifically Catholic about this secular holiday. I think the **idea** of thanksgiving however, is a **strong Catholic tradition**. It is a family celebration which appropriately touches our Christian Family Life Chair. As parents we should emphasize to our children that the word '**Eucharist**' means Thanksgiving. We should add our own unique Catholic touches to this special day. Before our Thanksgiving dinner, we are called to thank our Creator for our many gifts and blessings – the gift of the Eucharist and the gift of Salvation. Psalms of Thanksgiving (e.g. Ps150, Ps.23) and selected scripture readings could be shared at the family meal. Gathering of friends and family emphasizes the communal element of the Eucharist. This holiday could highlight our community-building initiative by inviting others as elderly folk, priest and religious, an international family. As parents we are the primary educators of children and by our examples our children will develop strong and meaningful Catholic family traditions.

October is a month dedicated to the **Rosary - a Catholic family devotion**. It is a Marian month, in which Mary Most Holy, Queen of the Rosary is venerated. We pray the rosary to grow in holiness and certainly in one's prayer life.

Other Marian prayers could be said: the Angelus, the Magnificat, or the Litany of the Blessed Virgin Mary naming only a few.

'How beautiful is the **Family** that recites the Rosary together.' (Pope John Paul II)
'There is no surer means of calling down God's blessings upon **Family** then the recitation of the Rosary'. (Pope Pius XII)



Action Items for the month of October

- Pray for the married couples participating in the **Retrouvaille** program on the weekend of October 1 – October 3, 2010 followed by nine weeks of post-sessions. Our prayers will bring hope, peace and support for these marriages experiencing difficulties.
- **Rachel's Vineyard Retreat** – October 15 – 17/10 For information call 1-877-597-3223. It is for men and women who have had post abortion experience.
- **A Song for Rachel'** concert and silent auction - October 22/10 at St. Luke's Parish 1566 Northmount Drive N.W. Project Rachel is a ministry of reconciliation and healing for people of all ages who are suffering distress from a past abortion experience.
- **Face to Face Youth Retreat** – October 23 – 24/10 at St. Patrick's Parish with speaker Ken Yasinski. Register with Sharon at sriendeau@telus.net or 403-256-7671. A Face to Face Youth Retreat in Brooks on October 2 & 3. Contact stayouth@live.ca
- **Encourage members to write letters, phone or email our government:**
 - a) To de-fund abortion on Demand in Alberta
 - b) Bill C510 to prevent coercion of pregnant women to abort (see September Newsletter
 - c) Ask Prime Minister Harper to discipline Bev Oda, Minister of International Cooperation for going against her government and the will of Parliament by promising to fund abortion overseas within the Maternal & Child Health Initiative.
- Google 'Quebec's Public Hearings' pertaining **to Dying with Dignity (Euthanasia)**, which began in Sept. These hearings affect the future of all Canadians. It is a complex moral issue with serious ramifications and significant potential for abuse. These hearings are of profound importance to all of us. Their decisions will come to eventually affect us. The commission cannot force Ottawa to amend the Criminal Code. Let's hope Quebec makes some good changes like improving palliative care, pain management and improving the code of ethics for medical professionals.

Our Lady of Good Counsel – pray for us.



Past President / History & Archives
Judy Look
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"This is the day the Lord has made; let us be glad and rejoice in it." Welcome to October... a new month with 31 days....each day presenting a new opportunity to grow in the love of God, to reach out to others, and to continue to work for God and Canada. Can things get better than that?

Often we take our lives for granted ...we believe that we have forever...we defer things to tomorrow...we live in the philosophy of "roundtoit"...I will get around to it later...tomorrow, next week, next month. We ignore the nudges from the Holy Spirit...the nudge that says...pick up the phone and talk to...or write that letter... or phone your daughter right now...or this would be a good idea for CWL...or introduce yourself to that new member...and each time we ignore that nudge we miss an opportunity and soon our life becomes one of missed opportunities. How often have you woke up with a wonderful idea just to let it slip away? How often have you had an idea that could make a real difference to your CWL council but you just couldn't be bothered to bring it to a meeting and have it discussed. How many of you missed the opportunity to participate in the Fall Meeting and Workshop and how many of you will miss the opportunity to find out what happened? If we are to be women of peace and hope we need to embrace every opportunity that each day presents and we need to root it in God's love.

At the Fall Meeting and Workshop we broke up into small groups; each group facilitated by members of the diocesan executive. I was with the president and president elect as we discussed Leadership, Membership and Effective Meetings. Success in these areas is centered around relationships for relationships are rooted in love. Executives are successful when they love one another for love demands respect and listening. When we are open to each others strengths and support each other in those strengths we have success. When we listen to one another's ideas with an open heart we begin to have the capacity to work together and it's through this working together that we get things done.

Please look at your archives and use them as your opportunity to learn more about your council and to share it with other members.

Continue to support WUCWO. We are a family with many members and many of the members of that family need our support and our love.

Have a wonderful month.



Legislation & Resolutions
Janet MacPhee
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Legislation

The federal government has started its parliament session on September 20, 2010.

The 3rd Session of the 27th Legislature of Alberta will resume at 1:30 p.m. on Monday, October 25, 2010.

Resolution 2010.02 - Income Tax Credit for Children's Participation in Arts and Cultural Activities

This resolution was passed at the 90th Annual National Convention, August 2010. This resolution asks for the federal government to implement a tax credit for children's participation in arts and cultural activities equal to the tax credit available for fitness activities.

The full resolution and brief is available on the national website and will be in the Fall issue of the Canadian League Magazine.

At the 90th Annual National Convention two letters were sent from the Convention floor. The first letter is to the Prime Minister of Canada appealing for the reinstatement of the long form census - Form 2B.

The second to the Canadian Conference of Catholic Bishops regarding the impact on the church of the sexual abuse crisis.

The full letters are available on the national website (www.cwl.ca).

Municipal Elections

On Monday, October 18, municipal elections will be held across Alberta. Every three years cities, towns, villages, municipal districts and special areas go to the polls to elect mayors (reeves), councilors (aldermen) and trustees including school trustees. As women of Peace and Hope this is a time that we can ask questions of candidates regarding the safety of our cities/towns etc., what they will do to protect our environment, what is their stance on the proposed distracted driving law, etc, etc. For the school trustees, their views on the education curriculum, where and how school funds (taxes) are being used, the cost of education, etc could be topics for discussion.

Please remember to vote on October 18, 2010.



Alberta Distracted Driving Legislation (Bill 16)

This Bill will be debated once the Alberta Government is back in session. There is an updated version of the Bill on the following website: www.transportation.alberta.ca/distracteddriving.htm (click on fact sheet).

Resolutions

At the 90th Annual National Convention there were two resolutions passed:
Resolution 2010.01 - Chrysotile Asbestos

Resolution 2010.02 - Income Tax Credit for Children's Participation in Arts and Cultural Activities

Please review the resolutions, briefs and action plan on the National website. They will also be in the Canadian League Magazine, Fall issue.

Now is the time to prepare and research resolutions to be presented for the year 2011. Don't be afraid of the process, be afraid of doing nothing.

<p style="text-align: center;">Communication Jan Vander Heyden jvander[at]shaw.ca</p>
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Sending Good Signals to Others

When we are listening to others speak, there are three kinds of cues that we can give the other person. Using the right kind of cue at the right time is crucial for keeping good communication going.

- **NON-VERBAL:** body language plays an important part in our communications with others. Head nods and an interested facial expression will show the speaker that you are listening.

- **QUASI-VERBAL:** Fillers words like, "uh-huh," and "mm-hmmm," show the speaker that you are awake and interested in the conversation.

- **VERBAL:** Asking open questions using the six roots discussed (who, what, where, when, why, how), paraphrasing, and asking summary questions, are all key tools for active listening.

Just want to have some fun with this one. Following are some fun and honest quotes:

~ The problem with communication is the illusion that it has occurred.

George Bernard Shaw

~ If we are strong, our strength will speak for itself. If we are weak, words will be of no help. John Fitzgerald Kennedy

~ Genuine poetry can communicate before it is understood. T.S. Eliot

~ Think like a wise man but communicate in the language of the people. William Butler Yeats

~ It seemed rather incongruous that in a society of supersophisticated communication, we often suffer from a shortage of listeners. Erma Bombeck

~ The most important things are the hardest to say, because words diminish them. Stephen King

~ We have two ears and one mouth so that we can listen twice as much as we speak. Epictetus

~ The way we communicate with others and with ourselves ultimately determines the quality of our lives Anthony Robbins

~ Good communication is as stimulating as black coffee, and just as hard to sleep after. Anne Morrow Lindbergh

- Communication is the real work of leadership. Nitin Nohria

~ Wise men talk because they have something to say; fools, because they have to say something Plato

~ The more elaborate our means of communication, the less we communicate. Joseph Priestley

~ When you come right down to it, how many people speak the same language even when they speak the same language? Russell Hoban

~ No one would talk much in society if they knew how often they misunderstood others. Johann Wolfgang Von Goethe

I wish everyone a happy and safe (travelers) Thanksgiving and safe but fun Halloween.



Education & Health
Janet MacPhee
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I am pleased to announce that the recipient of the Bishop O'Byrne scholarship for 2010 is Michele Misurelli of Holy Trinity, Calgary. Congratulations to Michele.

A bouquet: As sisters of the League we can take pride in our generosity to scholarships and bursaries. As well as donating to our own council bursaries, we generously contribute to the National Bursary Fund, the Coady International Institute, St. Mary's CWL chair and many other learning institutions at home and abroad. I offer congratulations to you all.

Education is expensive, especially post-secondary education. Tuition fees have increased by an average of 4% across the country this year.

Join the discussion on guiding the future and transformation of education in Alberta
Near the end of summer the Education Minister released the "Inspiring Action on Education" discussion paper. This discussion paper describes how changes may be made to achieve the preferred future for education in Alberta. On going dialogue is essential and as stakeholders in our children's education, your input would be welcomed. Visit the "Inspiring Action" website for dialogues and information (<http://engage.education.alberta.ca>).

It's Flu Season (Again)

As the leaves turn and the weather cools, we move our warmer coats, hats and mittens from the back to the front of the closet, we are reminded that the cold and flu season will be upon us soon. To protect yourself and your family from the cold or flu:

- wash hands frequently
- cough or sneeze into your arm/sleeve
- get a flu shot and
- stay home when sick.

Health issues this month (and next):

For the Youth - Obesity - discussions and news items regarding youth obesity have moved into the forefront even though it has been a growing problem over the last 25 years. Over the last 25 years obesity rates among children and youth have nearly tripled and for First Nations children the rate is 2 to 3 times higher than the Canadian average. This issue affects children everywhere in Canada.

Childhood obesity increases the risk of developing debilitating chronic diseases such as type 2 diabetes, cancer and cardiovascular diseases. It is one of the leading risk

factors for heart disease and stroke and is an attributing factor for low self-esteem and depression.

Understanding the Causes - We know that weight gain results from a chronic energy imbalance, but many factors, including economic status, education, genetics, social factors, the built environment, culture and media, contribute to the high number of unhealthy weights in Canada today. The problem is magnified among poorer families, who may have difficulty providing healthy food choices and physical activity opportunities for their children. Among First Nations, the causes of overweight and obesity are a complex combination of historical, economic and social factors.

A child's social, physical and economic environments, including schools, home and the community, all have a significant influence on whether a child is at a healthy weight. Children may have fewer options than adults for healthy eating and physical activity in environments over which they have little or no control.

Research has shown that:

- heavier mothers tend to have heavier babies, which is associated with obesity later in life;
- children are more likely to be overweight or obese if they have overweight and obese parents; and
- over-nutrition at a young age can have a lifelong effect on obesity.

Efforts to address obesity among adults can therefore also help promote healthy weights among children. These efforts must also address the environments within which both adults and children live.

Next month I will discuss the government's role and our role in preventing childhood obesity.

For the Mid-Age - Menopause - ah - that time is upon some of us. The amount of information on the internet, the books written about it, the medical studies done on it, the advice from doctors and health practitioners, other women (and men) and advice from my own blood sisters can be quite overwhelming. As with all of our bodily functions, the response to menopause varies with each individual.

Menopause is characterized by a cessation of periods caused by hormonal changes which can occur in women in their 40s, or for some as late as their late 50s. The short term effects are changes in menstrual cycle (irregular, heavy, skipped), hot flashes, sleep changes and mood changes (anxiety, irritability, depression).

Tips for handling heavy bleeding are to avoid alcohol, aspirin and hot baths and to increase your exercise. It is also advised to get checked for anemia (a decrease in the number of red blood cells) during this time.

Tips for handling hot flashes are to watch your diet (monitor what foods may trigger a flash such as red wine, coffee, cheeses, etc), exercise, reduce stress

levels, keep cool. Should your flashes be unbearable and constant you should consult medical help.

Tips for handling sleep changes (sleep deprivation can have serious effects on our mental health) includes avoiding caffeine and alcohol, stop smoking, increase your exercise, maintain a regular bedtime schedule and be comfortable in bed (change the type of bedding you use, the type of pajamas you wear, lighting and temperature in the room).

Mood changes are common and usually short-term. Should they become severe, consult medical help.

Yoga participants (who are in the menopause stage) report that the above effects are less severe than women that do not do yoga.

Next month I will discuss the long term effects of menopause and treatments.

For the Mature-Age - Osteoporosis - is a disease characterized by low bone mass and deterioration of bone tissue. One in four women and one in eight men over the age of 50 has osteoporosis, but the disease can strike at any age.

No single cause for osteoporosis has been identified. There are risk factors that may play a role in the development of osteoporosis.

The major and minor risk factors are:

Major risk factors: Age 65 or older; Vertebral compression fracture; Fracture with minimal trauma after age 40; Family history of osteoporotic fracture (especially if your mother had a hip fracture); Long-term (more than 5 months continuously) use of glucocorticoid therapy such as prednisone; Medical conditions (such as celiac disease, Crohn's disease) that inhibit absorption of nutrients; Primary hyperparathyroidism; Tendency to fall; Osteopenia apparent on x-ray; Hypogonadism (low testosterone in men, loss of menstrual periods in younger women); Early menopause (before age 45)

Minor risk factors: Rheumatoid arthritis; Hyperthyroidism; Prolonged use of anticonvulsants; Prolonged heparin use; Body weight less than 57 kg (125 lbs.); If your present weight is more than 10% below your weight at age 25; Low calcium intake; Excess caffeine (consistently more than 4 cups a day of coffee, cola or some energy drinks); Excess alcohol (consistently more than 2 drinks a day); Smoker.

Next month I will discuss treatment and prevention of osteoporosis.

CWL National Convention

I attended the National Convention held in Ottawa, August 8-11. It is such a great feeling to participate with over 700 of our sisters in business discussions, spiritual services, and social events.

On Monday, August 9th, the keynote address was presented by Doctor Nuala Kenny, titled "Hope in the Gospel of Life". She discussed the abuses that have been in news within the Catholic Church and how as women of peace and hope we can help our priests and ourselves (as we are all victims of what has happened to our Church) in dealing with this issue. She also discussed Jesus as a physician and healer. Thus we need to look to Jesus for healing. She was a very inspiring speaker. Her presentation may be made available on the national website at a later date.

The next Gathering Day presentation was by Eleanor Glenn. She gave a one-act/one-person play called "the Servant at the Supper". This play was presented from the view of the servant girl (that would of served Jesus and the apostles in the house that they had gathered at) during the first Easter events, from the Last Supper to the Resurrection Morning and beyond. Once again a very inspiring play. After this the business part of the meeting started. Eucharistic celebrations, reports, resolutions, discussion, motions, prayers, singing, and presentations made for a delightful and fulfilling event. I would encourage all CWL sisters to try and attend a National Convention. In 2012 the National will be in Edmonton. Being only 300 kilometers north, this would be a great opportunity to attend a National Convention.

Upcoming Events

REGIONAL MEETINGS: October 16 – Lethbridge at O.L.P.H, Foremost, Medicine Hat at St. Patrick's, Highwood at Holy Trinity, Blairmore, Drumheller to be announced.

Spread the Word about the CWL sponsored Business Fair, St. Bonaventure, Calgary, in the Parish Hall, Saturday, October 23 - 9:00 a.m. - 4:00 p.m.

