



St. Joseph's Catholic Women's League Newsletter – Fall 2024

Dear Sisters in the League:

We are pleased to be sending out our Fall 2024 Newsletter. It has been a busy time since our last Newsletter in December 2023. A number of changes have taken place with more expected as the year progresses. Our league is strong with a dedicated Executive and in particular our engaged Membership. A huge thanks to you, our members, as your continued support enables us to assist people in need.

CWL Executive and Standing Committee Reports:

A Message from our Co-Presidents – Kathi Colwell and Susan Conway Williamson

Here I Am Lord, Send Me.

We extend our warmest greetings to you and your families for the season of fall and hope you had a joy filled summer.

As we have re-established our meetings and activities now that summer is over, we would like to draw your attention to the St Joseph's Catholic Church website and particularly the easy link within the Ministries to our CWL website.

There you will note some of our CWL history, our goals in "Creating Hope Through Action", the most recent photo of our executive, a section for our newsletters to you and quick and easy links to awesome resources such as the National, Provincial and Diocesan CWL websites. Have a look inside the website at the section for each of our committees; Faith Ministry- Uniting Catholic Women to Grow In Faith, Service Ministry -to the Church, Canada and the World and Social and Ecological Justice Ministry- Actively Involved in Society. You will note the beautiful visuals of actions from a ministry perspective. We will soon add to Faith, Hearts in Prayer, to Service we will add Hands That Share and to Social and Ecological Justice, Minds That Dare.

We are extremely proud and grateful for each of our 3 standing committees!

The 104th National CWL Convention was held Aug 11th -14th, 2024 in Saskatoon, Saskatchewan. Faith speaker and author, Leah Perrault spoke about the National CWL theme: "Here I am Lord, Send Me" She facilitated her session with members at their tables sharing "Where have I encountered Jesus?" Let us also reflect on when we have encountered Jesus.

There was a session on Walking Together in Synodality. It is to journey together to find ways to hear the voices of all of the people of God, for a church that listens and where "each person

feels welcomed.”

Throughout the October 2nd – 27th final session of the synod, which has just begun at the Vatican, let us pray for all of the over 400 Catholics from around the world, who have been invited to share how the church can become more inclusive and better at listening to all of its members.

In 2024, National CWL released a new position paper on Human Trafficking. This is certainly a topic important to us and an area the Social and Ecological Justice Committee is focusing on. Pope Francis instituted a new World Day for Grandparents and the Elderly. This is to highlight the importance of providing adequate pastoral and spiritual attention to the elderly. It calls upon communities to manifest the closeness of the church to them. This day will be the 4th Sunday of July. Note the lovely Prayer for Grandparents and Elderly found on the National website. “Let us spend time with those that are disheartened and no longer hope for the possibility of a different future.” (Pope Francis)

On September 30, 2024 we, the members of the Catholic Women’s League of Canada recalled Pope Francis’ apostolic journey to Canada in July 2022, when his message was, “I have come to your native land to tell you in person my sorrow, to implore God’s forgiveness, healing and reconciliation, to express my closeness and to pray with you and for you”.

PRAYER FOR HEALING AND RECONCILIATION

O Blessed Virgin,
Our Lady of Guadalupe Intercede for us
with your Son
That we who live in this land,
Indigenous and non-Indigenous together
may experience healing and
reconciliation,
on a renewed journey for justice and
peace for our children.
Mother of the Church,
pray for us.

<https://ourladyofguadalupecircle.ca/>



Now, the CWL of Canada is committed to healing and reconciliation and “Walking together with Indigenous Catholic Women” not just on The National Day for Truth and Reconciliation (Orange Shirt Day), but every day. Members are encouraged to pray, “The Prayer for Healing and Reconciliation” and to express their solidarity.

Most sincerely, blessings from

Kathi Colwell and Susan Conway Williamson

Co-Presidents, St Joseph’s, Kingston Catholic Women’s League

A Message from our Past President – Colleen Krasna

Dear members of the League,

It is a beautiful time of year to be thankful for so many blessings. We have updated and reorganized the archives. These archives have been moved from a filing cabinet to a shelving unit. It will be easier to see all the files in chronological order. This time of year, is when we begin to plan and prepare for our upcoming parish CWL elections. A team of us, Mary Clancy, Rina Daechsel, Barb Quinn and I have started preparing the paperwork for the election. I thank them all for their dedication and hard work. May you all enjoy a lovely Fall with love, happiness, and good health.

May Our Lady of Good Counsel continue to intercede for us, always.

Colleen Krasna

A Message from our Treasurer – Connie Halvorsen

We currently have sufficient funds to meet our commitments for the rest of this 2024 year. So far this year we have collected \$122.25 for Development and Peace through member donations in the 1% Program. Hopefully we can meet our goal of \$200.00. Have a wonderful autumn.

Faith Ministry – Rina Daechsel, Karin Long and Kathryn Nickerson

In the month of September, we were sad to say thank you and farewell to our former Faith Committee Chair, Margaret-Anne Wojcik and wish her and Deacon Bob the very best as they join the St. Paul the Apostle Parish. We are pleased to welcome CWL member, Kathryn Nickerson, to the Faith Committee Team. Together Rina, Karin and Kathryn will continue to focus on the spiritual growth and faith formation of CWL members. Through our communal prayer, we will pray for the intentions of our parish members, our prayer buddies, our Indigenous sisters and brothers and all those who are marginalized and dealing with food insecurity and lack of housing. Finally, we will be collaborating with the service and social & ecological justice committees to be creating hope by being active in our parish and local community.

Service Ministry – Joan McCann (Chair), Angel MacKinnon and Maureen Plunkett

The Service Committee was pleased to continue assisting with a number of events.

On the weekend of December 2nd and 3rd, 2023, after each Mass, we held our annual Christmas Gift & Bake Sale. We raised over \$3,400.00.

We received approval to increase the funding for student bursaries from \$400.00 to \$800.00. The bursaries provided four deserving students attending our Catholic high schools with gift certificates towards the purchase of uniforms.

On April 22nd at 5:15 p.m., a CWL Mass was offered for our patroness Our Lady of Good Counsel. We then gathered at The Greek Islands Restaurant for an enjoyable dinner and get together.

On May 11th we held our Fancy Hat Tea Party. This annual event is very popular with our members. We had fancy hats, delicious sandwiches, desserts and an opportunity of meeting up with dear friends.

June was a busy month. On June 10th we started off with the Presentation of Service Pins after the 5:15 p.m. Mass. We then proceeded into the Church Hall for a Pot Luck Dinner. On June 18th we hosted the Retired Priests Luncheon with our guests Archbishop Michael Mulhall and six retired priests. The luncheon was well received and appreciated.

On June 23rd our ladies were busy assisting with a Family Picnic celebrating the 60th Anniversary of St. Joseph's Parish.

Social and Ecological Justice Ministry – Alice Gazeley, Barb Quinn (Chair) and Jane Watts

The new year started off discussing Federal Bill S210 Protecting Young Persons from Exposure to Pornography - a Bill requiring sites to implement meaningful age verification before pornographic content could be viewed. With Father Cosmas permission we drew up a petition and requested signatures from CWL and Parishioners. The signed petition was presented to Mark Gerretsen, our local MP.

Judy Fyfe Executive Director of St. Vincent de Paul Society spoke about the growing need for the services and support offered by St. Vincent de Paul. She also spoke of the construction of the new facility which was to begin this spring.

Jane Watts talked about her long history involved with recycling. Jane set up a program at St. Joseph's to collect items not usually acceptable to regular recycling programs. Earthub from Ottawa has been coming to Kingston this summer to receive our items at the market at the Memorial Centre.

In May, 2024, as part of our Speaker Series, we hosted two Municipal Councillors, Don Amos, Portsmouth District, accompanied by Greg Ridge, Councillor for the District in which the Integrated Care Hub (ICH) and Consumption Treatment Services (CTS) is located. We had asked them to speak on the efforts of City Council to meet the needs of Kingston's unhoused population, a population of approximately two hundred and thirty (230) men, women and young adults.

The unhoused choose to live in tents close to the HUB and CST building to seek help with addictions, to take advantage of the *Feed the People Lunch Program* and *Lionhearts* evening food Program or to hover around outside for social contact.

Rather than simply speaking to us, the Councillors chose to use the time allotted to have an interactive session. There was no shortage of direct thoughtful questions asked with respect and responded to with some depth of candor. The complexity of the issue was evident both in the questions asked and the responses given.

Several CWL Members and Parishioners will remember supporting financially the *Feed the People Program* led by two of our Parishioners, Mike and Michelle Schwarz at the HUB. Words are inadequate to convey the gratitude expressed by the volunteers who make the Lunch Program possible and those who were the recipients of the Program. A group of our CWL continue to volunteer to keep the Lunch

Program viable. Should you wish to volunteer and/or donate, contact Alice Gazeley at alicegazeley1@gmail.com

Kaleb Verk a Counselor at Resolve Counselling talked to us about Understanding Mental Health, Knowing Ourselves and how to recognize Physical, Emotional and Cognitive signs and symptoms of how we may be struggling. He also gave us some tools to help ourselves to remain mentally healthy. We end with some of Kaleb's suggestions - enjoy nature, find awe, laugh, sing and live out your faith.

Membership and Organization Committee – Mary Clancy and Pauline Scott

Our membership is currently at 122 members. Please welcome our newest member, Annette De Vette, who in June 2024 transferred from St. Mary's in Morrisburg. Our membership drive is booked for the weekends of January 4th and 5th and January 11th and 12th with a member posted at each of the three entrances ready to accept renewals at a cost of \$35.00. If you would like to volunteer for the membership drive, please call either Mary Clancy at 613-544-4190 or Pauline Scott at 613-548-3456. We encourage all members to spread the word to other women of the parish to join.

A Special Report from Denise Irvine – Corresponding Secretary

Our CWL's involvement with the food program, FEED THE PEOPLE (FTP), is still ongoing. Our members participated in helping with an FTP Yard Sale Fundraiser on Saturday, September 7th, from 9:00 a.m. – 2:00 pm in the Senior's Centre north parking lot. They helped organize donations (many from themselves), pricing them and setting up the tents and tables during the only day of rain that week. Spirits were high as people continued to show up despite the weather, buying amazing items to support the program! The sale made \$1,700 itself (including a huge Food Basket raffle which our own Pauline Scott won) and with monetary donations, we helped raise \$2,400.00 for our very worthy cause. Members Denise Irvine, Alice Gazeley, Kathryn Nickerson and Karen Wolfe continue to help provide the meals that are now being served in a small clearing in Belle Park. The Hub itself is closed at the moment, but FEED THE PEOPLE continues to take food, water, and other supplies every day from 12:00 -2:00 pm for the now displaced houseless. Please remember all those involved in your prayers, with a special one that the Integrated Care Hub will reopen soon. Thank you so much.



CWL Memory Book

Since the beginning of the year, we have lost four of our long serving members.

Elizabeth Margaret Gunhouse

February 24, 2024

Marian Frances Meagher

March 4, 2024

Teresita Mekarski

June 27, 2024

Margaret Ann Payne

September 16, 2024

May they, and all our deceased members, rest in peace.

Please mark on your 2024 calendar the following dates:

October 2024

General Meeting – Monday, October 7th – 7:00 p.m.

Executive Meeting – Monday, October 28th – 7:00 p.m.

November

General Meeting – Monday, November 11th – 6:15 p.m. (SPECIAL TIME)

- following Mass at 5:15 p.m. for Deceased CWL members

Executive Meeting – Monday, November 25th – 7:00 p.m.

December

Christmas Bake Sale – Saturday, December 7th after the 5:15 p.m. Mass / Sunday, December 8th after the 9:00 a.m. and 11:00 a.m. Masses

General Meeting – Mass at 5:15 p.m. followed by our Pot Luck and Appreciation Dinner



We would like to wish you and your family a very Happy and Blessed Thanksgiving.