

# St. Michael Parish CWL NEWSLETTER

Issue #1: June 2022

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## WELCOME!

Welcome members to the first edition of our CWL Newsletter for St. Michael Parish.

The intention of this newsletter is to keep members informed of activities within our parish council as well as updates from all levels of the League - Diocesan, Provincial and National.

Our goal is to publish two issues annually. One in early June, in time to hand out at our Pot Luck Social, and a second in late November to share with members during the Christmas season.

As this is our first issue, we are still working through content and format. If you have any suggestions for content or format, please contact Shani Pregelj at 519-883-8933.

Also, please reach out to the above number if you would like to receive a hard copy going forward.

## A REASON TO CELEBRATE 60 YEARS!

The first meeting of the CWL council for St. Michael parish took place November 27, 1962. Here we are, 60 years later and still going strong.

This milestone will be celebrated with a special mass on **Sunday November 20<sup>th</sup> at 2:30pm** with our Pastor and Spiritual Advisor Father Jamroz and the Bishop of Hamilton, Most Reverend Douglas Crosby.

***Mark your calendars - we want to see all members out to celebrate.***



**CATHOLIC**  
and **LIVING IT!**



Faith

Service

Social  
Justice

## A MESSAGE FROM FR. JAMROZ

**Dear Members of the Catholic Women's League:**

As we just finished the Easter Season, I would like to share with you a brief reflection on the role of women in the Resurrection story. In the Gospel of John, it is to a woman, Mary Magdalene, to whom Jesus first appears, instructing her to go and tell the disciples of His Resurrection and Ascension to the Father (Jn 20:17-18). It is significant that it is a woman who is sent by the Risen Lord Himself, and what she proclaims is the standard apostolic formula of the Resurrection: **"I have seen the Lord."** Which is why, in the Western Church tradition Mary Magdalene received the honor of being called an apostle – "the apostle to the apostles" (in Latin, *apostola apostolorum*). Indeed, we are all, men, and women, called to be witnesses to the Resurrection of the Lord.

I am grateful for all you do and the way you witness to the Resurrection in our parish community and beyond. May God abundantly bless each of you and your families.

*Fr. Pawel Jamroz*

### MISSION STATEMENT

The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.

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## CWL EXECUTIVE 2022 - 2024

**President**

*Shani Pregelj*

**Past President**

**& Christian Family Life**

*Chris McKenzie*

**Corresponding Secretary  
& Organization**

*Veronica Zarin*

**Treasurer**

*Yvonne Gleason*

**Spiritual Development**

*Shari Guinta*

**Recording Secretary**

*Martina Smith*

**Education and Health**

*Gai Brown*

**Correspondence**

*Candace Smith*

**Spiritual Advisor**

*Father Pawel Jamroz*

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## CONTACT US

Email

[cwl@stmichaelw.ca](mailto:cwl@stmichaelw.ca)

or call the  
parish office  
519-884-9311  
with questions  
or for information  
about the CWL.

## FROM THE PRESIDENT'S DESK

I am pleased to be starting my second term as President for the CWL at St. Michael Parish.

I feel my first term was cut short due to COVID and this is the "victory lap" where I get a chance to continue working with such a wonderful group of women at our parish and our Spiritual Advisor, Father Jamroz.

Our new executive was installed at the 7pm mass on March 8<sup>th</sup>, 2022 by our Pastor and Spiritual Advisor Father Jamroz.

I'm looking forward to the next two years, working for the League and for God and Canada.

---Shani Pregelj



### ***Just for Fun:***

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large tray of apples. A nun lettered a note and posted it on the apple tray: "Take only ONE. God is watching."

Moving along the lunch line, at the other end was a large tray of chocolate chip cookies. A girl wrote a note, which she put next to the tray of cookies, "Take all you want. God is watching the apples."

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*"He said, How about you bring me breakfast in bed?"  
She said, "sure, go sleep in the kitchen."*

## IMPORTANT LINKS

### St Michael Parish CWL:

Website:

<http://stmichaelw.ca/cwl>

Facebook:

[@cwlstmichaelw](https://www.facebook.com/cwlstmichaelw)

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### The League Beyond our Parish

CWL of Canada:

<https://cwl.ca>

Hamilton Diocesan Council:

<http://www.hamilton.cwl.on.ca>

CWL Provincial:

<https://www.cwl.on.ca/>

### CWL in Social Media:

Facebook: @CWLNational

YouTube: @CWLNational

Instagram: @CWLNational

Twitter: @CWLNational

## **We ARE Catholic and Living It!**

*By Shari Guinta, Spiritual Development*

St Michael parish is full of devout Catholic women who are ready to show that they are living their Catholic faith. I have to congratulate our president Shani Pregelj for her dedication to our council and excellent planning.

With a new theme for 2022-2023 gifted to us from our national president, Fran Lucas, Catholic and Living It, I cannot help but comment on how appropriate this is for us as Catholic women, especially in today's world and after trying to celebrate our 100th anniversary as an organization.

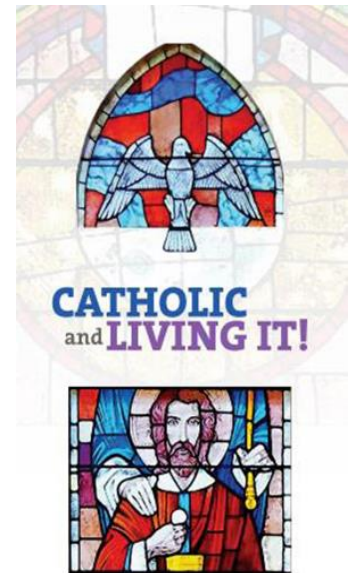
I have spoken before about my own journey in the League and how, when I reflect, can see how much I have learned about the Catholic faith, my own spirituality, and the Church. And it came through being a member of the Catholic Women's League of Canada

This is one thing that I love about The League; we learn and grow in our faith and knowledge of what Catholicism is all about and we can participate in our parishes and communities in faith, service, and social justice. Service to the greater community has been shown by St Michael CWL in the various service projects we have participated in.

In a wonderful book entitled "Why I Am Catholic" by Brandon Vogt, he offers a refreshing explanation of the Catholic faith. Mr. Vogt says "In addition to teaching people, the Catholic Church has also fed, healed, and housed more than any institution in history." He goes on to say, "Although you may not find it celebrated in many textbooks, the Catholic Church has contributed a massive amount of good to Western civilization and has been, perhaps, its most indispensable builder." Quite an accomplishment I would say. Is this not Catholic and Living It!?

The work of the League is incredible in many sectors of our society; social justice, social awareness, missions to those in need, in poverty, resolutions concerning protection of life, palliative care, hospice service, soup kitchens, clothing the poor and on and on. Our hands and minds and voices express our beliefs.

Let's not keep this to ourselves. I challenge members to reach out to women in our parish and invite them to join the Catholic Women's League of Canada. We just have to ask, to reach out and invite. Let every woman in our parish have the chance to be a woman who can learn about her faith and then serve humanity the way God meant her to. That's Catholic and Living It!



*Remember that  
the Christian  
life is one of  
action, not of  
speech and  
daydream.*

*Let there be  
few words and  
many deeds,  
and let them  
be done well.*

*– St. Vincent*



## CATHOLIC and LIVING IT!

Loving Father, open our hearts  
to your infinite love for all  
people,  
and to your presence with us  
wherever we go in your name.

Lord Jesus, deepen the  
spiritual life of the Catholic  
Women's League.

Strengthen the faith and good  
works of our members,  
building-up life in the world by  
being Catholic and Living It!  
May we imitate you with works  
of mercy,  
welcoming the forgotten,  
suffering or vulnerable  
wherever we encounter them.

Holy Spirit, strengthen us to live  
our faith,  
witnessing to life, peace and  
social justice daily wherever we  
are in Canada.

Through the intercession of  
Our Lady of Good Counsel,  
may we be joyful  
and responsive to our  
Christian calling,  
by truly being Catholic and  
Living It!

We make this prayer through  
Jesus, our Teacher and  
Messiah,  
who lives and reigns with the  
Father and the Holy Spirit,  
forever and ever.

Amen.

## 2022 CONVENTION UPDATE:

Hamilton Diocesan Council  
recently held its 102nd annual  
diocesan convention from May  
13th to 15th in Hamilton, Ontario.  
It was the first in-person  
convention since 2019 and a  
chance to finally celebrate the  
100<sup>th</sup> Anniversary of the Diocese.



Several members of our Council  
were in attendance.

It was a wonderful chance to  
connect with League sisters  
from other parishes and enjoy  
faith and fellowship together.

*Did you know? Any CWL member can attend the annual convention, not just the executive. Please reach out if you are interested in attending in the future.*

## The Catholic Women's League of Canada



Palliative Care is the right of every Canadian.  
Uniform standards and delivery of palliative care  
is essential to ALL Canadians.

### HOSPICE PALLIATIVE CARE

#### \* National Hospice Palliative Care Week - May 1st to 7th \*

During the first week of May members were asked to participate in the *12 Hours of Prayer for Palliative Care* CWL initiative by setting aside an hour and praying for accessible palliative care in Canada.

#### National Chairperson of Education and Health Margaret Schwab advises:

"In March 2023, the federal government will review medical assistance in dying (MAiD) legislation again. This time, the discussion will be about eligibility for individuals with mental illness as their sole underlying medical condition. It is a frightening step, and members need to advocate through letter writing and prayer for more funding for better mental health care. It is unthinkable that people would choose death because they do not have access to the help they need to choose life."

(Communiqué #05 - April 7, 2022)

"The League has taken a position that urges the federal government to identify palliative care as an insured health service covered under the Canada Health Act and develop a national strategy for uniform standards and delivery of palliative care as defined by the World Health Organization. It is crucial to remind government officials that this has not been accomplished."

(Memo – April 11, 2022)

### The *Dignity Conserving Care Webinar*

This was held Saturday, May 7<sup>th</sup>.

If you were unable to attend at that time, a recording is available for viewing on the national website (see web address below.)

This was very well received and a wonderful resource for members and their families.

<https://cwl.ca/dignity-conserving-care-webinar-recording-now-available/>

## **EDUCATION REPORT 2022**

*By Gai Brown, Education and Health Convenor*

*St. Michael Catholic Women's League support the students at Sir Edgar Bauer and St. Nicholas Catholic Elementary Schools and St. David Catholic Secondary School.*



Present enrolment:

*Sir Edgar Bauer Catholic Elementary School: (JK to Grade 8) **372 students***

*St. Nicholas Catholic Elementary School: (JK to Grade 8) **450 students***

*St David Catholic Secondary School: (Grade 9 to Grade 12) **897 students***

*This year, we provided bookmarks to the students receiving **The Sacrament of 1<sup>st</sup> Holy Communion and Confirmation** from both our Elementary Schools.*

***1<sup>st</sup> Holy Communion** for Sir Edgar Bauer CES was held on May 29<sup>th</sup>, 2022 and St. Nicholas on May 18<sup>th</sup>, 2022. A total of 53 students received this Sacrament.*

***The Sacrament of Confirmation** for Sir Edgar Bauer CES was held on May 19<sup>th</sup>, 2022 and St. Nicholas CES on May 12<sup>th</sup>, 2022. A total of 43 students received this Sacrament.*

*The Lady of Good Counsel Award will be presented to a graduating student who is an active parishioner of St. Michael Parish in June. This is an award which is shared with the Parish.*

***We are happy to support all our students!***

## **Marillac "Baby Bottle" Campaign 2022**

St. Michael's parish is taking part in this important fundraiser for Marillac Place which runs from Mother's Day (May 8th) to Father's Day (June 19th).

*(Mother's Day to Father's Day is the focused time period of this campaign but donations are always welcome and needed anytime of the year.)*

You can support this virtual campaign thru an on-line donation or by sending a cheque directly to Marillac Place (109 Young St. Kitchener, ON, N2H 4Z2)

Link for donation: <http://www.marillacplace.ca/donate/>

Thank you for your support. All proceeds from the campaign will directly support the operations of Marillac Place to help us make an immediate impact on residents.

For more information about Marillac Place please call (519) 571-0722 ext. 202, or send an email to [admin@marillacplace.ca](mailto:admin@marillacplace.ca), or visit <http://www.marillacplace.ca>.

## Membership Milestone

**Congratulations to the following members who achieved special milestones in 2020, 2021 and 2022.**

	<i>Leona Hauck</i>		<i>Joan Kocher Mary Legault</i>
	<i>Mary Flanagan Mary Anne Schnarr Ruth Woroch Lucille Bordman Cornelia Grzegorzczuk</i>		<i>Helen Baron Margaret Beaton Pat Corman Martina Smith Florence Hartman Phyllis Halk Diane Waldock Grace Lanteigne</i>
	<i>Jean Balahura Rina Colussi Dorothy Hinschberger Gai Brown Barbara MacIntosh Charlotte Wilson Magnell Robinson</i>		<i>Marylou Meissgeier Mary Bernice Schnarr Pat Henhoeffer Kathy Shaw Marie Gommans Erin Gleason</i>
		<i>Chris McKenzie Maryanne Grobe Julianne Dreisinger Marie Lehman Vivian Remington Denise Dolff Marlene Fay Jaqueline Sharratt Yvonne Rickert</i>	

### ***What outstanding achievements!***

Recognition will take place at our  
Service Pin Celebration in June.



## In Remembrance:

We pray for our departed League Sisters.  
(2020 to present)

Rina Colussi - June 3, 2022

Madeline Hergott - March 27, 2022

Lynn Bulmer - December 4, 2021

Helen Rose Gelinas - August 8, 2021

Danijela Tanaskovic - August 8, 2021

Marlene Voisin - January 12, 2020

Doris Arlene Bechtel - January 20, 2020

Helen Benninger - July 4, 2020

Irene Boatman - April 22, 2020

*Eternal Rest, grant unto them and let perpetual light  
shine upon them.  
May all the faithful departed rest in peace.*



## Membership Reminders

**Personal Information:** A reminder for all members to inform both the CWL and the parish of any updates to your contact information – mailing address, email address, phone number etc. Contact the parish at 519-883-9311 / contact Shani at the CWL at 519-883-8933.

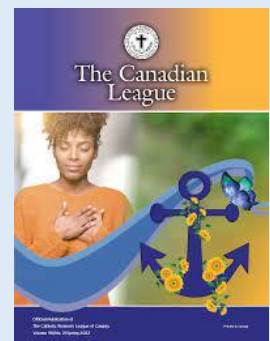
**Email address:** The CWL sends out email updates on a regular basis (3 or 4 per month). If you are not receiving these emails and would like to, please email the CWL at [cwl@stmichaelw.ca](mailto:cwl@stmichaelw.ca) to have your name added to our mailing list. *(email address are not shared and are only used for CWL communication purposes)*

**Membership dues:** Dues remain at \$30 for 2023.

We can begin accepting payment of dues as early as October for the following year. Ideally, we would like all dues submitted by the end of January. Paying early / on-time helps save time and effort in following up with members.

**Thank you to all members:** both current and new, who renewed their membership for 2022. We are very grateful for your continued support and dedication to our Council and the Catholic Women's League of Canada.

## The Canadian League



The Canadian League Magazine is published three times a year; Winter (January), Spring (May) and Fall (November).

Going forward, the Fall issue will only be available on-line at [cwl.ca](http://cwl.ca). The Winter and Spring issues will continue to be printed and mailed to members.

If you would like to receive a printed copy of the Fall magazine, please email or call to request a copy: email [cwl@stmichaelw.ca](mailto:cwl@stmichaelw.ca) or call Shani Pregelj at 519-883-8933.

# Upcoming EVENTS

Make Plans to Be a Part



The CWL will hold its annual Bake Sale / fundraiser, the weekend of October 1<sup>st</sup> & 2<sup>nd</sup>.

All baking donations are appreciated.

More Information to follow as the date approaches.



**November 2022 marks the  
60<sup>th</sup> Anniversary  
of the CWL at St. Michael  
Parish.**

In celebration of the CWL at our parish there will be a special Anniversary Mass on  
**Sunday November 20th at 2:30pm.**

A reception will follow in the parish hall.

His Excellency Bishop Douglas Crosby will be with us for this special occasion.

This mass is open to CWL members and parishioners (non-members). We encourage all CWL members and their families to participate in this wonderful occasion to celebrate the League at our parish.

If you'd like to help with the planning, please contact Shani Pregelj  
email: [cwl@stmichaelw.ca](mailto:cwl@stmichaelw.ca) or phone: 519-883-8933.

**Enjoy the summer break.**

**Our next meeting will be Tuesday September 13<sup>th</sup>, 2022**

*Included below is St. Michael CWL 2021 Annual Report submitted to the  
Hamilton Diocesan Council for their Annual Report Booklet*



**Hamilton Diocesan Council**  
**Of**  
**The Catholic Women's League of Canada**

*Care for Our Common Home*



**Name of Council:** St. Michael, Waterloo

**Name of President:** Shani Pregelj

**Spiritual Advisor:** Father Jamroz

**Number of members:** 104

**Life Members:** 1

Starting the year with COVID restrictions and concerns meant in-person gatherings were not possible, but we tried our best to keep members up to date and in touch with each other and the League.

Throughout the year, regular email updates were sent and phone calls made to members, both to check in and to keep in touch. Members really appreciated this personal connection with their League Sisters.

CWL lead the Rosary virtually (zoom), for members, parishioners and friends. We prayed together weekly during Lent and Advent as well as during the months of May, June and October. When things opened up, we were happy to also lead the Rosary in the parish weekly during October.

Our first general meeting, since March 2020, took place in early November. It was so nice to have members gather in-person again. At this meeting we conducted the instructed vote for our council. We gathered again in December at a local restaurant for our Christmas dinner social. Another lovely time spent together with League members and our Pastor and Spiritual Advisor, Father Jamroz.

Community support is a regular part of our council and CWL members assisted with making sandwiches for the overflow shelter at Stirling Avenue Mennonite Church. We also supported and promoted parish initiatives including Marillac Baby Bottle campaign and Ready day One, "Send Them Off Smiling" back to school campaign.

Towards the end of the year, we began promoting the new National theme and distributed the prayer cards to members.

As I look back on the year, I feel truly blessed to be part of the CWL and to have such a wonderful group of women in our council. I am looking forward to the year ahead and to be "Catholic and Living it".

*Shani Pregelj. President St Michael CWL*