

St Michael Parish CWL NEWSLETTER

Issue #3: June 2023

WELCOME!

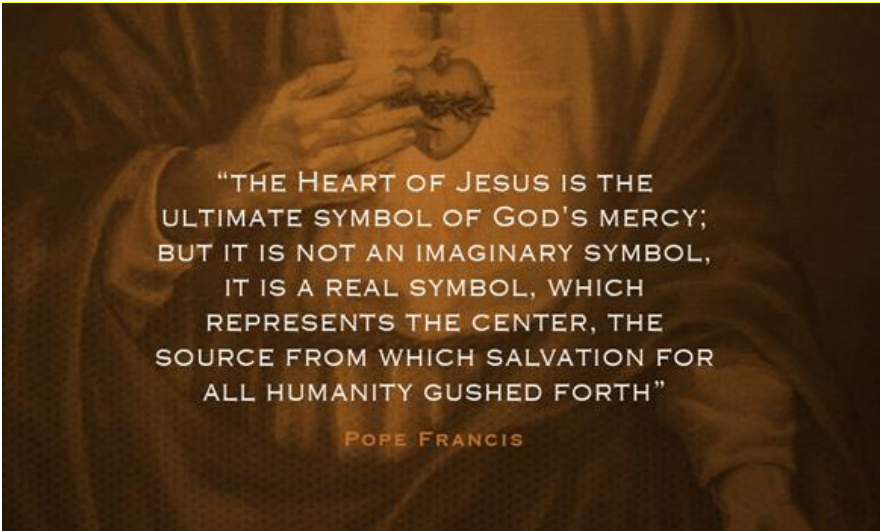
Welcome members to our CWL Newsletter for St. Michael Parish. The intention of this newsletter is to keep members informed of activities within our parish council and parish as well as updates from all levels of the League - Diocesan, Provincial and National.

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.

We are always happy to have feedback on content and format. If you have any suggestions, 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.

The month of June is dedicated to the Sacred Heart of Jesus



"THE HEART OF JESUS IS THE
ULTIMATE SYMBOL OF GOD'S MERCY;
BUT IT IS NOT AN IMAGINARY SYMBOL,
IT IS A REAL SYMBOL, WHICH
REPRESENTS THE CENTER, THE
SOURCE FROM WHICH SALVATION FOR
ALL HUMANITY GUSHED FORTH"

POPE FRANCIS



CATHOLIC
and **LIVING IT!**



Faith

Service

Social
Justice

A MESSAGE FROM FR. JAMROZ

Dear CWL Members,

As we have just finished the Easter Season, I would like to share with you a brief reflection on how the Risen Lord is present in our lives today.

When Jesus was ascending into Heaven, the disciples were gazing up into the sky. But two angels invited them to focus their attention rather on the world around them, "Men of Galilee, why do you stand looking up toward heaven ...?" (Act 1:11). The angels remind us that for now we are the continuing presence of Christ on earth. St. Theresa of Avila was right famously saying, "Christ has no body but yours, no hands, no feet on earth but yours."

My Friends, by your wonderful involvement in many areas of our parish community and beyond you are true witnesses that Christ is alive and present among us. I am grateful for all you do and for the meaningful way you witness to the Resurrection of the Lord.

May God abundantly bless each of you, your families, and our parish community.

Pax Christi,

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.

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

CONTACT US

Email

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 have a confession to make. Although I truly cherish the CWL and my involvement with the League, my enthusiasm for my role as President goes in “ebbs and flows”.

There are times when I just cannot wait to get started on something new and other time when it feels like such a chore to carry on with the task at hand.

But since I am being honest here, I have to say that I have a new found passion for the CWL and my role as President of our parish council. This is all due to our 60th Anniversary celebration that took place in the fall.

I was more than pleased with the response among members and the joy everyone had being together and celebrating this milestone. On such a wintry day, I could not believe it when so many braved the elements to come and join their League Sisters in this celebration.

Seeing so many members out enjoying themselves and reminiscing on their time in the League was such a boost for me and a pertinent reminder of the hard work and effort that has gone into keeping our Council vibrant over the years. A legacy that needs to continue.

What also contributed to my new found passion was hearing Bishop Crosbys' message and his unwavering support for the CWL. To use his words “Anything for the League”.

This was the “shot in the arm” I needed to continue my time as President with a renewed sense of passion and energy.

My enthusiasm will no doubt continue into 2024 when the new National Executive takes on their roles. Leading the Executive team as the CWL National President is our own Shari Guinta. I know we are all proud of Shari's accomplishments in the CWL over the years. Please keep Shari and the National Executive team in your prayers during their time in office.

--- Shani Pregelj

IMPORTANT LINKS

St Michael Parish CWL:

Website:

<http://stmichaelw.ca/cwl>

Facebook:

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

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

St. Michael Parish Outreach Ministry

*The focus is on YOU, our
Parishioners*



St. Michael Parish Care Ministry

The Parish Outreach Ministry focusses on YOU, our Parishioners.

We want all our Parishioners to know and experience community here at St. Michael Parish; **we are family.**

Volunteers reach out to our Parishioners like family, demonstrating care, concern and being present during the good times and the bad times. This is accomplished through phone calls, and writing Thinking of You notes. We also act on approved suggestions and needs of our parishioners.

*****All parishioners are encouraged to inform the parish of life events/changes (both happy and sad) by contacting our office.
We are here for you.*****

A sampling of some of our recent projects and activities:

- contacting parishioners by phone and sending cards
- coordinating our Parish Pilgrimage to the Carmel of St. Joseph
- created Volunteer Opportunities and Support Available tri-folds
- distributed treats for children and parishioners (Christmas, Easter, Halloween, etc.)
- created a card for Parents and Parishioners welcoming children
- created and distributed Mother's Day bookmarks
- created Examination of Conscience booklets for Adults and Children

VOLUNTEER OPPORTUNITIES

For more information on this role or other volunteer roles, the screening process, or if you're looking for additional information please contact Kathy Shaw at 519-886-2117 or email shawbing@rogers.com.

(This Ministry requires high risk screening.)



Social Justice in Action

The CWL is not just a Parish Women's group but a National Organization that addresses everyday concerns through Resolutions.

CWL representative were busy in early 2023 bringing the Christian perspective on a broad range of issues to decision makers at the Federal and Provincial levels.

Delegates from the CWL National Executive visited Ottawa in February 2023 and met with representatives from both the Federal and Provincial Governments. Many resolutions were discussed including:

Resolution 2022.02 Enact Federal Legislation to Reduce Food Loss and Waste

Resolution 2017.02 Mandatory Age Verification Mechanisms for Adult Pornographic Websites

Resolution 2015.02 Increased Early Access and Intervention to Children and Youth Mental Health Services

Resolution 2015.02 Ban Microbeads in Personal Care Products

Resolution 2013.01 Building Relationships and Partnerships with Canada's Indigenous Peoples

Resolution 2002.11 Responsible Internet Use for Children

(See the Spring Issue of The Canadian League Magazine for the full story)

The CWL Provincial team also met with Politicians at the Provincial level to discuss current Ontario Resolutions:

ON.22.02 National Strategy to Address Loneliness

ON.22.01 Improve Care in Long-term Care Homes

Seeing all the Resolutions listed out above shows the **breadth of issues** the CWL is concerned about. These meetings are important and bring attention to decision makers that change needs to happen.

All meetings were productive and provided validation that all the hard work that goes into Resolutions is worth it when someone at the other end is listening.

Through Resolutions and these Government meetings, the Catholic "Voice" is heard and is making a difference.

The "Voice" of the CWL remains strong thanks to all CWL members who continue their membership and support of the League every year.

Be sure to check it out...

CWL Virtual Prayer Room

The Ontario Provincial Council website has a Virtual Prayer Room, complete with meditation music.

The Prayer rooms includes:

- Divine Mercy
- Prayers to Combat Loneliness
- Virtual Rosary
- Meditation
- Year of St Joseph
- Mental Health Link.

Please see the link below and take advantage of this wonderful resource from CWL Ontario.

<https://cwl.on.ca/virtual-prayer-room/>



A PRAYER TO BEGIN SUMMER

For more light in the day, we thank you,
For gentle mornings, we thank you,
For nighttime conversations,
we thank you,
For friends and family,
we thank you,
For gardens and all manner of creatures,
we thank you.
Help us, Creator and lover of our souls.

Help us love this earth.
Help us dwell wholeheartedly in our lives
this day.
Help us pray as we walk, work, play, rest,
and create.

Amen.

Just for Fun:

A woman walks into a church and starts praying the Rosary.

After a string of Hail Marys, she hears the voice of Jesus. "Agnes," He said to the woman. "I am here. What is it you want to ask for?"

The woman ignores Him and continues her rosary and her Hail Marys.

"Arise, for I have come to you," Jesus stepped closer and opened His arms.

The woman continues to ignore Him and pray her rosary.

"Agnes, I say to you, I am with you."

Finally, Agnes looks up. "Be quiet! I'm talking to your mother!"

On the way to meet my husband at a restaurant, I realized that I didn't have my phone and immediately panicked. I needn't have worried. He saw my phone on the couch at home and brought it with him. When he arrived, I checked my texts. There was only one, and it was from him: "I'm on my way, and I have your phone."

Membership Milestone

Congratulations to the following members who achieved special milestones in 2023.

	<i>Mabel Finch</i>		<i>Mary Dietrich</i>
	<i>Eileen Quehl</i>		<i>Carol Way</i> <i>Patricia Ament</i>
	<i>Sarah Guinta</i>		<i>Yvette Loffree,</i> <i>Shani Pregelj,</i> <i>Madeline Reiter</i>
		<i>Shirley Dietrich,</i> <i>Marleen Guttensohn,</i> <i>Thelma Ignor</i>	

What outstanding achievements!

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

In Remembrance:

We pray for our departed League Sisters
(2022 to present)

Vivian Remington - October 17, 2022

Loreen Freiburger - July 31, 2022

Rina Colussi - June 3, 2022

Madeline Hergott - March 27, 2022

***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 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 are \$40 starting in 2023

We are now accepting payment of dues for 2023. Paying early / on-time helps save time and effort in following up with members later in the year.

Thank you to all members: both current and new, who are renewing membership for 2023. 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 (October).

The League has resumed printing and mailing all three issues to members.

You should have recently received the Spring issue. Watch your mailbox for the next issue coming in October 2023



Now Recruiting CWL Executive:

CWL members, are you looking to get more involved?

... consider putting your name forward and joining our executive team.

The time commitment is minimal but the rewards are unmeasurable.

The term for our current executive ends in December and we are hoping to see new faces on the executive for 2024

If you are interested or want more information please contact Shani Pregelj.

Phone: 519-883-8933 or email cwl@stmichaelw.ca.

2023 Fall Events & Activities

The items below have been planned for the fall.

We are still organizing our fall calendar and will update members when we are back in September.

<p>Tuesday September 12th Meeting & fun activity</p> <p>We will welcome members back after our summer break with some social time and news and updates from the CWL.</p> <p>Anne Cameron will be here to lead us in "A Trip Around the World" through Dance, Chant, Drum and Culture. This will be a fun activity for all members.</p>	<p>Fall Bake Sale: November 18th & 19th (Sat & Sun)</p> <p><i>Watch for updates and ways to get involved as we get closer to the date</i></p>
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Please watch the bulletin, your emails and parish website for details on these and other CWL activities coming in the fall.

*Included below is St. Michael CWL 2022 Annual Report submitted to the
Hamilton Diocesan Council for their Annual Report Booklet*

Hamilton Diocesan Council - The Catholic Women's League of Canada



Annual Report

CATHOLIC
and **LIVING IT!**

*Go Make a Difference!
Sharing His Promise, Love and Hope!*

Parish Council: St. Michael, Waterloo
Prepared by: Shani Pregelj
Spiritual Advisor: Father Jamroz
Number of Members: 99

There was a lot of excitement in our council in 2022. Early in the year we were happy to resume in-person meetings and have members gather again, but as the year went on our focus was our 60th Anniversary Celebration. Truly the highlight of the year.

The first meeting of St. Michael Catholic Women's League took place November 27, 1962 and we were pleased to celebrate our 60-year milestone in November 2022. His Excellency, Bishop Douglas Crosby celebrated Mass and was joined by a number of past parish priests. Also attending were past CWL Presidents, executive members and other long standing CWL members. It was truly a great event to celebrate the League and its accomplishments.

We kept busy with other events throughout the year include or Pot Luck Social in June which included our Service Pin celebration. We were able to gather for a wonderful meal and catch up on 3 years of pins that were missed due to COVID. We also resumed our Bake Sale which was very successful.

Even with the parish open and members gathering again, we continued to pray the Rosary over Zoom for members, parishioners, and friends. We prayed on-line together weekly during Lent and Advent. We were also happy to have a CWL member lead the Rosary in the parish weekly during May and October.

We gathered 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.

We kicked off 2023 with soup lunch & movie in February and a Lenten Retreat in March. The Retreat saw a joining of CWL members from the other Waterloo parishes as well as women in our broader KW faith community.

As I prepare this report each year and reflect on past events, I feel truly blessed to be part of the CWL and be involved with such a wonderful group of women of faith.

Shani Pregelj. President St Michael CWL