



WELCOME TO THE
ON-LINE NEWSLETTER

We're so glad you're here!

The Story of Four Candles

Submitted by Administrative Assistant
Wilma Vanderzwaag



The four candles burned slowly.

Their ambiance was so soft you could hear them speak....

The first candle said, "I am **Peace**, but these days, nobody wants to keep me lit." Then Peace's flame slowly diminished and went out completely.

The second candle said, "I am **Faith**, but these days, I am no longer indispensable." Then Faith's flame slowly diminished and went out completely.

Sadly, the third candle spoke, "I am **Love**, and I haven't the strength to stay lit any longer. People put me aside and don't understand my importance. They even forget to love those who are nearest to them." Waiting no longer, Love went out completely.

Suddenly a child entered the room and saw the three candles no longer burning. The child began to cry, "Why are you not burning? You are supposed to stay lit until the end." Then the fourth candle spoke gently to the little boy, "Don't be afraid, for I am **Hope**, and while I still burn, we can re-light the other candles." With shining eyes, the child took the candle of Hope and lit the other three candles.

Never let the Flame of Hope go out. With hope in your life, no matter how bad things may be, Peace, Faith and Love may shine brightly once again. *Anonymous*

Luce and Friends



The Angel - IUBI - represents the union between earthly experience and the presence of God in life, offering courage in moments of solitary suffering.

It symbolizes God's presence, accompanying each person's journey. A guardian angel as a companion throughout life.



TABLE OF CONTENTS

- [Colleen's Message of Joy](#)
- [Pearls of Wisdom](#)
- [Minute by Minute](#)
- [Faith Chairperson](#)
- [Easter Prayer](#)
- [Service Chairperson](#)
- [Social Justice Chairperson](#)
- [OPC Convention Update](#)
- [Events Coming Your Way!](#)
- [Horizons of Hope Poster](#)

Milestone Moment



Ste. Anne CWL member, Ursula Benoit, recently celebrated her 100th birthday in Tecumseh, ON. During her birthday party, Linda Proctor, Ste. Anne CWL President pinned Madame Benoit with her 75th year CWL pin. What an amazing woman and inspiring milestones! Happy 100th birthday and thank you for 75 years of love and service to God and Canada!

Follow us to stay updated on CWL events and information:



[Ontario Provincial Facebook Page](#)



[Ontario Provincial Website](#)

Colleen's Message of Joy

My dear sisters, this month our newsletter editors had the wisdom to choose a theme of new life. As I sit writing this, we are just 5 days into the season of Lent. Lent is a time to die unto self and to find ways to new life. Some will give something up, making themselves miserable for 40 days while others do the opposite and commit to an action with the same result.



These however are the individuals who will likely not see new life as a result.

It is those who give something up with a specific gratitude for it normally being part of their life and those who add an action that gives of themselves for the betterment of others specifically, or the world in general, who will experience the joy of new life.

Every year I struggle with the question, "What will that thing be that will improve the world for others or for everyone generally." This year I decided on sharing the good news. Each day I will purposely look for someone to share with or someday to share publicly the joy my faith brings. The joy that the promise from God of new life after death can bring if we surrender our life to God. Not just once, as in our humanness we often return to old ways, but repeatedly each time we recognize we are trying to take control.

Starting today, I will pray the St. Joseph Novena for Pope Francis and the Surrender Prayer Novena to give my life and all its worries over to God who is the Master of my life plan. May you find in your Lenten journey a way to experience new life and joy in your faith journey.

As April unfolds, the excitement of gathering for diocesan conventions begins. I pray everyone travels safely and that every member participating finds new life and renewed joy in sharing their faith journey!

Link to Surrender Prayer Novena:
(<https://surrenderprayer.weebly.com>)



Pearls of Wisdom

OPC Past President

Linda Squarzolo

Council Histories (Part II)

Last month I wrote about why every council should record their history and this month I would like to offer some suggestions about what information should be included in the history book.



Not sure what to include in your history book? [FIND OUT HERE...](#)



Consider printing several copies of these history books and making them available to members. Many of them would appreciate having a copy. Those interested in having a copy can be charged a nominal amount to cover the printing costs.

If your council has never written a history book, begin with one or two decades. If a history book already exists, it should be updated roughly every ten years.

I look forward to hearing about the work you are doing in recording your council's history.

Minute By Minute

OPC Secretary
Lisa Henry



Recently I had an opportunity to re-connect with a wonderful CWL sister from New Brunswick, Marg McCallum. Naturally, we got on the topic of the CWL where she passionately talked about the impact of handwritten notes. Despite being less common now, these notes hold special meaning. Her enthusiasm reminded me of the strong connections built through this simple act.

Within the CWL, the bonds of engagement and sisterhood are what unite us, energizing our community and enhancing our impact. Yet, there are times it feels like these bonds of engagement are weakening, leaving us searching for ways to reconnect.



WELL, HERE'S A SIMPLE, YET SURPRISINGLY IMPACTFUL TIP TO SHARE.... **SEND NOTES!**

With today's focus on technology, a handwritten note is rare. Think back to when you last received one. How did it make you feel? Most likely, it felt special and uplifting. Unlike emails or texts, handwritten notes carry a personal touch and authenticity.

Consider doing this in your CWL council. Send a welcome note to a new member. Write a thank you note to a volunteer acknowledging their dedication. Offer an encouraging note to someone facing challenges, reassuring them they are not alone. Share news or updates with those unable to attend meetings, so they know they're remembered and valued.

These simple gestures can have a meaningful impact. They:

Build Bridges: A small note can connect with new or less active members.

Show Appreciation: Notes that recognize any contribution can motivate continued involvement.

Foster Connection: A handwritten note reminds us of genuine human connection and **community**.

Inspire Action: An encouraging note might inspire someone to take on leadership or try new activities.

As spring brings new life, these acts of kindness bring hope and support to those who receive them. The joy of being a Secretary comes alive when you write and think of the recipient. This small gesture can touch a heart, lift a spirit and strengthen the bonds of sisterhood.

Secretaries can embrace the chance to spread happiness and connection through their correspondence. If you haven't experienced this role yet, consider stepping forward in the next election and discover the rewards it brings!



faith

Claudette Langdon

“The Jubilee offers us the opportunity to appreciate anew, and with immense gratitude, the gift of the new life that we have received in Baptism, a life capable of transfiguring death’s drama.” Pope Francis

Lent gave us the opportunity to renew our commitment to God through our spiritual efforts.

We are now ready to reflect more deeply on the true meaning of Christ’s sacrifice. The Son of God, with His free will, was crucified and died on the cross. But He rose from the dead on the third day, giving us the hope of rising too with Him, after death. Jesus offered humanity the greatest gift any person can ever receive—the forgiveness of our sins, our salvation, and the grace of eternal life with God. Easter is really about Jesus’ life-giving love for us. The resurrection story teaches us that through death there is new beginning.

Our Catholic Church guides us toward this awareness every year. Easter Liturgies are designed to help us relive our Baptism. We profess our Baptismal faith each Easter by reciting, in most parishes, the Apostles’ Creed at the Easter Vigil and at Easter Sunday Mass. The Apostle’s Creed is the promise we, or our Godparents on our behalf, made at our Baptism. We reaffirm our faith and commitment to God by answering the promises with “I do.” We are saying Yes, we will walk with Christ in a new life right here and now. And at the Easter Vigil, we are also given new birth by being blessed with Holy water.

We are the Easter People, confident in Jesus’ resurrection story where life follows from forgiveness and sincere faith in God. Take time during the fifty days of the Easter Season, to reflect on this great gift, the most important in Christianity.

The Real Presence of Christ in the Eucharist is a central dogma of the Catholic faith: when the priest consecrates bread and wine during the Mass, they are literally transformed into the body and blood, soul and divinity of Jesus Christ. The Holy Eucharist is the profound sacrament of the Church and expression of God’s love for us.

Every time we receive Jesus’ body and blood in the Eucharist, we are renewing our initiation into His body. We are nourished spiritually and brought closer to God. “I am the bread of life...” John 6:35. Christ was raised from the dead by the glory of the Father so we too might walk in newness of life.

It is not by coincidence that Easter occurs in the spring, when we see signs of new life all around us. Take a moment to pause, to take a walk, to say a prayer and admire the wonders of Our Lord’s creation.

As we say all together at Easter: “Change our lives, change our hearts to be messengers of Easter joy and hope.”



Easter Prayer

It is only right, with all the powers of our heart and mind, to praise You Father and Your Only-Begotten Son, Our Lord Jesus Christ.

Dear Father, by Your wondrous condescension of Loving-Kindness toward us, Your servants, You gave up Your Son.

Dear Jesus You paid the debt of Adam for us to the Eternal Father by Your Blood poured forth in Loving-Kindness.

You cleared away the darkness of sin by Your magnificent and radiant Resurrection.

You broke the bonds of death and rose from the grave as a Conqueror.

You reconciled Heaven and earth.

Our life had no hope of Eternal Happiness before You redeemed us.

Your Resurrection has washed away our sins, restored our innocence and brought us joy.

How inestimable is the tenderness of Your Love!

The Joy of New Life

Evangelium Vitae translated into English is The Gospel of Life. This document is the papal encyclical written by Pope St. John Paul II. March 25 of this year marked 30 years since *Evangelium Vitae* (EV) was published on the Feast of the Annunciation. In this document he wrote that the Gospel of Life is at the heart of Jesus' saving message to the world. In becoming human and dwelling among us, Christ reveals the profound dignity of every human person. This God given dignity does not change with our stage of life, our abilities, our level of independence or any other varying circumstance. The human person is a "manifestation of God in the world, a sign of his presence, a trace of his glory." (EV34). It is our mission to reflect this truth in how we act and how we treat one another.

One way we reflect the Gospel of Life as League members is through our Ministry of Service. This April marks the 6th annual Global Volunteer Month. The month long celebration recognizes the profound impact each of us can make through volunteering. It celebrates the power of community, service and the ripple effect collective action creates in our communities and around the world. Many countries, including Canada, also have National Volunteer Week during this time. In Canada, National Volunteer Week is led by Volunteer Canada. This year it is the week of April 27 to May 3. The theme for 2025 is "Volunteers Make Waves".

For more information visit:

<https://volunteer.ca/national-volunteer-week/>

According to the Statistics Canada's Survey on Giving, Volunteering and Participating (SGVP) 2018 report over 24 million Canadians gave approximately 5 billion hours to their formal and informal volunteer activities – equivalent to over 2.5 million full-time year-round jobs. Also that same year, \$11.9 billion was donated to charitable or non-profit organizations, with an average annual amount per donor of \$567.

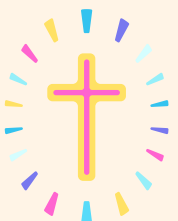
(www.statcan.gc.ca/SGVP)

READ MORE TRENDS AND TIPS HERE..



**NATIONAL
VOLUNTEER
WEEK 2025**
VOLUNTEERS MAKE WAVES

APRIL 27 - MAY 3

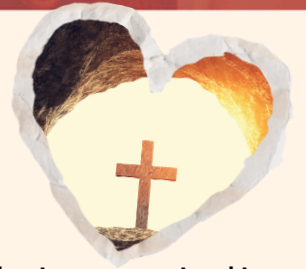


*May the risen Christ bring you and your family
endless joy, abundant blessings, and renewed hope.*

SOCIAL JUSTICE

Hilarion Mitchell

The death and resurrection of Jesus is the heart of our faith and the basis of our hope. Pope Francis, '*Spes non confundit*'
Section 20.



We rise again at Easter with the resurrection of Jesus Christ reminding us that life is full of hope. Jesus as the great gardener of creation has provided life to all things. In the spring, we are reconnected to the outdoors, gardening and the environment. Easter and spring represent rebirth and renewal.

Environmental issues are covered by the Social Justice Standing Committee. The month of April is an opportune time for awareness on Care for Our Common Home (Laudato si'). People and their environment are interconnected affecting each other. The disparity in the access to natural resources is a social justice issue.



Earth Day is celebrated on April 22nd with this year's theme, Our Power, Our Planet. Earthday.org advocates for the health of the planet, for our air, oceans, soil, eco-systems, wildlife, and human health. This is the 55th anniversary of the event. Earth Day brings awareness and address environmental issues.

Earth Day may be seen as a secular event but is connected to Easter and our Catholic Social Teaching on Care for God's Creation.

Catholic Saints of Ecology and the Environment

- St. Philip Neri
- St. Francis of Assisi
- St. Therese of Lisieux
- St. Kateri Tekakwitha
- St. John Paul II
- St. Augustine



Community Organizations/Events: As members, our footprint on the environment starts within our homes and councils, local community and beyond. **READ MORE HERE...**



Joy!

Rejoice in the Lord

Philippians 4:4

JOYFULLY CALLING ALL OUR SISTERS!

2025 Provincial Convention News
Nelly Kelders - 2025 OPC Convention Secretary

Hi, my name is Nelly and I am here to tell you a little about what you can expect when you meet up with us in southwestern Ontario in July.

The planning is well under way. We can't wait to see you in London! The 2025 Ontario Provincial Convention and Annual Meeting of Members promises to be full of lasting memories for every one of our sisters and guests. There will be something for everyone. We promise!

There is no time to sit around. Get a team from your diocese pumped up to compete in the most laidback games you have ever played. This "hardly any skills required" evening takes place on Saturday night, July 5 and will work all the kinks out of you from that drive into London. Don't forget your cameras or iPhone etc. for you won't want to miss capturing those hilarious moments for future reference. Team outfits are strongly recommended. We want to make sure we can distinguish the team to beat from the team who knows how to just have fun, because...

Sunday, July 6 will provide us with opportunities for learning, prayer and socializing.

We are offering three morning tours:

- 1) A guided tour through St. Peter's Seminary with Fr. Michael Prieur, historian and author. The stained-glass windows in St. Thomas Aquinas Chapel are breathtaking;
- 2) A walking tour of Fanshawe Pioneer Village will take you back through the past 100 years of history in London and surrounding area; and
- 3) Finally, for those who like a bit of an adventure, there is a mystery tour that takes you to places that even this author doesn't know, because after all, it is a mystery tour. Then it's back to the hotel for a resolutions dialogue.

The opening mass is at St. Justin's Church, followed by a reception where we can renew friendships and share tales of the past 24 hours. And that's only the first day. We still have three more days of faith-filled activities, learning and of course our CWL business meeting. Oops, I'm out of space. More about the Ontario Provincial Convention and Annual Meeting of Members next month. **Stay Tuned!**

The good news is that registration is open!

To access the registration package on the OPC website, click here at cwl.on.ca

Events Coming Your Way!

105th National Convention August 10 – 13, 2025

Location: Marriott Downtown at CF Toronto Eaton Centre

For information re: Convention Accommodations, [READ MORE...](#)

Stations of the Cross for those with Mental Illness (Family & Friends)



Time: Every Friday at 03:00 PM Eastern time until Apr 18th.

Timothy Duff, an American Board-Certified Chaplain (Ret.) and Guardian/Co-Founder of the Guild of St. Benedict Joseph Labre is offering throughout Lent via Zoom weekly online "Stations of the Cross for those with Mental Illness".

<https://app.zoom.us/jc/85395486129>

Meeting ID: 853 9548 6129

Passcode: 504108



March 5 to April 17:

During Lent, rethink harmful ways of living with creation and commit to healing our relationships with our Creator and each other (Laudato Si' Movement).

Missed the Virtual Pilgrimage? Journey On with Us!

Were you unable to join the Ontario Provincial Council's Virtual Pilgrimage that took place from March 10th to 12th, 2025? Don't despair! The spirit of pilgrimage and connection remains alive and well.

The Ontario Provincial Council is delighted to share a special letter from OPC President Colleen Martin and the resources to help you experience the grace and inspiration of the pilgrimage.

Access the treasures of the Virtual Pilgrimage here:
<https://cwl.on.ca/relive-the-journey-opc-virtual.../>

Follow us to stay updated on CWL events and information:



[Ontario Provincial Facebook Page](#)



[Ontario Provincial Website](#)

Horizons of Hope - Palliative Care Toolkit for Parishes

Released by The Canadian Conference of Catholic Bishops



Interested Parishes!
Come join us with your pastor
and fellow parishioners to discover
a culture of **LIFE, COMPASSION & HOPE!**

Thank you to Toronto Diocesan CWL member Shirley Christo for her efforts in offering these sessions.
The Ontario Provincial Council is honoured to play a supporting role in facilitating the
zoom sessions and communication of registration details through its networks.



**During National Hospice Palliative Care Week
St. John Fisher (Toronto Diocese) presents:**

Dr. Moira McQueen
Executive Director of Canadian
Catholic Bioethics Institute



Modules 1 & 2
May 6 & 7, 2025

Shirley Christo
CWL Life Member
Parish Nurse



Ronald Perinpanayagam
Unity Health Toronto
Catholic Healthcare



Modules 3 & 4
May 13 & 14, 2025

Margaret Smith
St. Elizabeth Palliative Care
Parish Nurse



All sessions are from 7:00 - 9:00 pm
Attendance is encouraged for all four modules

You can attend in person or virtually!

Location: St. John Fisher Parish Hall-300 Balmoral Dr.
Brampton, ON L6T 1V6

REGISTRATION DETAILS: Register here (All must register in advance)
https://us02web.zoom.us/meeting/register/tO2TWlXpSiSW8NjH_fuhWw

Once registered, a link will be sent via email

Please monitor the following sites for more details as the event draws closer:

www.cwl.on.ca
[OPC Facebook Page](#)

