



## CATHOLIC WOMEN'S LEAGUE

### Our Lady of Perpetual Help Parish Council December 2017

#### Spiritual Advisor

Msgr. Maurice  
Comeault

#### 2016-2017 Executive

##### President

Janet Brunger

##### Past President

Mary Bibik

##### Secretary

Judy Albiani

##### Treasurer

Trish Maguire

##### Spiritual Development

Marilyn Lowe/Rosalie  
Scott

##### Organization

Elaine Kaletzke

##### Christian Family Life

Connie Mozdzen

Pro Life - Joan  
Armstrong

##### Community Life

Margaret Ouellette

##### Education & Health

Jo-Anne Eilers

##### Communications

##### Resolutions

Stella Ross

##### Legislation

Victoria McAllister

##### Funeral Committee

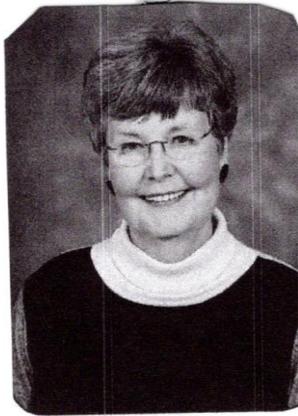
Joan Armstrong/Judy  
Albiani

Greetings to all of my CWL Sisters!

Our newsletter is coming to you late this time – the Executive made the decision to delay distribution in order to incorporate the results of the Craft & Bake Sale, for your information. And speaking of the Craft & Bake Sale, I wish to thank everyone who supported this annual fundraiser with their donations of items for the Auctions, Bake Table, 2<sup>nd</sup> Time Around, or soup for the kitchen. In addition, I would especially like to commend our volunteers for their efforts. Although I was kept hopping in the kitchen and didn't have a lot of time to observe, but what little time I did, as well as on the Sunday, everywhere I looked I saw welcoming smiles on everyone's faces! That, to me, was the single most defining aspect of the whole event! Well done, ladies! Since our last Newsletter in early May, your Executive has been hopping! We've enjoyed the Manitoba Provincial Convention in Virden, the National Convention in Charlottetown, and the Winnipeg Diocesan Fall Meeting & Workshop at St. John Cantius Parish on October 28<sup>th</sup> as well as the Resolutions & Legislation Workshop hosted by Manitoba Provincial Council on November 26<sup>th</sup>. Further afield, there was the St. Boniface Day of Reflection held at St. Mary's Parish in Beausejour on October 14<sup>th</sup>, which, unfortunately, was the same day as the Life's Vision Conference here in Winnipeg, followed by the Banquet in the evening. There were also several fundraising banquets in between all of this, and this is not counting the Immaculate Conception Drop-In Centre Meal that we provided on October 22<sup>nd</sup>, or the several funerals at which we were privileged to provide an honor guard, or that our Funeral Committee provided a lunch. On behalf of our whole Council, I congratulate **Mary Bibik**, who received her Maple Leaf Pin at our June Wind-up, and **Monika Bingham**, who received her Maple Leaf Pin at the Fall Meeting & Workshop!!! These ladies are well deserving of this prestigious award! Elections were held, and we have a brand new Executive that are eager and willing to serve! My thanks to these precious women who have committed their talents to benefit the League! Thanks also go to our outgoing Executive who have given of themselves – their efforts have been noted and appreciated! Looking ahead, we have our CWL / K of C / Ministries / Staff Potluck this coming Tuesday, beginning with Mass at 6:00 p.m., followed immediately with the Potluck. Everyone is asked to bring a dish to share, and in addition, we are asking for donations of diapers and baby formula for Thrive, and also for children's gifts for the children at Thrive (formerly Pregnancy & Family Support Services), Alpha House and Rossbrook House. These gifts should be either placed in a gift bag, or if wrapped, please mark on the outside whether it's for a boy or a girl, and the approximate age group, to assist the workers in ensuring that each child gets an appropriate gift. In closing, I wish for each of you and your families a Blessed Advent Season, and a Joyous Christmas surrounded by your loved ones! And whether you are staying home or traveling this season, may Our Lady of Good Counsel guide and protect you and yours!

Janet Brunger - President

Martha Evans – 60 Year Pin – Submitted by Mary Bibik – Past President



**EVANS, Martha**

Martha is a cherished sister in the Catholic Women's League at Our Lady of Perpetual Help Parish. She is an active member and a much loved volunteer.

Martha is married to Lorne Evans.

Martha for many years directed the wonderful Children's Choir when we were still in our old church.

Due to declining health, Martha is not able to be interviewed.

God bless you Dear Sister and you are in our prayers!

A Message from our Past President – Mary Bibik

Wow, here we are a little over 1 month to Christmas 2017! Where does all the time go! It's gone in a blink of an eye!

I would like to take this opportunity to offer my prayer for each of you that you may have a wonderful, blessed, joyful Christmas and a peaceful New Year 2018!

Thank you to all (19) who filled out and handed in Nomination forms. As you can see that isn't a great number in a council of 131 members. Hopefully the next election at end of 2019 will see a much improved response. We are so blessed to have such a large membership in our parish and we joyfully welcome all new members anytime.

We now have a new Executive for 2018-19 which will be posted on the bulletin board. As you will note Janet Brunger has graciously offered to stay on as President even though she is President- Elect on Provincial Council. Some present executive are willing to stay on but in a different position. I thought I was ending my term as Past President but looks like I will be continuing for the next 2 years.

I have also joined the CWL Diocesan Council as Communications Chairperson. If you have anything you feel would be of interest to share please do not hesitate to e-mail me at [mebmary@hotmail.com](mailto:mebmary@hotmail.com)

May I take this opportunity to congratulate our Spiritual Advisor, Msgr. Maurice Comeault, on celebrating 50 years of priesthood!

May Our Lady of Good Counsel bless and guide us all!

Treasurer's Report – Trish McGuire- with thanks to Judy Albani

Craft & Bake Sale 2017

Once again our Craft Sale was a big success. We had 28 crafters on hand selling many items, including knitting, sewing, pottery, handmade soaps, cards, perogies, cabbage rolls etc.

We wish to thank everyone who helped in any way to make the Sale a success. From setting up, baking, helping in the kitchen or at one of the tables. Without you, we would not be able to do this. It's so nice to see so much activity and socializing.

The following are the results of the sale.

Crafters	\$ 940.00	
Bake Table	1,132.85	
Kitchen (Lunch) (less expenses)	842.76	
Second Time Around	414.70	
Handmade cards	54.00	
Alpha House Pins (money donated to Alpha House)	\$ 67.00	
Personalized Ornaments (donated to Religious Ed)	317.00	
Rainbow Auction (donated to Catholic Missions in Canada)	1,125.00	
Jets tickets & Money tree Auction (money split between Winnipeg's Life Vision and Crisis Pregnancy Centre]	1,071.30	



Organization – Elaine Kaletzke

November has been a very busy time. The membership drive is in full force and gaining momentum. We began at the Craft and Bake Sale as well as the following two weekends before and after all masses. In addition we are selling Christmas cakes and cards in support of Coalition Life. We are also selling beautiful calendars for Life's Vision with images created by children. And, as always, the Alpha House Pins are available for sale. Donations for this worthy cause are encouraged all year long, with the "Alpha House" located in the gathering space.

I would like to take this opportunity to wish all the CWL members a happy and holy Christmas.

Spiritual Development – Marilyn Lowe/Rosalie Scott

This year marked the one hundredth anniversary of the six appearances of Our Blessed Mother to the three little children in Fatima, Portugal. The Blessed Virgin Mary revealed to Lucy (age 10), Francisco (age 9) and Jacinta (age 7) that she was the Lady of the Rosary and she asked us to pray the Rosary every day for peace in the world and for the conversion of Russia. These apparitions have been approved by the Catholic Church and the two youngest seers, Francisco and Jacinta Martos were canonized saints on the 13<sup>th</sup> of May, 2017 by Pope Francis. The Fatima message is one of hope – the promise of peace and eternal salvation – the availability of graces from God and from our Blessed Mother – the opportunity to save our souls and those souls whom God has placed in our path. We are urged to pray much – to offer up penance and sacrifices for sinners. Our Lady promised: In the end "My Immaculate Heart Will Triumph".

The Papal Intention for the month of December is for the Elderly. Please pray “That the elderly sustained by families and Christian communities may apply their wisdom and experience to spreading the faith and forming the new generations.”

Advent begins on December the 3<sup>rd</sup>. this year. It is a time to prepare our thoughts and our hearts in anticipation of the celebration of the birth of Jesus. May each of you experience the hope, the joy, the love and the peace of this beautiful season.



*A Message from Communications –*

2018/2019 Executive

President – Janet Brunger  
Secretary – Connie Mozdzen  
Treasurer – Connie Mozdzen

Standing Committees

Spiritual Development – Maria Poworoznik/Chris Brezden  
Organization – Stella Ross  
Christian Family Life – Joan Armstrong  
Community Life – Brigitte Poitras  
Education & Health – Belinda Walker  
Communications – Carol Lynne Nietzke  
Resolutions- Lorraine Taraska  
Legislation –  
Past President – Mary Bibik

*A Message from Christian Family Life – Connie Mozdzen*

We were pleased to deliver 23 Welcome Baby Bags to Pregnancy & Family Support Services, now known as Thrive. We were warmly welcomed and thanked for this generous gift. In addition, Pat Caron made up and delivered 30 Mom’s gifts, for which they were also very grateful and she also has 12 Teen girls gifts, 1 father’s gift and 1 baby gift for a total of 60 in all. Many thanks to everyone who contributed items or money to help us make up the Welcome Baby Bags.

On September 29<sup>th</sup> Maria and I delivered and served cake and ice cream to the residents of Charleswood Care Centre for those who had birthdays in September. Along with the residents, we enjoyed entertainment, and a good time was had by all.

**Life’s Vision’s Conference and Banquet – “Restoring the Culture of Life** was held on **Saturday, November 5, 2016** at Holy Eucharist Parish Centre 460 Munroe Ave. The guest speaker at the banquet, Natalie Sonnen, Executive Director of Life Canada, presented **“Where did we go wrong? The implications of the Carter Decision for Canada (Euthanasia/Assisted Suicide) and what we can do about it.”** With euthanasia/assisted suicide now law in our country, we need to support those in the medical field so that their conscience rights are protected. We can write letters and speak to our MLA’s about protecting the conscience rights of physicians, nurses, pharmacists and all who work in the medical field. Natalie made 2 presentations during the day at the conference – **“Why Happiness Matters” & “Introduction to the 10 Universal Principals”**. In this presentation we learned about the Principles and Choices Curriculum, which is a revolutionary new high school program that helps students master the principles of logic, ethics, and justice that inspire them to live with purpose, moral integrity and care for human life. The program gives students a strong philosophical education in ten core principles that ground them in respect for human life, social justice and many other contemporary issues. As well, **Msgr Comeault** spoke about **Redemptive Suffering**, **Cameron MacDonald** told us about his life with cerebral palsy and his perspective on **“Medical Assistance in Dying – What does it mean to me?”** **Jean and Janelle LaFrance**, Directors of Serena Manitoba, gave a presentation on **“Managing Your Fertility Naturally”**. Serena teaches couples the symptom-thermo method of Natural Family Planning. From **2 to 4 pm the Hush Documentary** was shown.

**40 Days for Life** took place from **September 28<sup>th</sup> to November 6<sup>th</sup>**. 40 Days for Life is a focused pro-life campaign with a vision to access God’s power through prayer, fasting, and peaceful vigil to end abortion in front of the Women’s Hospital 735 Notre Dame Ave.

**On October 24<sup>th</sup>**, we had a screening of the **film documentary “Hush”** at OLPH. This international award winning documentary reports that certain breast cancer information is not being shared with women because it’s politically incorrect to do so. Producer Joses Martin says; “The Abortion Breast Cancer link; that’s disputed, that’s controversial, but the amount of important, undisputed Breast Cancer information in this film, that every woman should know is unbelievable.” Those attending were amazed at how much they learned. If you would like to see this documentary, contact Joan Armstrong or Life’s Vision (204 233-8047) to borrow or purchase the DVD.

**Put together letter asking Manitoba Minister of Health, Kevin Goertzen to protect conscience rights of those working in medical field and protecting palliative care from MAID.** I received letter from Assistant Deputy Minister, Jean Cox.

I am on the planning committee for the **National Week for Life and the Family**. There have been 2 meetings this fall with another meeting in December at OLPH. We are determining the theme for the week which is the 2<sup>nd</sup> week in May.

**Canadian Centre for Bioethical Reform** – received newsletter of their works. New project they have been developing to reach people – door-knocking and engaging people in conversations on abortion issue. Initial response has been very positive. Most people don't know that Canada, North Korea and China are the only nations that permit abortion throughout all nine months of pregnancy. "The Culture War" by Jonathon Van Maren has just been published and it explains how the Sexual Revolution transformed Western civilization, and how Christians were caught off-guard. This book was written so that Christians can understand how we came to this cultural moment and what we can do now that we are here.

*Message from Education & Health – JoAnne Eilers – Chair*

In his daily homily, September 16, 2013, Pope Francis spoke to those in public office. He reminded them that they must love the people they serve, noting, "a leader who doesn't love cannot govern – at best they can discipline, they can give a bit of order, but they can't govern. You can't govern without loving the people and without humility! And every man, every woman who has to take up the service of government, must ask themselves two questions:

'Do I love my people in order to serve them better?

Am I humble and do I listen to everybody, to diverse opinions, in order to choose the best path?'

If you don't ask those questions, your governance will not be good. The man or woman who governs – who loves his people is a humble man or woman."

Francis also had words for those of us indifferent to politics or who simply blame political leaders for all our problems.

"None of us can say 'I have nothing to do with this, they govern. No, no, I am responsible for their governance, and I have to do the best so that they govern well, and I have to do my best by participating in politics according to my ability. Politics, according to the Social Doctrines of the Church, is one of the highest forms of charity. Because it serves the common good, I cannot wash my hands, eh? We all have to give something!'

As well, we all have to make good choices when electing leaders. The Consistent Life Ethic, as described by Joseph Cardinal Bernardin, can be a guideline for all of us, government and citizens.

"If one contends, as we do, that the right of every fetus to be born should be protected by civil law and supported by civil census, then our moral, political, and economic responsibilities do not stop at the moment of birth. Those who defend the right to life of the weakest amongst us must be equally visible in support of the quality of life of the powerless amongst us: the old, and the young, the hungry and the homeless, the undocumented immigrant and the unemployed worker. Such a quality of life posture translates into specific political and economic positions on tax policy, employment generation, welfare policy, nutrition and feeding programs, and health care".

How are we doing?

May the Christ who walks on wounded feet, walk with you to the end of your road.  
May the Christ who serves with wounded hands, teach you to serve each other.  
May the Christ who loves with a wounded heart, be your love forever.



And when you go out, may you see the face of Jesus in everyone you meet.  
And may everyone you meet, see the face of Jesus in you.

*Message from Community Life – Margaret Ouellette –*

Many thanks to all who volunteered to prepare Shepherd's Pies last Saturday, October 21st, in the parish kitchen.

Through the efforts of 30 Volunteers, 24 Shepherd's Pies serving 150 people, (14" X 10") were prepared for the meal. Nine volunteers cooked and mashed potatoes (100 lbs donated by Kroeker Farms). 2 volunteers from the Knights of Columbus cooked 80 lbs of ground beef, 10 volunteers assembled the pies and buttered 32 dozen buns (discounted by Sobeys on Taylor) and 11 volunteers delivered and helped serve the meal at Immaculate Conception Parish Hall on Sunday, October 22nd.

We also delivered 56 litres of milk (Safeway discounted \$25) 3 crates of bananas (Rays No Frills discounted \$25) and socks (discounted by Giant Tiger on Portage Ave West)

The volunteers and guests at Immaculate Conception Drop In Centre are thankful for the meals.



*Message from Resolutions – Stella Ross – Chair*

Four resolutions were passed this summer at the 97<sup>th</sup> Annual National Convention held in Charlottetown, Prince Edward Island. Of these four, a resolution regarding the Canada Food Guide came from the St. Boniface Diocesan Council here in Manitoba.

The Canada Food Guide was introduced in 1942 and has been updated many times but has not been revised since 2007. The influence of the food guide is felt across the country and is used by teachers, doctors and dietitians as the authority on healthy eating.

Sugar is everywhere in our present diets and it is believed that one in every five calories that Canadians consume comes from sugar, either naturally in products such as milk or fruit or added to foods and beverages to improve taste such as soft drinks or salad dressings. Although the body handles naturally occurring or added sugar in the same way, foods high in added sugar tend to

have lower nutrient densities and provide little nutritional value. Also, it was felt that salt was not properly addressed in the Canada Food Guide. Most of the sodium that North Americans ingest comes from processed foods, and not the overuse of the salt shaker. Finally, it was felt that while Canadians have reduced their total fat intake over the last two decades, we are still consuming too much saturated and trans fat.

Recognizing all of these modern day issues the Resolution urged the federal government to revise the Canada Food Guide every five years, to consider the removal of fruit juice as an option to fresh fruit, to regulate free sugar intake, and to provide warnings regarding processed foods and trans fats.

### Funeral Lunch Reception

Since 2003 the Funeral Lunch Reception Service has been offered at Our Lady of Perpetual Help Parish thanks to the many volunteers who continue to give of their time to phone, purchase and pick up groceries, prepare the food, set-up, serve, bake, clean-up. We hear from families who are thankful for this service when they have lost a loved one. Since we have such dedicated volunteers, this service is available at a lower cost than usual. Through this service we are able to donate to many of our CWL charities such as Euthanasia Prevention Coalition, Rossbrook House, Westgrove School Breakfast Program, Life's Vision, Serena Manitoba, Thrive (formerly Pregnancy and Family Support Services), Campaign Life Coalition. We welcome new people to join us to help in this worthy service. Please call Judy A. at 204 896-5320, Judy K. at 204 885-5850, Monika at 204 896-9157 or Joan A. at 204 895-7595 if you would be available to help us from time to time

### **URGENT:**

Canadian Blood Services are requesting the assistance of CWL members to help fill a severe need for blood donations the week **of December 18, 2017**. Blood Services is severely under booked with nearly 600 appointments needed to ensure they are able to meet the demand during the critical week surrounding Christmas.

### **Upcoming Events.....**

December 5<sup>th</sup> - CWL / K of C / Ministries / Staff Christmas Potluck

December 23<sup>rd</sup> – Msgr Comeault's 50<sup>th</sup> Anniversary of Ordination

February 10<sup>th</sup> – Manitoba Provincial Council Day of Celebration, St. Emile Parish, Winnipeg

Instead of saying.....I will pray for you.....If you feel like whatever you have to offer is inadequate or that you have no idea how to help **just do something!** God will equip you. He will multiply whatever small offering you have for someone in need. He will use you to bless many, you need only be willing.

**It's time to start being bold, brave, loving, and fearless in living out our faith with others. It's time to start living an authentic life in Christ. It's time to become more like Jesus.**

So what can we do, in addition to praying, to help others during difficult times? Here are just a few ideas:

1. Provide rides to doctors' appointments. If your friend is ill, take her to her doctor appointments. Wait with her, comfort her. Don't turn away from her discomfort.
2. Go grocery shopping. Provide food and necessities to someone who isn't able to make it to the grocery store or who can't afford it at the moment.
3. Cleaning house. This one is for all the new moms out there. People tend to want to come over and hold our babies. What would be super helpful instead would be for people to come over and wash dishes or do laundry so that we can take a nap with our little ones.
4. Cooking. Make regular meals for someone who is ill, just had a baby, or is otherwise unable to cook for herself.
5. Babysitting. If you know a couple whose marriage is in a difficult place, offer to watch their children so they can have some time together, just the two of them. Or maybe you know a mom who just needs an hour or two on her own to regain her sanity.
6. One on one Bible study. If you have a friend who is struggling in her faith or wants to build a deeper relationship with the Lord, meet with her weekly. Disciple her. Live out Titus 2.
7. Regular phone calls or video chats. If you're far away and can't be there to physically help, commit to spending time weekly to pour into your hurting friend.
8. Go for walks together. Simply spend time together. Sometimes just being there and being willing to listen is more than enough.
9. Share about yourself. Be willing to open up. Let go of the "perfect Christian" façade and be willing to share your struggles and faults. Let your friend know she's not alone.
10. Possibly the most important one: Ask your friend what she needs! How can I help? Be ready and willing to follow through.



# CONVENTION NEWSLETTER

Manitoba Hosts 98th National Convention August 12 - 15, 2018

Please enjoy a copy of the  
Convention Newsletter  
which is being sent as a separate  
document with our newsletter.

