



## CATHOLIC WOMEN'S LEAGUE

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

#### Spiritual Advisor

Msgr. Maurice  
Comeault

#### 2016-2017 Executive President

#### Past President

Mary Bibik

#### Secretary/Treasurer

Connie Mozdzen

#### Spiritual Development

Chris Brezden/Maria  
Poworoznik

#### Organization

Stella Ross

#### Christian Family Life

Pro Life - Joan  
Armstrong

#### Community Life

#### Education & Health

Belinda Walker

#### Communications

Carol-Lynne Neitzke

#### Resolutions

#### Legislation

Brtidgette Poitras

#### Funeral Committee

Joan Armstrong/Judy  
Albani

Greetings to all CWL Sisters!

It appears that we've enjoyed our Fall this past week; personally I got the opportunity to do my yard pick-up, got my carrots & beets out of the garden, raked up my leaves, and generally did the winter preparation. With the snow we got in September and October, and with more of the same forecast for the coming days, we can't afford to take anything for granted this year!

Since our last Newsletter in early June, we've enjoyed the National Convention right here in Winnipeg, with approximately 685 people in attendance from all across Canada – what an amazing experience to be part of it all! There's more information on that event later in this newsletter. The Winnipeg Diocesan Fall Meeting & Workshop was held at St. Dominic's in Neepawa on September 29<sup>th</sup> and was a wonderful event, the St. Boniface Day of Reflection hosted by St. Joseph the Worker Parish Council in Transcona on October 13<sup>th</sup>, focused on Mental Health – an excellent, informative morning, which wound up with a lovely lunch. The Immaculate Conception Drop-In Centre Meal was served on October 21<sup>st</sup>, and we were privileged to provide an honor guard for our dear Martha Evans on October 19<sup>th</sup> – thank you to all who turned out to assist with this very special event.

One of the many ideas that came forward was for the CWL to host a Coffee Klatch, and our first one was held on September 30<sup>th</sup>, and was hugely successful! Our second one is scheduled for November 4<sup>th</sup> – please plan to come down to participate and enjoy in the social aspect of our Parish Community!

On behalf of our whole Council, we congratulate Marion DeWiele, who received her Maple Leaf Pin in September! Although she says she's still speechless, I think we all agree that she is very well deserving of this prestigious award!

Remembrance Day is coming up next week – you are encouraged to try to make it a priority to take in a Remembrance Day service. Since it falls on a Sunday this year, it's fitting to start the day with a Mass, to remember those who gave the ultimate sacrifice for our great Country.

We are absolutely THRILLED to be able to offer the Marian Workshop Series, entitled "Mary Through the Scriptures", for 5 Thursday evenings. This series "unveils the mystery of Our Lady that is woven into the fabric of Sacred Scripture. Ten visually stunning lessons convey the beauty of the doctrine and devotions surrounding Mary, bringing them to life in a powerful, new way". We encourage you to plan to attend, and to bring your spouses, friends, and whom-ever else may be interested. Past reviews on this series encompass everything from "amazing", to "spiritually uplifting", to "incredibly informative".

The Manitoba Provincial Council Resolutions & Legislation Workshop will be held on November 17<sup>th</sup> at the St. Boniface Pastoral Centre. This is a how-to for anything you've ever wanted to know about creating a resolution or following up on an existing resolution. It's a friendly, workshop-style of presentation, and a hot meal will be served. You are encouraged to participate in this, but you must pre-register.

Our Annual Craft & Bake Sale will be held on November 24<sup>th</sup> & 25<sup>th</sup>, and sign-up sheets are up in the entrance to the church. Plan to get involved, volunteer your time for an hour or two, donate baking or items for the Rainbow Auction or 2<sup>nd</sup> Time Around, attend and bring a friend, treat someone for lunch, and finish up by attending the Knights Breakfast on Sunday. You are needed, and your support will be appreciated!

And, with the Season of Advent coming up fast, we wish for you and your family a Blessed Advent Season and a Joyous Christmas surrounded by your loved ones!

May Our Lady of Good Counsel be always at your side.

Your CWL Acting President

#### *A Message from our Spiritual Advisor Msgr. Maurice Comeault*

During this month of November, it might be a good idea to keep in our prayer as a special intention, all of our deceased members of the League, and specifically our own parishioners. They are with the Lord. May we be thankful for their dedication while with us and as we remember them, we need them to remember us to our Lord in our quest to be faithful disciples.

Msgr. Maurice Comeault

#### *Organization – Stella Ross*

Attention ladies! It's time to renew CWL Memberships for the year 2019. Renew them when you come to the Craft and Bake Sale November 24<sup>th</sup> or prior to and after all masses that weekend. Memberships dues will remain at \$30 and we accept cheques or cash.

We are the united voice of Catholic women across Canada providing faith-based opportunities for social interaction, personal development and community service.

Come, join us.

#### *Spiritual Development – Chris Brezden/Maria Poworoznik*

“May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.” 2 Cor.13:14

Another season is upon us and with it begins our CWL meetings, reports and activities in our parish and in the community. Both Maria and I are involved in ministries in our parish, myself as a reader and Maria as an usher. We both help with the funeral lunch preparation.

This past Aug. we both got involved in the 98<sup>th</sup> CWL National Convention as volunteers; this was the first national convention for both of us. Prior to the convention a group of CWL members gathered together to create many beautiful welcome greeting cards that went into every registration bag for every member attending the convention. Being my first convention, I was “blown away” at the great number of ladies who came from every province. I was able to take in the keynote address given by Bishop Murray Chatlain of Keewatin/The Pas diocese, which I really enjoyed. I sat at a table with ladies from both ends of our country, one from Fort St. John, B.C. and another from St. John, New Brunswick. I was also able to attend “Manitoba Night” and enjoyed the sharing and laughter at our table. We had the honor of having Bishop Murray at our table.

Back to our parish, the CWL hosted our first “Koffee Klutch” on Oct. 30<sup>th</sup> after the 9 and 11 o’clock masses coordinated by myself and Bridgette. It was very well attended and there were many positive comments with hopes it would continue. A play area for the children was set up by Bridgette so the parents could enjoy coffee and visiting with one another. The mothers of young children especially appreciated this time.

Both Maria and I help with the “putting together” of the shepherd pies which are delivered and served at the drop-in centre at Immaculate Conception Parish on Sun. Oct.21st.

On Oct. 13<sup>th</sup>, I (Chris) attended the Day of Reflection in Transcona hosted by St. Joseph the Worker, of the St. Boniface Diocese Council. The 2 guests speakers were Dr. Larry Rados and Deacon Stephan Bilynsky. The theme was “Mental Illness, A Catholic Perspective. The presentations were very informative. It was very well attended and ended with a nice luncheon.

Of course our main responsibility as CWL Spiritual Development is bringing some spiritual input to the members at our monthly general meetings. We choose different topics of our Catholic faith. In Sept. Maria spoke on “Pope Francis, First Five Years: A Different Kind of Church.” In Oct. I spoke on prayer and ACTS, an acronym for Adoration, Contrition, Thanksgiving and Supplication, 4 ways of praying.

As CWL members, whether an active or non-active member or a shut-in, something we can **ALL** do is be **Prayer Warriors!** There is such a great need out in our world, our country and in our city at this time. Dare to stretch your prayer boundaries!

Blessings to all

[A Message from Communications – Carol-Lynne Neitzke](#)

There are some communications changes. To reach me you can email me at [olphcwlcommunications@gmail.com](mailto:olphcwlcommunications@gmail.com) along with a new phone number of 431-998-1525. You can find in your email other attachments in regards to posters or other information.

Thank you.

### *A Message from Christian Family Life –*

It is with regret that we accept the resignation of Gail Gorrie from this position, and thank her for her assistance and support in this Standing Committee. Many people would not know that Gail used her talents to create lovely small soaps which were incorporated into the Welcome Bags that were given to people checking in to stay at the Delta Hotel for the National Convention. Many positive comments were received about these lovely gifts.

27 Welcome Baby Bags were assembled for Thrive, along with many Mom's Gifts, many thanks to Pat Caron for your help with this!

Birthday Cake, Ice cream and juice were served to residents of Charleswood Care Centre on October 19<sup>th</sup>, and was very much enjoyed by all. Thanks to Stella Ross and Chris Brezden for stepping forward to assist with this.

### *A Message from Subcommittee – Pro-life – Joan Armstrong - [jrsarmstrong@shaw.ca](mailto:jrsarmstrong@shaw.ca)*

This fall has been busy with a number of Pro-Life events.

On **September 22<sup>nd</sup>** St. Timothy's Parish hosted a successful **Life Hike** to raise financial support for **Life's Vision** to continue educating on Life issues. The Knights of Columbus and parishioners of St. Timothy's welcomed participants with morning coffee/tea and muffins/donuts. The participants walked along a planned route from the church to Dakota Street, along Nova Vista Drive, to St. Mary's Rd and back to the church. Even though it was a cold, windy day the 5 km walk was completed in just over an hour. On returning to the church the Knights prepared a BBQ lunch for all. In connection with the hike there was a bake sale, a raffle and 50/50 draw.

**40 Days for Life (September 26 to November 4)** is ongoing as the vigilers pray for the preborn outside the Women's Hospital from 8am to 8pm daily.

**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.**

40 Days for Life is a community-based campaign that takes a determined, peaceful approach to showing local communities the consequences of abortion in their own neighborhoods, for their own friends and families. It puts into action a desire to cooperate with God in the carrying out of His plan for the end of abortion. The 40-day campaign tracks Biblical history, where God used 40-day periods to transform individuals, communities ... and the entire world. From Noah in the flood to Moses on the mountain to the disciples after Christ's resurrection, it is clear that God sees the transformative value of His people accepting and meeting a 40-day challenge.

**Life Chain** took place across Canada and North America on Sunday, September 30 from 2 to 3pm to support Life by praying for the preborn.

**On Saturday, October 20<sup>th</sup>, the debate "Is It a Woman's Right to Have an Abortion?" was scheduled to take place.** However due to facebook threats the pro choice side decided to withdraw. The |Pro-Life debator wished to continue as scheduled to present the Pro Life side. The presentation went ahead and approximately 100 people attended the informative, peaceful, respectful presentation.

**On October 27<sup>th</sup> the conference “License to Care not Licence to Kill” took place at the Best Western Winnipeg Airport Hotel.**

**Keynote Speakers: Alexandra Snyder**, lawyer who is fighting the California assisted suicide law and **Dr. Paul Saba: Quebec physician – His topic is “Why I Won't Kill.”**

Speakers include: **Kevin Dunn** - Co-Producer of *Fatal Flaws*, **Amy Hasbrouck** - EPC President (*Toujours Vivant - Not Dead Yet*), **Taylor Hyatt**, researcher *Not Dead Yet*, **James Mahony** - freelance journalist and former lawyer, **Jen Romnes** - painter and author of the books *Entangled 1 & 2*, and **Alex Schadenberg**, executive director of Euthanasia Prevention Coalition.

**Coming up on Saturday, November 24<sup>th</sup> is Life's Vision's Annual Fundraising Banquet at Winnipeg Evangelical Free Church 500 Lagimodiere Blvd.**

Doors open at 5pm, **Dinner at 6pm For tickets call Life's Vision at 204 233-8047 or email: [lifesvision@shaw.ca](mailto:lifesvision@shaw.ca)**

#### **Keynote Speaker Stephanie Gray**

When a pro-life talk went viral at Google, Stephanie Gray proved that this is an issue we can talk about in a calm, respectful, and effective way.

Check out google talks Stephanie Gray and you will be inspired by this dynamic speaker who captivates you by how she explains and describes the issues.

Stephanie's area of expertise is: Pro-life apologetics on the topics of abortion and euthanasia - teaching effective dialogue skills, debates, Christian-based motivational and inspirational presentations, speaker and media training.

Stephanie is author of 'Love Unleashes Life: Abortion and the Art of Communicating Truth' as well as 'A Physician's Guide to Discussing Abortion'. She holds a Bachelor of Arts in Political Science from UBC in Vancouver and Certification with Distinction in Health Care Ethics from the NCBC in Philadelphia. Her Spiritual Advisor at UBC was Archbishop Gagnon. **See poster included in this newsletter.**

The **Petition Of One Million initiative**, to gather one million plus signatures for presentation to the federal government in 2019, was started by Alliance For Life Ontario and is asking the federal government to enact legislation granting full legal protection to the unborn child from the beginning of its biological development as a human being – the same protection granted to any other human being. In 1975 a similar petition was held with reports showing the League was very instrumental in helping to collect 1,027,425 signatures. Unfortunately, four million children have been killed by abortion since 1969, but they can be recognized by every signature that is collected. Proclaim to all Canadians that every life must be protected from conception to natural death. Visit [http:// petitionofonemillion.ca](http://petitionofonemillion.ca) to download and print the signature page. Collect as many signatures as possible and send them to the address at the bottom of the petition.

**Life's Vision's Newsletter Fall 2018 is available on the counter at the back of the church.**

### Message from Education & Health – Belinda Walker – Chair

As we come into the Christmas season many people will experience stress, depression and other mental health conditions. Stress can upset your digestive and reproductive systems, increase the risk of heart attack and stroke, and suppress your immune system. Other health problems caused by stress include skin conditions, sleep difficulties, weight and memory problems. We may not be able to eliminate stress from our lives however we can reduce it. Here are a few things we can do: eat healthy, exercise, get plenty of rest, and spend time with others who make you feel good. Breathe, taking deep breaths gets more oxygen to your cells and can help to calm your mind and body.

### Message from Community Life –

#### **Immaculate Conception Drop-In Centre Meal**

The meal of Shepherd's Pies for Immaculate Drop-In Centre was prepared on the morning of Saturday, October 20<sup>th</sup> in the kitchen of OLPH. We are very grateful to the two members of the Knights of Columbus, who cooked the ground beef. Volunteers assembled the 24 large foil pans and 2 smaller loaf pans with the meat, peas/carrots, gravy, potatoes. The 100 pounds of potatoes were divided into 10 – 10 pound bags. 10 volunteers cooked and mashed the potatoes at home and brought them to the church for 9:30am. Saturday.

On Sunday morning, October 21<sup>st</sup>, 24 of the Shepherd's Pies were heated in the church ovens. At 12:30pm the pies were wrapped in newspaper to keep warm and volunteers helped to load the food into 2 vehicles and deliver to Immaculate Conception Hall. One volunteer organized the delivery of 14-4litre jugs of milk, 3 crates of bananas and sweet treats. Buns were donated by a Hutterite Colony and the potatoes were donated by Kroeker Farms. Thank you to all parishioners who donated socks and mitts for those at Immaculate Conception who are in need.

We helped to serve the meal to approximately 220 people.

A big thank you to all who volunteered their time to pick up the potatoes, cook the potatoes, assemble the Shepherd's Pie, deliver and serve the meal.

### Message from Resolutions – Lorraine Taraske – Chair

It is with regret that we accept the resignation of Lorraine Taraska from this position, and thank her for her assistance and support in this Standing Committee.

This past year, our Council at OLPH created 2 resolutions, one entitled:

**A Call to Save Lake Winnipeg**, which was adopted at Winnipeg Diocesan Convention, but not at Provincial, since it was discovered that the City of Winnipeg and the Province of Manitoba already have a plan in place;

**Setting a Standard for Products Marketed as Flushable**, which was adopted at Winnipeg Diocesan Convention, Manitoba Provincial Convention, AND National Convention! Congratulations to Stella Ross for her hard work on this Resolution – Well done!

### Legislation – Bridgette Poitras - Chair

For legislations, we would like to ask for letter writing campaigns for several of our resolutions that have come forth. First up is the City and Province in regards to making sure they know we are watching the progress being made to prevent sewage overflows that are polluting our rivers and lakes in this province. Next is to write letters in regards to the attached resolutions recently passed at the National convention. I will send one resolution for a letter campaign with each newsletter. Thanks for your help in getting our voices out there and heard by our governments.

### Funeral Lunch Reception

A big thank you to all our volunteers who shop, phone, prepare, serve, clean-up, bake for the funeral receptions. Your time and dedication are very much appreciated by the families that call us to assist them when they lose a loved one. Recently 2 new phoning volunteers have joined us. We are always grateful to welcome new volunteers to assist in any of the above mentioned positions. All profits go to support our CWL charities.

Please call Judy A 204 896-5320, Joan 204 895-7595 or Monika 204 896-9157 for more information.

### Past President – Mary Bibik

As I am writing this it is snow showers outside and the dry leaves are blowing in the wind.

We are well on our way (after a summer of ‘recreation’) to returning to our duties in the CWL.

One thing that stands out vividly in my memory is the fabulous 97<sup>th</sup> Annual CWL National Convention in August hosted by our own Manitoba. What a joy it was to volunteer and take part in this convention. The convention was planned and organized to the very best. We should all be thankful and give ourselves a pat on the back.

Another memory is when the Knights of Columbus (Knights on Bikes) and the CWL at OLPH donated bottled water to Siloam Missions during a very “HOT” spell the summer. This is who we are and some of what we do.

Then there was the great Winnipeg Diocesan Fall Meeting and Workshop in Neepawa on September 29<sup>th</sup>. I thoroughly enjoyed taking part in this. Standing out in my memory was the fantastic 3 skits that 2 of our council ladies took active part in. They had us in stitches but also had us sharing our brain power to find ways to encourage and welcome more ladies to join our Catholic Women’s League of Canada.

The Coffee Klatch the next day in our parish was a first attempt to encourage “pew pals” to interact as families and fellow parishioners. It was successful and will happen again on November 4<sup>th</sup>.

I wish to close and wish everyone an enlightened Advent and anticipation of our Lord Jesus birth.

As my youngest daughter has moved to Whitehorse, Yukon this summer with her husband and

### Upcoming Events.....

- Nov 7<sup>th</sup> - Alpha House Fundraising Banquet, Delta Hotel
- Nov 12<sup>th</sup> - House of Peace Fundraising Banquet, RBC Convention Centre
- Nov 15<sup>th</sup> – Dec 13<sup>th</sup> Marian Workshop Series, Thursdays, Main Hall, OLPH
- Nov 17<sup>th</sup> - Resolutions Workshop, St. Boniface Pastoral Centre
- Nov 24<sup>th</sup> – 25<sup>th</sup> - OLPH Craft & Bake Sale
- Dec 4<sup>th</sup> - OLPH CWL/K of C/Ministries Potluck

A prospective husband in a book store “Do you have a book called ‘Husband - the Master of the House?’” Sales girl: “Sir fiction and comics are on the 1<sup>st</sup> floor!”

Pharmacist to customer: “Sir, please understand, to buy an anti-depression pill you need a proper prescription, simply showing your marriage certificate and wife’s picture in not enough!”

A man was granted two wishes by God. He asked for the best drink and the best woman ever. Next moment he got mineral water & Mother Teresa.

A priest was stopped by police for speeding. The policeman asked the priest, “Have you been drinking?” Answer: “Only water sir!” The policeman: “Then why are there open bottles of wine on your back seat?” The priest answers: “Praise the Lord He’s done it again!”

If you have any items you would like considered for inclusion in the CWL Newsletter, please forward them to – Carol-Lynne Neitzke – Communications Chair



