



CWL SACRED HEART HEALTH & EDUCATION NEWSLETTER – SEPTEMBER 2016

National theme: One Heart, One Voice, One Mission

Palliative & Hospice Care

Provincial theme: Joyfully Serving the Lord



Reaching Out to Refugees

Hands Across The Water is one of several groups in my home town of Powell River working hard to help resettle refugees.

Margaret Huisman a CWL member of my parish council tells it this way. “This group had its initial conception on the Willingdon Creek Trail in Powell River in early 2015. Liz Brach and I were walking the trail when she stopped and said she had been thinking about sponsoring a refugee family. I looked at her and we both thought, “Let’s do it!” Father Teopoorten, our pastor was an early supporter. Like so many others, he knew we had to do something to help the refugees. He offered not only his wise counsel but also the use of parish facilities for our fundraisers.”

“We slowly started talking to our friends and Church of the Assumption parishioners. We got the ball rolling. A group of like-minded women started talking over banana bread and lemon loaf. The first thing we did was find a name we all liked... Hands Across the Water. That was it.”

Liz gave a moving promotional speech at all of the Catholic weekend services, which garnered a collection of \$17 000. At that point we were moving closer to the required target of \$30 000.

“Our fund raising events started with a garage sale at Assumption Gym by donation only, which we thought might be risky, but we raised almost \$7,000. We were on our way! We had so much community and parish support. It was our parish support that enabled us to apply for a private sponsorship through our sponsorship agreement holder (SAH), Vancouver Archdiocese, who was extremely helpful at every step along the way.”

“From here, we hosted an East meets West dinner and again felt an overwhelming surge of support, and the money continued to roll in. Then the call went out for furnishings, and again we were so appreciative of all the wonderful items collected for our family.”

While Margaret, Liz, and a host of helpers prepare for the long-awaited arrival of our Syrian family, I am so proud of our CWL council’s involvement in this project. From their initial donation of \$500 to their offers of help with transportation, clothing and furnishings, our members will be an important part of this venture, continuing as it does the League’s strong tradition since 1920 of “welcoming the stranger” to Canadian shores.

Our Mayor, Dave Formosa, and Powell River Diversity Initiative, along with members of the wider community have also been attending monthly meetings so that all sponsoring groups can share knowledge, successes and setbacks of our various projects. There is even a community pot into which groups can dip to bolster their finances in order to secure refugee sponsorship. If everything works out as planned we hope to host five refugee families in our city.

Margaret concludes her report with the following advice: “We are now waiting for our family to arrive, but I think it has taught us to step out in faith. Be Bold! Nothing is going to happen unless you are willing to take a leap of faith.”

Submitted by Evelyn Rigby and Margaret Huisman
Church of the Assumption CWL Powell River

Goals and objectives of the CWL.

The Catholic Women’s League of Canada is a national organization rooted in gospel values calling its members to holiness through service to the people of God.

The objects of the League shall be to unite Catholic women of Canada:

1. to achieve individual and collective spiritual development
2. to promote the teachings of the Catholic church
3. to exemplify the Christian ideal in home and family life
4. to protect the sanctity of life
5. to enhance the role of women in church and society
6. to recognize the human dignity of all people everywhere
7. to uphold and defend Christian education and values in the modern world
8. to contribute to the understanding and growth of religious freedom, social justice, peace and harmony



St. Faustina, the Visionary of Divine Mercy

Pope Francis, in the Bull of Indiction of the Extraordinary Jubilee of Mercy, states that Jesus Christ is the face of the Father's mercy. Mercy has become living and visible in Jesus of Nazareth, reaching its culmination in him. A saint that was asked by Jesus to bring this message to the people was St. Faustina.

St. Faustina was born Helena Kowalska in a small village in Poland in 1905. She was the third of ten children and from an early age she had apparitions of Jesus. She had only three years of formal schooling, but knew that she wanted to join a convent. Because she was poor, she had no dowry and had to work as a maid and nanny to save the money to enter the convent of the Congregation of the Sisters of Our Lady of Mercy, an order that devoted themselves to the care and education of troubled young women. She was of the second order which meant she did menial work – the baker, the gardener and gatekeeper. She served others,

constantly praying. Because of her special gifts, she was often moved from one convent to another. She was very good with children and the young ladies that she worked with. Many came to her to have them pray for them.

In 1931, she had an apparition where Jesus appeared and told her to paint a picture of his image as he appeared with a white robe, one hand out in blessing and the other hand on his heart. Two rays were emitting from his heart one white and one red – blood and water. Jesus wanted the words, "Jesus, I trust in you" written on the painting.

Her visions were dismissed, but after testing her mental capacity and with the help of her spiritual advisor, Fr. Sopocko, the picture was painted by an artist and eventually displayed. Fr. Sopocko told her to keep a diary which she did although a devil appeared to her and told her to burn it which she did. She then had to rewrite the parts she had burned. The diary was banned, but the ban was lifted as it was determined that the translation from Polish caused misunderstanding.

In 1935, Jesus gave her some of the prayers for the Chaplet of Divine Mercy and told her to say the chaplet and that he wanted a Feast of Mercy. In 1937, she was told by Jesus that three pm is the Hour of Divine Mercy. She often said the Chaplet when someone was dying.

She took on suffering as a blessing and eventually died after much suffering in 1938 of tuberculosis. She was declared a saint April 30th, 2000 on the Feast of Divine Mercy in Rome.

This is just a brief overview of the life of this remarkable saint. I would recommend reading a full biography of her such as *Faustina, Apostle of Divine Mercy* by Catherine M. Odell (Our Sunday Visitor Publishing Division) and a DVD on her - *Faustina, the Mystical Life of the Visionary of Divine Mercy* from Polart Distribution in Polish with English subtitles. Both are excellent and will expand your understanding of mercy. Submitted by Jeanne Wilson, BC & Yukon Spiritual Development

Health and Education Oral Report to Convention 2016 – Agnes Geiger

Neonicotinoid Pesticides, Microbeads, Greenhouse Gases, Climate Change, Genetically Modified Crops, Genetic Engineering, Physician Assisted Death, Euthanasia, Teen Suicide, Abortion, Elder Abuse – these are all issues we have addressed!

It has been a busy year for Education & Health!

We have done the following: Letter writing, Petitions, Online Polls, Postcard Writing, White & Green Ribbon Campaigns, Government Visits, March for Life, Novenas, Rosaries, 12 Hours of Prayer for Palliative Care, Prayers,



Catch the Fire, SMORES, Read Pope Francis' encyclical on the environment *Laudato Si*, Workshops, Guest Speakers, Conventions

What can we now do for ourselves?

Psalm 46:10 says "Be still, and know that I am God"

We can:

Pray...

Meditate.

Drink more water.

Eat more fruits & vegetables.....

Grow a garden....

Get enough sleep....

Exercise. . Pick exercises you enjoy. ... Work out different parts of your body. ...

Get outside in Nature...Nature helps us withstand and recover from life's challenges..... Let's show our brains — and bodies — some love. Get outside!

Share your gifts & talents.... Volunteer.....Say "YES" when asked!

"Let Go and Let God"

What do we want for our future?

Honey Bees & Butterflies, Clean Water, Fresh Air, Freedom, Healthy Families, Loving Relationships, The Lord's Grace, Palliative & Hospice Care, A Pain Free & Peaceful Death

"We plant the seeds that one day will grow. We water seeds already planted, knowing that they hold future promises.

We lay foundations that will need further development.

We provide yeast that produces far beyond our capabilities.

We cannot do everything, and there is a sense of liberation, in realizing that.

This enables us to do something, and to do it very well.

It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders;

We are prophets of a future not our own."

Catechesis of the Good Shepherd

The Catechesis of the Good Shepherd's DVD is now on YouTube! Members can watch it on their own computers or at any League gathering or parish event. It may be found at www.youtube.com. Children nationwide are enjoying this inspirational way of learning about the Lord. Find out where it is being offered and encourage members to initiate the program wherever it is not being offered. To find out more information go to www.cgsac.ca.

Pope messages -

Aug 27, 2016 - 12:23 pm .- Just as God trusts us and expects us to change, we must treat others "never based on fear but on the hope God has in our ability to change," Pope Francis said in Saturday remarks that rejected the despair of a fractured culture.



BURSARIES: None



CALENDAR - DATES TO REMEMBER

- Executive Meetings (Tuesdays 7:00 pm to 8:30 pm Pope John Hall) – September -TBC
- General Meetings (November – TBC-

The League will be turning 100 years old in 2020!



EVENTS

Future Conventions

Health & Education





2017: August 6-9, Charlottetown, Prince Edward Island
 2018: August 11-14, Winnipeg, Manitoba
 2019: August 18-21, Calgary, Alberta
 2020: August 9-12, Montreal, Quebec
 2024: August 11-14, Saskatoon, Saskatchewan

Upcoming events:

1. Please find attached the poster for the Bridge Luncheon on September 17th at Sacred heart Parish. 12:00 – 4:00 pm. We need volunteers, donations and prizes. Reserve your table too now. Invite your friends!!! - 250 - 479 - 6488) - Blessings - Vincenza
2. CWL will serve coffee on Sundays September 25 and Nov 20 after 10m am Mass. Please pass to the ladies to have some volunteers. Leaders please call your members. Thank you
3. The Diocesan Fall interim meeting will be on October 3rd 2016 from 9 am to 4 pm at the Parish. Around 40 attendees. We need to provide snacks, coffee, tea, lunch, serving and cleaning. We need donations and volunteers. Please email or call us if you can help. Anamaria Medina - anamamedina@gmail.com
4. Next executive meeting will be on September TBC- at 6:30 pm.
5. Fall Bazaar on Saturday, October 15th (two: from 10 am to 12 noon and another two from 12 noon to 2:00 pm) to sell coffee & baked goods. As many members as possible need to donate baked items. Angelina & Lidia will take the first shift from 8 am to 10 am. Lidia has confirmed with Rita Kelly (ritak@telus.net) that the CWL will be selling coffee & baked goods on that day.

RETREATS

None

BIRTHDAYS

07-Jul	Marilyn	Bojko
08-Jul	Anamaria	Medina
14-Jul	Kathy	Weswick
30-Jul	Ginnie	McGinty
31-Jul	Bea	Sheard
10-Aug	Lois	Marcoux
30-Aug	Mary	Wilson
20-Sep	Michelle	Iwasiuk



CWL Sacred Heart – Health, Education and Communications Chair- : Carolina Solano at 250-896-9785 or carolinasolanoc@gmail.com



"May our Lady of Good Counsel keep inspiring and guiding us all in our CWL work, sharing Blessing and Hope to all"...



GeniusQuotes.net