



ST. MICHAEL'S COUNCIL  
COBOURG

CELEBRATING 100 YEARS

E-NEWSLETTER  
FOR THE YEAR 2022



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## CO-CHAIRS: Carol Lawless and Therese May



If ever St. Michael's Council has shown that we are "Catholic and Living It," it has been in 2022. We have had a year of celebrations. I believe the Parish became enlightened with our CWL Council; *WE ARE 100!*

This group of 100<sup>th</sup> Anniversary members - Therese, Lynda, Kathy, Jenny, Sylvia, Yvonne, Gladys, Cyndy, and myself worked to honour not only our present membership but those who walked before us and started our Council in 1922. We are proud to have been planning with them. You can read all about throughout the newsletter.

Earlier in the year, as Co-Chair, I attended the Diocesan Convention on-line and fortunately last month was able to attend in person the Diocesan Fall meeting. Reports were prepared and presented to our membership of these meetings.

We were privileged to have held Honour Guards for two members who passed away this year – Lois Auger and Mary Hebert. Although we offered to have an Honour Guard for our dear member Betty Lehigh who was over 100 years old, her family chose differently.

Two very spiritual events are worthy of note – Walk and Pray at the Ecology Garden on a beautiful evening in June; and the parish Rosary Rally where we shivered with the other 50 plus parishioners.

We had cause to hold another celebration when our parishioner Rob Vandenberg was ordained as a Deacon. St. Michael's was also to have a new Deacon, Larry Judge. So, we invited the parish for coffee and cake after Mass one Sunday in July to recognize our Deacons.

If you notice on the front lawn beside the St. Michael's Parish sign, there is a new bush planted. It also has a plaque beside it marking our Council's 100<sup>th</sup> Anniversary. Fr. Emmanuel provided a beautiful blessing and prayer service on a Saturday morning in May.

Busy! And now, Therese and I are ready to give up the reins! We have had the privilege of being the Co-chairs of our CWL Council for the past three years – one extra due to Covid-19. We have been President's previously. Yes, it has been trying at times due to Covid, but we have had a wonderful Executive. Members that really want our Council to succeed and be a part of our Parish life – Catholic and Living it!

By the time you read this, a new Executive with new duties will be in place. Please give them the same support that you have given Therese and me. We know you will.

After reading Carol's message to you all, I was just going to say "ditto" to all she said. It has been a long three years for sure. The most important thank you from me was receiving the Bellelle Guerin award & pin at our 100<sup>th</sup> Anniversary. I was quite overwhelmed for sure.

Being a recycled President was so very different this time as we dealt with Zoom, computers, Covid and declining numbers just to name a few. Your Executive rolled with it and forged ahead I think we have shown St. Michael's parish we are alive and well & very active. We all celebrated so many different events especially this past year.

Our priests Fr. Emmanuel & Fr. Ante have been such a huge support to us as well. Now Deacon Larry has joined our ranks.

As your Election chair, with lots of help and input from Lynda & Jenny we will be introducing you to your new executive. Some chairs have changed, and some are still the same, but we have to move forward with the new guidelines from National. I know you will all support these brave women who answered the call by saying yes. May our Lady of Good Counsel be with us all.

Thank you for all your support, Therese & I will still be part of the Executive as Past-Presidents. God Bless!  
Carol & Therese

## **SECRETARY: Sylvia Barrett**

This was an interesting year with Covid rearing its ugly head and then retracting it again, like a child in an intense game of Hide & Seek. Unfortunately, I don't think the game is over yet but at least we appear to be in a winning position.

To get a true reflection of what had taken place, I took a look back at my monthly calendar for the year and I was surprised that our council had an event every month during 2022. Usually, we get a bit of a reprieve during the summer, but not this year.

The month of January was kicked off with wonderful zoom presentations offered by the Diocese of Hamilton, and the rest of the year was taken up with luncheons and receptions, fundraisers, council promotions, Rosary prayer gatherings and the most spectacular event of the year, our CWL 100<sup>th</sup> Anniversary celebrations.

December is upon us, and we are still energized enough to offer our services to the Salvation Army for their Kettle Drive and our Annual Christmas Bake Sale. We look forward to our winddown social and Christmas Dinner mid month.

I just returned from a wonderful two-week vacation with my daughter and granddaughter in the U.S. In case I wasn't thankful enough in October, I had a second chance with their

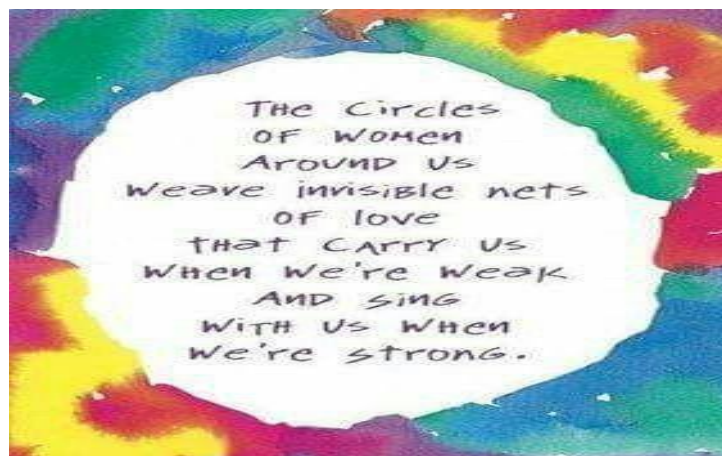
November Thanksgiving. There is something about Thanksgiving that always makes me want to look back at things which have shaped my life.

Sometimes it is better not to remember certain things like a few years ago when I decided to take my figure skating granddaughter to the rink for some family time. She wanted to get in some practice, and I wanted to show her where her talent had come from. In our small town, the most exciting thing to do was go skating every Saturday afternoon and I became quite good. (I had to because the cute boys would be there watching.) Like riding a bike, you just never forget, right? Well, the going straight in the rink was absolutely no problem, but when I had to round a corner, I found myself stretched out on the ice. Not once, but every time I rounded a corner. It wasn't until my tenth fall that my granddaughter stepped in and reminded me that you are supposed to cross your feet when going around corners. It doesn't sound like I have a lot to be thankful about, but I am thankful that I didn't end up in the hospital in traction that day.

On another occasion, I went tobogganing with the kids. Another sport I was sure I had perfected. In this case, I am thankful that I ended up face first in the snowbank and not in the bushes where the toboggan found a place to stop. That snow was exceptionally cold that day!

As thankful as I am for having two turkey dinners, I am not truly excited about another one at Christmas, but the family always out votes me. So, I am thankful to the turkeys who have given up their lives so that I could have their little flap of skin under my chin.

Most of all, I am thankful for having been invited to join the CWL over 40 years ago and for the wonderful friends I have made in the three dioceses I have had the pleasure to serve in. I wish all of you hard working, kind and caring members a very Merry Christmas and all God's greatest blessings in the New Year.



## **TREASURER: Yvonne Trudell**

Here we are nearing the end of another CWL year! What a busy one too for most of our members. So many things to do for our 100<sup>th</sup> CWL anniversary! And there I was, ready with the cheque book.



The anniversary team and many CWL members came together to help, and we had a wonderful year of celebrations. The year started off slowly due to the slow opening up re: covid. I so enjoyed our first in person celebration on The Feast of Our Lady of Good Counsel, with mass and luncheon afterwards. Many parishioners attended and a general meeting was held afterwards. The team did a fantastic job with everything, a new banner and plaque with a shrub planting ceremony.

We had a Sunset Walk with Mary in our town's Ecology Garden and prayed the rosary. So peaceful. Then off to our wonderful Lynda Macpherson's home for refreshments.

The Sisters at Villa of St. Joseph were also celebrating 100 years and we helped out with set up and food ending with a mass celebrated along the lake side. Just beautiful!

I was able to follow many Novenas on-line. So easy to do when you know you're looking into your emails every morning.

Just had fun helping with coffee, tea, juice, and donuts twice during summer after mass and FINALLY the big.... 100<sup>th</sup> anniversary luncheon and more celebrations with special pin presentations and a guest speaker.

As I write this, the year is not over yet. Elections to be had, our second bake sale and of course our Christmas Social dinner. Phew! What a year and hopefully ending it with a most joyous Christmas season ever!

Enjoy the season, wishing everyone health, happiness and stay safe. See you next year.



## **PAST PRESIDENT: Lynda Macpherson**

**1 Peter 4:8-10 ESV**

***“Above all, keep loving one another earnestly, since love covers a multitude of sins. Show hospitality to one another without grumbling. As each has received a gift, use it to serve one another, as good stewards of God’s varied grace:”***

This year has been an *EXTRAORDINARY* year with the planning and celebration of our 100<sup>th</sup> Anniversary events and our recent elections. And my role as Past President has been both consultative and hands on, wherever needed from serving soup at our St. Patrick’s luncheon, participating in the Honor Guard for deceased members, culling our archives for use at our Gala 100<sup>th</sup> Anniversary celebration, and promoting the League wherever and whenever possible.

By participating in both the 100<sup>th</sup> Anniversary Committee and the Elections Committee, the wonderful feeling of sisterhood and sense of being needed was deeply felt.

Due to the many changes and revisions in our national organization I regretfully have not been able to review the Constitution and By-Laws. And as a council, we too, we need to revisit our Policy and Procedures Manual. Something for our new executive to look forward to.

Thank you to both Carol and Therese who stepped up to be co-chairs of St. Michael’s Council in 2019. What an amazing 3 years you ladies worked through with COVID, health issues, and our 100<sup>th</sup> Anniversary celebrations. You are both to be commended for all your efforts!



I also must thank both Fr. Emmanuel and Fr. Ante for their great support and enthusiasm for our League. It is most welcomed from our members and our parishioners.

I joined the executive in 2016 and since then I have learned so much and I have so greatly appreciated all the work and efforts that our members put forward in supporting myself and our council. Now it is time for the new executive to take over the helm and I know Our Lady of Good Counsel will be guiding them along the way.

Blessings,  
Lynda



## **SPIRITUAL: Cyndy Harper**

I have had the pleasure of being the spiritual chair for St Michael's CWL council since Sept 2020, truly an amazing learning experience. I have really enjoyed this position; it has allowed me to grow in my own spiritual journey. When I first started my role as the spiritual chair we met via Zoom, now we can meet face to face with our fellow CWL members.

2022 spiritual highlights include:

- We held a 12-hour Prayer for Palliative Care on Wednesday May 4th; the response was overwhelming. At 1pm in the church we held the Physicians Way of the Cross, 8 people attended.
- CWL National offered a palliative webinar on Saturday May 7. Several of our CWL members participated in mailing the CWL Palliative care postcards to our provincial and federal members of parliament.
- June the 14<sup>th</sup> we held a Sunset Walk with Mary at the Ecology Garden at the end of Hibernia St., 17 people attended and gathered afterwards for refreshments at Lynda's home.
- Our council celebrated our 100<sup>th</sup> anniversary with several memorable events throughout the year and we wrapped up the year with a beautiful celebration luncheon.
- Friday October 7, the Feast Day of Our Lady of the Rosary our counsel prayed the Rosary in the Grotto, 24 people attended.
- Saturday October 15 our CWL hosted St. Michael's first Rosary Rally in the Grotto, one of 700 across Canada, although the weather was miserable, 52 people attended and were treated to hot drinks and treats afterwards.

My personal spiritual journey highlights include:

- Participating in St. Joseph's Villa 100<sup>th</sup> anniversary open house celebration.
- Continue to prepare and present the spiritual reflection and opening and closing prayers for all executive and general meetings by researching the saint or feast day. Sending out the monthly birthday prayer, any prayer requests received from CWL members and any spiritual information I think members might enjoy.
- Wrapping up the yearlong bible reading podcast with Father Michael Schmitz and in the new year I am looking forward to the new podcast The Catechism of the Catholic Church with Father Michael.
- St. Michael's Counsel participated in spiritual bouquets for Bishop Miehm, Father Roy Villas our Diocesan Spiritual Advisor and Pope Francis.
- Thanks to the pandemic, I was able to virtually attend many events, that I would have otherwise sadly missed. One of my favourite events was the Family Speaker Series with Bishop Miehm, what an incredible speaker. I participated in St. Michael's March Lenten



Retreat, in September the Novena to St. Michael. One special highlight worth sharing was the presentation Sylvia, Carol and I did on one of the Novena days, many great ideas were shared among our fellow parishioners. I also participated in our parish's Advent Mission in November.

- I attended through YouTube Bishop Miehm's mass and the CWL webinar for National Indigenous Day. I am working towards completing the 4 Seasons of Reconciliation course.

For 2023 my focus and spiritual goal is continuing my spiritual journey while expanding my knowledge of my Catholic faith.

I would like to take this opportunity to wish you and your family a very Blessed Advent and Joyous Christmas season, may the spirit of that tiny baby Jesus fill your homes with much peace and love.



## ORGANIZATION: Veronica Batchellor

*And passing along by the Sea of Galilee, [Jesus] saw Simon and Andrew the brother of Simon casting a net in the sea; for they were fishermen. And Jesus said to them, "Follow me and I will make you become fishers of men." And immediately they left their nets and followed him."*  
—Mark 1:16-18

We had 74 paid memberships this year. I phone, email the members and ask them to drop their membership off to me or at the church. We lost three members this year: Betty Lehigh, Lois Auger, and Sara Barr, all long-time members.

Membership dues this year is \$40.00 and must be paid by the end of February. The breakdown is as follows: \$25.50 goes to National, \$3.00 goes to Provincial and \$5.00 to the Peterborough Diocese. The balance is for our Council to use. Membership fees have not gone up since 2012 and hence, the increase.

The fees pay for The Canadian League magazine (\$7.00), administration from National for member support, membership processing which includes new councils and disbanding of some

councils, awards, and maintaining the Book of Life. Through National's Strategic 5 Year Plan there have been funds spent on the strategic plan, guest speakers, webinars, and grants.

I am going to miss membership as I have looked after it for many years.



### **CHRISTIAN FAMILY LIFE: Pat Andersen**

Unfortunately, in my portfolio, I was only able to visit once with the peoples at the Golden Plough since the Pandemic. Visits and even communications were interrupted.

Yvonne and I were lucky to have a short visit in July on the Feast of St. Anne and we were very happy to leave them six beautiful prayer shawls, all knitted by our members.

I am grateful for the many years of being able to sit on the executive of our council. Hopefully the new Executive will be more successful to assist in different areas, although one is mindful that some places are closed again.

### **From Cornerstone Family Violence Centre, Cobourg November newsletter**

Workshops and Groups Return to Cornerstone

**Community Workshops:** Community workshops offer an open group style for women who have experienced violence and reside in Northumberland County. Workshops are psychoeducational and informative, with interaction and engaging components to take home the skills and tools learned in each session. Workshop topics include:

- Self Care- creating a self care plan
- Coping- building a coping toolkit
- Healthy Boundaries & Relationships
- Self Esteem

Currently, workshops are being offered Mondays from 1:30 - 2:30 pm, in person at Cornerstone. Space for each session is limited, therefore, to attend you must have completed a community services intake prior to participating in workshops. This can be done by calling 905-372-1545.

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**Child Witness:** As a part of the child and youth services at Cornerstone, “Lets Talk” is an interactive 5-week group built on connection and empowering the bond between a mother and her child after experiencing unhealthy relationships and family violence.

Let’s Talk invites mothers and children to learn, reflect and grow in areas of relationships, emotions, values, experiences, and healing. Through this program moms and their children participate in concurrent groups. Moms work with a Clinical Counsellor and focus on understanding the impact on children being exposed to family violence and some of the parenting challenges that can be associated with that. The children work with a Child & Youth Counsellor where the program is designed to provide a safe environment to share experiences, and increase their understanding of healthy and unhealthy, relationships, removing self blame and develop safety strategies.

Let’s Talk group runs by the season, approximately four times annually, inviting families with children of different ages each cycle. The age groups of children groups vary based on need, and is generally structured as primary, elementary, and intermediate categories (ages: 5-7, 8-11, 12-15, 16-18).

To become a part of this incredible journey, mothers are invited to complete an intake by calling 905-372-1545.

## **HEALTH & EDUCATION: Gladys DeLong Maggs**

### **Blood Services Canada**

The League has an ongoing commitment to provide 200 donations of blood this year in partnership with Canadian Blood Services (CBS). The CBS is in immediate need for new and returning blood, platelet and plasma donors. Today, CBS has 31,000 fewer active donors than at the beginning of the pandemic. This is the greatest decline in numbers in a decade. Encourage members along with their family members and friends to help this situation by giving the gift of life. All healthy individuals are able to give blood from age 17 onward. There is no age which is too old to help. The League Partner ID with Canadian Blood Services is CATH011269.

## **COMMUNICATIONS: Lynda Macpherson**

### ***“Proclaim the greatness of Our God”***

#### ***Deuteronomy 32:3***

Celebrating 100 years over a ten-month period has certainly given my computer a good workout. Much advertising of events through brochures, posters, flyers, bulletin inserts and email blasts have taken place. And the net result was creating a greater awareness to our parish of the many good works which our council has done and will continue to do through the grace of God and the guidance of Our Lady of Good Counsel. This year also afforded us the

great opportunity of being together again having some COVID restrictions lifted after two long years of isolation.

Our Canadian League magazine has been promoted to our members be it through hardcopy or on-line, although many of us do prefer a hardcopy as a handy reference. The link to the Provincial monthly on-line newsletter has also been forwarded to our membership for review.

Resolutions have been promoted including M.A.I.D. and Pornography Hurts.

I have had occasions to promote our League at our Town Hall during the week of August 15<sup>th</sup> and in particular, our council, from the pulpit and assisted our Spiritual Chair in special celebrations such as the Crowning of Our Lady and the Rosary Rally.

I had the opportunity to assist with much of the design and editing for all the print requirements for our 100<sup>th</sup> Anniversary liturgical and gala luncheon held on September 11<sup>th</sup>. Again, a good learning curve.

And now, following with the distribution of this newsletter, I hand over the reins to our incoming Secretary and wish her all best in promoting our League and Council.

**P.S.** Remember to send out Christmas cards to our Canadian Armed Forces.  
And there is no postage fee!



## DATES TO REMEMBER

Peterborough Diocesan Convention	April 29-30, 2023
Provincial Convention, Cornwall	July 19-23, 2023
National Convention, St. John, NB	August 14-15, 2023

## PHOTO GALLERY CELEBRATING OUR



On Wednesday, March 16<sup>th</sup> following noon mass, our council hosted a Lenten Luncheon of hot soup and freshly baked bread for our parishioners. This was our council's first open gathering in our Parish Centre since March 2020 and it was soooo well received as both the Library and Luncheon room were filled with folks enjoying this time of great fellowship. **AND** we also celebrated Fr. Ante's birthday!



On Tuesday, April 26<sup>th</sup> on the Feast of Our Lady of Good Counsel, again following Mass, we held our general meeting with a high tea luncheon. We were very pleased to welcome our Diocesan President-Elect Maria Fitzgerald who led us in song as we celebrated the Crowning of Our Lady.







On the weekend of April 30<sup>th</sup>, May 1<sup>st</sup>, our council held a “PIES FOR MOMS” bake sale. The sale of over \$1,000. enabled our council to make a \$250. donation to Cornerstone Family Violence Prevention Centre and \$250. to Matercare.

Below are samples of the work done by our own Yvonne Trudell. 22 were given to our parish’s 1<sup>st</sup> Communion and 7 Confirmation candidates.



On Saturday May 28<sup>th</sup> Father Emmanuel led a special blessing of a memorial bush which was planted in celebration of our council's 100<sup>th</sup> Anniversary.

Sylvia Barrett and Susan Visneski hold the banner specifically designed for our 100<sup>th</sup> Anniversary.



Our council's co-chair, Therese May, adds her voice to the celebration.

Following the service, coffee and treats were offered in the Parish Centre.





Such great support!



Our co-chair, Carol Lawless, presents Bernadette Tuepah with her 40-year pin of service to God and Canada.

Our 100<sup>th</sup> Anniversary Banner is proudly displayed in our church.



On Tuesday, June 14<sup>th</sup> our spiritual chair, Cyndy Harper led us in “A Sunset Walk With Mary”. The rosary was said along the path at the Ecology Garden followed by additional prayers and music in the rest area. Some seventeen people joined us and then off to Lynda’s for some summer refreshments.



On Saturday, July 2<sup>nd</sup>, the Sisters of St. Joseph celebrated their 100<sup>th</sup> Anniversary at the Villa.



Wonderful archival material was on display.



Therese, Carol, Sylvia, Yvonne, Sylvia, Lynda, and Dorothy assisted in the Sisters' celebration.



Our Diocesan President, Helena Lessard, joined the guests on the beautiful grounds of the Villa along with our Past President Lynda Macpherson.

Pictured below are some of the dignitaries with presentations of congratulations.





On Sunday, July 17<sup>th</sup> following the 11 AM Mass, our council was pleased to host a luncheon for Deacon Larry, who is now our parish deacon and Deacon Rob who has just become a Deacon and will serve at Our Lady of Mercy in Port Hope.

Our ladies are ready to serve tantalizing sandwiches, fresh veggies, devilled eggs and iced tea!



Treasurer, Yvonne Trudell with Christian Family Life Chair, Pat Anderson are at the Golden Plough Lodge presenting 6 lovely prayer shawls knitted by our members. This was also a way of celebrating the Feast Day of St. Anne, on July 26<sup>th</sup>, who is the patron saint of women, especially grandmothers, as Pope Francis pointed out in his visit to Canada.



During the week of August 15<sup>th</sup>, Jenny Allison, Sylvia Barrett, Cyndy Harper, and Lynda Macpherson promoted The Catholic Women's League of Canada and in particular, St. Michael's Council, and our celebration of our 100<sup>th</sup> Anniversary as a council, at Victoria Hall, Cobourg's town hall.

Sunday August 21<sup>st</sup> and again it is coffee and donut time after each Mass. We do love our gatherings!











Co-chairs Carol and Therese hosted a lovely luncheon in thanks for all the efforts of some very special people who spent so many hours and talents for our council's 100<sup>th</sup> anniversary which culminated in our special 100<sup>th</sup> Anniversary Mass and gala luncheon on September 11, 2022.



St. Peter-in-Chains celebrated their council's 100<sup>th</sup> Anniversary. They had displayed wedding gowns that had been previously worn by some of their members over the century.

And yes, we were having a wonderful time!





Years of service pins were presented and special acknowledgments to our sisters in the League.



On Friday, October 7<sup>th</sup> following the noon Mass, which was offered for our living and deceased members, the sorrowful mysteries were prayed at the grotto.



Over Thanksgiving weekend after each Mass, Virginia Tetz and other CWL members handed out special cookies to families in our parish in thanks for their continued support of our council over the past 100 years!



CANADA NEEDS OUR LADY and to that end St. Michael's along with over 700 parishes/communities celebrated our Lady with a public outdoor Rosary Rally on Saturday Oct. 15<sup>th</sup>. Our CWL council spearheaded the event along with much help from David Thomas, and as always following an event, our council hosted hot beverages and sweets!







Some 54 CWL members and parishioners joined us for this very special celebration!



At our General Meeting on October 19<sup>th</sup>, Carol, on behalf of our council, was pleased to present to Fr. Emmanuel the CWL stole to wear at all CWL services.

On the weekend of December 3<sup>rd</sup> and 4<sup>th</sup>, we had our annual Christmas Bake Sale which had been on hiatus during COVID. With a great selection of baked goods being offered, for some of our parishioners now there was no need to do Christmas baking!





On Tuesday December 13<sup>th</sup> Fr. Ante, Deacon Larry, CWL members and community folks celebrated together our annual Christmas party held at the Columbus Centre. It was a truly festive occasion!



Pat Brady is being presented with her 25-year pin by our new president, Cyndy Harper

Thanks, Jenny for all the great decorations!



And yes....

There was jolly Saint Nick along with our favourite musicians Hal & Gus!





St. Michael's Council of  
The Catholic Women's League of Canada  
Officers and Chairs  
2023-2024

**OFFICERS**

President: Cyndy Harper

Vice President: Susan Visneski

Secretary: Rosemarie deLeon

Treasurer: Yvonne Trudell

Past Presidents/Co-Chairs: Carol Lawless and Therese May

**CHAIRPERSONS**

Faith: Nancy White

Service: Gladys DeLong Maggs

Social Justice: Pat O'Ray



***"We can open our lives and homes to people placed in our path from other walks of life and world views. With a greatly diminished number of people actually practicing the faith, it becomes more likely that our homes are a rare opportunity for someone in our acquaintance to be invited into the intimacy of Catholic family life. To do this well we must first and foremost be constantly drawing from our Lord so that He might be reflected through us. We bear a great responsibility to represent Him well."***

***—Carrie Gress and Noelle Mering, p.146***







**Our Lady of Guadalupe Circle** is a Catholic coalition of Indigenous people, bishops, clergy, lay movements and institutes of consecrated life, engaged in renewing and fostering relationships between the Catholic Church and Indigenous Peoples in Canada.

**Our Lady of Guadalupe Circle** has a fourfold purpose:

1. To provide a forum for its members to dialogue and encourage deeper understanding of the relationships between the Church and Indigenous Peoples and Indigenous spiritualities in Canada.
2. To serve as a united Catholic public voice on relations and dialogue between the Church and Indigenous Peoples, and between Catholic and Indigenous spiritualities in Canada.
3. To assist Catholics in engagement with the Truth and Reconciliation process and its Calls to Action.
4. To carry out agreed upon initiatives and concrete actions.

**Our Lady of Guadalupe Circle** is motivated by the love of Christ, filled with great hope for the future and attentive to the Holy Spirit's action in our world, to the glory of our compassionate Creator and Father.

Colleen Martin, Co-Chairperson for Our Lady of Guadalupe Circle, made a presentation virtually at the 102nd annual national convention. One of the focuses was on Action 46 of the 94 Calls to Action from the Truth and Reconciliation Commission. Included is a challenge on "What can Catholic women do?" Councils are encouraged to review the information and to access the website [ourladyofguadalupecircle.ca/](http://ourladyofguadalupecircle.ca/).

Several resources developed by the implementation committee working groups are available on the national website (cwl.ca). Please refer to and use these documents.

#622 *Calendar of Social Justice/Catholic Social Teaching in the Church*

#624 *Catholic Social Teaching Resources*

#629 *Dignity of Work and the Rights of Workers*

## NEW YEAR SPIRITUAL RESOLUTIONS?

Submitted by Diocesan Spiritual Chair Lynda Macpherson

Looking ahead to the new year I would like to share a couple of ideas for you to consider.

As of February 4<sup>th</sup>, I have been following “The Bible in a Year” podcast. I am at day 293 and yes, I have missed a few days but in the grand scheme things what a great way to actually go through the whole bible in about a year. And I have learned so much.

Fr. Mike Schmitz walks you through the entire Bible in 365 episodes, providing commentary, reflection, and prayer along the way. It follows a reading plan inspired by The Great Adventure Bible Timeline, an approach to better understanding of salvation history developed by Catholic Bible scholar Jeff Cavins. For each period in the timeline, Jeff will join Fr. Mike for a special episode that will help you understand the context of each reading. (e.g., St. Matthew) With this podcast, you won’t just read the Bible in a year ... you’ll finally understand how all the pieces of the Bible fit together to tell an amazing story that continues in our life today!

Each 20–25-minute episode includes: two to three scripture readings, a reflection from Fr. Mike and a guided prayer to help you hear God’s voice in his Word.

[The Bible in a Year: Sign Up – Ascension \(ascensionpress.com\)](https://ascensionpress.com)

And my second suggestion for your is what I hope to do in the new year, and it is called: “The Catechism of the Catholic Church with Fr. Mike”.

Starting January 1, 2023, read the entire *Catechism of the Catholic Church* along with thousands of other Catholics through *The Catechism in a Year* podcast! So, over the year you will:

1. Read the entire Catechism of the Catholic Church in 365 days
2. Understand the essentials of the Catholic Faith and why they matter
3. See how Church teaching is rooted in Sacred Scripture
4. Absorb over 2,000 years of Sacred Tradition
5. Encounter God’s plan of sheer goodness
6. **Transform your relationship with the Church that Christ founded.** If you have ever wanted to **understand what it means to be Catholic** and allow those truths to shape your life—and to show that you are **Catholic and Living It**...this just might be the answer for all of us.

[The Catechism in a Year – Ascension \(ascensionpress.com\)](https://ascensionpress.com)

**MERRY CHRISTMAS FROM  
YOUR  
CWL EXECUTIVE**

