

TORONTO DIOCESAN COUNCIL

NEWSLETTER

SPRING 2022

(March to June)

Table of Contents

Newsletter Editor	2
Spiritual Advisor	3
President	5
Spiritual Development	8
Organization	10
Past President/Historian	12
Corresponding Secretary	15
Recording Secretary	16
Treasurer	17
Dates to Remember	21
Service Awards	22
101 st Annual TDC Convention	24
Christian Family Life	26
Communications	28
Community Life	31
Education and Health	33
Legislation	36
Resolutions	38
100 th Anniversary	41
TDC 2019-2022 Executive Term	43
TDC Website Statistics	46
New Year's Spa Celebration	48

NEWSLETTER EDITOR

Lucia Vacca

Sub-Convener:

Patricia Cross

As we begin our journey in a New Year with the new national theme of *Catholic and Living It!* we will continue to find the many opportunities to further grow and serve those in need in the three core values of Faith, Service and Social Justice amidst this pandemic. I am so very grateful to all of you for your friendship over the years. The love of the League is what keeps us dedicated and focused with the hope that we will meet in person very soon as we work for God and Canada.



This Spring newsletter is the first issue for the year 2022. I encourage you to read each of the articles from each of the Toronto Diocesan Executive. This is a great resource tool to gain knowledge of the vast information, events and convention coming up during the months of March to June. Share the contents of these articles with your members. We thank you for subscribing.

This issue includes:

- Information on the 101st Toronto Diocesan Convention
- Patricia Beattie Annual Memorial Mentoring Award
- Council Fundraising Events
- Council Finances Everyone's Responsibility
- Youth Awards and Scholarship Reminders
- Toronto Diocesan Council 2019-2022 Executive Term Accomplishments
- Website Visits 2019, 2020 and 2021
- Thank You to Spiritual Advisors
- Federal and Provincial Bills
and so much more

Congratulations to all the councils who have celebrated anniversaries and members who have had service milestones. Additional names of members who received service pins can be found on the cwltoronto.ca under Events and Projects, Service Awards. Council presidents are reminded to submit the names of the Service Award recipients for inclusion in the next issue before July 31st.

SPIRITUAL ADVISOR

Monsignor Patrick O'Dea

Dear Members of the Catholic Women's League:

For Lent this year may I recommend that you consider praying and mediating on the words of Psalm #51, a great favourite of mine.



My spiritual director in the seminary invited me to read it during a difficult time in which I was going through a "dry" period in prayer; so he invited me simply pray this psalm every day. He felt I was trying too hard to please God and was missing the one thing God wanted most of me -- my heart! God wishes your heart, a humbled and contrite one. May this psalm be of help to you this Lent.

*Have Mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me of my sin.*

*My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.*

*That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner I was conceived.*

*Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.*

*Make me hear rejoicing and gladness,
that the bones you have crushed may revive.*

*From my lips turn away your face
and blot out all my guilt.
A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.*

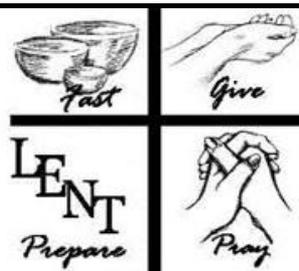
*Give me again the joy of your help;
with a spirit of fervor sustain me,
that I may teach transgressors your ways
and sinners may return to you.*

*O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord open my lips
and my mouth shall declare your praise.*

*For in sacrifice you take no delight,
burnt offering from me you would refuse,
my sacrifice, a contrite spirit.
A humbled contrite heart you will not spurn.*

*In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.*

God Bless. Msgr. Pat



"Arise, shine, for your light has come, and the glory of the Lord has risen upon you." Isaiah 60:1

With this, we enter the liturgical seasons of Lent, Easter and Ordinary Time as winter fades to welcome spring and summer, and recognize the second anniversary of the COVID-19 pandemic being declared Ontario in 2020 that galvanized our global community. We are now boosting up with the third vaccine dose for the Omicron variant which public health officials, scientists declaring that the COVID-19 virus has morphed into an endemic that we will have to live with like the flu.



101st Annual Diocesan Convention

Catholic and Living It! We Rise Again. With optimism, we are planning for the 101st Annual Convention of the Toronto Diocesan Council on April 28 and 29, 2022 (details on pages 24-25). We are so excited to welcome members, spiritual advisors, Catholic Girls League, guests, vendors and sponsors to our first in-person convention since the 98th Annual Convention in 2019. All current public health and government COVID-19 protocols will be observed. The agenda includes the closing 100th anniversary celebrations with the 2001 Time Capsule and the 1999-2001 executive letter openings, 2022 resolutions, instructed votes, 2022-2024 diocesan elections, keynote speaker Adrienne Sequeira, Registered Psychotherapist, Certified Psychoanalyst on the convention theme. A deejay has been booked if dancing is allowed. See you all then!

2022 Instructed Votes

As of this newsletter, 46 of about 100 active councils have submitted their nine instructed votes on the per capita fee increase and the eight C&B amendments. These amendments are important as they will impact the future of the League. There have been some strong opinions on some of the amendments. Members are reminded that these amendments are only

proposals at this time. All current per capita fees, executive positions are still in place until the outcome of the amendments are adopted in succession at the council, diocesan, provincial levels and concludes when adopted at the national convention in August 2022. With the onset of the Omicron variant, councils can now use fully virtual to conduct the instructed votes and ensure 10% of the membership is present.

The councils that have not yet submitted their instructed votes must do so by March 28th. The council president or designate who will be the voting delegate is to bring the white copy of the NCR form to the convention for the diocesan instructed votes which will take place on Friday, April 29th. If there is no council representative at the convention, the council will forfeit their instructed votes. The council must also be in good standing with per capita fees paid for the current year by the convention.

Co-Presidents

Councils have used a variety of ways to keep functioning when there is reluctance to take on the president and other executive positions in the face of declining and aging membership. National and provincial do not have any policies on co-presidents as the Constitution & Bylaws, 2013 and the National Manual of Policy and Procedure is based on one member in the president position. This is still the expectation. The Toronto Diocesan Council Policy & Procedure manual including the current 2019, has recognized co-presidents who have completed a two-year term are both eligible to be entered into the Toronto Diocesan Elections Register (6.2.1 b).

Historic and Transformative Term

This is the final newsletter article as your diocesan president 2019-2022 in a term that was most historic and transformative. The magnitude of the term witnessed the 100th anniversaries of the national (2020) and the Toronto (2021) councils and the presence of the COVID pandemic present before the completion of the first year which necessitated the extension of our term. Despite lockdowns and inability for in-person meetings, members, parish councils and the diocesan council had to pivot, be adaptable during periods of constant changes, uncertainty, losses, awareness of systematic barriers, etc. Old fashioned phone calls resurfaced to reach members as the impact of social isolation, loneliness and mental illness were more heightened during the pandemic. Willing or apprehensive, technology and the digital transformation accelerated the use of teleconference and virtual mediums that allowed us to stay connected with each other.

With Cultural Diversity being one of the goals for the 2019-2022 term, it was a privilege to represent the Toronto Diocese with Philiz Goh, St. Monica's Council, Toronto Region, on the Strategic Plan Embrace Diverse Cultures and Ages Working Group and provide the Cultural Diversity Workshop on September 25, 2021. Excerpts from *The Hill We Climb* by Amanda Gorman, Poet Laureate at the 59th US Presidential Inauguration Jan. 20, 2021, was also timely to expose the historic and present systemic barrier for Indigenous, Blacks and other racialized communities.

The Hill We Climb

We close the divide because we know to put our future first, we must first put our differences aside.

We lay down our arms so we can reach out our arms to one another.

We seek harm to none and harmony for all.

Let the globe, if nothing else, say this is true.

That even as we grieved, we grew.

That even as we hurt, we hoped.

That even as we tired, we tried.

That we'll forever be tied together, victorious.

Not because we will never again know defeat, but because we will never again sow division.

Scripture tells us to envision that everyone shall sit under their own vine and fig tree, and no one shall make them afraid.

If we're to live up to our own time, then victory won't lie in the blade, but in all the bridges we've made.

That is the promise to glade, the hill we climb, if only we dare.

We hold fond memories of the successful 2019 fall regional general meetings which were the first and only series of in-person regional meetings in this term, and a few in-person and the many virtual events that defined this term. It is with heartfelt gratitude we acknowledge Msgr. Pat, the diocesan executive, regional chairs, regional and parish council spiritual advisors, convention and the 100th anniversary committees, and each of you, for our collective success. It was a privilege to serve during these historic times. Signing off to the next century of League members.

Great is the LORD, and greatly to be praised; his greatness is unsearchable. One generation shall laud your works to another and shall declare your mighty acts.

Psalm 145:3-4

SPIRITUAL DEVELOPMENT

Kate O’Quinn

Sub-Conveners:

Alice Warford
Monique Forster

“Lord, teach us to pray, it’s been a long and cold December kind of day. With our hearts and hands all busy in our private little wars, we stand and watch each other now from separate shores, we lose the way.”



These very powerful words are the refrain of a song by Joe Wise, *Lord Teach Us to Pray*. They remind me of the power of prayer, how we need the Father, Son and Holy Spirit to help us through each day – we cannot go it alone. They also remind me of how we sometimes get caught up in our own wants and needs, that when we pray, we forget to pray for the needs of others. Our Lenten Season begins Wednesday, March 2nd. “Lent – a time to live and think and pray differently.” (catholicdigest.com) There are many prayers and reflections online that you can access to assist you with praying this Lenten Season ... and what better time to refocus ourselves and have the Lord, ‘teach us to pray’.

Reporting Deceased Members

There are two ways for your council to report deceased members in a timely way: The Online administration system or the Reporting Deceased Members form. Online is the most preferable and efficient. When you report online, an automated report is generated by national to the diocesan Spiritual Development Chair, who compiles the information and sends a quarterly report to Provincial. If you use the filling out the form option, you need to copy the Form for Reporting Deceased Members, found on the National website, under Forms (#505). After you complete the form, you need to copy it and send one copy to National and one copy to the Diocesan Spiritual Development Chair, as National does not mail this information. Unfortunately, councils forget to send a copy to the diocese and it takes much longer for the diocese to get the information on the deceased member. All councils are encouraged to report deceased members online.

Events Hosted by Women’s Inter-Church Council of Canada (WICC)

World Day of Prayer 2022 is written by England, Wales and Northern Ireland. The 2022 full length World Day of Prayer service video is now complete. To watch a three-minute demo of this inspiring recording, go to wicc.org/world-day-of-prayer/how-to-participate/. The full-length service

video can be downloaded for free from wicc.org. To discover which communities are broadcasting the service video via cable television go to wicc.org/get-involved/events/.

Faith Formation

Manresa Jesuit Spiritual Renewal Centre in Pickering: Regrettably, Manresa again has had to suspend its retreat programming due to the current Omicron health crisis. They will resume programming as soon as current government restrictions are lifted. Thus, the following virtual online retreats are being offered: *Finding God in Confusing and Challenging Times*, March 11th at 7:00 pm - March 13th at 1:00 pm with a \$235.00 suggested offering. Facilitated by Fr. Kevin Kelly, SJ. *Our Lady: Mary in the Landscape of the Spiritual Exercises* on April 1st at 7:00 pm to April 3rd at 1:00 pm with a \$235.00 suggested offering. Facilitated by Fr. Michael Knox, SJ. For registration and further information on both retreats, go to manresa-canada.ca/.

St. Augustine's Lay Spiritual Formation Program: The Lenten retreat will be on *The Light of Newman in the Dark of Winter* on Saturday, March 12th at 9:30 am to 1:00 pm. The cost is \$25.00 plus HST and the presenter will be Dr. Donald Graham, Assistant Professor of Systematic & Pastoral Theology. The Annual Day of Reflection for Women: Sisters of Life (Feminine Genius) will be on Saturday, June 4th from 9:30 am - 1:00 pm. The cost is \$25.00 plus HST with presenter: Sister Antoniana Maria and the Sisters of Life. Both retreats will be online, ZOOM. For registration and further information on both retreats, go to staugustines.on.ca/events. If you would like to join their mailing list, please send an email to lay.formation@staugustines.on.ca.

FORMED provides Catholic content from more than 60 organizations to help parishes, families and individuals explore their faith anywhere. FORMED offers movies, children's programs, e-books, audio, parish programs and studies direct to your browser, mobile or connected device. There is an annual fee if you sign up on your own, but if your parish has subscribed, you can join under your parish's name, at no cost. Go to formed.org for further information. FORMED also offers daily reflections that come to your email inbox, at no cost. Each Daily Reflection is a short video that features Dr. Tim Gray commenting on the daily Mass readings, explaining the Scriptures, and providing you with concrete ideas on how to apply them to your life. To sign up for daily reflections, go to daily.formed.org.

Feast Day of Our Lady of Good Counsel

Unfortunately, there will not be a taped Mass from Loretto Abbey this year, as when National went to book, the date was already taken. Fortunately, Msgr. Pat has so graciously offered to celebrate the Mass for the Feast of Our Lady of Good Counsel, which will be taped. The link for the Mass will be sent to you in April to watch on the Feast of Our Lady of Good Counsel on April 26th.

National Indigenous Peoples Day

Our diocesan council is planning to host an in-person day in recognition of National Indigenous Peoples Day, to be held Sunday, June 19, 2022. If you are interested in helping to organize this day, please contact me at kateoquinn@yahoo.ca.

As I conclude this article, I recognize that this will be my last newsletter as your diocesan Spiritual Development Chair. I have been so blessed to be given this standing committee chair position. I thank all who have and will take on this beautiful and awesome challenge for your council. I have grown in my own spiritual development over these past three years and I pray that I have helped and supported you on your journey. Trust in the Spirit and in the wise words of St. Teresa of Calcutta:

“Spread the love of God through your life but only use words when necessary.”

ORGANIZATION

Sue Lubowitz

Sub-Conveners:

On-line Membership
Member Development

Mary Antonio
Andrea Tjioe

Welcome to all new organization chairs (and presidents-elect) in the Toronto Diocesan Council. I look forward to working with you on the forthcoming changes to the League and am genuinely excited about the possibilities open to us with the use of technology and new workshops gifted to the League in recent months.



Implementation of the Strategic Plan

With the core value of social justice to figure prominently in the next year, councils are invited to use document #629 *Dignity of Work and Rights of Workers* in their planning. The link for this resource is on the national website under “To Organize: 600 Series manuals”. The social justice working group is also working on the following workshops with the expectation of releasing these over the next year:

- Option for the Poor and Vulnerable
- Rights and Responsibilities
- Life and Dignity of the Human Person
- Community and the Common Good
- Call to Family, Community & Participation and Subsidiarity

The national website (cwl.ca) should be checked often for updates and new resources, the latest of which is the workshop, *Telling the REAL Story: Eliminating Misconceptions About the League (#830)*. It is an excellent resource along with the *Welcome Program (#621)* that was presented in a virtual presentation last spring. Councils are encouraged to revisit the workshop as they continue their membership drives.

Membership

As of December 31st, membership for the diocesan council stands at 6357 members. Our pre-pandemic membership as of December 31, 2019, stood at 7252 members. This is a decrease of 14% during the pandemic period. Take heart and make use of the *What We Do* poster, postcard and bookmark to help recruit new members. You can find these items on the National website under Resources: 300 series Promotional Materials (#325, #326 and #327). These beautiful images may inspire others to join the League and work alongside you in the outstanding work you do.

Membership fees are due at national office by February 28th each year but continue to send these in as you receive and welcome new and returning members.

Annual Reports

The CWL experienced a completely different year in 2021 due to COVID-19. It changed life and activity in the League. We had no opportunity to attend meetings and to be further educated through attendance at diocesan, provincial or national conventions. Thank you to the 54 councils that submitted an annual report for Organization. Your responses will be of great

benefit to your diocesan, provincial and national councils, as it is a living testimony of your year in review. When creating your report, you had added additional council specific things that were not addressed in the questionnaire. I am aware that not all questions applied to your parish goals for the year. Answering a "yes" or "no" simply gave evidence of what you did. It may also provide an impetus to try something new. Under leadership development, for example, did you or any of your members take part in webinars or GoTo Meeting/Zoom meetings? If you answered no to any of these then perhaps you might consider them in your goals for this year.

Member Development

The annual report survey revealed that 12 councils of the 54 responding councils still complete their membership manually. The Toronto Diocesan CWL website (cwltoronto.ca) has a training video and instructions on how to take part in the on-line system as well as the pre-authorized debit plan (updated 2020). This is an excellent resource and if you need some assistance in this, please reach out to your regional chair.

Diocesan Council is hopeful to offer again the Leadership and Public Speaking Course in the fall as COVID-19 gathering restrictions are lifted. This course is completed once a week for six weeks and past attendees have found it very beneficial as it increased their confidence in speaking in front of a group. Continue to watch for information on this and many other in person and virtual events as the year unfolds.

PAST PRESIDENT/HISTORIAN

Ann D'Souza

Happy New Year! Another year gone by with the cloud of COVID still hanging over our heads. No doubt there are challenges ahead in 2022, but there are opportunities to look forward to and as we have overcome many fears in 2020 and 2021, we are strong and resilient and have much to thank God for and our patroness Our Lady of Good Counsel.



Toronto Diocesan Elections

The Diocesan Elections will take place on Friday, April 29, 2022, at the Toronto Diocesan Convention. The 2013 Constitution and Bylaws 2013, Part XVI Section 4(e) states *"Each parish council executive shall nominate*

a slate of officers for the diocesan council from the list of those eligible to let their names stand for nomination”.

Council Parish Presidents will receive via email, an election package containing the list of nominees before the end of February. Please contact me if you do not receive this, or if your email address has changed.

Following the receipt of this package, at your council executive meeting please complete, sign and date the nomination form, and email it back to me at, ant_dsouza@hotmail.com or mail it to me only if you cannot email, at the following address. Please return it to me no later than March 25, 2022.

To: Ann Dsouza, Nomination and Elections Chair
5342 Ferret Court, Mississauga, ON L4Z 3M4.
Your mindful attention to the deadline to return is required.

Please ensure the following is done:

That a full slate of candidates is submitted.

That your council’s minutes note the nominations made.

That your voting delegate take a copy of your nominations to the Toronto Diocesan Convention on Friday, April 29, 2022. This copy is your council’s Instructed vote.

That your council membership for the year 2022 is paid.

As voting takes place at the convention, please note the section to the Election of Officers, Constitution & Bylaws, 2013, Part XVI, Section 5, (b).
Part XVI Section 5: Election of Officers:

If the voting delegate does not have an instructed vote from the executive, she forfeits her privilege to vote on first and all subsequent ballots for that position.

Patricia Beattie Annual Memorial Mentoring Award

You should have received information regarding the Patricia Beattie Annual Memorial Mentoring Award in the Presidents’ convention package. You can also find this form on our website. Make sure that for the one you nominate, all the criteria outlined in the form has been fulfilled, the link is: cwltoronto.ca/index.php/forms

Fill the form and email it back to me at ant_dsouza@hotmail.com

The deadline to receive the form is March 30, 2022.

Do not miss the opportunity, as we have in our midst great mentors who deserve to be nominated, you can also re-nominate if you had submitted before and did not make the cut. There are two awards (1) Parish Level and 2) Auxiliary Level. All information is in the package and on our website.

Members of the present Diocesan Council are not eligible for nomination during their term. The committee will review the submissions and the winners will be announced at the Diocesan Convention.

Past Presidents

As your term comes to an end, do not forget to provide a two-page summary report of your term when you were president. This will go in the council's achieves to continue the history of your council and all the work and accomplishments. Some of the councils have had their elections; a warm welcome to all the new past presidents. As I make my exit as the outgoing Toronto Diocesan past president, I wish to remind you how very important your role is in your council (consultative and advisory). Be a mentor and support to every member, be there to guide, and remember that your service is to God and Canada.

"The delicate balance of mentoring someone is not cresting them in your own image, but giving them the opportunity to create themselves"

Steven Spielberg



On January 15th, 2022, at the Toronto Diocesan executive (virtual) meeting, Sue Lubowitz signed the Official Letter of Acceptance to be our new President for the year 2022-2024.

The letter was emailed to her by Ann D'Souza, Past President and Elections Officer. Here is the photograph of her signing the letter.

'The soul that has its hope in God has nothing to fear, for all obstacles, difficulties, God overpowers.'

- St. Teresa of the Andes

CORRESPONDING SECRETARY

Nancy Fenech

Welcome to all newly-elected Corresponding Secretaries. Our task is to channel the correspondence received and work with the president to ensure that members are aware of what has been received in a timely, effective manner, and present it at each meeting. Here are a couple of duties in this position: Sending out birthday, get well, thinking of you and sympathy cards, which should be a handwritten personalized note sent on behalf of your council. Sending out prayer requests to a member and their family via email to members on their councils. When you receive correspondence, record the date it was received and bring to your next meeting. Be sure to let your president know of any documentation which needs immediate attention.



National CWL offers a letter-writing guide that you can download – cwl.ca/wp-content/uploads/2020/07/173-Personal-Letter-Writing-Guide-2020.pdf. This is a useful guide with helpful tips when addressing and writing a letter.

A gentle reminder, if you have any changes in your parish executive council such as a new executive, elections, addresses changes, etc., notify your Regional Chair by sending her a copy of the Parish Information Template with updates as soon as possible. This information will be forwarded to diocesan Corresponding Secretary through your Regional Chair, so that the records are updated and accurate for the Elections Register and for the diocesan executive. This form can be found on the website: cwltoronto.ca/index.php/forms.

My term as the Corresponding Secretary was extended by an extra year due to the pandemic. I have enjoyed my term and have met and made wonderful friendships with the sisters in the league.

“One of the cornerstones of good written communication is the clear, concise expression of ideas or information. The recording secretary, through good written communication, is an important contributor to the history of her council.” - Executive Handbook

RECORDING SECRETARY

Shaila D'Souza

As members, we are an incredibly amazing group of women as we demonstrated during the COVID-19 pandemic. Hats off to all our Recording Secretaries who continued to work efficiently in contributing and maintaining their council's history taking notes, minutes and keeping members informed. This newsletter concludes my final article as Recording Secretary on the 2019-2022 diocesan executive.



Maintaining Minutes, Motions Book, and Council Records

For recording secretaries at the end of our term, it is important that all adopted minutes have been signed by us and the president. The minutes in paper copy are then filed separately in a binder from the executive reports for the next recording secretary to use as a reference. This is the reason minutes have to accurately reflect the action items and discussions during the meetings. It is recommended that you keep a copy of the minutes stored on a digital file as your back up. It is not necessary to file the executive reports in a paper form with the minutes. Instead, keep the reports in the digital form to minimize storage space. You also do not need to file the minutes and the executive reports in the same digital folder. During the initial stages of the pandemic, national memo on May 6, 2020, advised councils to use votes for virtual meetings for decisions and motions instead of the formal minutes. These votes are to be filed in the same way as minutes as they are the council's records.

The Motion Book contains a list of all motions adopted during the term and must correspond to the minutes and are properly numbered. Motions are a record of the council's decisions for future reference. They are also recorded in the minutes, which provides more details on the discussions before they are voted and adopted.

Surveys, League Resource Documents and Training

Always complete the Annual Report for the Recording Secretary as it provides an opportunity to reflect on the activities and identify any gaps and opportunities to address going forward. It is also a wonderful way to let the diocesan, provincial and national levels know about the council. There are many League resources to assist Recording Secretaries, such as the Handbook for Secretaries, Executive Handbook, National Manual of Policy and Procedure, regular visits to all League websites, etc. In addition,

attending training sessions such as the Parish Executive Training (PET) Course to enhance your knowledge and find creative ways to make your position more efficient and enjoyable.

Some members are apprehensive about taking on the Recording Secretary position. However, this position provides an opportunity to learn more about the League as you must focus on the works of all positions when taking the minutes. When your term is completed, hand over all that you have achieved to your successor and impart the knowledge that you have gained, as this will make their term easier to experience the joys of being the Recording Secretary.

It has been an incredible experience for the past three years in this position of being on the diocesan executive which included stepping beyond the usual responsibilities. Managing the Zoom registrations allowed me to connect with many of you virtually, connect by phone and emails. Wishing you all the very best in your councils. Long live The Catholic Women League of Canada and so proud to be a part of this amazing organization. For God and Canada. *Catholic and Living It!*

TREASURER

Lolita Perry

Most councils have elected or appointed their new executive including council treasurer for the term 2022-2023. Thank you to all treasurers who have completed their terms as your dedication and service to the League is very much appreciated.



Signing Officers

For councils that are starting the year with a new executive, a reminder that banking information must be updated to reflect the new signing officers with three banking signatories (president, treasurer and recording secretary). Cheques must be duly signed by two signatories.

Reference the Constitution & Bylaws 2013, Part XXII Section 9, Signing Officers:

- (a) Signing officers shall be the president, treasurer and the recording secretary
- (b) All cheques must be signed by two of signing officers.

- (c) On the duly recorded decision of the council concerned, an alternate signing officer maybe designated annually from among the elected officers.

Council Finances Everyone's Responsibility

A council's finances are not the sole responsibility of the treasurer. All members, particularly every member of the council's executive, need to have general understanding of the basics of the finances.

- All expenses should be paid by cheque and two signatures are required (president, treasurer or recording secretary). Three signing officers are recommended, with any two being required for each cheque and none can sign a cheque issued in their name.
- Cheques should not be pre-signed. Upon approval of the expense, cheque will be issued, signed and remitted.
- All expenditures should be authorized at the general meeting – if virtual meeting is held, then it must be ratified at the next on-site meeting. Council members are encouraged to ask questions on any proposed expenditure. Treasurers should positively welcome any question, for expenditures belong to all members.
- Receipts should be provided for all the expenditures and must be maintained on the current year's records.
- During general meetings virtual or on site, the treasurer should provide a list of monies received and expenses paid so that members regularly know the financial position of the council. Members' queries referencing the council's finances should be diligently welcomed by the treasurer.
- Members should always have access to the financial documents if requested.
- Remember, the treasurer is the guardian of the council's funds, however all members share the responsibility and the burden for their proper management.

Financial Projects

At the parish level, all financial projects shall be approved by parish members, as per the Constitution & By-laws 2013, Part XVII; Section 2(a).

Electronic Bank (E-Transfers)

The pandemic paved the way in accepting other methods of remitting and collecting membership fees through e-transfers. It is one of the emerging changes in the financial and banking industry now widely embraced and operationally accepted by some non-profit organizations. Some councils

have already used the e-transfers in collecting membership fees. An e-transfer is solely for the purpose of transferring membership fees from a member's bank account to the council's bank account

Membership fees or other activities should not be transferred to any of the executives' personal accounts to avoid liability and accountability issues and concerns. Transactions are limited to incoming funds transfer only into the council's account. A generic email address linked to the council's account is set up to accept a transfer payment. If a council is interested in setting up email transfers, see your banking institution to determine suitability with the existing account. Members and councils are to further check with their banking institutions for e-transfer safeguard tips against security breaches, especially if uncomfortable using them.

Fundraising Events

Fundraising events are an ongoing process to assist councils to support organizations within and beyond the parish, contribute to League voluntary funds, parish activities, assist members' training and development, attend conventions, etc. All funds, cash and cheques written in the name of the CWL council must be deposited into their bank account. The Catholic Women's League of Canada is a non-profit organization, thus, receipts cannot be issued for income tax purposes. Cheques received in the name of the parish or an organization should not be deposited into the CWL council's account. However, a supplementary report should be made of all funds directed to the council, parish and other organizations as they indicate success of the fundraising event. Similarly, members often donate foods, drinks or supplies to an event. The true cost of these is to be included in the report (not financial statement) as they represent the true cost for future events and budgeting.

Per Capita Fees (Membership Fees)

Each council is to promptly submit their 2022 membership fees to the National Office. Pursuant to the National Policy and Procedure page 125, Line 3, "It is important for parish councils to remit per capita fees to national office by February 28th because diocesan, provincial and national levels depend on these fees to operate". It is not necessary to wait until all members have paid their membership fees before remitting to national office. As an aside, membership fees can also be collected as early as November of the previous year which allows for prompt processing. These fees can be withdrawn directly from the council's bank account by signing up with the national office. Prompt remittance ensures that members who have let their names stand for office at all levels of the League are in good

standing by the time of the election and councils can participate in the instructed votes.

Annual Financial Statement Review

By this time, the annual financial statements should have been completed and presented to your councils. The League is a national organization governed by the Canada Not-for-profit Corporations Act and the Constitution & Bylaws. As per Part XII, Section 5a, the treasurer is to maintain the financial records of the council and have them appropriately audited and examined annually. This should include examination of bank statements, expenses paid and cheques written, this can be performed by someone with bookkeeping or accounting experience or background, ensuring this person is not related to a signing officer for the council.

It was an exuberating journey to be able to serve God and Canada during the 2019-2022 executive term.

2025
ANNUAL C.W.L. NATIONAL CONVENTION
TORONTO, ONTARIO

APRON FUNDRAISER



This handy apron, available in blue, with the CWL crest is one size with a neck strap and waist ties. There are two spacious front bottom pockets to hold pens, paper pads, your cell phone and other essentials. Great for those CWL functions.
Price: \$20.00 each + \$6.00 postage & shipping ** For orders of 2 or more please contact Lucia Vacca at email or phone number provided for more shipping cost details. Make cheques payable to: *The Catholic Women's League of Canada* Send your order and payment to: Lucia Vacca 187 Calverley Trail, Toronto, ON M1C 3Y4**
For more information: Email lucia.vacca@sympatico.ca or Call: (416) 283-3536

DATES TO REMEMBER

March 1	Ordinandi Dinner (Virtual)
March 4	World Day of Prayer (Virtual)
March 14	Deadline - Mary Dobell Poetry and Essay Writing Contest
March 14	Deadline - Jean McCann Service Award
March 30	Deadline for Patricia Beattie Award submissions
April 23	Resolutions Dialogue (Virtual)
April 28-29	101 st Annual Toronto Diocesan Convention
April 26	Feast of Our Lady of Good Counsel
May 16	World Communications Day
June 19	National Indigenous Peoples Day Mass
June 30	Deadline – St. Michael’s Scholarship
July 10-13	Provincial 75 th Annual Convention & Meeting of Members
August 14-17	National 102 nd Annual Convention & Meeting of Members

SPRING REGIONAL MEETING DATES – 2022

These meetings are Virtual or Teleconferencing Meetings.

Spring Regional Meetings have been combined.

Detailed instructions will be forthcoming from the Regional Chairs.

March 17 th Thursday	Humber Valley and Northern Regions General Meeting 7:00 pm.
March 23 rd Wednesday	Peel, Scarborough and Toronto Regions General Meeting 7:00 pm.
March 31 st Thursday	Durham and North York Regions General Meeting 7:00 pm.

Happy Anniversary!

St. Margaret Mary, Humber Valley Region - 65th Anniversary

Blessed Trinity, North York Region - 55th Anniversary

St. Mary’s Victoria Harbour, Northern Region - 70th Anniversary

Our Lady of Lourdes, Northern Region - 60th Anniversary

Sacred Heart, Northern Region - 70th Anniversary

St. Margaret, Northern Region —65th Anniversary

St. Margaret d’Youville, Peel Region - 20th Anniversary

St. Patrick, –Wildfield, Peel Region - 45th Anniversary

25-Year Membership Pins

Humber Valley Region

St. Margaret Mary: Resi Covre
Transfiguration of Our Lord: Anne Zamaida

Toronto Region

St. John: Joan Godsoe Norma McCleverty

20-Year Membership Pins

Durham Region

Holy Family: Cindy Merey

Humber Valley Region

St. Margaret Mary: Maria Chiaravalloti Rosanna Colucci
Luisa D'Avolio Jean Di Bonaventura
Transfiguration of Our Lord: Janet Yanchula

North York Region

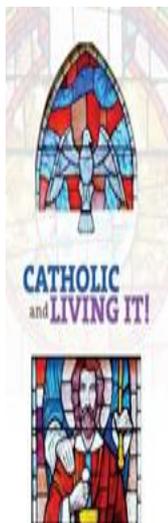
St. Justin the Martyr: Christine Abela

Peel Region

St. Marguerite D'Youville: Danielle Cicco Anna Pratile Yvette Goes
Nora Albano Tessie Villarroel Evelyn Lacaba
Catalina Go Kay Newbold Philomena Gill
Yolande Fernandes
Sts. Peter & Paul: Teresa Dias

Toronto Region

St. John: Lucille Covelli Roseanne Nihtila
Maryse Ristuccia Dianne Williams



Catholic and Living IT!

Loving Father, open our hearts to your infinite love for all people, and to your presence with us wherever we go in your name.

Lord Jesus, deepen the spiritual life of the Catholic Women's League. Strengthen the faith and good works of our members. building up life in the world by being Catholic and Living It! May we imitate you with works of mercy, welcoming the forgotten, suffering or vulnerable wherever we encounter them.

Holy Spirit, strengthen us to live our faith, witnessing to life, peace and social justice daily wherever we are in Canada.

Through the intercession of Our Lady of Good Counsel, may we be joyful and responsive to our Christian calling, by truly being Catholic and Living It!

We make this prayer through Jesus, our Teacher and Messiah, who lives and reigns with the Father and the Holy Spirit, forever and ever. Amen.

**The 101st Annual Toronto Diocesan CWL Convention
April 28 and April 29, 2022**



Toronto Airport Marriott Hotel
901 Dixon Road, Toronto ON M9W 1J5
Catholic and Living It! We Rise Again

All CWL Members, Spiritual Advisors, Catholic Girls League and Guests are invited to attend and share in a celebration of our achievements.

CONVENTION HIGHLIGHTS

Thursday April 28th



6:30 am	Breakfast
7:30 am	Registration
9:00 am	Opening Eucharistic Celebration
9:45 am	Break
10:15 am	Business Session - Call to Order
12:00 noon	Lunch Break
1:15 pm	Business Session
2:15 pm	Break
2:45 pm	100 th Anniversary Closing Celebrations
4:15-6:30 pm	Dinner
7:00 pm	Poetry & Essay Awards
7:30 pm	Keynote Speaker: <i>Catholic and Living It! We Rise Again</i>
8:30 pm	Entertainment
10:00 pm	Closing Night Prayer in Prayer Room

Friday April 29th

6:30 am	Breakfast
7:30 am	Registration
8:45 am	Business Session - Call to Order
9:15 am	Resolutions
10:00 am	Break
10:50 am	Instructed Votes
12:00-1:15 pm	Lunch Break
1:45 pm	2022-2024 Diocesan Elections
2:45 pm	Official Close of Business Session
3:30 pm	Closing Eucharistic Celebration & 2022-2024 Executive Installation
5:00 pm	Photo Booth: Event Imaging
6:00 pm	Cocktail Reception – Cash Bar
7:00 pm	Closing Banquet

HOTEL INFORMATION:

THIS CONVENTION IS A SCENT-FREE EVENT CURRENT COVID-19 PUBLIC HEALTH GUIDELINES WILL BE OBSERVED

CWL ROOM RATE: \$170.00 plus taxes per night
(Maximum of 4 to a room)

Note: April 8, 2022, deadline for the CWL rate.

HOTEL ROOM RESERVATIONS

By Telephone: 1-800-228-9290 or 416-674-9400

Online: To make your reservation online go to our website: cwltoronto.ca

Click on the Convention and then hotel link: Book your group rate for Catholic Women's League TD Convention

PARKING AND MEALS

Parking: Special rate of \$8.00 per day for all guests. License plate must be registered at one of three machines inside the hotel.

Hotel Buffet Meals: Thursday and Friday breakfast, lunch, dinner, convention closing banquet advance order. Restaurants are also in the hotel and nearby.

INQUIRIES AND OTHER INFORMATION

Website: cwltoronto.ca

E-mail:

Chair: Shirley Christo cwILMShirl@gmail.com Ph: 905-793-0156

Co-Chairs: Elisabeth Quail eijq@rogers.com Ph: 416-788-0858

Zenora Mahabal mahabalzenora7@gmail.com

Ph: 416-702-2297



Sub-Convener:

Philomena Menezes

Sanctity of Life

Sexual and Reproductive Health and Rights

The federal government has committed \$325 million to fund Sexual and Reproductive Health and Rights in Sub-Saharan Africa. This money will be used to invest in Family Planning and contraceptives. It will effectively expand access to abortion and sterilization. The Canadian government promised to increase abortion funding in 2017, to reach \$700 million per year from 2022-2030. The latest announcement was made at the 27th *Canadian Conference on Global Health*. Some of the organizations that will receive the funding are *Oxfam*, *Save the Children* and *Care Canada*. Activists believe the financial commitment follows a colonial approach to addressing the needs of under-developed countries. Others feel that it is an attempt to carry out population control in marginalized communities.



The Lourdes Lessons Pandemic Series Video Clips

The Lourdes latest clips are called Faith Journeys and can be viewed on their website. Volunteers share the impact on their *faith* as a result of their Lourdes experience. Info on the *sanctity* and *dignity* of every human life can be accessed at: lourdesvolunteers.org/lourdes-lessons-pandemic-series

Conversations in Catholic Health Care

Father Kevin Belgrade, director of Theology at St. Augustine Seminary, explores the meaning of Catholic healthcare and the dignity of individuals faced with health challenges in three brief video clips. The topics are a) We are Made in the Image of God; b) Questioning Marks of Medical Progress; c) Sacramental Meaning of Human the Human Body. Website: st.augustine/on.ca/news/video-series

MAID (Medical Aid in Dying)

The total number of deaths in Ontario through MAID for 2021 was 3,102. A total number of 9,798 deaths have occurred in Ontario as a result of MAID since its legalization in June 2016. The number of MAID deaths continues to increase. Euthanasia Prevention Coalition receives increasing number of calls from struggling family members or friends of individuals who are searching for MAID. We can make a difference by showing care; compassion and providing a presence with those who are nearing death or experiencing a life-limiting condition. We can further support them by

advocating for more Hospice Care facilities and participating in *12 Hours for Palliative Care*. *Euthanasia Prevention Coalition website: epcc.ca*

Vocations

Redemptoris Mater Missionary Seminary

The seminary was formed under Cardinal Ambrozic in 1999. It is located on the same site as St. Augustine's Seminary. This *missionary order* was created by St. John Paul II and follows the *Neo Catechumenal Way* by forming diocesan missionaries for the New Evangelization. The first seminary of its kind was opened in Rome in 1987. Candidates receive the same theological training as other seminarians; however, they spend two years on mission as part of their formation. There are over 100 *Redemptoris Mater Missionary Seminaries* throughout the world. The seminary will be holding a fundraiser on April 29th. Website: www.rmmstoronto.org

Disabled

Christian Horizons

This organization recognizes the dignity and worth of every human person and helps to educate parishes and communities about the inclusiveness of disabled individuals. It provides speakers on various topics related to fostering inclusive environments. These include Teaching Beliefs on Disabilities, Ministry, Community and Family Supports and the Accessibility for Ontario Disabilities Act (AODA). Resources are available. Many places of worship and public buildings are still not fully accessible to individuals faced with a disability. Information: christianhorizons.org

Bereavement

The Office of Discipleship is offering Grieving with Great Hope: Bereavement Support Group Virtual Sessions, 7:00-8:30 pm on March 1st, 8th, 15th, 22nd, 29th. There is no cost, but registration is required. The sessions are a Catholic, faith-based program and are prayerful, practical and have a personal approach. Sister Gabriel Mary Riddle, CPS, Pastoral Assistant, St. Peter's Parish will be the lead facilitator. Further information: Sally Amaral: samaral@archtoronto.org or 416-934-3400, ext. 518

archtoronto.org/en/outreach/calendar-of-events/event-listing/archdiocesan/Bereavement-Support-Group-Virtual-Sessions/

Registration: bit.ly/BS-RegisterMar2022.

Canada Jobs Program

Organizations applying for funds need to sign an attestation to receive monies. The original wording in the application has been revised; however, Screening for Eligibility on the government website implies that the

applicant will support women's reproductive rights, safe and legal abortion and post-abortion care. Information: trtl.ca and Canada.ca/en/employment-social-development/services/funding/Canada-summer-jobs

Home and Community Care Support Services

Fear that proposed cutbacks in funding will put many seniors and vulnerable individuals at risk. HCCCS supports individuals with health challenges to live at home or in supportive housing rather than facing extended hospital stays or institutional settings. These are more costly and do not adequately promote dignity, independence, or direct patient care.

Pregnancy Care Centres

The centres are in jeopardy of losing charitable status which would put them in jeopardy of operating. There are over 13 centres in the GTA. Many feel that the goal of this change is to stop sidewalk counselling and counselling around pro-life establishments. A petition will be presented to Members of the Provincial Legislature.

Councils are encouraged to monitor the Canada Jobs Program, Home and Community Care Support Services, Pregnancy Care Centres and Charitable Status. Please refer to the Action Plans sent out in mid-January.

It has been a privilege to serve as your Christian Family Life Chair. Please continue to advocate for the dignity and sacredness of all human life through the various *Action Plans* indicated in the TDC newsletters during my tenure.

COMMUNICATIONS

Mary Tuccitto

Annual Reports

Thank you to all councils who completed and submitted their communications chair report to National. Although not all councils have a communications chair, you will agree that the simple act of receiving information and sharing it, is communications, and the impetus of what we do. Through the information gathered from these Annual Reports from across the country, National is able to organize and plan the direction of this amazing organization for the future. From Toronto Diocese, 469 communications reports were submitted which is slightly down from last year. Interestingly, 50% of you were elected and 50% were appointed to this position and despite the pandemic and limited



in-person gatherings, 75% of the councils promoted faith-oriented programs and National Day of Truth and Reconciliation, proving that with today's technology and the endless means of sharing information, there should be no reason for members to be uninformed or to hear "Oh, I didn't know" or "I didn't hear about that". This would be a problem which would lie in the hands of the receiver of information and what she does with it.

National Theme and TDC Convention Sub-theme

By now you would have heard about our new national theme – *Catholic and Living It!* This theme was chosen by Fran Lucas, National President, for her 2022-2023 term. Resources to help your council use this theme are found on the National website at cwl.ca in Resources/To Organize, 300 Series: Promotional Material, items #371 (Theme Logo) #372 (Theme Power Point) and #373 (Prayer Card). Along with our National theme, Toronto Diocese has adopted *We Rise Again* as a sub-theme to guide us through our upcoming 2022 Convention. This logo has been posted on our TDC website cwltoronto.ca

On our website you will also find all the necessary information and registration details for your in-person participation at this year's convention. I look forward to meeting you and your Spiritual Advisors where once again I will display your council newsletters in a binder at the communications table. If you have a newsletter you wish included, please contact me and I will do my best to insert it along with the others for display.

Movies and Books

Alanis Obomsawin is one of the most acclaimed Indigenous directors in the world. Many of her films and documentaries, such as *Restigouche* (1984) and *Kanehsatake: 270 Years of Resistance* (1993) draw a link between residential schools and the injustices that First Nations children face today and how people of all diversities are helping to make those injustices stop. These and others and may be watched for free on the National Film Board of Canada site.

Some books of note available for purchase, through the Catholic Register are: *Out of the Cold, Crosswords for Catholics (I) & (II)* and *The Little World of Fr. Raby* and don't forget, *Faith in Action: Celebration of the Catholic Women's League of Canada*. This is the 36-page special magazine which was produced to celebrate our 100 years as a national organization.

League Magazine and Newsletters

Because of the rising cost of printing and mailing, the national office has made the difficult decision to provide one of the three issues of The League

Magazine in digital format only. Therefore, please be advised that moving forward, the spring issue will be available online only at www.cwl.ca. Councils are encouraged to remind members to look for it there and where possible, make copies for members without internet.

The Ontario Provincial Council website has a new look. Have you visited lately? Please go to cwl.on.ca to see all the important information and items of interest from OPC, including resources and communiqués, as well as good news stories from our CWL sisters from across the province which are featured in the On-Line Newsletter every month, and don't forget to check *our* Toronto Diocesan website cwltoronto.ca. There is always something new being posted so make a point of logging in on a regular basis and remind your members too! Most recently we've started a section in each of the regional areas called: Council Events and Activities. If your council has an event you wish to share, please contact us through your Regional Chair and let's continue to inspire one another with posts of your activities and stories of resilience throughout this pandemic.

Does your council produce a newsletter? To assist you, a newsletter template was recently developed by the implementation committee at National to help councils create their own newsletter. The easy-to-use flexible document is in Microsoft Word format and comes with a variety of suggestions to showcase council events, celebrations, meetings and so on. The template and editing instructions are found on the national website in: To Organize – Resources – 100 Series, items #145a and #154b. If you don't already produce a council newsletter, now is the time to start!

World Communications Day

Sunday May 29, 2022, is the 56th World Day of Social Communications with the theme *“Listening with the ear of the heart”* as chosen by Pope Francis. This theme was announced on September 29, the Feast of the Archangels. In part, The Holy Father states: *“From the pages of Scripture we learn that listening means not only the perception of sound but is essentially linked to the dialogical relationship between God and humanity. “Shema’ Israel – Hear, O Israel”* You may read his full message (in several languages) by going to catholicnewsagency.com

On the topic of communications, it's not perfect and sometimes there are glitches such as the issue National has identified with the use of @sympatico.ca e-mails. It appears the League's provider (Shaw) is concerned with the integrity of this provider and has therefore blocked those emails resulting in staff not receiving any emails from Sympatico users.

Members are advised to use an alternate provider when communicating with National moving forward.

My dear sisters in the League, it has been an honour serving you as your Diocesan Communications Chair. I have personally grown in faith and love of the League and in the opportunity to explore, learn and share my God-given talent. Thank you

COMMUNITY LIFE

Ciscily Winkler

Welcome to Spring, a time of growth, new beginnings, and the embodiment of the Easter Season. The League's national theme *Catholic and Living it* rekindles its core values of Faith, Service and Social Justice. The TDC sub-theme *We Rise Again* gives hope for a brighter future, as the SARS-CoV-2/ COVID-19 becomes stable and less transmissible. Members of all councils showed resilience, fortitude and adaptation, evident through their good works in their 2021 Annual Report Surveys. Great job!



Dignity and Rights of Persons

Catholic Social Teaching and the Universal Declaration of Human Rights denounce societal inequality. League members have been advocating for the marginalized who are often victims of sub-standard conditions which leave them more vulnerable to poverty, homelessness, and fewer opportunities for advancement. Education, jobs with respectable working conditions, and affordable housing may just be the beginning for many to escape from poverty.

Indigenous Rights

The Truth and Reconciliation Commission's Report of 2015 laid out the working framework of 94 Calls to Action to address the indignity and injustice directed at Indigenous Peoples over several decades. These Calls to Action invoked upon all governments, Indigenous leaders, and all Canadians to work collaboratively in ensuring that all 94 CTA's are fully implemented. Evolving from the TRC report was the National Centre of Truth and Reconciliation (NCTR) which is hosted by the University of Manitoba, and in partnership with others. Five TRC's CTA (#65, 71, 72, 77, 78) relate to the NCTR's stewardship to these truths. The collected documents of survivors and communities are permanently and respectfully stored at the

NCTR that shares and works with Indigenous and non-Indigenous educators, researchers, communities, decision makers and the general public to support the on-going work of truth, reconciliation and healing to everyone. The aim is to decolonize the archive on the principles of respect, honesty, wisdom, courage, humility, love and truth.

Memorandum of Agreement

A Memorandum of Agreement has been signed by the federal government to turn over all historical documents of residential schools, in addition to those previously provided by the TRC. Ontario is expected to transfer about 1800 death records of Indigenous children in compliance with CTA #77. NCTR supports the 60's scoop legacy of Canada and calls for the federal government to commission a national inquiry into Indigenous child removal. The 60's scoop system proposed that an estimated 20,000 infants and children were removed from their families by the government system. The children were put into the foster home system and adopted out to non-Indigenous people around the world, thus obliterating their Indigenous identities. The mandate of the NCTR is to continue the work of the TRC to understand the legacy and truth of the indignity done to Indigenous children, and to help families understand the legacy of the scoop and their healing. Canadians will also have a chance to learn how many children were lost. (nctr.ca/about/) Action: Invite Indigenous speakers to a meeting: June 21 is National Indigenous Day. Revisit Resolution 2013.01: Building Relationships and Partnerships with Canada's Indigenous Peoples. (cwl.ca)

Development and Peace (D&P)

People and Planet First means ... a different kind of economy: one that brings life not death, one that is inclusive and not exclusive, humane and not de-humanizing, one that cares for the environment and does not despoil it (Pope Francis). D&P partner organizations call for Canadian companies operating abroad to care for the environment and respect human rights. They call on the House of Commons to adopt human rights and due diligence legislation, since voluntary measures are not effective in preventing human and environmental abuses around the world. Many Canadian mining companies carry out projects on Indigenous lands around the world, leaving their people vulnerable to environmental contamination, loss of traditional culture and other negative impacts. The Canadian Network on Corporate Accountability (CNCA) advocates for the rights of Indigenous peoples to be respected by Canadian mining, oil and gas companies operating abroad. The principles of Free, Prior and Informed Consent (FPIC) are vital to self-determination of Indigenous peoples. Corporate sectors are requested to adopt the UN Declaration on the Rights of Indigenous Peoples (UNDRIP) as

a reconciliation framework, as recommended by Canada’s TRC’s CTA #92, which includes FPIC safeguard. (devp.org/en/campaign/people-planet-first/)
Action: Support Share Lent at Easter.

As I conclude my term as Community Life Chair, I wish to take this opportunity to thank you for your support, dedication and inspiration. It was an honour and pleasure working with you. Continue your good works for God and Canada!

EDUCATION AND HEALTH

Connie Cristinziano

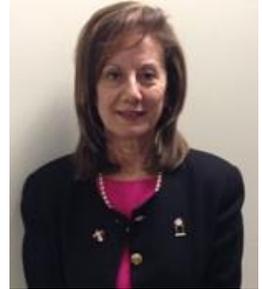
Sub-Conveners:

Youth Awards
St. Michael’s Scholarship

Val Egerton
Donna Capobianco

Education and Health

I welcome all newly-elected education and health chairs and all those returning to this standing committee. Thank you to all councils who have submitted their 2021 annual reports for this standing committee. I look forward to reviewing and sharing all your good works and accomplishments and the many ways that attributed to your successes, especially during these challenging times. A summary of all your reports will be included in the 2021 TDC Annual Report book and will be available at our 101st Annual Convention, April 28th and 29th.



Youth Awards Reminder

The deadline for regions to submit their winners to the Toronto Diocesan Education and Health Chair for The Mary Dobell Poetry and Essay Writing Contest and the Jean McCann Service Award is **March 14, 2022**.

Toronto Diocesan Council Sponsored Scholarships

The Margaret Ann Jacobs Catholic Children’s Aid Foundation Scholarship Fund provides youth under the care of the Catholic Children’s Aid Society, with financial support to allow them to achieve their goals of attending University, College or job training programs.

St. Michael’s College Scholarship Fund provides financial assistance towards a first-year tuition and is open to any young Catholic woman who is applying to the University of Toronto with St. Michael’s College as their

first choice. Applications for the 2022 St. Michael's College Scholarship campaign must be submitted to the Toronto Diocesan Education and Health Chair by **June 30, 2022**. The criteria and information along with the applicable forms can be found on our Toronto website: cwltoronto.ca under *resources* and *reference documents* tab.

Your generous support towards these two worthy scholarship funds are greatly appreciated. Donations can be made by using the Toronto Diocesan Voluntary Remittance Form which can be found on our Toronto Website: www.cwltoronto.ca under forms. Please ensure that your council's cheque is made payable to The Catholic Women's League of Canada and include the name of the Scholarship Fund on the memo line and is mailed to our TDC Treasurer, Lolita Perry.

National Bursary Fund

This fund is used to provide financial assistance to CWL members to pursue studies in adult faith formation or youth ministry. Additional information and criteria can be found on the national website: www.cwl.ca/resources (300 series). Applications must be submitted to national by **May 15, 2022**. Donations can also be made using the National Voluntary Remittance Form under form (500 series).

Catholic Education Week (May 1-6)

Catholic Education Week is held each year in May across the 29 Ontario Catholic school boards. It is an opportunity for schools to celebrate their successes and share their programs with the community. The theme this year *"Rebuild, Restore, Renew Together was inspired by; the continuing reality of the Covid-19 pandemic; the need to come together to rebuild, restore and renew; the challenges to personal and spiritual wellbeing by the uncertainty and physical isolation of the current global crisis; in addition, the ongoing recognition of the Truth and Reconciliation Commission and the relevance of Indigenous culture and spirituality"*. ocsta.ca. The sub-themes for the week are as follows: Monday: *Rediscover*; Tuesday: *Rebuild*; Wednesday: *Restore*; Thursday: *Renew*; Friday: *Rejoice*. Additional information or resources are available on the Ontario Catholic Schools Trustees' Association's website ocsta.ca.

Health

Another year has come and gone under the shadow of a worldwide pandemic that attributed to feelings of frustration, anger and isolation. A spotlight continued to shine on the importance of own mental health and the significant impact on mental health in general and the struggles that so many

people face day to day. It has taught us the importance for us to be more patient, kind and understanding in our interactions with ourselves and others. On January 26, 2022, the 12th Annual *Bell Let's Talk Day* set a new record, with over 164 million interactions with \$8.2 million going towards mental health initiatives. We must continue to help reduce the stigma attached to mental illness. Start the conversation with family, friends or coworkers.

Mental Health Week (May 2-8)

The Canadian Mental Health Association (CMHA) joins Canadians across the country in celebrating the 70th annual Mental Health Week. “The focus is to promote the importance of emotions and the role that understanding them plays in good mental health. New national monitoring results from CMHA and University of British Columbia researchers indicate that many Canadians (41%) report a decline in their mental health since the onset of the pandemic, compared to 38% in the spring and 40% last fall. Seventy-seven percent of adults report feeling negative emotions due to the pandemic. The five most common responses were due to being worried or anxious, bored, stressed, lonely or isolated and sad”.

Resolution 2015.01: Increased Early Access and intervention to Children and Youth Mental Health Services

To review the action plan, visit the national website cwl.ca/resolutions and ON.13.01 Reduce the Stigma Attached to Mental Illness cwl.on.ca/resolution. “In Canada, only one out of five children who need mental health services receive them. Mental illness is increasingly threatening the lives of our children with Canada’s youth suicide rate being the third highest in the industrialized world”.

For resources and additional information to help understand the issues surrounding mental health and for details on how to start those conversations, visit websites such as letstalk.bell.ca/en/, cmha.ca or mentalhealthcommission.ca

National Hospice Palliative Care Week

This takes place each year during the first full week in May. It is a time to celebrate and share achievements of hospice palliative care throughout the nation, but also provides a platform to look at shortcomings and create bridges for these gaps. For information and this year’s theme, visit: chpca.ca/campaigns/national-hospice-palliative-care-week/

This will be my last newsletter article under this standing committee. It has been an honour and a privilege to serve on the Toronto Diocesan Council as

your Education and Health Chair for the last three years. May our Lady of Good Counsel continue to guide us as we journey together through faith, service, and social justice, for God and Canada.

LEGISLATION

Elizabeth Joseph

Sub-Conveners:

Suzanne Cockburn
Sonia Da Costa Spence

Greetings! As Spring 2022 approaches, let us appreciate God’s creations in the new floral blooms and embrace the upcoming Lenten season as we identify issues and follow Bills in the legislature that defy or support Catholic Social Teachings.



Federal Bills

Bill C4 - An Act to amend the Criminal Code (conversion therapy) Conversion Therapy is a practice, treatment or service designed to:

- (a) change a person’s sexual orientation to heterosexual;
- (b) change a person’s gender identity to cisgender;
- (c) change a person’s gender expression so that it conforms to the sex assigned to the person at birth;
- (d) repress or reduce non-heterosexual attraction or sexual behaviour;
- (e) repress a person’s non-cisgender gender identity; or
- (f) repress or reduce a person’s gender expression that does not conform to the sex assigned to the person at birth (Statutes of Canada, 2021, c 24). One year after being sent to the Standing Committee for Justice and Human Rights on December 11, 2020, The Bill received Royal Assent on December 8, 2021, and came into force on the 30th day after the day on which it receives Royal Assent.

Bill S210 - An Act to restrict young persons’ online access to sexually explicit material: The Protecting Young Persons from Exposure to Pornography Act, allows designated enforcement to prevent sexually explicit material from being available to young persons in Canada; and makes it an offence for organizations to make sexually explicit material available to young persons on the Internet. The purpose of the Act is to protect public health, public safety and the mental health of young persons by restricting access to sexually explicit material (Senate, November 24, 2021). The Bill had First reading on November 24, 2021 and Second reading

was completed on December 8, 2021 and is under consideration of The Committee of Legal and Constitutional Affairs.

Action: Monitor this Bill as it resonates with Resolution 2003.08, Strategy to Eliminate Computer-Based Child Pornography.

Provincial Bills

Bill 37 - Providing More Care, Protecting Seniors and Building More Beds Act 2021. An Act to enact the Fixing Long Term Care Act, 2021 and amend or repeal various Acts. The Act has three Schedules. Schedule 1 “The Long Term Care Homes Act 2007 was repealed and replaced (Statutes of Ontario, 2021, c 39). It outlined how the fundamental principles of the law are to be applied and terms of the law are to be interpreted; and addresses the following:

Residents’ Bill of rights and the rights of residents including care and services they are entitled to. Any new rights should respect residents’ lifestyle choices and include palliative care. A requirement that LTC homes must have a mission statement.

A plan of care must be developed and provided for each resident; and certain programs and services are to be provided. Target hours are to be set for direct quality care by allied health professionals, including nurses and personal support workers.

Requirements of continuous quality improvement initiatives and authorizes the Minister to establish a Long Term Care Quality Centre. Every LTC home to have a Residential and Family Council. Provisions for an emergency plan to deal with pandemics and epidemics; funding from the Minister and what charges can be made to residents.

Guidelines for operations of the home and how admissions to the home are to be processed.

Schedule 2 highlighted amendments and enactment of the Fixing Long-Term Care Act, 2021.

Schedule 3 amended the Retirements Act, 2010 to allow a licensee of a retirement home to provide information on prices and accommodation in print or electronic form to any person on request. In addition, final inspection reports should not include personal information and personal health information and only contain specific information pertaining to contravention of the Act (Statutes of Ontario, c 39). The Bill received Royal Assent on December 9, 2021.

Bill 75- The Emancipation Month Act 2021. An Act to declare the month of August as Emancipation Month. To build a more inclusive

Ontario where everyone is treated with fairness, respect and dignity. Ontario is pursuing the United Nations General Assembly’s adoption of the period 2015-2024 as the International Decade for People of African Descent to ensure they receive the justice, recognition and access to opportunities they deserve. “Emancipation allows time for restoration, healing and eliminating of discrimination by continuing to educate and advance the importance of racial equity across Ontario” (Statutes of Ontario, 2021, c 42). The Act received Royal Assent and came into force on December 9, 2021.

To follow Legislative proceedings and access Legislation Information, visit the following websites: ourcommons.ca/en/parliamentary-business for Hansard—a printed record of the proceedings of government on the parliamentary website; and information on House of Commons. Legislation at a Glance parl.gc.ca/LEGISInfo
For access to the Ontario Legislature website: ola.org/en/legislative-business/bills/current.

RESOLUTIONS

Andrea Smart

Sub-Conveners:

Celestine Hall
Tracy MacInnis

Thank you to everyone who took the time to complete the Resolutions annual report. Your efforts are much appreciated and form the basis for the annual report books provided to delegates at CWL conventions.



At this year’s Toronto Diocesan Convention, the two resolutions accepted by the Toronto Diocesan Resolutions Committee in 2020 will be presented for discussion and voting on Saturday April 23, 2022, starting at 10:00 am sharp and finishing no later than 12:00 pm. This will provide the opportunity to discuss 2022.01 Promoting a Holistic Parish-Based Theology of the Body Lifestyle and Procreation Teachings and 2022.02 Canada Needs a National Strategy to Address Loneliness. We will use breakout rooms for the discussion. Shaila D’Souza will be looking after registrations for the Resolutions Dialogue. To register please contact Shaila at shailaflavy@gmail.com no later than April 15th.

In case you are wondering how resolutions submitted in 2020 are numbered 2022, it is because members have not had the opportunity to meet in person

due to the pandemic. National strongly recommended resolutions be “postponed to allow for full participation of interested members” at the next convention. You will also notice that there are no Whereas clauses in the resolutions. A reminder that at National’s convention in 2019, it was announced that Whereas clauses are no longer presented as part of a resolution. “By removing Whereas clauses, the statement of the League’s position on an issue becomes the main focus and is presented exactly right (the resolved clause for that issue). This gives more emphasis on the heart of the resolution.” Material previously contained in Whereas clauses become part of the brief. The resolved clause is referred to as the resolution for the purpose of the motion and debate. The two Toronto Diocesan 2022 resolutions have been forwarded to the Ontario Provincial Council’s Resolutions Review Committee for their consideration.

A gentle reminder to make sure you discuss and review the two resolutions at a general meeting of your parish council prior to the convention on April 28th and 29th. Both resolutions will be presented on April 29th during the morning’s business session. This is an informed vote which means that an informed vote set at your council is aware of the issues presented in the resolutions and may make amendments to them.

National Resolutions Chair, Rolande Chernichan reminds us that “The League’s national website (cwl.ca) is an excellent resource for members to research what the League has said or done regarding certain issues and to determine if resolutions have already been developed to address them. This is especially important to do before a council begins to develop a resolution. Using the search engine of the website and a keyword of the topic or issue, look up actions taken by the League over several years. Your search might reveal an updated resolution is warranted because the topic is still relevant and timely.”

With my term as Toronto Diocesan Resolutions Chair drawing to a close, I want to encourage councils to start thinking about resolution topics before breaking for the summer. There is much work to be done in our society. The pandemic has highlighted many areas where assistance is needed: long term care, our health care system, homelessness, paid sick time, and affordable housing to name a few. Look at news items to see if there is anything that would make a good resolution. Resolutions developed and researched by other groups or organizations will not be accepted as resolutions of The Catholic Women’s League of Canada.

Once a resolution is adopted at the provincial or national level, we need to follow up on the Action Plan. “An action plan is developed to implement action on the resolved clauses; i.e., members to become aware ...; invite speakers ...; write letters to ...; become familiar with a particular law, publication, government stand, etc.”

Looking forward to seeing you at the Resolutions Dialogue and convention!

Our Pandemic *Catholic and Living It!* Heroes Spiritual Advisors 2019-2022

No one has greater love than this, to lay down one’s life for one’s friends. John 15:13

Toronto Diocesan Council	Msgr. Patrick O’Dea
Regional Spiritual Advisors	
Durham	Rev. David Bollo
Humber Valley	Rev. Luigino Santi (2019, 2020,2021) Rev. Donatello Iocco (2021 -)
North York	Rev. Boniface Perri
Northern	Rev. Silvio Eljuga (2019, 2020) Rev. Laurence Leger (2021 -)
Peel	Rev. Michael Simoes
Scarborough	Rev. Dominic Borg (2019) Rev. Peter Marr (2020 -)
Toronto	Rev. Damian Young-Sam-You
Parish Councils	

To our spiritual advisors, your guidance, compassion and strength is so deeply appreciated in times of joy and uncertainty. Thank you for being our rock throughout the COVID-19 pandemic.

May God’s divine compassion and love keep you well.





The Catholic Women's League of Canada

TORONTO DIOCESAN COUNCIL

One Hundred Years: Growing in Faith, Love and Service

This will be the last time I provide information to members about the 100th Anniversary Celebrations of the Toronto Diocesan Council, in this newsletter. It has been a privilege for me to lead a team of the executive and two other Life Members who, despite family, work and other executive responsibilities did not hesitate to lend a helping hand from the date in September, 2018, when I was asked to chair this committee. As in all the other circumstances we've encountered through this pandemic, our work will bring us into Spring 2022 when it should have been completed by the end of 2021.

As we come to the end of the celebration, in convention and hopefully in person, we intend to open the Time Capsule and show everyone what it contains.

We also want to present again, the wonderful montages created by Ann D'Souza with information so many parish councils sent us in answering our questionnaire. The activities and celebrations of these councils give us so much joy, because they show us how vibrant the League is in this Archdiocese.

This is the perfect time to express my personal thanks to so many who have helped along the way. I will start with all the Spiritual Advisors at the parish and regional levels. At the Diocesan level, we have had the great fortune to have Msgr. Patrick O'Dea guide and encourage us for six years. Before his term there were many other wonderful priests who filled this role. In particular, I name Fr. Edwin Galea, Fr. Damian Ali and Fr. Robert O'Brien, Past Diocesan Spiritual Advisors, who joined us for our Centennial Mass at St. Michael's Cathedral on October 8, 2021.

The Centennial Mass was the perfect way to recognize our 100 years in the Archdiocese and we were humbled and gratified by the generous comments of Bishop Kasun in his homily and Msgr. O'Dea

in his closing remarks. The recognition of our contribution to the Church in Toronto certainly made us want to renew our commitment to our service in the League, since as Bishop Kasun said, we “dignify” the church.

Executive Council President, Hilarion Mitchell, was very helpful in setting up Zoom meetings, liaising with the council and following up on budget or other items that needed to be addressed. Past President Ann D’Sousa worked diligently to create the media packages we needed and took the lead on creating the logo designed for us by Irene Debono, to have made into a brooch. President-Elect Sue Lubowitz was always ready with a fresh perspective and additional information we needed. Connie Cristinziano, Education and Health Chair found room with this busy portfolio to be Secretary to the Committee. Mary Tuccitto, Communications Chair, made the sale of our beautiful pins her focus and we successfully sold all of them, thereby having money to provide letters of appreciation to Councils and Spiritual Advisors and to provide stipends to those helping with the celebrations of the year, especially in preparation for the Centennial Mass. Kate O’Quinn, Spiritual Development Chair, was extremely helpful in preparing all the liturgies we had, particularly in preparation for the Centennial Mass. Life Members Pat Cross and Carole Pitcher formed a sub-committee led by Pat with the task of completing Volume II of the History of the League in the Archdiocese. We expect it to be complete for the Spring.

I am so grateful for all these people and the opportunity I was afforded to help lead the members of the League in Toronto in the celebration of our first hundred years.

May our Lady of Good Counsel continue to bless us all!

Mary Hawkley, Life Member
Chair
100th Anniversary Committee
Toronto Diocesan Council

Toronto Diocesan Council 2019-2022 Executive Term

100 Years Growing in Faith, Love and Service

The 2019-2022 Executive Term was historic and transformative influenced by the evolving COVID-19 pandemic which required us to adapt and were busier than ever with many firsts.

2019

- 2019-2022 Executive Installation (May 3, 2019): Installed at the 98th Toronto Diocesan Convention, Toronto Airport Marriott Hotel. Five of the 12 executive and six of the seven regional chairs first time serving on the executive.
- Land Acknowledgements: National policy 2019 update that councils throughout Canada use for meetings and events to recognize local treaty (#) territory and the traditional homeland
- Loneliness (provincial) theme starts.
- Fall Regional General Meetings (unknown to be our first and last held in-person during the term).
- Oct: Father Patrick O’Dea was bestowed the title of Monsignor by the Holy Father, Pope Francis
- *Inspired by the Spirit Women Responds to God’s Call* (national) theme ends

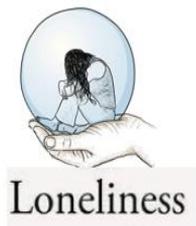


2020

- *Care for Our Common Home* (national) theme starts
- March 1: Reactivated St. Rose of Lima Council, Scarborough Region
- March 4: Organized St. Jerome Council, Peel Region
- March 17: The COVID-19 pandemic declared in Ontario and 1st lockdown
- Cancellations: All Spring diocesan and council meetings and the 99th Convention
- May 3: TDC Online Newsletter (updates on diocesan and councils’ activities)
- April: Used teleconference for executive meetings.
- June 17: The National 100th Anniversary was the first Zoom virtual event with 230 from 60 councils in attendance including Anne Marie Gorman, National President.
- June 28: Catholic Register ad placed to *Thank You to our Pandemic Heroes across Canada* issue.



- Combinations of hybrid (in-person and virtual) and fully virtual diocesan executive meetings.
- First series of fully virtual fall regional general meetings.
- Sept. 19: National Tree Planting Project planted 115 trees at Gore Meadows Community Centre, 10150 The Gore Road, Brampton.
- Councils in Peel and Toronto regions were in lockdown from November extending into 2021.
- Dec. 30: Holy Hour Farewell 2020 and Welcome 2021 with the first diocesan livestreamed mass from St. Edward Confessor with Msgr Patrick O’Dea celebrant. Prayer Service to inaugurate the Year of St. Joseph through Zoom.
- Donations: Martyrs’ Shrine, the Serra Foundation, Catholic Near East Welfare Association (CNEWA), and Catholic Family Services of Toronto for Ending Women’s Abuse, Catholic Family Services of Durham, Catholic Missions in Canada (CMIC), Journey Home Hospice, St. Michael’s Scholarship Fund.



2021

- Jan. 13: New Year’s Virtual Celebrations
- Feb. 20: Development Day *Care for Our Common Home, The Only Future Worth Building Includes Everyone*
- First combined Spring regional virtual general meetings into three
- March 23: Vaccines: Faith & Science Together with Dr. Moira McQueen
- April 8: Virtual Meeting with the Cardinal
- May 15: 99th and 100th Annual General Meetings held using partial virtual format. Including live streamed mass from St. Edward the Confessor with 400 views.
- Google forms used to evaluate the AGMs and other events and meeting surveys. E-transfers were used also for the AGM program purchases.
- June 3: Toronto Diocesan Council 100th Anniversary virtual celebrations. Featured on Archdiocese of Toronto website. All parish councils, parish, regional and past diocesan spiritual advisors received anniversary certificates.
- June 21: Toronto Diocesan Council 7th Indigenous Peoples Day: Conversion, Reconciliation, Transformation Ecological Justice.



- Sept. 6: The Catholic Register CWL 100th anniversary special edition magazine included two stories from the Toronto Diocese on *The changing face of the CWL* and *Garden project puts creative hand to work*.
- Sept. 19: Catholic Register Ad to congratulating Msgr. Pat O’Dea on his 40th anniversary ordination.
- Sept. 25: Celebrating Our Cultural Diversity starting with livestreamed Mass followed by workshop and council parade of cultures
- Sept. 29: Truth and Reconciliation Commission’s Calls to Action an Introduction and Updates.
- Oct. 7: Centennial Mass: Bishop Robert Kasun at St. Michael’s Basilica with in-person attendance and with 1,700 views for livestreamed mass.
- Oct. 20: Moira Ste. Marie 4th Memorial Lecture Series
- CWL Wednesday: League Welcome Program (April 7), Mary Garden (May 5), Internet or Interact (June 16), Unique Role of Women (Nov. 24)
- Donations: Serra Foundation Ordinandi Dinner, Journey Home Hospice, Catholic Family Services of Durham, Margaret Ann Jacobs - Catholic Children’s Aid Foundation Scholarship Fund, Mikinakoos Children’s Fund, St. Michael’s Scholarship Fund

2022

- *Catholic and Living It!* theme starts
- Jan. 13: New Year’s Wellness Spa
- CWL Wednesday: Executive Orientation (Jan. 5, 12, 19 and 26), Coffee with Saints (Feb. 23), Time Management (March TBA), Misconceptions of the League (April TBA)
- Feb. 12: Development Day Living Justice: A CWL Response
- Proposed Resolutions: 2022.01 Promoting a Holistic Parish-Based Theology of the Body Lifestyle and Procreation Teachings and 2022.02 Canada Needs a National Strategy to Address Loneliness.
- April 28 & 29: 101st Convention: *Catholic and Living It! We Rise Again*



Other

- Several virtual events included members and guests from other provincial (i.e., Alexandra Cornwall, Hamilton, London, Ottawa, Peterborough) and throughout Canada (Alberta, British Columbia, Manitoba, Nova Scotia, Prince Edward Island).

“You measure the size of the accomplishment by the obstacles you had to overcome to reach your goals!” Booker T. Washington

Toronto Diocesan Council Website Stats 2019, 2020 & 2021

Website Wednesdays has been promoted for members and councils to visit all League websites. It is the fastest way to receive updates about the executive offices and standing committee chairs positions, events, training programs, resources, etc. Visits to the websites will also address the concerns that some members have about too much or not receiving emails.

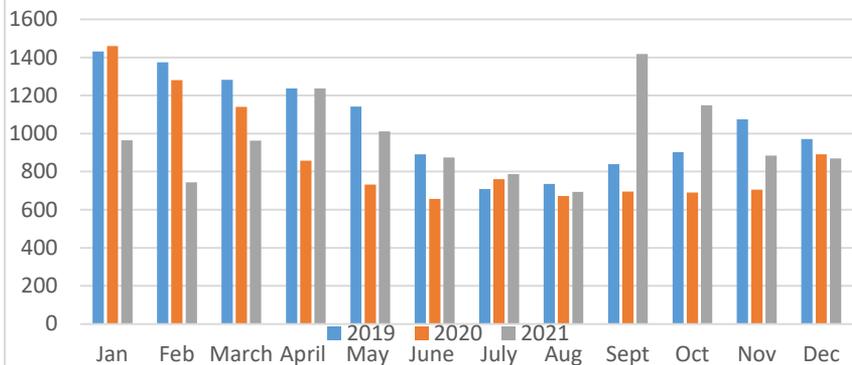
The history of visits for 2019, 2020 and 2021 to the Toronto Diocesan Council website is broken down as unique and total visits. Unique Visitors is defined as each unique IP Address or different physical person(s) who have reached the site. Total visitors refer to the number of people who have reached the site. For example, one person could have visited the website on 10 different occasions would count as one unique visit but 10 total visits.

Based on the charts on page 47, website visits for all years were higher in the first six months of the year. These are the months before and during popular events such as Development Day and the annual convention. Interests drops off in the summer when councils are on summer break but rebounds towards the end year. Unique and total visits were higher in 2019 (pre-pandemic) followed by 2021. The lower visits in 2020 were reflective of the uncertainty with the first year of the pandemic. However, September 2021 had the highest visits for all three years reflective of the workshops *Celebrating Out Cultural Diversity, Truth and Reconciliation Commission's Calls to Action an Introduction and Updates*, and as result of seeking info on the October events Centennial Anniversary Mass and the Moira Ste. Marie Memorial Lecture.

Action

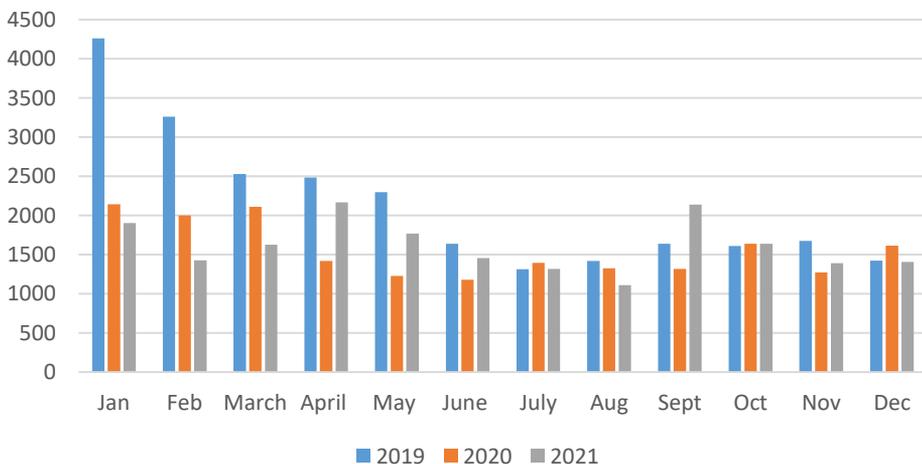
- Encourage members to visit the Toronto Diocesan (cwltoronto.ca), provincial (cwl.on.ca) and national (cwl.ca) websites

Unique Visits 2019, 2020, 2021



2019 (left), 2020 (center), 2021 (right)

Total Visits 2019, 2020, 2021



2019 (left), 2020 (center), 2021 (right)

Toronto Diocesan Council New Year's Wellness Spa

The 2022 New Year's Wellness Spa on January 13th boasted 189 members from Toronto and other Ontario diocesan councils including Alexandra Cornwall, Kingston, Hearst-Moosonee, Ottawa. The Spa goal was for members to focus beyond the COVID-19 pandemic to refresh, renew, and rejuvenate for a productive year. The spa highlights included.

New Year's Resolutions

New Year's resolutions or setting goals must be intentional, deliberate and SMART (Specific; Measurable; Attainable; Realistic; Timely).

Fad Diets and Weight Loss

Fad diets promises a quick fix, excludes, or severely restricts food groups or nutrients, such as carbohydrates. Maintain healthy eating habits over the long term, focus on non-scale victories, aim for your 'best weight', maintain your overall health, etc.

Facial Mask Application and General Beauty Tips

Skin care is a combination of what you put into your body and what you put on your body. Different internal and external lifestyle factors can affect the appearance of your skin such hot and cold weather. Care for your skin by drinking water, eating properly, etc.

Warm-up Activities for Exercising

Lower risk of injury, increased blood flow and oxygen, improved performance, better range of motion, less muscle tension and pain. Warm up include stretching, knee bends, kicking, neck exercises, shoulder shrugs, deep and breathing, etc.

Massage Therapy

Some benefits include improves posture, promotes muscles relaxation, enhances circulation, lessens lower back pain, help alleviate muscle stiffness and tension.

Mindfulness Meditation

Involves focusing your awareness on the present moment by paying attention to your sensations, feelings, thoughts, and environment. Making meditation a regular part of your day is more important than how long you meditate and should be sustainable for you. Benefits include reducing stress, controlling anxiety, promoting emotional health, etc.

Be who you were created to be, and you will set the world on fire.

St. Catherine of Siena