

THE ST. MICHAEL'S LEAGUE

Issue 20

CWLstmichlon@gmail.com

February 2024

Message from our Vice-President

Stephanie McIntyre



Hello, my sisters of St. Michael's Parish CWL. My name is Stephanie; I am your new Vice-President. I have been actively involved in the parishes I belonged to over the last 45 years.

I was born, raised, and educated in Windsor as the third youngest in a family of six children. I was first called to ministry at the age of nine as an altar server and served until the age of thirteen. My school was the one closest to the church (St. Vincent de Paul) so I often got called over to serve at daily morning mass and at funerals. When I entered high school I joined Sunday School, the folk choir, the St. Vincent de Paul Society, the youth group, and babysat children whose parents attended the baptismal classes. I also served as a lector and an Eucharistic Minister, as I felt my calling was to serve in whatever capacity that I could. Serving in these ministries brought me closer to Jesus and our Heavenly Father.

We are God's work of art created in Christ Jesus for the good works that God has prepared for our life; the Lord has work for each of us to accomplish in this lifetime. Ephesians 2:10

While attending the University of Windsor I got involved with the Campus Ministry Centre at Assumption College. My involvement there gave life to many good friendships and deepened my faith through ministry, workshops, and retreats. After university I volunteered with the L'Arche Communities and took on various roles like the Community Workshop nights. My fondest involvement in L'Arche was living in a community in Inverness, Scotland for a year.

I've been involved with many parishes since moving to London in 1996. One group that I didn't hear a lot about was the CWL. Ten years ago, when I joined St. Michael's I attended the Ministry Fair. I was drawn to the CWL display and eagerly filled out a membership card. Not long after I got a call from then-President Maggie McGee. We got together at my place and Maggie told me all about the CWL at the St. Michael's, Diocesan, Provincial and National levels. I was impressed and enthusiastic about being involved. About five years ago I felt called by God to get

more involved and to run for an executive position. I served as Community Life Chair for two years, and for the last two years as Spiritual Development Chair. Both positions were enlightening, inspiring and faith-deepening. This past year I felt called to serve in a different capacity, one with more responsibility and diversity, thus running for Vice-President in the recent executive election. I will serve as a support to my sub-committee CWL membership and to the three pillar chairs of Faith, Service and Social Justice.

We are called, we are chosen, We are Christ for one another.

We are promised to tomorrow, while we are for him today.

We are sign, we are wonder. We are sower, we are seed.

We are harvest, we are hunger. We are question, we are creed.

Anthem: Tom Conry, Glory & Praise Songbook

I am looking forward to acting in this capacity with enthusiasm, dedication, and humility; in serving you my sisters in Christ with the St. Michael's CWL.

"Here I am Lord, Send Me"

Prayer Intentions

We have offered specific prayer intentions for each month, and we are asking not only each of our members but also all the members of St. Michael's community, to bring these intentions to the Lord. Let us continue to lift one another up in prayer.

February: During this month when we celebrate love, we pray for those who are finding struggles in their marriages, friendships, and family relationships.

March: Spring is a time of new life, and new beginnings, let us pray for the healing of those women who have had an abortion.



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From Our Spiritual Advisor Lent: A Journey of 40 Days

Fr. Felix Odobi



Every year, the Church offers us the opportunity of 40 days journey to adequately prepare ourselves for the great feast of Easter. In the scripture, the number 40 generally symbolizes a period of trial or probation. It is the period

of growth; it is a time of conversion.

From the Old Testament we read, during the time of Noah, the rain that wiped away the first creation, bringing about renewal and regeneration, lasted for forty days and forty nights (Gen. 7:12). When the Israelites moved out of Egypt, they wandered in the wilderness forty years before they reached the promised land (Joshua 5:6). "Moses remained on the mountain with the LORD forty days and forty nights without eating bread or drinking water" (Exodus 34:28), receiving instruction from God. Elijah, "travelled forty days and forty nights to Mount Sinai, the mountain of God" (1 Kings 19:8). The message of Jonah to the people of Nineveh, as received from the Lord is, "Forty days from now Nineveh will be destroyed!" (Jonah 3:4). The people of Nineveh listened to the message and repented and God "changed his mind and did not carry out the destruction he had threatened" (Jonah 3:10).

In the New Testament, the gospel of Matthew narrates that "Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights, He fasted and became very hungry" (Matt. 4:1-2). Lent symbolizes these 40 days in the wilderness of Jesus.

There are many more instances in the Bible where the number 40 cuts across people's life and history. What is common to all these instances is that the number 40 signifies maturity, renewal, growth, experience, regeneration, and transformation. There is a popular saying that 'life begins at 40'. It is also said that 'a fool at 40 is a fool forever'. This is simply because at 40, we are expected to grow and make progress.

At the end of this 40-day journey, it is expected that we become wiser, mature, and responsible Christians; experience conversion; and be renewed in mind and spirit. This means that we come to the realization that sin has no power over us; we develop the courage to

face our fears; we gain the clarity of purpose; we learn to live by faith not by sight (2 Corinthians 5:7) and we become determined not to allow our circumstances define who we are.

Our journey of 40 days is marked by the three traditional dimensions of Lent: prayer, fasting and almsgiving. Through prayer, we create a space for God in our lives and enter a dialogue with Him, through fasting, we deny ourselves something we consider very important to us to share it with others; through almsgiving, we share what we have with those who are struggling in our community and society. May this Lenten season bring us the experience of renewal and transformation.

I wish you a spirit-filled Lenten season.

St. Michael's CWL

General Membership Meeting
Monday, March 4, 2024
7:00 pm
Saint John Paul II Room

All women of our Family of Parishes
are
Welcome to attend for an evening of
faith and friendship in our common
goals

CWL Lenten Cross initiative

The CWL Lenten Cross initiative begins the weekend of February 17th/18th and ends on March 22nd. All parishioners are encouraged to participate by taking a prayer request card and/or leaving one in the baskets provided at both entrances to the church. This is a wonderful opportunity to support one another in prayer and to build a sense of community as we journey through this season of Lent.



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Featured Member Darlene Charrette

Connie Cote



Just about everyone in our CWL knows Darlene, at least by name, as she oversees Membership. It is her job to gather and update member information for CWL National records as well as our own records and to collect our annual membership dues. Needless to say, Darlene is very organized and does a good job coordinating with everyone.

Darlene grew up just outside of London in a large family of 3 sisters and 4 brothers. She is married to John, and they have 3 sons and 4 grandchildren. After earning her teaching certificate, she taught elementary school for 25 years and became a principal for 5 years before retiring. In her spare time Darlene enjoys doing crafts, curling in the winter, and golfing in the summer. She plays the piano and is currently learning the cello. Darlene has been a member of St. Michael's parish for over 22 years where she serves as a Eucharistic Minister at the 10 AM Mass. She joined our CWL in 2020.

Darlene didn't waste any time after she joined the CWL and headed up several successful projects. In the past year alone, Darlene organized and planned the Spring Friendship Tea, Membership Weekend, and the Craft Sale. Darlene is an excellent leader. She is very good at working with a team, listening to all ideas, and involving the help of everyone. She realizes that together, everyone achieves more. Her cheerful smile and quiet demeanor make people readily willing to work with her. She seldom takes any credit and gives all the credit to her supportive team.

When our Friendship Tea needed a convenor, Darlene jumped in and took on the event along with Cathie Gauthier. The goal was to combat loneliness, especially among seniors. Almost 100 ladies from our CWL, parishioners, and people from retirement homes in the area attended. Darlene and her team decorated the hall and tables, made sandwiches, and made use of china cups and teapots. CWL members provided baking. It was a lovely and very successful afternoon.

Next Darlene set her sights on increasing Membership numbers. She came up with the idea for a Membership Weekend after all the Masses. CWL members who were ministry volunteers wore their CWL sashes as a visible sign of the CWL at Mass. After Mass ladies were invited for refreshments in the hall where they were greeted with information about our CWL, who we are, and what we do. What a wonderful success this was as we gained 30 new members! Of course, Darlene would never take all the credit and was quick to say that she was supported by a great team who also did a lot of work but it's leaders like Darlene that get the ball rolling.

Darlene didn't stop there, in the same month she quickly got busy planning and organizing the Craft Sale. This was no small endeavor. With Veronica Solis and the help of an amazing group of women they solicited donations from community businesses, set up the hall, handled sales, and cleaned up afterwards. Approximately \$3,000 was raised. Once again, it took a team of women to make this happen, but it was Darlene's leadership that planned and organized it.

Darlene hopes to continue working hands on planning and organizing events. Darlene's goal now is to provide opportunities for members to become involved and to provide more social activities so that members can get acquainted with each other. We are blessed that Darlene has chosen our CWL to do her volunteer and charity work, and to recognize her as a wonderful example of our core values of faith, service, and social justice.

Correspondence

Our Corresponding Secretary has been faithfully sending out Sympathy cards, Get Well cards and Thinking of You cards. If you have news about one of our members who might need a card, please contact: cwlstmichlon@gmail.com

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St. Michael's CWL Council 2024/2026 Executive

Spiritual Advisor: Fr. Felix Odobi

President: Dorothy Solomon

Past President: Maggie McGee

Vice-President: Stephanie McIntyre

Sub-Committee Membership: Darlene Charrette

Treasurer: Mary Maxwell

Secretary: Joan Lobsinger

Sub-Committee Communications:

Gail Brown, Connie Cote

Sub-Committee Correspondence:

Lucie Sollazzo

Faith Chair: Megan Young

Service Co-Chairs: Marilyn Morgan, Veronica Solis

Social Justice Chair: Margaret Riehl

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London Diocesan Convention 2024

The London Diocesan CWL Convention will be held in London at the Best Western Lamplighter Inn from April 22nd – 24th. It is a wonderful opportunity to meet members from all over the Diocese of London, celebrate our common goals, learn something new, and have fun.

Highlights:

Monday April 22nd

2:30 p.m. The Joy of Leadership workshop at Best Western

4:30 p.m. Opening Mass, St. John the Divine Parish followed by roast beef dinner

8:00 p.m. Merry Time Kitchen Party at Lamplighter Inn

Tuesday April 23rd

8:45 a.m. Keynote speaker Betty Colaneri National Vice President, executive reports, Crowning of Mary, Development and Peace speaker Danielle Salcedo, provincial representative presentation.

4:30 p.m. Reaffirmation Mass at St. Justin's

6:15 p.m. Banquet at Lamplighter

Wednesday April 24th

8:45 a.m. Keynote speaker Debra Majer Kennedy, reports, mix and mingle

2:00 Closing Mass at Lamplighter Inn

Items will be collected for donation to Anova as part of the convention and can be brought to our March meeting. Requested items include:

Food and kitchen – ground coffee, coffee mate, school snacks, juice boxes, cereal, crackers, jam

Shelter needs – clear and green garbage bags, toilet paper, paper towels, laundry detergent, size 5 and 6 diapers, baby wipes, tampons

The registration deadline is March 15th. Contact Dorothy at dorothisolomon41@gmail.com for registration information.



Come Join Us

104th Annual
Catholic Women's League of Canada
Diocese of London
Annual Meeting of Members / Convention
on
April 22nd to 24th, 2024
Best Western Plus Lamplighter Inn &
Conference Centre, London



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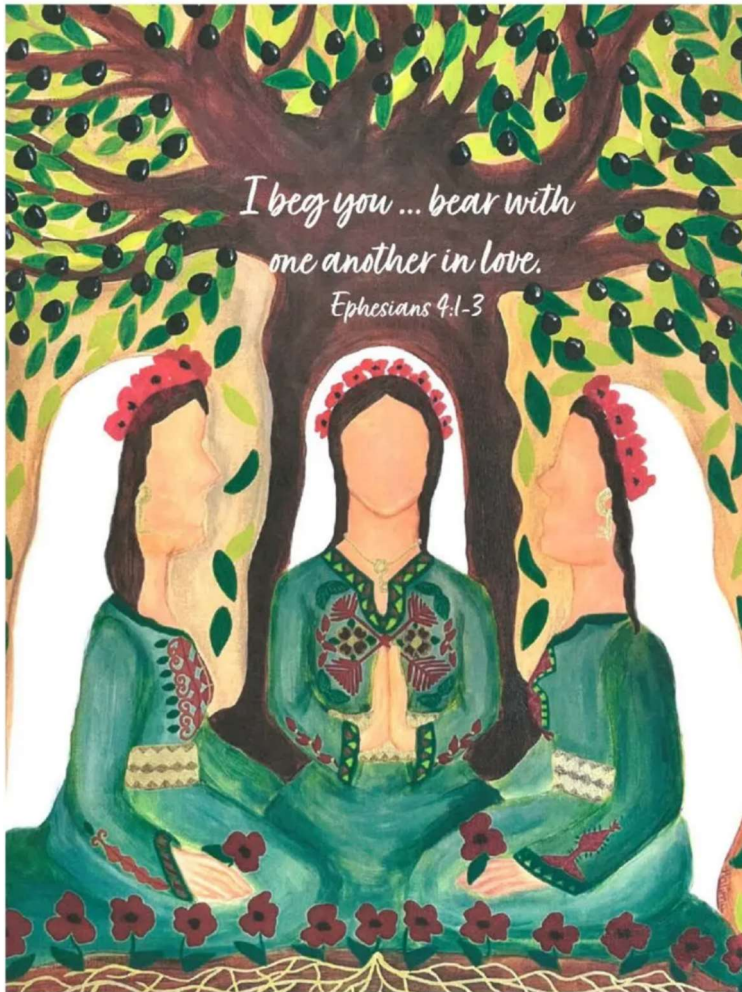
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WORLD DAY OF PRAYER 2024

FRIDAY MARCH 1ST



Hosted by St. Michael's Catholic Parish

2:00 pm

Reception to follow in Parish Hall

**Service Prepared by WDP Committee of
Palestine**

World Day of Prayer 2024

Gail Brown

The World Day of Prayer started in the United States in the late 1800's and spread to Canada in the 1920's when Christian women in North America began to be involved in missions at home and in other parts of the world. Today it is observed in over 170 countries worldwide. Each year on the first Friday in March, women gather in churches around the globe to celebrate a common scripture service based on a special theme for each year. Every year the service is written by women from a different country.

The 2024 service was written by the World Day of Prayer Committee of Palestine and the theme is *I Beg You... Bear With One Another in Love*, found in Ephesians 4:1-3. This year's date is Friday, March 1st.

Here in London, World Day of Prayer is organized by various Christian churches, with CWL councils representing our Catholic parishes. This is a special year for World Day of Prayer in our part of the city, as our St. Michael's CWL is hosting and organizing it. Past President Maggie McGee and her team of volunteers have been busy meeting with women from Colborne United, St John's Anglican, Trinity Lutheran, New St. James Presbyterian, and the Sisters of St. Joseph to help plan the event.

All members of our parishes are encouraged to attend this interdenominational service as it is being celebrated with women around the world and with Christian women from our own neighbourhood.

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Schedule of Events February – July 2024

Saturday, February 17th - Diocesan Lenten Retreat, Our Lady of Guadalupe Church, Windsor

Friday, March 1st – World Day of Prayer Service – Hosted by St. Michael's CWL

Monday, March 4th – General Membership Meeting & Social

Monday, April 8th – General Membership Meeting & Social

Tuesday, April 16th - 8AM Mass for CWL Members

Tuesday, April 18th - 8AM Mass for Deceased Member Anna Kovacic

Saturday, April 20th – CWL & KofC Dinner Dance

Monday-Wednesday, April 22nd – 24th - CWL Diocesan London Convention

Friday, April 26th – Feast of Lady of Good Counsel

Friday, April 26 - 8AM Mass for Deceased Member Marlene Muckle

Friday, May 3rd - 12 Hours Prayer for Palliative Care

TBA – Crowning of Mary Service

Monday, May 6th – General Membership Meeting & Social

Wednesday, May 8th – Spring Friendship Tea

Saturday and Sunday, May 25-26th - Perennial Plant & Bake Sale

Tuesday, June 4th – Potluck and Membership Pins Awards

Saturday, June 22nd – CWL and KofC Trivia Night

Wednesday, July 24th – Day at the Shrine of Our Lady of the Rosary

Communications

Gail Brown

We may be a few weeks into 2024 but it's not too late to make a resolution for the coming year, and the latest issue of the CWL Ontario Provincial Council online newsletter is a great place to start. It's full of resources and suggestions for the new year, including the Pope Francis List for New Year's Resolutions and an article called "How Your New Year Resolutions Can Benefit Others." It also includes messages from our provincial executive and news of CWL events around the province, always a good source of inspiration for our own activities. One simple resolution might be to keep up with this newsletter as it appears each month. It's always good to nurture our connections and celebrate our commonalities with our CWL sisters in other councils.

With Lent now upon us, it's time to think about how we want to honour the next 40 days. Maybe think about picking up a new activity or spiritual practice to observe the season and care for your faith. For example, if you give up recreational reading, consider spiritual reading instead. "Welcome To Lisa's Library" on page 26 of the OPC newsletter gives suggestions and short reviews of books for both youth and adults, with more than enough titles to last through the season. The newsletter can be found at [2024 Jan ON Line Newsletter \(cwl.on.ca\)](https://www.cwl.on.ca) and you can also register to have it emailed to you each month.

And thanks to Diocesan Secretary Nelly Kelders, the League Lingo is back and better than ever. Check out the new Volume 1 No. 1 Winter 2024 issue at [Vol. 1 No. 1.pdf \(cwllondon.com\)](https://www.cwllondon.com) Also available in hard copy, The League Lingo is another tool for councils to promote the Catholic Women's League in their communities.

Don't forget to follow us on Facebook

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St Michael's London C.W.L



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Blooms to Beat the Winter Blues

Dorothy Solomon

She is one working, talking, blooming wonderful floral designer. Her name is Geraldine Peters, and she is the owner of Jim Anderson Flowers here in London. On a cold, snowy January evening, Geraldine treated CWL members to an incredible



demonstration from simple to more complex floral arrangements while answering questions and explaining in ordinary terms what she was doing. The 90 minutes absolutely flew by as she made a variety of arrangements including vases, a bulb planter, and containers using floral oasis foam which holds water for the cut flowers.

The one thing Geraldine stressed is the need to change the water in vase arrangements every day to prevent bacteria that causes flowers to die sooner. It is not necessary to use the preservatives that come with prepacked bouquets. They may be used because you have them and it does help prevent bacteria, but it's more important to change the water. If you have an arrangement in floral oasis, be sure to take it to your tap every day, let the water run into it, tip it slightly to drain off the excess and enjoy your flowers for that much longer. Another important tip for your flowers to last longer is to buy fresh product which you can judge by seeing that the bloom is still fairly tight.

Geraldine also had many tips on caring for plants in soil. She grew up in a greenhouse from a very young age and has a wealth of knowledge about houseplants and floral design. Geraldine welcomes co-op students in the arts programs from C.C.H. and Beal High Schools to work in her shop, learn a bit about the industry and earn their needed credit. Her work ethic is to waste nothing and improvise as needed. She explained some of the challenges

involved in the floral industry from weather conditions, trucking issues, airlines cancelling and delaying flights, and farmers in South America being kidnapped and not allowed to get to their farms. Much of the product comes from Columbia. Local greenhouses do grow flowers for designers but there is never a guarantee that the particular product you would like for a wedding, for example, will be available.



Geraldine has a very easy-going manner that assures customers that their finished arrangements will be met to the best of her ability. Her ability has been demonstrated for fifty years and she will make every attempt to fill your order as close to your request as possible. Our

evening was doubly blessed when the arrangements were offered for sale to the attendees at cost price. The funds raised were very generously donated back to our CWL Council by Geraldine. These will be earmarked for purchasing floral oasis and cut flowers from Geraldine which some members will use to create small arrangements to offer as Valentine gifts to the home-bound, and nursing home and retirement residents. Also, at our Spring Friendship Tea we will create centerpieces to give to guests. Check the Jim Anderson website to see when Geraldine is hosting a demonstration or hands on workshop to learn firsthand the joy of design.

