

THE ST. MICHAEL'S LEAGUE

Issue 23

CWLstmichlon@gmail.com

October 2024

Message from Faith Pillar Chairperson

Megan Young



It always amazes me how unique each and every one of us is, and how we each will have our own set of gifts and talents to offer to the CWL and to our parish families. But the one factor that each one of us has in common is our faith; it unites and strengthens us during the difficult moments we will all face, and it is what allows us to rejoice in times of triumph. Through our baptism, we are called for our faith to be the very foundation of our lives, every choice we make, and how we live out our day to day lives.

We at St. Michael's have been so blessed to have such a vibrant and faith filled council that provides many opportunities for us to share the love of Jesus with anyone who walks through the doors of our Parish, and even out into our community. It always warms my heart when I hear our members speak of visiting our homebound brothers and sisters and bringing their Lord to them in the Eucharist; and of the wonderful turn out at events such as the 40 Days For Life, as well as taking part in faith-sharing groups such as bible study and countless other ministries. It is one of the many reasons why I am so proud to be a part of this vibrant and loving group of faithful women.

As your Faith Pillar chairperson, my hope and prayer for the future is that our council will continue to bring the message of Jesus through our words but more importantly through the way we love and serve one another. I also want to encourage you to keep one another in prayer; to me there is no greater way to show someone you

care for them than by lifting them up in intercessory prayer.

Thank you all for everything you do, and God Bless!

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.

October: Uniting their sufferings with Christ, let us pray for those who are terminally ill and who find their own sufferings unbearable.

November: For our beloved family and friends who have died, and those who mourn them. We thank you for continuing to keep these prayers in your hearts.

November Membership Meeting

Monday, November 4th, 7:00 pm
St. John Paul II Room

General Meeting and Social
Women 16 years of age and up are
welcome!

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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From Our Spiritual Advisor Fr. Felix Odobi



“My soul magnifies the Lord, and my spirit rejoices in God my Savior...” (Luke 1:46-47).

Within the Catholic tradition, the month of October is dedicated to the Holy Rosary. On October 7, every year, the Church celebrates the memorial of Our Lady of the Rosary. This feast was established by Pope Pius V in “thanksgiving for the crucial victory of Christian Europe over the Turks at the naval battle of Lepanto in 1571. It was said that the soldiers asked for the help of Mary through the Rosary” (Roman Missal). On October 13, 1917, the world witnessed the miracle of the sun in Fatima, Portugal to offer an urgent message of hope to the world. This happened at a time when the world was experiencing persecution, war and oppression. Since October has events and celebrations connected to the Blessed Virgin Mary, I would like to reflect with you in this edition of our newsletter, Mary’s Magnificat.

Magnificat is Mary’s thankful hymn of praise. Despite her many challenges, Mary chose to magnify God with her soul and spirit for what God would accomplish for the world through her. Throughout her earthly life, Mary consistently expressed her gratitude to God for His presence in her life. She filled her heart with thanksgiving, leaving no place for fear and despair. The gospel of Luke 2:19 tells us that Mary treasured everything she heard about her Son, Jesus Christ, in her heart and pondered on them. She may have felt helpless, but she was never hopeless because she constantly pondered on God’s words and promises.

Mary’s Magnificat inspires us in many ways. First, it reminds us to be thankful. Every year, we celebrate ‘Thanksgiving Day’ in October, a day we express thanks and gratitude to God for the harvest and His blessings. Thanksgiving helps us recognize the many blessings we have received from God, which brings us to the awareness and realization of how much God loves and cares for us. Secondly, Mary’s Magnificat teaches us to magnify God instead of magnifying our problems. When our soul magnifies God and our spirit rejoices in God, it fills our hearts with peace and joy, giving us the strength to overcome worries, anxiety, depression, fear, and frustration. The collective experience of those who constantly magnify God in their lives shows that every negative feeling shrinks away where God is magnified. Lastly, Mary’s Magnificat reminds us that we may sometimes feel helpless as human beings, but we are never hopeless. When we persistently meditate on God’s words and promises, it fills us with hope and peace.

Friends, let “My soul magnifies the Lord, and my spirit rejoices in God my Savior...” be part of our daily prayer.

SOCKTOBER

Diocesan Service Chairperson, Lori Alexander, is encouraging CWL councils to collect socks for the month of October to be donated to the unhoused/homeless in our local area.

If you would like to give socks to the homeless, please bring the socks to our November 4th meeting. The Giant Tiger store is a good place to buy warm reasonably priced socks.

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Featured Member Veronica Solis

Donna Thompson



What better time of year to feature our member Veronica Solis as someone who exemplifies our CWL values of faith, service, and social justice than during the 40 Days for Life cycle?

Veronica is from the beautiful country of Mexico and grew up in Mexico City as the youngest of twelve children. She graduated from the National University of Mexico as an actuary and also has a master's degree in Finance. Veronica's first language was Spanish. While she felt that she would never master learning to speak English when she left Mexico for the United States in 1992, we now know that she can master anything perceived as an obstacle in her life.

Veronica married her husband Roberto in 1991. She was attracted to Roberto as he had many of the qualities she valued in a spouse, both sharing a desire to grow their family together in accordance with Catholic teaching. Her worldly adventures began when Roberto's desire to expand his academic pursuits took them to the United States the following year. They spent five years together in the United States and two of their three children were born there. Veronica's next adventure in life took them to Germany where they expanded their family to include a third son. Veronica's family spent two years in Germany until their next adventure brought them

to Canada. After weighing her options for the best way to raise their three sons, Veronica felt it was best to be a stay-at-home mom, although she did teach Spanish in her limited spare time. Veronica's whole family became Canadian citizens around twenty years ago.

Arriving in London, Ontario in 1999, Veronica belonged briefly to St. Michael's Parish before changing neighbourhoods and becoming a parishioner at Holy Family Parish. Veronica relocated within London again in 2014 and we are delighted to have her back at St. Michael's. She joined the CWL in London in 1999. Veronica stated that the CWL doesn't exist in Mexico but there is a Catholic association for women that is very political in nature.

Veronica is an active member of our CWL council and is currently the Service Pillar co-chair with Marilyn Morgan. She previously served as the chairperson for Christian Family Life. She is an enthusiastic advocate with the 4LifeLondon movement. Veronica states that "nothing matters without life; strong families build a good society." She thoroughly enjoys the sisterhood of the CWL and looks forward to the Friday walk group and SMUGlees (Ukelele) jam sessions.

In addition to CWL, Veronica hosts monthly rosary sessions in her home, and she is part of the sandwich brigade which provides sandwiches to the less fortunate in our community. Veronica is also one of the bible study coordinators in our parish. Veronica can be counted on to rise to any occasion where there is a need. Veronica is a prayer warrior, and we can count on her intercessory prayer whenever we are in need. We are blessed to count her among our members.



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St. Michael's CWL Membership Drive



We are hosting a CWL event after the Masses **November 30 & December 1**. This will be our **Spotlight Sunday** combined with our annual **Bake Sale and Membership Drive**.

All current members are encouraged to renew their memberships at that time. **Membership fee is \$40.00 per year.**

Renewal is easy:

1. Pay in person at the membership desk Nov. 30 & Dec. 1
2. Drop your envelope in the collection basket during November (avail. at the desk & in foyer)
3. Pay by e-transfer during November or December to CWLstmichlon@gmail.com

We are encouraging new members to join, so spread the word! All women of the Parish 16 years and older are able to join. Bring a friend to the Membership Drive so that they may see what we are about and have their questions answered.

Volunteers will be needed in the hall after the Masses to assist with the bake sale and to promote membership in our league. Members are also encouraged to wear a sash and participate in the Ministries that weekend at Mass.

Please contact Darlene (519-852-5252 or dcharrette8101@rogers.com), or Joan (519-438-4909 or joanlobsinger@sympatico.ca) if you are able to help.



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London Pregnancy & Family Support Centre

Connie Cote



With the closure of Birthright London, St. Michael's CWL is now supporting the **London Pregnancy & Family Support Centre (LPFSC)** located at 261 Piccadilly Street in London. London

Pregnancy & Family Support Centre is a faith-based, non-profit community based charitable organization that has served London and the surrounding region for over 30 years. This pro-life group supports the needs of women, men and their families who may be struggling with challenges related to unexpected or in some cases, expected pregnancies.

Their support workers provide a one-on-one support session to determine the needs of their clients. They provide non-judgmental, fact-based information so that their clients can make an informed decision. Four free courses are available. Prenatal Health Classes are offered that include Baby Development, Breast Feeding/Formula, Baby Care, Bonding and Postpartum information. In addition, they offer a free eight-week program designed for moms who need physical, emotional, spiritual and social support. A program for grandparents who are helping to raise their grandchildren is also offered. Individualized Post Abortion Grief support is also provided to those who have had an abortion or those associated with an abortion.

For several decades, London Pregnancy & Family Support Centre has relied on the generous support of individuals, families and churches during their annual Formula 4 Hope Baby Bottle Campaign. Every year, hundreds of bottles are distributed in churches and homes within our community for their Spring campaign which runs from Mother's Day

until Father's Day. Currently their Fall campaign has started beginning Labour Day weekend and running until Thanksgiving weekend. The Baby Bottle campaign raises significant funds for LPFSC to provide essential free services. Their Spring campaign raised \$17,684.62 and they hope to reach their goal of \$25,000.

We will be collecting items for them at our Christmas meeting, and their current needs list includes baby wipes, prenatal vitamins, diapers (**currently in need of sizes Newborn , Size 4, 5 & 6**), formula (**Similac, Enfamil or Good Start**), baby wash, **"What to Expect When You are Expecting"** books (**new or used latest edition**) and gift cards for *Wal-Mart, No Frills, Food Basics, PC or Dollarama*.

To learn more about London Pregnancy & Support Centre visit their website at <https://lonpfsc.com/>

ANNUAL PIE MAKING

All women of the parish are invited to participate in a day of community pie making on Thursday November 14th in preparation for the upcoming CWL Bake Sale. We are beginning at 8:30 a.m. in the parish kitchen. If interested, please feel free to drop by, or call Joan Lobsinger at 519-438-4909.



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CWL/Knights of Columbus Movie night

Joan Lobsinger

On Saturday, September 28th our council and the Knights of Columbus hosted a family- friendly movie night. There were approximately thirty parishioners who enjoyed the Knights of Columbus produced cinematic release, "Mother Teresa, No Greater Love." The evening began with Keith Rodrigues welcoming those in attendance and sharing his personal experience. Keith and his wife Anita were born and raised in Calcutta, and both had the privilege of working with Mother Teresa. Anita led us in the opening prayer, a prayer that Mother Teresa prayed daily. It was one of her favourite prayers and is attributed to Blessed John Henry Newman.

I'm sure I speak for all who attended when I say it was a great evening. The movie was very informative, interesting and moving. Camaraderie was also shared during the snack break.

Radiating Christ

Dear Jesus, Help me to spread Thy fragrance everywhere I go. Flood my soul with Thy spirit and love. Penetrate and possess my whole being so utterly that my life may only be a radiance of Thine. Shine through me and be so in me that every soul I come in contact with may feel Thy presence in my soul. Let them look up and see no longer me but only Jesus. Stay with me and then I shall begin to shine as you shine, so to shine as to be a light to others. Amen.



CWL Memberships



For \$40 per year you get many opportunities to:

- Develop your faith
- Build new friendships
- Have a voice on current issues at the national level
- Participate in charitable acts
- Contribute to social justice initiatives
- Serve others in our community, particularly those in need
- Learn about what is happening in our community, our diocese, and Canada
- Spend time with like-minded women in our parish
- Have fun while supporting others
- Celebrate women, friendship and our successes

Membership dues are collected in the fall for the coming year.

Pay by e-transfer to

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or drop your envelope in the collection basket at Mass.

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CWL Christmas Market

Our Christmas Market is only days away! Thank you to the many members and parishioners who have already volunteered to help out and/or donated items for the sale.

We are still welcoming donations of craft items, children's toys and games, Christmas items, jewellery, candy, baked goods and preserves, and silent auction items. **If you are able to donate any of these items or even make a cash donation, please drop it off at the church office, use the donation boxes in the narthex, or contact Darlene Charrette (519-852-5252; dcharrette8101@rogers.com) or Veronica Solis (versolis@hotmail.com; 519-476-3407) for pickup.**

Spread the word to your friends, family and work colleagues! We are hoping for lots of people to come to our Christmas Market. The proceeds will help Hospitality North, the SVDP Housing Project and other CWL initiatives.

Be in the Know! A Webinar on the National Communications Plan

Joan Lobsinger

On Tuesday, September 24th, CWL National presented "Be in the Know! A Webinar on the National Communications Plan" as part of its strategy to communicate with members in a more structured way. I found the one-hour webinar presented by Dorothy Johansen, National's Secretary-treasurer, to be quite informative.

I always thought I knew my way around National's website but found there was lots I didn't

know. Dorothy walked us through each of the tabs across the top. I recommend you check them out, especially the tab "Inform". There you will find News Releases, Spotlight, The Canadian League magazine, Annual Reports, Parish Council Memos, Videos, and an Events Calendar. Councils are encouraged to send in a picture and brief write-up about special events that will be highlighted in Spotlight. Gail Brown, our communications subcommittee member, submitted a photo of our Spring Friendship Tea and it can be found in Spotlight on September 17th.

You will find many areas of interest as you scroll down the home page and at the very bottom right-hand corner is "SITEMAP" which has lots of information on previous annual reports and communiques. Another thing Dorothy pointed out is that when you want information about something simply use the "search" box.

She also outlined the CWL's other main methods of communication: Social media including Facebook, Instagram, X, YouTube and Pinterest, with Facebook getting the most interest from members; the CWL Events Calendar on the front page of the website; Communiques sent out four times a year to presidents for further distribution; Memos; virtual meetings aimed at building relationships between national and provincial presidents; and emails sent out as needed from the National Office to Provincial presidents.

During the webinar, there was also a question/answer time. Various members wrote questions which were then answered by Dorothy, or she made a note to find the answer. Two of the requests were for clipart to be added as a resource for our newsletters and posters.

The evening ended with the closing prayer "Here I am Lord, Send Me" and I look forward to attending other webinars offered by National.

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Come One Come All

St. Michael's CWL Christmas Market
511 Cheapside (at Maitland), London
Saturday November 2, 2024
9:00am to 3:00pm

Shop early for unique one-of-a-kind Gifts and Products offered by Parish Crafters including:

- ♥ Hand-crafted Wooden Gifts
- ♥ Hand-knitted and Hand-Sewn Clothing & Gifts
- ♥ Hand-made Jewellery & Yarn Crafts
- ♥ Homemade Preserves, Baked Goods, Spices & Candy

This year we will have a Christmas Cafe, a Children's Corner, a photo-op area and other surprises!

We will also be hosting a Draw Table and Silent Auction which will offer wonderful Gifts and Prizes for all ages!

★ Enjoy beverages and a delicious lunch ★

Find something for everyone on your list!

❄️❄️ ***Cash Only For All Purchases*** ❄️❄️

Proceeds to support the St. Vincent de Paul Housing Project and other CWL Charities and Initiatives

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Strengthening Families Through Faith: The Mission of the Family Foundations Institute

Gail Brown



The Family Foundations Institute (FFI), founded by Brian and Joanne Simpson, is dedicated to nurturing Catholic culture within families across Canada. CWL members welcomed guest speakers Brian Simpson, founder and Executive Director, and Mike Whelan, former St. Michael's parishioner and a chair of the parish's 2015 Give to Grow Campaign, at our general meeting in October. The discussion centered on the essential role families play in the life of the Church and FFI's support of this role.

At the heart of FFI's mission is the belief that families need support to live a Catholic life, modeled on the Holy Family of Jesus, Mary, and Joseph. Our parishes are composed of many little families, Brian emphasized, and to strengthen our parishes, we must first strengthen our families. This foundational approach underscores the interconnectedness of faith and family life.

FFI operates on guiding principles of joyful optimism, servant leadership, supportive community and faith formation. It started in London and Stratford with three families and is now active in 15 cities across Canada. Its key initiatives are its JP2 Camps in Port Burwell – its Family Camps, Anchor Camps for girls, and Knights Quest Camps for boys which have been running for over 20 years. These camps offer families and individuals the opportunity to come together, grow in faith, and build lasting friendships. The John Paul II (JP2) Family Camps host 12 families at a time throughout the summer,

creating an environment where mentorship and community thrive. Over the years, many campers have formed lifelong friendships, carrying the values learned into adulthood. Mike told us that three of his children are married to partners they met at FFI camps.

The Institute serves a diverse group, including married couples, young adults and single parents. It offers a range of 22 ongoing programs such as marriage courses, leadership retreats and a women's wellness course based on Proverbs 31, all designed to strengthen family bonds and foster individual growth.

When asked about the financial aspects of FFI, Brian and Mike explained that FFI operates as a registered charity and the funding for these initiatives comes primarily from donations. With a small staff and a dedicated team of volunteers, they have maintained an economical and effective organization. Currently, the camp facilities are rustic, but FFI is in the midst of a capital campaign to purchase the John Paul II Family Centre in five years and establish a fund to cover improvements over the next five years.

Some members of our group were already familiar with FFI and spoke highly of its programs, in particular the annual Men of Faith Conference which has been held at St. Michael's, and the Proverbs 31 Women's Wellness Course.

Brian and Mike were thanked at the end of the evening with warm applause and a donation to the Family Foundations Institute.

*“Here I am Lord,
Send Me”*

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St. Michael's Parish Family Trivia Night

Hosted by CWL & KofC

Saturday, November 16, 2024

7:00pm Doors Open

7:30 – 10:30 Trivia Competition

Halfway break -pizza, pop, snack, juice available

Munchies Provided

Tickets \$10:00/adult \$30.00/family

Joan Lobsinger 519-438-4909

Dorothy Solomon 519-204-2931