

THE ST. MICHAEL'S LEAGUE

Issue 18

CWLstmichlon@gmail.com

October 2023

Message From Our President Dorothy Solomon



We incorporate faith, service and social justice in our everyday lives so that what we bring to our CWL gatherings is shared and encouraged. Much of the focus of our mini retreat-workshop, which was held in August, was

on being a team. As team members we prayed together, we visited and probably met someone new, we shared ideas and learned something new. We learned from the demonstrations, because sometimes a visual experience has a different message than just words, we took quiet moments for reflection. All of this expresses a need to be with and do for others.

Life as a CWL council is like any other ministry forming a social and moral fabric of community. We support one another's ideas and discuss the ones we do not understand clearly. All ideas are still valid and need to be heard. Mostly there is a sense of belonging with a common goal, shared responsibility and accountability. We share interests, needs and concerns. Belonging means you are known and accepted just as you are. There are duties involved and you are expected to participate as you are able, as fully as you can. In return your sense of belonging guides you through the weeks ahead in joyful service proclaiming the gospel by your lives which is our commission or co-mission at each mass. Our lives then are the witness to our discipleship. There is a special camaraderie in fellowship with like-minded women who have also responded to grow in faith, service and social justice. The CWL community, family, is characterized by close cooperation and sharing in realizing the common goal of being Catholic and living it.

In the CWL there is a diversity of ministry but a unity of mission. The call of our baptism is to fulfill the role in the mission of bringing Christ to the world. It may be within our parish, family or community. My role as your president is a direct result of my baptism. I am being called by God to minister to the needs I see, to be an agent of good news, to invite each member to join in whatever way she can. I am called to encourage, educate, and help you assess where your

talents can best be used. Please pray about what your role is and say yes to root your life in gospel values and grow in holiness through service.



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.

From Our Spiritual Advisor Fr. Felix Odobi



Giving Everyone a Sense of Belonging in our Faith Community

One of the distinctive features of the early Christian community is that every member of the community was given a sense of belonging and they shared everything in common. "Now the multitude of those who believed were of one heart and one soul; neither did anyone say that any of the things he possessed was his own, but they had all things in common" (Acts 4:32).

Psychologists and sociologists have identified that there is hunger in every human person 'to belong' and identity satisfies this hunger. This is referred to as the process of self-categorization which creates in one, a sense of belonging and identity.

Continued on page 2

THE ST. MICHAEL'S LEAGUE

Issue 18

CWLstmichlon@gmail.com

October 2023

Continued from page 1

Our Christian community provides us with an identity and a sense of belonging which is the product of our common faith. As a faith community, we come to Church to pray and to worship God. As a human community, the Church provides us with connections, support, and encouragement in times of joy, sorrow, or challenge. This makes a difference in our world today, where individualistic inclination tends to underestimate the significance and power of gathering as a people of God. Jesus tells us, "For where two or three are gathered together in My name, I am there in the midst of them" (Matthew 18:20).

In our Family of Parishes, we are blessed with a diverse community. We have experienced over the years an increase in the number of immigrants, who as newcomers, are eager to satisfy their hunger 'to belong' and to be part of a community. We have the responsibility of assisting them to satisfy this hunger. They are members of our faith community who are financially and materially poor, they are those who are grieving over the death of loved ones, we have among us those trying to find meaning and direction in life. Again, we have the responsibility to journey with our brothers and sisters who are in need. Let our Family of Parishes take its inspiration from the early Christian community, they were of one heart and one soul, sharing what they had in common. Let our faith community strive to remain faithful to the mission of Jesus Christ, who came to show the world love and justice, protect the rights of the poor, bring freedom to those in captivity and give everyone a sense of belonging (Luke 4:18-19).

November Membership Meeting

Monday, November 6, 7:00 pm
St. John Paul II Room

Linda Dollard, SSVP Affordable Housing Chair and Member Penny Yip

Affordable Housing Project adjacent to St. Andrew the Apostle Church

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 CWLstmichlon@gmail.com or drop your envelope in the collection basket at Mass. (Please note the fee has changed to \$40 since the envelopes were printed.)

CATHOLIC
and **LIVING IT!**

THE ST. MICHAEL'S LEAGUE

Issue 18

CWLstmichlon@gmail.com

October 2023

Featured Member Joan Roffey

Gail Brown



This month, it's a pleasure to feature Joan Roffey as a CWL member who truly exemplifies our core values of faith, service and social justice. Those of us who attend 10:00 mass will recognize Joan from her roles as a reader and a choir member, sharing her faith in both word and song.

Joan grew up in Sarnia until she left for university here in London. After earning her teaching certificate in 1985, Joan taught in Sarnia, Markham and Whitby. She moved to London in 2001 with her husband, Mike, and their two children, Matthew and Kit, and started her long career as an elementary teacher with the London District Catholic School Board.

Joan joined our parish when she moved to London and has been a CWL member since 2010. Her mother was an active member for over 65 years and a role model of service, and Joan responded to Joan Lobsinger's invitation to follow in those footsteps. She has served on the executive as Chair of the Organization (Membership), Communications, and Spiritual Committees. She has also been a great help with this newsletter since its beginning, cheerfully providing helpful advice and contributing articles.

When it comes to service and social justice, Joan can always be counted on to pitch in. For example, in 2022, she took a leadership role in our successful drive to provide water purification straws for Ukraine, with approximately 60 straws collected and donated to the London Ukraine Centre. Over the years, she has volunteered with the Food Bank gardening group and Cancer Society Daffodil Days and is a current member of the Project Hope sandwich brigade.

Music has always been a central focus for Joan, and she took part in theatre and choirs starting in grade school and continuing to the present day. After retiring in 2017, Joan found new ways to share her teaching abilities, organizational skills and love of music. She learned how to play a new instrument, the ukulele, and along with CWL member Marinette Laureano, started a new group called The SMUGlees (St. Michael's Ukulele and Glee.) Joan generously organized the group of new strummers, taught them how to play the ukulele, and made sure everyone felt welcome and included. Under Joan's direction, the group now plays at CWL Christmas parties and other CWL events. She also plays several different percussion instruments in the 10:00 a.m. choir, including the djembe (hand drum), claves (sticks) and tambourine to name a few.

Joan also has a long-standing love of nature and the great outdoors. She's an avid hiker, camper, birdwatcher and amateur stargazer. She and her husband Mike first bonded over their shared interest in astronomy.

Joan says she loves the CWL values described in the membership pamphlets – the power of the group to work for social justice, the faith, friendship and support for leadership development, and the dedication to the service of God and Canada. She especially values the opportunities to share her gifts in different ways, and we value her contributions to our council. We are blessed to count Joan among our members.

CWL Executive Nominations

Nominations are now being accepted for the following positions on our CWL Executive: President, Vice-President, Secretary, Membership Chair, Faith Chair, Service Chair, Social Justice Chair. Executive manuals are available. Please consider nominating yourself or another member for one of these positions for 2024.

A position on the CWL executive is an excellent way to contribute to the parish and make use of your talents. Contact Past President Maggie at maggie71150@hotmail.com for a nomination form or to look at a manual.

THE ST. MICHAEL'S LEAGUE

Issue 18

CWLstmichlon@gmail.com

October 2023

St. Michael's CWL Membership Drive



We are hosting a Coffee Sunday and Membership Drive after the Masses **October 28 & 29**

All current members are encouraged to renew their memberships at that time.

Renewal is easy:

1. Pay in person at the membership desk Oct. 28 or 29
2. Drop your envelope in the collection basket during November (avail. at the desk & in foyer)
3. Pay by e-transfer during October or November 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 on Oct. 28 & 29 to assist with the food (prep & cleanup) 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) if you are able to help.



THE ST. MICHAEL'S LEAGUE

Issue 18

CWLstmichlon@gmail.com

October 2023

Look Strong! Act Strong! Be Strong! Be aware! Block out distractions!

Marilyn Morgan

This was the important message given by Tammy Bernardo to almost 40 CWL members and guests at our October 2nd general meeting. Tammy is the co-owner of Bernardo Karate & Cardio Kickboxing Studios. She is a Sixth-degree black belt and 17-time World Champion and 22-time Canadian Champion in Point fighting and Light Contact in three different karate organizations. Tammy has been a parishioner at St. Michael's for 23 years as well as a member of our CWL. Currently she serves on the Parish Pastoral Council and on the Parish Social Committee.

Tammy and fellow Black Belt, Gordana Elashuk (also a parishioner and CWL member) offered us valuable self-defense information. They explained the importance of situational awareness and gave us simple strategies to help avoid situations where a physical assault may occur. We were given an informative handout which included personal safety tips for home, in elevators, and while walking and driving. This was included in the October CWL email on October 12th and is well worth consulting. Tammy and Gordana also demonstrated using elbows or knees in self defense, with Gordana striking and Tammy blocking. It's always better to avoid a dangerous situation in the first place, but if you have no other choice, your best defense is to "stun and run."



Members enjoyed the presentation and participated with many questions and shared stories about their own experiences. It's safe to say that we were all more aware of our surroundings in the parking lot after the meeting, and many of us "buddied up" for the walk back to our cars.

Summer Retreat 2023

Gail Brown

Following on the success of last year's mini retreat/workshop, CWL members gathered in the parish hall on Saturday August 26 for this year's event. President Dorothy organized the morning with help from team members Stephanie McIntyre who led us in opening prayers, Megan Young who led us in song, and Joan Lobsinger with her own team who made sure coffee and treats were readily available. As the morning progressed, it was clear that teamwork would be a major theme.

The main purpose of the retreat was to identify our issues and determine a direction for the next few months, and for the new executive that will be taking over in 2024. We examined our priorities under the headings of Faith, Service and Social Justice and a number of ideas emerged from the discussions.

For example, the group felt strongly that we should be more welcoming to new and potential members and have more parish-wide social events to attract more interest. We should also work to expand the diversity of our membership.

In terms of Service and Social Justice, we should revitalize our Community Life committee, and reinstate our financial support for Hospitality North. We could also follow up on the Bee Compassionate initiative to choose one topic, research it and report.

Possible speaker and topic suggestions for future meetings included end of life issues like MAID and palliative care, sex trafficking, and the results of the 2023 Synod by Diocese of London delegate to the Synod of Bishops in Rome this October, Linda Stoudt.

In terms of teamwork, Dorothy had us engage in some fun activities to show that one person can't do it all alone. It was quickly apparent that it's a lot easier to keep three balloons up in the air with two or three people helping, and almost impossible with just one. With Dorothy's oven mitt challenge, it quickly took more than one person to hold on to a mittful of kitchen utensils and other women needed to step in to help. The message was, there are too many CWL issues for just one person - it takes a team.

Also included in the morning were periods of reflection and sharing around the tables. We concluded by writing and sharing prayers that expressed our gratitude and set the tone for the months to come. In the words of Megan. "What a wonderful morning filled with prayer, sisterhood, and team building at the CWL mini retreat. Thank you to everyone who was able to come out and join us!"

THE ST. MICHAEL'S LEAGUE

Issue 18

CWLstmichlon@gmail.com

October 2023



St. Michael's CWL

Christmas Baking & Craft Sale

November 25 & 26, 2023

In the Parish Hall

After all the Masses

Donations of knitting, crocheting, sewn crafts, preserves, themed baskets, children's items, baked goods, etc. are requested.

We will need volunteers to help out with pie making on Nov. 14 and after the Masses at the sale (contact Joan Lobsinger 519-438-4909),

Craft donations may be left at the church office or contact Darlene (519-852-5252) to arrange for pickup or to volunteer at the sale.

Baked goods should be dropped off in the Parish Hall before Masses the weekend of the sale.



© Gartner 2019