

THE ST. MICHAEL'S LEAGUE

Issue 26

April 2025

Message from our President Dorothy Solomon



But still...It was done. "I am only one, but still, I am one, I can do something. And because I cannot do everything, I will not refuse to do something that I can do. While they were saying among themselves, it cannot be done...It was done." Helen Keller.

This quote reminds me of our St. Michael's CWL. Each issue of the newsletter gives us just a small glimpse of what is being done as we try to celebrate all accomplishments, whether published here or known only by God. We celebrate to acknowledge faith, service and social justice in the many forms they are lived out. We celebrate to encourage others to become involved. We celebrate because of the joy of belonging and activating the gifts we are blessed to share. Please share with us something you or someone else has done to make a difference.

In each issue of our popular newsletter, we feature a member's journey and how they live out the CWL values. May we feature you? Do you know another member we may feature? The newsletter is for your voice. What would you like to contribute or read or see? Let us know at cwlstmichlon@gmail.com

Every member is part of the St. Michael's team of women dedicated to God and Canada. We need every woman's input to help us discover the potential of our council. No idea is too big or too small because it is led by the Holy Spirit. We want to recognize and implement new ideas and support current efforts. We host a variety of meetings and activities that address our goals as CWL women to grow in faith and witness to the love of God in ministry and service.

The social components give us a place to catch up with friends, make new friends, and have a safe place to ask questions about what we do and believe. As we share and listen to the stories

and goals of our League, we learn how others are attempting to combine everyday life and the sacred as Catholic Christians. We embrace the gospel by believing, sharing and living in the ordinariness of daily life. That means putting ourselves "out there" in faith, service and social justice. We may be the only gospel someone experiences. We pray for the courage to allow us to welcome and respond to opportunities that God places before us each day to be his messengers of hope and love.

But still ...It was done. "I am only one, but still, I am one, I can do something. And because I cannot do everything, I will not refuse to do something that I can do. While they were saying among themselves, it cannot be done...It was done." Helen Keller

Crowning of Mary Ceremony



Please join the CWL on **Monday, May 5th, 2025 at 6:30 p.m.** as we venerate our Blessed Mother. The celebration will include music, a procession and the laying of flowers, and will culminate with the Crowning. All are welcome to attend and we look forward to seeing you there!

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.

April: Keeping in mind the sacredness of life at every stage, let us pray for those health physicians who are legislated to perform euthanasia.

May: Let us pray for those in palliative care and nearing the end of their earthly pilgrimage; and for those who support them.

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From Our Spiritual Advisor Fr. Felix Odobi

The Easter Story: A Story of God's Sovereignty over the World



The gospel of Luke 24:1-11, tells the story of the women who, on the first day of the week, went to the place where Jesus was buried to perform what was customary at the tomb. Surprisingly, they

saw the tomb empty and went to tell Jesus' apostles what they saw and experienced. Alleluia! Jesus is risen!

Through the resurrection of Jesus Christ, God demonstrates that we can receive good news from the most unexpected places. The Easter story is one of good news! And this news comes from where news of any kind is least likely to come—from the grave. Easter is a story of good news from the graveyard—a symbol of the final defeat and humiliation of human's most noble hopes.

Easter reminds us that for those who put their trust in God, no situation is hopeless. The resurrection of Jesus Christ, made possible by God, leaves us with the conviction that no grave of sickness, sin, guilt, frustration, misfortune or failure can hold us down forever. Alleluia!

The women found the tomb empty. Jesus, who had been in the tomb, now appears to his disciples with a glorified body. The tomb is empty, Jesus now lives in our hearts. The power that caused the tomb to be empty is still at work within us, opening for us new dimensions and possibilities in life. The power that raised Jesus from the dead is at work within us, recreating us and transforming our story—from a story of shame and defeat to a story of glory and victory.

Easter is a story of victory, our victory in Christ Jesus. Easter is a story of God's sovereignty over

the world. Alleluia! Let us celebrate with joy!

Happy Easter!



World Day of Prayer 2025 Dorothy Solomon

The World Day of Prayer is celebrated worldwide on the same day each year by various Christian faith expressions, to acknowledge One God and to pray for unity of heart for the goodwill of all Earth's inhabitants. The 2025 service has been written by the women of the Cook Islands.

The privilege of participating in the leading of the ceremony this year at Trinity Lutheran Church was very moving, and a wonderful sign of what we can do together as Christians. The opportunity to socialize afterward gave me a chance to hear what others are doing in their local churches to address many of the similar issues that we deal with in the CWL. Faith, service, and social justice are common concerns that unite us all, and the Lord calls each of us to labor in His vineyard.



WDP Cook Islands Display

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Featured Member Stephanie McIntyre
Cathie Gauthier



Stephanie McIntyre is our featured CWL member this month. In our conversation, I was reminded once again that our stories are sacred.

Stephanie grew up in Windsor as the fourth of six children in a home that faced many challenges. The seeds of faith were planted deeply and at an early age. From childhood through her teens, she was deeply influenced, befriended, encouraged, and supported by Sr. Ann McDonald and Sr. Mabel St. Louis, who lived down the street from her. Stephanie decided that she wanted to become a Sister of St. Joseph too.

After finishing high school, Stephanie attended the University of Windsor. Here, her Catholic faith deepened, and her social circle expanded. At the Assumption Campus Centre, she served as a sacristan, a team member on Antioch retreats, and as the chairperson of the peer ministry.

Drawn to the vulnerable, Stephanie joined a L'Arche community in Stratford. There, she met a young man who was a friend of the L'Arche community, and there was a promise of marriage. However, L'Arche offered her an opportunity of a lifetime. From the fall of 1992 to the fall of 1993, she lived and served in a L'Arche community in Scotland. It was a new lease on life. She grew in confidence, overcoming feelings of loneliness and disconnection, and the

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experience allowed her to recreate herself. And bonus! During that year, she had the opportunity to visit Ireland and France.

Upon returning to Canada, the new Stephanie realized that marriage was not the path for her. At age 26, she approached the Sisters of St. Joseph to discern a call to religious life. After much prayer and discernment, both personally and with the community, she decided that religious life was not the right path for her.

This was followed by a difficult time in Stephanie's life. Not long after this she was diagnosed with a mental illness, bi-polar and schizoaffective disorder. The bright spot came when she attended a Ministry Fair at St. Michael's church eleven years ago and decided to find out more about the CWL. Her first contact was Maggie McGee. Maggie brought her to her first meeting and to use Stephanie's words, she had a "good vibe." She was excited about this group of women who were so welcoming and friendly.

Stephanie is meant for community, and it is in the CWL that she has been embraced and found a place to belong. She has embraced her role on the CWL executive, where she is able to exercise her leadership abilities. She has grown in confidence and feels appreciated as she puts herself at the service of others.

The theme of community and service to the vulnerable continues. Stephanie is now employed by Home Instead, where her dedication was recognized in June 2024, when she was honored as Employee of the Month! Unfortunately, Stephanie was recently in a car accident and needed to take time off work. Her employers sent her a beautiful bouquet of flowers as a get-well gesture. The flowers were much appreciated, but perhaps the greatest gift was the reassurance that she has yet another community where she belongs.

Stephanie has had quite a journey. Over the years, her faith has weathered many storms. She has strayed at times, but she always returns to God, whose arms are open to receive her.

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Diocesan Day of Reconciliation and Friendship

Marg Riehl

Imagine a cold March morning, 8:00 AM, gathered outdoors. About 50 people, mostly strangers, gathered in a large circle, staying close to keep warm. The smudging ceremony begins our day. As the sage is burned and passed around, we wave the smoke above and around ourselves, opening our senses in silent prayer. So begins our Diocesan Day of Reconciliation and Friendship.

The day is led by members of the Indigenous peoples of Oneida of the Thames, Muncey and Chippewa reserves. After a breakfast that included cultural breads, we set to work. The four components of respect, trust, friendship and peace were thought-provoking. If you add "self" in front of these, you prepare for the day. Remember, "You are somebody."

Off we go on a school bus with our new friends and Luke, our guide. He taught us a lot about the culture of his community, family, and the Indigenous people as we toured the communities of Oneida, Muncey and Chippewa.

The highlight of our day was a visit to the Mount Elgin Residential School Monument. The stone pillars commemorate those who attended the school there and those who died there. Children were sent there from across Ontario and local students also attended. "Runaways" were common.

There is little left of the original school today. The monument is a symbolic reminder of the events and the culture of the people. After our tour, we were treated to a traditional lunch of bean soups and breads. Things we learned in the afternoon session:

- The Ojibway people have lived on Turtle Island for more than 11,000 years.
- There is a line between those who speak only their language and those who do not.
- With knowledge comes responsibility for the environment, people animals, etc.
- HONESTY and TRUTH are IMPORTANT.
- Métis people lived primarily in the Red River area of Alberta and northern Manitoba. They used their sash for many purposes. Spirituality and beadwork craft were important.

On these lands that we visited that day, there are daycare centers, churches and elementary schools. Several care residences are available for all seniors, not only for band members. Great pride is shown in the new clusters of Tiny Homes in each community. All homes are rented not owned.

Because water is supplied from the Thames River there is no water supply that is suitable for drinking. There is weekly delivery of bottled drinking water. The clean water connection to Lake Huron passed and promised in 2023 has not yet happened or even been started. This supply shortage is also a problem for the fire department in case of emergencies.

Our day ended with everyone taking part in a traditional circle dance and chant and we left with some key thoughts:

- The Indigenous people have great pride in their culture.
- Being different is not a bad thing.
- We must advocate for our province to promptly provide clean drinking water to these communities, our neighbors, especially since the promised water supply project has still not been initiated.

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SSVP Affordable Housing Initiative

Darlene Charrette

In November 2023, the Society of St. Vincent de



Paul (SSVP) gave a presentation to our CWL group about their affordable housing project. The plan was to build a 73-unit affordable apartment building featuring one- and two-bedroom units, 17 of which will be fully accessible. The ground

floor will include a community space. The building will be built on a portion of the property at St. Andrew the Apostle Church on Huron Street, with easy access to shopping, schools, transit and a community center. Over the past two years our CWL council has donated \$6,500.00 in support of this worthwhile project.



Thursday, April 3 saw the groundbreaking ceremony for the St. Vincent on Huron building. A number of CWL members, parishioners, and donors attended, along with representatives from City Council, the St. Vincent de Paul Society, and the Diocese of London. We were blessed with a mild, sunny day for the groundbreaking ceremony outside. A beautiful lunch and speeches followed inside St. Andrew the Apostle Church after the ceremony.



It was clear that a lot of time, thought, and care have gone into making this housing project a reality. Construction is expected to begin very soon as 81% of the necessary funds have been procured. The completion date is expected to be December 2026. This is the first housing project for the SSVP, but now that it is becoming reality, there are plans to build two more affordable housing apartments once this one is completed!

Along with the groundbreaking ceremony on April 3rd, the Society of St. Vincent de Paul announced its 'Buy a Brick' campaign to raise the remaining money needed for the St. Vincent on Huron building:

- \$25 buys a single brick
- \$250 buys a row of bricks
- \$1000 builds a whole wall section

If you would like to contribute, visit <https://ssvplondon.ca/> for more information.

St. Michael's CWL
General Membership Meeting
Monday, May 5th, 2025
7:00 pm
Saint John Paul II Room

Following Crowning of Mary
at 6:30pm

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My Sheep Know My Voice and Follow Me

Gail Brown



Do you know whose voice you're hearing?

On April 5th, over 110 participants—some from as far as Windsor, Sarnia, Merlin, and Exeter—gathered for our Lenten Spiritual Workshop focused on discerning the three voices we encounter daily: the voice of God, the voice of the enemy, and our own inner voice.

Ignatian-trained Spiritual Director Debbie Craven used Ignatian spirituality, scripture, and her practical life experience as the mother of six to teach us how to discern accurately the source of these voices.

Saint Ignatius teaches us that as beloved children of God, our “no” to God in the Garden of Eden was not taken as the final “no.” Adam and Eve listened to the voice of the enemy, but God decided to come to us and save his children, sending Jesus his Son to restore humanity. It is necessary to come to distinguish our voice, the voice of God and the voice of the enemy so that

we can be healed and freed to hear and follow the voice of Jesus.

The enemy seeks to disrupt our peace, sowing anxiety and self-doubt. God is encouraging and teaches us how to be good. With a will to serve God, we can notice the spiritual experiences in our everyday lives and grow closer to the Lord. Conversion is a continual opening of the heart, not a one-day event. Knowing God begins with truly knowing ourselves. We are not alone in this—we can call on the Holy Spirit and seek healing through the sacraments.

There was a lot to unpack after the four-hour workshop, and Debbie left us with copies of the Ignatian Spiritual Awareness Inquiry Examen as a practical exercise we could do on our own. A recording of her workshop can be found on YouTube at:

<https://youtu.be/BJCUHrOCcJA?si=OpluEATHlh8s53B9>

Judging by the standing ovation and many positive comments, no one seemed to regret having made their way to London to attend. Many thanks to Connie Cote and our Faith Pillar Chair Megan Young who planned the workshop, to our Spiritual Advisor Fr. Felix Odobi for leading the prayer, and to Joan Lobsinger and her team for keeping us all well-fed with snacks and lunch. And thanks especially to Debbie for generously sharing her faith and insights.



**St. Michael's CWL Executive
2025 Reaffirmation of Executives**

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Message from Our Service Pillars

Veronica Solis and Marilyn Morgan

As the beautiful weather is coming, we want to invite you to get involved in the activities that cherish and protect life from conception to natural death in our community:

1. 12 Hours of Prayer for Palliative Care – Friday, May 2
Organized by the CWL Service Pillar. We begin at 8:00 AM at the church and conclude at 4:00 PM with Benediction. Prayer continues from home between 4:00 PM and 8:00 PM.
You are welcome to join us at the church anytime during those hours, or from home in the evening until 8:00PM. Together, we will offer various prayers, asking for the intercession of Our Blessed Mother, St. Michael, and Our Lord Jesus for the sick in our community, as well as for their families and caregivers.
To commit to a time slot, please sign up with Marilyn Morgan or Veronica Solis.
2. Bus to Ottawa – March for Life
4LifeLondon is organizing a bus trip to Ottawa for the March for Life.
Departure: Wednesday, May 7 at 11:45 PM (from St. Justin's)
Return: Thursday, May 8 at 11:00 PM
Tickets are available at 4LifeLondon.ca
3. 4LifeLondon Gala – Thursday, May 15
Held at the Marconi Club. Doors open at 6:00 PM. Featuring keynote speaker Jonathon Van Maren—great speaker and defender of Life.
Tickets: \$65
4. Walk for Life Walkathon – Saturday, June 7
Also known as our Life Walkathon! We will begin with Mass at 8:00 AM at St. Mary's, followed by a walk on the streets of downtown. The event concludes with lunch at 11:00 AM back at St. Mary's.

For more details or any questions, please visit 4LifeLondon.ca, or reach out to:

- Veronica Solis: versolis@hotmail.com
- Marilyn Morgan: marilyn.morgan@sympatico.ca

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CWL Christmas Market 2025 November 8 9:00 – 3:00 St. Michael's Parish Hall

It's spring-cleaning time!

When you are reorganizing, downsizing or getting rid of the clutter in your cupboards or basement, think about the CWL.

If you have mason jars that you no longer use, consider donating them to the CWL so that we may make preserves this summer to sell at the Christmas Market.

We also take jewellery that is in good repair to sell at the Market, and new fabric and yarn to make crafts.

Contact Darlene at 519-852-5252 to donate.

Other useful items may be donated to the Knights' yard sale in May or put in the CWL Anova collection in June.



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Flower Power

Darlene Charrette

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There's something special about flowers. Like a good friend, a bouquet can truly brighten your day!

On February 18, we enjoyed a flower arranging demonstration led by Geraldine Peters of Jim Anderson Flowers. Although it was a wintry evening, it turned into a joyful gathering as we learned some simple yet effective ways to display flowers, how to care for cut flowers, and about different types of plants. About 20 people attended, including five members from St. Peter's CWL. At the end of the evening, Geraldine sold the bouquets and generously donated all proceeds back to our CWL.

In mid-March, a small group of members came together to make bouquets. Using about half of the funds from the February demonstration, we purchased flowers and greenery from Jim Anderson Flowers. With donated pots, we were able to create 15 small arrangements. These were then delivered to members who are alone, unwell, or recently widowed. It was a joy to see the smiles on their faces!

The remaining money will be used to purchase flowers for the Spring Luncheon, to be held on May 16 in the Parish Hall. A few lucky guests will receive these flowers as door prizes at the end of the event.

Thank you to everyone who attended the February demonstration and helped with arranging and delivering the bouquets!



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JOIN

**St. Michael's Catholic
Women's League**



For a



**Spring
Friendship
Luncheon**



Friday, May 16, 2025

12:00 pm – 2:00 pm

St. Michael's Parish Hall

511 Cheapside St.,

London, ON



Everyone is welcome!

**Bring your mother, grandmother, neighbour, or daughter out
for tea, goodies and company.**

It's free to you, compliments of St. Michael's CWL.



RSVP by May 9, 2025 to Darlene
(dcharrette8101@rogers.com or 519-852-5252)



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CELEBRATING WINTER! CWL and KofC Dinner Dance February 2025



Spring Friendship Luncheon, Friday May 16th Darlene Charrette

St. Michael's CWL is hosting a Spring Luncheon to celebrate women and friendship while addressing loneliness in our community. All women of the Parish are invited to attend. We have also invited women from the long-term care homes and retirement residences in the area. Our own SMUGgles will be playing their ukuleles at this event.

We will need many volunteers to help out with setup, food prep, facilitating at the tables, and cleanup.

If you can volunteer, please let Darlene know (519-852-5252 or dcharrette8101@rogers.com).

All members are invited to attend and bring a guest! Please RSVP by May 9th.

June Service Celebration Darlene Charrette

Each year, our CWL members are recognized for their service at the June potluck dinner. This year it will be held on Wednesday, June 4th. Service pins are given to members who have served for 5, 10, 15, etc. years. This is based on years that membership has been paid, not necessarily the year joined. I will be contacting everyone in May who will be receiving a service pin this year. If you think you should be receiving one and have not heard from me by the end of May, please contact me prior to the celebration so that I may check into it for you.

Also, we are collecting any service pins you may have been awarded in the past that you no longer need. Please bring these to the May meeting so that we can keep costs down for this year's celebration.

