

The Blessings of CWL Sisterhood

These challenging times have helped many of us figure out what is important in life. Our families, friendships, sisterhood, and working together. In these difficult times, it is wonderful to have sisters in faith to turn to, to pray with and to pray for. A joint purpose and faith carrying us through. The knowledge that you can with certainty turn to your sisters in the good and in the bad. The certainty that you are accepted, and that you have the same values. The safety of the sisterhood in the chaos of the current world. What a blessing that we have each other.

If you are interested in joining the CWL, please let us know. New members are always welcome. Come join our sisterhood.

Contact: barbstfaustinaCWL@yahoo.com



Less Like Me

Lyrics by Zac Williams

<https://www.youtube.com/watch?v=fkYL1b7MCEw>

Oh, I have days I lose the fight
Try my best but just don't get it right
Well I talk a talk that I don't walk
And miss the moments right before my eyes
Somebody with a hurt that I could have helped
Somebody with a hand that I could have held
When I just can't see past myself

Oh Lord help me be
A little more like mercy' a little more like grace
A little more like kindness' goodness, love, and faith
A little more like patience's a little more like peace
A little more like Jesus, a little less like me



Calendar of Events



June 2021: Praying for an end to the pandemic. Watching as more of our population gets immunized.

July 2021: Enjoying the glorious summer weather God has provided. Hoping for some outside gatherings with family, friends, and parishioners.

August 2021: Thanking God for the many blessings he has provided and the glorious summer break.



You raised me up video in honor of Health Care Workers:

<https://carfleo.com/2020/04/26/you-raise-me-up/>

Prayer for This Day (p.8 For Love of God – CWL 75th Anniversary Prayer Booklet)



God Our Father, open our eyes to see your hand at work in the splendor of creation, in the beauty of human life. Touched by your hand, our world is holy. Help us to cherish the gifts surrounding us, to share your blessings with others and to experience the joy of life in your presence this day. Amen.



Catholic Women's League St Faustina, Cumberland



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The New Church

Submitted by Marie-Claire Patterson, Past President

Can you believe it? We have started our visioning process for our new church building! I am so happy that we have the Mission Advancement Team to lead us through this wonderful project! Hmmm...let's see what we have gleaned so far. We have a sense of size based on an estimate of 1,400 parishioners as Cumberland and Clarence-Rockland continue to expand. Also, the survey shows that we prefer a traditional style building with stain glass windows, and a welcoming space where we can come together to celebrate and socialize. Furthermore, we want to "build a church with environmental considerations".

What a marvelous challenge! We have a beautiful parcel of land...an awe-inspiring blank canvas! How blessed can we be!

This is a great opportunity to express how we "Care for our Common Home". Our community is not the first to embark on such a project. St. Gabriel of the Sorrowful Virgin Church located in North York, ON is a striking example. Designed by Canadian architect, Roberto Chiotti (Larkin Architect Ltd), it is the first church in Canada to receive Gold certification from the Leadership in Energy and Environmental Design (LEED™) <https://stgabrielparish.ca/who-we-are/green-church/> Their Pastor shared that their "primary motivation was to establish a link between the sacredness of the gathered community of Faith and the sacredness of the Earth."

Mr. Chiotti specializes in designing sacred spaces that combine the spiritual with the sustainable. His articles on the Larkin Architect Ltd website are very enlightening. He emphasizes that "we must consider the life-cycle impact of the buildings we create and the materials we use to lower its ecological impact". Every design detail is intentional, for example St Gabriel's collects the rainwater from the roof to flow into a constructed wetland and to irrigate the sky lit, "living wall" inside the lobby. The latter not only helps purify the air, but "the sound of its purifying waters remind parishioners of their baptismal covenant". They even chose carpets that included fibers made from beets and corn stalks! Mr. Ciotti advises that "sustainable design strategies come at a cost premium" that will net considerable savings in ongoing energy, maintenance, and operating costs. He shared another example where the geothermal system used to heat and cool the new Saint Benedict Church in Milton, ON would "conservatively provide the parish with an estimated \$1.5 million in savings over the next 50 years". Saint Benedict Church's array of photo voltaic panels "generate all of the electricity required to run the pumps and fans of its mechanical systems along with the power required to light the church, and provide plug loads for its office equipment" in addition to several electric-vehicle charging stations. In both St Gabriel's and Saint Benedict projects, we see that "the entire building process, from design through construction to the selection of furnishings, has been researched and rethought to embrace and reflect the underlying eco-theology".

The Mission Advancement Team invites us to "Be a Part of Something Great!" May we also strive to receive Gold certification from the Leadership in Energy and Environmental Design (LEED™)!



What God Wants from You

One of the greatest gifts I was afforded was my time as Chaplain at the Ottawa Mission. One of my tasks was to do a liturgy everyday with a short message.

That would mean I probably gave about 1200 little sermons.

However, what I consider the real blessing was that I was forced to read scripture. Then I was to interpret it, so that it would be of value to those who are poor, and often forgotten in our society.

The gift to me, was that over that time, I believe I truly began to understand the message of Christ and the apostles.

I know it changed me for the better!

For I have come to understand that there may be a few differences between what we were taught and what I discovered through scripture.

While I believe we need to nurture and strengthen and grow our relationship with God, I do not think he takes attendance at Mass.

I am certain that he cares little about how much you put into the collection plate, but he cares a great deal about how you share your blessings with those less fortunate.

I believe he does not care how we are dressed on the outside but how we wear compassion and mercy on the inside.

It is of little concern to him that you can recite scripture, but a great concern that you and he speak regularly.

I do not believe that it is of importance to God whether we are, fat or thin, tall or short, or the colour of our skin, but it does matter how we see ourselves and others, as the gift we are.

Jesus knows we cannot fix the world, but he also understands that many of us need fixing.

I fear many of us through the years have complicated our faith.

We have accepted that how we pray, matters more than the fact that we pray.

Falling asleep during your prayers reflects your need for rest and what better way to rest than in conversation with God.

You are never distracted in prayer. When your mind goes elsewhere it is that to which you should be speaking to God about anyway.

That you cannot share with God our fears and anxieties too often and no you cannot bore him to tears.

My understanding of God is that he/she is gentle kind and full of love. How we reach out, what we wear, our financial status, means absolutely nothing.

What matters is, our heart, our mind and our soul. Care for them as you would a precious jewel, for indeed that is what you are!

God Bless, Deacon Tom



Wellness

Wellness has become the new buzz word. We hear it everywhere, but what does it mean? According to dictionary.com wellness is: 1- the quality or state of being healthy in body and mind, especially as the result of deliberate effort. 2-an approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating diseases.

Taking care of yourself and checking in on friends and family is important, especially when we are physically apart. Remember we all experience things differently. Everyone has their strengths and weaknesses, endurance, and abilities.

Wellness encompasses all aspects of our life such as coping with stress and managing worry, healthy living, financial security, environmental safety, and building relationships. These relationships include our relationship with God. God is there to listen to our every concern and carry us through the tough times. Sometimes we just have to give it all up to God and know He has a plan for our life. Find solace in scripture and in prayer.

Take the time to take care of yourself, the entire self in body, spirit and soul. Find ways to help others, which will in turn help you. Our greatest happiness comes in serving others. Seeing others suffer, creates suffering in us. Use your gifts and talents for your own wellness and the wellness of others.

Here are a few resources on wellness:

<https://wellnesstogether.ca/en-CA>

<https://www.ottawapublichealth.ca/en/public-health-topics/protecting-your-mental-health.aspx>

Stay safe and take care, Barb d'Entremont, President



Le Chapelet n'est pas une prière répétitive, c'est la prière toute simple de ceux qui humblement se confient entièrement à Dieu
Lourdes 2021

Take care of your body
as if you were going to live forever,
Take care of your soul
as if you were going to die tomorrow

