



The Catholic Women's League of Canada
Nova Scotia Provincial Council



"Blessed are the Poor"

TO: Diocesan Presidents & Secretaries
(for distribution to diocesan executive and parish council presidents)
CC: Nova Scotia Provincial Executive & Diocesan Counterparts (for information);
Life Member Liaison (for distribution)
FROM: Sandra O'Connell, President, NS Provincial Council
DATE: January 8th, 2026
MEMO: #3 (2025-2027)

Happy New Year!

On behalf of the Nova Scotia Provincial Council of the Catholic Women's League, I welcome members to this exciting and busy 2026! We will embrace our new theme *"Ignite Your Passion, Empower His Mission"* through actions, prayer, and love of our Parishes, our communities, our province, our country and for those throughout the world in need of care.

Nova Scotia will welcome members from across Canada to Halifax in August for the National Convention. We have the opportunity to showcase our beautiful province and to be ambassadors, giving a warm welcome and hospitality to members from the other provinces! There was quite a buzz at last year's Convention with members excited to come to Nova Scotia this year.

I would like to see many Nova Scotia members attend this Convention. It is an opportunity to see the importance of the CWL in our Country. Guest Speakers, Spiritual Programs, Theme Development, Workshops, and of course, Social Events in the evenings, give attendees a wonderful chance to learn, pray, and gather as a group of Catholic women united in their mission. Please consider this your invitation to come and join us in Halifax! Information will be in the Winter issue of the League magazine.

I asked for suggestions for a project that Nova Scotia Councils could rally around throughout the province. I would like to thank everyone that sent suggestions. I was grateful for all of the submissions, and that the members are willing to help their parish and community. The following suggestions were submitted:

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| -Make polar fleece blankets saying a prayer with each knot | -Nursing home visits |
| -Prayer Shawls | -Hosting parish gatherings |
| -Care bags with essential | -Partner with KOC on projects |
| -Palliative Care - Fundraising and awareness | -Women supporting women |
| -Baby shower to support birthright | -Support women for human trafficking |
| -Donations to addiction centres | -Advocate for teaching values in schools |

The executive met virtually in December to look at the suggestions. In the November mailout, National sent a calendar of suggestions for councils to follow throughout the year relating to our new theme. The Provincial Executive feels that we should follow this calendar and keep records of what councils do each month. Let's show Nova Scotians how CWL members care for each other. Please refer to the calendar of ideas for each month in the attachment.

The issue of Human Trafficking and the need for more education and information sharing was the top suggestion. The Executive has decided that this would be a good project for the Nova Scotia members to work on. Plans are underway for a prayer service that will be available in February 2026.

Let's get to work! Let's have some fun! Let's gather in prayer! Let's invite our friends to join! Let's be a shining example of what it means to be a member of the Catholic Women's League in Nova Scotia! God Bless us in our work for God and Canada.

Blessings,
Sandra O'Connell,
Nova Scotia President,
Catholic Women's League