



# The Catholic Women's League of Canada

## Nova Scotia Provincial Council

### Community Life

February 17, 2023



Communiqué #5

### *Catholic and Living It!*

TO: Anne McCormick, Antigonish Diocesan Community Life Chairperson,  
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CC: Glenda Carson, Nova Scotia Provincial Past President  
Julie LeLievre, Antigonish Diocesan President  
Janet Terrio, Halifax Yarmouth Diocesan President Nova Scotia Provincial Executive  
(for information)  
Faith Anderson, National Chairperson of Community

FROM: Cathy Targett, Provincial Chairperson of Community Life

My dear sisters in the League, I trust you have had a good start to the new year! I know you have all been busy with your councils. What projects have you participated in to promote acts of faith, service, and social justice? Were you able to host a cultural event or coordinate an outreach or community life project at each level depicting *Catholic and living It?*

Lent is next week. **Lent** is a time to focus on **prayer, fasting and almsgiving.**

*Fasting* is to abstain, but also allows us to consider the way we treat each other. We can practice self discipline and replace negative and hurtful words with kind and positive words.

*Almsgiving* is not just about monetary donations, but also acts of love. We share our time and talents when we perform acts of service and help others.

*Locally*, perhaps your council can offer times for community prayer or host the Stations of the Cross, host a parish event, or perform an acts of charity or service.

*Individually*, you can choose to give something up for forty days, end your days with an examination of conscience, and abstain from meat on Fridays. As council members let us share and communicate a message portraying a time of new beginning as we await the joy for Easter and give witness to being *Catholic and Living It!*

Pope Francis' Lenten message 2023 reminds all to focus on Jesus' Transfiguration. "The voice from the cloud says: "Listen to him" (*Mt 17:5*). The first proposal, then, is very clear: we need to listen to Jesus. Lent is a time of grace to the extent that we listen to him as he speaks to us." During Lent, 'the Lord takes us with him to a place apart. While our ordinary commitments compel us to remain in our usual places and our often repetitive and sometimes boring routines, during Lent we are invited to ascend 'a high mountain' in the company of Jesus and to live a particular experience of spiritual discipline — ascesis — as God's holy

people.” We are encouraged to attend Mass, read scripture, listen to our brothers and sisters, confront our difficulties. The Pope reminds us to not take “refuge in a religiosity made up of extraordinary events and dramatic experiences, out of fear of facing reality and its daily struggles, its hardships and contradictions,” but to focus on the light that Jesus shows us in anticipation of Easter.

<https://www.vatican.va/content/francesco/en/messages/len/documents/20230125-messaggio-quaresima.html>

Let us continue to pray with Pope Francis. His prayer for March 2023: “For victims of abuse: We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.” The Pope’s monthly prayer intentions can be found on the USCCB website: <https://www.usccb.org/prayers/popes-monthly-intentions-2023>.

Marginalized: What has your council been doing this year to support the marginalized? “While it is true that we have our entire life to sow goodness, let us take special advantage of this Lenten season to care for those close to us and to reach out to our brothers and sisters who lie wounded along the path of life (cf. *Lk* 10:25-37).” We are called this Lent to “put into practice our call to do good to all, and take time to love the poor and needy, those abandoned and rejected, those discriminated against and marginalized (cf. *Fratelli Tutti*, 193).”  
<https://www.vatican.va/content/francesco/en/messages/len/documents/20211111-messaggio-quaresima2022.html>

To give life to ‘*Deepening Relationships with Indigenous Catholic Women*’ and, in particular, the League’s Indigenous members, an *ad hoc* committee was struck consisting of national officers and Indigenous members. The committee wishes to gather information from members at large so it can recommend the necessary supports and resources to ensure Indigenous members are equally valued, respected, nurtured and able to fully participate in all League activities and projects, and to encourage them to take on leadership roles. Our National Chair has requested that each member at the parish level be encouraged to complete the survey by March 31<sup>st</sup>. For those who are unable to access the survey, encourage other members to provide support.

The survey can be accessed at: [surveymonkey.com/r/CWLIndigenousSurvey](https://surveymonkey.com/r/CWLIndigenousSurvey).

Support for Ukraine: The following link provides information on Ukrainian spirituality:  
<https://www.catholicicing.com/wp-content/uploads/2022/02/Prayers-forUkraine-Printable-Pack-d.pdf>

Acts of Kindness: Coming out of the pandemic and life returning to normal it is important to recognize the condition of loneliness and abandonment. Take a moment of your time to focus your attention, being moved to compassion, to reach out to those who are alone. “We are all fragile and vulnerable, and need that compassion which knows how to pause, approach, heal, and raise up.” How are you being a good Samaritan?

<https://www.vatican.va/content/francesco/en/messages/sick/documents/20230110-giornata-malato.html>

Diversity: Each of our councils are made up of many ethnicities. What is your council doing to recognize the different ethnicities that unite us! Let us celebrate and perhaps host a cultural event that reflects each council’s many unique attributes.

Solidarity: What project did your council initiate and undertake in the community or globally? We must remember: “Each year during Lent we are reminded that “goodness, together with love, justice and solidarity, are not achieved once and for all; they have to be realized each

day” (ibid., 11). Let us ask God to give us the patient perseverance of the farmer (cf. *Jas* 5:7), and to persevere in doing good, one step at a time. If we fall, let us stretch out our hand to the Father, who always lifts us up.”

<https://www.vatican.va/content/francesco/en/messages/lent/documents/20211111-messaggio-quaresima2022.html>.

Outreach: Thank you to all councils who have and continue to support their local communities supportive housing and food banks. The Pope, in a recent press release – February 9, 2023, reminds the faithful to acknowledge the sick and suffering: “It is important to give voice to the unheard suffering of those who, in illness, are left alone, lacking financial and moral support, easily exposed to despair and loss of faith” <https://www.gaudiumpress.ca/people-in-chronic-pain-need-someone-to-listen-pope-says/> .

Community: Has your council committed to a Community Life project that reflects *Catholic and Living It* ? This March we will all be encouraged to participate in a Council Community Builder - Kindness Rock Project – Faith Anderson shared her experience on going for a walk in the park and found a painted rock with ‘peace’ written on it. On that particular day, finding the rock she felt it was a sign. After being away from home for one month she was feeling restless and anxious and finding the rock gave her a sense of peace that she was looking for.

This project will offer an opportunity to gather, have some fun and perhaps brighten someone’s spirit. Members would gather and paint inspirational words on rocks and place them in a park or on their walk. There would be no reporting, however, photos would be appreciated. It was also suggested that a spiritual component could be included before and after the painting of the rocks. Also suggested was to seek an Indigenous elder to come and speak and perhaps do a smudging exercise and speak about the talking stone or stick.

Human Trafficking: On February 8, 2023 we were invited to an International Day of Prayer and Awareness against human trafficking. Awareness helps our young people avoid this tragic experience. For more information: [joysmithfoundation.com](https://joysmithfoundation.com) - <https://joysmithfoundation.com/> or book a free book a prevention workshop: <https://joysmithfoundation.com/book-a-prevention-workshop/> .

Community life continues to offer prayer, outreach, and solidarity. This Lent let us examine new ways to examine our conscience and provide kindness as we continue to share our faith in and through service, and social justice. Let us continue to serve God and Canada. May God’s blessings be upon each of you as we journey through Lent and continue to be *Catholic and Living It!*

Yours in service,

Cathy Targett  
Community Life Provincial Chair