



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



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: Cathy Farrow, Faith Chair
DATE: January 8th, 2026
MEMO: # 1 (2025-2027)

Greetings to all CWL members!

Happy New Year! My prayer for all of you is that 2026 will bring you joy, peace, and inspiration. In reflecting over 2025, it truly amazes me, and I am so thankful for, this wonderful League and the women across the country that I have met who have mentored me! These women continue to inspire me in every meeting and encounter.

What is Faith to you? Faith is defined as a deep trust, strong belief, and commitment to someone or something, often in the absence of complete proof. We, as Catholic women, walk together in trust and faith and we honor the vision of working for God and Canada.

Our new national theme is Ignite Your Passion-Empower His Mission with a focus on Blessed are the Poor. In faith we can imagine many areas of focus for us as a Provincial/Diocesan and Parish CWL. We need to create action in faith and trust in God. Let us plan action items through faith to fulfill this theme. Faith, Service and Social Justice will join to develop action plans around our national theme and focus.

Because of our common "Faith" we journey with thousands of women across this beautiful Country. I periodically revisit our mission and vision statement to honor this great League and to ensure that my faith is focused:

The Catholic Women's League (CWL) of Canada's mission is to **"grow in faith, and to witness to the love of God through ministry and service,"** uniting Catholic women to promote spiritual development and social justice for the Church, Canada, and the world, with core values of faith, service, and social justice guiding their efforts to uphold human dignity and Christian values. Our vision involves being a vital church participant, valued social justice partner, respected advocate, and globally connected organization.

Our provincial president, Sandra O'Connell, has asked for ideas that can be developed in action for the next year. One of the areas which requires action is human trafficking so we will be designing a prayer service that will pray for victims of human trafficking and to bring an increased awareness to all areas of Nova Scotia. The provincial council promotes Human Trafficking Awareness Day, February 22nd, with a prayer service to be developed by myself and Karen Craig, Social Justice Chair that can be used in NS Councils.

As we are planning our Winter meetings and action items let us remember to pray for the victims of human trafficking and also for each other as we strive to fulfill our mission.

This is an excerpt from a prayer written by Joyce Rupp called The Continuous Call to Conversion with respect to Ministry and Service:

"Mentor of my life, you invite me to follow you. You give me the courage to do so. It is risky to go in your way. Help me to trust in you, especially on those days when I feel a lack of security or when I face the challenge of standing up for your truth. God of light, open me to see the many ways that you are present in my life. Light my way. Guide me. Gift me with an inner eye of faith so that all of life takes on the quality of your loving presence....." From page 153 of the book Out of the Ordinary - prayers, poems, and reflections for every season by Joyce Rupp. This is one of my favorite resources.

Thank you for doing what you do!!

Your sister in the League with deep trust and faith,

Leathy Farrow