St. Andrew the Apostle

CWL NEWSLETTER

Issue January/2025

WELCOME!

HERE I AM LORD; SEND ME

CWL SUNDAY
JANUARY 26, 2025

Jubilee 2025

"Let us be pilgrims of hope bringing light to the world."

10 Ways to Grow Your Catholic Faith

1. **Go to Confession once a month.**
2. **Go to Mass every Sunday.**
3. **Pray 5 minutes daily.**
4. **Read a Good Book.**
5. **Read the Daily Mass readings each day.**
6. **Do one Act of Mercy each day.**
7. **Pray the Rosary.**
8. **Find a good Catholic community to join or at least a few good Catholic friends to help and encourage you on your journey.**
9. **Find a way to volunteer in the parish.**
10. **Cultivate gratitude.**

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FROM THE PRESIDENT'S DESK

According to public opinion, the top five most popular New Year's resolutions are more exercise/fitness; lose weight; save more money; improve diet and pursue a career ambition. The common factor in each of these intentions is self-improvement. Some of us could probably benefit from some of these decisions. As they are all very good. However, more important for us, as Christians, should be a decision to improve and foster our relationship with the Lord. How much could we all benefit from more prayer? Fr. Paul offers us a perfect opportunity every Tuesday and Thursday evening with Exposition and Adoration of the Blessed Sacrament. Consider setting aside one of these times to further your friendship with Jesus or at least some additional devotional prayer. We as Catholics can have hope in this coming new year by deepening our faith life, growing closer to Jesus, and living in the hope of the coming of the Kingdom of God. God bless you!

Blessing Bags for Residents of New Homeless Shelter

Many thanks to all those who brought hope to the unsheltered with monetary or gift card contributions to our CWL project. They will be included in the twenty Blessing Bags that will be assembled by members for distribution to those who will reside in new temporary housing.

IMPORTANT DATES AND REMINDERS

CWL SUNDAY

INSTALLATION
OF
EXECUTIVE
Breakfast & Meeting
Sunday, January 26, 2025
Following 9:00am Mass
No Cost for Members
$10.00
Family Members
and
Members of Parish Family
Please RSVP
Your Attendance
on
Sign-up Sheet

CONTACT INFO

MEMBERSHIP

If you are not a member and have interest in joining the CWL, please contact our Organization Standing Committee Chairperson, Mary Jane at 905 734-1611. You are invited to attend our breakfast, please add your name to the sign-up sheet.

DID YOU KNOW?

St. Andrew Parish Council of The Catholic Women's League of Canada contributed to the following charities during 2024 from their fundraising efforts:

$ 150.00 Christmas Flowers for the Church
$ 250.00 Rosary Apostolate
$ 100.00 Our Lady of the Rosary Shrine
$ 200.00 Society of St. Vincent de Paul
$ 100.00 Welland/Port Colborne Pro Life Association
$2,000.00 St. Andrew Church for the Purchase of New Chairs for the Hall

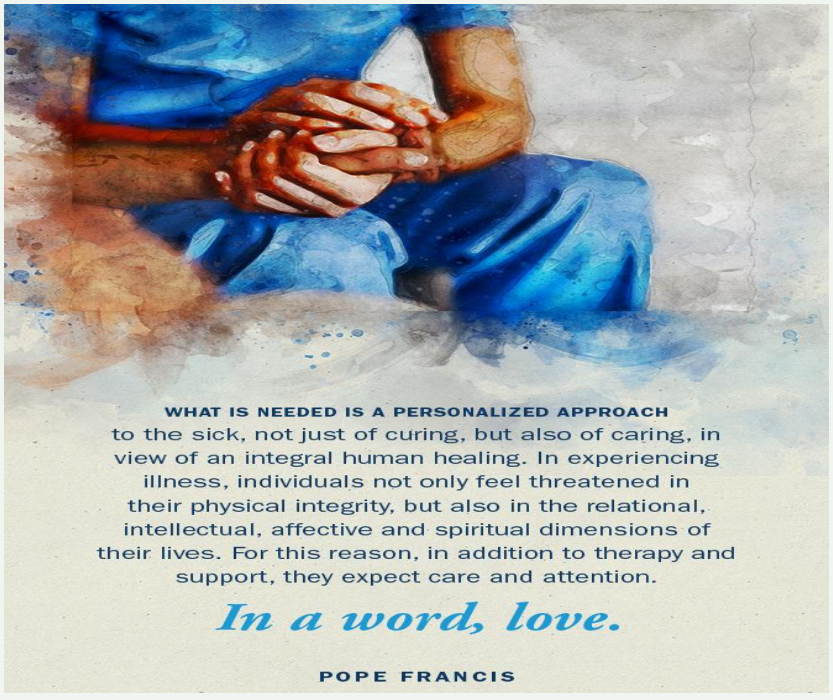
FAITH

January 1 – *Happy New Year*

Dear Lord,
We pray that this New Year will bring us closer to You.
May we take the time to get to know You.
Help us to celebrate the gifts You have graciously given us
and use them to serve You and spread Your word.
May we also see and love you in all the people we meet,
so that in turn, they can see You in us.
We know that all human relations take time
if they are to grow and deepen.
This is also true of our relations with You, the Father and the
Holy Spirit, which must grow over the course of our lives.
In this new year, let us realize that our actions no matter how
great or small enables us to be in touch with You.
Let us accept You in our lives, in the way it pleases You,
as Truth, to be spoken, as Life, to be lived,
as Light, to be lighted, as Love, to be followed,
as Joy, to be given, as Peace, to be spread about,
as Sacrifice, to be offered among our relatives, friends,
neighbours and all people.
Amen.

SERVICE

World Day of the Sick – February 11



QUICK LINKS

St. Andrew Parish Council

standrewcwlwelland@gmail.com

WEBSITES:

Diocesan Council

www.stcatharinescwl.ca

Provincial Council

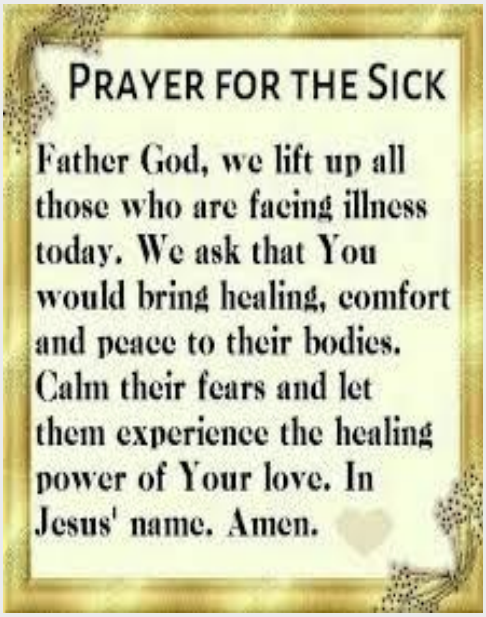
www.cwl.on.ca

National Council

www.cwl.ca

Diocese

www.saintcd.com



MISSION STATEMENT

The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.

SOCIAL JUSTICE

"Before you climb into your cozy bed, take a moment to think about those who don't have a bed to sleep in. In every city, there are people without homes, spending their nights out in the cold and harsh elements. As you say your bedtime prayers, say a prayer for the homeless and show compassion for those who are less fortunate, offering them our support and assistance.

Homeless individuals come from various walks of life, facing unique challenges that have led them to these circumstances. Some may be struggling with mental illness, while others might be veterans who have served our country but found themselves without a place to call home. Additionally, there are those who battle addiction, runaway teenagers seeking safety, and people who have encountered a series of unfortunate events. It is important to remember that regardless of their situation, they are all cherished sons and daughters of God, deserving of our love and compassion."

GRATITUDE CORNER

As the dawn breaks on a new year, let us give thanks for all we hold dear.

I am extremely grateful for all your blessings in my life, Lord. I pray that you remind of just how blessed I am and that you never allow me to forget to show my gratitude in prayer and returned acts of kindness.

Bell Let's Talk Day
January 22, 2025

Ways to Help with Mental Health Issues:

- be patient
- check in from time to time
- be there to listen
- educate yourself about mental health issues

A Prayer for the Homeless

Heavenly Father, as we come before You this day, we want to thank You for Your goodness and the love that You have shown to us. We pray for the homeless people in our area and the people who have a heart for the homeless and dedicate their efforts to help those that are going through a hard time. Some are homeless by choice and others are homeless because of situations beyond their control. It makes no difference to You Lord. You love us all the same and no one is better than the other. Lord, You promised to supply our needs, and we are asking You to be mindful of people who don't have a home of their own. Lord, would You make a way for them, would You supply people to help them in their struggles? Would You speak love into their hearts and encourage Your people to share the riches You have let them borrow for a time? Lord, only You know what each person needs. Lord, let us not do less than what You would have us do in these circumstances. In the name of Jesus, we pray. Amen.

"We can find no social or moral justification, no justification whatsoever, for lack **of housing."**

Pope Francis

LENTEN CONSIDERATIONS

Lent Begins - Ash Wednesday, March 5

Things to Give Up for Lent

- **Don't eat what you want.**
- **Give something away - every day.**
- **Don't interrupt people.**
- **Stop complaining.**
- **Don't waste downtime.**

Things to Do for Lent

- **Spend time in the classroom of silence.**
- **Join a spiritual challenge.**
- **Read the Gospels.**
- **Sit in a church each day.**
- **Create a holy moment everyday.**

Matthew Kelly

MESSAGE FROM FR. PAUL

Have a blessed 2025, my dear friends. New Year starts with the month of January. The name January is derived from the Roman god 'Janus', and he is the god, by extension, of beginnings and endings. He was depicted with two faces, one looking forward and one looking backward. Looking forward and looking backward is a process in life. It is healthy when we focus on the future, not forgetting the past and enjoying the present. Focusing more on the past may limit our forward movement. Focusing only on the present will tie us up in the present. Focusing only on the future may take the joy of the present moment. Life is a fine blending of all these.

When we drive a car, we look to the front but check also the rear-view mirror and sides. But in life, sometimes we forget this. Our challenges, troubles and losses should not be carried into 2025.

In our Christian understanding, life is a precious gift from God and it is a pilgrimage, a sacred journey towards our eternal home. We may be tempted to tie ourselves to negative experiences and losses. But with repentant hearts we submit them to the Lord and focus on the merciful face of Jesus. The word of God lights our path, and the Sacraments nourish our lives in the journey. Our family, and our fellow Christians are here to support us.

Friends, the best model for us in this journey is our Blessed Mother. She said YES to God's plan. It was really a challenging one. But her life was not limited by those challenges. Carrying Jesus in her womb and filled with the Holy Spirit she went with haste into the hill country, to serve Elizabeth. When Elizabeth heard Mary's greeting, she and John in her womb were filled with the Holy Spirit. How they understood the past, evaluated the present, and are looking forward, are all vividly pictured in the first chapter of St. Luke's Gospel. With unwavering faith and trust in the God who called her, producing the fruits of self-giving love, our Blessed Mother continued her pilgrimage of hope. In the year 2025 let us continue our pilgrimage of hope, empowered by the support of our Blessed Mother. All the best and blessings, my friends.

NEWSLETTER CONTRIBUTIONS

Please submit newsletter contributions to Shelley Tamas one week prior to the 1st of the month and she will do her best to incorporate any contribution you wish to add to the bi-monthly newsletter.

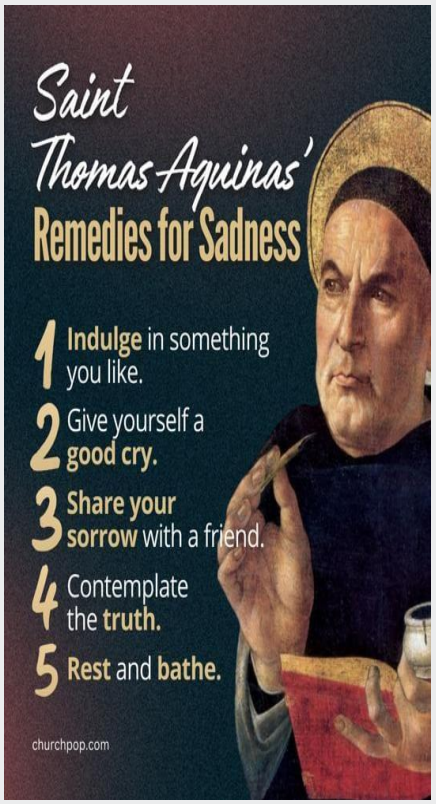
SAINT CORNER

St. Thomas Aquinas

Feast Day: January 28

Prayer of St. Thomas Aquinas

Grant me, O Lord my God, a mind to know you, a heart to seek you, wisdom to find you, conduct pleasing to you, faithful perseverance in waiting for you, and a hope of finally embracing you. Amen.



WHAT'S NEW!

PARISH COUNCIL EXECUTIVE 2025 - 2027

President – Shelley Tamas
Past President – Jennifer Labenski
Vice President – Mary Jane Ferrell
Recording Secretary – Linda Matchett
Treasurer – Tony Garofalo
Membership – Mary Jane Ferrell
Faith – Monique Shinton
Social Justice –
Service –

Many thanks to all those who accepted appointment to a position on the executive and to those who have made commitments to assist the leadership in carrying out duties. May God bless you for answering the call to service in The Catholic Women's League of Canada.

HAPPY BIRTHDAY

We wish to convey our sincere best wishes for a Happy Birthday to our dear sisters in the League who will celebrate a birthday in January and February.

07/02 Lea Locco

15/02 Tony Garofalo

22/02 Linda Matchett

HAPPY ANNIVERSARY

Happy Anniversary to members celebrating their Wedding and Ordination Anniversaries in January and February.

08/01 Fr. Paul Vellakunnathu

NATIONAL VICE PRESIDENT, BETTY COLANERI - MEMBERSHIP

Happy '1' New Member!
Why not start the New Year by inviting '1' new member to join you at a meeting? (Next Meeting – CWL Sunday, January 26, 2025.) We all make New Year's resolutions, so why not make this one of them? I encourage members to reach out to one woman in our parish or community.

February: '1' Amazing Love
The love of God is beyond words. He sent his only Son to die for us and it is that '**1**' love that empowers us. That love taught us to love and serve those around us as he loved and served us. It is members' ministry to proclaim and show that '**1**' love to their League sisters, parishes and communities.