



**Nova Scotia Provincial Council**  
**Catholic Women's League of Canada**  
**Community Life - Communiqué # 3**  
**Inspired by the Spirit**  
**Women Respond to God's Call**

**To:** Diocesan Counterparts (*For distribution to all parish councils*)  
**From:** Nova Scotia Provincial Community Life Chairperson, Sandra O'Connell  
**Date:** February 18, 2018  
**Copied:** Provincial President, Peggy MacNeil and Executive  
National Chairperson, Betty Colonari

JOY! What does that mean to you? I try to see joy and to give joy in each new day. At times it is difficult, and there are days when I truly do not feel that I have been able to achieve my goal, but for the most part, I see it as a challenge to look for the good in situations. As member of the Catholic Women's League, we have the opportunity to share JOY with others throughout the world.

As the Lenten season begins, Development and Peace has started their 2018 Share Lent campaign. "Together for Peace" aims to raise awareness among Canadians on the essential role of dialogue in peacebuilding efforts. They are asking us to talk to one another about the efforts of Development and Peace. In their press release of February 14, 2018 it states "Lent is an opportune time to show our interest in others through a concrete gesture, however small, of our participation in building a world of peace". Nagham Tarhini, Community Outreach Coordinator at the Adyan Foundation in Lebanon will be visiting the Maritimes from March 9-19, 2018 to discuss the work being done with vulnerable communities. Halifax is the scheduled site for Nova Scotia. As soon as I can get an exact date, I will send out an update. Take some time at your next meeting to discuss what Development and Peace does and let's make a plan to help.

This winter has been interesting! From freezing cold temperatures to flooding in parts of the province, there are needs that fellow Nova Scotians are unable to provide for themselves and their families. I noticed a picture last week on facebook of a bag of necessities tied to a pole to be given to anyone that needed it. It was a random act of kindness, no special request, no need for thanks, just someone acting on a need. Food banks are always in need, warm clothing needed, oil for heat, and shelter from a storm, these are basic needs that we have, but many do not. Let's remember this as we go through this Lenten season, perhaps a few coins put aside each day, going through closets for outerwear not being used this season, picking up some knitting needles or a crochet hook and making a hat or mittens, or volunteering at food banks or shelters. The JOY that the recipients of our actions will receive, will lift their day and perhaps give them a chance to bring JOY to another person. Maybe we could start a movement of JOY!!

Let's also remember our CWL sisters! Let's celebrate each other, have some fun, get your members to attend social activities in your parish community. Remember our shut-in members. Call them, invite them out, whether it is to a meeting or for lunch. Everybody likes to be remembered.

I asked members to continue with the lap quilt challenge at last year's Provincial convention. I would love to hear from councils that were able to complete more blankets. This project for the Centennial

celebrations was a wonderful way to put our talents to work and give comfort to fellow Nova Scotians. It is not too late, let's get busy!!

Please check the National website for updated information on committees and work being done on resolutions. We may think that one letter isn't going to make a difference, but when we all take a moment to voice our concerns, we are not just one anymore, we have the ability to influence change within Canada and throughout the world.

I would like to thank Dina and Anne for their continued work as Diocesan Committee Chairs. Their dedication and love of the League is evident in their commitment to serve at the diocesan level.

In closing, may this Lent be a time of reflection for each of us, a time for prayer, a time to become the best version of ourselves that we can be, and a time to welcome JOY into our lives.