



St. Joseph's Catholic Women's League

Newsletter – Summer 2026

Dear Sisters in the League

We are pleased to be sharing with each of you our Summer 2026 Newsletter. The past six months have been a very busy time for our members. Below is a summary of our accomplishments, that are creating HOPE through our actions, filled with joy and gratitude.

CWL Executive and Standing Committee Reports:

A Message from our Co-Presidents – Kathi Colwell and Susan Conway Williamson

"Ignite Your Passion, Empower His Mission"- Blessed Are the Poor

Betty Colaneri, National CWL President, shares that "Fire not only represents God's presence but also a deep love and passionate devotion to God. Members are called to be 'on fire' for God, a fire that fuels our enthusiasm to serve and seek the Lord with all our hearts. Fire also signifies that God's Spirit is to continually burn brightly in our lives."

A Faith that is 'on fire' is a faith that is alive, vibrant and passionate. It is that passion that compels members to reach out to those in need, to show compassion and to share the joy of serving the Lord.

As you read about each of our ministries, reflect on how we continually strive to live our faith 'on fire' and serve with compassion, gratitude and hope! Glenda Carson, National VP, notes a 'profound opportunity to reimagine how we connect and engage and inspire.' "The 'poor' in our midst may be women longing for purpose, seeking to belong and desiring a sense of contribution." We can help reignite that spark by listening, affirming and inviting.

We continue to live our 'Outreach' through education of members and parishioners, with our monthly Themed Poster Boards and in Prayer including our Parish Prayer Request Box, Prayer Buddies with St. Paul and St. Thomas More Catholic Schools and gifted Spiritual Bouquets. We are visible at welcoming with First Communion recognition, and Grade 8 Graduation Bursaries. Our social justice actions create hope through Palliative Care Days of Prayer, Saint Vincent de Paul and Birthright donations and our educational 'Speaker Series'. We communicate in our newsletters, parish bulletins, the new St. Joseph's Quarterlies, and events such as our Fancy Hat Tea Parties. We outreach with financial support to over twelve (12) charities annually.

We are now enhancing our 'Outreach' as we have developed our CWL pilot project, 'Each One, Reach One'. Once received, we hope you will complete the **Volunteer Registration Form** in order to assist reaching all who need a regular phone call, written communication, friendly visiting, drives to church or meetings or in need of prayers. We have developed guidelines for friendly visiting for those new to this initiative. We also want to hear from you if are you in need, or you know of a member in need. As we reach out and learn more about

our members and parishioners, we are inspired and empowered to “Ignite our Passion” and “Create Hope Through Action.”



A Message from our Treasurer – Cecile Dillon

January – June 2026

I am pleased to provide an update on the financial position and activities of our CWL Council.

The audited opening balance as of January 1, 2026 was \$8,252.66. As of June 3, 2026, our balance stands at \$12,866.36. Financial statements continue to be updated and reviewed on a monthly basis, and budget reports are revised and submitted regularly. To ensure continued growth and stewardship, our CWL reinvested in a Guaranteed Investment Certificate (GIC) for a period of 18 months.

On June 8, 2026, we proudly presented to Father Cosmas a significant contribution of \$6,000.00 toward the parish’s “Gather & Grow: Our Hall’s Next Chapter”.

In support of our faith and community outreach, CWL donated a total of \$1,100.00 to the following organizations: Almost Home, Birthright, Feed the People, Interval House, Partners in Mission Food Bank, St. Mary’s Drop-in Centre, St. Vincent de Paul and the University Hospitals Kingston Foundation (U.H.K.F.) / A.B. Smith Homestead Hospice.

Our recent Fancy Hat Tea Party was a very successful social event, realizing a profit of \$1,769.95. I am pleased to report that, through the generosity of our members participating in the Development and Peace 1% Program, we have collected \$258.10 to date.

Thank you to all members whose dedication, fundraising efforts, and generosity continue to support our parish, charitable outreach, and community programs.

Your continued support ensures we maintain this positive momentum. Thank you to everyone who has contributed, your generosity makes a meaningful difference.

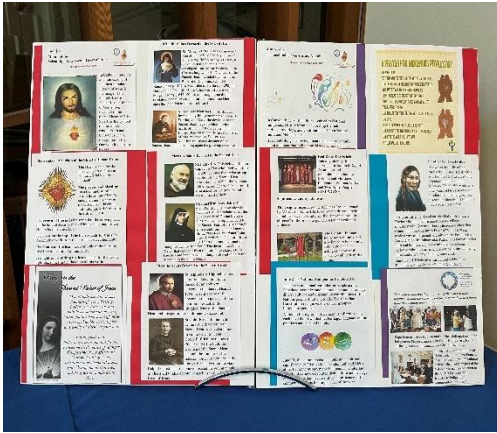
Faith Ministry – Kathryn Nickerson (Chair), Sister Nancy Hurren and Karin Long

“Blessed are the Poor in Spirit” is the focus of our CWL’s national theme. In unison with National’s monthly topics, our Faith Prayer Services included: Celebrating the 200th Anniversary of the Archdiocese of Kingston; Preparing our Hearts for Lent with Love and Compassion; Lenten Season of Giving; Easter-Season of Renewal; and Month of Mary, Mother of the Poor, which are now also being distributed electronically to our CWL members. Mindful of our role in faith formation, we then shared these themes with our Parish brothers and

sisters with topic-specific poster boards, as well as a board to complement St. Joseph's Parish Year of the Family Program.

Corporal and Spiritual Works of Mercy:

In February, we led Mary's Way of the Cross. In March, with generous donations from our Parish family, we coordinated the collection for the St. Vincent de Paul Society, followed by the Birthright Collection in April. And finally, in May, we organized a well-attended Parish Palliative Care Day of Prayer. At all times, we continue to pray for the intentions of our parish family members, our school buddies, our indigenous brothers and sisters and for our members' personal intentions.



Service Ministry – Angel MacKinnon (Chair), Denise Irvine, Joan McCann and Maureen Plunkett

These past six months have been challenging, but with great rewards and accomplishments.

Diocesan Convention, Kingston, Ontario – Saturday, April 25th and Sunday, April 26th

In April, 19 members attended the Kingston Diocesan Convention, and collaborated with other CWL parish groups to serve as Hospitality volunteers.



Feast of Our Lady of Good Counsel – Monday, April 27th

We honoured our patroness, Our Lady of Good Counsel, with an announced Mass followed by celebrating a wonderful meal and social together at The Greek Islands Restaurant.



Fancy Hat Tea Party – Saturday, May 9th

Our 12th Annual Fancy Hat Tea Party, was held on Saturday, May 9th. This was our first major event in our brand-new Parish Family Hall with a large increase to 72 guests! It all came together beautifully and, on cue, we opened our doors Saturday afternoon to the best Fancy Hat Tea Party.



Multicultural Sunday and Parish Family Picnic – Sunday, June 14th

On Sunday, June 14th, St. Joseph's held its annual Multicultural Sunday and Parish Family Picnic following the 11:00 a.m. Mass. Although it rained, it did not dampen the spirits of the attendees enjoying the foods of many different cultures. Towards the end of the celebration spontaneous dancing was also enjoyed.

Thank you to the CWL members, Knights of Columbus, Pastoral Council and the many parishioners who came together to put on this delightful day.



Presentation of CWL Grade 8 Graduation Bursaries – Thursday, June 18th

On June 18th at Graduation ceremonies at St. Paul and St. Thomas More Catholic Schools, we presented two deserving students, at each of the respective schools, with bursaries. The recipients, who proudly live their faith and do service for others, will all be attending Regiopolis Notre Dame Catholic High School in September. Congratulations!

Social and Ecological Justice Ministry - Barbara Quinn (Chair), Rina Daechsel and Alice Gazeley

Connie Zweig in her article entitled "Reframing Aging from Decline to a Spiritual Journey" states that we are in a new age of longevity and she invites us to view this stage as one of unlimited aspirations and possibilities. This stage calls us to engage in creative services for the Common Good and to learn about Contemplative Practices.

This intentional rite of passage, which is not automatic, involves letting go of past roles, attitudes, regrets, losses and identities that no longer serve our new development. This new rite awakens a new emergence of self, passion, purpose and vision of ourselves. It is important to remember we all carry all that we have learned and loved with us over our life span.

Some Organizations that deal with the disadvantaged, poor and unhoused in Kingston:

Threads of Hope - a grassroots advocacy group founded in Kingston by Pam Gray which provides tents, clothing, blankets and other support for Kingston's homeless citizens. Their warehouse is located at 629 Division Street. For times of operation, contact Michelle at 613-316-1851 or Pam Gray at 613-384-5101.

St. Vincent De Paul - is now accepting donations of clothing, household articles, toiletries and food. It serves breakfast and lunch and has a pantry where clients can pick up 2 - 3 days worth of food. Its new home is open for business at 595 Bagot Street.

Feed The People - constantly continues to be in need of donations of money, food and volunteers. They feed the people who live and tent at Belle Park. For information contact Denise Irvine at 613-546-1927.

St. Mary's Cathedral Drop-in Centre - located at the old St. Mary's School at the corner of Clergy and Brock Streets, serves the poor, the lonely and the homeless. Lunch is served plus snacks. Showers are available and on certain days you can even get a haircut. During the winter, **Veronica's Veil** has overnight cots for 12 men to sleep.

Our Speaker Series:

Kingston City Council Considers Creating a Municipal Services Corporation (MSC) to Manage Water

Wastewater Services. The MSC would extract from Utilities Kingston the water and wastewater services and give them to an agency that is intended to operate "with a more business-oriented approach". The proposal offers few details of how this would be accomplished, but the creation of an MSC runs the risk of commercializing water and outright privatization. It could also reduce accountability and transparency.

To talk about this issue, in April we invited Kingston City Councillor Jeff McLaren to speak to us. He was very informative about some pros and a lot of cons if this happened. An extremely lively discussion occurred after his presentation.

Follow up: Following their June 16th meeting, Kingston City Council gave a soft yes to continue with plans to create a Municipal Services Corporation (MSC) for water and waste water.

The approval, which is not a final decision, came after several councillors insisted on getting assurances that the process would not lead to privatization of water and waste water services. City Councillors proposed an amendment directing council to "Reject any form of privatization of city water and wastewater assets and reaffirm unwavering commitment to the 100% public ownership of assets." That was followed with an amendment that committed the Board of and new Corporation to include the Mayor, a City Councillor and four members of the public.

City Solicitor Jenna Morley, clarified that under current Ontario Law if the MSC provides water and wastewater services, it cannot be privately owned. City Council will have at least two more opportunities to stop the MCS process if it does not like the agreement or process.

The City Councillors for our area are: for Portsmouth - Don Amos and Meadowbrook-Strathcona - Jeff McLaren.

Palliative Care is a Vital Way to Accompany the Suffering, Offering Love, Comfort, Care and Support when Hope for a Cure Diminishes. If a person feels loved, respected and accepted the dark shadow of euthanasia fades or disappears.

Palliative Care should be accessible to all Canadians regardless of age, sex or gender, their expected path of illness, their community, their socio-economic status or their culture. Analysis shows that this isn't the case.

For this reason, the League's National Council adopted **Resolution 2025.04 Federal Government to Complete the Development of the Office of Palliative Care**. The action plan encourages members to write letters to the Prime Minister, Minister of Health and local Members of Parliament urging the Government to develop an Office of Palliative Care early, universal and with equitable access to early community palliative care through the creation of national policies and standards.

May 5th was also Red Dress Day - a day to remember our Missing and Murdered Indigenous Women and Girls. We asked our members to wear something red to our **12-hour day of Prayer for Palliative Care**.

Privatization of our Public Hospitals and Health Care

We are concerned that Healthcare in Ontario is becoming more privatized. Data shows that of all ten provinces Ontario is last in funding Public Health care per person. Newfoundland and Labrador spend the highest amount and Prince Edward Island is sixth.

Canada has world class public hospitals, among the highest levels of education for health care staff in the world, longer life expectancy and lower infant mortality than the United States. We have a lot to be proud of.

Action: Email/write your local MPP (Ted Hsu) and ask him to help stop privatization of our hospitals.

Membership and Organization Committee – Mary Clancy and Pauline Scott

The 2026 Membership Drive, held over two weekends in January, was very successful. The Committee's efforts after the drive to contact members to renew went well, resulting in a total of 126 members.

Our Service Pin Presentation was held after the 5:15 p.m. Mass on Monday, June 8, 2026. The following members received Service Pins:

- 70 years - Carmel Foster
- 50 years - Sharon Murphy, Kathryn Stewart
- 35 years - Catherine Armstrong
- 30 years - Sharon Lillis
- 25 years - Brigit Joseph
- 20 years - Madeleine Chartrand, Doris Clemens, Shirley Doherty, Betty McIver, Anna Monk, Renee Murphy, Frances Price
- 15 years - Joselyn Archer, Lorna Asuncion, Joan McCann, Colleen Purcell, Pilar Rosales, Larke Zarichny
- 10 years - Tina Castro, Kathi Colwell
- 5 years - Shirlee Graham, Anna Kelly, Ann Krasna, Susan Lett

We were very pleased to present the following new members with their CWL pin:

Aima Airiavbere, Patricia Hamilton, Heather Knickle, Maria Krasna, Ifeoma Mgbenka, Taylor Telfer, Amber Upton

The ceremony was followed by a Potluck Dinner in the Parish Family Hall that was enjoyed by all.

Over the summer, the Committee will be replacing name tags, as needed, and ensuring all new members have a name tag. We continue to encourage women of our parish, over the age of 16, to join. Please contact Pauline Scott 613-331-3403 or Mary Clancy 613-544-4190 with the name and phone number of anyone interested in joining St. Joseph's Catholic Women's League (CWL).



Focus on one of our Charities – Birthright Kingston

During the month of April 2026, the Catholic Women's League of St. Joseph's Parish collaborated with the Parishioners of St. Joseph's to donate items to Birthright Kingston for Babies and Moms. Lovely donations for Baby and Mom were delivered to the Birthright Office in May. As well, a number of monetary gifts, totalling \$400.00, was also presented to Birthright. St. Joseph's is so happy to support young Babies and Moms in our community, who reach out to Birthright for support and compassion.

In addition to St. Joseph's CWL donations, we were also pleased to deliver a basket brimming full of Baby and Mom items, lovingly put together by the Kingston CWL Diocesan Council from their recent Diocesan Convention.

We all say thank you to the staff and volunteers of Birthright Kingston for continuing to help women discover hope for the future, when faced with an unplanned pregnancy, through friendship, love and support. Birthright Kingston is located at 93 Queen Street. For more information, or to volunteer, please contact Maria at 613-546-5433.



Have You Ever Wondered?

Numerous times, while waiting for Mass to start, I have noticed people crossing in front of the altar. Some stop and nod, others stop and kneel and others breeze past. I have wondered what the proper etiquette is for crossing in front of the altar and Father Cosmas has kindly provided us with an answer.

Crossing before the Altar/Sanctuary:

For Catholics, the proper etiquette when crossing in front of the altar depends on whether the Blessed Sacrament is present in the tabernacle.

When the Blessed Sacrament is present:

If the tabernacle containing the Blessed Sacrament is located in the sanctuary, Catholics should make a genuflection (touching the right knee to the floor) toward the tabernacle before entering or leaving their pew and whenever passing before the Blessed Sacrament.

When crossing in front of the Altar during Mass:

Those serving in the liturgy (priests, deacons, servers, lectors, etc.) generally make a profound bow to the altar when crossing in front of it if they are not carrying something that prevents the bow. The altar itself is revered because it symbolizes Christ and is the place of the Eucharistic sacrifice.

If the Tabernacle is in a separate chapel or corner (as it is in our church):

When the Blessed Sacrament is reserved in a place apart from the sanctuary, the reverence given in the sanctuary is a profound bow to the altar, not a genuflection.

For the Faithful:

Entering or leaving a pew: genuflect toward the Blessed Sacrament if it is present in the church.

Crossing in front of the altar outside of a liturgical procession: a reverent demeanor is expected; liturgical ministers customarily bow to the altar.

Avoid casual conversation, rushing, or distracting behavior in the sanctuary area.
The guiding principle is reverence for Christ's presence in the Eucharist and for the altar, which is the center of the Church's worship. As the Church teaches, external gestures should express the interior faith and devotion of the believer.
Thank you, Father Cosmas, for your guidance in crossing in front of the altar.

Upcoming Meeting Dates and Times:

Please mark on your calendar the following meeting dates and times:

Diocesan Council Retreat	Saturday, September 12 th , 2026 (register by August 30 th) being held at St. Joseph’s Parish Family Hall, Kingston	
General Meeting	Monday, September 14 th , 2026	7:00 p.m.
Executive Meeting	Monday, September 28 th , 2026	6:30 p.m.



**We would like to wish you and your family
a very safe, enjoyable and blessed summer.
Happy Canada Day!**