



ONTARIO PROVINCIAL COUNCIL
of
The Catholic Women's League of Canada



August 26th, 2019

TO: All Diocesan Treasurers
FROM: Marie-Theresa Lamphier, Ontario Provincial Treasurer
CC: All OPC Executive, Diocesan Presidents, National Secretary-Treasurer,
and Archbishop Terrance Prendergast

Directive # 1

"So go ahead. Fall down. The world looks different from the ground." -- Oprah Winfrey

Greetings Everyone!

I consider myself blessed to be on the Ontario Provincial Executive. I look forward to being the Treasurer and all it entails. I pray that I am worthy of such an honour. It will be hard to follow in the footsteps of those who have come before me...but I will certainly try my best!

My profile is on the OPC website, but to summarize: I am married with 3 children; worked at Daimler Chrysler, now Fiat-Chrysler for over 30 years, in positions of increasing responsibilities; worked as a certified Pastoral Minister-6 years, and had a couple of bookkeeping jobs at local restaurants. I have been a CWL member since 1972 and enjoy being part of the activities, comraderie and faith-filled activities. This is my second term on provincial council; previously the communication chairperson and recently became a new Life Member. What an honour!

I just returned from the National Convention...what a wonderful experience that was and the side trip to Banff was just amazing! You will find many pictures on the national website at well as summaries of the individual days activities. Please be sure to check it out!

Theme: Loneliness

Our focus for the next two years is Loneliness. Taken from Wikipedia: *"Loneliness is a complex and usually unpleasant emotional response to isolation. Loneliness typically includes anxious feelings about a lack of connection or communication with other beings, both in the present and extending into the future."*

Each standing committee was asked to develop a plan to address this issue in this committee. The followings tips are not just applicable to treasurers but to everyone

1. If you are religious / get involved in a church "small group"
2. Take on a volunteer project or volunteer job
3. Become a regular at your local gym
4. Make an effort to initiate conversations or when approached, respond and smile when talking
5. Initiate conversation. "Nice weather we are having" ... "Did you happen to see the nightly news ... Can you believe what happened in Toledo?"
6. Know and accept who you are and consider confidence building exercises. Being comfortable within your own skin can help you achieve your goals.
7. Consider psychotherapy for individual therapy as a way to work towards confidence building

Article References:

[Jessica Olien, "Loneliness Is Deadly" Slate Magazine\(8-23-13\)](#)

If you have any other ideas on how we can educate members and investigate options for actions, please feel free to send them to me. I would very much like to hear from you.

Membership

It is important to get your council's membership into National. No surprise that memberships are down. If there are any stragglers, I urge you to get them in ASAP...and if you are not doing it on line, perhaps now is the time to look into it, or seek someone who can assist you in this very important task. Maybe a high school student could earn some community hours by assisting you, especially at the parish council level.

Diocesan Treasurers

A list of Diocesan Treasurers has been attached for your information. Remember that in accordance with provincial privacy policy this information is for League use only and not to be shared unless authorization has been given.

I look forward to meeting all the Treasurers at the Diocesan level over the next two years. If you have any questions or concerns, please do not hesitate to contact me.

Marie-Theresa

Marie-Theresa Lamphier
Provincial Treasurer
The Catholic Women's League of Canada

Encl. List of Diocesan Treasurers