



*"Be who you are meant to be and  
you will set the world on fire"*

St. Catherine of Sienna

**Feel the sisterhood and experience the joy of being a League member. Gift yourself with a workshop designed to help you love the League even more. Members across Canada are taking part in this new initiative from National Council. Using the metaphor of fire the sessions of this full day workshop are themed after aspects of fire, showing the new life it can bring.**

**Kingston diocese has already been gifted with workshops and it is our aim to reach out to all women across our diocese. You will sing, listen, pray, share and learn what brings women to this great organization of the Catholic Women's League. Please consider hosting this workshop in your parish and invite nearby parishes to experience the sisterhood and fellowship that is the League. You will leave with a new and renewed vision of the benefits of belonging to this great national organization.**

**Below are comments from those that have already gifted themselves with the workshop:**

*"I now have a greater understanding"*

*"I was surprised at the expanse of the League"*

*"I am now interested in resolutions!"*

*"I learned how powerful women in the League can be"*

*"I was stirred by each person's witness to the ways in which we have been touched by our calling and how each person's gift has benefited our League. The work to be done is not daunting, but a wonderful invitation"*

*"I learned the history of its beginnings and the grand fellowship of women and our supportiveness of each other- the love for one another"*

*"Surprised by the tremendous amount of work and organization done at a higher level"*

*"Surprised by the amount of literature available to you"*

*"I learned how to inspire others and the impact that the Catholic Women's League has on life"*

*"I have a greater knowledge of what the committee chairs do"*

*"I learned so much today! It energized my whole attitude toward the Catholic Women's League and inspired new reasons to be a member!"*

**Book your date soon so that your council can come together with like-minded women to become who you are meant to be, 'the light of the world!'**

**For further information contact your Diocesan President, Stephanie Spinelli**

**by email at: [kingston.cwl@gmail.com](mailto:kingston.cwl@gmail.com)**



### Responsibilities of Host Council(s) for 'Catch the Fire'

-Meet with your Spiritual Advisor & explain Catch the Fire and ask his assistance in promoting this day; his words would very much be appreciated from the pulpit. It is important that all women age 16 and up are included in the invitation, not just Catholic Women's League members.

(Sample bulletin announcements/insert will be sent to you)

-Provide hospitality: this includes coffee & tea for the day; and goodies during registration, morning & afternoon breaks. (participants bring a brown bag lunch)

-Assist with set-up of tables and chairs; depending on the numbers that **pre-register** will determine the number of tables & chairs. Also, if you have round tables we do not want anyone to have turn around to view the powerpoint presentation. (perhaps 6-8 per table) The facilitators will need 3 long tables and 1 smaller table which they will position. Also, a long registration table at the door will be required. **(The facilitators will provide the name tags, registration forms, tablecloth & décor.) Facilitators will arrive @ 7:00 am to set up their tables, equipment & supplies. (If facilitators are within the area, set-up will be done the night before)**

-We would like 2 greeters from the hosting council(s) to sit at the registration table. Registration will be @ 8:30 am.

-2 microphones are required; (1 wireless) The day can be done with 1, but the microphone cannot be stationary.

-Long extension cord with multiple outlets.

-Easel and chart paper

-Provide a wall or screen to view the powerpoint presentation

-We ask for 2 to 3 volunteers to put together s'mores during the afternoon break; **facilitators provide** the materials and would advise when they are to be cooked and handed out.

-Encourage all of your executive to attend!!!

**Sample Invitation:**



# CATCH THE FIRE!

With the words of St. Catherine of Siena,

***“Be who you are meant to be and you will set the world on fire”***,

we warmly invite ***every woman of the parish*** to our

"Catch the Fire!" workshop on

**Saturday, January 19<sup>th</sup>, 2013**  
**Holy Rosary Parish Hall**

If you have always wondered what goes on behind the scenes of the Catholic Women's League, what it is that we do, how our council is connected to the diocese, the province, and to Canada, then this is the day for you!

If you have always thought you'd like to become more involved with the League but not sure what steps to take, then this is the day for you!

This workshop will lead you to a better understanding of the League, help you to love the League, feel their sisterhood, and experience the joy of being a League member.

Whether a CWL member or not, this experience promises to deliver basic information on the League to help you become a faithful, fun, and fulfilled member of this amazing national organization of Catholic women.

The day is designed to be relaxing and enjoyable. We very much look forward to welcoming you! **Coffee is on at 8:30, workshop begins at 9:00**, and will continue until about 3:30.

*Please bring your own brown bag lunch. Coffee and refreshments provided.*

*If you need a ride, please do not hesitate to call.*

Questions? Contact \_\_\_\_\_ or e-mail \_\_\_\_\_

*Sample*



## **“CATCH THE FIRE”**

**The Catholic Women’s League of Canada invites  
all women (not just CWL Members) to attend a  
“CATCH THE FIRE” Workshop**

**WHY:** To increase your enthusiasm & understanding of the Catholic Women’s League, and it’s a great way to meet women from other parishes in our diocese. We have invited the ladies of Brockville, Merrickville, North Augusta & Spencerville parishes.

Not everyone is or wants to be a leader; nonetheless, God calls each of us to lead in our own way. All women age 16+ are invited to “Catch the Fire”, a leadership training program. Using the metaphor of fire, the sessions of the full day workshop are themed after aspects of fire, showing the new life it can bring. “Catch the Fire” will give you the knowledge of the Catholic Women’s League & tools to be a fire starter.

With the help of the presenters, Carol Richer & her supporting team, you will sing songs, listen, learn and participate in activities that will bring all women together in FAITH, FUN & FULLFILLMENT. Come join the ladies of Cardinal and Prescott and bring your friends for a day of fellowship.

**WHEN:** Saturday, April 20, 2013

**TIME:** 8:30a.m. social/refreshments and 9:00 – 3:00p.m. workshop

**WHERE:** St. Mark Parish Centre, 461 Edward St., Prescott (613-925-3921)

There is **NO COST** associated with the day, just bring a bag lunch. We will provide healthy snacks & beverages.

For more information, please call: \_\_\_\_\_

## **CWL CATCH THE FIRE WORKSHOP**

**-Saturday, April 20, 2013 from 9am - 3pm  
(Social/Refreshments @ 8:30a.m.)  
- St. Mark Parish Centre, Prescott**

Come and join us at this exciting workshop as we celebrate the spark of God in us. We honour the indwelling presence. We encourage one another not to be afraid of who we are; the light of Christ in every face.

Learn more about yourself by being a member, by leadership in the League, because the Holy Spirit will lead you. We are companions on a journey. No strangers here! We are looking at the face of Jesus. And the Holy Spirit will change your life. You can ignore and walk by, or you can take a look and say Hello to Jesus. There is opportunity here: leadership, friendship, faith, & fulfillment.

## **AGENDA**

1. **LIGHT THE MATCH** (20 minutes)
2. **SPARK** (50 minutes)
3. **KINDLING** (20 minutes)

BREAK

4. **LIGHT** (40 minutes)
5. **WARMTH** (20 minutes)

LUNCH BREAK

6. **ENERGY** (40 minutes)
7. **HEAT** (30 minutes)
8. **RENEWAL** (20 minutes)

BREAK

9. **FANNING THE FLAMES** (20 minutes)
10. **HOSPITALITY OF THE HEARTH** (20 minutes)
11. **PASS THE FLAME** (15 minutes)
12. **WILDFIRE** (20 minutes)



We are all called to be a light for the world.... A light, a flame, a star. We are the salt for the earth. The earth is made a better place by our presence. We are a treasure, a treasure in an earthen vessel. We are little & great, frail & glorious, poor & rich. We are all broken in some way and at times feel overwhelmed..... and yet, in the midst of our brokenness is abundant life, the abundant life that Jesus promised, so do not be afraid.

Help me to be not afraid! Help me to be who I am meant to be and help me to set the world on fire!

**Sample Bulletin Announcement:**



***“Be who you are meant to be and you will set the world on fire”***

St Catherine of Sienna

The parishes of St. John the Baptist, St. Bridget and Sacred Heart of Jesus are excited to be hosting a workshop entitled, **‘Catch the Fire’ on Saturday, September 8<sup>th</sup> from 9:00 am – 3:30 pm @ .....** All women age 16 and over are invited to **‘gift’** themselves to a day of sharing our faith and learning about the Catholic Women’s League of Canada. There is **NO COST associated with the day, just bring a brown bag lunch. Snacks & beverages will be provided.** For **pre-registration** or further information please contact:.....

Comments from previous participants:

*“I was stirred by each person’s witness to the ways in which we have been touched by our calling and how each person’s gift has benefited our League. The work to be done is not daunting, but a wonderful invitation”*

*“I learned so much today! It energized my whole attitude toward the Catholic Women’s League and inspired new reasons to be a member”*

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**Marketing**

It is important to speak with your Spiritual Advisor concerning this workshop so that he can be knowledgeable about the day and support the workshop from the pulpit. We need to include all women, as we do at membership time-not only Catholic Women’s League members. It is difficult to encourage women to give of a whole Saturday, but we need to promote this as a ‘gift’ that we are giving ourselves. As women we need to provide ourselves with renewal of faith, fun and fulfillment that the Catholic Women’s League provides. This day is for **ALL WOMEN** whether a seasoned member or someone that has never heard of the League.