



Have you seen our latest new video featuring Fr. Ed Curtis?
https://catholicmomsgroup.com/priests/

Dear Catholic Moms Group Leaders!

Fr.Nicola,

It's been an exciting weekend seeing All Saints parties flourishing throughout our ministry! While we can't possibly cover them all, we'd like to share a beautiful reflection written by Cathy, our Catholic Moms Group Leader at St. Leo's Parish and co-leader at St. Teresa's Parish.

For more lovely photos of the event, please visit Instagram.

****please remember, we can't create this newsletter or post on Instagram without your photographs!*

We love getting your photos and stories!

I also want to commend Cathy for her initiative in reaching out to the neighbouring school. Would you believe the school even featured the party on its Instagram account?

And that's not all! Cathy decided to host her Catholic Moms Group as an after-school gathering. And boy, did the floodgates open! Moms and their children showed up in droves!



From a Little Nudge to a Big Blessing:
A New Catholic Moms Group

written by Cathy Quartarone

It's not always easy to discern God's will. Yet sometimes God makes His will known, **loud and clear**. Such were the events leading up to the establishment of St. Leo's Parish Catholic Moms Group and its All Saints kickoff event.

Before moving close to St. Leo's, my family of five lived in a one-bedroom apartment. Baby number four was on the way, so we really wanted to have a bigger space. Things rapidly fell into place, and we moved into our new rental house, just a few blocks from the church. Now, as someone who doesn't drive, proximity is everything. Every so often, I felt the conviction to step into a weekday Mass or pop by for a few minutes of the 24-hour Eucharistic Adoration on First Fridays. My family was being blessed.

I attended the Catholic Moms Group Leaders Breakfast Summit as a representative of the St. Teresa's Catholic Moms Group, and something Dorothy Pilarski said touched my heart.

We are to mother our priests! Invite a priest for a meal! That challenge felt directed towards me. I quickly typed up an email inviting the priest over for lunch.

My afternoons often involve meeting with other moms at a park or attending after-school clubs at the library. Although we homeschool, I prefer to do school in the morning and keep our afternoons for social activities. One day, after school, while at the park with many Catholic mothers from the area, I felt the idea pop right into my head. What about an after-school Catholic Moms Group? I pondered the idea. Prayed. When I asked mothers who send their children to the local school, the response was an overwhelming yes! And then, before I even had my lunch with the priest, we happened to bump into each other while I was taking my children to the park. I mentioned the idea of the Moms Group while it was fresh in my mind. We were to discuss it soon.

Once I received the priest's yes, things snowballed from there. I met with the parish secretary and messaged different women in the area. God placed willing mothers in my path to help get things rolling, and we worked together to do pulpit announcements and set up a table to begin growing our mailing list. My husband emphatically encouraged me to ride the momentum and start the group soon, before mothers started filling their children's weeks with other extracurricular activities. The pieces began to fall together, and soon we were planning an All Saints Celebration to kick off the group. On Tuesday, October 27th, at 3:15 p.m., we welcomed more than 17 mothers and roughly 25 children altogether.

The event was a blast! We had a vast diversity of mothers: some homeschooling, some with their kids in the local school. Practicing Catholics and the Catholic-curious. We all came together to do something special, both for the kids and for us. We began with the Moms Group prayer and did a little Litany of the Saints the children were dressed as. We explained the significance of the Hallowtide Triduum and had a craft table, Saint Bingo and a small indoor bouncy castle.

This is just the very beginning of the work that God put into motion. Leading up to the party, I experienced all the ups and downs—excitement and joy, but also fear, anxiety and feelings of, "Oh no, what am I getting myself into?" ***Rewatching the training videos, reading through the How to Start a Catholic Moms Group magazine and speaking with other seasoned Catholic Moms Group leaders finally set my heart at ease. God will provide. And He did.***

A special thanks to my husband, Dorothy Pilarski, Father Nicola Defina, Jacinta, Monica, Nelcy Lopes, Heather Lynn, my sister and my mother,

without whose help I would not have been able to do such a work. God willing, may there be many more, and may God use us to serve mothers in our task of reviving the vocation of motherhood!



Fr.Nicola

A Reminder of Our Mission

A Catholic Moms Group is not simply a gathering of women; it is a ministry with a very specific mission: to revive the vocation of motherhood. While there is room for creativity, fellowship and a variety of activities, our meetings must remain faithful to that mission. When a parish priest says "yes" to hosting a Catholic Moms Group, and a mom accepts the responsibility of being a Catholic Moms Group Leader -- there is an understanding that the group will remain true to the purpose and beliefs of our ministry.

We have made a commitment to the Archdiocese, and we have entrusted that mission to you, our CMG Leaders. On page 23 of *How to Start a Catholic Moms Group publication*, our 12-point purpose is clearly outlined, and our beliefs are defined on page 24. These are not simply suggestions; they are the foundation of our ministry.

Before planning your next meeting, please turn to the membership portal and make use of the curriculum and resources provided to help you fulfil this mission. It's tempting to simply choose whatever topics interest us, but we must remember what we have been entrusted with.

Are we helping mothers become transmitters of the Catholic Faith? Are we reminding them of their sacred duties and beautiful vocation of motherhood? As you plan your next meeting, ask yourself:
What does this have to do with motherhood?

Is a mom who attends your meeting going home and talking to her children about the Faith? Is she becoming a better wife and mother because of what she has experienced at your meeting?

That's what the call to action is all about!

Encourage moms, to talk about what they learned at moms group -- at the kitchen table.

November 2026

I love my Catholic Moms Group
LOVE. LAUGHTER. MOMENTS OF GRACE



My Call, the Universal Call to Holiness

Month of All Saints & All Souls

What's on the hearts of moms this month? In November, the days grow shorter, the air colder, and there is less sunshine. With this shift, some moms may find themselves feeling more tired, lonely, or low. That's why your moms' meeting this month should feel extra warm, welcoming, and comforting—a place where moms are reminded that they belong to a community of faith-filled women. **They are not alone**.

This sense of belonging extends even further. Remind moms that they are part of something much bigger: the **Communion of Saints**. We belong to the Church Militant—the faithful living on earth; we are united with the Suffering Church—the souls being purified in purgatory; and we are one with the Church Triumphant—the saints in heaven.

Encourage moms to lean on the saints—to ask for their intercession and to imitate their example. The saints remind us that holiness is possible. And

FUN AND MEMORABLE

1. Host an amazing All Saints Day party at your parish.
2. Give away an All Saints Day kit for the kids at your paris
3. Give away a copy of Saint Gertrude's prayer for the so in purgatory.
4. Give each mom a Miraculou Medal with a brochure abou its history!
5. Do a Christ the King family procession with your childre

Before you plan your November meeting LOG IN to the membership portal - and review the November Planning Tool here at this link. It's two pages long. The Planning Tool has been created to make your life easier!

https://members.catholicmomsgroup.com/project/planning-tool-november/

Fr.Nicola,

If you attended our Catholic Moms Group Leaders Breakfast Summit last year, your group would have gotten a copy of this amazing book. Mama's I am pleading with you.. we need to encourage the moms in our Catholic Moms Groups to teach their children the importance of praying for the Souls in Purgatory. This is an excellent resource. Make sure to have it on display at your meetings!


Susan Tassone
NEW FRIENDS
NOW and FOREVER
A Story about the Holy Souls
Illustrated by
Yorris Handoko



What's Coming



Have you asked told your moms to Save the Date? Are you building up enthusiasm about the DWF conference? Consider sending moms the link to the highlights video from last years conference.

Fr.Nicola,

As Catholic Moms Group Leaders, we are all at different stages of running our Catholic Moms Groups. Some of you are just receiving your Catholic Moms Group Kit, others just finishing up your training videos. Sometimes it can be overwhelming! That's why we have virtual coaching sessions!

Please check our calendar in the membership portal for **registration details:**
https://members.catholicmomsgroup.com/calendar/

The next virtual coaching session is scheduled for:
Tuesday November 10, 2026 at 2pm Zoom with Nelcy
LOG in and REGISTER HERE

IMPORTANT NOTE

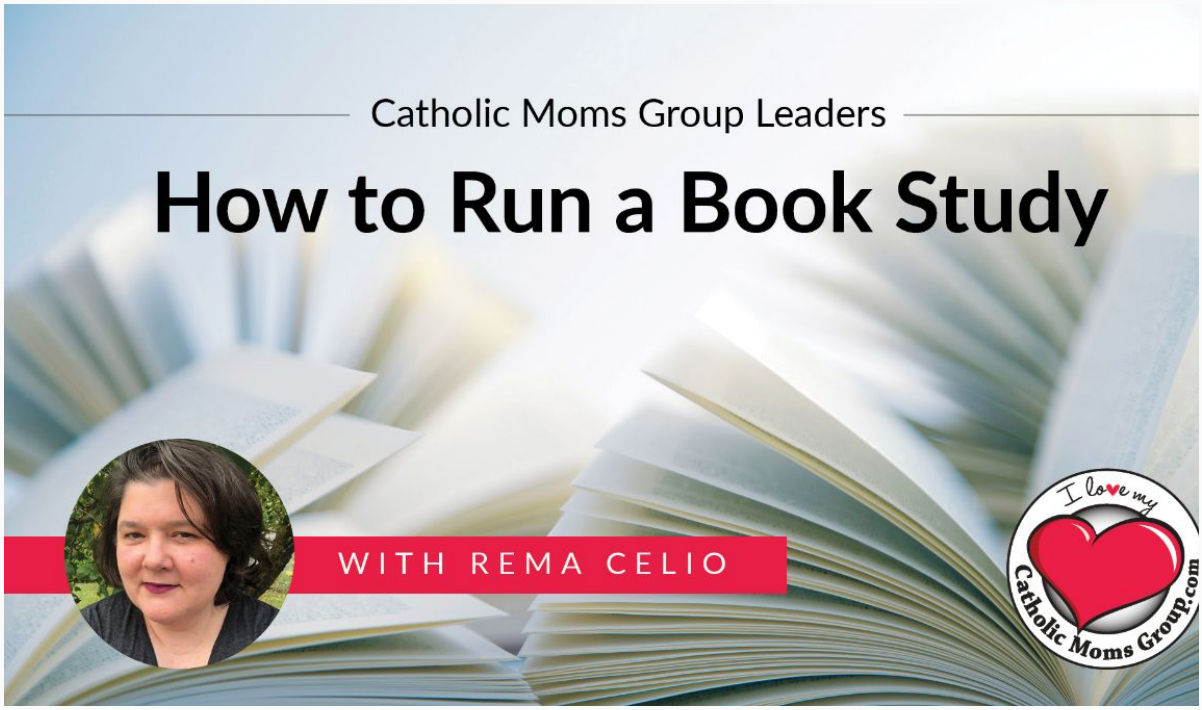
*******All coaching or mentoring of new CMG groups is coordinated through the CMG leadership team before it is offered. This ensures that new groups receive consistent formation and are working from our current materials and training.***



Community Highlights

Fr.Nicola, We are delighted to announce that a mom from **Krystyna Zasowski's** group at All Saints is prayerfully discerning hosting a book

study on the book called the Holy Apostolate of Motherhood. Do you remember... you got it in your Catholic Moms Group Starter Kit? We have asked Jessica to review our study on How to Run a Book Study! Are you interested? Do you want to learn how to host a Book Study?Log in - Click HERE



#SHOUT OUT to Susan Monaco

Our Lady of Peace parish welcomed Nelcy Lopez -- she gave a wonderful talk on Mothers being the REAL Influencers! Learn more about Susan on Instagram - see photos from the meetup click here!

MOM

THE ULTIMATE INFLUENCER

Our Lady of Peace Catholic Moms Group

Invites you to a Special Meetup

Wednesday October 28, 2026 at 10am

The 5 Secrets to Moms Being the THE ULTIMATE INFLUENCER

A talk given by Dr. Nelcy Lopez

Dr Nelcy Lopez is an accomplished legal scholar. She holds a bachelor in law and two masters in law, one of them from Yale University. She is a doctor in law from McGill University and has taught in several law faculties in Canada and abroad.She has published two peer reviewed books on constitutional law matters and several law journal articles.Dr. Lopez has been wholeheartedly volunteering with the Catholic Moms Group ministry for five years. She is a devoted mother of three beloved children whom she wants to lead to heaven.

Join us for coffee, donuts & great conversation

RSVP to Susan Monaco
monaco_susan@hotmail.com



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We want to extend a **#BIG EXTRA SHOUT OUT to Nelcy** our Catholic Moms Group Leader who is always going the**EXTRA MILE.** Look at all the children who showed up at her All Saints Day Party!



#SHOUT OUT to Susan Brocoy and her team at St. Ignatius Loyola parish in Mississauga, LOOK what they're hosting! **ArtMom ArtTots! We can't wait to get the photographs!**



Fr.Nicola

Our ministry has done a tremendous amount of research, and do you know what -- our moms love speakers! Have you ever invited a speaker to your Catholic Moms Group? Our very own, Nelcy Lopez!

#SHOUT OUT to Christina Broccolo

who can tell you how easy it is to have a speaker! She's got the practiced

nailed down pat. Last month she had Teresa Hartnett and next month, guess who is speaking at her group?





Fr.Nicola

Don't forget our ministry has curriculum for both mom only groups and our Pray and Play curriculum can help you create a Pray & Play group as well.

Log into the membership portal and access it right HERE:



Fr.Nicola,

If you attended our Catholic Moms Group Leaders Breakfast Summit, you would have received 25 copies of our new newsletter on the Duties of Parents! It's also available in the membership portal.

Click here to check it out if you haven't seen it yet. Remember to **LOG IN** first!

I love my Catholic Moms Group

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FOR MOTHERS

UPDATE



The Duties of Family Members

Recently, I was working with a young mom who was helping to write some of our ministry curriculum. At one point, I used the word "duty." I was hoping she would write a reflection on the duties of Catholic mothers. She paused and said the word felt triggering for her… and shortly after, she stepped away from the project altogether.

That moment has stayed with me.

It made me realize just how differently we understand certain words—especially across

And yet today, ***the word "duty"*** can feel heavy, even oppressive to some. Somewhere along the way, our culture seems to have drifted from seeing duty as something noble… to something restrictive.

But what if we've misunderstood it?

I remember a time in my own life when I was single—and quite honestly, tired of that state in life and all that came with it: the dating, the social life, the travel, the striving in my career. I found myself in Confession, seeking direction.

The priest said something simple, yet profound: *"Focus on what your duties are to the people around you."*

Immediately, my widowed mother came to mind.

That one sentence marshalled my energy. It gave me clarity and direction. I began to see that focusing on my duties—rather than my frustrations or desires—was actually freeing.

I have come to learn that focusing on our duties can be a marvellous thing. It helps us step into God's will for our lives, right where we are.

At its heart, **duty simply means a moral obligation—a responsibility rooted in love and truth.** It is not meant to weigh us down, but to anchor us. To guide us. To call us to something greater than ourselves.

Reclaiming the word DUTY – a Word We Lost:

Fr.Nicola,

I would encourage all CMG Leaders l to actively promote our monthly Virtual Rosary for Moms. This is an important part of our ministry and is completely aligned with our mission of nourishing mothers in their vocation and drawing them closer to Our Blessed Mother.

For groups that meet only once a month, it offers an additional opportunity for moms to connect, pray together and experience the fellowship of our wider CMG community. We are one ministry, and promoting these opportunities is part of helping our mothers grow in faith and strengthening the movement we are building together.

To read more about it or to REGISTER click here: https://catholicmomsgroup.com/catholicmomsprayergroup/



Fr.Nicola

Did you notice that in the membership portal we have resized several of our CMG posters and made them smaller -- letter size? We noted that many parishes didn't have the space to accommodate the 11 X 17 posters, though they still are available!

LOG IN and download them here!
https://members.catholicmomsgroup.com/promote-your-group/



CMG Poster 1 (letter size)



CMG Poster 2 (letter size)



CMG Poster 3 (letter size)



Fr.Nicola

St. Mark's parish and Holy Angels parish both in Etobicoke want to start a Catholic Moms Group! Praise God! Hip hip hoooray!

We have spoken to the parish priests -- and now we need to find devoted volunteers! **We do need a young Polish mom to help make announcements at one of the Masses.**

We are also hoping to host a special event at these parishes to make a bit of a splash and attract a leader or two! Please send a note to Dorothy if you can think of someone who might be able to help!



WE NEED YOUR HELP!

Two more parishes are hoping to start Catholic Moms Groups!

Can you **PRAY** for these parishes? Help us find a young, Polish-speaking mom who can assist with announcements?

Would you consider joining a small team of moms to help us host a special event, introduce the ministry and hopefully find a new group leader?

You don't have to lead a group to help make one happen!

We LOVE hearing from you!

Fr.Nicola,

Remember, we are praying for you!

Remember, we LOVE hearing from you!

We have a weekly Mass offered for your intentions!

Dorothy Pilarski & the team at
DynamicWomenFaith.com
CatholicMomsGroup.com

Follow us on Instagram or TikTok and LIKE US on Facebook!





