



Communicator





The Catholic Women's League of Canada BC & Yukon Provincial Council Newsletter

National Theme

Care for our Common Home

Provincial Theme

Witnessing to the Truth

Easter Issue Number 38

"Alleluia, He is Risen!"

This publication is published twice a year and we welcome submissions from parish, diocesan, provincial council members, and spiritual advisors. Articles may be submitted to: comm@bcyukoncwl.com and will be published on the BC & Yukon provincial website www.bcyukoncwl.com or by request to: info@bcyukoncwl.com

This publication is not intended to replace communiques or reports but is to share our events, success stories and milestones, with our members throughout British Columbia and the Yukon Territory.

The deadline to submit articles for the Advent issue 39 is Nov. 15, 2019

"Rejoice, Rejoice, Emmanuel"

Start gathering your news submissions now!

Table of Contents

Message from Fr. David John, Provincial Spiritual Advisor	Page 4
Message from the President, Gisela Montague	Page 8
Canadian Food for Children, Linda Faust, St. Joseph's Council, Salmon Arm	Page 12
The Five Finger Prayer, Kathy Weswick,	Page 13
Walking with Purpose, Sheila Doherty, Legislation	Page 15
The HANDS who gives us Jesus, Sandi Digra, Victoria Diocese	Page 17
Jesus as a Gardener, Suzanne Eng, Treasurer	Page 19
Loving Lent – Our Forty Day Walk with Jesus, Francine Tournier St. Edward's Council, Duncan, BC	Page 20
The Mirella Project, Sharon Geiger, Salmon Arm	Page 21
New Beginnings in Nanaimo, Christa Grillmair, Victoria Diocese	Page 23
Saint Pius X North Vancouver has Something to Celebrate!	Page 25
St. Dominic's Parish in Oakville in Ontario really knocked our socks off in Whitehorse!	Page 26
St Ann's Council, Quesnel	Page 27
News from St. Anthony of Padua, Vancouver	Page 28
Tips for Fundraising from St. Ann's Council, Abbotsford	Page 30
The Book of Life, Sherray Duran	Page 31
Sisters Bi-Annual Appreciation Dinner - A Huge Success!	Page 32
Tender Loving Care, an Annual Tradition in Vernon!	Page 37
St. Patrick's Day Shenanigans around the Province!	Page 39
Milestone Birthday Celebrations	Page 43
"Sign off" Remarks, Sylvia Jurys	Page 50

Easter Message from Fr. David John

Hallelujah – Christ is Risen

At Easter we will all be in Church saying, “Hallelujah, Christ is risen!” and there will be great joy. But like so many of the words and phrases that we use in Church, this one has a meaning that has multiple layers. So, let me tell you a story to explore one possible ‘layer’ of meaning, and hopefully reinvigorate our joy at these words!

This is just a story, but in another sense, I have based it on a real person, or perhaps more accurately, a number of real people who I have rolled into just one character, thus there is no need for gender. Let *your* imagination do with it what it will, for this whole story is nothing more than a late-night outpouring of *my* imagination.

This person was very highly intelligent and very knowledgeable. Indeed, looking at philosophical ideas and questions about society was something that this person found very stimulating. They would read widely to know more about big questions and issues and try to make a complete and coherent picture of the world. And all this was not just a cerebral exercise; all this thinking shaped how this person lived their life - what charities they supported, what voluntary work they did, even which detergent they bought. This person knew that all this thinking only had value if it had some practical outcome that enriched the world.

This person loved people and felt connected with the whole human race, seeing an equality in all people. Because of this, they felt really uncomfortable when people suffered, particularly when others were so obviously wealthy having much more than they could every need or use.

But it might initially strike you as a bit odd to know that although they would say that they ‘loved’ all people, otherwise the word ‘love’ didn’t often come to the fore. The reason for this was that the word love was not a complete concept for them. Intellectually, they were frightened that going too deeply into the concept of love would mean that they would have to explain it, and explaining could lead to diminishing the concept to a Darwinian idea of a pre-programmed disposition that ensured the continuation of the species, and the person knew that love was more than this impoverished animal instinct, even if they couldn’t describe what the extra dimension of love was. The fear was that by going too far down this road of ‘love’ one might end up with the concept of God, and that is not somewhere this person wanted to go.

And then, after a long and well lived life, this person died and found them self at the gates of heaven. Confused and trying to fit what they could see into their knowledge of the world, they looked around. In front of them was Jesus; somehow, they instinctively knew it was Jesus. Yet at the same time this was not a stranger that they had never spoken to, this was a very familiar friend, someone they knew extremely well, but not as one person but as part of so many people. They now recognised Jesus’ face as the

shadow in the faces of all the people who were really important in their life. In a sense, Jesus had been with them every step of the road.

They said, “Jesus? I am so sorry; I didn’t know that was you. You should have told me who you were!”

Jesus replied, “I did. I did repeatedly, but you couldn’t hear me over all that noise.” “At times” they replied “the world can be a very noisy place to be in.” As they said these words the weakness of this reply was obvious. This was not them at their best, they should be able to argue this one out more decisively.

Jesus said, “The noise was not around you but within you. It was the noise of you trying to create God rather than receive God.”

As mentioned, this person was intelligent, and they knew when to keep their mouth shut! So, the person just stared at Jesus awaiting Jesus’ next move. It was only then that the person realised that Jesus was looking at them and, in the silence, the love that was in Jesus’ eyes could have moved them to tears – that is assuming one believed in a love beyond Darwin.

“I got it so wrong, didn’t I” they eventually said. Jesus replied, “No, what you got you got completely correct, it was just that you didn’t get passed the first bend in the road you were travelling!”

Before this could be absorbed a group of people appeared. There was Mary, another disciple of Jesus, and lots of other people who seemed familiar but yet the person couldn’t name them.

The disciple turned to the person and said, “Have you met Jesus?” They replied, “Oh yes, I have known him all my life, I just didn’t realise who he was.”

Confusion reigned in the person’s mind. Here was Jesus who they knew, and knew so well, yet at the same time somehow, they didn’t know that they knew Jesus; it was a real struggle for them to get their brain around what was happening. By now the place was becoming full and they could hear the chanting of “Hallelujah, Christ is risen!” Unable to break their old habits of analysing and questioning everything, the person asked, “Why are they singing about you being risen. Surely the Jesus I am looking at is the ascended Jesus now living at the right hand of God in heaven? So why aren’t they singing about you being in heaven?”

“Again, you are right in one way, but let me explain.” Jesus’ words were spoken with great tenderness. “I had to ascend so that I could pour out the Holy Spirit on all people and be part of everyone’s life in all places and in all ages, just as I was part of your life. But you should have been able to work that out for yourself for this is as much logistics as theology.”

Jesus continued, "But as well as not dealing with love, you also did not really look at death. You wanted to say that death was an end, and that once dead, the organism was no more an entity. If a bird fell from the sky and died it was no longer a bird but just cells of different types that would deteriorate and eventually disappear into the earth from whence it came. Yet despite thinking this you would still go to your mother's grave each year on her anniversary. And you went because you loved her - you loved her still. But if she no longer existed, how could you love something that didn't exist?"

The person knew exactly where this was going; Jesus was going to challenge them on why they loved someone who didn't exist but failed to love Jesus who did exist. But they were wrong, this was not the point Jesus wanted to make. Instead Jesus said, "God is eternal, and out of love for you God wanted to share that gift with you too. Your intellect, knowledge and veracity showed you that death was the end, and you sort of knew but wouldn't really look clearly at the fact that love could transcend death. I died to destroy death, and I rose to restore life."

The person's brain was spinning, "So your coming back to life means that we are immortal?" Jesus again smiled with that same look of love. "No" he said, "I did not come back to life, I rose to new life and ever lasting life. And you are not immortal in your worldly sense; rather you are with me where I am."

With a real sense of surrender, as a disciple perplexed and marvelling at their teacher's discourse, the person just sighed. Jesus in a slightly lowered voice said, "The life I have now, the life I was raised to, is the life I had with God in the beginning, and that is the life I share with you, the life outside of time. I wasn't resuscitated, I was resurrected and restored to where I was from the beginning. And my invitation to you is to join us."

In that moment the person realised that this was a serious invitation, and one that required an answer. Every decision the person had ever made was done logically by looking at the facts and making an assessment of the issues involved and the possible outcomes. But here the person felt so out of their depth that clear thought was a real challenge.

Seeing the hesitation, or was its paralysis, in the person Jesus said, "What does your brain tell you to do?" With all truth the person answered, "I don't know." So, Jesus said, "Well, try listening to your heart instead." As if scales had fallen from the person's eyes, the person instantly knew the answer, and what is more, was more certain on the accuracy and dependability of this answer than any other answer they had ever given. "Hallelujah, Christ is risen" came from their mouth before their brain could engage.

Jesus, filled with compassion, ran and put his arms around the person and kissed the person. Then Jesus said to his angels, "Quickly, bring out a robe—the best one—and put it on them; put a ring on their finger and sandals on their feet. And get the fatted calf

and kill it and let us eat and celebrate; for this sibling of mine was dead and is alive again; they were lost and is found!"

The person said no more as they had no more words to say. Feeling totally gutted with humility, yet at the same time feeling ecstatic at the experience of pure love, the person just didn't know what to do or say, so looked towards Jesus' disciple for help. Knowing the person's thoughts, the disciples simply said, "It is alright, all is well. You have already said it, you said it from your heart: Hallelujah, Christ is risen"

Hallelujah, Christ is risen - Happy Easter,
Fr. David John

Message from the President - Provincial Mid-Term Meeting

I am pleased to let you know that the Provincial Mid-Term Meeting was held in March with all table of officers, diocesan presidents and Fr. David John in attendance. The agenda was full and informative, and participation was lively and attentive, with a thoughtful and blessed spiritual element that was provided by Fr. David and Catherine L'Heureux throughout the entire session.

In addition to the business sessions that coordinated the upcoming convention in Nanaimo, the provincial mid-term meeting in the Fall, and diocesan conventions this Spring, Resolutions chair, Sharon Ciebin was able to bring in members of the Vancouver Archdiocesan Anti- Human Trafficking Committee who shared their experience and brought up to date on the tremendous results they have achieved.



In order of left to right Sister Nancy Brown, Sister of Charity (Retired Councillor - Covenant House), Members of The Vancouver Archdiocesan Anti Human Trafficking Committee, Barbara Renaud, Evelyn Vollett, Sharon Ciebin, Gwendoline Allison, Lawyer, and Gisela Montague.

The terms of 3 of our Diocesan Presidents came to an end, and we all sang a resounding, Beatle inspired “Let it Be” tuned into a goodbye song written by Whitehorse, diocesan president, Carol Vanderbyl that brought more than tears to our eyes!



L – R: Gisela Montague, and diocesan presidents, Angelina Stiglich, Vancouver, Dorothy Hruby, Kamloops and Gemma Gillis, Prince George.

And here is a picture of the provincial executives and diocesan presidents that was taken at the meeting.



L – R Back row: Christa, Kathy, Susan, Debbie, Gemma, Sheila, Sylvia, Middle Row: Carol, Sharon C. Suzanne, Blanca, Laura, Angelina, Dorothy, Front Row: Sharon G. Fr. David, Gisela, Evelyn, Catherine



Many of you may know that Fr. David John's father Bob had heart surgery earlier this year and we were asked for prayers.

His open-heart surgery was successful, and we heard that he needed a pillow to hug to give him comfort when breathing

Catherine Stroman, a friend of one of our council members sewed a beautiful heart cushion for him and tucked in behind the pocket in the front were prayers and messages from us all.

Here is a photo of Fr. David's Mom, and a note from his Dad:

"Dear ladies of the CWL Executive, I just wish to thank every one of you for your kind words and

prayers for my recovery. Thanks also for the “Cuddle Cushion” – very nice. I’m happy to report that I am improving daily. Thanks again for all the good wishes and I hope we may meet some day. Bob”

I feel truly blessed that we have such wonderful members on the provincial council, their dedication and commitment is outstanding.

In closing, I wish you all a blessed Holy Week and Easter Celebrations

Gisela Montague
Provincial President

Canadian Food for Children

I have heard about this project for years. Not taking much notice of it until the end of last year, because really, what can one person do with such a great need? So as president of St. Joseph's Salmon Arm, the Lord brought this to my attention yet again. Out went the challenge at a meeting with the pamphlet and knitting instructions for the pneumonia vests. The ladies were challenged the ladies to bring one bar of soap to the next meeting, expecting around 40 bars of soap or so. This was a perfect challenge for those ladies who can't make the meeting but still be a part of this project. That month we totalled 168 bars of soap. Each month a new challenge is presented, and I am so very proud of them and the contributions they have given. The following month was school supplies. Paper, books, pens, pencil, crayons, anything that a school could use. It overwhelmed me to see bags and boxes of supplies. The ladies continually step up. They know that each month a new item is chosen and if they don't want to do that item, they have all the information so that they can choose what they would like to donate. Last month, was the clothes pins challenge, they donated lots of soap, a box of salt and 12 packages of clothes pins. I look forward to April because the challenge is socks and shoe laces, maybe there'll be more soap and clothes pins. This challenge is called "Small Things with Great Love"



Submitted by Linda Faust

President of St. Joseph's Council, Salmon Arm

The Five Finger Prayer

People have prayed with their hands for a very long time.

They have used their hands to hold and finger beads and this has happened in many faith traditions.

They have raised their hands in praise of God and extended their hands in a gesture of thanksgiving.

They have joined their hands and they have held their hands close to their heart.

We Catholics use our hands when we make and pray the Sign of the Cross. We use our right hand to trace the shape of a cross by touching our forehead, lips and our heart and conclude this prayer with the powerful word AMEN and when we say Amen and join the palms of our hands.



The Five Finger Prayer is a simple prayer that Pope Francis uses and encourages people to pray it. It has become known as the Pope Francis Prayer. Let us still our bodies and notice our breathing:

- Let us take 5 deep breaths. Breathe in through your nose and then breathe gently and slowly out through your mouth, lips just a little bit apart.
- Place both your hands on your heart and count to 5

- Now take your hands and hold them out in front of you with your palms facing upwards.
- Hold your thumb on one hand and think about the people who are closest to you ... maybe your mum or your dad or members of your family ... maybe your close friends. Close your eyes and ask God to bless them. Choose one person that you will pray for today and ask God in your own words to help them let their light shine.
- Take your index finger. This finger reminds us of people who have pointed or shown the way for us. They could be people who teach us, guide us or heal us. Think about your sisters in the League, teachers, coaches or Principals, music teachers or doctors who have helped you. Close your eyes and ask God to bless them and give them the courage and wisdom to be able to give others direction. Choose one person who has shown you the way, hold your index finger and hold that person gently in your heart.
- Now hold your third finger. It reminds us to pray for leaders; leaders of our schools, leaders of our country and Church leaders. Ask God to help them in their decision making.
- Your fourth finger has trouble standing tall by itself. It is your weakest finger. Wrap your fingers around it. Pause and breathe. Remember all those in our world who are missing the things they need e.g. the hungry, the lonely, the homeless, victims of war, terrorism or bullying. Pray for them. Ask God to help them.
- Your smallest finger is the last one to hold. Take it and hold it. Stop ... Breathe ... when we hold this finger, we pray for ourselves. What will you talk to God about? Maybe you have something to ask God for or maybe you can just listen to God with your heart.

Let us end our prayer by joining our hands with palms touching and say, AMEN.

Taken from the treasured prayer files of Kathy Weswick
Chairperson of Education and Health

Walking with Purpose



I have had the privilege in the last year and a half to take three ***Walking with Purpose*** (WWP) bible studies. Two of our CWL members, Jeanette Melnychuk (Our Lady of Perpetual Help, Kamloops) and Domenica Spina (Sacred Heart Cathedral, Kamloops) facilitated these studies which took place at the OLPH parish centre in Kamloops. The founder of WWP, Lisa Brenninkmeyer, founded “Walking with Purpose in 2008 out of a desire to see women come to know Christ personally.”

The WWP Mission Statement, “***Walking with Purpose aims to bring women to a deeper personal relationship with Jesus Christ by offering personal studies and small group discussions that link our everyday challenges and struggles with the solutions given to us through the teachings of Christ and the Roman Catholic Church.***” The structure of each study comprises of a lesson each week which is divided into five days to get us into the habit of reading and researching bible passages to complement the day’s topic. (Our ‘homework’ each week!) There is a conclusion and a resolution section, “in which you set a goal for yourself based on a theme of the lesson”. Each bible study has accompanying DVDs that are viewed throughout the study. The books also have Appendices and *Catechism of the Catholic Church* clips as extra reference material, enhancing the study. Each lesson ended with a *Quiet Your Heart* reflection that was always inspirational. We met each week with the same women to have our small group discussions. We grew together spiritually as each week passed as we shared our thoughts, emotions, feelings, faith while maintaining confidentiality with whatever was shared. We agreed to be respectful to all at our table while striving to share in a positive, supportive, encouraging manner. What I especially liked each week

was at the end of each session when we spent time sharing our prayer requests with our table's participants.

The three WWP Bible studies in which I took part:

OPENING YOUR HEART (November 2017 – May 2018) This was the first WWP bible study that I took and as it says in the book it is 'our foundational course where we explore core questions that lead us to experience Christ personally within the context of the Catholic Church.'

LIVING IN THE FATHER'S LOVE (October – December 2018) This study is based on God the Father, focussing "on practical ways we can apply the truths of the Bible to our everyday challenges."

FEARLESS AND FREE (January – April 2019) I just finished this study which was based on "Experiencing Healing and Wholeness in Christ". It is an advanced study based on the book of Ephesians, challenging us to *Waken* us to who we are in Christ, *Wrestle* with our hearts and minds and then finally strengthen us as *Warriors* to move forward in Christ's love.

You may ask how this article pertains to the theme of this issue of ***The Communicator***, which is ***Alleluia, He is Risen!?*** We are beloved children of the Risen Lord and He always has our best interests in His heart. I challenge you to take one of these ***Walking with Purpose*** Bible studies during the Easter season on your own or get one started in your parish. I guarantee that you will grow spiritually while getting to know your bible in a meaningful way. As one of the books says, "Studying God's Word with an open and receptive heart will bring spiritual growth and enrichment to all aspects of your life, making every moment that you've invested well worth it."

For more information go to www.walkingwithpurpose.com or I can get you in touch with Jeanette or Domenica as I know that they would be happy to lead you on your way to ***Walking with Purpose***.

Sheila Doherty
Chairperson of Legislation

The HANDS who gives us Jesus



Easter is fast approaching and the real and true meaning of this sacred and holy season. Recently while attending Adoration I was reading a wonderful book entitled “Jesus our Eucharistic Love” by the Fr. Stefano M. Manelli FI., the one chapter that captured my attention more than the others was the one entitled **“The one who gives me Jesus”**. It asks, “who is the one who prepares the **Holy Eucharist for us and give Our Lord to us? The answer is: It is our Priests.**

And who is the priest it goes on to say “He is a man of God. (2 Tim. 3:17) It is God alone who chooses him and calls him, and it is the man himself when hearing God’s call answers. From the beginning, he is set apart by God to do his work “bestowing on him the supernatural powers of Consecrating the bread and wine into God’s Body and Blood. Sitting there reading and listening to God’s voice I reflected on how little we laity appreciate the enormous importance of those gifts. Do we reflect on the fact without priests we would never have the Eucharistic celebration? We would never receive our precious Lord or have a chance to sit in his presence and worship him in the real presence.

We take our devoted priests so much for granted we just assume in our cities and towns he will be there faithfully to serve us and make this precious gift of his hands available every Sunday and most weekdays.

If you listen to the media or many fellow Catholics the past few years have not been a time of great respect for priests, Bishops and the Pope. Many of the laity have become very jaded in their approach to these holy men who have dedicated their lives in a vocation of service to Christ. Each time we criticize our priests to others or disrespect their vocation as ministers of Christ we disrespect God who called them and gave them his power. The devil is a powerful enemy and very perceptive in his ability to showcase the faults of God’s servants.

We as the privileged laity must be careful not to give the devil a chance to work within us. Each time I hear a fellow Catholic deride our priests it makes me sad and angry. We must listen to our heart and channel what God would want us to say and do. Show kindness but defend these wonderful priests God has given us. Yes, some have given into the temptations of the devil and injured many innocent victims.

For those few of the many religious serving the laity daily we must pray they find forgiveness. But as Bishop Barron said “in the face of this anger we must become defenders of our faith and those who still uphold it.

St. Francis of Assisi refused to become a priest because he did not feel worthy of such a high vocation. He would kiss the hands of the priest and his feet in respect for the power God had given him.

St. John Bosco urged all to “have the highest respect for priests. Keep especially from showing contempt for them in word and deed”. “Whoever does not respect these scared ministers should fear a great punishment from the Lord”.

Look at most of the world today. The priests are being martyred in record numbers, those who live are not able to celebrate their faith openly. In many countries, we visited in Europe, there are so few priests, they are covering 3 or 4 parishes. Even in our Northern territories the few priests who serve are so stretched it is impossible to celebrate mass and give the Sacraments regularly.

During the Advent and Christmas season when the Holy Spirit will fill our hearts with love let us remember the amazing call our priests have been given, and the wonderful gifts they bring to us in the Eucharist. Let us thank them for being there and for answering the call.

“The Priests are the bearers of “Life”, the mediators of salvation between Jesus and our souls. Amen.

Sandi Digras
Chairperson of Communications
Victoria Diocese

Jesus as a Gardener

Today, I am looking out on my small garden on a sunny Saturday afternoon. While I love the colours and fragrances of a garden, I'm not always keen on the work that's entailed in making it beautiful. My garden is more likely to appear as the "before" picture in the glossy magazines.

But gardening is a metaphor for a lot of spiritual things.

Through the winter, the garden looks dead. Most of the trees and perennials have lost their leaves. The ground is buried in snow.

When spring comes, the plants come back to life in a form of resurrection. This is the time for the gardener to nurture the soil and the plants. With the proper care, the plants bear flowers and fruit in abundance.

As we gardeners tend the plants, we get down on our knees to remove the weeds. So, too, do we kneel before the Lord to ask for our sins to be "weeded" out.

We fertilize our souls with the Word of God. We prune back dead branches. We water the soil to encourage roots and branches to grow, and to produce fruit. And at the harvest, we stand before God as His stewards, presenting Him the work of our hands.

Throughout the Gospels, Jesus used farming and gardening metaphors to highlight His teaching. He spoke of how even Solomon in his glory was not dressed as beautifully as the wild lilies. He spoke of fig trees and vines. He spoke of labourers in the vineyards.

Finally, on the day of the resurrection, John the evangelist describes Mary Magdalene weeping by the empty tomb. She looks up and sees Jesus. Through her tears, she doesn't recognize Him. Instead, she thinks He is the gardener. Only when He speaks her name does she recognize the Lord.

Now that spring has come, it's time for us to go into the Lord's garden and work to make our section beautiful.

Suzanne Eng
Treasurer
BC & Yukon Provincial Council

Loving Lent – Our Forty Day Walk with Jesus

Lent was a reminder of His love for us and it re-affirmed our choice to love and serve Him. During Lent, St. Edward's Council members have supported, through faith and service, our sisters and neighbours who are not as fortunate as ourselves.

Each day of Lent, our members donated one wearable item and accumulated these items to put in the big black bag, accompanied with a prayer for the recipient.

A heartfelt prayer was also a welcome substitute donation for those with an already cluttered closet! The donations were collected and delivered to the homeless women's shelter and local thrift stores who provides for those in need.

We are grateful to be able to help those in need by sharing our abundance and we are witnesses to the active love of Jesus in all of us. That is joy!

Francine Tournier
St. Edward's Council
Duncan, BC

The Mirella Project

On Thursday March 21 at our St. Joseph's CWL meeting in Salmon Arm, members had the privilege of hearing a presentation from Mirella Ramsay (17 years old) and Tess Steicker (18 years old) who have partnered up to begin the 'Mirella Project'. They both are wanting to pursue careers in the sciences. The goal of this project is to build a community in Salmon Arm by bringing people together for the common cause of saving our environment. They want to inspire all generations to live a better eco-friendly lifestyle. They have divided this project into 7 groups in order to develop detailed oriented plans. The goal is to have a leader for each group of approximately 10-15 people to do research and move to the action period.



L – R Sharon Geiger and Mirella Ramsey

The groups and their goals are:

Education

- to educate our youth on how they can embody a more eco-friendly lifestyle

Habitat

- to ensure that our eco-systems are protected from the future development and densification of Salmon Arm.

The Small Business Plan

- to team up with one another and invest in more renewable products.

Renewable Energy

- to promote the use of renewable energy such as solar panels on residential homes within the municipality as well as other means

Plastics in General

- to bring awareness to the amount of plastics and waste produced daily.

Proper Waste Management

- to have a majority of the citizens in the city of Salmon Arm composting, recycling and reducing their overall waste.

Local Foods

- to see an increase in locally grown food consumption of seasonal produce.

They want to inspire others to make changes so that this is achievable for everyone, realizing that future generations require clean water, clean air and fresh food.

They are looking forward to setting up a launch night to pitch their vision. They are working on a Logo, as well as a presence on YouTube and Facebook. They are looking into available grants and would like to work with groups who are already in existence to make Salmon Arm a better eco-friendly place.

Sharon Geiger

New Beginnings in Nanaimo

For the past 40 years, the ladies at the Nanaimo Ecumenical Centre, home to Trinity Catholic have diligently worked to be of service to their parish and community as a Ladies' Group. This served the parish well for many years, but interest was declining and, in the spring of 2018 the group disbanded. This left a void in the parish. So, in March 2019, some ladies met to discuss starting a Catholic Women's League council and by the end of the two-hour meeting, an executive team was chosen, and Trinity Catholic applied for a charter.

Women's League of Canada, Trinity Catholic Council's first executive meeting



From left to right: Cathy Patterson, Nora Loftus, Huguette Fox, Jane Wardrop, Mary Adachi, Louise Coombe, Melinda Franklin

The 2019-2021 executive team is as follows: Melinda Franklin, President; Huguette Fox, Organization and Mentor to the President; Jane Wardrop, 1st Vice President; Nora Loftus, 2nd Vice President; Cathy Patterson, Secretary; Louise Coombe, Treasurer and Mary Adachi, Spiritual Development. Father Jozef Kobos and Swedini Halliday will act as Spiritual Advisors.

Melinda is a young dynamic leader, active member of the parish, mother of four and a pharmacist. Huguette, a 55-year CWL member will manage memberships and act as a mentor to Melinda. Jane moved to Nanaimo three years ago from the Prince George Diocese and brings many years of leadership to the table. Nora is a very active member of the parish and will focus on service. Mary will work with Fr. Jozef and Swedini on spiritual development and Cathy and Louise round out the executive.

The Council is currently gathering information, establishing their priorities and planning their membership drive.

I am very proud to be a member of Trinity Catholic and in my position as Victoria Diocesan President, I will help them with their start-up and will continue to be available to assist wherever and whenever I am needed.

Christa Grillmair
President, Victoria Diocesan Council

Saint Pius X North Vancouver has Something to Celebrate!

Saint Pius X Council hosted their Service Pin Award Ceremony on March 21st and awarded pins to over 20 CWL members with service from 5 years to 60 years in the Catholic Women's League of Canada.



Pictured L – R, Marie Adams President, received her 50-year pin, presented by Pat Deppiesse, National Chairperson of Christian Family Life, and to Hilde Beckie for her 60-years of service pin. That is more than 110 years of service to the League between the three of them!

Congratulations to all our members for their love and dedication to the League!

Marie Adams, President

St. Dominic's Parish in Oakville in Ontario really knocked our socks off in Whitehorse!



L to R back row – Carol Vanderbyl, Dianne Tait, Dawn Kobewka, Maureen Denis. Front row, Yolande Cherepak, Jean Bordynuk

In January, the CWL members of Sacred Heart Parish in Whitehorse were the grateful recipients of a gift of 180 pairs of men's socks. The cozy winter socks arrived in three large boxes by mail, and very timely for our harsh winter.

This generous donation was from St. Dominic's Parish Council in Oakville, Ontario, thanks to the intercession of Jeanne Wilson, a former life member from Whitehorse, who still helps our little council from afar.

The socks were delivered to Dawn Kobewka, a CWL member, for the Madonna House Apostolate and then packed by Maryhouse into the Outreach Van, which tours the streets at night handing out food and needed items to our street people. This was truly an act of mercy and compassion to our homeless brothers on the street.

Carol Vanderbyl, Whitehorse Diocesan President

St Ann's Council, Quesnel

A very exciting afternoon was experienced on Thursday March 14 at St. Ann's School, Quesnel, BC where the Annual Geography Challenge sponsored by the Catholic Women's League was held.

There were 8 contestants, from grade 4 - 7 competing. The first-place winner for gold and the CWL trophy was Mizaan Scheepers, 2nd place for silver was Lucas Weston and 3rd place with the bronze medallion was Joaquim Aquino. There are some very studious and talented pupils at St. Ann's School in Quesnel! Congratulations to all the competitors!



L-R are: 3rd place with the bronze medallion, Joaquim Aquino; 2nd place with silver, Lucas Weston; first place winner for gold and the CWL trophy was Mizaan Scheepers; and Chairperson of Education and Health, Wendy Saugstad.

News from St. Anthony of Padua, Vancouver



Picture taken from the altar of our parish at the Installation Mass of new members Crispina Petalbert and Marica Andrews with them are; President, Ai-Lin Leng and Treasurer Myrna Quindoza, surrounded and supported with other council members and our spiritual advisors.

2019 is our 11th anniversary at St. Anthony of Padua, Vancouver. Our council has struggled the past couple of years that we almost did not get to celebrate this event. Thank you to Our Lady of Good Council for prayers answered.

Words of the wise ...

If you stand for a reason, be prepared to stand like a tree.
If you fall on the ground, fall like a seed that grows back to fight again.
We are here for a reason and our lifetime is just one season to do it right!

Marica Andrews

Secretary

Tips for Fundraising from St. Ann's Council, Abbotsford

St Ann's Abbotsford CWL Sisters have many regular financial commitments for the parish, community and nationwide. We value our members' time and realize that there are many organizations that need support. So, we carefully select and regularly review our charities and other commitments so that we feel everything we support is worth fundraising for and our best causes to focus on. We organize many projects throughout the year to raise those needed funds.

At our monthly meetings we serve refreshments. The cost of the food is covered by selling tickets for donated prizes from our members. The prizes are typically useful, everyday items for the kitchen, lovely notepaper, hand lotion, etc. We always make enough money from the raffle to pay for the food. This way people are comfortable stepping up to buy and prepare the food. The members who buy the food, know the procedure, submit their bills and are paid.

On New Year's Eve we co-host a Dance with the Knights of Columbus in our Parish Centre. We split the profits with them. It's a great way to bring in the New Year with friends and fellow parishioners in a safe, fun and comfortable atmosphere.

We receive compensation for handling the Gown rentals, and the reception for First Communion at our parish.

We hold an auction at our General meetings twice a year. Half of the meeting is business and the other half is the auction. Our members bring in their new or gently used treasures and we auction them off. Everyone goes home with something special. The unsold items are available by donation. We give what is left to one of two organizations:

- 1) Christine Lamb Residence, which provides transitional housing for women and children at risk of homelessness or fleeing violence
- 2) Domestic Abuse Services (DAS). Under the Archdiocese of Vancouver, through the CWL, they assist anyone seeking safety from domestic abuse regardless of religion, race or sex.

We provide catering for luncheons following funerals for a reasonable fee but as the frequency is unpredictable, we cannot depend on this as a regular stream of income. We have several members with Food Safe certification to ensure the kitchen is run correctly. Our team presents a beautiful, delicious buffet for the guests.

We have bake sales at both our parish Christmas Market and our Spring Fair & Garage Sale. We have people from the community line up for the ladies' home baking. We have a bit of a reputation for DELICIOUS treats.

On Good Friday our sisters donate approximately ten pots of vegetarian soups. The Poor Mans' Supper of a bowl of soup and a bun are sold by donation after the service. This has been very well received by parishioners and become a tradition for many families over the years.

We host a Fashion Show & Tea for the ladies of the parish. Our parishioners bring family, friends and neighbours. We sell out every time! Our CWL sisters model clothes from Suzanne's Clothing Store. Our beautiful members show all the new styles and colours of the season while everyone enjoys a treat and a warm beverage in a real china teacup and saucer.

The above are just some of the ways we have a lot of fun meeting our financial obligations. Our first step is to always inform our council of the worthwhile work we support in God's name.

Submitted by Valerie Loeppky,
Chairperson of Communications
St. Ann's Council, Abbotsford

The Book of Life

From Revelations we learn of The Book of Life. It is a record containing the names of those who have overcome sin through accepting Jesus Christ as their Saviour and is also known as **The Lamb's Book of Life**. The Book of Life has the names of the redeemed people who will live with God forever in heaven.

In the Catholic Women's League each parish council has its own **Book of Life**. Each year the Organization Chairperson of each parish collects and records the names of the deceased CWL members and sends the names to National; in turn, national records the deceased members' names in the **National Book of Life**. Those same names are then sent to the Diocesan Development Chairperson who in turn records the names in the **Diocesan Book of Life**.

It is important to note there is valuable information on the deceased member's form as below:

- date of death
- date of record sent
- years of service
- deceased member's parish
- the person sending the information

Yearly at the Vancouver Diocese, we commemorate our deceased members by the Empty Chair Ceremony which is held in the month of November at the Diocesan general meeting. There is a beautiful ceremony guideline on the CWL National website which one can use.

All parishes bring their commemorative books of life to this ceremony. Every book is unique. One has a cover crocheted in gold, white and blue, the colors of the CWL. Another has an intricate petit point embroidered poppies while another has the image of Our Lady of Good Counsel and so on. As you look at these Books of Life, you see a demonstration of love, dedication and tears. These books are placed in front of the altar prior to Mass.

After Mass the books are collected and taken to the hall where our general meeting takes place.

At this time, it is exciting to open a book of life and see the photographs of women who once sat next to you at convention or shared a joke. One council has each deceased member's face artistically drawn in colored pencil with all her data recorded. What a beautiful act of love!

When I calculated the years of service for all the deceased members from our diocese for 2017, it totalled 1784 years. That's more than 17 centuries! Think about it. All those years of serving the CWL, the Catholic Church, the communities, and Canada. These women sacrificed their time, offered their treasures and shared their talents for the world. Did they not walk in the footsteps of Christ? Were they not the good and faithful servants?

To all our deceased members with the intercession of Our Lady of Good Counsel, may you all be in heaven with our Lord, joyous in the company of each other.

Humbly, your sister in Christ,
Sherray Duran

Sisters Bi-Annual Appreciation Dinner A Huge Success!

The 8th bi-annual Sisters' Appreciation Dinner hosted by Corpus Christi, Holy Cross, Our Lady of Mercy, Our Lady of Sorrows, St. Francis de Sales, St. Helen, St. Joseph, St. Jude, St. Mary, St. Peter, St. Theresa, and Holy Spirit, parishes of the Vancouver Diocese region 2 was a huge success.

We had 425 people present at the dinner including Archbishop Miller. We were very grateful to have the archbishop attend the dinner.

The sisters were very appreciative of the gifts they received.

We received lots of positive feedback and cards from many of our guests. Many thanks to Rosemary Azu, Chairperson of Christian Family Life, Vancouver Diocesan Council who chaired the event.

We are happy to share a few of the many photographs submitted by our host Councils:



Archbishop Miller greets Sisters at the dinner

The orders are from the Vancouver Diocese and we invite and have 12 councils sponsor all the sisters. We have a wonderful dinner and each year a different region organizes the event within the Chairperson of Christian Family Life position.

This year we were honoured to have Archbishop Michael Miller and our CWL president-elect speak during the evening, to acknowledge and recognise the vocations and history of the nuns who were celebrating 25, 30, 40, 50, and 60 years of prayer, service and dedication to their holy life.



Happy faces!
Jane Rosenthal
Holy Rosary Council, Vancouver



From Immaculate Conception Delta CWL we attended the Sisters Appreciation Dinner on March 4th, 2019 at Italian Cultural Centre.

Standing: Andrea Romero, Louise Graham, Liza Tisalona

Seated: Margaret Barry, Minnie Gorkoff, Maria Tam and Vhijay Chu.

Lovely dinner, great dinner companions and lovely evening all around!



Picture taken at the Sisters' Appreciation Dinner. We sponsored Sister Assunta Tan, OCDS, who joined for this wonderful celebration for the Sisters and the appreciation of their works in our Diocese.

Our parish and parish school has been blessed to have nuns working in and around our community.

Marica Andrews

Secretary - St. Anthony of Padua, Vancouver



Standing: Annie Carpio, Mary Waung, Elizabeth Wong, Judy Pelegrino, Mila Carpio-Salvo
Seated L-R: Mil Ong, Rayda Jalandoon, Canossian Sisters: Sr. Elisa Grignoli, Sr. Josephine Ng,
Sr. Cecilia Chan, Sr. Beatrice Mak

Tender Loving Care, an Annual Tradition in Vernon!

For our 2018 Christmas party we did it again! The ladies from St. James, Vernon, Our Lady of the Valley, Coldstream Catholic Women's Leagues, two street nurses and St. James Catholic Girl's League wrapped 60 gift boxes for vulnerable women in Vernon.

This beautiful gesture has been organized under the very capable direction of Helen Donovan, Ruth Roberts and later Elaine LaGreca. Ruth conceived of the idea after seeing homeless women on the street in Vernon.

How is all of this accomplished? In January women start knitting toques and scarves out of donated wool. Members start collecting toiletries such as shampoos, lotions, soaps, toothpaste, tooth brushes and tissue. Some doctors, dentists, businesses and hotels contribute as well. Then at Christmas each woman attending is asked to bring a warm pair of mitts, a pair of socks, and \$5.

The gift boxes are assembled with donated items and a Tim Horton gift card, a chocolate bar and a hair brush. The Catholic Girl's League members sort some of the toiletry items before hand into individual plastic bags that are also added to the boxes.

On the day of the party we all gather for Mass at the church and then a turkey pot luck dinner with all the trimmings at our parish centre. After dinner we start to load the gift boxes. Several long tables are set up with all the items and mounds of cut wrapping paper and ribbon are also available along with a holy card and a Christmas card. We are asked to write a message to the recipient wishing them a very Merry Christmas and all God's blessings.

Where do the gifts go? The boxes are then distributed through the North Okanagan Youth and Family Services Society office at their Christmas party closer to Christmas. Our gifts are sometimes the only gift these at-risk women receive at Christmas, and they are truly grateful.

Our members also supply baking for the North Okanagan Youth and Family Services Society Christmas party and 3 members bring their guitars and sing for the ladies.

This Christmas tradition has evolved over the last 9years. We started with 20 donated boxes and it has evolved to 60 boxes. We have even had our Bishop Joseph Nguyen attend one Christmas and every year our pastor attends.

Why do we do this?

We do this because we want to be in solidarity with the poor. Someone once said that our ticket to Heaven will come from the poor. Ruth added, "We get such a good feeling donating the gift boxes. It is not only helping our community, but it has made an impact

on all our St. James CWL members as well as the Catholic Girl's League, who are our future members.”

Catherine l'Heureux
Provincial Spiritual Development chairperson



Left to right Ruth Robert and Elaine Lagreca the organizers

St. Patrick's Day Shenanigans around the Province!

Everyone is Irish on March 17!



St. Patrick's Day and Our Lady of Sorrows Catholic Woman's League celebrates in fine Irish style with all things green. Father Toan and Brother Noe optimistically hold the pots of "gold", while the ladies look forward to sharing in the shamrock green coloured goodies. Clearly everyone is Irish on March 17!!

Marie Wong
Our Lady of Sorrows Council
Vancouver

Our Lady of Lourdes Council - Keremeos

Our CWL Council at Our Lady of Lourdes in Keremeos continues to be very involved in our Parish and Community life. Our members have been instrumental over several years in providing coffee after the 9 am Sunday Holy Mass in our parish hall, encouraging a warm and friendly gathering place to become family, to share in each other's lives. At Christmas our Council once again sponsored 2 families from our community with single mothers. The entire parish contributed in helping to make this a wonderful Christmas for these families!

At this year's World Day of Prayer, 18 parish members attended and one of our Council members had a beautiful display of her home town in Slovenia. Our Catholic Church will be hosting this day in 2021.

Recently, we held our St. Patrick's Day Tea, which has been happening since approximately 1955. Someone brought in a 1995 newspaper at our last CWL meeting with that year's Tea on the front page. How much has changed in those short 24 years, but how much has remained the same! We believe this year's event attracted the largest group of attendees ever. Those delicious finger sandwiches and dainties plus all the homemade food for our bake sale draw people from far and wide. Our main fundraiser at this event though, is the dozen or so attractive large gift baskets made from donated articles that we raise the most funds in our "Loonie" Auction. This event, as all our events can only be accomplished with the excellent volunteers- both men and women of the whole parish. Without these kind and generous people, it would not have succeeded over all these years!

Once again, our Council will be involved in all the ministries at our Sunday Mass April 28 to celebrate and honor the Feast of Our Lady of Good Counsel, our CWL Patroness. Our Mass schedule is every Sunday and Wednesday at 9 am; guests and visitors passing through Keremeos are always welcome to attend with us!



2019 World Day of Prayer Service with friends of all denominations!



Lots of fun with St. Patrick!



Sandwich making for our St. Patrick's Day guests!

Our Lady Queen of Martyrs Council Celebrate the Luck of the Irish in Richmond!



Now this Council have one thing in mind to add spark to their general meetings because every meeting has a theme with food and frolic! A member of their executive committee takes the lead for each meeting and with her team organizes the food and program, and members dress up and come out in droves!

On March 15 they celebrated St. Patrick's Day, their President-elect, Mil, was the "boss" and Amelia prepared a hot entrée and a multicoloured cake.

Spiritual Advisor, Fr. Francis told the story of St. Patrick including the shamrock and its meaning and the snakes!

A wonderful general meeting was enjoyed by all. (I wonder what the theme will be next month?) Let's put it in our calendar so we don't miss it.

Thank you to the organizers, Amalia Estrella, Elizabeth Wong, and Nita Rodriguez, for bringing smiles to our faces!

Milestone Birthday Celebrations



It was quite the birthday celebration at Mui Garden Restaurant in Richmond for 70 years-young Julie Limtong (pictured in the front row, seated 5th from the left) with 20 of her friends dressed in red which, according to their culture is a happy celebration colour.

This was not her only party, another one followed and then knee surgery which was a complete success. Best wishes for good health and happiness Julie, from your CWL sisters at Our Lady Queen of Martyrs.

The master minds behind this celebration are Diane Uy, Elizabeth Wong, Mila Carpio-Salvo and Nita Rodriguez ... you did an outstanding job ladies!

Thank you with all our hearts.

Mary Waung
President

Our Lady of Lourdes Council, West Kelowna, Celebrates a 100th Birthday and a Loss in 2 Short Months



Florence Gross was surrounded by friends and four generations of family when she recently celebrated her birthday on November 9 at the Village at Smith Creek Care

Home in West Kelowna. "It's wonderful to have my family all around," she said. At 100 Gross makes her own breakfast every morning and does daily stretching exercises for her mobility. She loves the Toronto Blue Jays baseball team, "I could thump them if they don't play better," she laughed. She played drums until she was 80, playing alongside her husband Tony who played saxophone and accordion. Gross's secret to living to 100 ... "Hard work," she said.



Gross was born in a log cabin in Ennis, Montana and grew up on a sheep ranch where her father was a foreman. Gross loved the farm and riding her horse. She quit school in Grade 8 to help her father. There was no electricity on the farm and Gross saw a home with electricity for the first time when she was about 17 and she was at another farm to do some housework. The family eventually moved to Calgary, Alberta. Gross started her career as a hairdresser but went into food and worked at the Lethbridge Flying Club supervising the kitchen and planning menus. "I liked the nice big parties," she said. She worked at the club for some 15 years before it shut down. "I didn't ever want to learn to fly, but they sure tried," she said, adding she went up in large and small aircraft and even a helicopter. She met her husband Tony at a job at hotel after the flying club closed. Tony wanted to move to BC so they moved in 1969, building a house in Ponderosa first before moving to Westbank. Gross kept busy in the community and has been a member of the Catholic Women's League for 52 years. Her husband Tony lived to be 103.

Story and photographs printed with permission, Barb Aguiar, Westside Weekly.

And 2 months later ...

Sadly, our dear Florence passed away peacefully on January 20, 2019 surrounded by her loving family. She had 1 daughter, 2 Grandchildren, 5 Great-Grandchildren and 12 Great-Great Grandchildren.

There were 44 CWL members from our council standing as her honour-guard after Mass. Many stories were shared at the reception that followed at the parish centre.

One of her Granddaughters visited our table and told us that grandma was a farmer to contend with, and nobody, but nobody could wield a pitchfork quite like her!

Florence was so looking forward to her 100th birthday and said to her granddaughter Tracy, with a glint in her eye and a cheeky wink and big smile, said ... "I made it!". Her mind was as sharp as a tack and she faithfully paid her CWL dues until the day she died.

Florence will be forever loved for all her work at Our Lady of Lourdes and hers is a most-deserved name in the National Book of Life.

Goodbye dear Sister, until we meet again

Sylvia Jurys
Our Lady of Lourdes Council
West Kelowna

Christ the King Council, Victoria

A very special milestone was reached at the end of January by long-time member, Violet Bardessono who celebrated her 100th birthday. Her family gave a party for her that was attended by many of her friends and CWL members.



Violet was delighted to receive a hand knitted shawl from members of our CWL Prayer Shawl Ministry. She also received a certificate of Apostolic Blessing from Pope Francis.

She enjoyed a pleasant afternoon, greeting and remembering her friends who came to reminisce about her active long life in the community where she was born and spent most of her life.

Happy 100th Birthday, Anne Peti of Lumby



Anne was born on April 7, 1919 in Bavaria, Germany. Her parents were Albert and Karolina Hainzmeier. She has one sister and five brothers.

In 1945 the American soldiers took over Anne's family large farm house to feed and house 500 soldiers. Anne went to live at the neighbor's farm.

Anne was married on January 20th, 1949 and migrated to Canada in 1951. How did Anne meet Andy? Andy had been forced out of his home in Hungary by the Russian soldiers. He walked 700 kilometer looking for work. When he got to Bavaria the American's took him because he spoke English and Andy ended up being housed and fed the same house Anne was living in. In Andy's words, "That's how God worked for Anne to meet Andy.

They lived in Lumby from 1952 to 1967 then moved to Vernon. They had four children - Karol, Charles, Linda & Alfred. Alfred died in 1977 in a car accident. Andy and Anne donated the statue of "Our Lady" for the grotto at Our Lady of the Valley Church in memory of their son. The statue was stolen, then found in Kal Lake and returned to the church due to the inscription. Anne was very active in Prayer Group and they both went to church daily for many years. Andy passed away June 22, 2013.

Anne's neighbour, Bella Leblanc was the president of CWL in 1953 in Lumby and she invited Anne to join. Anne was a great knitter and had a booth at farmers market. For many years she donated her knitting to the CWL bazaars. In 2013 Anne received her 60-year service pin in the Catholic Women's League of Canada.

Many Happy Returns to 100 years young Elsa Drummond of St. James Council in Vernon



Elsa was born on March 26, 1919 in British Guyana to Allthea and George Mackintosh.

she has 1 sister and 3 brothers and was married to Arthur Drummond in 1950 in Aruba.

She has two sons, Ian and Bruce, two grandsons Clinton and Arthur, three great grandchildren - Kyan, Jaiden and Taylor.

She came to Canada in 1955 and joined CWL in 1958 in Kitimat - Christ the King parish.

She has been role model in the Catholic Women's League of Canada and held position of Parish president in Kitimat, Diocesan President of the Prince George Diocese, National Convenor, Community Life, August 1978-1979. She was the 1985 National Convention Convenor in Victoria, and the BC & Yukon Provincial President, June 1978 – 1980.

Victoria Diocese - Molly Boucher was her mentor and her inspiration. Elsa received Life Membership on June 27, 1980

Elsa's husband Arthur retired in 1978 and they moved to Fulford Harbour, Salt Spring Island, BC. As the CWL council was disbanded, Elsa helped to re-form the council.

She was widowed September 10, 1996 and moved to Prince George (St. Mary's Church) 2012 and now lives in Vernon and is a member of St. James Council.

Congratulations Elsa and thank you for being an ambassador for the Catholic Women's League of Canada.

Sign-off ...

Did anyone ever say to you “Be careful what you ask for” or “Ask and you shall Receive” ... well, I certainly witnessed this when I put the word out, or more aptly, pleaded at the end of March for news and articles for this issue. Dear Sisters in the League, you outdid yourselves!

Thank you so much for the wonderful news and congratulations for all that you do for the Catholic Women’s League of Canada. You certainly know how to have fun!

In closing, on behalf of the provincial council, I would like to wish you many blessings for Holy Week and Easter Celebrations.

Sylvia Jurys
Chairperson of Communications