



Easter 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 43

*"Do not abandon yourselves to despair.
We are the Easter people and hallelujah is our
song."
- Pope John Paul II*

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

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

The deadline to submit articles for the Advent Issue Number 44 is Nov. 1, 2021

"Hope, Peace, Joy and Love"
Start gathering your news submissions now!

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Pope's Meditation on Mothering

On 15th September 2015 Pope Frances gave a 'Morning Meditation' entitled, "Contagious Motherhood". The Vatican news service summarised it as follows:

In a seemingly "orphaned" world there is hope for a "contagious motherhood" that brings acceptance, tenderness and forgiveness.

The Pontiff said that in this time when so many feel a sense of "orphanhood", this word 'Mother' has great importance".

Jesus tells us: "I will not leave you orphaned, I give you a mother".

This legacy is also "our pride: we have a mother, who is with us, who protects us, accompanies us, helps us, even in difficult times, in bad moments".

Pope Francis recalled the tradition of the ancient Russian monks, those who "in times of spiritual turmoil", said that we must take refuge "under the mantle of the Holy Mother of God"

But, the Pope added, "we can also say that this motherhood of Mary goes beyond" that, and is "contagious".

We can understand that in addition to the "motherhood of Mary" there is also "a second motherhood", that of "our 'Holy Mother Church', which engenders us in baptism, enables us to grow in her community", and has the very attitudes of motherhood: "meekness and goodness: Mother Mary and Mother Church know how to caress their children, they give tenderness".

It is an essential characteristic, Francis pointed out. Thinking of the Church without this motherhood is like thinking of "a rigid organisation, an organisation without human warmth, orphaned". The Church, however, is "mother" and she accepts us as a mother accepts her child.

The idea that so many of the ways of this world, and indeed, the pressures of modern western society, leaves us as 'orphans' has just stuck with me. It seems so true that as a culture we are a lost soul without father or mother; no guide to consult and no arms in which to find comfort. Amazon will give us anything we ask, but it does not care about our good, we are just a means for its ends – which is the good of its shareholders; Google will tell us whatever we want to know, but not out of love, but because an algorithm has told it what to cut-and-paste from somewhere else – and pay enough and the algorithm will put you at the top of its searches; Facebook will give us hundreds of "friends", as long as friendship requires no more commitment than a single click of the mouse – and as long as they can keep selling our most personal data.

Many years ago, in Britain I was in my local pub at a folk evening. I was well known in the community as the local Catholic priest. Then a man who I didn't know came up to

me and started talking – let's call him John. John wasn't a Catholic nor was he connected to any church. I heard later that he was a real comedian and made a joke out of everything. Without giving too many details, John was in his mid-forties and for the first time in his life one of his own generation had died of an illness. Suddenly he was faced with his mortality, and he needed someone to listen to him so he could work out what he was thinking and feeling, to work out how to make sense of the world and his life now he could no longer ignore the fact that he too was going to age and eventually die.

After our forty-minute talk I went to the bar for another pint of Guinness and the barman said, "What were you talking to John about?" "This and that" I replied. He then said, "I have known John all his life and I have never heard him having a serious conversation with anyone."

Later I reflected upon what options John had, who he could have talked to? If he had gone to his doctor, he might get eight minutes of their time. If he had gone to a lawyer, he would have been charged so many hundreds of dollars an hour. Having made himself into this clown like figure, if he talked to his friends, they too probably would have tried to make everything into a joke, or at least, not taken him seriously. I don't know if John still had his parents, and if he did, if they were close or far away, but really in one sense John was an orphan. Thank God, because my friend was in a folk group that was playing in that pub that night, the Church was there to be that 'parent' figure in John's time of need, listening to him, reassuring him, helping him move forward.

At different times, any one of us can feel like an orphan, but as Catholics we have our mother, the Church. That might be in the form of a sister CWL member (*or indeed, in the form of a 'mother-like' CWL member!*), or it might be a priest or a nun, or it might be a silent church building that just invites the outpouring of our heart in prayer, but in whatever form it is there for us, we have something.

And mothers are not just there for emergencies and crises, their on-going love, assurance, and even just their presence is so important, something that helps us to become fully what we were made to be. Love always helps us reach our fullness, and love is there first and foremost through relationships, and as the first relationship we experience is our relationship with our mother, this will shape all our subsequent relationships.

Like the Pope, I really fear we are building a society where all the structures that fulfil that need of parenthood are rapidly disappearing.

We are **not** building a society where we are a family and connected to each other in a



fraternal bond; **rather** we are building a society where we are consumers whose value is the amount we can buy; we are building a society where we are social media posts, where we have to put our very best out there or we might find we have no 'likes' on our Facebook or Instagram page; we are building a society where the inconvenient aren't allowed to be born, and the old are told it is a virtue to 'go away for good' when they start to have too many needs, and we wonder why those in the middle are feeling like orphans!

*If you are worried about your lack of 'likes' on Facebook or Instagram, it's okay!
I have discovered that for just \$7 you can buy two-hundred-and-fifty likes. And these social media platforms are how so many people see the world; no wonder there are 'orphans'.*

I was part of a Zoom meeting this week when someone said that she saw God like a giant duvet in which she could wrap herself. So, I observed that perhaps she was talking about the third person of the Trinity, 'God, the Holy Spirit, the comforter'! And I wonder how many people are out there who want something more than a 'retail experience' or a thumbs up emoji; how many there are who are just longing to be wrapped in that 'holy duvet'? How many people yearn to be taken into a pair of arms that hold them in the embrace of motherly love.

The Pope started his meditation by quoting Jesus' words from the cross when he gave the Beloved Disciple into the care of Mary, his mother. And that is how Christ works, he comes into the world through his family, through Mary and through us, his sisters and brothers.

The task of being Mother is gigantic exactly because we are increasingly living in a world that has no real love for its children. We are called to be that love, that motherhood, those arms, that duvet.

With prayers,
Fr. David

Spiritual Advisor
BC & Yukon Provincial Council

Edward Hays Prayer, or is it a Meditation?

Below is a wonderful prayer by the late Edward Hays called, “Prayer of Dedication to a Life of Perfection and Service”. I heard someone use part of it recently and I really liked it so went and found the original. I think it is a very good prayer for anytime, but if you wanted to do a little something to celebrate Easter and the renewal of faith that hopefully our celebrations will bring, then the reading of this prayer each day might be a good and easy task.

I find it particularly helpful if I use it as a meditation more than a prayer; by this I mean that I read a line at a time and then after each line double check myself to see if that really is my prayer, that this is what I want to say to God.

In the interests of full disclosure, I must admit to having changed a very small part of the prayer.

The original said,

*“May I strive **for excellence** in all the work of my hands.”*

And I have changed this to,

*“May I strive **to do my very best** in all the work of my hands.”*

This change is made out of love and respect for my Dad-in-England. When I was young, he was a principal of a high school. At that time, many schools would talk about striving for excellence, but this worried Dad. Excellence is a good thing, but it is only available to a few.

Certainly, in my case, I never excelled in any academic subject because I was not academically gifted. Sadly, I also never shone particularly brightly in any sports as I wasn’t gifted in that area either, nor in practical things like woodwork or art, nor in music. Basically, I knew from the outset that at school I wasn’t going to achieve excellence in any area. And if excellence was the goal, then one or two gifted people would always win, and the rest of us would continually lose.

But if instead one focused on *effort* rather than *achievement*, then the game is open to all! Few can achieve excellence, but if we decided to, any of us could do our very best. So clearly a real way to show our love to God is to say that we will do our *very best* in the work of our hands; then really, after that it is in *God’s hands* what comes from this, and if it is part of God’s plan, then by God’s grace our very best effort might become excellence, but really that is God’s work.

*Article and the Prayer of Dedication, gifted to us from Fr. David John
BC & Yukon Provincial Council
Spiritual Advisor*

Prayer of Dedication to a Life of Perfection and Service

very slightly modified!

Lord God, You who know the secrets of my heart,
come now and fill me with the spirit of sincerity
as I pledge myself to You and to the coming of Your kingdom.

Lord, I desire to serve You with all my heart,
with all my soul and
with all my strength.

I surrender myself to Your holy plan for me
as I seek to be perfect as You are perfect.

May I strive to do my very best in all the work of my hands.

May I strive to live within the spirit of holy poverty,
living a simple way of life.

May my greatest possession be Your love and the love of those around me.

May I strive to love as you Love,
asking that my love be always chaste and whole.

May I strive to be obedient and open to the mystery of Your voice within me,
willing to embrace whatever You may ask of me.

Lord and Friend,
I rededicate myself to a life of prayer and worship of You.

May a song of praise be the constant melody of my heart.
I re-commit myself to serve the needs of those around me
and the needs of all the world.

May I find my salvation here at this time and in this place where I now live.

May my union with those who share my commitment
be a source of confirmation and inspiration to me.

Lord, I marvel that You, in Your divine wisdom,
have chosen me to be an instrument of Your creative salvation.

May all the work of my hands,
even my failings and stumbling,
be leaven to make that much desired Kingdom a reality.

Bless me now with Your abounding love
as I promise to be Your friend, servant and holy minister.

May I ever live out this commitment,
in Your name: Father, Son and Holy Spirit. ***Amen.***

Prayer by Edward Hays, taken from "Prayers for the Domestic Church".

Message from the President

My dear Sisters in the League,

Have you attended a webinar or zoom meeting lately? It seems one has had the opportunity to watch and participate in numerous presentations on a daily basis. Invitations to watch and listen arrive in my inbox every day, and I have to make careful selections as I cannot do it all.

Today my day began with the CWL Lenten Retreat and it ended with the Lenten Reflection offered by the Vancouver Archdiocese, of course all online. I thank God for both inspiring presenters, helping me to prepare for Holy Week.

We are in a pandemic; however, this lockdown of our country has opened other doors for us. We have had more meetings online and had to learn new skills. In the latest League magazine, Pat Deppiesse, our National Chairperson of Christian Family Life, challenges all members to use the technology available to them to reach out every day to one person in her immediate circle, whether it be parishioners, friends, neighbours and of course, family members. She gives many examples in what and how it can be done. I encourage all to read her article: Action in the Time of Covid-19.

At this time, we are in the midst of planning our AMMs (Annual Meeting of Members), so called because we cannot have a full convention. We were very excited about celebrating the provincial convention last year in Vernon; Jan Hillis and her team had it all planned, but alas it had to be cancelled.

This year we will have bare-bones meetings, working through the necessary business we must do. I am so looking forward to the national convention that will take place in Kelowna 2022. See the beautiful poster created by Nancy Simms and her team.

Elections will be held at this year's provincial meeting; I think we are all ready for a change after serving three years in the same position. I am so proud of all leaders and thank each of you for staying the course.

Despite the closures much was accomplished last year. The Strategic Plan is evolving. Much is happening. Have you had the chance to watch any of the videos "What's Your CWL?" Check out the national website and get INSPIRED!

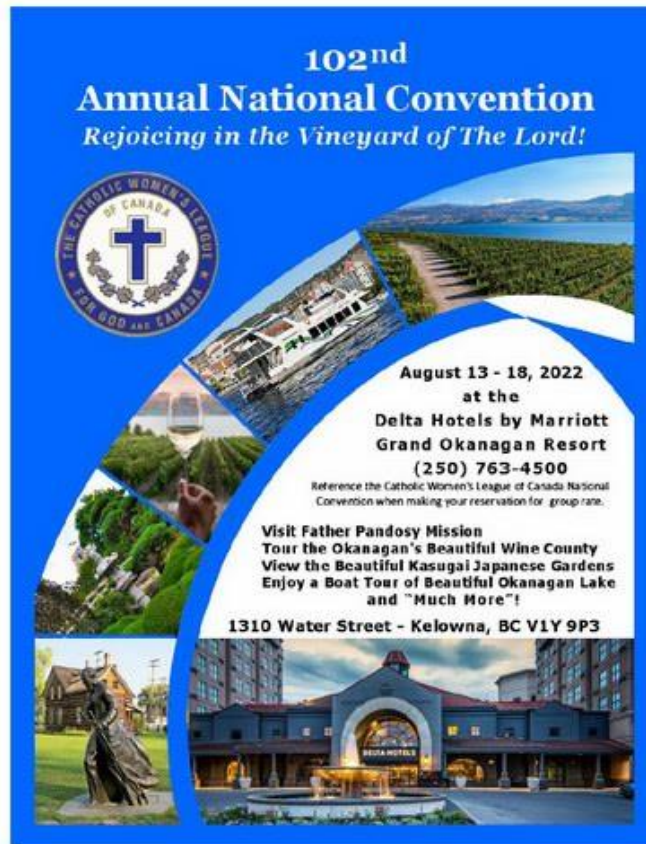
In closing I want to wish you all a blessed Holy Week and a Joyous Easter, when we acclaim: Christ is risen! He is risen indeed! Alleluia! Amen.

I would like to share our family Easter tradition of baking an Easter lamb, see the recipe section of this issue of the *Communicator*.

We always have one every year, it is our "*Traditional German Easter*" table centre.

Gisela Montague
President
BC & Yukon Council President

*An invitation to the 2022 National
Convention in the beautiful
Okanagan Valley!*



Book your room reservations now!
Reference the Catholic Women's League of
Canada Convention Group Rate when you call.
250 763 4500.

2022 National Convention Fundraiser

<p>"Wrapped in the Arms of Our Mother"</p> 	<p>Fundraiser for the 2022 National Convention in Kelowna</p> <p>Contact Diane Nadeau to place order and for the cost of shipping cwlpashmina@gmail.com</p> <p><i>(order in bulk for savings on shipping costs)</i></p> <p>Limited number available ORDER NOW</p> 
<p>Let Our Lady wrap you in her arms with a beautiful cashmere pashmina</p> <p>Available in 3 colors: CWL Blue, Cream or Black with Madonna logo.</p> <p>Size: 75" x 29"</p> <p>\$30 each plus shipping</p>	

Easter Greetings from the Vancouver Diocese

On behalf of the Vancouver Diocesan Council of The Catholic Women's League of Canada, I would like to offer my sincere wishes for a joyous Easter to every member of the League in British Columbia and the Yukon.

This past year has seen many challenges. For myself, the solitude and quiet that first felt like a short reprieve from a busy life, turned into weeks and months of isolation. Getting through a long winter and seeing the new life begin with the tulips and daffodils in my garden, reminds me that with Spring comes a new hope.

The Vancouver Diocesan theme is "Held in the Palm of His Hand," and I try to live that theme every day, by trusting that our Loving Father arranges all with our benefit in mind. Although we may not yet see the good that will come from the trial of the past year, we know that in the end, His plan will be revealed.

At this Easter time, may we all celebrate the rebirth of the world, our own rebirth in our baptisms and the rising of our Saviour, Jesus Christ.

I quote the words of St. John Damascene:

*"Now let the heavens be joyful,
Let earth her song begin,
Let the round world keep triumph,
And all that is therein.
Invisible and visible,
Their notes let all things blend,
For Christ the Lord is risen!
Our joy that hath no end."*

Christ is Risen! Indeed, He is Risen! Happy Easter to all.

Barbara Renaud
President
Vancouver Diocesan Council

Time to stand-up to Protect Hospice Palliative Care Spaces in Canada!

No Euthanasia in a Hospice! As registered members of the Delta Hospice Society we need your voice to help protect hospice palliative care spaces in Canada.

The Federal government is changing the law (Bill C-7) around medical assistance in dying (MAiD). In the process, let's make sure they protect hospice palliative care.

On February 3rd, 2021, the Delta Hospice Society gave testimony to the Standing Senate Committee on Legal and Constitutional Affairs studying Bill C-7. The Society requested an amendment for "Safe Spaces for the Dying" where authentic palliative care medicine can be practiced - euthanasia free - without government intimidation, coercion, and the expropriation of resources.

DHS asked the Senate to intervene on behalf of palliative care societies and facilities in order to protect, support and promote the right to practice palliative care medicine in Canada.

Even though all the palliative care associations in the world, including the World Health Organization, state palliative care does not include euthanasia, there is a political movement in Canada trying to undermine our 50-year-old medical discipline.

If successful, it will push euthanasia into every hospice and palliative care facility in this country.

Delta Hospice Society did not provide euthanasia in its 10 bed Hospice in Ladner, B.C.

As a result, the Fraser Health Authority in co-operation with the B.C. Minister of Health, Adrian Dix, has cancelled the yearly \$1.5 million service agreement to the private facility, and has closed the Hospice and expropriate the facility and adjacent Supportive Care Centre worth \$15 million without compensation to the Society.

Euthanasia will be provided to patients if the government is able to take full control.

What Can You Do?

**Click on the link below and Contact all the Senators and tell them you want:
Safe Spaces for the Dying – Free from Euthanasia!**

<https://sencanada.ca/en/contact-information/>

Priest in Ireland pens touching poem about coronavirus lockdown.



In this Coronavirus COVID-19 pandemic, doom and gloom is easy to find! Hope on the other hand...Getty

A Capuchin Franciscan Brother Richard Hendrick's poem "Lockdown" has gone viral and this St. Patrick's Day we can see why.

Brother Richard Hendrick, a Capuchin Franciscan living in Ireland, has penned a touching poem about coronavirus.

Brother Richard shared his poem "Lockdown" in a Facebook post on Friday, March 13.

His original post has received more than 19k positive reactions and has been shared more than 34k times.

Lockdown by Brother Richard:

Yes there is fear.

Yes there is isolation.

Yes there is panic buying.

Yes there is sickness.

Yes there is even death.

But,

They say that in Wuhan after so many years of noise.

You can hear the birds again.

They say that after just a few weeks of quiet.

The sky is no longer thick with fumes.

But blue and grey and clear.

They say that in the streets of Assisi

People are singing to each other

across the empty squares,

keeping their windows open

so that those who are alone

may hear the sounds of family around them.

They say that a hotel in the West of Ireland

Is offering free meals and delivery to the housebound.

Today a young woman I know

is busy spreading fliers with her number

through the neighbourhood

So that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples

are preparing to welcome

and shelter the homeless, the sick, the weary

All over the world people are slowing down and reflecting

All over the world people are looking at their neighbours in a new way

All over the world people are waking up to a new reality
To how big we really are.

To how little control we really have.
To what really matters.
To Love.

So we pray and we remember that
Yes there is fear.
But there does not have to be hate.

Yes there is isolation.
But there does not have to be loneliness.

Yes there is panic buying.
But there does not have to be meanness.

Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.

Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.

Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing!

Valuing Each Member

This past year has been unprecedented, like no other! Everyone, everywhere in the world has experienced nothing like this Covid Pandemic before. And it continues; and only God knows for how long.

Our Catholic Women's League throughout Canada has had to cancel every convention in 2020, and most probably in 2021 as well. However, through phone calls, e-mails and Zoom, we are keeping in touch and still getting things done although not to the degree we had been.

However, there may be an upside to all of this. I believe as lonely and scary as this whole situation has been, it has given each of us time to reflect and consider what is important in life and perhaps rearrange our priorities.

What is vital, is for us not to forget our elderly, disabled or compromised members, or as a matter of fact, any of our members at all.

If at all possible, I encourage you to reach out to members either by a phone call, an e-mail, regular mail or a drop off gift or card.

Let one another know that they are thought of, loved and valued.

It is a "little project" which I, myself, have undertaken over the past 11 months. Dropping off a small plate of baking or homemade soup to other members who are not able to get out much or who do not have anyone in their "bubble" can make an enormous difference. A little card or letter can be a real blessing as well. Do not underestimate the power of these simple tasks.

All I can tell you, is that it is very rewarding, and you will be blessed.

One accomplishment I want to tell you about is, **that the Prince George Diocese now does Zoom Meetings!** I know most of the other Dioceses have been doing Zoom Meetings for some time already and have become real pros at it. And even though we were a little slow on the uptake, we finally decided to do it too and we did!

We had our first Prince George Diocesan Executive Zoom Meeting on February 3 and each gave a short update on themselves and encouraging one another. It was so good to see each other and to share our stories. We plan on having an Executive Zoom Meeting once a month.

In addition, a few of our parishes have jumped on board and are having Zoom Meetings as well.

In closing, I ask that you do what you can, and **"Look After Each Other"**.

Love and Blessings,

Sylvia DeSousa
Prince George Diocesan President

“This is the day the Lord has made Let us Rejoice and be Glad!”

A CWL member, and an Immigrant with Faith

“This is the day the Lord has made Let us Rejoice and be glad”, that was the day I was introduced to the CWL ladies from my parish.

A simple woman, a simple immigrant who has changed my old world, for a new world. As an immigrant, I have gone through a process of adjustment, not only cheerful experiences, but also bitter perhaps because of being physically different, speaking with a certain accent, or simply not knowing local customs.

Some people have considered me a not so smart simply because they did not understand what I said, not knowing that it has nothing to do with intelligence, but with learning a new language.

Others may have thought I was deaf, as they have yelled at me thinking I was going to understand them better. I am not deaf; I am just learning English. Unless you have been an immigrant it is hard to understand people who had left everything behind looking for a new opportunity at work, school, love, or adventure; or simply because you want to live in a country without war, violence, or persecution.

This process of constant struggle to establish itself in a new world is not easy and the process of adaptation and the possibility of establishing itself carries with its frustrations and disappointments that has undoubtedly changed my life, and then I met the Catholic Women’s League and my life changed. As a Catholic immigrant I have found a link with other members of my parish and my community establishing relationships with them.

Faith. People who share the same faith are brought together to learn, to cheer up, to socialize. Does not matter where you are from, because at the church, you do not become one of them, you are part of the same family and share the same religious principles. It is the same family, the family of Jesus. The CWL family where I became the president from my dear parish, Sacred Heart in Victoria, BC. This is the day the Lord has made Let us Rejoice and be glad.

For me, as for many immigrants, faith has sustained me as a new commoner. For so many things I could not understand, only faith has brought an answer to my questions. Only faith has changed the question Why me? to What for? And only

faith bright my day when I wake up every morning thinking that God has a purpose for me, and that purpose must be fulfilled in the new land where He has brought me to live. This is the day the Lord has made Let us Rejoice and be glad.

Inspired by the fact that Jesus was persecuted since he was born and by the fact that he had to emigrated, inspired me to write down about bible reflections from an immigrant's point of view. My book *"Immigrants with Faith"* has helped me to tour various parishes and to meet many CWL members who had heard my story and shared with me their stories.

Having book presentations in different CWL parishes has been a fulfilled experience. Certainly, it is more what I had received from each one of these beautiful ladies than what I could have given to them.

No doubt that *"It is in given that we received"*. (St. Francis)

This is my way to thank God, Canada, and the Catholic Women's League for welcoming me. We immigrants are not perfect, but we are full of hope and we are glad!

May Our Lord bless our beloved country and our CWL!

Maria Campos
Sacred Heart Council
Victoria, BC

Memories of an Anniversary of 25 years ago and a tribute to Service

On December 1995, the *B.C. Catholic* published a Supplement on the occasion of the 75th anniversary of the CWL. The main feature was the B.C. & Yukon Provincial Council. It also included a brief history of the League and congratulations and words of praise for the CWL from the Bishops of each one of the Dioceses.

The Provincial President was Rose Kamm, and the Provincial Spiritual Advisor Father Richard Gagnon, (later Bishop of the Victoria Diocese and now the Archbishop of Winnipeg and President of the CCCB). The Diocesan Presidents were Francoise Roy, Kamloops; Marion Nygren, Nelson; Helen Gordon, Prince George; Ann Dobie, Vancouver; Olga Kelly, Victoria; and Carol Vanderbyl, Whitehorse.



*Celebrating our Past, and Embracing our Future
on a sunny day in Whitehorse 25 years ago*

Vancouver Diocesan president-elect, Barbara Dowding, writing about the dawning of the third millennium states, *"We have a tremendous responsibility, not only as sisters in the largest women's organization in Canada, but also as caretakers of souls in a society devoid of love. In our hunger and thirst for justice, we welcome new ways to work together as we travel the wider road toward peace and unity in our world."* (Barbara became National President for the period 2014-2016 and in 2020 she was appointed Chancellor of the Vancouver Archdiocese).

The first council of Whitehorse was formed in 1949 and hosted its first Diocesan Convention in 1954. By 1963 there were several councils in the Diocese; in 1995, when

president carol Vanderbyl wrote her contribution to the *B.C. Catholic*, all but two of those councils had disbanded.

25 years later, with only one council left and reduced membership, our Whitehorse sisters continue to work faithfully for God and Canada, and out of love for the CWL, they are still willing to host Provincial Conventions – the most recent one was in 2018. On that occasion, some of the greeting words from Bishop Hector Vila, Whitehorse Diocese, summarize the gifts of this council:

“May you continue to lead, first and foremost, by being witnesses to the truth and love of Christ for those you encounter in your daily lives. Your dedication and service to your neighbours and to the greater community is creating a future for our future generation. Please keep doing what you are doing and do it to the best of your ability”

For I know the plans I have for you, says the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

Blanca Stead
BC & Yukon Provincial Council
Chairperson of Christian Family Life

Protecting Yourself and your Family from Fraud

In early 2020, I sent a communique with tips from the RCMP for fraud prevention. Throughout the past year, there have been many more reports of scams and frauds published. Many of them arose as scammers took advantage of the upheaval of the pandemic.

On the BC Securities Commission website (www.investright.org) there is a whole section on fraud awareness, with detailed information about 2 important areas:

AFFINITY FRAUD happens when someone establishes a trusting relationship with their victims. Often, the fraudster joins a community organization or a religious group and spends a fair amount of time gaining the group's trust.

Sometimes, the fraudster will offer an investment "opportunity" to select friends.

The early investors get paid out of the funds invested by latecomers. And the scheme eventually collapses.

Sometimes the scheme is promoted through social media or web forums.

Many of these scams do not get reported to the authorities because the victims are embarrassed by their gullibility.

ELDER FINANCIAL ABUSE is the unlawful or unauthorized use of an elderly person's financial assets.

Again, personal relationships are leveraged to achieve this type of fraud. The elderly often has investments and property that the fraudster wants to take advantage of. They offer high returns with little or no risk, so that the elder person thinks she or he can have some extra money for living costs or for providing for their children and grandchildren.

Aside from investment fraud, elder abuse includes:

- a. Theft of credit cards, bank cards, and/or possessions.
- b. Attempting to take over an older person's financial affairs.
- c. Pressuring or forcing an older person to sign legal documents or to give money.
- d. Pressuring an older person to change their will and/or power of attorney.
- e. Misuse of the power of attorney by doing things that are not in the best interests of the elder person.

At our 2019 provincial convention, we had a speaker named Anna Hudson, who spoke about elder financial abuse. There are resources available through the Province of BC, at: www.gov.bc.ca/gov/content/family-social-support/seniors/health-safety

Finally, the Better Business Bureau publishes a brochure called "10 Steps to avoid scams". You can find it at www.bbb.org/article/scams/8767-bbb-tips-10-steps-to-avoid-scams.

There are lots of resources for you to help protect yourself and the people you love from becoming fraud victims. I have just pointed out a few. The important thing is to get educated and stay safe.

Suzanne Eng
Treasurer
BC & Yukon Provincial Council

CWL Contributions to Partners for Life

CWL members from across Canada have an opportunity to be recognized as contributing to life through their donations to the Canadian Blood Services Registry.

But so few of us make this personal donation. There are less than 250 ladies registered *across Canada* at the **League's unique partner identification number CATH011269** to support the Partners for Life program with Canadian Blood Services. The need for donations of blood and blood products is much needed and is ongoing.

The Partners for Life program involves national organizations who want to help people who need blood or blood products. Our registration with them helps us to be part of the groups who donate over 200,000 donations each year.

We are one of the Partners for Life, such as Toyota Canada, the Canadian Forces Health Services, Hockey Gives Blood, Blood Donation by Sikh Nation, and Insurance, Banks, Real Estate and large corporations and Internet, Mobility, and TV Service providers (there are many more I am sure! Visit www.blood.ca for more information on other organizations who are contributing to this program. You check if you are eligible to donate here as well.

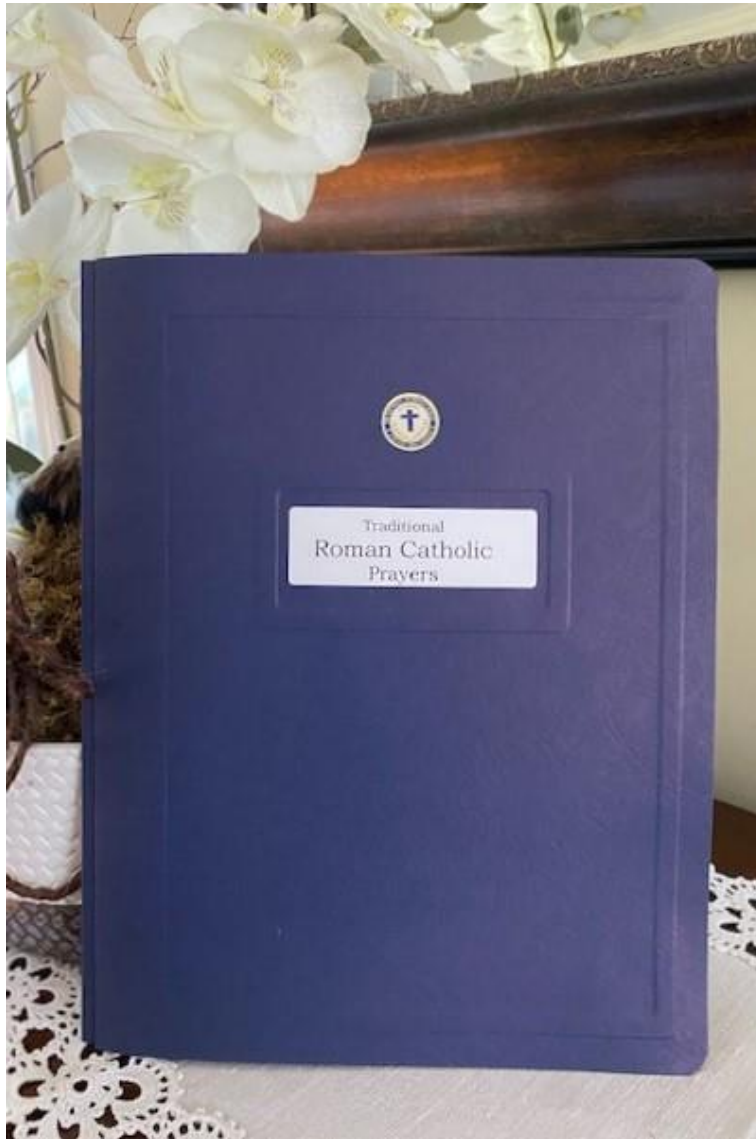
Canadian Blood Services are currently part of a national study to determine if convalescent plasma will help those with Covid 19. A plasma program takes 1½ hour to donate and it enables donors to contribute plasma without losing their blood cells. The plasma is spun to remove the cells, and these are returned to the donor. A donor can give plasma more often than giving a unit of blood.

If you are donating blood, please consider using our CWL Partners for Life identification number.

I have heard from a CWL member that she has donated 179 units as at last Saturday and is *"Going for 200!"*

Kathy Weswick
BC & Yukon Provincial Council
Chairperson of Education & Health

Traditional Roman Catholic Prayers



The idea of the creation of the prayer book started in support of our “Holy Father, Pope Francis” declaring October as the “Month of prayer for Home Missions”. In support of the Pope’s declaration, our CWL Council at Annunciation Parish in Prince Rupert encouraged participation in ‘ROSARY PRAYERS FOR THE MONTH OF OCTOBER’.

Our CWL Council hosted Rosary Prayers for the month of October on Saturday mornings at 10:15 a.m. ALL members were invited to participate. (After the prayers, for those who wished, could stay for a coffee social/brunch.)

CWL Provincial Secretary, Laura Esposito, decided to type the prayers so we could follow along with the ladies who had been praying some of these prayers for over 30 years on Saturday mornings at our church.

I decided to take it a step further and create “The Traditional Roman Catholic Prayer Book”; initially for our Council and with the intention for the below stated Mission.

As stated in the book, I think we need to teach, learn, pray and pass on our traditions; thus, the creation of “Traditional Roman Catholic Prayer Book”.

This “Traditional Roman Catholic Prayer Book” was compiled by the Catholic Women’s League’ of the ‘Diocese of Prince George, to assist in the teaching, learning, praying and passing on of the “Traditional Roman Catholic Prayers”.

It is our hope that the booklet will be used as a resource for personal, family, council and church community prayer. As members of the Catholic Women’s League of Canada let us, under the leadership and direction of our Spiritual Advisors, use this Traditional Roman Catholic Prayer Book to strengthen our personal, family, council and church communities’ faith so that we may all respond in service with love for God, for our neighbour and for ourselves.

As many members in our Annunciation Council supported the idea and I produced it for our council and decided to forward it on to our Diocesan President, Sylvia DeSousa, thinking that other councils in our diocese may like to have a copy for their references.

Sylvia DeSousa presented the idea of the prayer book to the Councils in Prince George, and the BC & Yukon Provincial Council, who where the book was fully supported and is now available to download from the provincial website www.bcyukoncwlc.com

Listening to the feedback, Magdalena Saito, CWL president in Vanderhoof, and I, worked together to edit and include illustrations which enhanced the presentation of the prayer book for publication.

Marianne Bunko
Annunciation Parish
Prince Rupert BC

A 'Centennial 'Birthday to Celebrate

Ida Toms turned 100 years old on March 1, 2021.



Ida was born in Pine River Manitoba, a small community north of Dauphin Manitoba. She is a proud member of St. Joseph's in Salmon Arm, with 56 years of membership in the League.

Although she hasn't been active for a few years now, she was always ready to serve, not only for the League but to many other groups she was involved in. When asked for baked goodies for a funeral, she always made a fudge cake, and she lovingly called it her *Funeral Fudge Cake*.

She often asks for flowers for her mother from all the ladies, and when she received them, they were always for Mary.

In March 2020, members from our CWL joined Father Dale Normandeau for a private Mass at Shuswap Lodge for our sister Ida's 99th Birthday. After Mass we enjoyed a beautiful celebration with a cake and juice.

Little did we know that the pandemic would stop us from gathering once again to celebrate this year - her 100th birthday!

We are ever so grateful for her love of the League, her quick wit, gentle ways and a smile that always fills up our love bank.

Happy Birthday Ida from your League sisters!

Linda Faust
Past President
St. Joseph's Council
Salmon Arm BC

Helen McLellan 70-year CWL Membership Pin Award - February 2021



Helen volunteered countless hours at St Patrick's Parish in Victoria, BC with her sisterhood of CWL members, and while raising 5 children, Helen found the time to cook casseroles, bake apple pies from the family apple tree, along with sorting and selling at clothing sales.

This list is by no means all that Helen accomplished in the span of 70 years. What ever Helen volunteered for she did it with love for others. Helen loved her sisterhood and made many life-long friends in CWL.

In 2019 Helen attended the monthly meetings at St Patrick's until she had to move into a care home.

Many CWL members visit at the window with Helen now and she just celebrated her 96th birthday in March. The staff say Helen is a favourite of theirs!

Helen still keeps in touch with us, and a family member reads her our monthly newsletter to her.

Helen is truly an example of a kind and caring Catholic Women's League member.

Submitted by

Lorrie Van Somer
President
St Patrick's Council, Victoria, BC

Kay Marshall, Rest in Peace dear CWL Sister

Kay Marshall was born Katie Stark in Rorketon, Manitoba on a farm on September 16, 1927. She was the youngest of nine children and still has one surviving sister who is four years older than her.



Kay taught school in Dauphin after Grade 11 and a 6-week school course! Then she decided to move to Whitehorse where teachers were needed and it is where she met her husband, Lyalle. They were married in Dawson Creek in 1958 and had their five children, two daughters and three sons, in Whitehorse.

One daughter predeceased Kay, dying in infancy. She was the proud grandmother of nine grandchildren. They moved to Kamloops in 1966. Kay taught at St. Ann's Academy and Beattie Elementary.

Kay joined the CWL while she lived in Whitehorse, then transferred to Sacred Heart Cathedral and then moved to Holy Family's council where she received her 60-year pin in 2019. She was president at all three councils.

Kay believed in keeping her mind active by playing cards, watching Jeopardy, Wheel of Fortune, reading and loved to watch EWTN. She still lived on her own in Assisted Living.

She was known as the '*Balloon Lady*' especially at Holy Family as she always carried balloons with her and offered them to the children (and adults!) after Mass every Sunday. She loved to share jokes and offered one each week to her parish priest.

Kay's '*Words of Wisdom*': Always have a good breakfast (porridge!), have a single chocolate almond after mealtime, get daily exercise (she used to walk around her apartment daily while saying the rosary) and her Catholic faith was very important to her.

Her favourite phrase, '*I always have so much to be thankful for!*' *Rest in peace, Kay!*

(Read at her Celebration of Life during the Ceremony for Deceased Members on Saturday, August 15, 2020 at Valleyview Centennial Park, Kamloops, BC)

Sheila Doherty
Holy Family Council
Kamloops BC

Kitimat is Keeping Busy!

Who would have ever thought this Pandemic would continue for this long? I certainly did not. And with further restrictions and variants out there, I think it will be for a while yet.

After realizing that we, as a council, would not be able to meet in person for some time yet, we decided to have a Parish Council Zoom Meeting. Initially, this was not something our members thought they would like to embrace, but with some encouragement, the Kitimat Executive had their first “Meet and Greet” Zoom Meeting on February 9th. Everyone showed up, and really enjoyed seeing each other. Each of the executive members shared a little about themselves and what their hopes for the League were.

Of note, we congratulated ourselves for getting 101 of our 106 memberships in by the end of January. This was accomplished by making a personal phone call to each of our members.

We know the others will pay when they are able, and so we sent our membership dues into National at the beginning of February.

There was a team of 8 who made the calls, and it was a blessing for so many to receive that phone call and have a chat. It took a little work, but it was worth it. It was so good to catch up with each other.

The executive also agreed to do a little “Valentine Project” this year. We prepared handwritten cards and “goodie bags” of chocolates and a little card with the Blessing of St. Clare, for all the residents at the Extended Care Unit and their staff at our local hospital.

We also delivered handwritten cards, jars of jams and St. Clare’s blessing to each one of our council members. Everyone needs to know they are loved and valued.

And so, we are keeping busy and are looking forward to the time we will be able to meet in person and share our stories.

I pray we all “Stay Safe and Sane!”
May God Bless You All!

Sylvia DeSousa
Christ the King Council
Kitimat BC

Staying *Connected* when Social *Distance* is the Priority

Here in the Kamloops Diocese, we are all adapting and learning new skills in answer to the COVID-19 restrictions. Sometimes learning is much easier when there is an urgent need and a project to get those thinking caps on.

Last December, the Kamloops Diocesan Officers were concerned that our members were struggling for answers as to how to move forward amid the Covid-19 restrictions.

To resolve this issue, we began hosting a monthly **CWL Connects** 'Zoom' evening. The Zoom meeting is open to all interested diocesan-wide membership, to meet up and try and stimulate some conversation on what has been happening in the 'CWL world'.



The **CWL Connect** meetings offer an opportunity for parish councils to ask what and how other councils are pivoting their usual activities while grappling with this 'new normal' of COVID-19 restrictions. It has been a great success!

We have discussed fundraisers and membership drive ideas, the instructed vote, our upcoming AGM and have shared some beautiful spiritual reflections.

Our **CWL Connect** Zoom meetings have been a great help in practicing our newfound technical skills and have built confidence for some members in sharing their knowledge with others.

Now we hear that some of our parish councils are planning their own CWL Zoom general meetings!

It just goes to show, the tiny seed of one good initiative can produce a surprising domino effect!

Diane Nadeau,
Kamloops Diocesan President

Ascension Council Parksville Drive-thru Baby Shower a HUGH Success!



Nancy Horsfield (L) a generous donor and Tina Hanlon

In the past our Church of the Ascension, Parksville, CWL council has hosted an annual baby shower in support of the Crossroads Pregnancy Centre in Nanaimo, All the churches in our Oceanside community are invited to participate.

This year, due to continued Covid-19 restrictions, we were once again unable to do this face-to-face and so decided instead to hold a Drive Thru Baby Shower instead.

The Crossroads Pregnancy Centre is a faith-based organization that aids pregnant women in crisis regardless of race, religion or creed. They serve clients between Campbell River to the north and Ladysmith to the south of Vancouver Island.

Invitations were sent out asking people to participate by donating new baby clothing and items, age birth to three years, as well as monetary donations if they so choose.

We organized it to be held in the church parking lot on two successive Saturdays, March 20th and March 27th. Donors were directed to drive through and drop off their

items to the CWL members in attendance. Masks and social distancing policies were strictly observed.



We are pleased to report that it was a tremendous success with 93 vehicles passing through. Baby items were collected to fill three vans, as well as substantial monetary donations. The generous support by our council and the community churches was so gratifying.



Kelly Davis hurrying to get to the drive-thru baby shower on her trusty bicycle!

In addition, it was a fun event as we were able to reconnect with CWL sisters we had not seen since last year.

Carmen Tellier & Viola Cyr
Event Coordinators

‘A CLOTHESLINE OF LOVE’ and ‘MITTENS for COLD HANDS’

Thanks to the action of a very ‘hands on’ member, Hildegard Krieg of St Joseph’s CWL in Salmon Arm continued with its annual collection of NEW winter items for those in need.

Parishioners were asked to donate socks, scarves, mitts, gloves, hats, warm sweaters and men’s long underwear. Men’s items were delivered to the Salvation Army Shelter. Women and children’s items will be delivered to the SAFE house, the women’s shelter.



In conjunction with the above the CWL also collected ‘mittens for children’. Only new ones accepted, although some took the opportunity to get the knitting needles out and knit several pairs. The mittens were donated to the Salvation Army Food Bank and the SAFE house.



Due to Covid protocol - ALL donations were placed in the appropriate box in the vestibule. *Designated* people hung some items on the line in the vestibule during – this creates awareness for the needy as well as promotes donations.

The response was overwhelming – collecting items such as women and children's winter coats, snowsuits, etc.

Several hundreds of dollars of new clothes were donated, it was amazing and heartfelt thanks and expressions of gratitude was received from the shelters.

Terry Mae Sinclair
Chairperson of Communications
Kamloops Diocesan Council

Thoughtful Pocket Prayer Quilt Project

Many of our seniors and shut-ins suffer from loneliness and isolation and especially during these times of Covid restrictions.

We at St Josephs are blessed to have members like Deanne Manz who initiated this 'heartfelt' project.

She handmade beautiful quilted little hearts, with a tiny cross tied to the front with a pocket in the back where a loving and supportive message could be placed.



Linda Faust helped ensure delivery of these special '*heart pocket prayer quilts*' to many of our senior members, the widowed and shut-ins of our parish community.



We may not see one another much, but that does not stop us from 'connecting' and 'praying' for one another!

Praise be to God!

Terry Mae Sinclair
St. Joseph's Council
Salmon Arm BC

Virtual World Day of Prayer

We were blessed to be the host parish for this year's World Day of Prayer on March 5th via Zoom! This ecumenical day was celebrated with members from other Churches in the community, and thanks to the Anglican minister, Fr James and his wife, for their 'zoom' experience we managed to pull it all together.

This year the focus was on the country of Vanuatu and the prayer service was developed by the women of Vanuatu. We used their power point presentation, and from the WICC (Women's Inter-Church Council of Canada) website, added two videos, some pictures and included 5 songs which were sung by the women of Vanuatu, a small island in the south pacific

The theme *"Build on A Strong Foundation"* was highlighted throughout the program. Filling out the ecumenical aspect of this day of prayer our readers included CWL members as well as members from other local churches.

Our priest Father Dale did the opening prayer and Fr. James of the Anglican church did the closing prayer. This 'screenshot' includes our facilitators, our readers, Fr James and a couple participants.



Terry Mae Sinclair
St. Joseph's
Salmon Arm

A Regular Visitor to my Home in Maple Ridge



This young deer ventured into my garden in late February. He or maybe she, is part of a family that lives in a ravine that is close to my condo but are being moved out of their home because us humans have encroached their habitat in favour of more buildings and people!

They are beautiful animals but having said that he/she has taken a fancy to the tulips that were peeping up and sending buds that would grace my garden sometime soon. This one feasted on the whole plant, bulb and all

Never mind, I can plant more tulips in the Fall and may see my new friend and more next Spring.

Suzanne Eng
Treasurer
BC & Yukon Provincial Council

St. Joseph Council Anniversary from 75 years to 80 years! How Time Flies!

When Armstrong CWL celebrated its 75th Anniversary, it was held on the *Feast Day of Our Lady of Good Counsel*, April 26th, 2016. The actual anniversary date was December 28, 2015 and being mid-winter that was not the ideal weather for such an auspicious gathering. So, with the benefit of lovely springtime weather, we welcomed then - National President Barb Dowding; Diocesan Bishop David Monroe; Spiritual Advisor Fr. Dale Normandeau and guest, Nigerian seminarian, Chukwudi Jieme. We also had 8 of our former council presidents in attendance.



After mass, our Knights of Columbus catered a celebration breakfast of quiche and fruit cups, muffins and pastries. In honour of that year being dedicated a *Year of Mercy* we hosted a presentation on Hospice and Palliative Care with two speakers. The events wrapped up with a drive to our nearby N.O. Hospice House where we presented the manager with a total of \$757.00 dollars.



NOW, we would like to celebrate our 80th Anniversary and again, on the Feast day of *Our Lady of Good Counsel*. Will that happen? Can it happen? It is still March as I write this, and I hope to be able to report success in our endeavours.

Tentative plans are to present the video for the World 'Festival' of Prayers (formerly The World Day of Prayer) which has been extended to September. Also, as our Holy Father has dedicated this year to St. Joseph, we hope to have a presentation befitting the theme.

Noting the picture of our Charter, then National President, Almira McCabe travelled from Ontario to be in Armstrong in December of 1940 along with the National Secretary! Can you imagine such a journey 80 years ago? Together with all 23 charter members, whose names are written right on the document, perhaps it was all sunshine and little snow that year?

Pat Weninger,
St. Joseph Council
Armstrong BC

CWL Lenten Project at St. Joseph's Salmon Arm

Members of the St Joseph's CWL in Salmon Arm were invited to participate in a '40 days for Lent' *fundraising project*. Due to Covid restrictions, we were unable to host our two major fundraisers, therefore, we have limited funds to donate to the many worthwhile charitable organizations we normally support.

Our members were encouraged to prepare a collection jar/box for the 40 days of Lent, and each day – **say a prayer for those in need** and **put in a donation**. This could be loose change you have that day, or one could commit to a certain amount each day, for example a dollar a day, cost of a coffee or whatever.



At the end of the 40 days the monies collected were dropped of at Church office, for the attention of *the CWL Lent Project*. Proceeds will be donated to the local charities the CWL supports. Amounts donated and the names of recipient organizations are published with Easter joy!

Terry Mae Sinclair
St. Joseph
Salmon Arm BC

Barbara Renaud's very Favourite Chocolate Cake!

If you gave up chocolate for Lent and want to reward yourself for your conscientiousness, may I suggest an Easter celebration complete with this decadent chocolate cake. For true chocolate indulgence, I like to fill it with a thick, gooey chocolate ganache and top with chocolate buttercream frosting. A semi-sweet chocolate works well for the ganache, as the cake is quite sweet. I sometimes make this cake when I have the unusual circumstance of coffee left over from breakfast and buttermilk sitting in my fridge with nothing else to use it for.

Decadent Chocolate Buttermilk Cake

Ingredients

2 cups sugar
1 3/4 cups all-purpose flour
3/4 cup unsweetened cocoa powder
2 teaspoons baking soda
1 teaspoon baking powder
3/4 teaspoon salt
2 eggs
1 cup buttermilk
1 cup black coffee
1/2 cup vegetable oil
2 teaspoons vanilla extract

Instructions

- Preheat oven to 350°F. Grease and flour two 9-inch round baking pans. Set aside.
- Combine sugar, flour, cocoa, baking soda, baking powder and salt.
- Add eggs, buttermilk, coffee, vegetable oil and vanilla.
- Beat for two minutes and pour batter evenly into prepared pans.
- Bake in preheated oven for 30 to 35 minutes or until wooden toothpick inserted in center comes out clean.
- Cool 10 minutes in the pan then remove from pans to wire racks. Cool completely.

Chocolate Ganache Filling

Ingredients

8 oz Good quality semi-sweet chocolate, finely chopped
1 cup Whipping cream

Method:

- Set the chocolate aside in a heat-proof glass or metal bowl.
- Heat the whipping cream in heavy-bottomed saucepan until it just comes to a simmer.
- Pour the heated cream over the chocolate and let it sit for 2 minutes.
- Stir the chocolate and cream together until well blended and smooth.
- Let cool completely until thick and set aside.

Chocolate Buttercream Frosting

Ingredients:

1 cup	Unsalted butter, softened
3½ cups	Confectioners' sugar (icing sugar)
½ cup	cocoa powder
½ teaspoon	Salt
2 teaspoons	Vanilla
4 tablespoons	light cream 18%

4 tablespoons of shaved chocolate to decorate the top of the cake (Optional)

Instructions: (Works best in a stand mixer).

- Cream butter until light
- Sift powdered sugar and cocoa into a mixing bowl.
- Slowly add dry mixture to butter on lowest speed.
- Add vanilla extract, salt, and light cream and beat for 3 minutes.
- Add more sugar or cream if needed to adjust the consistency.

To assemble cake:

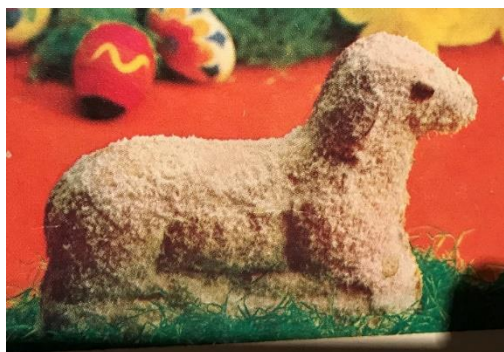
- Use a serrated knife to trim the cake so it is flat.
- Lay your layer of cake on a cake board, cake stand or a flat plate
- Pipe the chocolate buttercream around the outside edge of the cake. (to make a moat!)
- Fill the centre with the chocolate ganache and gently place the second layer on top
- Using an offset palette knife frost top and sides of cake with buttercream and top the cake with semi-sweet chocolate shavings.

A word of warning, cut small slices, as this cake is filling. You can always have a second piece later.

Enjoy!

Barbara Renaud
President
Vancouver Diocesan Council

Easter Lamb Recipe – our German Easter Tradition



(8" Lamb mould required)

2 Large	Eggs, separated
1 pinch	Salt
2 tbsp	sugar
¼ tsp.	Vanilla essence
2 heaped tbsp	Flour
2 tbsp	Blanched almonds

Castor sugar to decorate the little lamb.

Method:

- Beat egg white & salt until to stiff peaks.
- Beat egg yolks and fold into the egg whites.
- Fold in sugar and vanilla.
- Carefully fold flour and almonds into mixture.
- Take the mold and grease the insides, assemble the mold and fill with batter
- Bake at 350 degrees F for about 30-35 minutes.
- Carefully take it out of the mold and when cooled, dust with castor sugar.

(The lamb moulds may be hard to find unless you have a German friend, check garage sales if you can't find one at a store this year. Etsy has one available to buy online but you probably won't get in time for Easter this year).

Gisela Montague
President
BC & Yukon Provincial Council

Mexican Wedding Cake

Cake

2 Cups	Flour
2 Cups	Sugar
2-1/2 tsp.	Baking Soda
2 tsp.	Cinnamon
2 Large	Eggs
2 Tsp	Pure Vanilla Extract
540 ml. can	Crushed Pineapple
3/4 Cup	Walnut pieces, toasted
3/4 Cup	Raisins

Method

- Set oven at 325 F
- Grease and flour 13" x 9" pan
- Mix first four ingredients together and set aside.
- Mix the eggs, vanilla & pineapple together, then add to the dry mixture and mix well
- Fold in the walnuts and raisins
- Bake for 40 – 50 minutes until golden brown and tester comes out clean.
- Cool in pan on wire rack.

Frosting/Icing

8 oz	Softened Cream Cheese
4 oz	Softened Unsalted Butter
1 Tsp.	Vanilla extract
3 to 4 Cups	Icing Sugar
1/2 cup	Toasted walnuts, finely chopped

Method

- Cream the cheese and butter together until smooth.
- Add the vanilla extract.
- Add the icing sugar a little at a time until smooth.
- Spread the frosting on the cooled cake.
- Sprinkle with the toasted walnuts just before serving.

Cut into squares.
Serve and Enjoy!

Sylvia DeSousa
President
Prince George Diocesan Council

Greek Yogurt and Lime Pannacotta

Ingredients:

1 cup	Full fat Greek Yogurt
¼ cup	Fresh lime juice
2 tsp	Lime zest
1 tsp.	Gelatin powder
1 cup	Whipping cream + ¼ cup of whipping cream, divided.
½ cup	Sugar

Lime zest for garnish

Method:

- Line a fine mesh strainer with a double layer of paper towel
- Put the strainer over a bowl, cover with plastic wrap and refrigerate overnight.
- Combine the ¼ cup of lime juice and zest in a saucepan. Sprinkle the gelatin over the liquid and let soften for 5 minutes.
- Add ¼ cup of whipping cream and stir over LOW heat until the gelatin dissolves and remove from the heat.
- Whisk the yogurt cheese and ½ cup of sugar in a medium bowl.
- Gradually whisk in the remaining 1 cup of whipping cream until smooth.
- Whisk into the gelatin mixture until combined.
- Pour into any pretty glasses or ramekins (I like to serve this in Martini Glasses)
- Cover with plastic wrap and chill until set; about 4 hours or overnight.
- Serve topped with lime zest and fresh blueberries (my favourite) or any other small fruits. (and maybe some shaved milk chocolate?)

Serves 6

Enjoy!

Sylvia Jurys
Chairperson of Communications
BC & Yukon Provincial Council

Think Summer! – Lattice Topped Cherry Pies

For Dough

2 lb All-purpose Flour
½ lb Unsalted Butter
½ lb Vegetable shortening
½ c. Sugar
2 tsp. Salt
Ice Water

Method:

- Combine flour, sugar and salt in a large bowl.
- Cut in fats until the texture is coarse meal.
- Add ice water a little at a time until the dough just comes together. Do not add too much water or the pastry will be tough.
- Divide the dough into four pieces, wrap in plastic wrap and chill for at least 30 minutes.
- Roll on floured board.

Filling

2 lb Pitted fresh cherries
½ tsp Almond extract
2 tsp Cherry Brandy (optional)
¼ tsp Allspice
¾ cup Sugar
2 tbsp Cornstarch
2 tbsp. Water

Method

- Place half the cherries and sugar in a large pan.
- Bring to a simmer over low heat, stirring, for 5 minutes until the sugar has melted.
- Stir in the almond extract, brandy and allspice.
- In a separate bowl, combine the cornstarch and water to form a paste.
- Remove the pan from the heat stir in the cornstarch paste then return the pan to the heat and stir gently and constantly until the mixture boils and thickens.
- Let cool a little and add the remaining cherries.
- Let mixture cool completely before filling the pie shell.

Cherry pies are traditionally served with a lattice top. Cut the pastry into 1" ribbons, and criss-cross across the pie filling.

If you prefer, you may use a closed top, make two slits using scissors in three or four places and cut dough into decorative shapes – leaves, cherries etc. to garnish, brush with milk before placing on top of the piecrust.

You may double wrap the pie in plastic wrap and freeze to bake later.

To bake

- Preheat oven to 425°F/220C.
- Brush top of pie with egg wash.
- **Cover the top of the pie with aluminum foil** and bake for 30 minutes.
- Remove the foil and bake for a further 15 minutes until the top is a deep golden brown.

Enjoy!

Sylvia Jurys
Chairperson of Communications
BC & Yukon Provincial Council

Gluten-Free Lemon Coconut Macaroon Tart

Crust:

2 cups	Sweetened shredded coconut (divided 1-3/4 cups and 1/4 cup)
2	Egg whites
1 tbsp	Cornstarch

Method:

- In a food processor, pulse 1-3/4 cups of coconut into coarse crumbs
- In a bowl whisk the egg whites with the cornstarch until foamy
- Stir in the coconut crumbs
- Press into a lightly greased 9" springform cake pan
- Bake at 350F until firm, 12 – 14 minutes

Filling:

2/3 cup	Sweetened condensed milk
1/2 cup	Lemon juice
3 large	Eggs
1/2 tsp	Vanilla Essence

Method:

- In a bowl, whisk together the condensed milk, lemon, eggs and vanilla; pour over crust
- Bake at 350F until set, about 20 minutes.
- Let cool completely

Topping:

1 pkg	Cream cheese, softened
1/2 cup	Coconut milk
1/2 cup	Icing sugar

Method:

- In a separate, beat cream cheese until smooth
- Gradually beat in the coconut milk
- Beat in icing sugar and coconut extract until smooth
- Pour over lemon layer
- Refrigerate until set, about 8 hours

Catherine Stroman
Our Lady of Lourdes Council
West Kelowna BC

My favourite Chocolate Cake and Kids Love it too!

Cake:

Grease and flour a 13" x 9"x 2" baking pan and set aside

Ingredients:

2 cups	All purpose flour
2 cups	Sugar
1 tsp	Baking soda
¼ tsp	Salt
1 cup	Butter
1/3 cup	Unsweetened cocoa powder
1 cup	Water
2 large	Eggs
½ cup	Whipping cream
1-1/2 tsp	Vanilla essence

Method:

- In a large bowl, combine flour, sugar, baking soda and salt, set aside
- In a medium saucepan, combine butter, cocoa and water. Bring the mixture to a boil and stir constantly; remove from the heat
- With an electric hand-mixer on medium speed, beat the chocolate mixture with the dry mixture until thoroughly blended
- Add eggs, whipping cream and vanilla.
- Beat for 1 minute (the batter will be thin).
- Pour batter into the prepared pan.
- Bake at 350F for 30-35 minutes until tester comes out clean from the middle of the pan. Place the pan on a cooling rack
- Pour warm frosting over the top of the cake and cool thoroughly before cutting and serving the cake from the pan

Frosting: (Prepare when the cake is baking)

¼ cup	Butter
3 tbsp	Unsweetened cocoa powder
3 tbsp	Buttermilk or whipping cream
2 – 2 ½ Cups	Sifted icing sugar
½ tsp	Vanilla essence
½ cup	Pecans, toasted and coarsely chopped

Method:

- In a medium saucepan combine butter, cocoa powder and whipping cream, bring to a boil, stirring over medium heat
- Remove from the heat and add 2 cups of icing sugar and vanilla and beat until smooth

- Add a little more icing sugar or a little more cream if needed, to make a more spreadable frosting.
- Add pecans, if desired

Catherine Stroman
Our Lady of Lourdes Council
West Kelowna BC

Easy Lemon Chicken Piccata

Easy Lemon Chicken Piccata is one of our family's go-to meals to beat the workday time crunch. Served with rice or pasta, it an incredibly flavourful meal in under 30 minutes.

Ingredients:

4	Boneless skinless chicken breasts
1 cup	Flour for dredging
1 1/2 tsp	Dry ground thyme
	Salt and pepper to season
1/4 cup	Butter
1/4 cup	Olive oil
2 cloves	Finely minced garlic
2	Lemons
1 cup	Low sodium chicken stock
1	Lemon zest, finely minced
1 or 2 tsp	honey
	pinch of salt and pepper to taste
4 tbsp	Capers, optional
2 tbsp	Italian parsley, chopped fine

Method:

- Mix the thyme and flour together in a bowl
- Pound the chicken breasts thin between two pieces of plastic wrap; or lay them flat on a cutting board and or using a sharp knife cut them in half horizontally to create two thin chicken fillets and pound thin
- Dredge the chicken pieces in the flour and thyme mixture, press firmly to get good contact.
- Heat the olive oil and butter over medium heat in cast iron skillet or non-stick pan.
- Add the chicken pieces and cook for about 2 minutes per side or until lightly browned. (It is best to cook the chicken in two batches so as not to crowd the pan and risk drying the chicken)
- Remove the chicken from the pan and keep warm
- Add the minced garlic to the pan over low heat for 1 minute
- Add the chicken stock, lemon zest, juice, honey, capers and a pinch of salt and pepper to taste and stir well
- Returning the chicken to the pan and cook until the chicken is heated through.
- Taste the sauce to see if it needs a final seasoning with salt and pepper.

Serve immediately with a sprinkle of Italian parsley on top

Mary Malerby
Our Lady of the Valley Council
Coldstream BC

In Closing

On behalf of the BC & Yukon Council, we extend our sincere thanks to all the contributors of this issue of the *Communicator* and for your invaluable work and dedication to the Catholic Women's League of Canada, especially during this challenging time of pandemic.

This has been an incredibly challenging year in our lives as we try to cope with the anxiety of the COVID-19 Virus and its variants, that has impacted many of our sisters and brothers around the world with illness and loss.

I believe that we have grown in faith and love through all of this and as Mother Teresa says, "When we look in the eyes of all who we meet, we see the Face of God".

We have learned the value of love and friendship to our sisters and brothers whether we are related, bonded in friendship, joined in faith and we even feel close to strangers who pass us by on the street or at the grocery store.

This is a bittersweet day for me as I pen my last issue of the *Communicator*, my term as chairperson of communications will come to an end at the Annual Members Meeting in June.

I have loved every minute of getting to know you and appreciate your dedication to providing wonderful news and articles for this publication. I will always treasure your friendships and devotion as my sister the Catholic Women's League of Canada. You will always be in my prayers.

A reminder that the closing date for your submissions to the Advent issue of the *Communicator* is November 1, 2021. Please email your submissions to comm@bcyukoncwl.com

Take care, be well, be kind and remember to smile and say "Hello" to everyone you pass by, they will see the smile in your eyes.

Wishing you a blessed Easter.

God bless you all.

Sylvia Jurys
BC & Yukon Provincial Council
Chairperson of Communications