

Issue 45  
Spring 2022

# Communicator



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**BC & Yukon  
Provincial Council  
of the Catholic  
Women's League of  
Canada**

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HE IS RISEN!

## Editor's Notes

Spring always brings optimism. After walking through Lent, we now run towards the Light of Easter. The awakening happens all around us – from buds on the trees to flowers in our gardens. We are slowly opening up our lives after a two-year slumber and can, once again, meet in-person and see our sisters' smiles. We even dare to hug.

Thank you to all the members who contributed to this issue. I am always amazed by how diverse our membership is and how each story is unique. We truly are a colourful mosaic, and it has been my pleasure to coordinate these stories for your reading pleasure.



We are fortunate to be living in freedom in Canada. As I prepare this issue, there is a war raging in Ukraine and its people are experiencing such heart-breaking hardships as their country is being destroyed. They are fleeing their homeland in the millions to seek refuge and safety.

In addition to prayers, we can financially support the humanitarian efforts of our sisters, the Ukrainian Catholic Women's League of Canada who have partnered with CNEWA-Canada to receive donations through parishes and online at <http://cnewa.org/ca/campaigns/Ukraine>.

In *Fratelli Tutti*, (261), Pope Francis states, "Every war leaves our world worse than it

*was before. War is a failure of politics and of humanity, a shameful capitulation, a stinging defeat before the forces of evil."* We must continue to pray for an end to this, and all wars.

Christa Grillmair,  
BC & Yukon Provincial Council  
Chair of Communications  
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*The Communicator is published twice a year and we welcome submissions from members in parish councils, diocesan councils and provincial councils and spiritual advisors.*

*Stories and articles may be submitted to: [comm@bcyukoncwl.com](mailto:comm@bcyukoncwl.com). The Communicator is posted on the BC & Yukon provincial website [www.bcyukoncwl.com](http://www.bcyukoncwl.com) in the Communications, Newsletter section.*

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

*Our next issue will be published just prior to Christmas and the deadline for submissions to Issue Number 46 is November 12, 2022.*

## Rejoicing in the Vineyard of The Lord!

Our national sisterhood is gathering in Kelowna from August 13-18, 2022, as the BC & Yukon provincial council hosts the 102<sup>nd</sup> Annual National Convention. This will be our opportunity to show off our beautiful province, especially the Okanagan valley.

The provincial council is offering \$400 incentives to attend the convention - five for each of our six dioceses in the BC & Yukon provincial council. The application for the National Convention Subsidy can be found on the provincial <http://bcyukoncwl.com> website, under Resources.

The registration and agenda are at your fingertips in the Quick Links section on the first page of the national website <http://cwl.ca>.

In addition to the Delta Hotel, there are many hotels in Kelowna within walking distance or a short cab-ride away. The list of the alternate hotels is also listed with the convention information.

In addition to the usual business, there will be time for spiritual reflection, an opportunity to listen to excellent speakers, and plenty of time to share and celebrate with our sisters from coast to coast to coast.

Our BC & Yukon provincial dinner is on Tuesday, August 16th, and each of the six dioceses in our province will showcase their talents with a presentation or skit. Since there is no theme, the sky's the limit, so get your creative juices flowing! Please register for the provincial dinner at your parish council.

Volunteers are still needed:

If you would like to help out at the convention, please contact Nancy Simms - [simmstogether@gmail.com](mailto:simmstogether@gmail.com)



**102<sup>nd</sup>**  
**Annual National Convention**  
*Rejoicing in the Vineyard of The Lord!*

**August 13 - 18, 2022**  
 at the  
**Delta Hotels by Marriott**  
**Grand Okanagan Resort**  
**(250) 763-4500**  
**1310 Water Street - Kelowna, BC V1Y 9P3**

*See you in Kelowna!*



## Our Life as a Garden

*Father David John,*

*BC & Yukon, Provincial Council, Spiritual Advisor*

I knew an Italian lady who really did have 'green fingers' and had the most incredible ability to make things grow. I was being shown around her garden by a friend who pointed out to me how this wonderful gardener had some bamboo poles on which she had attached her peas so that they would have support. But then my friend invited me to look more closely, and I realised that even the bamboo poles themselves were now sprouting green shoots; these bamboo poles were growing!

The memory of this lady's ability to bring life to her garden has always stayed with me, and I guess that was in the back of my mind as I was preparing for our Easter celebrations. On Easter Day we will hear in John's gospel an account of the resurrection (John 20) where Mary Magdalene comes to the tomb early in the morning and finds it empty. She calls the disciples who come and see the empty tomb, but they then leave while Mary stays there. It is then that she meets Jesus in the garden. The text says that she supposed that Jesus was the gardener.



At college I remember reading an intricate explanation from some scripture scholar saying that Mary was crying, and her eyes would have been filled with tears, plus as it was 'early' she may have been facing the rising sun so couldn't see the face of Jesus, and this was the reason that she failed to recognise Jesus and her 'mistake' of thinking that He was the gardener. This might be true, but for me it seems to miss the whole point of the incident.

If we look back to the book of Genesis it tells us that God put Adam in the garden of Eden, *"The Lord God took the man and put him in the garden of Eden to till it and keep it."* (Genesis 2:15). So effectively Adam was the gardener of paradise. Thus, I wonder if what John is trying to tell us in his gospel is that Mary wasn't wrong in seeing Jesus as a gardener, but not the gardener of a small area of land near Calvary, rather the gardener of the whole recreated world that came about because of His resurrection. As the 'First Adam' was the gardener of the first paradise, the 'New Adam' is the gardener of the new reality that has been brought about through His passion, death, resurrection, ascension, and the outpouring of the Holy Spirit.

Of course, that leads us on to ask, how is Jesus a gardener of our new recreated Easter lives? Do we see Christ as the ever-present gardener within us who loves His garden and constantly cares for it, or do we see Christ more like "The Lawn Doctor" or some other company who only come in when things get out of control and need fixing? Is Christ nurturing us every day, or do we get Him in a few times a year hoping He will get rid of some of the weeds and make our inner selves a bit more presentable, and certainly in need of just minimal maintenance?

A gardener feeds and provides water to enable growth and ensures that there is light. If we see our lives as a garden and Christ as the gardener, how do we let Christ nurture and tend our lives, providing nutrients for the areas that need growth, water for the areas that are dry, and yes, pruning what might be getting out of control, and all the time providing His light that enables that growth?

If *spring* is the time of year, we need to be outside getting rid of the dead foliage of winter and enabling the new growth of spring, then *Easter* is the time we need to be in the spiritual garden of our lives helping the Gardener to toss out what is dead and holding us back and encouraging the new spiritual life of the resurrection.

And just think, if that Italian lady can, out of love of her garden, produce such a wonderful place of life and growth, how much more can Christ, out of love, recreate the inner you!

## Ukrainian Easter Food Basket

*Sharon Geiger, President, BC & Yukon Provincial Council*

My parents and both of their families are of Ukrainian descent and growing up they passed on a few of their Ukrainian traditions. One of these traditions was the blessing of the Easter basket. However, my memories of blessing the Easter basket are faint.

After I was married and had children, I met a lady who had children of the same age. She and her husband were from Poland and at Easter they wanted to have their Easter basket blessed. We lived in Mackenzie and we both attended St. Peter's Catholic Church. There was no Ukrainian Church – the closest was over two hours away in Prince George. We asked our priest if we could have our baskets blessed, which he happily agreed to do. From that day forward this has been a tradition in my family.

An aunt had given me a Ukrainian recipe book, which detailed what food needed to be in an Easter basket. The food is our family's traditional breakfast on Easter Sunday morning.

In the Ukrainian tradition, the Easter basket foods and what they symbolize are:

**Paska** - (Ukrainian Bread) Christ Our Bread of Life

**Eggs** - New Life and the resurrection of Christ

**Horseradish mixed with grated beets** - The Passion of Christ

**Cottage Cheese** - The moderation that Christians should show in all things

**Salt** - The duty of Christians to others

**Ham** - The great Joy and abundance of Easter

**Butter** - The goodness of Christ

**Kielbasa** – (Ukrainian sausage) God's love and Generosity

***Khrytos Voskres – Christ is Risen***

***Voistynu Voskres – Indeed He is risen***



God of peace and justice,  
we pray for the people of Ukraine today.  
We pray for peace and the laying down of weapons.  
We pray for all those who fear for tomorrow,  
that your Spirit of comfort would draw near to them.  
We pray for those with power over war or peace,  
for wisdom, discernment and compassion to guide their decisions.  
Above all, we pray for all your precious children, at-risk and in fear,  
that you would hold and protect them.  
We pray in the name of Jesus, the Prince of Peace.  
Amen.



## **Easter in a Foreign Land**

*Catherine L'Heureux*

*President Elect and Chair of Organization*

In 1988 our whole family, Art, and I and our five children left Canada for a year to travel around Central America. What an adventure!

We loved the idea of being propelled through Mexico, Guatemala and Belize by buses, boats, trains, and planes. We did not homeschool the children because we wanted them to see and experience many things in their "outdoor classroom".

We wanted a rest, a holiday, a new culture to explore and Catholic countries to visit. The Bible tells us to travel light which we did. The trip was wonderful!

We landed in Mexico City. Our first stop was the Shrine of Our Lady of Guadalupe where we dedicated our year to Mary, the mother of God and to ask for her protection and prayers. During our time away we visited art galleries, museums, plays, dance performances, beaches, ruins, volcanoes, markets, magnificent churches, and shrines. We ate wonderful breads, tropical fruits, delicious Mexican food, and pastries. Everything was so new, exciting, and very colorful!

When Easter rolled around, we found ourselves in a small town called Ixcotel just outside of Oaxaca, Mexico. An American priest who we met earlier on our travels told us Mexicans identify more with Good Friday and Jesus's Crucifixion than Easter Sunday and Jesus' Resurrection. The Easter triduum was eventful. Prior to the Good Friday service, a statue of Mary and the crucified Christ were processed around the plaza in front of Santa Maria Church. I particularly remember our family amidst crowds of people being outside the church on the beautiful, warm, sunny day. We were also happy to see our neighbors participating in all the liturgies.

On Holy Saturday we decided to take the train to a small, dusty, little town called Taviche. Along the way we saw several scenes on the hillsides with people kneeling at the foot of three life size crosses... We had planned to have lunch in Taviche before returning but found out the train only stopped for 5 minutes before returning to Oaxaca. No sooner were we seated for the return trip when a man approached us saying the train engineer wanted the children to visit him in the caboose. This gave Art and I a chance to stretch out and relax as we watched the desert scenery flash by. At the first stop we were in for a huge surprise. Young people were standing on the train station platform with buckets of water. They completely doused the passenger car with freezing cold water. It was refreshing!

Easter Sunday dawned clear and bright. We weren't surprised that there was little fanfare about Easter Sunday. After Mass we celebrated with an Easter egg hunt, a delicious dinner, games, and the rosary. It was truly a lovely but very different Easter



Alleluia, Alleluia, Alleluia, Christ is Risen!





## Every Spring is a New Beginning

*Suzanne Eng,  
BC & Yukon Provincial Council, Chair of Christian Family Life*

Each year, there is usually a lovely mild spell of weather in early February. Then we get another cold snap. I have to curb my gardening enthusiasm every time. But at last! By the middle to end of March, I can clean and weed my garden. Weeding is not my favourite chore. But while weeding, I do find my mind turning to prayer.

- ☐ Prayer to weed out my bad habits and my unkind thoughts.
- ☐ Prayer to plant more faith, hope and love.
- ☐ Prayers for healing.
- ☐ Prayers for friends and family.
- ☐ Prayers of thanksgiving for all the good things God has given me.

Then, after all the work, the flowers appear. These hyacinths and daffodils have been dormant for months. But now they have come back to life. They are a reminder of Christ buried and risen in glory. Alleluia! He is Risen!



## Sacrifice Beads

*Gail Kopp, Secretary, Kamloops Diocesan Council*

In her report at a recent diocesan meeting, Christine Mason, president of Sacred Heart CWL in Williams Lake, explained the sacrifice beads project that her council was making. Her project caught the imagination of our Sacred Heart CWL members in Lumby. Twelve adults (CWL members, new parishioners, and men) gathered together to make the sacrifice beads as key chains and pocket beads.



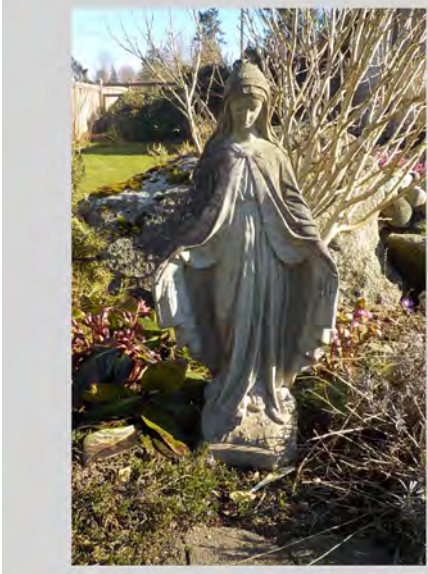
Every time you make a sacrifice in your day, you slide one of the beads down towards the cross. The whole project took just over an hour. It might have taken less time, but people were eager to visit after the restrictions of Covid. These are pictures of what we accomplished.



## My Mary Garden

*Laurel Phyll, President, Victoria Diocese*

My husband, Doug, helped me to build my Mary Garden approximately 25 years ago. I was inspired to do so by a book given to me by our parish pastor called "Mary's Flower – Gardens, Legends & Meditations" by Vincenzina Krymow. I already had a statue of the Virgin and my daughters gifted me a concrete bench which I placed facing the statue. We built the garden with terra-light blocks, then added the soil and placed the statue.



When I started researching Mary's flowers, herbs, and plants I found that there are at least a thousand flowers and herbs named after Mary, so I needed to whittle down my list and planted these flowers.

Blessed Mary – Lily of the Valley (*Convallaria* var.)

Mary's Gold – Marigold (*Calendula officinalis*)

Purity of Mary – Edelweiss (*Leontopodium alpinum*)

Sweet Mary – Bee balm (*Monarda didyma*)

Our Lady's Delight – Pansy (*Viola tricolor*)

Eyes of Mary – Forget-me-not – (*Myosotis scorpioides*)

Lady Beautiful – Geranium (*Perlargonium domesticum*)

Christmas Rose – Helleborus (*Helleborus niger*)

Rose of Sharon – Spring crocus\* (*Crocus vernus*)

\*Rose comes from a Hebrew word whose root means "bulb-like" and applies to many flowers.

I also planted these herbs:

Mary's Bedstraw – Common thyme (*thymus vulgaris*)

Mary's Dying Plant – Lavender (*Lavandula officinalis*)

Mary's Plant – German chamomile (*Matricaria recutita*)

Mary's Shawl – Common sage (*Salvia officinalis*)

St. Mary's Tree – Rosemary (*Rosmarinus officinalis*)

My devotion to Mary has grown through my Mary Garden, as I have long conversations with her as I weed, dead head, plant, and prune. I spend time on the bench in the sunshine to pray, meditate and admire the bees, butterflies and hummingbirds that are attracted to the garden. I have planted this garden with the intention of honoring Mary.



As I write this, at the end of February on Vancouver Island, it is a slow time in the garden with only the crocus and helleborus blooming. As we head into Lent in another week in preparation for Easter, spring will be around the corner and it will be a time of renewal and anticipation for the flowers and herbs to renew themselves in time for the month May, Mary's month.

*Lilies for her purity,  
Blue bells and morning glories for the cloak she wore;  
Baby's Breath for the Child she nurtured,  
And for her willing feet the Lady Slipper;  
Foxglove to warm her gentle hands,  
Sweet Woodruff (Bedstraw) for her rest. (Author Unknown)*



## Finding Alleluia Moments

*Noli Buyco, President, St. Ann's CWL, Abbotsford, BC*

In February, our council needed to complete the instructed votes and pandemic restrictions meant that we had to gather outdoors, necessitating setting up transmitters and microphones. But, Alleluia, two days before our meeting date, restrictions were lifted, and we held our first in-person meeting of 2022.

On another occasion, God heard my call. I discussed with a friend about how it would be nice to have at least five more members join our council. It was such a specific number but within five days, and the help of the Holy Spirit, we got six. One member joined after we had a caring conversation after Mass, another joined while I helped a parish worker with a project, and one more decided to join while I gave her a ride to a prayer group meeting. Talking to a sad parishioner in the parking lot encouraged her to join and I recruited one member by offering a free course in Food Safe. When I checked on some parishioners who were new to the church and to our country, they were happy to that I reached out to them and gained another CWL member.

I call these my Alleluia moments. With all these challenges, be it big or small, He answered my prayers. I trust the journey God has put me on. There are definite challenges, but He guided my doctor to give me the right treatment so that I no longer rely on a cane and have less pain. My ten-year-old granddaughter had suffered from a pelvic fracture this year and now no longer relies on a wheelchair. We both are wobbling partners and support each other's limp, and with God's blessing, she will recover too.

## Bringing Comfort and Joy

St. Ann's CWL members collect boxes of chocolates from members at the annual Christmas event. However, at the time, government mandates on gatherings due to the pandemic prevented them from having the Christmas socials. *"When we don't have the words, chocolate can speak volumes". (Joan Bauer)* Never to be hampered from the giving spirit of Christmas, members collected and distributed boxes of chocolates to the following organizations on Christmas Day:

- St. Vincent de Paul Society with groceries donated by St. Ann's parishioners.
- Christine Lamb Residence, 41 self-contained unit residence which provide transitional housing for women and children who are at risk of homelessness and fleeing violence. St. Ann's CWL furnished six of the units and members cook breakfast or lunch every month.
- The Warm Zone, a drop-in centre for street-engaged women. CWL donates women's items and home cooked meals.
- Cyrus Centre, which provides emergency supports for youth and families who are homeless and at risk of homelessness. CWL donates home cooked meals monthly and on special occasions.
- Nightshift Ministries provides warm meal 365 days a year, operates clothing distribution service, mobile medical service, and a professional Care Counseling Centre. CWL donates gently used clothing.



*Hebrews 13:16 "And do not forget to do good and to share with others, for with such sacrifices God is pleased."*

## Valentine's Day Cards

*Linda Faust, Secretary  
BC & Yukon Provincial Council*

It is interesting how an idea can turn out so wonderful. Our Life Member, Sharon Geiger mentioned that Valentine's Day was approaching and wondered what we could do as a council to bring a smile to each member's face when the pandemic restricted Mass attendance and in-person meetings. She had an idea of sending cards to each member of our council but needed help. Five members took up the challenge and gathered, making sure pandemic guidelines were followed, and went to work. Thank you to the religious article store for the donation of cards and envelopes. The ladies put a lot of effort into writing these cards using bible verses, stickers, and a lot of love. It took just under two hours to write 100 cards, one to each member of the council, while catching up with each other.



Sharon Geiger

Members who received the cards sent back these comments: "What a wonderful surprise to receive the Valentine's Day card. Thank you." "What a lovely idea with all those Valentine's cards. Now I know their origin, please say a special thank you to Sharon and her other cohorts." "It brightened my day to receive the mail you sent, especially for Valentine's Day. Thank you." "Ladies of the CWL, thank you very much for the lovely and thoughtful Valentine's greetings. What a nice touch. May God and our Lady grant you blessings on all you do."



From left to right, Teresa McKerral, Sharon Geiger, Corrine Smith, Wendy Puccini.

## Victoria Diocesan League Development Day

Agnes Geiger,

BC & Yukon Provincial Council Life Member Liaison

St. Patrick's CWL council in Victoria hosted the diocesan league development day on March 12, 2022. The day began with Mass celebrated by Fr. Alfredo Monacelli, Diocesan Spiritual Advisor. In addition to the usual council business, we were treated to the hospitality of the council, who decorated the hall in the spirit of St. Patrick's Day and the members of the Knights of Columbus provided an Irish stew lunch.

Bishop Gary Gordon's presentation *Charting a Course for Our Journey Together – Synod 2021-2023* clarified what the synod is: a listening and discernment process. The word synod comes from the ancient Greek word which means coming together or travelling together. Pope Francis is inviting Catholics everywhere to relearn the ways of being church together, to create spaces of encounter and mutual listening that incorporate the gifts of all the baptized, as we face the many challenges of renewing the life of the Church for our time. All people of the diocese are invited to take part in a Listening Circle and encouraged to share in an honest and open manner our real-life experiences and to reflect together on what the Holy Spirit might be revealing to the Church. To host a Listening Circle, or to participate in a Listening Circle or to complete the Listening Church response form you can visit [www.rcdvictoria.org/synod](http://www.rcdvictoria.org/synod).



Bishop Gary Gordon, Taku, and Merlin

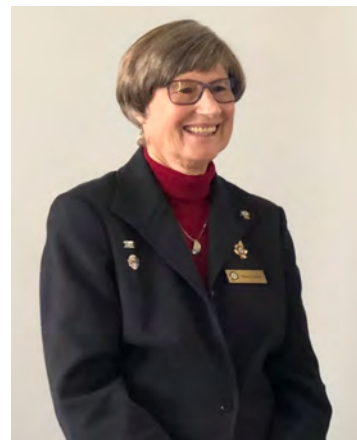


Fr. Konrad Zaborowski, SDS, pastor of Sacred Heart parish in Victoria, led us through a Lenten reflection focused on the three values of the CWL: faith, where the goal is to strengthen our relationship between God and us; fun, which he translated as joy and fulfillment on three levels, God, others, and myself.

Guest speaker Nancy Stuart, executive member of Development and Peace (D&P), Caritas Canada. She shared about the 1% program which has been embraced by the CWL since 1969. Three countries which desperately need our assistance are Afghanistan, Haiti, and Sierra Leone. Afghanistan is one of the worst countries in the world for women. There a woman's life expectancy is 51 years, 85% are illiterate and have no formal education. In Haiti, only 2% of women in rural areas have finished secondary school,

literacy rate is 57% and 80% of female-headed households live in poverty. Sierra Leone ranked 183 out of 187 countries on the gender inequality index, only 9.5% of women have a secondary education and 39% of women are married before the age of 18.

What could 1% of the cost of all personal items and 1% of funds raised by councils do? In Afghanistan, D&P working with the Noor Education and Capacity Development Organization (NECDO), is offering training and information sessions to both women and men so they can become advocates and defenders of women's rights in their communities. In Haiti, D&P has worked with a local women's group Fanm Deside for 20 years to help Haitian women rise out of poverty by providing accompaniment and shelter for women who are victims of domestic abuse, agricultural training for earthquake victims and the creation of Bon Poul which raises and sells chickens. In Sierra Leone, D&P is working with Women on Mining and Extractives (WoME) to help women in mine-impacted communities develop leadership skills so they can defend their rights and increase their household incomes through livelihood projects. When we act together, change is possible. We need your voice!



Nancy Stuart



## Synod Conversation Circles

*Gisela Montague  
BC & Yukon Provincial Council, Past President*

On Saturday, March 5<sup>th</sup>, after morning Mass, some of the ladies of the St. Mary's council in Chilliwack responded to our Holy Father's questions and joined in two Conversation Circles for the Synod. Many other members who could not attend that day took part with other ministries in which they are active.

Our council works to support our pastor, our parish family, our school, and our community. We are honored to have our opinions listened to. Our prayers continue to be offered for the success of the Synod and we look forward to reading the results in 2023.



*Left to right: Gisela Montague, Rita Blanchette, Helen Murray, Jill Pinto*

### Synod Prayer

We stand before You, Holy Spirit,  
As we gather together in your name.  
With You alone to guide us, make Yourself at home in our hearts.  
Teach us the way we must go and how we are to pursue it.  
We are weak and sinful; do not let us promote disorder.  
Do not let ignorance lead us down the wrong path  
Nor partially influence our actions.  
Let us find in You our unity  
So that we may journey together to eternal life  
And not stray from the way of truth and what is right.  
All this we ask of You, who are at work in every place and time,  
In the communion of the Father and the Son,  
Forever and ever.      Amen

## Women of Action

*Sylvia DeSousa,  
Prince George Diocese, Diocesan President*

Greetings from the Prince George Diocese. For any of you who do not know, the Prince George Diocese covers 133,000 square miles in Northern British Columbia. There are 13 councils in the Diocese, 12 of which are active.

Many of our councils are small, but they are mighty! The Catholic Women's League is visible in our communities, and our local government representatives know who we are and what we stand for. The women of the north pray hard, work hard and play hard. It is always amazing to hear and learn about the interesting and diverse activities that take place in each of these parish councils as each individual has their own gifts.

Within each parish, it is League members who are most involved in parish life, from being sacristans, proclaimers of the Word, extraordinary ministers of Holy Communion, music ministers, cleaners and decorators of their churches, hostesses at funeral receptions, assistants to their priests in whatever way they can, and everything in between.

One of the councils recently reported, that even with the pandemic, they were able to safely host fund-raising events such as walk-through-markets, bake sales and *A Dinner in a Box*, and raised over \$10,000 in one year. Of those funds, over \$9,000 was given away to a variety of local and global organizations in need, including three local refugee families.



*Susie Smeader*

Recently one of our councils gave a much needed and appreciated layette of clothing, diapers and formula to a young couple who had just had twins and were struggling financially. It was wonderful seeing this young mom being so grateful. Another of our councils is very involved with their Community Food Bank and Soup Kitchen, while in another council sewers and quilters provide clothing and blankets to many in need.

It is interesting to see that, as each individual has their own gifts, so does each council. No matter what area we excel in, we are women of action. With

our faith guiding us, let us be the Light of Christ in this world, bringing about social justice and of service to those in need. May our Lord Jesus Christ bless and guide us all.



*Sylvia DeSousa, Britney Calkins, Francesca Blessing*

## Kamloops Diocese Councils Focus on a Theme

*Joan Bisson, CWL Parish President, Sacred Heart, Merritt, BC*

### **National Theme: *Catholic and Living It!***

During the months of February, March, April, and May we will challenge every CWL member and the parish, to make the sign of the cross in the following circumstances:

- Publicly before every restaurant meal as we pray grace, as a sign of witness to our Catholic faith.
- Whenever we are in public and there is blasphemy in our hearing.

If we are truly Catholic and Living It, these quiet but profound acts of witness can move hearts, remind believers and non-believers alike that we are not afraid to show our faith and that the cross is our hope.

### **Provincial Theme: *Embracing Christ in Everyone***

In the months of June, July, August, and September we will challenge every CWL member and our parishioners to actively seek out the following random acts of love:

- Offer a hug to a stranger
- Buy a coffee or tea or soup for a less advantaged member of society e.g., homeless, 'down and out' young person, single parent
- Leave a message of support or affirmation or encouragement on a stranger's windshield.

### **Kamloops Diocesan Theme: *Serving Together with Love and Joy***

For the months of October, November, and December we will challenge every CWL member to:

- Come to Sunday Mass with their CWL scarves or pashmina's and introduce themselves to a parish brother or sister they don't know yet
- We will each ask our fellow parishioners how we can individually and collectively pray for them in the coming week.
- We will aim to have a CWL member reach out in love and joy to every member of our parish over the last quarter of 2022.

In order to inspire our parish and fellow believers, we will publish our plan in our parish bulletin each week, in the 'CWL Corner'. For those months that we are encouraging our parish to join us, we will announce our plan after each Sunday Mass.

## **Plans for May**

*Kelly Wilson, President, St. James, Vernon, BC*

We are focusing our diocesan theme of *Serving Together With Love and Joy* by planning our first Spring Fair this May. This will be an outdoor event, just before Mother's Day, with tables selling baked goods, jewelry and crafts made by the Catholic Girls League. In addition, we will have tables and chairs set up, with tea, coffee, and goodies to encourage people to sit, visit and reconnect with each other.

We want to make this an annual event that will develop friendships, build community, and provide a fun event that people can attend after a long winter. We envision that this event will bring our members together with a common purpose and provide an opportunity for us to welcome potential new members to our council.



## Catholic and Living It!

*Christy Bevin, President, Holy Family CWL, Kamloops, BC*

We were stuck playing the waiting game of when COVID would end so we could get back to business. We thought, like many, that we could just wait it out. Two years later, realizing that waiting was not going to cut it, we set out with a breath of fresh optimism and determination to execute the national theme of *Catholic and Living It*.

We felt that to be Catholic and live it means to grow in fellowship and then take that to others. The challenge to implement this meant that members need to gather again in-person. We started by alternating our general meetings each month between Wednesday evenings and Saturday mornings to accommodate more of our members' schedules. Going out for lunch after the Saturday meeting is really helping to grow fellowship. It has taken personal invites, video invites, emails, and phone calls, but slowly we are seeing members re-emerge.

We have set up our general meeting to rotate through the core values of spiritual, service, and social justice with one hour committed to these topics. We then follow the model of feedback, education, and action within each core value. We are committed to live as Catholics by focusing on fellowship with growth in the knowledge and love of Jesus and service to others, especially our CWL members. We believe as we meet the needs of our

members, we will inevitably meet the needs of our community.



Here is a photo of our food bank initiative. We set up the display and in the second week, followed it with a notice in the bulletin and on the third Sunday we addressed the parish and asked for the three most wanted items the food bank needs. Having specific requests with an advertised goal has helped and we are hoping many will make a habit of donating to food banks after our food drive and Lent are over.

## Day of Reflection

*Dorothy Hruby, Past President, Our Lady of the Lake, Blind Bay, BC*

Once COVID restrictions are lifted our council would like to have a day of reflection inviting not only CWL members but other women in our parish. The theme, *Catholic and Living It!* would be embraced by welcoming each lady with a flower and a prayer.

This is the sisterhood that has not been demonstrated for some time and would be a time of renewal. Part of the day would be spent in reflecting on our faith by sharing personal faith stories. The largest portion of the day would be the social part sharing laughter, joy, love, and food. With Christ gathered there with the ladies, how fulfilling would it be.

## Skating and Hot Chocolate

*Ann Verhage, President, Sacred Heart, Lumby, BC*

The last two years have been especially hard to attend Mass for many of our parish families with young children. Thinking of ways to involve the young people, yet staying within the restriction guidelines, our council decided to host an outdoor winter skating and BBQ at our community walking park on February 13, 2022. Our goal was to reach out to younger parishioners and families to give them that sense of again belonging to our parish, as



well as welcoming anyone who passed by.

We decided it was best to plan this for after Sunday Mass so everyone could enjoy some hot chocolate, hot dogs and smores on the outdoor fire pit. The Knights of Columbus donated the supplies and were very pleased that we were doing activities that included the young children.

About 40 adults and children came and enjoyed the beautiful sunshine and many of the people who walked by also stopped to chat.

Even though the ice was melting, and we couldn't have skating, we brought along games and activities for the kids to enjoy. The mothers were pleased to finally have something to do with their kids and suggested doing it again.

## Keeping in Touch

*Mary Malerby, President, Our Lady of the Valley, Coldstream, BC*

We are a small council of 45 members and during this strange and challenging time, have met only twice in the past year. As many of our members are elderly, we have attempted to set up a home communion service, albeit with only minor success to date. However, we did get together for a fellowship afternoon based on Ephesians 2:10, *For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.* We made a small token of a painted rock and prayer cards which we distributed to parish elderly persons, shut-ins, and vulnerable people. We keep in touch with our members by forwarding forward items they might like, usually includes something spiritual and sometimes CWL videos.



## Our National Sisterhood Connects The Past

*Linda Faust, Secretary, BC & Yukon Provincial Council and  
Pauline Weber, Secretary, Holy Family Parish, Sechelt*



The following shows us how the sisterhood of the CWL has the power to connect.

### *The story according to Linda Faust:*

As BC & Yukon provincial secretary, I receive the updated parish registers. One of the entries required a follow-up and the response had a personal note attached. It read, “on a personal note, were you born in Kamloops, and was your maiden name Babcock?” I thought, who is this Pauline from Sechelt and how does she know this information about me? When I confirmed that this was correct, it was my turn to enquire as to who she is and how she knew this of me. So, I called my sister, Loretta, in Kamloops and told her the story. She wasn’t sure who this could be but had one idea and said, “just wait and see what her reply is”. A few hours later the puzzle was solved. Pauline’s mom and dad were my Godparents who lived close to us in Kamloops, next

door to my grandparents and Pauline’s older sister babysat us. This connection was a wonderful surprise. Since then, we have sent a few emails back and forth to each other, caught up on family and I look forward to the day when I can meet her once again face to face. The CWL does connect us all and sometimes one has to take that step of faith and see what the Lord has in store for us.

### *The story according to Pauline Weber:*

I am the CWL secretary of Holy Family Parish in Sechelt. In mid-February I submitted some changes of our parish register to national, provincial, and diocesan. Linda Faust, who is the provincial secretary, emailed back asking some questions about the dates on the register. When I responded, I mentioned that her name sounds familiar and asked her if she was from Kamloops (where I was born and raised) and if her maiden name was Babcock. Linda answered yes and asked how did I know that? As it turned out my parents were Linda’s Godparents. In Kamloops, we lived across the alley from her grandparents and my sister, Loretta, babysat for Linda and her siblings some 50 years ago. After my first enquiry, Linda talked to her sister (also named Loretta), and she was able to put it together for her. Since then, Linda has sent me some lovely emails updating me on her siblings and aunt and uncle. It was great connecting with someone from long ago. I have also shared the emails with my sister, Loretta, in Winnipeg.





## Every Sunday is a 'Little Easter'

*Sheila Doherty*

*BC & Yukon Provincial Council, Education and Health Chairperson*

If Christ had not risen from the dead, there would be no Eucharist as we know it.

We might have a meal commemorating his Last Supper. But it would only be a memorial, a re-enactment.

But the Eucharist is not a re-enactment. It is real. It is "live." It is the risen Lord himself who leads every celebration of the Eucharist. It isn't something we do on our own. The Church teaches that the Mass is the "action of Christ and the People of God."

It is the risen Lord, in his glorified human body, who calls us together, who hosts the celebration, and invites us to join him as he continues to give himself – and us – to the God he calls Abba.

Christ did rise from the dead. That's why we get together every Sunday to celebrate the Eucharist.

And that's why every Sunday has traditionally been called 'Little Easter'.

*(The Little Black Book, April 17, 2022, Easter Sunday)*

