



Faith, Service  
and Social Justice

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

National Theme  
*Catholic and Living It!*

Provincial Theme  
*Joyfully Serving the Lord*

Advent  
Issue Number 49

*"Do not be afraid Mary, for you have found favour with God. And now you will conceive in your womb and bear a son, and you will name him Jesus" Luke 1:30*

This publication is published three times a year and we welcome submissions from parish councils, diocesan councils, provincial council members and spiritual advisors. Articles may be submitted to: [comm@bcyukoncwl.com](mailto:comm@bcyukoncwl.com) and will be published on the BC & Yukon provincial website [www.bcyukoncwl.com](http://www.bcyukoncwl.com) or by request to: [info@bcyukoncwl.com](mailto:info@bcyukoncwl.com)

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

***The deadline to submit articles for the Easter Issue Number 50 is March 1, 2024***

*"This is the day the Lord has made,  
Let us Rejoice and be glad"*

***Start gathering your news submissions for the Easter issue now.***



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**2023 MERRY CHRISTMAS, HAPPY NEW YEAR  
and THANK YOU.**



Dear Sisters in the League and Spiritual Advisors,  
Peace, joy and love to you and your precious families during this very holy season. I am so proud of you. Thank you for the work you do for God and Canada. The Catholic Women's League is only great because of the dedication, integrity, and prayers of its members. What would our parishes do without the League? We are involved in every parish ministry. We have a great love of the poor, the unborn child, our priests, our young people, our seniors, our Catholic schools, faith formation programs and especially our faith. We care! You all need to pat yourselves on the back for the tremendous outpouring of your love in our parishes and communities.

I am starting to receive wonderful pictures for our photo contest. The deadline is January 1, 2024. No late entries will be accepted. Expressing the three new core values of Faith, Social Justice and Service in pictures is what the contest is all about. The winners will be announced at our 2024 Kamloops provincial convention in Kamloops June 20-22. I hope to see many of you at the convention, especially our new members.

National has asked each Catholic Women's League member to invite one lady to join the League in 2024. Wow we would double our numbers if everyone complied!

Advent and Christmas are special times of the year for us. The waiting involved in Advent reminds me of Our Lord's second coming. It is a holy season to stop and reflect on our lives. Do I need to be more moderate in my daily life, am I present to my loved ones, and am I grateful, thankful and, deeply appreciative of all I have?

There is a little-known tradition that I would like to share with you. In the Middle Ages it was the custom to hold the statue of the baby Jesus in your arms. While holding the Child Jesus the laity would meditate on innocence, purity, and love of Our Saviour. This Christmas before you put the baby Jesus in the manger hold Him and take some time to think about this little child who became the Savior for the world.

Catherine L'Heureux  
President

*And He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.*  
-Isaiah 9.6

The Angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin. engaged to a man whose name was Joseph [...] And he came to her and said, "Hail, full of grace! The Lord is with you." But she was much perplexed by his words and pondered what sort of greeting this might be. The Angel said to her, "Do not be afraid, Mary, for you have found favour with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus."



Dear Beloved CWL Members,

On December 8<sup>th</sup> the parish that I serve in as pastor celebrated its patronal feast day: that of the Immaculate Conception. It proved to be a wonderful gathering. We began by celebrating Mass. as a community, and then enjoyed a potluck supper together. Parishioners of various cultures

attended in their traditional dress and sang hymns in their native tongue in honour of our Blessed Mother (as Mother of All Nations). It was a wonderful feast in which we honoured our Blessed Mother (the Immaculate Conception) and her great 'Yes!' to God.

As we prepared for the Solemn Feast of the Immaculate Conception, and as we now prepare for the great feast of Christmas, I find myself reflecting on the powerful words of scripture from St. Luke (1:26-38) and that first encounter when Mary was told by the Angel Gabriel that she was to conceive the Christ Child within her womb and play a significant role in God's great plan of salvation by being both our Lord's mother and the Church's Mother (our spiritual Mother). The Lukan passage tells us that Mary was "much perplexed" by the Angel Gabriel's words, and that she, in turn, "**pondered**" them.

To ponder is to "consider something deeply and thoroughly." And so, Mary considered **deeply, thoroughly** all that was to happen to her. And after this pondering, despite her having been "perplexed," said "Yes!" to God's plan for salvation --- out of love for God, for humanity, and for the Divine and Human Child that would develop within her womb.

We also hear in scripture (Mt.1:18-25) that our spiritual father, St. Joseph, had much to ponder for he, too, was perplexed by the circumstances in which he found himself: his fiancée was pregnant before marriage, and he knew that the Child was not his! Therefore, he was planning. to end the engagement in a discreet manner for he was, as the scripture tells us, a "righteous man" who did not want to "expose [Mary] to public disgrace." In the midst of pondering or considering (Mt.1:20) how he might end the engagement in a discreet manner, an angel of the Lord appeared to Joseph and explained the situation: Mary was with Child by the power of the Holy Spirit! And so, instructed by the angel to continue his betrothal to Mary, Joseph, like Mary, said "Yes!" out of love for God, for Mary, for humanity, and for the Divine and Human Child within Mary's womb.

And so, both Mary and Joseph pondered, considered **deeply, thoroughly**, all that God asked of them, and they discerned the best way that they might fulfill their 'Yes!' to God in their respective roles as children of the Eternal Father, disciples of the Son, and instruments of the Holy Spirit. They both

share their lives and discipleship unfold in the company of the beloved Christ-Child, Jesus.

In turn, they trusted in the Eternal Father and the Holy Spirit who sent both of them angels with a common message: ***“Do not be afraid!”*** (Mt. 1:20; Lk.1:30). ***Do not be afraid!*** What an important message for us to hear, and to take into our very being and soul, at this time in the life of the Church, society, and world!

For in these concluding days of 2023, as we anticipate the great Season of Christmas and the New Year of 2024 to come, the world’s human community experiences (as Joseph and Mary had) a measure of uncertainty, and the act of pondering. Pondering such matters as:

- the continuing war between Russia and the Ukraine.
- the continuing war in Sudan.
- the devastating conflict between Israel and Hamas.
- other conflicts that are not covered by the news outlets.
- the economy, and making ends meet.
- housing shortages.
- the high cost of education for young adults.
- addictions and mental health concerns.
- how best to live as Church in the 21<sup>st</sup> century
- etc, etc.

There is, indeed, uncertainty in our human lives, and much to ponder. **But all is not lost! It is so important that we remember this with Advent Hope and Christmas Joy!**

For the same Holy Spirit who guided Mary and Joseph through the uncertainties and unknowns of their lives, the same Holy Spirit who blessed their lives with a courageous and hope-filled faith: ***IS the same Spirit*** who speaks those words of scripture to us in our day: ***“Do not be afraid!”***

And so, let us place any perplexities, uncertainties, or fears that we are experiencing at this time in our lives at the feet of the Christ-Child, trusting that the Motherhood of Mary, the Guardianship of Joseph, and the LOVE of God watches over us, and those we love and pray for at this time of the year.

Let us imitate the courageous discipleship of Joseph and Mary and the way that they pondered and discerned the best way that they might fulfill their ‘Yes!’ to God in their respective roles as children of the Eternal Father, disciples of the Son, and instruments of the Holy Spirit.

May God bless you and all whom you hold dear in these last days of the Advent Season, in the Christmas Season, and in the New Year of 2024! And please be assured that my prayers are united to yours!

Peace+ Love,



Fr. John Garden



**(Fr. David John, Past Spiritual Advisor)**

# Christmas Night Thought

*On the night of Christmas Eve, as you go up to bed, I invite you to read this little thought, and ask Christ to be close to you.*

---

In a previous parish there was a man called Charlie who lived rough and would come to the local soup-kitchen. When I talked to him, he always referred to God as "The Big Man Upstairs".

*And me being me, I always wondered what those "stairs" were like!*

- Were they very long stairs, the other end being high in the clouds?
- Were they a spiral staircase where you couldn't see around the last corner?
- Were they incredibly large steps that one had to use all one's effort to be able to climb just a single step! With the birth of Jesus - *the Son of God* - the "Big Man Upstairs" has given us the answer: these stairs are not long, they do not disappear, they are not arduous to climb.

Jesus is described as 'Emmanuel' or 'God-with-us.'

not 'God-distant' or 'God at the top of a long flight of stairs', but 'God close to us', 'God accessible', or even 'God intimately part of our world'.

So, in the birth of Christ, we have the great message of Christmas, a message that says, 'God chooses to be close to us', 'God chooses to be accessible', or even 'God chooses to be intimate with us'.

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**Christmas is God choosing to  
come down the stairs to be with us!**

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National Annual Meeting of Members, August 2023  
by Bertha Landrie, Victoria Diocesan President

I could not help feeling like home while I was in Saint John, New Brunswick. It was like Vancouver Island, with the ocean, the greenery, and the ocean air. When I visited the registration desk, all the ladies were friendly and welcoming. The opening Eucharistic celebration and reception was held at Holy Redeemer Church, a lovely historical building.

The next day, we heard the reports of the provincial presidents. Truth and Reconciliation was brought up and an important quote was given; "We need to choose one of the ninety-four calls to action that speaks to us and take action on even just one." It was great to listen to what the provinces had conducted over the year. We need to focus on Leadership for the next 2 years; there is a hidden leader out there and we need to find her and support her. A program "Spiritual Motherhood of Priests" which involves praying for priests, adopting a Priest, and praying for him. This could be something we all might all consider doing. Our priests need our prayers.

President Fran Lucas' talk was meaningful and encouraging. Fran said we need to be better at sharing on-line with each other. And important workshop for the Diocese could be shared with all councils. She said CWL is recognized and respected throughout Canada.

Hearing the reports from National secretary treasurer and executive director was a wonderful way to get the overall picture of what happens in the National office. There is much demanding work going on behind the scenes of which we are not aware.

National Executive Director, Kim Scammel asked the question: "Do I love my people in order to serve them better? Am I humble to serve them good?" To that I must say that Kim Scammel is always there for us. No matter what question I ask her, she always takes time to answer me or give advice.

Commissioning of Life Members was beautiful, and I am always so touched to see them being given the honour of Life Members. The first day ended with a meal, followed by excellent entertainment called Little Country & Little Rock 'n Roll. This lovely couple were fun, and it was not long before people were dancing and having fun.

The next day began with morning prayers and a powerful presentation entitled "The League of the Future." The three ladies each presented different areas that we can implement in the next 5 years to promote the Strategic Plan in our Dioceses and parish Councils. The resources that have been developed are there for us to use and promote.

We all need to take time to familiarize ourselves with them and share them with each other. The people who helped develop them need to know we are grateful of their talents and skills and that is confirmed by all the demanding work they have put forward for us. One great idea was put forth, a "Speaker Bank" so names of speakers could be exchanged as well as resources on different topics. Elections were held and congratulations to the new National Team.

What a warm and wonderful National Convention, thank you to our Provincial Council for your financial help which helped so much with expenses so I could attend.



## Delicious News from Kamloops





Members of St Ann's Council Quesnel put on their baking caps, pulled out their favourite Christmas recipes and whipped up many, many dozens of cookies, tarts, and other special delights for our annual Christmas Cookie Tray fundraiser.

This annual event is so popular we sold out the planned number of trays the first day - with a long waiting list!

Fortunately our members were so generous that we discovered when we gathered to assemble and decorate the trays that we had enough for 47 trays each holding 6 dozen tasty treats!

We will be dedicating a part of the proceeds to help fund the 2024 BC & Yukon CWL Provincial Convention in June in Kamloops in June. We hope to see you all there!

# Memories of a Christmas Greeting to me, from my friend in Ontario

T'was 2 weeks before Christmas, and all through the town,  
people wore masks, that covered their frown.  
The frown had begun way back in the Spring,  
when a global pandemic changed everything.

They called it corona, but unlike the beer,  
It didn't bring good times; it didn't bring cheer.  
Airplanes were grounded, travel was banned.  
Borders were closed across air, sea, and land.

As the world entered lockdown to flatten the curve,  
the economy halted, and folks lost their nerve.  
From March to July, we rode the first wave,  
people stayed home, they tried to behave.

When summer emerged the lockdown was lifted,  
but away from caution, many folks drifted.  
Now it's December and cases are spiking,  
wave two has arrived, much to our disliking.

It's true that this year has had sadness a-plenty,  
we'll never forget the year 2020.  
And just 'round the corner - The holiday season,  
but why be merry? Is there even one reason?

To decorate the house and put up the tree,  
who will see it, no one but me?  
But outside my window, the snow gently falls,  
(!) and I think to myself, let's deck the halls!

So, I gather the ribbon, the garland, and bows,  
as I play those old carols, my happiness grows.  
Christmas is not canceled, and neither is hope.  
If we lean on each other, I know we can cope...

Merry Christmas!

Sylvia Jurys  
BC & Yukon Provincial Council  
Vice President

# Chocolates Anyone?



*Sharon Geiger and Fr. Dale*

## **A Year to Remember ... it will never be forgotten!**

You must remember the challenging year. When COVID-19 hit and shut everything down, our Catholic Women's League Council here in Salmon Arm were in the process of finalizing our plans for our Diocesan Convention to be held here in St. Joseph's Parish. So, when everything came to a screeching halt, things for the convention were forgotten, including our famous chocolate making project. What was to be done with all that chocolate?!

With our major fundraisers cancelled, and Christmas around the corner - it was decided – make the chocolates, sell the chocolates! One member made all the chocolates, another made her recycled Christmas card boxes, orders were taken by another, and with advertising via poster, email and church bulletin, the final person organized payment and pick up as per COVID-19 protocols.

We may not be physically close, but we can still operate as a team. **Within a day and a half, all chocolates were sold!** Now this was not to make a lot of money, **the purpose was to give notice to our Parish family that the Catholic Women's League is still here** – working, serving, and praying for God and Canada.

Did somebody say, Lead us not into temptation?

Linda Faust and Terry Mae Sinclair

# Christmas Bedtime Story

## What the Dog said before Christmas by Gerry Heyward

Mattie sat at a table with her Grandma. Both were enjoying a glass of milk and a snack. "Grandma" Mattie said, "Do you know any Christmas stories? You, know; the first Christmas?" Grandma thought for a moment and then said, "You know animals get to talk on Christmas eve, don't you? At least, that's the legend. I don't know if it's true or not but that's how the story goes. "That's silly, Grandma! How can animals talk?" "Well,

"Grandma said, "a long time ago, so the story says, when Mary and Joseph were looking for a room to stay in on that first Christmas Eve, everyone told them to go somewhere else. All the rooms were filled up. There was no room at the inn. But. . . Someone told the animals in the barn that Mary and Joseph needed somewhere safe and warm so that baby Jesus could be born. All the animals, the chickens, the sheep, an old horse all agreed that they should invite Mary and Joseph to stay in their home."

"Oh, Grandma, that's not a home. That's a barn!" "Well, yes, that's what we call it but to the animals, that was their home. Anyway, they invited the family to stay with them so that's what Mary and Joseph and later that night, baby Jesus did. That's where the shepherds and angels went to see baby Jesus. So, because that was so nice of the animals to share their home with baby Jesus and his family, the animals were give a special gift: each Christmas eve from midnight to 1:00 in the morning, animals can talk to each other. At least, that's what the legend says." "Oh, Grandma, is that true? Can they really talk?" "Well, I don't really know. I'm usually asleep at that time. But that's how the legend goes." "Grandma, can you stay up and see if they really do talk? I'm supposed to go to sleep when I go to bed." "I'll try Mattie, but I could be asleep then, too."

CHRISTMAS DAY Mattie, her mom, and dad and all the family were at Grandma's house for Christmas dinner. Everyone was talking and enjoying being with each other as they waited for dinner to start. "Grandma ", Mattie asked, "did you hear the animals last night? Did they really talk?" "Well, I think I heard something. I can't say for sure if I really heard the dogs talking or if I just dreamed it. It was really late. It was coming up to 1 o'clock and that's when the talking is supposed to end." "What did they say? Did Rosie and Duncan really talk?" "I guess the noise woke me up. They were arguing like crazy. Rosie is a very old dog, you know, and thinks she's in charge of everything.

She was really upset with Duncan about something." WHAT GRANDMA HEARD As I said, I woke up and went into the living room where the dogs were arguing. Rosie was quite angry with Duncan. "Why did you go and open up our Christmas present? Now we won't have a present when the family gets up and opens theirs! And to top it all off, you went ahead and ate your gift!" Rosie snapped. "You told me to. You showed me where our present was, and you told me to reach up and get it off the counter." (Duncan is a really large Labrador who can reach most things in the house.) Rosie was one of those kinds of people or dog that you really can't argue with. They always have an answer. "Yah, but you didn't have to do what I said. If I told you to go out and do something stupid like chase cars, would you do it?" "But you said to get the present and besides, you ate yours, too." "Well, now we have nothing." Duncan thought about that and said, "That's not true. We have each other."

Rosie calmed down to think about and then replied, "Yes, we do. We do have each other. Oh, oh! Look at the clock! It's almost 1 o'clock. I love you, Duncan." "I love you, too, Rosie. Merry Christmas!" "Merry



Christmas to you, too, Duncan “. And as they kissed, the ummmm turned into “woof”. I have to tell you, Mattie, I was crying because that last part was so beautiful.

” WHAT MATTIE SAID “Ahh, Grandma, dogs really don’t talk.” “I told you, Mattie, I wasn’t sure if I really heard that or if I was dreaming. At any rate, that’s the legend. Let’s go into the kitchen and see what’s happening with dinner.” Mattie took her Grandma’s hand and they walked into the kitchen.

Auntie Marilyn was just taking the turkey out of the oven so the two of them went over to stand in the corner out of the way. Mattie realized she was standing on something and looked down and was startled to see chewed up wrapping paper and a few dog biscuit crumbs. She looked up at her Grandmother and gave her a great big smile.

*Reproduced by permission of “Grandma Says Stories”*

Gerry Heyward  
Victoria Diocesan Council  
Chairperson of Communications



# Some of our Favourite Recipes from Kitchens around the Province

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## Almond Tarts

12 Pastry tart shells

### Filling:

½ cup	Sugar
1/3 c.	Butter
2	Eggs
2/3 cup	Ground almonds
1 tsp.	Almond flavouring
	Raspberry jelly

### Method

- Cream sugar and butter till light and fluffy
- Add eggs, one at a time and beat well.
- Add ground almonds and flavouring.
- Place a half teaspoon raspberry jelly in each tart shell.
- Fill three quarters full of the almond filling.
- Bake 325 degrees for 20 – 30 minutes.

Makes 12 tarts.

Enjoy!

Kathy Weswick

## Better than Everything Dessert

Make a day ahead or at least 4 hours before serving (use a 9 by 13 glass dish).

1 cup	All purpose flour
½ cup	Margarine
½ cup	Chopped nuts
2 large	Chocolate instant pudding mix
3 cups	Homo Milk
1L	Cool Whip
1 cup	Icing sugar
8 oz.	Cream cheese

### Method

- Step #1:** Mix together flour, margarine, and nuts. Press into bottom of baking dish and bake 15 minutes at 350 degrees F and cool.
- Step #2:** Blend cream cheese with 1/2 of the Cool Whip. Add icing sugar. Spread on cooled crust.
- Step #3:** Mix together puddings and milk. Let firm and spread on above mixture.
- Step #4:** Spread rest of Cool Whip on top of pudding. Top with chocolate curls and nuts, Store in fridge until ready to serve. This dessert freezes well too.

Enjoy!

Sharon Geiger

# Easy Layer Chocolate Coconut Cookies

½ cup	Butter or margarine
1 1/2 cups	Graham cracker crumbs
1 cup (3½oz).	Flaked coconut.
1 package (6oz)	Chocolate chips
1 cup	Walnuts
1 can (14oz)	Sweetened condensed milk.

## Method:

- Preheat oven 375F
- Melt butter in 13 x 9 x 2-inch baking pan.
- Layer each of the remaining ingredients over butter (do not mix).
- Bake 25 minutes cool pan on rack. Cut in small squares.

Makes 48.

Enjoy

Sharon Geiger

# Chicken Monterey

Makes 4 – 8 servings.

- 4 Whole chicken breasts (skinless/boneless) – pounded to ½ inch thick.  
(Once pounded down, this will give a smaller eight servings if cut in half, or four large servings if left whole.  
Sprinkle with salt and pepper and lightly dust with flour.
- 3 tbsp Butter

## Topping

- ½ cup chopped onion.  
2 cloves garlic (minced)  
8 large mushrooms (cut up very small)  
2 Tbsp flour  
½ tsp celery salt  
½ tsp pepper  
½ cup chicken stock  
½ cup white wine  
1 avocado mashed  
1 ½ cup grated Monterey Jack cheese, divided into 1 cup and 1/2 cup.

Method:

Preheat oven to 350F.

- Melt butter and sauté chicken. Remove chicken and put aside.
- Add onion, garlic, and mushrooms to the pan (add more butter if needed) and cook for about 5 minutes.
- Stir in flour, celery salt, chicken stock, wine.
- Cook until thickened (about 4 – 5 minutes)
- Stir in mashed avocado and ½ cup of Monterey cheese.
- Put breasts in 13 x 9 baking dish.
- Put the avocado sauce on top.
- Sprinkle remaining cheese on top.

Bake 10 – 15 minutes.

Serve with rice, salad, and vegetable sides of your choice. Wonderful dinner!!

Enjoy!!

Submitted by Laura Esposito

# Laura's Minestrone Soup

Minestrone means a big thick soup in Italian. Some people put meat in theirs, but I find this a very filling soup with the two or three types of beans used. My mom used to make many variations of minestrone, depending on what vegetables were fresh in the garden. Having little space for a garden, I buy most of my ingredients. This is the combination like the most. I hope you enjoy it.

Ingredients: (Amounts can vary as with most soups)

1- 2	large onion(s)
1	796 ml can crushed tomatoes.
4 cups	or so of water
3	Potatoes (2 whole and 1 cubed)
3	Carrots chopped.
3 – 4	Stalks of celery chopped
2	Red or Green peppers or combination
4	Zucchini cut small.
2 cans	Green beans
2 cans	Kidney, Romano, or Pinto beans (I prefer Pinto and Romano)
Salt	to taste
pepper	to taste
2 – 3 tbsp	Each of dried parsley, basil, and oregano
1 bag	Fresh spinach or the same amount of swiss chard or other leaf green, chopped.
2 -3	Cloves of garlic (optional)

Method:

In a large pot, put about 2 tbsp of oil or whatever amount will help sauté the onion. Sauté the onion (and the garlic if adding it) and add the can of crushed tomatoes. Add the four cups of water to this. This is the base of your soup. Let this boil for about 5 minutes.

Put in the whole potatoes and leave them in the soup until fork tender. Then take them out of the soup and mash them (just on their own), then put aside. (These will act as a thickener later).

Add the other vegetables to the soup in this order: carrots, celery, peppers, diced potato and zucchini. Let this boil for about 5 - 10 minutes or until the vegetables are almost cooked.

Add the three herbs, the salt and pepper to taste.

(With this soup, I do not add salt as the canned beans have it as a preservative and because I love lots of parmesan cheese in it, I need little to no salt)

Add the greens (Spinach or swiss chard) and cook for a short time – 2 – 3 minutes. Add the green beans and canned beans and let them cook up for a short time. (again about 2 – 3 minutes)

Last add the mashed potatoes and let them meld with the rest of the soup for about 3 minutes. Let the soup rest before you serve it with lots of parmesan cheese. Yum! Makes a fairly large pot.

I like this soup better on the second or subsequent days as the flavors seem to meld with each other more.

It is a great soup to freeze and pull out when you want another culinary experience. The amounts are really give-and-take as they are in many soups. Also try different variations of veggies.  
I hope you enjoy this.

Buon appetite!  
Laura Esposito





## Cranberry Almond Biscotti

### Ingredients

2 1/4 cups	All-purpose flour
1 cup	White sugar
1 tsp	Baking powder
1/2 tsp	Baking soda
2	Eggs
2	Egg whites
1 tbsp	Vanilla extract or almond extract or a little of both
3/4 cup	Slivered almonds
1 cup	Dried cranberries

### Directions

1. Preheat oven to 325 degrees F (170 degrees C)
2. Combine dry ingredients in a medium sized mixing bowl. Whisk together eggs, egg whites, and vanilla or almond extract in a separate mixing bowl.
3. Add egg mixture to dry ingredients, mixing just until moist, using an electric mixer on medium speed. Add dry cranberries and almonds; mix thoroughly.
4. On floured surface, divide batter in half and pat each half into a log approximately 14 inches long and 1 1/2 inches thick. Place on a cookie sheet and bake 30 minutes or until firm. Cool on a wire rack about 10 minutes, or until cool enough to handle.
5. Cut biscotti on the diagonal into 1/2-inch slices. Reduce oven temperature to 300 degrees F (150 degrees C). Place cut biscotti upright on a cookie sheet, spacing them about an inch apart and bake for an additional 20 minutes. Let cool and store in a loosely covered container.

One of my favorite Christmas biscotti but I love these year-round with coffee.

Submitted by Laura Esposito

## Lemon Raisin Slices

2/3 c.	Soft shortening
2 c.	All-purpose flour
1	Egg
1 tsp.	Baking powder
¼ tsp	Baking soda
¼ tsp	Salt
1 cup	Sugar
½ tsp	Cinnamon
2 tbsp.	Lemon juice
1-1/2 cup	Walnuts, finely chopped
1-1/2 cup	Raisins, chopped
2 tsp.	Grated lemon rind

### Method

- Beat shortening, egg, and sugar until fluffy.
- Add lemon juice and beat.
- Sift in dry ingredients and mix until well blended.
- Add walnuts, raisins, and lemon rind, mix well.
- Shape into 2 rolls, 1 and a half inches in diameter
- Wrap in wax paper and chill.
- Cut into quarter inch slices and place on lightly greased cookie sheets, (sprinkle with sugar)
- Bake 375 degrees, for 12 – 15 minutes until golden brown

Kathy Weswick

## Almond Biscotti

1 ¾	Cups all purpose flour
2 tsp	Baking powder
¾ cup	Whole, unblanched almonds
1/3 cup	Butter or margarine, melted
¾ cup	Sugar
2	Eggs
2 tsp	vanilla
½ tsp	Almond extract
1 ½ tsp	Orange zest
1	Egg white, slightly beaten

Method:

Preheat oven to 350 F.

- In a large bowl, mix flour, baking powder and almonds. Set aside.
- Whisk together the butter, sugar, eggs, vanilla, flavourings, and orange zest.
- Whisk liquid mixture into dry ingredients to form a soft, sticky dough.
- Turn dough out onto a lightly floured work surface. Knead lightly 5 or six times.
- Separate the dough into two balls, then roll each ball into a flat log about 12 inches long.
- Place both logs on parchment-lined baking sheet. Brush with egg white.

Bake for 20 minutes. Remove from oven and let cool for 5 minutes. Meanwhile reduce oven heat to 325 F.

On a wooden cutting board, with a sharp knife, cut each log into ¾ inch slices on the diagonal. Return slices to the cookie sheet, standing them up with space between each slice. Bake for another 25 minutes at 325 F until golden & Crunchy.

**VARIATION:** Reduce flour to 1 ½ cups and add ½ cup cocoa powder. Replace almonds with hazelnuts. Omit almond extract.

*This is a family favourite in my house for any time of the year, but especially at Christmas.*

Suzanne Eng

## Caramel Nut Tart

## Sweet Pastry:

12 oz	All-purpose flour
6 oz.	Unsalted butter, cubed
2 tbsp.	Sugar
¼ cup	Ice water

### Method:

- Combine flour and sugar.
- Work in cubed butter (you can do this in a food processor (I do!) or use a pastry comb) until it looks like coarse meal.
- Add ¼ cup cold water and mix only until the pastry comes together when squeezed in your hand. Add more water a little at a time until you get the right consistency.
- Form into a flattened ball, wrap with plastic film. Let the pastry rest for 30 minutes.
- Fit the pastry in a 14" fluted pan with a removable bottom, dock with a fork.
- Line with pan parchment paper and fill with dry beans. Chill for 30 minutes.
- Bake the tart shell in 375F convection oven for 15 minutes.
- Remove the dry beans and parchment paper, brush with egg wash (Beat together 1 egg and 2 tbsp water and strain through a fine sieve).
- Turn oven down to 350F
- Return the tart shell to the oven for 5 minutes; bake until lightly browned. Remove from the oven.

### Filling:

1 cup	Brown Sugar
½ cup	Honey
½ cup	Unsalted butter

In a large pan, bring the above ingredients to a boil and boil for 2 minutes.

1-1/2 cup	Pecans, coarsely chopped
1-1/2 cup	Walnut halves, coarsely chopped
½ cup	Whipping cream

Add the chopped nuts and the cream to the sugar mixture and boil for 1 minute more.

Pour the nut mixture into the tart shell and bake at 350F for 30 minutes. Cool on a rack to room temperature.

Drizzle the top with dark chocolate if desired – oh what the heck – just do it!

Enjoy!

Sylvia Jurys

## In Closing

On behalf of the BC & Yukon Council, we extend our 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.

To be honest, I was worried that during this year of devastating wildfires and evacuations when we were mentally and physically challenged, that we may be short of news. But as you can see the contents of this issue, albeit after a few nudges, you came through with flying colours. Thank you so much each and everyone of you. Virtual hugs to you all!



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Hold down the *ctrl* key and click on the arrow with your mouse at the same time, when it opens, click on the arrow and it should begin to play. It is well worth seeing it again!

As we come to the end of this year and ready to embrace 2024, we hope and pray that we joyously celebrate the 103<sup>rd</sup> anniversary of the Catholic Women's League of Canada, and many more anniversaries of the League, together.

With our good wishes for this Christmas that is full of friendship, joy, peace, and love in the presence of the Christ Child.

Sylvia Jurys  
Vice President