



December 2022

Transitional Executive

President: Maryse Ristuccia
Secretary: Celestine Hall
Treasurer: Joan Beal
Spiritual Development: Open
Community/Family Life: Jenni Commanda
Dorothy Currie
Education: Corinne Santianni
Health: Krysia Theriault
Geri Crisci
Communications: Carmen Vanderreest

Contact information for the executives can be found at the end of this newsletter.

CWL Websites

National: www.cwl.ca
Provincial: www.cwl.on.ca
Diocesan: www.cwltoronto.ca

The Catholic Women's League of Canada (CWL) is a sisterhood, rooted in Gospel values that, "Calls its members to grow in faith, and to witness to the love of God through ministry and service". The CWL is guided by its motto "For God and Canada".

Patroness of the CWL is Our Lady of Good Counsel whose feast day is April 26th.

Parish Website

<https://stjohnsto.archtoronto.org>

This is the website for all matters relating to our church. Use it for all contact information and its many links to items such as the weekly Bulletin and other great resources for our parish and for the Archdiocese.

Parish YouTube Channel

<https://www.youtube.com/channel/UC8pLWrdARlezRMzjHZJv9aQ>

Use this link to view all videos posted by our church including Sunday Masses. Be sure to "like" the channel.

Next Meeting

Our next meeting will be on **Sunday, January 8th** in the church Hall at 12 noon - after the 11:00 Mass. A light lunch will be served and all are welcome to bring a friend or partner. We have a busy agenda planned and know you will find something of interest to you. As January is traditionally a time to make resolutions,

especially for better health, we're bringing in 2 guests who will focus on how to stay fit during the cold winter days!

Seanna Robinson is a health and wellness advocate who will speak on the importance to stay active even during the winter. Machiko Bryers is a dance instructor at Birchmount Bluffs Neighbourhood Centre who will get us up and moving with some dance steps; these can also be followed while seated!

Both segments will be good for body and mind and there will be a few great door prizes to help you stay fit! After our health focus we will attend to these important business items: new executive structure, annual donations, and membership renewal.

Let's start the new year off by coming together again!

Come Pray the Rosary

We pray the Rosary every Friday night at 8:00 p.m. online via Zoom. Prayers matter, prayers support and uplift. If you have a special prayer request for our Rosary night please let Maryse or Carmen know. Cameras do not have to be on and everyone will be asked to mute their microphones at the beginning of prayers. Only those leading the prayers will be heard. Everyone is welcome to follow along. The link below is the same link used every Friday:

<https://zoom.us/j/94327881622?pwd=UWpCTjR4cjFldGc5Yjk4bE5nbEg0dz09>

If needed: Meeting ID: 943 2788 1622

Pass code: 263230

Dial up: +1 647 374 4685 Canada

+1 647 558 0588 Canada

Prayers

Let us remember these fellow sisters in our prayers:
Elizabeth Barrett Marlene Libbus Carmel Richard

Help is Here

We have members who are happy to help anyone needing assistance with grocery shopping, errands or appointments. Please contact Maryse at:

maryse.ristuccia@gmail.com

Aid for Atlantic Canada



Our fellow Canadians living in the Atlantic Provinces affected by the destruction of Hurricane Fiona are still in great need of help. Financial donations can be made through this Canadian Red Cross link:

<https://www.redcross.ca/donate/appeal/donate-to-the-hurricane-fiona-in-canada-appeal#bd92abae-8d6b-4aa0-afb8-d59f08e9d3d3>

Aid for Pakistan



The catastrophic monsoon flood waters that covered 75,000 square kilometers of Pakistan, killing more than 1,700 people and affecting millions of others has receded. The World Food Organization and U.N. Food and Agriculture Organization assessments report that the number of people requiring emergency food assistance will be well over 14 million through to March 2023. Financial donations for Pakistan can be made through these 3 secure links:

The Archdiocese of Toronto

<https://www.archtoronto.org/en/contact-us/donations/donate-pages/donate-to-pakistan-relief/>

Canadian Red Cross

<https://www.redcross.ca/how-we-help/international-programs/international-development/asia/pakistan>

UNICEF Canada

https://secure.unicef.ca/page/113146/donate/1?ea.tracking.id=22DIEM12GSE&gclid=Cj0KCQjwteOaBhDuARIsADBqReh_fgpwOfBG6kmtupUvX1AFqBmDgLi6ADIGUP1vFQg5QhLk-dIsHbYaAg2XEALw_wcB

Aid for Ukraine



As the war on Ukraine continues there is urgent need for humanitarian help. Prayer is needed as are financial donations which can be made through these 2 secure links:

The Archdiocese of Toronto

<https://www.archtoronto.org/en/contact-us/donations/donate-pages/donate-to-ukraine-relief/>

Canadian Red Cross

<https://donate.redcross.ca/page/100227/donate/1?locale=en-CA>

For those who may be interested in hosting a Ukrainian family or an individual for a period of between one and six months through the Archdiocese, go to this website to register for a virtual information session:

<https://www.archtoronto.org/en/offices-and-ministries/social-justice--outreach/office-for-refugees-orat/home/ukrainian-crisis/>

Message from Maryse

As December moves along, we think of Christmas and the end of the year but in our liturgical calendar the new year has just begun. So is the case with our council; we have celebrated our 60th anniversary in fine style and it seems to mark the end of a period but in fact it is just the start; the beginning of our next chapter as a council and women of the Catholic Women's League of Canada. Will you join us in making the next part of our mission become a reality? Many active hands are needed to fulfill our goal of helping others at home and abroad, developing our faith and creating friendship and community. Now is the time to renew your membership or become a new or returning member. Please see the section on membership for details on how you can be counted in as our council begins its next decade.

Our six decades of service was marked by a wonderful coming together, in-person, to celebrate achievements and enjoy sisterhood. We were honoured to have our Spiritual Advisor, Father John-Mark join us and say a few words. Also, it was lovely to have Fr. James Dunstan join us for the event and meet some of our members and parishioners. Also joining our celebration was Mary Jane Domingo, CWL's Toronto Regional Chair, who brought us congratulatory words as we move into the future. A great addition to our festivities was sharing the moment with family members and other parishioners. Some brought husbands, friends and even grandchildren to honour our service award recipients. Thank you to all those who helped put together the luncheon, the Hall looked celebratory, and many hands working made it a fun and memorable occasion. We even used Fr. McCann's real china dishes!

In-person gatherings have been greatly missed and I hope that as we begin the membership renewal campaign, we will have more active members that will join us for our gatherings. We begin a new structure in January, as voted upon at the national level after four years of work by the Implementation Committee to make the League more relevant to women today. Our mandate remains the same "A national organization rooted in Gospel values calling members to holiness in service to the people of God" but the executive committee structure will be streamlined into three areas: Faith, Service, and Social Justice. Perhaps you can take part under one of these titles that appeals to

you. Come bring your gifts to your sisters in faith and to your parish.

Speaking of gifts, this is the time of year to celebrate the greatest gift: the coming of the Messiah, Emmanuel, God is with us. As we gather with family and friends let us keep Christ as the focus of our celebrations, this incredible gift of love from God. May you enjoy the Christmas season and be thankful to God for the gift of love and share it with others.

Merry Christmas to you and yours and many blessings. Maryse

Message from Fr. John Mark

“And suddenly there was with the angel a multitude of the heavenly host, praising God and saying, ‘Glory to God in the highest heaven, and on earth peace among those whom he favours!’” Christmas is our time to savour the joy captured in this favourite part of the Gospel narrative, along with all the details of Mary and Joseph and the baby Jesus. This quote from Luke’s Gospel is a favourite of mine, with imagery that speaks directly to my heart. If only we ourselves could see the heavens open, and the vast throng of eternal spirits clamouring in praise of God. And this special treat given to humankind was given on the bleakest of nights, in pastures deserted by all but humble shepherds and their sheep. We might pause on the word “angel” for a moment, remembering that it denotes a messenger. We are not angels ... or are we? Our behaviour is certainly not always angelic, but our mission is. The joy given to us by knowing Jesus Christ, and the salvation God promises us if we follow Jesus to the Cross and beyond, is something which our lives should proclaim to others, if not our voices. Every Christian knows the joy of the angels who have glimpsed salvation for humankind. We should strive to make our lives proclaim that joy. It should be seen in our actions as we strive to avoid sin, to love and care for others, and to be faithful to God. Next time you picture that vast choir of angels singing, “Glory to God in the Highest” at Christmas, think about how you have a voice in that choir, and feel the excitement of being one of God’s messengers to someone who needs to hear good news in difficult times ... “and on earth peace among those whom he favours!”

Spiritual Development

By Maryse Ristuccia

As our journey through Advent nears its end and Christmas arrives, I hope that you have found ways of preparing the way of the Lord’s coming spiritually and not just getting caught in the hustle and bustle associated with the season. In our last week you might

take time every day to pray a Christmas novena, a few quiet moments each day focused on Jesus’ coming among us. The Christmas Novena began on December 16th and goes to Christmas Eve. Here are a couple that you can follow on the internet; find the one that speaks to you and prepares you to walk closer with Jesus.

<https://www.thecatholiccrusade.com/christmas-novena.html>

<https://ourladyofgracerosaries.ca/december-16/?cn-reloaded=1>

Another way to prepare is with the tradition of the “O Antiphons” which have been celebrated on the last seven days of Advent since the 8th century. These antiphons, or verses, are sung at Vespers each evening and are familiar to us from the hymn “O Come, O Come Emmanuel”. They are as follows:

December 17: *O Sapientia* — O Wisdom

December 18: *O Adonai* — O Lord

December 19: *O Radix Jesse* — O Root of Jesse

December 20: *O Clavis David* — O Key of David

December 21: *O Oriens* — O Dayspring

December 22: *O Rex Gentium* — O King of the Nations

December 23: *O Emmanuel* — O God with Us

Each one is based on the prophecies of Isaiah and introduces us to the coming Christ Child. They all begin with the calling out to God with the different names of Christ. As there is not sufficient room for the antiphons here, they have been sent out to you all in an email. I hope that they inspire you and prepare you for the blessed arrival of Christ our Lord.

I will leave you with best wishes for a love filled Christmas and hope that I have helped you in your faith journey this year. Below is a prayer that I wrote for our 60th Celebration Luncheon which speaks of the love that we receive from God and the call we have to go forth and share that love.

Loving Father, you bring us all together in your name. We thank you for this gift of friendship, this gift of purpose, this gift of love from you that we are called to share through the many talents you have given us. Loving Father, we pray that our council continues to grow and live out our Gospel values reflecting your goodness in all we do. We pray for the guidance of our patroness, Our Lady of Good Counsel as we move forward in our council’s work. Loving Father, we give you praise and thanks. Amen.

Message from Mary Jane Domingo



Ms. Domingo is the CWL's Toronto Regional Chair. She was a guest at our 60th anniversary celebration and following is her address to our council:
"Good afternoon, CWL Executive Council, its members

and its friends & family of St. John's Kingston Road Parish.

This is a very special occasion and it is a long-awaited celebration - 60 years for St John's Kingston Road CWL parish council. Being amongst all the people in this room, it is humbling to stand and speak here with all the knowledge, dedication and special bonds that are the foundation of St. John's Kingston Road Catholic Women's League. In fact, I feel as though I am a student contestant for the Mary Matthew public speaking contest.

Looking in this room, I can only imagine the stories you all hold dear to your heart about the League and your parish. I have only been with the CWL for 7 years and a story I could share is I have had the pleasure to meet Maryse when I started in the CWL at my parish, Holy Rosary. She was providing an orientation at one of our CWL General Meetings and its full circle to be here at this momentous celebration to see her (in person) since then.

Since becoming Toronto regional chair, I have come to see your great works from the newsletters that are shared by your council and it is astounding. I hope that the St John's Kingston Road CWL council will continue to thrive though the changes of life and persevere in its challenges of growth - as it had done so for 60 years. This council reminds me of a rose bush, there needs to be love and caring to maintain it. To be careful when watering, pruning and providing light for it to bloom beautifully. It is wonderful to see you, the beautiful roses of this council, in your full bloom today. The CWL is in its 101st year and St John's Kingston Road CWL years trail not that far behind. God has clearly shined light over your council to stand tall this day and be an example for other councils to persevere.

I'd like to say that Pope Francis' monthly intention for December is so timely for this celebration as it is for Volunteer Non-Profit Organizations, "We pray that volunteer non-profit organizations committed to human

development find people dedicated to the common good and ceaselessly seek out new paths to international cooperation."

St John's Kingston Road, you exemplify the pillars of the CWL: Social Justice, Faith and Service and you continue to be of service to your community, to the country and to God. I hope and pray that St John's Kingston Road continues to grow, flourish and see many more years to come.

Thank you for this honour to be a witness to and be a part of your celebration.

Congratulations to sixty years of the CWL."

60th Celebration Highlights

Maryse Ristuccia and Mary Jane Domingo presented some of our members with service award pins during our anniversary celebration. Below are the congratulatory words spoken by Maryse for each recipient and photos of them receiving their pins from Mary Jane.

As we have had to delay our celebration by 2 years due to the pandemic, these service pins have also been delayed by two years so add on an additional two years of service for each of these fabulous members.

20 Year Pin



Roseanne Nihtila - We are grateful for her 20 years of service to the League and our parish. Roseanne has served as Treasurer for the council and has always been available to

help with any activities that we put on. Her elegance, smile and calm demeanour are always present at all our meetings and events and she has always helped get things done. We appreciate Roseanne's 20 plus years of service.

25 Year Pin



Norma McCleverty - Norma is another mainstay of our council, always ready to lend a hand in whatever we are doing. Norma has also served on the executive as Legislation

and Resolutions chair and during her term initiated a letter writing session to Global TV / Corus Entertainment denouncing their airing of a series

promoting assisted suicide. Norma has a ready smile and lightens up all our meetings. Thank you Norma for your 25 plus years of service.

50 Year Pin



Celestine Hall - We are honoured to have Celeste on our executive committee; she stepped up mid-pandemic to take on the roll of council Secretary. She brings to us a wealth of

knowledge of the League and helps to keep our meetings running properly and documented. Over the years Celeste has held many roles within the League and is a Life Member, which means that at one time she was the Archdiocesan President. We are very thankful for her service and sharing her gifts with others for 50 plus years.

Maple Service Award



This award is one that the member must be nominated for and show her service above and beyond her role in the council. Carmen Vanderreest is such a person. She is a vital

and amazing member who has worked tirelessly as Communications Chair, often in difficult situations, but she handles herself professionally and diplomatically. Through her many emails to members and the wonderful newsletter that she edits each month we are able to keep members informed, reach out to the parish and are the envy of many councils in the Toronto Region. Carmen not only keeps the communications in order but is always there, pitching in, for all our activities. We are so blessed to have Carmen and thank her for her dedication.

- A couple of members were not able to attend our celebration and will receive their service pins at the January meeting.

- A number of door prizes were drawn after the service pins were awarded. Maryse could not help but joke with Fr. John-Mark asking that perhaps he had said a special prayer for those at his table as everyone including himself won a prize!

- All members received a lovely votive candle holder as a keepsake. Member Aveline Ristuccia and her sister-in-law Danielle had stamped each of them with a dove in flight and placed a blue candle within; blue for the CWL's colour, a candle representing the light of Christ within each member and a dove for peace.



- Four past presidents attended the celebration and were asked to take part in cutting the cake. From left to right in the photo below they are Peggy Roach (2013/14), Jane Dietrich (2021), Maryse Ristuccia (2011/12 & current) and Anyta Kyriakou (2017/18).



- A photograph slide presentation was shown with pictures of our council members, events and activities dating back to 2012 with a few extra added in that were older. Member Jenni Commanda put the slide show to popular music covering the last six decades. Unfortunately there were a few "hiccups" with the program used to show the slides but we'll have those all fixed by the time we celebrate our next decade. 😊

- This group photo was a fitting way to end the festivities and will be included in our council's archives.



Mental Health and Wellness Corner

By our Health co-chairs Geri Crisci and Krysia Theriault

Often referred to as “the most wonderful time of the year”, the Christmas season can also be the most hectic, stressful, busy time of the year. For some, Christmas can be a sad or lonely time of the year. It is our hope that for Catholics, Christmas holds anticipation of Christ’s birth and love for the blessings given to us throughout our lives.

From a mental health point of view, Christmas provides an opportunity for reflection, for both busy, stressed people and people who may be feeling sad and/or lonely. We have all been through another pandemic year; more vaccinations; new viruses; planned openings, testing the waters.

This is also the year that brought the invasion of Ukraine by Russia. It has been a disturbing year “out there” in addition to whatever personal trials each of us may have experienced.

It is easier for all of us to reflect on the difficult times than on the good times.

For this month’s newsletter we would like to encourage everyone to spend time reflecting on BLESSINGS. What is good in your life? Who do you love /value in your life? Do you have support/resources that assist you?

Each of us has made it through another year. Each of us has hopefully remained connected to at least one person that we care about and who cares about us.

Some of those people may be family or friends; some may be neighbours or caregivers; some may be your sisters in the CWL. Reflecting on what we do have, rather than on what we don’t have serves us better.

Calling to mind previous “Mental Health Corner” columns, we need to “feed the positive”. How we think, affects how we feel, which then dictates our behaviour. It may seem impossible at times, but we can absolutely take control of our thoughts. We can train ourselves to “catch” negative thoughts and train our brains to create positivity. It took Ebenezer Scrooge many terrifying experiences, before he could change his thinking! What a difference that made to the lives of the people he touched, which brings us to our next point: reaching out to others. One of the most effective ways of helping ourselves is to help others. Social support is an area that has been well researched and is considered a “protective” factor in promoting mental health. Is there someone you can call who would appreciate hearing from you? Someone you can smile at while you’re out and about? A soft warm tone you can use when someone is stressed? There are so many ways we can give to others. As we all know, it is in giving that we receive. We are in a beautiful season; we are so grateful to have the opportunity to reach each of

you through this newsletter; so grateful to Carmen for all her work that results in our staying connected. We are grateful to belong to St. John’s Parish, ministered by Father John-Mark, welcoming Father S. James Dunstan; Deacon Paul; Maryse; Eric and our choir; the many volunteers and ministers who take care of us every day of the year. Finally, we are very grateful for each of you and all of the parishioners of St. John’s Parish.

Merry Christmas and our very best wishes for a healthy, happy and peaceful New Year.

Gerri and Krysia

Food Donations

Members were asked to bring a food or diaper donation to our celebration luncheon if they were able. The result was this trunk load of offerings shown below! All were delivered to the Grace Pascoe Care Centre, our local Food Bank within Calvary Baptist Church.



Favourite Ornament

The question(s) put to members for our December newsletter was what is your favourite Christmas ornament, why is it your favourite, was it given to you or did you purchase it yourself, is it homemade or handed down?

Norma McCleverty wrote:

“My children’s homemade Christmas ornaments have always delighted me. Those macaroni bells and paper birds will always have a special place in my heart.

Perhaps the one ornament that comes out each year

and means so much is this angel.

My dear husband, Ed, died in October 1995. That Christmas is a bit of a blur. A friend at work on our last day before Christmas holidays approached me and said: “You Have A Special Angel This Year”.

She gave me this beautiful angel. I cherish it ❤️🙏 and thank her for her thoughtfulness and caring.”



Carmen Vanderreest wrote:

"I have a few special Christmas ornaments. There are 2 from my grandmother that were made in Delft,



Netherlands and a few that were passed down from my parents, filled with joyful memories from my childhood. The handmade ones from my grandchildren are certainly extra special with their colourful crayon markings and pipe cleaner hangers but my most favourite is this

little bauble, hand painted by my daughter a number of years ago. I am quite fond of hummingbirds and although they are so very quick and long gone for the winter months, my daughter managed to capture this little male ruby-throated "hummer" to land each year on my Christmas tree. Such a dear gift."

Karen Eckert wrote:

"I have the funkiest tree going. I really am, if I do say so myself, the Martha Stewart of Christmas trees. Fantastical, humorous, exotic, gorgeously-varied, often hand-made and expensive, such ornaments fill my tree. But what has my now 30 year old son always asked to place on the tree? A little wooden milk bottle with gingerbread ties. Such a simple thing ... but his favorite.



And my favorite? Not the gorgeous glass and organza bumble bee I picked up at Putti, or the tin-crafted

black saxophone Jazz player with angel wings I found in a market outside Mexico City (recommended by Ms. S. herself). No, they are a plastic beaded bell and wreath which my mother made many years ago with her friends on a vacation in Florida. I remember how excited she was to show off her box of handcrafted ornaments when she came home. She had been so happy working away with her friends, and there they were all laid out in a box: red, green, silver and pearl plastic bells and wreaths all strung together with

ordinary sewing thread. My sisters and I looked on them with dismay. "How tacky" we thought. "Will we really have to hang them on our tree? Yuk!" Of course we did and she was so pleased.

My mother died Easter Sunday during the 2020 Covid Lockdown. Now, when I hang that bell and wreath, I remember those moments with my mother. Fortunately, I feigned some luke-warm appreciation at the time, so the memory is poignant, but blessedly not fraught with too much guilt. I treat those fragile, still tacky ornaments with the most care because they bring her to my Christmas and make it whole.

All of which goes to show yet again that at Christmas, as in life, it is the simple humble things that carry the most weight."

Geri Crisci wrote:

"This ornament which is a 3 dimensional wooden ornament, I purchased the first year I lived in Toronto. That would make this ornament 34 years old!



It's a beautifully designed Christmas tree, with many beloved ornaments. To me, it represents an "old fashioned Christmas".

There is a string at the base, which, when pulled, moves a cardinal and a squirrel up and down. Very charming. Every year when I place it on the tree, I am filled with many happy memories. It looks very much like the Christmas trees of my childhood and is filled with teddy bears, gingerbread men and women and many animals. It remains a cherished ornament in my home."

2023 Membership Drive

The annual membership fee has increased to \$35.

Your 2023 membership can be paid **starting NOW**.

There is assistance for any woman needing help to pay her membership.

This photo was taken by Maryse on a recent trip to



Winnipeg where the CWL's national office is located. Maryse stopped in for a chat and was welcomed by Membership Coordinator Belinda Limqueko-Mag-uyon who is

ready and waiting to receive our membership fees and updated information.

Any female 16 yrs or older is welcome to join!

The annual fee can be paid in one of the following ways:

By e-transfer to our new council account at:

jaybeescwl@gmail.com or a cheque sent by regular mail to either of the addresses below or dropped into their mailboxes:

Maryse Ristuccia
87 Coalport Dr.
Scarborough, M1N 4B5

Joan Beal
25 Ferncroft Dr.
Scarborough, M1N 2X3

Cheques are payable to "St. John's CWL".

Please be sure to include your name, address, phone number and email address so we can update our records. Please PRINT.

The name and number of a contact person in case of emergency or difficulty reaching you would also be appreciated.

If these payment methods are not convenient for you, contact Maryse to pick your payment up:

maryse.ristuccia@gmail.com

Calendar

Dec. 24th – Christmas Eve

Dec. 25th – Christmas Day

Jan. 1st – New Year's Day

Jan. 8th – CWL General Meeting – Church Hall

December Celebrations!



Happy birthday to everyone celebrating a birthday this month including:

→ **Karen Edwards** on the 14th!

→ **Fr. John-Mark** on the 29th!



"O come, divine Messiah!
The world in silence waits the day,
When hope shall sing its triumph
And sadness flee away."

Christmas blessing to all.

With Christmas just days away:

"No matter how stressed you are, remember how blessed you are."

- Charlie Brown (Charles Shultz)

Synod on Synodality



Pope Francis has invited the whole Church to "listen" in order to learn to be a synodal church.

His invitation is to rediscover listening as an essential condition for good communication.

Although the Diocesan Phase of the 2021-2023 Synodal process is now closed, Catholics can still express their individual opinions and concerns on any Church related topic, good or bad, by writing directly to the Vatican at: synodus@synod.va

Pope Francis has said "The Synod on Synodality is an ambitious two-year global process of listening to the faithful ... asking every Catholic to help discern what the Holy Spirit is telling us at this moment as the Church enters its third millennium."



50/50 Lottery

The Knights of Columbus are fundraising for their annual "Coats for Kids" in Ontario through an online 50/50 lottery. Tickets are 15 for \$10, 40 for \$20 or 100 for \$40 for each quarterly draw. Ticket numbers are computer

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generated and emailed to the buyer.

Hurry – this last quarter jackpot draw takes place

December 31st, with a current take home prize estimated at \$14,100 and growing!

Perhaps a Christmas gift?

When ordering, there is a drop-down menu under “Organization” to choose the parish council you support – St. John’s Council number is “Scarborough Beaches 7008”.

For full details and to purchase your tickets go to:

<https://www.kofcontario5050.com>

Virtue of the Month

From the Toronto Catholic District School Board:

December virtue is Charity.

The virtue of Charity means being generous with our presence, time, and money.

Catholic teaching proclaims that a basic moral test is how our most vulnerable members are faring. In a society marred by deepening divisions between rich and poor, our tradition recalls the story of the Last Judgment (Matthew 25:31-46) and instructs us to put the needs of the poor and vulnerable first.

- “And now abide with faith, hope, charity, these three; but the greatest of these is charity.” (1 Corinthians 13: 1)
- “For the Church, charity is not a kind of welfare activity which could equally well be left to others, but is a part of her nature, an indispensable expression of her very being.” (Deus Caritas est)
- “If you can’t feed a hundred people then just feed one.” (Mother Teresa)

Milk Bag Project

We have 3 members crocheting milk bags into mats for the homeless! Please fold or roll clean and dry outer milk bags together instead of crinkling them up. This makes it easier for the cutting process.

Any that you have can be dropped off to the front porch of either:

Maryse’s house at **87 Coalport Drive**

Carmen’s house at **66A Osborne Ave.**

Catholic Family Services

A wide variety of programs and services are offered through Catholic Family Services of Toronto. Their counsellors “are prepared to work with the needs, strengths, values, and goals of individuals and families.

We also recognise and sensitively respond to differences in cultural, racial, gender, and religious backgrounds of clients.”

Please call **416-921-1163** (Central Toronto office) or **416-222-0048** (North Toronto office) and leave a message with your name and contact information.

A staff person will contact you and provide you with further information.” You can also send an email to this email address: info@cfstoronto.com

FEE FOR SERVICE:

Counselling fees are charged according to a client’s income level. No one is denied service because of his/her inability to pay fees.” For more info go to:

<https://www.cfstoronto.com>

CWL Bursaries

CWL’s National Bursary Fund was established in 1990 and provides members with financial assistance while pursuing studies, courses, seminars, workshops and diploma/degree programs in areas of, spiritual growth, adult faith formation, youth ministry, ministry to patients in palliative care, ministry to shut-ins, parliamentary procedure, and literacy tutoring.

New this year! The addition of education toward a nursing degree.

Deadline to apply is May 15th. Members use this bursary opportunity to take online courses and workshops. One thousand dollars can be awarded per year to a maximum of \$4,000 in a member’s lifetime. Refer to item #552 on the League’s national website for criteria and application information. The League brochure is found at:

<https://cwl.ca/wp-content/uploads/2019/09/312-National-Bursary-Fund-Brochure-2019.pdf>

CWL National Webpage

In ongoing efforts to inspire you in faith, service and social justice the League is happy to introduce a new permanent webpage that has been added to the CWL national website. “To Inspire” is the home for inspirational messaging and videos promoting the League: <https://cwl.ca/to-inspire/>

WUCWO

The Catholic Women’s League of Canada (CWL) is officially recognized by the Canadian Conference of Catholic Bishops (CCCCB) as a lay association of women and is affiliated with the World Union of Catholic Women’s Organizations (WUCWO), a world-wide federation holding membership in the conference of

International Catholic Organizations. Go to this link to discover all that WUCWO does and to read their monthly newsletter:
<https://www.wucwo.org/index.php/en/>

The CWL & Canadian Blood Services



Attention Members: The CWL has committed to donating 200 units of blood for 2022! Please consider donating even after the challenge date ends.

There is an immediate need for new and returning blood donors. The urgent need for blood, platelet and plasma continues across our healthcare system. There are 31,000 fewer active donors than at the beginning of the pandemic – this is the greatest decline in numbers in a decade.

There are three permanent Canadian Blood Service centers in Toronto: 2 Bloor Street East, 67 College Street, and 163 King Street West. If you're in good health, please visit blood.ca to book an appointment and for the latest updates.

Everyone has the privilege to donate blood and encourage others to donate. CWL members are asked to give the gift of life and to register with Canadian Blood Services "Partners for Life" program using the League's unique Partner ID **CATH011269** to record donations.

For information on Blood Services go to:
<https://www.blood.ca/en>

Genetics

On the topic of Genetics, you can monitor and study the advantages / disadvantages of scientific developments in light of teachings of the Catholic Church through the Canadian Catholic Bioethics Institute (CCBI). Current information is available regularly on the CCBI website.
<http://www.ccbi-utoronto.ca/>

St. John's CWL Council Contact Information

Maryse Ristuccia:
maryse.ristuccia@gmail.com 437-983-0557

Celestine Hall:
cf.hall@sympatico.ca 416-694-8922

Joan Beal:
joanbeal@rogers.com 416-693-4255

Corinne Santianni:
zed28@rogers.com 416-436-0300

Jenni Commanda:
laughterseasoning@bell.net 647-346-2040

Dorothy Currie:
dorothy.ghosh@yahoo.com 416-804-1793

Krysia Theriault:
krysiatheriault@gmail.com 416-686-2742

Geri Crisci:
gcrisci@ckmconsultation.com 416-697-4544

Carmen Vanderreest:
vanderreestcarmen@gmail.com 416-691-5165