



February 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 new website for all matters relating to our church. Use it to register for Masses and Confessions (after 11:00 a.m. each Tuesday). It has links to the weekly Bulletin and many other great resources for our parish as well as 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

We are resuming meetings via Zoom due to pandemic restrictions. Our next meeting will be held Monday, February 28th at 7:30 p.m. Our guest speaker will be Jackie Eldridge co-founder of Hearts and Minds Matter. Ms. Eldridge is a keynote speaker, author, workshop

presenter and teacher educator bringing inclusion, emotional intelligence, resilience, trauma-informed practice and mindfulness to the world.

The Zoom link will be emailed in advance.

Pray the Rosary

Friday Night Rosary is back with a new start time - 8 pm! Prayers matter, prayers support and uplift. If you have a special prayer request for our Rosary night please let Maryse or Carmen know. We pray the Rosary every Friday evening at 8:00 p.m. online via Zoom. 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. This 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:
*Noreen Boyle Marlene Libbus Jennifer
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

Message from Maryse

Woohoo! We're more than half way through February, the days are getting longer and the groundhog has predicted an early spring. February also celebrates the long weekend of Family Day, a time to stop and spend some time with family. We appreciate the blessing that family is, whether it is close family or our parish family or our CWL family. It is a good time to stop and ask ourselves if we are truly giving of our time and talents to our family. As our membership drive continues, have you renewed your commitment to your CWL family?

At a retreat opportunity in the fall, the animator brought forth the ideas of how we are called to be

Catholic and live our faith through our CWL sisterhood. All members are servant leaders through our baptism and called by God to participate in service with their own unique gifts. We need to discern what our gifts are and not deny them; we need to cherish those gifts and bring out the best of ourselves through them; share the gifts and not squander them as well as help one another know and use our gifts.

Membership in the CWL family is a call to share the gifts that we have been blessed with. Whether you wish to be a very active participant, or just support the League with your membership, you are part of a family and cherished. This Family Day, may you all spend time connecting with each of your families, those related to you, or not, and those that are spiritual families.

Message from Our Clergy

This space will be shared by Fr. John-Mark and Deacon Paul on a rotating basis. Fr. John-Mark started the cycle with his article in January's addition. Deacon Paul follows this month with his article below:

Guilt Free Binging by Deacon Paul: Episode 1

My Dear Sisters in Christ,

Have you found yourself feeling a little guilty from watching too much Netflix, Prime, Disney, or Apple TV? Or maybe feeling a little guilty from spending too much time listening to POD Casts (personally I am hooked on Alan Alda's *Clear and Vivid*). I know I have. There is so much to watch, and our social media feeds are always telling us about the next big thing to binge.

When I was first asked to submit an article to your newsletter late last year, I pondered what it is I could bring to the newsletter. After some prayer, I decided I would share some of my - dare I say guilt free - binging content with you. I call it guilt free, as everything I will share will be some amazing Christian content that I have "binged" on at some point over the past few years.

At the very top of my guilt free binging list is a series called *The Chosen*. It is available on YouTube, but I prefer to Chrome cast it from my phone to my TV via The Chosen TV app, which is available for free through the various app stores.

The Chosen is the first ever multi season series about the life of Christ. They have raised \$40,000,000 by crowd funding to produce this series, which makes it the largest crowd funded media project of all time. The plans call for at least 7 seasons, with the first two seasons (16 episodes) complete. A third season has been funded and is about to go into production; it should be available to binge on, before Christmas.

They do take some liberties, and provide back stories

for all the Apostles and other main characters like Nicodemus, Peter's wife, the lady at the well, etc, but they do so while maintaining a very tight biblical connection to the scripture that we are all very familiar with.

The actors are phenomenal, especially the young Catholic man that plays the role of Jesus - Jonathon Roumie. Every time he performs a miracle, it feels like I am right there with him in the scene. The scripture literally comes alive, so much so I usually "tear up". Jonathon got to meet Pope Francis when he was in Rome last summer promoting *The Chosen*. Bishop Baron has interviewed Jonathon and reported that he thought he was actually interviewing Jesus.

I am currently watching the first two seasons for the fourth time, and each time I watch an episode, I hear or see something I had not previously (just like reading the bible). There is a lot of bonus content on their site/TV app, including a beautiful Christmas with the Chosen - that was released just before this Christmas - and the original short film called "The Shepherd" that was the inspiration for the series. There are also interviews with the actors, bloopers, biblical roundtables with the priest, rabbi and evangelical preacher who keep the show scripturally sound, etc. I highly recommend it!!!

Feel free to email if you would like to discuss the show!

rpm@paulmccourt.com

God is love...dp

2022 Membership

Although we face another uncertain year, 2022 membership is underway! **Annual dues must be paid now!** Any female 16 yrs or older is welcome to join! In the absence of any in-person contact due to pandemic restrictions you can pay the \$25 annual fee in one of the following ways: e-transfer to Linda Duke at lajduke@rogers.com or mail or drop off a cheque to Maryse Ristuccia at 87 Coalport Dr. M1N 4B5 or to Carmen Vanderreest at 66A Osborne Ave. M4E 3B2. Cheque are payable to "St. John's CWL". If either of these methods is not convenient for you, contact Maryse to pick your payment up:

maryse.ristuccia@gmail.com

We look forward to your continued 'yes' as we move into our 71st year as a council!

Still Looking – Still Needed

There is one position left to fill on our executive.

We hope there is a member interested in taking on our Spiritual Development chair position. Is it you?!

Executive positions are very important to our council

but are not overly time consuming. We work together and provide lots of support. Please consider stepping up for this role. If you wish to discuss what the role entails, please contact Maryse or go to this link: <https://ottawa.cwl.on.ca/files/1%20Duties%20of%20the%20Officers%20Answers.pdf>

Spiritual Development

“Oh When the Saints Go Marching In...”

Starting January 31st with the Feast Day of St. John Bosco, then St. Blaise, St. Agatha, St. Jerome, St. Josephine Bakhita, St. Valentine, and then coming into March; St. Patrick and St. Joseph, all the saints coming in one after the other. In this new restricted way of living, for many of us, each day seems just like the one before but a prayerful moment each day and meditation on the ‘saint of the day’ can bring us hope and lift us up out of the sameness of these winter days, these pandemic days. There are so many ways to learn about the saint of the day and when we read about them we can be inspired by their life and gain resilience and courage to be positive and do something good with our day. "Something good" can be as simple as phoning a relative or friend living on their own or having a difficult time. "Something good" can be taking care of yourself or someone else. Something good, something inspired by love: love that the saints had in abundance.

Not all of us
can do *great* things
but we can do
small things with
great love.
Mother Teresa

Rest in Peace

Our dear CWL sister Ulrike Licht passed away on January 29th. Her funeral Mass was held at St. Michael’s Cathedral Basilica on February 12th. Members Kay Ainey and Carmen Vanderreest formed a stationary CWL honour guard at the entrance to the cathedral. Some members were able to reserve seating that was restricted due to pandemic protocol. The Mass was celebrated by Fr. John-Mark who was assisted by Deacon Paul. Fr. John-Mark began his homily reciting these words from Handel, “O death, where, where is thy sting - O grave, where, where is thy victory”. He pointed out that graves were closer than thought as some were beneath the cathedral including that of Bishop Michael Power. He offered that Ulrike’s own voice had rung through the vaults of St. Michael’s and that she was now present in the cathedral for the last time. Fr. John-Mark reflected that within Ulrike’s

funeral Mass and the cathedral many connections could be made; graves, Christians, and a lovely preserved garland of flowers from the 1800’s found in a mausoleum during cathedral renovations. This garland could be connected to that drawn on the front of the funeral program, detailing all what Ulrike held dear when looking from her window; different garden plants and flowers, blue jays and cardinals, songbirds and butterflies. Fr. John-Mark noted these garlands were intertwined, both reflecting victory over the grave in that we too are woven into the Body of Christ; we will not fade or die. He noted that Ulrike lived the Beatitudes and that she, like all of us, is grafted onto the vine of Christ, intertwined like the garlands, and that Ulrike was now closer to the source of that vine. There was not a separate eulogy at the Mass, instead Ulrike’s obituary was printed in the funeral program and can be viewed through the link below. It is a testament of a woman filled with the Holy Spirit. Also below is a photo of a candle created by Ulrike’s family together with a photo of Ulrike. These were on display at the funeral home. The candle resembles the many made by Ulrike herself and given to family and friends to commemorate baptisms, marriages, and other ceremonial events; each candle depicting things of special meaning to each person. You can just make out cardinals, blue jay and music notes that surrounded Ulrike’s candle.

Link to Ulrike’s obituary:

<https://www.arbormemorial.ca/mcdbrown-scarborough/obituaries/ulrike-licht/78609>



Lord, we pray for our departed sister Ulrike Licht. Welcome her into your loving presence. Grant her peace and reward for a life lived in faithfulness and service. Strengthen those who mourn and help us all to recognize your saving grace and give you glory and praise forever. Amen

Christmas Gift

At Christmas we had given Fr. John-Mark a lovely artistic drawing of a male house sparrow created by member Maria Wong. Unfortunately we had not had enough time to frame it properly so we took it back to

do so. Member Aveline Ristuccia and her husband John professionally framed it and last Sunday Fr. John-Mark was re-presented with the CWL's Christmas gift.



Maryse Ristuccia re-presenting the CWL's Christmas gift to Fr. John-Mark.

Thank You - Finally!

After many tries to surprise past-president Jane Dietrich with a gift for her commitment and leadership as CWL President during the difficult first two years of the pandemic we finally met with success!

President Maryse Ristuccia and Communications Chair Carmen Vanderreest met Jane for lunch and presented her with two \$50 gift certificates – one for Indigo and the other for Outrigger, a neighbourhood restaurant on Queen Street E. favoured by Jane.



Jane Dietrich, CWL Past President upon receiving our gift for her service.

Mental Health and Wellness Corner

Welcome to the newest feature of our newsletter!

This column is written by our Health co-chairs Geri Crisci and Krysia Theriault.

We are “under construction” and welcome your ideas, questions and all concerns related to mental health and wellness. Or really, anything's that's on your mind!

What is Mental Health?

Let's start with a definition offered by the World Health Organization:

“...State of well being in which the individual realizes his or her own abilities,
Can cope with the normal stresses of life,
Can work productively and fruitfully,
And is able to make a contribution to his or her community.”

This is a great definition, unless one has been living in the pandemic for 2 years!

The stresses imposed by the pandemic are anything but “the normal stresses of life”. If you have experienced thoughts and feelings which are different from your usual repertoire of responses to life, do not be alarmed. None of us have ever experienced this type of situation before in our lifetimes. To understand the array of feelings and responses we've had, it may be helpful to think about it through three different lenses:

Grief: we've lost routines, privileges, and contact with family and friends.

Crisis: new conditions, rules and guidelines for walking through our lives became necessary for our protection (masks, social distancing, frequent hand washing).

Trauma: definition: emotional shock.

When was your first emotional shock with the pandemic? The first time you had to line up to go into a grocery store? The first time someone you knew became ill with Covid? The first time you experienced shortages (toilet paper, hand sanitizer, etc)? Everyone has had more than one “shock” associated with this pandemic. If we consider all that we've been through, it is truly miraculous that we have done as well as we have done. Our faith has likely had a role in our ability to “hang in there” and put one foot in front of the other”. We are blessed.

Most importantly, we are actually in a much better place now than one year ago, and certainly better than two years ago. We have vaccines and boosters available; the medical community knows much more about preventing spread and looking after the sick; we have turned the corner on Omicron. Children are back in school and Spring is coming (ALERT: we change our clocks March 12th, gaining an additional hour of blessed daylight). Last but not least, your CWL sisters want to

stay in touch with you and hear from you.

Please consider being a guest columnist in our next issue! We look forward to hearing from you. Or, just read and enjoy!

Lunar Zodiac Animal & Winter Olympics

In celebrating the Lunar New Year and Winter Olympic Games members were asked to answer one or both of the following questions in our effort to continue to connect with each other through our stories.

Which animal sign of the Lunar Zodiac were you born under?

Which of the Winter Olympic Sports is your favourite to watch and why?

We begin with member **MARIA WONG** who provided this very insightful response:

“Legend has it that the Chinese Zodiac was established over 5000 years ago. Twelve animals raced to celebrate the birthday of the God of Heaven. The first to arrive was the mouse [rat] and the last was the pig, with ten other animals in between, thereby creating the order of the animals of the Chinese zodiac. Like many beliefs and traditions in the Chinese culture, for our well-being and that of the universe, everything should exist in harmony and balance, as the yin and the yang, like cleverness and calm to balance power and aggression. The Chinese Zodiac consists of twelve animals that, with the exception of the mystic dragon, co-exist with us humans on Earth. They are creatures that we can see, feel, observe, and most importantly, that can inspire us. They are not just twelve animals, but each has an ideal partner, complimenting the other and creating harmony based on their characteristics, as yin and yang. The first pair is the mouse [rat] who is witty, kind, and thoughtful, and the ox who is hardworking and dependable. The second pair is the tiger who is competitive and brave, and the rabbit who is cautious, responsible, and trustworthy. The third pair is the dragon who is confident, fierce, and forceful, and the snake who is flexible and wise. The fourth pair is the horse who is energetic and hardworking, and the goat who is calm, gentle and wise. The fifth pair is the monkey who is smart, curious, and distractible, and the rooster who is orderly and thoughtful. The last pair is the dog who is loyal and honest, and the pig who is compassionate, generous, and honest.

By knowing one's Chinese Zodiac sign (which is based on the year of one's birth) and the characteristics of one's Zodiac animal, we can define our strengths and shortcomings, and try to develop complimentary character traits (and/or find an ideal partner with them!) to achieve greater harmony in our daily lives and with the people around us.”

These answers are from member **CHARMAINE WOODS** who is Maria Wong's daughter:

“My parents and I immigrated to Toronto in the mid-1970s when I was about one year old. When I was growing up around North York, there weren't too many Asian kids in school, and I don't remember any Chinese malls, massive grocery stores, or plazas outside of downtown Chinatown near Spadina and Dundas. Chinese culture wasn't well known at the time. So when my kindergarten teacher asked us to talk about our families, and I promptly offered that "My dad's a monkey and he calls my mom a pig!", my teacher was horrified. She called my mother in for a meeting, which then horrified my mother since she didn't know what it was about. It was only when my teacher repeated awkwardly what I'd said and tried to gently explain the unacceptable nature of parents insulting one another in front of children, and my mother started howling with laughter, that my teacher's introduction to the Chinese Zodiac began. The incident resulted in a number of handmade diagrams and explanatory posters borne of my mother's prodigious artistic skills getting plastered all over the classroom that year. Nowadays, most Canadians understand what the Lunar New Year is, and some even know about the animals of the Chinese Zodiac. Because there are twelve of them, each corresponding to a certain calendar year, someone who is born in, say, the Year of the Ox will obviously look very different at ages 12 versus 24 versus 36 etc. So it's quite easy to guess how old someone is and their birth year, just by their appearance and their Zodiac animal. Like all astrological beliefs, whether Western or Chinese, some people will believe that the various signs correspond to certain characteristics and traits and believe the annual horoscopes to be true, and some will not. Whether or not the Rat and the Ox really are the most compatible pair, all I know is that I am blessed to be born in the Year of the Rat (or mouse as I preferred to call it when I was small) and to have found my ideal partner in my Year of the Ox husband.”

Member **GERI CRISCI** answered both questions:

“I was born under the animal sign “Rabbit”. Birth year determines the animal sign; I do not have an understanding of the history of this great and ancient tradition, but am trying to learn.

The reading I have done about my sign is quite fascinating. Such lovely qualities are described; I think these must be lifelong goals for some of us!

The internet tells me that this animal sign is marked by gentleness, quietness and politeness. Truly inspirational! Further study reveals that those under the Rabbit sign, have a great sense of responsibility and

attention to detail, all of which leads to much career success. Lovely aspirations, indeed. All very interesting and fun. Finally, those under the sign of the Rabbit take love seriously and would never fall for someone easily. In addition, if they find the right person, they'll love them to the end of the world and back. Wow! Maybe I'd better go back and check that date/sign match again.....

My favorite Winter Olympic sport is the Luge. Why? To be honest, I like the sound of the word: "Luge" (French for "sled"). I also have a morbid fascination with the dangerousness of the sport. I almost can't watch; yet the sight of someone, face up, feet first descending a vertical drop of 30 stories (300 feet), at 90 mph, is mesmerizing. Mind you, I am afraid of both heights and speed! Fascinating. Watching a run feels like the shortest mile ever covered by a human being. The world record is 57.11 seconds! Why do I like to watch? Exciting! Though I will admit it looks really weird...."

NORMA McCLEVERTY also responded to both questions:

"I am a ROOSTER! Positive traits - outgoing, skillful, deep thinkers, honest, bright.

Not so positive traits - impatient, overconfident (some things for me to work on!)

I love the Winter Olympics!

Never ever have learned to skate, love the speed skating, hockey and admire those who can skate. 👍
Ski jumping is also a favourite.

Go Canada go!" 🇨🇦🇨🇦

JOAN BEAL sent in these answers:

"I am born under the sign of the dragon and I believe I'm a fire dragon!

I'm so happy the Beijing Winter Olympics are on – there's not much to watch on TV – and I love watching skiing and skating – all forms. I'm in awe by the strength, agility and grace of these young Olympians. What a joy it is to watch them and share in the thrill of their accomplishments and celebrations.

CARMEN VANDERREEST replied to both questions"

My Lunar Zodiac sign is the pig. After reading up on this sign from what I think is a reputable online site I learned the pigs' personality traits are diligent, compassionate, generous, calm and tolerant and that my associated element is Earth, my lucky numbers are 2,5,8 and numbers containing them, my lucky colours are yellow, grey, brown and gold, my lucky flowers are the hydrangea and daisy and my lucky directions are east and southwest.

As for the Winter Olympics, I really enjoy watching all the events but in choosing one, it would have to be speed skating – must be the Dutch in me! I prefer the individual competitions over the team races but watch them all with equal enthusiasm. All of the speed skating competitions start off choppy but once athletes find their 'groove' they appear almost graceful in their rhythmic movements. Some of the team races are almost too stressful to watch! And, speaking of such, our Canadian Women's Team Pursuit speed skating (long track) recently won Canada a gold medal at Beijing and set an Olympic record doing it!! Yay Ladies!! I have family and friends around the world and we love to text, message and bet each other in friendly teasing ways in support of our own countries' Olympians!"

This is the response from **JANE DIETRICH**:

"I love the Olympics!!! It plays havoc with my sleep routine every two years. Winter Olympics are my favourite, but I also enjoy the Summer Olympics. My patriotism is even more "out there" during the games. The sight of our flag makes me smile and the attitudes of our Olympians make me proud.

Hockey and figure skating are my top two sports in the Winter Games. I was very lucky to have known several of the players on the women's hockey team when they became a part of the Winter Olympics. Cassie Campbell was my daughter's friend and teammate when they were growing up. It has always been exciting to watch the hockey games with others, but the pandemic has made some of us cheering sections of one. I hope I don't disturb my neighbours with my cheering."

CELESTINE HALL wrote to share:

"I was born in the year of the goat, which explains my defiant personality!!

My favourite winter Olympic sport is figure skating. I always loved watching the beautiful moves as the skaters glided across the ice surface to the music. I must say I preferred the figure skating that was more graceful in years gone by.

Somehow someone skating to Strauss captivates me with their interpretation of the music, more than someone spending their whole program planning the next jump they are trying to complete."

This response is from **MARYSE RISTUCCIA**:

"I was born in the year of the horse, which I am happy with as I love horses. Write ups about the characteristics of 'horse people' are that they are independent and like to try new things, which is why they want to travel and enjoy different cultures. Don't know how independent I am as I haven't ever travelled

to explore things on my own but I am interested in how cultures differ, how they are the same, and what values we all share. Other traits of the horse are popularity, confidence and energy. The energy is still in my mind but not so much in my bones anymore. The things that 'horse people' like and I certainly enjoy are entertaining and parties. I love to cook for others and host dinner parties. They say that people born under the sign of the horse are good public speakers, I hope so, but then there is the other side ----- they talk too much. Enough said!"

Member **LISA RICCIARDELLI** answered both questions: "My lunar sign is The Rooster ... this is funny as I am not always on time. ☺

Back in ancient times when there was no alarm clock, roosters played an important role of waking people up. Thus the first symbolic meaning of the Chinese Zodiac Rooster sign is punctuality. Besides, it was believed by ancient people that its crow and blood could dispel evil spirits, and that's why the rooster is also the embodiment of good luck.

My favorite Olympic sport to watch is women's hockey. I love the rivalry with the USA and it's good to see male fans supporting women in sport. Being Canadian I just love watching hockey."

CORINNE SANTIANNI wrote to say:

"I am born in the year of the Rabbit.

Rabbits are highly intelligent, social and affectionate. They also can be bratty, wilful, destructive and even vengeful. It takes a special type of person to be able to coexist happily with such a complex, demanding little soul. I just think I make life interesting!!

Cerulean blue, fiery red, mint green and imperial yellow are the lucky colours for 2022. These colours are derived from the four elements of Feng Shui — wood (primary element of the tiger), water (element of the year 2022, and I am also a water sign, Pisces!), fire, earth and the Yang polarity.

The year 2022 supposedly comes bearing gifts for my career. It will bring hopeful prospects and I am most likely to make good progress on a professional front. I may be able to open some projects in the second quarter of the year (CWL is my career of choice as I am retired!). In the year 2022 I will enjoy good health throughout the year. Well, the only thing that matters is good health! I wish my fellow rabbits and everyone a great year of health, peace and joy."

Raffle Baskets

Our "Beat the Winter Blahs" raffle baskets fundraiser was a success! There was a little concern as we had not held a raffle online before but members came through buying lots of tickets! Two baskets were up for grabs with the first basket going to member Charmaine Woods and the second basket going to Dianne Williams. Charmaine picked up her basket while driving her Mom, member Maria Wong, to a doctor's appointment. She shared the basket with her Mom and wrote to say, "Thank you so much, opening the basket made her [Maria Wong] so happy. She was marvelling at each item and laughing and she absolutely LOVES the lap blanket. It was a very welcome bit of joy and excitement in her recuperation. You guys are the best!"



Mother and daughter Maria Wong and Charmaine Woods with their shared raffle basket.

The raffle basket won by Dianne Williams was delivered to her home. As you can see in the photo below, Dianne was very happy to have won saying "It's a lovely surprise that has certainly brightened my day."



February Celebrations!



Happy birthday to everyone celebrating a birthday this month including:

- **Lisa Ricciardelli** on the 4th
- **Celestine Hall** on the 21st
- **Carmen Vanderreest** on the 24th

Knights of Columbus Lottery

The Knights of Columbus continue to fundraise for their Ontario Charities Foundation through an online 50/50 lottery for 2022. Tickets are 15 for \$10, 40 for \$20 or 100 for \$40 for each quarterly draw. Ticket numbers are computer generated and emailed to the buyer. The first quarter jackpot draw takes place March 31st with an early bird draw on March 1st. The payout prize grows daily based on ticket sales. Currently, it stands at over \$18,620! 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>

Calendar

March 2nd – Ash Wednesday – Lent begins
March 8th – International Women’s Day
March 17th – St. Patrick’s Day
March 19th – St. Joseph’s Day

Catholic Family Services

A wide variety of programs and services are offered through Catholic Family Services of Toronto. Due to the pandemic they have moved to online assistance. 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 main 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>

Virtue of the Month

From the Toronto Catholic District School Board:
February’s virtue is Love.

- “Whoever does not love does not know God, because God is love.” (1 John 4:8)
- “And now these three remain: faith, hope and love. But the greatest of these is love.” (1 Corinthians 13:13)
- “...Hate cannot drive out hate; only love can do that.” (Martin Luther King)
- “Where there is great love, there are always miracles. (Willa Cather)
- “Love is all we know of God. It is all the proof we need of God. It is the sight of God in our own lives. Love something then; love anything and everything in order to release the best of yourself.” (Joan Chittister)

Milk Bag Project Back On!

Maryse has found a crocheting partner in member Charmaine Woods so collecting **clean and dry outer milk bags** is back on! Please fold or roll the bags together instead of crinkling them up to make it easier for the cutting process.

Any that you have can be dropped off to the porches at either:

Maryse’s house at **87 Coalport Drive** or Carmen’s house at **66A Osborne Ave.**

Maryse is still asking for more members to help with the crocheting, it is a very simple chain stitch and says help would be most appreciated. Please email Maryse at:

maryse.ristuccia@gmail.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. 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/>

The CWL & Canadian Blood Services



Canadian Blood Services is always in need of blood donations.

There is an immediate need for new and returning blood donors. The need for blood continues in our healthcare system.

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/>

WUCWO

The Catholic Women's League of Canada (CWL) is officially recognized by the Canadian Conference of Catholic Bishops (CCC) 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. Click here to discover all that WUCWO does and to read their monthly newsletter: <https://www.wucwo.org/index.php/en/>

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