



June 2023

**Transitional Executive**

President: Maryse Ristuccia  
Secretary: Celestine Hall  
Treasurer: Joan Beal  
Spiritual Development: Karen Eckert  
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](http://www.cwl.ca)  
2023 theme: *Catholic and Living It!*  
Provincial: [www.cwl.on.ca](http://www.cwl.on.ca)  
2023 theme: *Go Make a Difference*  
Diocesan: [www.cwltoronto.ca](http://www.cwltoronto.ca)  
2023 theme: *Called to Serve*

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 26<sup>th</sup>.

**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**

We are now taking a break for the summer. In late August an email will be sent advising of our next meeting. Have a safe and restful summer!

**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 to attend Mass, with grocery shopping, errands or appointments. Please contact Maryse at: [maryse.ristuccia@gmail.com](mailto:maryse.ristuccia@gmail.com)



**HELP THEM SHINE A LIGHT ON THE NEED FOR 100,000 NEW BLOOD AND PLASMA DONORS.**

Across Canada, thousands more donors are needed to fill every open donation appointment now through the end of summer. You can help strengthen **Canada's Lifeline**.

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.

Not everyone can donate blood, to be able to is a life-

giving gift for those in need, yet another way to be "Catholic and Living It". There is no cost to give blood and the number of people who are saved is countless. Members wishing to donate blood need to visit: <https://www.blood.ca/en> and select Ways to Donate from the menu, then go to Partners for Life and click on "Group donations and pledge-based partnerships". Members need to complete the registration to set up a new donor account if they do not have one. Once the account is set up, then choose Partners for Life to join our existing team which is the "The Catholic Women's League of Canada."

### **Message from Maryse**

June is here and our annual dinner has come and gone. This dinner is always a celebratory evening spent with CWL sisters and friends to kick off our summer break. This year we were pleased to have had several friends join us and enjoy the pleasant atmosphere. There was a lot of laughter as we were led by our talented member Maria Wong in a painting activity. Plans are in the works to have Maria lead another paint night in the fall, open to all parishioners. When we get together, between the smiles and laughter, new ideas come up on what we can do to build our parish, our group, our faith and create a welcoming community. Look for some of these ideas in the fall.

Throughout this past year of activity (last September to this June), we can be proud of all the work we have done together to share faith, fun and fulfilment. The Toronto Diocesan CWL Council motto is "Go Make a Difference" and yes, our members have made a difference. Look back on our newsletters, which can be accessed on the church website under ministries, to be reminded of the many different activities that we have been involved in.

After many months of no fundraising we were finally able to host a cupcake sale and then a soda bread sale. Both of these were well supported, created some fun and raised money which was used in various ways; we sent \$300 to the Sisters of Life, \$300 to our St. Vincent de Paul Society, purchased items to make sandwiches for Club Sandwich which serves the hungry and we purchased rosaries for the students in grades 1 to 3 at St. John Elementary School.

As we came back together in person to our usual Sunday luncheon schedule it afforded us the opportunity to share a meal and fellowship as well as invite speakers on various topics. Each time a speaker came, an invitation was extended to all parishioners to join us. There were a variety of topics from local history

to climate change and physical health. A number of parishioners joined us for these events. We hope to continue the practice of our lunch meetings with speakers of interest, which will be open to all.

Not only have we continued with our monthly newsletter, reporting on activities, it also shares a mental health feature and a spiritual development article. We also continued to develop our own spiritual growth and offer opportunities for non members which include, weekly on-line Rosary, crowning of Mary, visiting classrooms to teach the Rosary, outdoor Rosary for the months of October and May, Healing Mass and Mary's Way of the Cross.

This is just a quick summary of our activities during these last ten months and we hope that we have continued to meet our goal of faith, fun and fulfilment and gone out to make a difference in our community and world. Time now for a summer break to enjoy the beauty of the world around us. As you read this summary, an idea may pop up for a future activity, jot it down and send it to me. Your executive welcomes your input.

All of the activities we have been able to achieve come with work, the day of and the planning and preparation. Many thanks to all those who volunteer and especially to the executive members for attending meetings and making sure that things get done. I also thank you for your support and your many positive comments. Enjoy the summer break and I look forward to our autumn session and what the future will bring our council.

Blessings,  
Maryse

### **Message from Fr. James**

Dear sisters in Jesus and Mary!

Time flies fast. It has been a great pleasure to journey together for the last almost 8 months. You have been a great inspiration for me in several ways. As the Catholic Women's League, you organize lots of activities in the parish, reach out to the poor, evangelize people, pray together, and bring truth and justice in the society.

I wish you all the best in continuing your mission in building up the parish along with all the other associations at St. John's. I ask the Lord to bless you, intercede Blessed Mother to guide you in every step you take in your evangelizing mission.

May God bless you all abundantly. I also invite you to remember me in your prayers as I move to a new parish as pastor.

Fr. James Dunstan, IVDei

## Health and Wellness Corner

By Health co-chairs Geri Crisci and Krysia Theriault

Happy Summer!

As we begin to enjoy the warm weather and beautiful plants and flowers of summer, let's take a moment to breathe. Slow, deep breath; shoulders back; chin up; arms and legs in a relaxed position.

God be willing, we are likely looking at 4-5 months of reasonable, if not enjoyable weather. We are able to leave coats, boots, gloves and hats behind. Freedom!! With this positivity in mind, let's consider how we want to use our time and energy during the next few months. Some of us may be planning to spend time with friends and family; others may have plans to be away; some may be very happy to be at home with no travel plans! We're all different! How do you want to use your months of summer?

We'd like to offer the following information in the hopes that it might be useful to you in your thinking:

### *Seven Elements of Maintaining Good Mental Health*

Mindfulness researchers have identified seven elements which are considered essential to mental health. How do each of these factor into your daily living?

#### 1. Sleep Hygiene

Being able to enjoy deep (REM), continuous sleep; waking up refreshed and with energy. Paying attention to ensuring calmness at least 45 minutes before you hope to fall asleep.

#### 2. Aerobic Exercise

Not marathons, not hurdle jumping, but 20 minutes of any exercise, 3 times a week (walking counts!) Regular aerobic exercise increases neuroplasticity, which assists in memory retention, and general cognitive functioning.

#### 3. Nutrition

OMEGA 3's are discussed frequently, but in general, paying attention to the types of food you are eating.

#### 4. Novelty

Learning new things; engaging in playfulness; finding humour -whatever makes you laugh!

#### 5. Relationship

Turning on the social; you might like a lot of social interaction or not so much! Some social action keeps our brains sharp, and encourages neurons to fire and connect, which keeps us in good brain health.

#### 6. Tuning in

Engagement: with a person, a group, an activity, an interest, a hobby; listening to radio programs or audio books; reading; puzzles; whatever interests you.

#### 7. Paying Attention

For many years we have been encouraged to "multi task". Many workplaces expect their employees to

multi task; it's regarded as an important skill. However, brain scientists disagree! In fact, it is preferable from a brain health and mental health point of view to focus completely on one thing at a time! Isn't that interesting.....

We hope we have provided some interesting "food for thought" (not considered Nutrition!).

We wish each of you a healthy, safe, enjoyable and fun summer!

Warm regards to each of you!

Geri and Krysia

## Year-End Prayer

Thank you, Lord.

Today we give thanks

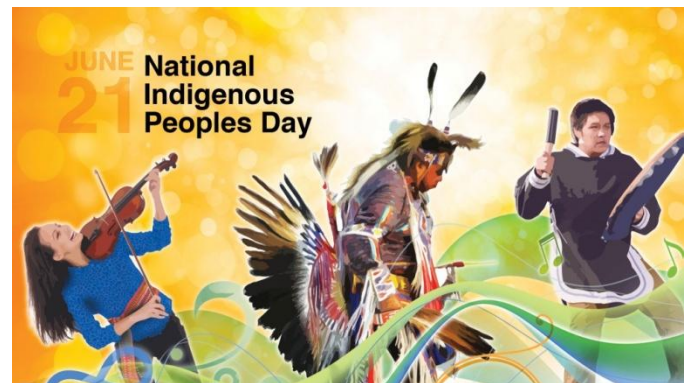
for the blessings you've given us this year  
and for the kind people you have placed in our path.

Thank you also for giving us the inspiration and energy  
to complete our projects and for the million gentle  
mercies and graces that were present each day.

Bless us this summer and keep us all safe until we meet  
again in the fall.

Amen.

## National Indigenous Month/Day



This excerpt is from Crown-Indigenous Relations and Northern Affairs Canada:

June is National Indigenous History Month in Canada, an opportunity to learn about the unique cultures, traditions and experiences of First Nations, Inuit and Métis. It's a time to honour the stories, achievements and resilience of Indigenous Peoples who have lived on this land since time immemorial and whose presence continues to impact an evolving Canada. The House of Commons designated June as

National Aboriginal History Month in 2009. The name was changed to National Indigenous History Month in 2017.

June 21<sup>st</sup> is National Indigenous Peoples Day when we recognize and celebrate the history, heritage, resilience and diversity of First Nations, Inuit and Métis across Canada.

This excerpt is from Crown-Indigenous Relations and Northern Affairs Canada: For generations, many Indigenous groups and communities have celebrated their culture and heritage on June 21 or around that time of year because of the significance of the summer solstice as the longest day of the year.

National Aboriginal Day, now National Indigenous Peoples Day, was announced in 1996 by then Governor General of Canada, Roméo LeBlanc, through the [Proclamation Declaring June 21 of Each Year as National Aboriginal Day](#). This was the result of consultations and statements of support for such a day made by various Indigenous groups:

- in 1982, the National Indian Brotherhood, now the Assembly of First Nations, called for the creation of National Aboriginal Solidarity Day
- in 1995, the Sacred Assembly, a national conference of Indigenous and non-Indigenous people chaired by Elijah Harper, called for a national holiday to celebrate the contributions of Indigenous Peoples
- also in 1995, the Royal Commission on Aboriginal Peoples recommended the designation of a National First Peoples Day

On June 21, 2017, Prime Minister Justin Trudeau issued a [statement](#) announcing the intention to rename this day National Indigenous Peoples Day.

### Annual Dinner

Our annual Members' Dinner was held on June 6<sup>th</sup> in the church Hall. The evening began with a paint session led by our member and wonderful artist Maria Wong. With some hesitancy, which quickly turned into smiles, members picked up their paintbrushes, chatted and laughed while interpreting Maria's simple instructions onto their own canvases. Busy with her own painting, Maria could not manage her paintbrush and the microphone so her daughter, member Charmaine Woods, manned the microphone relaying Maria's directions. The idea was to paint growing wildflowers and everyone created lovely paintings of such to take home at the end of the evening. When the canvases had dried member Aveline Ristuccia brought out her calligraphy pens and inscribed an inspirational word, chosen by each individual, onto their painting.



Member Maria Wong illustrating simple techniques

Below are 4 pictures of members and friends creating their "masterpieces"!





Below - finished paintings drying



Aveline Ristuccia inscribing inspirational words



Member Deanne Emerson was the winner of the large charcuterie board stacked high with all types of edibles and wine to enjoy on a summer's day with family or friends.

### **CWL National Convention**

The CWL's National Convention takes place August 13 to 15 in Saint John, New Brunswick.

For details go to: [www.cwl.ca](http://www.cwl.ca)

NOTE: All are welcome to view the live stream of the proceedings on August 14 & 15. Registration is required. Please click here to register:

<https://event.gotowebinar.com/event/53508b5b-88c1-4451-8fa6-a5306f798b9d>

### **Membership**

The annual membership fee is \$35.

There is confidential assistance for any woman needing help to pay her membership - please contact Maryse [maryse.ristuccia@gmail.com](mailto:maryse.ristuccia@gmail.com)

Any female 16 years 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](mailto:jaybeescwl@gmail.com) or a cheque sent by regular mail to Maryse's address below or drop off a cheque or cash payment into her mailbox or Carmen's mailbox:

Maryse Ristuccia

87 Coalport Dr.

Scarborough, M1N 4B5

Carmen's mailbox – 66A Osborne Ave.

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

**Be sure to include your name, address, phone number and email address** so we can update our records.

**Please PRINT everything.**

**Also include the name and number of a contact person in case of emergency or difficulty reaching you.**

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

[maryse.ristuccia@gmail.com](mailto:maryse.ristuccia@gmail.com)

### **Calendar**

June 21<sup>st</sup> – National Indigenous Peoples Day and the Summer Solstice

July 1<sup>st</sup> – Canada Day

July 8<sup>th</sup> - 12<sup>th</sup> – CWL Provincial Convention in Cornwall

August 1<sup>st</sup> - 6<sup>th</sup> – World Youth Day - Lisbon, Portugal

August 7<sup>th</sup> – Civic Holiday

August 13<sup>th</sup> - 15<sup>th</sup> – CWL National Convention in St. John, New Brunswick

August 6<sup>th</sup> – Transfiguration of the Lord

August 15<sup>th</sup> – The Assumption of the Blessed Virgin Mary

## June, July & August Celebrations!



**Happy birthday** to everyone celebrating a birthday in July & August including:

- **St. John's Church Building** turns 91 years on June 6<sup>th</sup>!
- **Lucille Covelli** on June 6<sup>th</sup>!
- **Pat O'Hara** on June 8<sup>th</sup>!
- **Linda Duke** on June 8<sup>th</sup>!
- **Lisa Robichaud** on June 12<sup>th</sup>
- **Jane Dietrich** on the 23<sup>rd</sup>!
- **Carolyn Chesley-Jewell** on August 8<sup>th</sup>!
- **Maryse Ristuccia** on August 17<sup>th</sup>!

### **Congratulations to:**



- **Kay & Rick Ainey** Celebrating their 49 wedding Anniversary on the June 1<sup>st</sup>!
- **Joan & Dave Beal** celebrating their wedding anniversary on August 8<sup>th</sup>!
- **Celeste & Dave Hall** celebrating their wedding anniversary on August 24<sup>th</sup>!

Please share your birth date or anniversary date with Carmen so it can be celebrated [here!](#)

### Virtue of the Month

From the Toronto Catholic District School Board:  
June virtue is Faithfulness.

- "You must love Yahweh your God with all your heart, with all your soul, with all your strength" (Deuteronomy 6:5)
- "...The saints are the true bearers of light within history, for they are men and women of faith, hope and love." (Deus Caritas Est)
- "In a society marked by personality cults, we are called to bear witness to Jesus Christ, our Saviour and Lord and to reverence Him in the poor, the lowly and the marginalized." (This Moment of Promise)
- He calls us to faithfulness in both the miraculous and the mundane." (Deidra Riggs)
- "To trust God in the light is nothing, but to trust him in the dark. That is faith." (C.H. Spurgeon)

## Food Bank Donations



Since last September we have collected food donations at each of our meetings for the Grace Pascoe Care Centre located in the lower level of Calvary Baptist Church on Main St. at Benlamond Ave. This is where our local food bank is located.

The food that we have collected over these 10 months has weighed in at close to 300 pounds (136 kilograms)! Yay us! Needless to say it was very much appreciated. This food bank is one of just a few food banks in the city that is open at night (Thursdays 6 to 8:30pm) and offers a shopping-style service for clients. Rather than receiving a box or hamper with pre-selected food, their clients can pick their own food, with allocations based on family size. This approach has been really well received by the people they serve, who appreciate the ability to choose their own food.

Demand for services continues to increase, during the summer please consider helping out if you can. Collect donations at home, from neighbours and/or work and bring them through the back door and down the stairs of the church on Wednesdays 10am-2pm or Thursdays 5-6pm – the door can be difficult to open, the handle latch needs to be pressed down hard. Ask for help and volunteers are happy to assist in carrying items.



To all fathers, grandfathers and father figures!  
God bless you always.



### 50/50 Lottery

Tickets are on sale for the 2023 Knights of Columbus 50/50 draw in support of Ontario Food Banks and the Special Olympics. There are four quarterly draws, the third one will be on **September 1<sup>st</sup>** – jackpot is based on total ticket sales. 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. When ordering tickets 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>

### **Milk Bag Project**

We still need members to crochet milk bags into mats for our city’s homeless. If you cannot attend meetings or be active in our volunteer work, this is a way you can contribute from your own home. It is a simple crochet stitch that results in a useful mat, helping someone in need. Call or email Maryse to learn about this simple way that you too can be involved: 437-983-0557 or

[maryse.ristuccia@gmail.com](mailto:maryse.ristuccia@gmail.com)

When saving milk bags for this ongoing project please fold or roll clean and dry outer milk bags together instead of crinkling them up. This makes it easier for cutting them into strips to be woven into mats.

Any that you have collected 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](mailto: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 15<sup>th</sup>.** 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/>

### **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**

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