



May 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](http://www.cwl.ca)  
Provincial: [www.cwl.on.ca](http://www.cwl.on.ca)  
Diocesan: [www.cwltoronto.ca](http://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 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 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 final get-together before we break for the summer will be on Tuesday, June 7<sup>th</sup> at 7:30 p.m. This will be an in-person social gathering in the upper room above the rectory's garage.

**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 Lorraine Dietrich 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](mailto:maryse.ristuccia@gmail.com)

**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 secure links:

The Archdiocese of Toronto  
<https://www.archtoronto.org/en/contact-us/donations/donate-pages/donate-to-humanitarian-relief/>

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

### **Message from Maryse**

There's good news and there's bad news. The good news is that we were able to have our first in-person meeting in two years! It was lovely to see each other in person and have a chance to chat and catch up. Our meeting followed the usual format of business, reflection, and social time. The reflection was a moment to stop and look at how we have changed through the pandemic and what we learned and wish to apply to our lives moving forward. This was a poignant moment that could not have had the same impact had we not been together in person. If you want a copy of the reflection, please let me know. The bad news was that there was such a low attendance for our meeting. I understand that many still feel uncomfortable with in-person gatherings, please let any of the executive members know if this is how you feel and be assured that we have good practices in place to ensure the safety of all. Coming to our next meeting in a safe environment might be a good step to help you return to a more normal routine – baby steps.

Another piece of good news was the Memorial Mass for our deceased CWL sisters on April 26<sup>th</sup>, the Feast Day of Our Lady of Good Counsel. Our thanks to Father John-Mark for a beautiful liturgical celebration and uplifting homily. Our thanks also to organist and choir master Eric Walker and the choir, the music was moving and added much to the occasion. We were able to gather downstairs for a short social time and look through our Book of Life, which holds the names and write ups on our deceased sisters. The bad news is that the attendance was again so disappointing for such an important Eucharistic celebration. Will this annual memorial service of women from our parish, our council, who gave so much of their time and energy, fade away?

Good news for June is that we will once again meet in person. Plans are for a short business meeting followed by time spent together sharing fellowship, which we all need, before we break for the summer months.

Usually, our June meeting is a dinner where we bring a friend and enjoy a meal prepared by the executive, but we will hold off on this until October. Please come and join us for our June General Meeting and make it a good news event.

Blessings.

### **Message from Our Clergy**

This space is shared by Fr. John-Mark and Deacon Paul on a rotating basis.

#### **Jesus, Mary and St. John** – by Fr. John-Mark

May is Mary's month, so our thoughts turn to the joy of having a Mother who prays for us in heaven. In St. John's Parish, we can easily have a special place for Mother Mary in our hearts, because it is in St. John's Gospel that we read of Jesus saying to St. John (and to us): "Behold your mother."

St. John's Gospel is packed with mystical references. Every detail has layers of meaning. Therefore, a particularly beautiful thing about St. John's Gospel is that you can spend your whole life contemplating the wonderful details, and delighting in what God is saying to us through this inspired Gospel.

We can picture that poignant moment when Jesus is on the Cross, suffering tremendously, but willing to bear all our sins because of the salvation that his sacrifice will bring to humankind. But in the midst of that suffering, he sees the sufferings of others, and is moved to compassion, even in his agony. A son without a mother, a mother without a son ... these are things that Jesus could not bear to leave untended, as his heart is breaking. So he gives John and Mary to each other as a new family, a spiritual family, that will have ties to one another stronger than any human bonds could bind. This is the bond between you and me and the Church. Mary is called the Mother of the Church, and we are her children, who look to her with love and affection, and ask her intercession throughout each day and throughout our lives. As we contemplate the gift of mother to son, and son to mother, the comfort of the spiritual bonds we find in the Church, we can thank God for allowing us to be part of so great a mystery as his Church! We are blessed to be in this sacred communion with God and with one another.

We should be inspired by this gift to look beyond our own suffering, as Jesus did when he brought John and Mary together as his family, and see the suffering of others, and want to be healers despite our own hurts and woundedness. It is difficult, but it is what we are called to do: even in our own suffering, to rise above the hurt and look around at those in need of God's reconciling love. Difficult and challenging, yes. But impossible – no, especially because we have a Mother praying for us in Heaven, whose prayer for us to her Divine Son will assure us of the help we need to love one another as God loves us.

## **2022 Membership**

To date 47 members have said 'yes' and paid their dues for 2022 – thank you for believing in the many good works of our council.

Any female 16 yrs or older is welcome to join! If you have yet to renew or are interested in joining, the \$25 annual fee can be paid in one of the following ways: e-transfer to our new council account at: [jaybeescwl@gmail.com](mailto:jaybeescwl@gmail.com) or mail or drop off a cheque to Maryse Ristuccia at 87 Coalport Dr. M1N 4B5 or to Joan Beal at 25 Ferncroft Dr. M1N 2X3. Cheques are payable to "St. John's CWL". Please include your name, address, phone number and email address if you have one. If these payment methods are not convenient for you, contact Maryse to pick your payment up: [maryse.ristuccia@gmail.com](mailto:maryse.ristuccia@gmail.com)  
We look forward to this 61<sup>st</sup> year as a council!

## **Spiritual Development**

By Maryse Ristuccia

1. May is the month of Mary, the month that we honour Our Lady. There are many ways to show our love to Mary, the mother given to us by Christ. Small ways that we can reach out to Our Blessed Mother and keep her in our thoughts and she will give us strength. Here are a few ideas:
  - Start the mornings with Mary, using this short prayer "Mary, mother of our Lord and our Holy Mother, be with me this day in all that I do. I offer my prayers, my work, my joys, and my sufferings up and ask that each moment be a moment of love for Our saving Lord. *Hail Mary...*
  - Create a Marian Altar in your home. Perhaps you already have a prayer corner, if yes you can add a picture or statue of Mary. If you don't have a small prayer space, create a focal point where you can spend time and offer your devotions.
  - Pray the daily Rosary, personally or with your family or friends. At the apparitions in Fatima, Our Lady asked that the Rosary be prayed every day.
  - Offer short prayers throughout the day. If you ever feel distressed during your day, call upon Our Lady. Just say this simple prayer from St. Mother Teresa "Mary, the mother of Jesus, be a mother to me now"
  - Take your Rosary with you as you go for a walk.
  - When you go to Mass, invite Our Lady to celebrate the Holy Eucharist with you. She will help you stay focussed and participate in the Mass more fully.
  - Grow in knowledge of Mary, try to learn the importance of her role. Learn through whichever way is best for you - through books, online, etc.
  - Pray a Novena

2. A sad occasion this month was the passing of our member and friend Dianne Williams. Dianne had not only been an active member, but for several years she was our Spiritual Development Chair. She led us in prayer and taught us a lot about our faith from her wealth of knowledge, both from her studies and her deep love of the faith. As per CWL protocols on the passing of a member, an honour guard was offered to the family. There were 14 members there to accompany Dianne's final journey to the altar in the church that she loved. Although a sad occasion, this show of respect was an uplifting moment for her family and for our own members. Small actions done in love create far reaching ripples.
3. We continue to meet on Friday evenings to pray the Rosary together. Last week was the Feast Day of Our Lady of Fatima, commemorating the first appearance in Fatima, Portugal. We learned about the prayers given to the three children at Fatima and we prayed to Our Lady on behalf of two people who are ill for her intercession. The prayer that we recite at the end of each decade comes to us from one of the apparitions at Fatima. "O my Jesus forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those who are in most need of thy mercy."
4. Next weekend we will close the month of May, dedicated to Our Lady, with an outdoor Rosary. I hope that you will take the time to be a part of this honouring of our Holy Mother.

## **Papal Visit**

Recently, the Vatican confirmed the pope's visit to Canada from July 24<sup>th</sup> to the 29<sup>th</sup>. This will be the first visit to our nation by Pope Francis and will focus on Indigenous Healing and Reconciliation. He will have three main stops - Edmonton, Quebec City and Iqaluit with locations near those sites yet to be finalized. It was hoped that the pope would visit Winnipeg which has the largest Indigenous population (over 92,000) of any major Canadian city. The last time Canada was visited by a pope was 20 years ago when Pope John Paul II came in 2002 to celebrate World Youth Day in Toronto.

## **Rest in Peace**

Member Dianne Williams passed away on April 29<sup>th</sup>, two days before her 75<sup>th</sup> birthday. Dianne had been a CWL member for 37 years and held our Spiritual Development chair for the 2011/12 term and then co-chaired the same position during the 2015/16 term. The following article about Dianne was published in the

2014 March edition of the CWL's newsletter in what was then a monthly feature highlighting different members:

"Every woman has a reason for joining the Catholic Women's League, including our own members. This edition puts the spotlight on Dianne Williams who has been a member of St. John's parish for 30 years. Dianne is the eldest of two daughters born to Canadian parents and has always lived within the East End of Toronto. After graduating from East York Collegiate, Dianne went on to earn a Teaching Certificate and her Bachelor of Arts from U of T. During that time she would often go on Friday nights to Toronto's Music Library at St. Clair & Avenue Rd. to watch old movies with her cousin. She met her husband, Paul, while picnicking on Centre Island with friends. He was so taken by her ability to sing the introduction to *Top Hat*, a 'Fred & Ginger' movie, that he asked her out on a date! It turned out he too was a fan of old movies. Paul brought his two sons to their relationship which became a marriage in 1976. Dianne was expecting their first child when she graduated from U of T, a boy, who was the first of two sons whom Dianne stayed home to raise. Dianne belonged to the United Church while Paul was Catholic. Their boys were enrolled at St. Denis Elementary School and they would attend both churches by alternating weekends. It was at St. John's that Dianne said she "felt the presence of the Holy Spirit" and converted to Catholicism. As her children grew she returned to her studies through the University of St. Michael's College, and completed her Master's Degree in Religious Education. She then worked part-time as a Lay Pastoral Associate. Dianne's second Master's Degree was of Education in Counselling Psychology through the Ontario Institute for the Studies in Education. This brought her to work for a while as a private counselor until her mother took ill and she assumed responsibility for overseeing her mother's care and affairs. Dianne is the Head of Eucharistic Ministry here at St. John's and volunteers with the Sisters of St. Joseph, World Day of Prayer, and Right to Life. When asked of her interests, she was quick to reply, "Cooking, but not baking because that's too precise." She noted that she and Paul enjoy the performing arts and often attend "the symphony, the theatre, and the Elora Music Festival." Dianne enjoys "the ballet" on her own. When asked who in her life has inspired her, she offered, "I was very close to my grandmother. She was very funny and understood me deeply. I can still weep buckets when I think of her." Dianne joined our CWL in the 80's and in 2011/12 she was our Spiritual Development Chair. She noted how our council has progressed through the years, "We are far more involved with a wider variety of

projects." She went on to say that she thinks "highly of the women and all their different talents" that they bring to their work. Well Dianne, we think highly of you too – not only can you sing the intro to *Top Hat*, you're also top notch!"

Donations can be made in Dianne's name to the Daily Bread Food Bank.



*Lord, we pray for our departed sister Dianne Williams. 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*

#### **Memorial Mass for Deceased CWL Members**

On the Feast Day of our Patroness, Our Lady of Good Counsel (April 26), an evening memorial Mass was celebrated in the church for our departed CWL sisters. Family members of the deceased were invited to attend along with all CWL members. Parishioners were also welcome. Sadly, attendance was low.

A candle for each of the 27 women in our council's Book of Life was lit at the foot of the statue of Mary. A yellow rose was presented to each family member and then to everyone in attendance. Our Book of Life was displayed next to the Easter Cross during the Mass.



## **Memorial Bench**

In September of 2020 our CWL sister Susan Connolly passed away. A memorial bench for Susan has been placed in our neighbourhood near Main St. and Gerrard St. E. It sits in front of the co-op building where Susan had lived for many years and served on its committee.



## **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>

## **Fundraiser**

Our parish-wide fundraiser selling 3-packs of reusable produce bags was a great success! Thank you to those who were able to take a bit of time after each Mass to sell them and to those who bought them! Proceeds from this sale will go to hosting our Welcome Back Café for all parishioners in celebrating the full and safe reopening of our church!

## **Mental Health and Wellness Corner**

By our Health co-chairs Geri Crisci and Krysia Theriault This month's topic is The Science of Laughter. Laughter is an instinctive rather than learned behaviour. Laughter triggers the release of endorphins, the body's natural feel-good chemical. Endorphins promote an overall sense of well being and can even temporarily relieve pain.

Laughter protects the heart, by improving the function of blood vessels and increasing blood flow.

In addition, laughter triggers healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain and protects you from the damaging effects of stress.

Neuro Leadership International (NLI) publishes a free blog which covers these issues regularly. Recently, authors Gabriel Berezin and Mika Liss (September 17, 2020) published an interesting article entitled "The Science of Laughter and How to Inspire More of it at Work". The following excerpt may be of particular interest:

"Laughter swaps cortisol in our bloodstream with highly sought after chemicals in the brain: dopamine, oxytocin and endorphins. Dopamine enhances learning, motivation and attention. Oxytocin is considered the "empathy hormone" and the "bonding chemical".

To summarize!

The mental health benefits of laughter:

- adds joy to your life
- eases anxiety and tension
- relieves stress
- improves mood
- strengthens resilience

Perhaps each of us can take a few minutes to think about what makes us laugh; what type of humour we enjoy; who makes us laugh (people in our personal lives, colleagues, celebrities, etc); and lastly, how can we bring and enjoy more laughter into our lives and bring laughter to others.

As always, we welcome your comments, feedback and guest appearances in our column.

Take good care and laugh out loud!

## **May Celebrations!**



**Happy birthday** to everyone celebrating a birthday this month!

→ **Geri Crisci** whose birthday is May 7<sup>th</sup>!

## **Congratulations to:**



**Rosemary Walcher** and her husband John celebrating their 33<sup>rd</sup> anniversary on the 20<sup>th</sup>!

**Carolyn Chesley-Jewel** and her husband James Celebrating their 36<sup>th</sup> anniversary on the 24<sup>th</sup>!

## Motherly Impressions

With the celebration of Mother's Day this month members were asked to share one or more things about their mothers that have left an impression on them.

**Norma McCleverty** wrote: "I left England for a year when I was only 20! I met my dear husband Ed - stayed! My dear Mum loved to visit us and came regularly. Her visit to Niagara Falls was very emotional for all of us. We all cried. Rosetta McClain Gardens was another favourite, especially in springtime.

We celebrated lots of sacraments at St. John's. Growing up in England, Mum was the youngest of twelve and was devoted to her brothers and sisters. Married life wasn't easy for Mum. Mum was always there for us. Money was scarce. She was able to create the most amazing meals from bones and vegetables from the garden. I remember well in 1956 during the Hungarian uprising an appeal went out from the Red Cross for homes for refugees. We had so little but Mum took in a woman, then her husband and then his brother who had been shot. Mum nursed him back to health through her love and determination. Her devotion to her Roman Catholic faith was unwavering even in very tough times. An expression I always remember is "God's good Norma." Indeed He is! The last years of her life were amazing! She lived in a convent retirement independent living building. Staff loved her. She enjoyed an afternoon glass of sherry with her friends, tended a small garden that overlooked the sea, and got to Mass at Our Lady of Lourdes in Leigh on Sea, Essex.

Miss you every day Mum." 🙏❤️



(Top) Norma's Mum in Niagara Falls

(L) Norma (in red) with her Mum in Rosetta McClain Gardens

(R) Norma with her Mum at St. John's Church

**Charmaine Woods** wrote about both, her mother and her mother-in-law saying, "Both women are an inspiration to me."

"My mother Maria instilled in me the paramount importance of family, a lifelong love of the Church, and a desire to help others.

My mother-in-law JoAnn is a paragon of patience, practicality, selflessness, and strength."



Charmaine's Mom, Maria with her grandson John



Charmaine's mother-in-law, JoAnn with her grandson John

**Carmen Vanderreest** wrote: "My Mom's name was Mathea or "Tilly" and she was a "people person" who loved to laugh, whistle and tell jokes. She taught herself English but always prayed the Rosary in Dutch. She could stretch a Sunday pot roast into two other

weekday suppers and she loved to stroll along the beach boardwalk with her husband. She instilled in her children to always ask “What would Jesus say or do” in whatever circumstance we faced. Despite her many struggles, it was her ability to face each day with a smile that impressed me most.”



Carmen’s Mom, Tilly

**Geri Crisci** wrote: “Lasting impressions....so many! Perhaps for this Mother’s day, I will remember the love my mother had for each one of us, in our family. This photo is my mother holding her first grandchild when he was just 2 weeks old. My mother’s words often float through my mind: “cherish each other; take care of each other and be kind to everyone.” My lasting impressions of my mother include her singing along to the radio; laughing at funny things the kids did; cooking, baking and cleaning. My memories of her are of a compassionate, caring, high energy woman whose life revolved around taking care of her family, which brought her great joy. At times when I am challenged I remember her words of encouragement: “just do your best; Rome wasn’t built in a day; keep putting one foot in front of the other; when one door closes, God opens another.”



Geri’s Mom with her first grandchild

### Lenten Project

Thank you to all those who donated the many board games for Native Child and Family Services! While these games provide family fun they also help children improve memory and cognitive skills, increase processing speed, develop logic and reasoning, improve critical thinking, etc. Our Community / Family Life co-chair Jenni Commanda delivered the many bags filled with games on our behalf.



Close to 40 games & books were collected



Jenni Commanda (L) dropping off the bags to a staff member (R) of Native Child and Family Services

### Welcome Back Café

Live music, singing and even some dancing took over the church Hall for the first time in over 2 years! Our Welcome Back Café last weekend after all Masses celebrated the return of most things “normal” for our parish and it was fun! Our Community / Family Life co-chair Dorothy Currie brought in her local musical friends and band members to entertain us at no cost other than the tea and coffee they drank! Wow, so generous! These musicians included: after the 4:30 Mass - Elliot Bara who has performed for more than 40 years playing tunes from Tin Pan Alley and country music and now performs in long term care homes in the GTA; after the

9:00 Mass members of the band *Evolution OG+* played - Arthur John, Red Cooney, Dorothy Currie and Scarboro Music store owner Josh Dieleman; and after the 11:00 Mass some members of the all female band *All Spiced* performed - Dorothy Currie, Sue Ashton and Red Cooney. These ladies are all over the age of 55! Their band was formed in 2019 just before Covid. They have performed for live and virtual charity events and won the People's Choice award in a live Charity Fundraiser in December 2021. For all 3 of the Café sessions, sound technician Mathew Wilson, also from Scarboro Music store, brought his expertise to each performance for our listening pleasure.



The church Hall was laid out in spring fashion with Forsythia centre pieces on bright coloured table cloths. It's been quite some time since live music filled our Hall and those who attended really enjoyed it. Free raffle tickets were handed out for the 7 gift baskets available to win – only 3 have been claimed. If you hold the ticket stub with one of these 4 numbers contact Maryse to pick up your prize!

Numbers: 372930, 372963, 372940, 372934

### **Annual Convention**

Our Community / Family Life co-chair Jenni Commanda was honoured to represent our council at the Toronto Diocesan Convention held April 28/29.

Our Secretary and CWL Life Member Celeste Hall was also present at the convention taking on the role of Convention Parliamentarian.

The two days were full of activities including Masses, a tribute to deceased members, presentations, awards and recognitions, voting, etc. The closing banquet had Cardinal Collins as the key note speaker.

Jenni was our Voting Delegate at the convention, bringing our members' voting results to the table. After all votes from the diocesan councils were tabulated Jenni reported that all 8 of the amendments to the CWL Constitution passed as did the vote to increase the per capita fee – our council had voted against this increase.

The proposed changing of the CWL patroness did not pass which is how our council had also voted. There were 2 resolutions that required votes from all councils. Whereas our council voted against members "Promoting a Holistic Parish-Based Theology of the Body Lifestyle and Procreation Teachings" this resolution was passed and will be voted on at the provincial level. The "National Strategy to Address Loneliness" also passed which was how our council had voted as well. Jenni has been tasked with providing some supplementary information to better support this national strategy before it moves to the provincial level. Our council was presented with a recognition award on having recently celebrated our 60<sup>th</sup> anniversary. Although our charter indicates we have been a council for 70 years we have learned that, unknown to us, there were years when our council was inactive. None-the-less we will still celebrate our anniversary in the fall! Thank you Jenni for representing us!

### **Red Dress Day**

Thursday, May 5<sup>th</sup> was Red Dress Day in Canada, also known as the *National Day of Awareness of Missing and Murdered Indigenous Women and Girls (MMIWG)*. On this day empty red dresses are displayed in public spaces across the country to raise awareness of the numerous missing and murdered Indigenous women and girls. Many of those dresses are left in place. There was a National Inquiry into this issue that took two years to complete. Testimonies were heard from family members, survivors, experts and Knowledge Keepers. The report was released in 2021 and made 231 recommendations. Many of those recommendations focus on the justice system.



Our general meeting on May 3<sup>rd</sup> was our first in-person meeting in two years. We gathered in the upper room over the rectory's garage where we also displayed an empty red dress.



## Reflection for Women

St. Augustine's Seminary is holding its Annual Day of Reflection for Women: Sisters of Life (Feminine Genius) on June 4<sup>th</sup>. This is a day to reflect with the Sisters of Life as they lead us on a journey into the 'Heart of Woman' to uncover and recover the Feminine Genius desperately needed in our day.

For full details please go to this link:

<https://staugustines.on.ca/events-listing/annual-day-of-reflection-for-women>



This campaign is underway with 1 more collection Sunday scheduled for June 5<sup>th</sup>.

Our parish goal has been set at \$73,000. Live the Gospel by providing for those in need. Please give generously.

## 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](mailto: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 continue to fundraise for "Food for Families" in Ontario 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 second quarter jackpot draw takes place **June 30<sup>th</sup>**, with an early bird draw on June 1<sup>st</sup>.

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>

## May Calendar

1<sup>st</sup> to 7<sup>th</sup> – National Hospice Palliative Care Week

1<sup>st</sup> to 6<sup>th</sup> – Catholic Education Week

8<sup>th</sup> – Mother's Day

23<sup>rd</sup> – Victoria Day

26<sup>th</sup> – Ascension of the Lord

26<sup>th</sup> – World Catholic Education Day

28<sup>th</sup> – Outside Rosary for our parish

28<sup>th</sup> – World Communication Day

## Milk Bag Project

We now 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 to make 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.**

## Virtue of the Month

From the Toronto Catholic District School Board:

May virtue is Compassion.

- "When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd." (Matthew 9:36)
- "Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience" (Colossians 3:12)
- "Compassion is the wish to see others free from suffering." (Dalai Lama)
- "We must learn to regard people less in the light of what they do or omit to do, and more in the light of what they suffer." (Dietrich Bonhoeffer)
- "Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, and your heart for love." (Anonymous)

## 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 main 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. 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 still an immediate need for new and returning blood donors. The urgent need for blood continues across 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](http://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 (CCCB) 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/>

### **CWL Parish Contact Information**

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