



November 2022

Transitional Executive

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

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

CWL Websites

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

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

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

Parish Website

<https://stjohnsto.archtoronto.org>

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

Parish YouTube Channel

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

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

Next Meeting

Instead of our December meeting, we will gather together on **Sunday, December 4th** for our **60th Anniversary Celebration Luncheon** at 12 noon in the church Hall, right after the 11:00 Mass!
Lunch will be catered by Decadent Catering and you have until **Friday, November 25th** to buy your ticket and

choose your meal from two offerings: Chicken Marsala Florentine or Ricotta & Spinach Cannelloni. Meals are hot, individually prepared and cost \$25 per person. Dress yourself up and feel free to invite your spouse, partner or a friend! We will have presentations of Service Pins, a photo slide show of members, events and activities over the past few years and some door prizes. Get your ticket(s) this week! Friday is the last day to purchase them!

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**
Lina Crowley

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

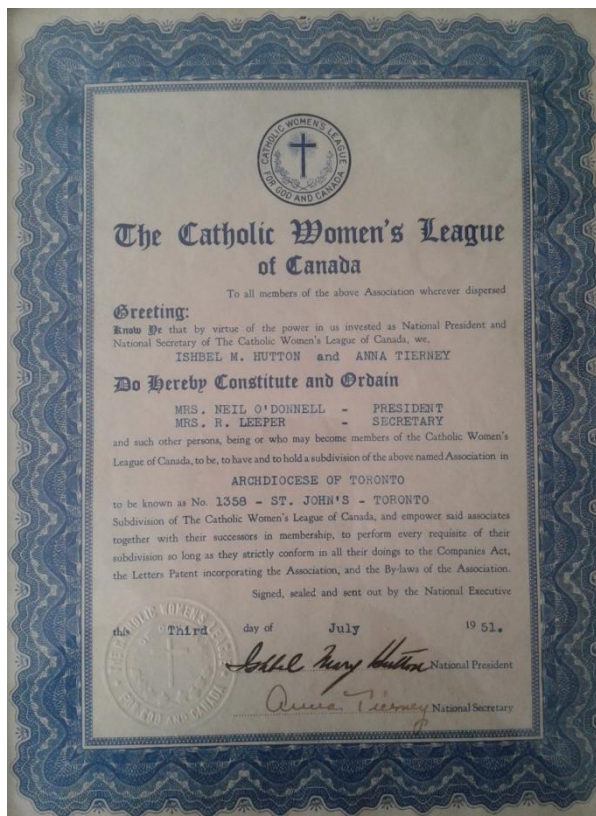
Our November meeting was a big success with a wonderful speaker. We had a good turnout to hear about her amazing adventure in the Arctic and learn about the human impact on this fragile area. You can read about the presentation in this newsletter, but you would have loved it in person. Which brings me to invite you to join us to celebrate, in person, the 60-year

legacy of the women of our parish. The St. John's Council of the Catholic Women's League received its charter in 1951 and ever since, with a few years of hiatus, have been working to make our parish a warm community that reaches out to others and supports those less fortunate in Canada and around the world. This is an achievement to celebrate!

Are you a member? Were you a member? Was your mother or aunt a member? Would you like to celebrate the women of this parish? Then come join in the celebration, this event is for anyone who wants to remember and honour all the hard work done over the many years by our parish women. I will be inviting my family to join me on this special day. They will see in our video presentation many of the events we have held and remember the many women who have made these things possible. Come join in the celebration!

As November, the month dedicated to holy souls, draws to a close, I also think of all the women of the CWL who are no longer with us. In celebrating their good works, we remember them and honour their dedication of putting faith into action. A number of these women I counted as good friends and am proud and blessed to have known them. Come celebrate their legacy and let's keep the faith, fun and fulfillment going and growing!

This is our original Charter. It will be on hand at our luncheon.



Aid for Atlantic Canada



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

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

Aid for Pakistan



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

The Archdiocese of Toronto

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

Canadian Red Cross

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

UNICEF Canada

https://secure.unicef.ca/page/113146/donate/1?ea.tracking.id=22DIEM12GSE&gclid=Cj0KCQjwteOaBhDuARlsADBqReh_fgpwOfBG6kmtupUvX1AFqBmDgLi6ADIGUP1vFQg5QhLk-dIsHbYaAg2XEALw_wcB

Aid for Ukraine



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

The Archdiocese of Toronto

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

Canadian Red Cross

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

For those who may be interested in hosting a Ukrainian

family or an individual for a period of between one and six months through the Archdiocese, go to this website to register for a virtual information session:

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

Spiritual Development

By Maryse Ristuccia

The CWL motto is to work “For God and Country” and for the CWL at St. John’s this includes organizing the blessing of Remembrance Day wreaths with the help of our pastor and involvement of the choir and the Knights of Columbus. This year it was great to be able to return to this ceremony of honouring those who fought for freedom from our own parish.

On my recent trip to France, I was able to go to Vimy Ridge, where Canadians are remembered for their bravery. It was a moving experience to stand on the top of that ridge and imagine the hardships suffered and



lives lost so that we might have the way of life we know in our peaceful home. I took with me a CWL scarf from our St. John’s council to represent all of

us members and prayed that we will remember the past and pray and work to keep peace. Peace is a fragile thing, and we must continue to pray that government leaders use good judgement to create a world without armed conflicts. Our Lady spoke to the children at Fatima asking all to pray the Rosary for peace in the world. Let each of us make this a personal daily habit.

In November 2014, at the Juno Beach Centre in France the Catholic Women’s League was represented by members of the national executive where they unveiled a commemorative plaque for the 70th anniversary of the D-Day landing of Canadian Armed Forces. Juno Beach is approximately 290 kilometers (180 miles) from Vimy Ridge. This plaque is a connection with us; we will not forget, and we will continue to help others who do not know peace.



Spiritual News

-- Each year Canada Post issues a Christian themed Christmas stamp that reflects the true meaning of Christmas, the birth of Our Lord. The image here shows this year’s Christian themed stamp. Since 1965 Canada Post has issued a Christian Christmas stamp and through its resolutions, the CWL has continued to request this practice and we commend the government agency for keeping Christ in Christmas. Although the tradition of sending out Christmas cards is waning with today’s technology, people still enjoy receiving a card that they can open and hold in their hands. If you send cards this year, please remember to request the Christian Christmas stamps so that Canada Post will know that it is wanted and appreciated.



-- We are still in need of a Spiritual Development Chairperson for the upcoming year. Are you called to serve? You do not need to invent anything new, there is support for you and many resources available; you do not have to work on your own. If you are considering this please have a look at this link from the national website to see all that is available at: <https://cwl.ca/communiquer-9-spiritual-development/>

-- Friday night Rosary is still happening. Join our group and let’s pray together and if you have a prayer request, let us know. We use the same link each week and you may choose whether to have your camera off or on. Some people hesitate to go on Zoom because they feel it is difficult with everyone talking at once, but our Rosary sessions are calm with only one voice heard, that of the person leading the prayer. Come and try it out at 8 p.m. Friday evenings via the link on page one.

-- Red Wednesday 2022 - an annual event of prayer and solidarity for persecuted Christians around the world. To us, who are able to practice our faith freely, it may not seem such an important thing but around the world, particularly in Africa, many clergy and parishioners are at risk just for their faith. This event, begun in Montreal, is now growing around the world and was marked this year on Wednesday, November 16th. The statue in front of St. Michael’s Basilica Cathedral was lit up in red with a special Mass celebrated in solidarity. If you wish to learn more about

this, use this link:

<https://acn-canada.org/red-wednesday/>

-- November ways to help the Holy Souls in Purgatory - pray the Novena to the Holy Souls, offer up Holy Communion to them, request a Mass be celebrated for your departed loved ones, especially on the anniversary of their death, pray the Rosary, visit a Cemetery.

-- Advice from Pope Francis: "Before going to the internet for advice, always seek out good counselors in life, wise and reliable people who can guide and help you. Each of us needs to be accompanied on the road of life."

Guest Speaker

Our guest speaker for October was **Alexandra Sorin**, a French Immersion teacher who brings her passion and caring to her classroom. She has travelled to many countries and informs her teaching with those experiences. Through Lindblad Expeditions and the National Geographic Society's Grosvenor Teacher Fellowship, Alexandra was chosen to spend several weeks onboard one of their research ships in the Arctic. The Fellowship's mission is to "transform onboard experience into lessons and activities to engage student and colleagues."

As an avid amateur photographer Alexandra chronicled her trip with equipment sponsored by Henry's Camera. She shared with us her amazing experience and photographs giving us a first-hand report on the impact of climate change on Arctic regions. The ship launched in late June from Svalbard, a Norwegian archipelago roughly midway between the northern coast of Norway and the North Pole. The daytime temperatures ranged from +4c on better days to -15c on stormy days. Teacher Fellows are witness to various research through exploration, technology and conservation. Alexandra said one such study looked at how much phytoplankton was in the ocean water. Phytoplankton is a microalgae, plant-like organism that produces up to 50% of Earth's oxygen! "They are the foundation of the aquatic food web ... feeding everything from microscopic, animal-like zooplankton to multi-ton whales." They need colder water to thrive and do so near the surface. With climate change, sea temperatures rise and phytoplankton decreases. This is cause for global alarm. The photographs Alexandra shared with us were stunning. From the Arctic wildlife in summer like polar bears, walrus, fox and reindeer to the awesome land and sea scapes each photo was striking and opened us to a new and wonderful place. Did you know that Santa's reindeer are all female? Alexandra explained that only female reindeer keep their antlers during the

winter! Other photographs shared with us were equally impressive but without beauty. They were of plastic pollutants gathered by Alexandra and her colleagues while exploring the shorelines. Items such as strapping used for bundling, a hanger from a flower basket, wrappers and fish netting. Most of these items float while others are "mixed within the ocean column [and] travel with ocean currents" to the Arctic and Antarctic.

Over many years, much of this debris had been locked away in ice but warming temperatures are melting the ice which both frees these items and creates new passages and currents for them to float upon. Micro-plastic particles have been found with a density of more than 12,000 per 1 litre of Arctic sea ice. These are found in most aquatic life forms such as fish we eat – a growing food chain calamity.

With more research expeditions exposing cause and effect of global warming in the Arctic and elsewhere selected Teacher Fellows like Alexandra can bring their experiences and information to regular people. Her personal goals in taking on this adventure were to "transform" her students "into explorers" teaching them more "about the world and how it works" and to "empower them to succeed" by giving "them the tools" so that "they will make the world a better place! They ARE the Agents of Change!"

Thank you Alexandra, for teaching us too!



Guest Speaker Alexandra Sorin

2023 Membership Drive

The annual membership fee has increased to \$35.

This is because the CWL's national council has increased its portion from \$12 to \$25.

The new annual fee is broken down as follows:

\$25 to the national council

\$3 to the provincial council

\$4 to the diocesan council

.50¢ per member for insurance (paid to national office)

\$2.50 to our own parish council (now reduced by half)

-- to pay sundry costs (mailings, food, photocopies, etc)

Your 2023 membership can be paid starting in January.

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

Any female 16 yrs or older is welcome to join! The annual fee can be paid in one of the following ways:

By e-transfer to our new council account at:

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

Maryse Ristuccia
87 Coalport Dr.
Scarborough, M1N 4B5

Joan Beal
25 Ferncroft Dr.
Scarborough, M1N 2X3

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

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

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

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

maryse.ristuccia@gmail.com

Mental Health and Wellness Corner

By our Health co-chairs Geri Crisci and Krysia Theriault

Winter has arrived! We have turned back our clocks and had our first snowfall! A new and beautiful season to embrace.

For this month we are turning to a "7 Tips" column provided by Concordia Lutheran Ministries, which we hope you will find valuable.

Seven good ideas for each of us to consider to help keep our lives bright and energetic as winter begins to unfold. While the list was initially directed to seniors, we think it is applicable to all ages.

Last month we talked about using our brains to set a positive tone in order to lift our feelings and energize our behaviour. This month, through this article, we're

looking at 7 tasks to give our brains to increase positivity.

As Catholics, we also use the precious 6 up-coming weeks to prepare for the celebration of Jesus' birth. Some of us may have many tasks and rituals to occupy this period, others may not. All of us can use our time to walk in gratitude for the blessings we do have and use our time to connect with each other. Hopefully, we will see you at the Celebration Lunch on December 4th! It is our hope that the 7 Tips will, at the very least provide "food for thought". We look forward to connecting with you again in the December Newsletter, if not sooner! As always, all thoughts, comments and suggestions are welcome.

"7 Tips" provided by Concordia Lutheran Ministries
"During the winter months, many seniors find themselves feeling down. Whether it's due to the cold weather, shorter days, the holidays coming to an end or reminders of missed loved ones, seasonal sadness can often creep in during this time of year. While these feelings may be hard to dismiss, it's important to remember that every day is truly a blessing!
Are you or a senior loved one experiencing sadness this time of year? If so, we hope our tips below can help to brighten each day and make the most of the season. Please note that we encourage you to contact your doctor if your sad feelings last for several weeks or if your symptoms keep you from living a healthy life.

1) Brighten Your Home – The vitamin D from natural light can help to improve your mood. Make it a daily routine to open your window coverings including blinds and curtains. Ask someone to help by trimming the trees or bushes that are keeping light from entering your home. If you still feel like you're lacking natural light, getting vitamin D first-hand by heading outdoors can also help – just make sure to dress warm!

2) Anticipate an Event – Whether you're looking forward to an upcoming party or celebration, planning to redecorate for the spring or waiting for a package to arrive, anticipating some type of event can help to create positive feelings and excitement. If you can't think of something to look forward to, then create something! Invite your grandchildren or a friend over for a visit, plan an outing with a loved one or buy yourself a special treat.

3) Stick to a Schedule – When experiencing the winter blues, it can be tempting to alter your schedule to avoid activities and socialization – and hibernate instead. For example, if you prepared dinner at a certain time every day, try to stick to that same schedule. Or if you

typically attend Sunday services at your church, don't skip it this time of year.

4) Eat a Balanced Diet – Eating a balanced diet is essential for older adults and is a natural way to boost your mood and energy. Provide your body with the right combination of proteins, carbohydrates, dairy products, fruits and vegetables. Avoid the temptation to chow down on unhealthy snacks, and instead, snack on complex carbohydrates and super foods such as hummus, blueberries and Greek yogurt.

5) Stay Active – Exercise, while important all year round, can be vital to lifting you up during the winter months. You can exercise indoors or dress in layers and take your exercise outdoors for some fresh air, if the temperature isn't too cold. Stretching, walking and lifting light weights are a couple of ideas to get you started. Maybe now is a good time to get a treadmill or stationary bike for your house!

6) Accomplish a Goal – If you've been putting off a task, whether big or small, now is the time to tackle it. Add it to your to-do list, and once it's finished, cross it off. This can help you feel motivated and may entice you to take on other items from your list.

7) Socialize – Being around other people and/or talking to them can lift your spirits. Get together with friends or family or simply give them a call. Attending a church service or volunteering in the community are other great ways to be around people, spark conversation and shift your perspective."

Poppies

Our CWL-made poppies were placed in the church gardens a week before Remembrance Day and removed a week later. Three poppies were placed on either side of the church's main staircase, one each for those Canadian soldiers killed in the two world wars and the other for those Canadians soldiers killed in action in all other wartime conflicts.



Prayers for our Sisters

No question was sent to members this month to answer in an effort to connect with each other. Instead, you are being asked to pray during this month of November, this month of Remembrance.

Let us pray for the souls of these women, our CWL sisters who will forever be remembered in our Book of Life. Names appear in alphabetical order:

Mary Bridget Adelina Allen

Olivia Beard

Nancy Godsoe Tittel Bellak

Marie Bennett

Judith Marlene Bush

Susan Frances Connolly

Colette Deveau

Bernadine Gomes

Agnes Gostick

Gwen Grills

Mary Josephine Jakub

Jean Kurelek

Valerie Anne Lawson

Ulrike Licht

Mary Doris Madiona

Mary Agnus Mailloux

Dorothy June Markle

Criss McNeill

Marie Miles

Dorothy "Dolly" Morlock

Peggy Morris

Margaret Sheedy

Enis Shuell

Maude Stapley

Patricia Steiner

Kathleen "Kay" St. Marie

Catherine Stoeckle

Jan Stuckey

Patricia Margaret Teixeira

Ursula Thomson

November Calendar

1st – All Saints' Day

2nd – All Souls' Day

6th – Parish CWL General Meeting & Lunch

8th – Aboriginal Remembrance Day

11th – Remembrance Day

13th – World Day of the Poor

16th – Red Wednesday

21st – Presentation of the Blessed Virgin Mary

27th – First Sunday of Advent

Permission: The Series

CWL's Provincial Council invites all members to register for **Permission: The Series**

Fr. Bob Bedard, CC Founder had a vision for the Church coming explosively alive! He was deeply convinced that if enough people gave God permission, they would see God take initiatives and supply great renewal for the Church like never seen before.

The Permission Movement is being re-awakened in Advent 2022!

This series of four talks will inspire and equip you to be more explosively alive in your faith.

When:

- November 27 @ 7:00 pm
- December 4 @ 7:00 pm
- December 11 @ 7:00 pm
- December 18 @ 7:00 pm

Where: YouTube (We will send you the YouTube links)

For more information:

<https://companionscross.org/permission-the-series/>



Immaculate Conception Novena

St. Augustine's Seminary invites all "to listen to a short daily reflection" and then pray the novena prayer. November 29th to December 7th.

For more information:

<https://staugustines.on.ca/events-listing/immaculate-conception-novena>

November Celebrations!



Happy birthday to everyone celebrating a birthday this month including:

- **Jody** on the 6th!
- **Roseanne Nihtila** on the 1st!
- **Peggy Roach** on the 21st!

Synod on Synodality



Pope Francis has invited the whole Church to "listen" in order to learn to be a synodal church. His invitation is to rediscover listening as an essential condition for good communication.

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

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



50/50 Lottery

The Knights of Columbus are fundraising for their annual "Coats for Kids" in Ontario through an online 50/50 lottery. Tickets

are 15 for \$10, 40 for \$20 or 100 for \$40 for each quarterly draw. Ticket numbers are computer generated and emailed to the buyer.

Hurry – this last quarter jackpot draw takes place **December 31st**, with a current take home prize estimated at \$10,240 and growing!

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

For full details and to purchase your tickets go to: <https://www.kofcontario5050.com>

Virtue of the Month

From the Toronto Catholic District School Board: November virtue is Peace Making.

- "Blessed are the peacemakers, for they shall be called sons of God."
(Matthew 5: 1-1)
- "Do not be afraid to take a chance on peace, to teach peace, to live peace..."
(St. John Paul II)
- It is not enough to win a war; it is more important to organize the peace."
(Aristotle)
- "Peace begins with a smile."
(Mother Teresa)
- "Peace is not just a colored ribbon. It's more than a wristband or a t-shirt. It's not just a

donation or a 5 K race. It's not just a folk song, or a white dove. And peace is certainly more than a celebrity endorsement. Peace is a fulltime job. It's protecting civilians, overseeing elections, and disarming ex-combatants. The UN has over 100,000 Peacekeepers on the ground, in places others can't or won't go, doing things others can't or won't do. Peace, like war, must be waged."

(George Clooney)

Milk Bag Project

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

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

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

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

Catholic Family Services

A wide variety of programs and services are offered through Catholic Family Services of Toronto. Their counsellors "are prepared to work with the needs, strengths, values, and goals of individuals and families. We also recognise and sensitively respond to differences in cultural, racial, gender, and religious backgrounds of clients."

Please call **416-921-1163** (Central Toronto office) or **416-222-0048** (North Toronto office) and leave a message with your name and contact information. A staff person will contact you and provide you with further information." You can also send an email to this 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>

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/>

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/>

The CWL & Canadian Blood Services



Attention Members: The CWL has committed to donating 200 units of blood for 2022!
There are still 6 weeks remaining to donate!

There is 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 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/>

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