



## October 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 to items such as the weekly Bulletin and other great resources for our parish and for the Archdiocese.

### Parish YouTube Channel

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

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

### Next Meeting

Our next meeting will be on **Sunday, November 6<sup>th</sup>** at 12 noon in the church Hall, right after the 11:00 Mass. In Pope Francis' "Laudato Si" we are called to care for our common home, learn about our world and how we can minimize our impact so that all humans and creation may live a dignified life. With this in mind, our

guest speaker will be **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. She was chosen by the National Geographic Society to spend several months on their research ship in the Arctic. As an avid amateur photographer she has chronicled her trip and will share with us her amazing experience through her photographs.

Alexandra will give us a first-hand report on the impact of climate change on the Arctic regions.

Lunch will be served! 😊

### 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

### Month of the Rosary

October has traditionally been celebrated as the *Month of the Rosary*. Two feast days specifically associated with the Rosary during this month are the *Feast of Our Lady of the Rosary* on October 7<sup>th</sup> and the *Feast of Our Lady of Fatima* on October 13<sup>th</sup>.

"The rosary prayers reflect on the joyful and sorrowful events in the lives of Mary and Jesus and are based in scripture. The rosary dates back to early Christian times. Monks prayed the 150 psalms and counted them on a string with knots. The knots and string could be constructed from animal hair or plant material. The rosary continued to evolve through the centuries. As many people could not read, the *Our Father* was recited in place of the psalms. The *Hail Mary* and the *Glory Be* were eventually added. Saint Domenic introduced the rosary to the faithful in its current form in the 13<sup>th</sup>

century. The addition of the Fatima prayer occurred in the 20<sup>th</sup> century. Many Popes had a devotion to the rosary. Pope Pius V instituted it as an official devotion and in 1569 he established the *Feast of Our Lady of the Rosary*. -- From the CWL's Toronto Diocesan Council's Fall Newsletter

### **Prayers**

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

### **Help is Here**

We have members who are happy to help anyone needing assistance with grocery shopping, errands or appointments. Please contact Maryse at:  
[maryse.ristuccia@gmail.com](mailto:maryse.ristuccia@gmail.com)

### **Aid for Atlantic Canada**



Our fellow Canadians living in the Atlantic Provinces affected by the destruction of Hurricane Fiona are still in great need of help. Financial donations can be made through this Canadian Red Cross link:  
<https://www.redcross.ca/donate/appeal/donate-to-the-hurricane-fiona-in-canada-appeal#bd92abae-8d6b-4aa0-afb8-d59f08e9d3d3>

### **Aid for Pakistan**



The catastrophic monsoon flood waters that covered 75,000 square kilometers of Pakistan, killing more than 1,700 people and affecting millions of others, has 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=Cj0KCQjwteOaBhDuARIsADBqReh\\_fgpwOfBG6kmtupUvX1AFqBmDgLi6ADIGUP1vFQg5QhLk-dIsHbYaAg2XEALw\\_wcB](https://secure.unicef.ca/page/113146/donate/1?ea.tracking.id=22DIEM12GSE&gclid=Cj0KCQjwteOaBhDuARIsADBqReh_fgpwOfBG6kmtupUvX1AFqBmDgLi6ADIGUP1vFQg5QhLk-dIsHbYaAg2XEALw_wcB)

### **Aid for Ukraine**



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

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

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

For those who may be interested in hosting a Ukrainian family or an individual for a period of between one and six months through the Archdiocese, go to this website to register for a virtual information session:  
<https://www.archtoronto.org/en/offices-and-ministries/social-justice--outreach/office-for-refugees-orat/home/ukrainian-crisis/>

### **Message from Maryse**

Autumn is well underway and what a spectacular season we are having. Everyone is talking about the brilliance of the colours this year and enjoying the beautiful weather. I hope that all of you are enjoying these cooler days and ready to return to normal routines. It was very good to get back to the routine and meet in person once again with our CWL sisters. Back to our routine of an Executive meeting to discuss and make plans to present to the membership. And, back to our General Meetings on Sunday with time to enjoy lunch together. It was a wonderful feeling of friendship and lots of laughter as we gathered in thanksgiving at our October General Meeting. Thank you to the Executive members who planned and prepared and thank you to all who helped tidy things up after the meeting. If everyone pitches in for 20 minutes, together great things can happen. Please keep that in mind as we return to a more normal CWL calendar and routine. You are all needed and appreciated --- thank you!

At the October meeting an update was given by each of

the chairpersons and an update on the National CWL amendments that were adopted at the National Convention this summer. The St. John's membership had voted at a virtual meeting on all the items put forward and our vote was sent in. The good news was that our patroness, Our Lady of Good Counsel, continues to be our guide and mentor. Some of the other items that we voted against but passed were changes to the executive positions. Now there will be fewer chair positions grouped into: Faith, Service and Social Justice. With fewer chairpersons we feel the only way to be effective is to have sub-convenors. Please consider helping out and learning more when we begin this new format in January 2023.

Another item that our council voted against but was passed was the increase in membership fees. The annual membership fee will go up to \$35 as National has increased the amount that will go to them due to cost deficits incurred. After much discussion at our Executive meeting, trying to minimize the impact of the increase for our members, we have reduced the amount that remains here for our council's use, bringing the total fee to \$35. We know that this is a big increase from our usual \$25 but it has been a while since the fee was raised. It is a difficult time for all with inflation at a high rate and costs for staples going up. We will endeavour to assist anyone who wishes to be a member but finds the fee an issue. Please feel free to reach out when we begin our 2023 membership drive.

A long message from me this month and I can't close without some exciting news. We will finally have our anniversary celebration at our December meeting. It will be a catered hot meal with presentations and a chance to celebrate all the wonderful work that has been done by the women of our parish over the years. Get out your party dress as tickets for the event will be coming up soon and invite a partner or friend to come along.

Enjoy the rest of our autumn splendor before the snow flies!

Blessings,  
Maryse

### **Spiritual Development**

By Maryse Ristuccia

After four years of no vacation, my husband and I finally were able to travel to France for a beautiful, relaxing two weeks. It is so true that when we travel we grow in so many ways, for me it is a different perspective on our faith and enrichment of my understanding. I will share one experience with you now and a couple more to follow in future.

We visited the city of Troyes and although we have been there before I couldn't remember clearly the Cathedral, only that it had wonderful stained glass so we decided to go and see it again. The stained glass windows were inspiring as was the vastness of the space but something stopped me in my tracks, an art installation that I have included a picture of below. These terra cotta figures by artist Christiane Boone are called "Trois Femmes" (Three Women). The three sets of figures represent the same women on three different occasions. The first, we see the immense sorrow through the colour and texture of these women at the foot of the cross. The second, the figures are lighter in colour and smoother texture, standing erect, like guards waiting, frozen in time. They are waiting at the tomb to anoint the body of Christ when they are met by an angel. The third group shows the women changed. They are shown in light colours, warm, alive and leaning forward giving the impression of haste as they go to tell the good news of Christ's resurrection. They have been transformed by the good news and go to share it. The "Trois Femmes" figures, as I stood and studied them, spoke to me of our CWL group. We come together, through our faith, in times of sorrow and waiting and then after we meet and are filled with Christ's love, we must move forward and share the message.

We share this message through our prayers and actions in trying to make our parish and world a better place and give witness to Christ in many ways. This art piece, for me could also be titled, "the meeting of women": we come together and go forth together. And, it is time to move forward again, like the women luminous and transformed, to strengthen our council and parish, bound together by our joy to share the good news.



*Trois Femmes*

## **Spiritual News**

November 13<sup>th</sup> - Sixth Annual Day of the Poor instituted by Pope Francis. This year's theme will be on Economic Justice. The Holy Father asks us to examine our own lifestyle and how we can support others to attain their basic needs. To read the beautiful reflection on this topic by Pope Francis go to:

[www.vaticannews.va/en/pope/news/2022-06/world-day-of-poor-pope-francis-solidarity-fraternity.html](http://www.vaticannews.va/en/pope/news/2022-06/world-day-of-poor-pope-francis-solidarity-fraternity.html)

November 1<sup>st</sup> – All Saints' Day

November 2<sup>nd</sup> – All Souls' Day

**Evening** Masses will be held on both of the days at 7 pm in our church.

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

## **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>

## **Provincial Council Donations**

The CWL's Provincial Council has presented a cheque for \$5,000 to the Canadian Conference of Catholic Bishops in support of the Indigenous Reconciliation Fund. The council has pledged \$5,000 for the next 5 years for a total of \$25,000.

Another \$5,000 was forwarded to assist in the costs incurred for the papal visit by Pope Francis in late July.

## **Mental Health and Wellness Corner**

By our Health co-chairs Geri Crisci and Krysia Theriault

Happy Fall to everyone!

We've been blessed with the sight of beautiful colors; occasionally the sound of rain; and, for the most part, beautiful sunshine to see and feel. In addition to the visual field of delight, our friends, the birds, have been



very active (particularly Blue Jays in my yard) as have the squirrels and raccoons (sometimes acting as not so good neighbours!). All of God's creatures are getting ready for the next season: making winter nests, storing food, growing their winter coats and making their plans for survival.

As nature goes, so should we follow! Our *Mental Health Corner* is devoted to the importance of preparing for the next season, with not only paying attention to our physical needs, but also our emotional and spiritual needs.

How are you preparing for our next seasonal change? Are you looking forward to it? Are you dreading it? Are you anticipating the beauty of new fallen snow; the

sight of the bright red cardinals against the snow, more visible now that the trees are taking a rest from producing leaves? Are you anxious about the shorter days and darker mornings? Or, are you building happy anticipation for the beautiful Christmas season (the retail stores are doing their best to help us by displaying all their Christmas merchandise already!)?

How we THINK determines how we FEEL and then our feelings influence our BEHAVIOUR. This premise is the foundation of Cognitive Behavioural Therapy (CBT).

Thinking  
Feelings  
Behaviour

If I look at the darkness at 8:00 am one dark December morning and think "Oh no! I hate this!" I will soon feel agitated or sad or discouraged; I will then behave in unhappy and depressed ways. I will lose energy and focus; I may even be impatient with myself or others. However, if I look out at that darkness and think "God has given me another day!" I may be able to see the sun rise or at least the smoky winter light begin to enter the sky. Now I have a feeling of excitement and maybe even happy anticipation, feeling more relaxed. I am smiling to myself and at others; I am easily tackling my "agenda" for the day. I move more lightly and get some tasks done.

At this juncture in our transition to winter, let's begin together to look forward to the time God gives us. Let's think about "how we think"; we can control our thoughts. It does take practice! Sometimes using a small bracelet or rubber band around the wrist as a reminder to take control of our thinking. I am unsure exactly where in Proverbs it is written: "where the mind goes, the man follows." Ancient seeds of CBT Theory!

Together let's focus on the beauty of the season; the freshness of the air and most importantly, the birth of Christ. Let's also take the time to encourage and support each other through the Winter of 22-23. Happy Transition everyone!

### Catholic and Living It

By Celestine Hall

The National Executive came up with the National theme 'Catholic and Living It!

What does it mean to the average person on their faith journey with Jesus; is it simple or more complex? In actual fact it can be both depending on how you interpret the phrase.

I decided to break it down into the understanding of the two sisters, Martha and Mary.

Both of these ladies played a significant role in Jesus' time on earth. Each sister brought her gifts to help and understand Jesus.

As members of the Catholic Women's League of Canada, we often find ourselves being thrust into the Martha role, because of all the mandates and commitments the League has made to society. When we become overwhelmed with work, the Martha complex, we often become less gentle in our manner towards others. However, we can reverse that pattern; by taking some time each day to discover our Mary side, where we listen to the word of God and interpret it for positive outcomes.

Whether it be quiet prayer, mediation or just sitting quietly by ourselves and listening to the beat of your heart, we need to each day reach out for our Mary side, so that we will be loving and productive members of society and the CWL. I suggest working on balancing your Martha and Mary attributes, thus avoiding becoming hyacinth!

### October Celebrations!



**Happy birthday** to everyone celebrating a birthday this month including:

→ **Marlene Libbus** on the 5<sup>th</sup>!

### Rosaries

October is the *Month of the Rosary*. In continuing to connect with each other, the question(s) asked of members this month was, do you have a rosary; did someone give it to you; has it been blessed; do you have more than one?

**Rosanne Nihtila** wrote:

I have 3 rosaries. One hangs from the mirror in my car. I always say a prayer before I start driving to keep me safe. I have another one under my pillow and if I'm having a problem sleeping, I'll say a decade of the rosary and usually I'll fall asleep.

I have another rosary on the table beside my big comfortable chair. I try to pray the rosary daily. All my rosaries are blessed. The one in my car was blessed by Pope John Paul when he visited Toronto.

**Norma McCleverty** wrote:

My current rosary was a gift from a dear friend. After her mom died, she gave me her rosary. A wonderful gift. I didn't know that she was a Catholic and had kept her rosary.

Other very special rosaries are from Lourdes where my

own mom went regularly. They are all blessed. On sleepless nights, my rosaries are with me along with thoughts of those who have given them to me.

**Geri Crisci** wrote:

I am blessed with several Rosaries, each one cherished and with its own significance! I have my grandmother's rosary. She lived down the street from me, in a corner house. Often when I passed by on my way to the library, my grandmother would be sitting in the window praying the Rosary. It was always reassuring as a child, to look up and see her there, Rosary in hand, smiling and waving to me. I also have my mother's Rosary, the one she used when she taught me how to pray the Rosary. Lastly, my Godson, Jack, brought me a blessed Rosary from the Vatican school trip he took as a high school senior. I am very blessed; I treasure each of these beautiful Rosaries.

**Carmen Vanderreest** wrote:

I have three Rosaries. One has black beads and had belonged to my father's mother. She had given it to him when he immigrated to Canada. He had always kept it in his car. I came to have it after my father died and I too keep it in my car.

Another Rosary of mine has white beads and had been my mother's. It had been given to her by her parents when she received First Holy Communion. She always kept it by her bedside. This one too came to me after my mother's death and I also keep it by my bedside. My third Rosary I received through the Carmelite Sisters. It has blue beads and is my "everyday" Rosary. The black and the white Rosaries have been blessed.

**Peggy Roach** wrote:

Yes, I have 2 rosaries. One is from my sister who brought it back from Medjugorje and the other had belonged to Judy Bush, a good friend and CWL member. Her brother gave it to me at her funeral. Both rosaries are blessed.

**Maryse Ristuccia** wrote:

For someone who rarely used to recite the Rosary until a couple of years ago, I certainly seem to have a number of "favourite rosaries", each for different reasons.

-- white Rosary beads with small beads made for little hands, from my First Communion. It was bought for the occasion by my mother. For many years I had the little pink box that it came in but it broke and the delicate white beads sometimes come apart but are a reminder of a special day many years ago.

-- wooden Rosary beads that say Jerusalem on the cross, bought for me by my colleague on her trip to Israel. I had an olive wood Rosary that I had bought in Nazareth but since my mother-in-law had loved it so

much I put it in her clasped hands when she passed away. I asked my Jewish colleague who was going to Israel if she would buy me one and I would pay her back if she felt comfortable doing so. She said of course and brought it back for me insisting that I could not pay her for them.

-- another wooden Rosary from Assisi bought for me by a cousin-in-law to replace the original one that I had bought at the Santuario di St. Francis of Assisi which I put in my mother's hand when she passed away.

-- a dinky little glow in the dark Rosary that was gifted to me on a flight back from Italy from the lady sitting in the seat next to me. It was her first flight and she was terrified. I held her hand and told her that all would be well. On landing she put the Rosary in my hand as she went off to her connecting flight to Thunder Bay. She thanked me but I never knew her name.

-- an iridescent blue/green Rosary that my friend brought me from Brazil when he came to Toronto to become a permanent resident in our country. I always keep it in my purse.

-- a beautiful sparkling Rosary in my favourite colour, green, that arrived in my mailbox completely unexpected one day from a Brazilian friend. I use it almost every morning.

I am a sentimental person and keep all of these close by and feel the memories that are part of them when I recite my prayers.

If you want a Rosary or want to gift one to someone, please let me know as I have several new Rosaries that I have received from the Monastery of Our Lady of Mount Carmel in Niagara Falls.

### 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 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 31<sup>st</sup>**, with a current take home prize estimated at \$4,610!

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>

### November Calendar

1<sup>st</sup> – All Saints’ Day

2<sup>nd</sup> – All Souls’ Day

6<sup>th</sup> – Parish CWL General Meeting & Lunch

8<sup>th</sup> – Aboriginal Remembrance Day

11<sup>th</sup> – Remembrance Day

13<sup>th</sup> – World Day of the Poor

### Virtue of the Month

From the Toronto Catholic District School Board:

October virtue is Gratitude.

- “This is the day that the Lord has made, let us rejoice and be glad”  
(Psalm 118:24)
- “Start each day with a grateful heart”  
(Psalm 107:1)
- “Gratitude turns what we have into enough”  
(Anonymous)
- “The more grateful I am, the more beauty I see”  
(Mary Davis)
- “Piglet noticed that even though he had a very small heart it could hold a rather large amount of gratitude.”  
(A. A. Milne)

### 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](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/>

### 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 donations of blood for 2022! There are still 2 months 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](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/>

### St. John's CWL Council Contact Information

Maryse Ristuccia:

[maryse.ristuccia@gmail.com](mailto:maryse.ristuccia@gmail.com) 437-983-0557

Celestine Hall:

[cf.hall@sympatico.ca](mailto:cf.hall@sympatico.ca) 416-694-8922

Joan Beal:

[joanbeal@rogers.com](mailto:joanbeal@rogers.com) 416-693-4255

Corinne Santianni:

[zed28@rogers.com](mailto:zed28@rogers.com) 416-436-0300

Jenni Commanda:

[laughterseasoning@bell.net](mailto:laughterseasoning@bell.net) 647-346-2040

Dorothy Currie:

[dorothy.ghosh@yahoo.com](mailto:dorothy.ghosh@yahoo.com) 416-804-1793

Krysia Theriault:

[krysiatheriault@gmail.com](mailto:krysiatheriault@gmail.com) 416-686-2742

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