



January 2023

Transitional Executive

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

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

CWL Websites

National: www.cwl.ca
2023 theme: *Catholic and Living It!*
Provincial: www.cwl.on.ca
2023 theme: *Go Make a Difference*
Diocesan: www.cwltoronto.ca
2023 theme: *Called to Serve*

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

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

Our next meeting will be on **Sunday, February 5th** in the church Hall at 12 noon - after the 11:00 Mass. A light lunch will be served and all are welcome to bring a friend or partner. Our scheduled speaker has had to postpone her presentation. We are currently seeking another and will advise when confirmed. [We will take time to make sandwiches together for the homeless.](#) And, if you are able, please bring a donation for our local food bank – they are in need of canned fruits, vegetables, fish & beans, cereals, pasta sauces, any nut butters and baby diapers sized 1 to 5.

Come Pray the Rosary

We pray the Rosary every Friday night at 8:00 p.m. online via Zoom. Prayers matter, prayers support and uplift. If you have a special prayer request for our Rosary night please let Maryse or Carmen know. Cameras do not have to be on and everyone will be asked to mute their microphones at the beginning of prayers. Only those leading the prayers will be heard. Everyone is welcome to follow along. The link below is the same link used every Friday:
<https://zoom.us/j/94327881622?pwd=UWpCTjR4cjFldGc5Yjk4bE5nbEg0dz09>

If needed: Meeting ID: 943 2788 1622
Pass code: 263230
Dial up: +1 647 374 4685 Canada
+1 647 558 0588 Canada

Prayers

Let us remember these fellow sisters in our prayers:
[Elizabeth Barrett](#) [Marlene Libbus](#) [Carmel Richard](#)

Help is Here

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

Valentine Cards

A reminder that members are welcome to write handmade or store bought Valentine cards that will be delivered to our local seniors' residences. Cards must be dropped off to either Maryse's or Carmen's mailboxes by Saturday, February 11th.



Message from Maryse

The month of January will soon be over and a very dreary month it has been. Added to the greyness of the month is that somewhat empty feeling now that the Christmas season is over, however, we started our January on a very positive note at our General Meeting. We had two delicious soups and two excellent guests to kick off the year; we just wish that more members could have attended. There is quite a bit of preparation for our general meetings from the planning stage to setting the agenda, the food preparation and securing speakers, and it makes for a bit of a let-down when our attendee numbers are so low. To those who did attend, thank you for being there, we all had a wonderful time sharing the meal, learning and getting up and moving together.

Together we celebrated our sisters receiving service awards including a Maple Leaf Service Pin. These ladies represent milestones of 50 years, 25 years and 20 years of service to their parish and their faith through the CWL. It was great to be able to honour them and give them an in-person round of applause.

Together we decided on a financial donation to help those in need in our community with another donation to be decided at our February meeting. Come and be part of the process. There will also be an opportunity to work together at our fundraiser which will be coming up in mid February. Just before the start of Lent we will be having a Krispy Kreme donut sale --- yes, admit it, you too will want to enjoy one or two of their sweet treats!

Together, in person - together! We should not take for granted the ability to meet together in person, something that the pandemic has hopefully shown us. Our general meetings are an opportunity to share our faith, do something fulfilling and share sisterhood. Please don't let your executive put in the work for such a small number. You are missed and we want you to attend. I hope that our February meeting will be of interest and will see you among us.

At the February meeting we are focussing on showing love; for ourselves in caring for our health, for our neighbours by making sandwiches together for the homeless. Showing love comes in the words we speak and in our actions. Come and help us do that: from the St. John's CWL to those in need. Let's do it together!

Looking forward to the February meeting and sharing a light lunch with you.

Maryse

Message from Fr. James Dunstan, IVDei

Fr. James is ministering to our parish during Fr. John-Mark's sabbatical. He will be with us through to July and has kindly accepted our invitation to also stand in during this time as the CWL's Spiritual Advisor. Following is his message to us this month.

I am happy to be the Spiritual Director [Advisor] for the St. John's Parish Catholic Women League during the sabbatical six months of Father John-Mark Missio. First, I wish you a blessed New Year and I pray that God bless you and be with you in all your missionary activities during the year 2023.

It was a great pleasure participating in the 60th Year celebration in December 2022. I was able to learn about the diverse activities that you have been involved in over the years and appreciate the women's solidarity in St. John's parish for the last 60 years. I congratulate you and wish you to continue your missions in the attitude of Blessed Mother Mary.

There are several qualities that we can take from Blessed Mother Mary. I feel we need to challenge ourselves with the virtue of humility. We must be aware of ourselves with the openness and positive attitude to accept the will of God in every person, event, and experience. Blessed Mary was open to receive the Angel Gabriel, the message that was delivered at the encounter, and she totally surrendered herself (*fiat*) by saying: Behold the handmaid of the Lord; let it be according to the word of God. The desire to obtain holiness with the acknowledgement of our own selfish and sinful status will lead us to embrace humility. When we are humble, God will reward us with His glory. Being God, Jesus humbled himself unto the Cross to save all of us.

In every act of your service to others in our parish, let everyone make an effort to testify to our Lord Jesus, following the footsteps of Blessed Mother Mary, patroness of the Catholic Women's League with the virtue of humility without any pride.

God bless you all!

Fr. James Dunstan, IVDei
Parish Administrator
St. John's Church

Spiritual Development

By Maryse Ristuccia

January 12th is the feast day of St. Marguerite Bourgeoys, who not only founded the Congregation of Notre Dame, but was instrumental in bringing education to Canada and an important part of the founding of Montreal. She established the first schools in Canada, then New France, and aspired to work for a more just world. She formed respectful bonds with First Nations Peoples, welcomed immigrants, including the Filles du Roy (Kings Daughters) and taught them how to survive in the new continent. She was canonized in 1982 by Pope John Paul II and became the first Canadian female saint.

St. Marguerite Bourgeoys and the order established by her are an important part of our parish and its schools in the neighbourhood. The Notre Dame Convent that stood for many years just one door over to the west of our church is now gone but not forgotten. Many of our CWL members and other female parishioners are products of these educational institutions and some family members have dedicated their lives to this religious order. We also have quite a few CWL members that are associate members of the order. This brings me to the reason I am speaking about St. Marguerite, not only because of her feast day but because I love how being Catholic connects us in so many unexpected ways.

The word catholic comes from the ancient Greek and means "universal", or 'for everyone', and it is a faith that we share, the same wherever we go. I unexpectedly came across one of these connections on my trip to France last autumn in the small city of Troyes. Strolling through the ancient streets of this medieval town I came into a small square with a church. It was early morning and I thought the church would not be open, after reading the plaque that marked this as a special place I tried the door and it was open. The plaque stated that St. Marguerite was born in one of the houses in that square and was baptised in that church and inspired by people she spent time with from that parish to become a nun and dedicate her life to teaching. At that time, most nuns lived cloistered lives but this was not for Marguerite and she volunteered to come to New France. She was a pioneer for education for all and continues to inspire to this day.

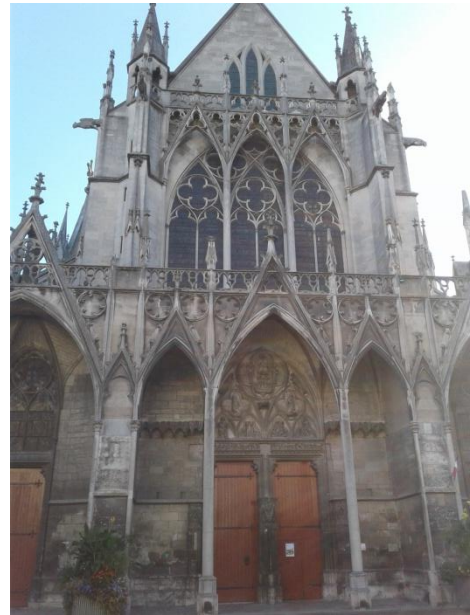
In that church is the baptismal font where Marguerite was baptised, and a display with a timeline of her life. Here, far away from Toronto, was a connection with my parish in Toronto, the universal church is for everyone and is everywhere. I walked around this quiet church

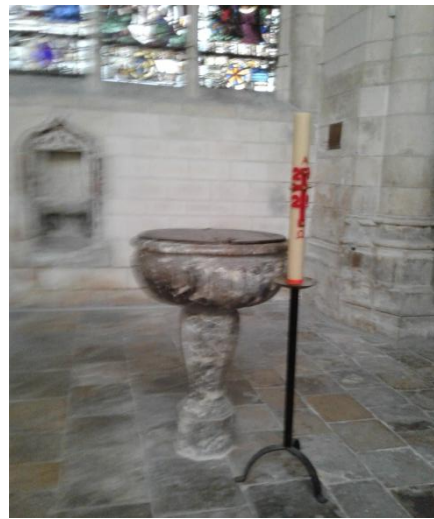
after reading the display and felt her speaking to us today. Behind the votive candles her words are written: "Prayer must be in our thoughts, in our words and in our deeds." Let us remember these words so that; we too, like St. Marguerite Bourgeoys are called, through our baptism, to act on our faith.

Blessings

Maryse

These are photos taken of, and in, the church in Troyes, France where St. Marguerite Bourgeoys was baptised and grew up within its surrounding parish





Mental Health and Wellness Corner

By our Health co-chairs Geri Crisci and Krysia Theriault

Happy New Year to everyone!

As we begin 2023 let's take a moment to check in with ourselves. How were the holidays for you? What is your fondest memory of Christmas 2022? What about this memory makes you smile?

Were there challenges for you this past Christmas? Changes in plans that were disappointing? Weather issues? Health issues for you and/or a loved one? Have these issues been resolved?

What was your 2022 highlight?

Was there something difficult for you about 2022?

Reflection is one of the most helpful ways to assist each of us in pausing for a few moments. Pausing to think about our experiences and appreciating the changes we may have been through, both positive and negative. Sound mind (mental health) is assisted by our ability to pause and take note of our experience. This is one reason journaling can be so helpful for us. Taking the time to write our thoughts; a description of our day and our activities; or simply commenting on our interests and wonderings. Journaling or thoughtful reflections enable us to appreciate our "present" and be "emotionally present" for ourselves and those around us. Some refer to this practice as "Mindfulness". Introducing an awareness of our breathing during these moments brings us full circle. Enabling ourselves to interrupt the "busyness" and frantic paced life; or taking that time to reach out of lethargy and fatigue, all keeps us living and breathing in the present.

The other half of this equation focuses on physical health. As we discussed before, the mind-body connection is crucial to recognize and respect. Our column focuses on Mental Health and Wellness which considers this important idea.

As we begin 2023, we'd like to conclude here with a brief look at Seasonal Affective Disorder (SAD), as an example of the body/mind connection. SAD is generally recognized more in winter climates in which sunlight is greatly reduced. Lack of sunlight can result in Vitamin D deficiency, among other issues.

It is guesstimated that Canadian seniors are greatly affected by SAD. Common symptoms are:

Lack of energy

Craving carbohydrates

Weight gain

Difficulty waking up in the morning

Increased irritability

Anxiety

Loss of interest in normal activities

(Not to, in any way, take away from those diagnosed and suffering from SAD, I feel I may be suffering from this condition year round.)

The suggestions for countering these symptoms include:

Opening your window coverings first thing in the morning to let in as much sunlight as possible; morning sun is most effective

Spending time outdoors

Light therapy (a light therapy box 30-60 minutes a day).

Movement and exercise which boosts serotonin and endorphins

Getting involved in a new activity: new hobby, new club or social gathering or volunteering

Eating well: balanced and nutritious meals packed with vitamins and nutrients.

Diet is especially important as some experts think vitamin deficiency may be directly related to SAD.

We all experience adjustment issues to the changing of seasons, to one degree or another. These adjustment difficulties result in mood changes; sleep changes, i.e. we're more tired than usual. This is due to the fact that circadian rhythms moderate sleep and are affected by light. For these reasons the following recommendations are made by sleep experts:

Avoid electronics and bright lights prior to sleep

Maintain a consistent bedtime

Aim for 7-9 hours of sleep (though we all differ in terms of sleep requirements)

As soon as you wake up let the sunlight (such as it is!) into your space.

Sleep is critical to wellness; reflection is critical to well being; paying attention to how we spend our time and energy will help us to feel more in control of our time.

We, as always, hope these thoughts are useful to you. We offer you our warmest wishes for a very healthy and happy winter! Seven weeks until we 'Spring ahead'! (March 11th!). How will you spend the next 7 weeks in preparation?!

As always, we invite comments, feedback, ideas for topics and guest columnists. See you next month!

NOTE: January 25th is BELL Let's Talk Day!

Bell Let's Talk has a vision of a Canada where everyone can get the mental health support they need.

Is there someone you can text or call to say 'hello'? Connection makes a difference!

Geri and Krysia

Open Space

This is a new column open to any member wishing to share thoughts and ideas with any kind of spiritual connection.

This first article comes from member Karen Eckert.

A Reflection on Aging in the Great Circle of Life or What is the Name of that Thingamajig?

I'm in my sixties and I swear I'm becoming a teenager again. Now that I am retired and my kids have left home, I have the same questions I had as a teenager: What direction should I take in my life? What lies ahead? Where can I get a nice guy? Plus, just like a teenager, I don't seem to have the vocabulary or the ability to retrieve the information I need to back up my opinions. I sit there at the dinner table sputtering lamely and saying things like, "there was some group of people who did some kind of study on this issue and the results were really bad." It's frustrating and not a little mortifying.

My son scolds me for never remembering to leave space for his car when he comes to visit, but I remind him that he too had a teenage brain once and could never remember to turn the lights out at night or bring his books back to the library.

The truth is I used to have a brain like a steel trap, and now it's more like that red latticed plastic thing that wobbles down at the end of the old Mouse Trap game. Still, it's kind of cool latticing in and out of your plans throughout the day - which I also find myself doing. It's like floating on a lake in a swan boat that you can't quite steer. I have breakfast in the morning blissfully unaware of what I have scheduled in the afternoon. I might remember, I might forget, but I get to stay in the moment and drink my coffee in a way I haven't done since childhood. Children truly live in the present and that's a mixed gift that will unfold more and more with age. We will live in the moment like children and have to rely more and more on God's grace to carry us through each day. What else could aging gracefully mean but to rely more and more on God's love and His plans for us? (to be continued)

Favourite Book or Movie

Members were asked to share what their favourite book or movie was that they enjoyed in 2022.

Geri Crisci wrote: The best book I read in 2022 was, "Something to Hide" by Elizabeth George. As with all her novels, she has several stories going on simultaneously and then cleverly weaves them together into one. I don't find many books that hold my interest as well as did this one. The novel is a masterpiece of suspense, and kept me quite riveted! George's main

characters, Detective Inspector Thomas Lynley and Detective Barbara Havers investigate a London case with “far reaching cultural associations that have nothing to do with life as they know it”.

Rosemary Walcher wrote: My favourite book this past year was “Joy” by Debbie Travis-Life Lessons from a Tuscan Villa. I learned so much in this book about Nutrition & Recipes, Eating well, Health, Living with purpose, etc.

My favourite Movie was “Sleepless in Seattle” with Meg Ryan & Tom Hanks. It was very Heartwarming to watch, with such great actors. It’s a 1993 film.

Carmen Vanderreest wrote: The book I most enjoyed this past year was “Refugee” by Alan Gratz. It’s a young adult novel and I read it with my grandchildren while on summer vacation; we all agreed it was a great read. It has three different settings with three different youth aged characters and it is written in third-person narrative. The first story is of 12 year old Josef, set in 1938 Berlin. Josef and his family are Jewish and are on the run from the Hitler regime. The second story is of 12 year old Isabel and her family in Cuba out to escape the civil unrest of Castro’s leadership in 1994. Lastly, 12 year old Mahmoud and his family are trying to flee war torn Syria in 2015. While these stories are spread out over continents and decades, they tie the characters together in some incredible ways! While the novel was really good, reading it with my grandchildren made it a most enjoyable read.

A Note from King Charles III

CWL’s national president, Fran Lucas, sent a letter of condolence to King Charles III upon hearing of Queen Elizabeth’s death. To read that letter and to see the King’s thank you note go to this CWL website at: <https://cwl.ca/a-card-from-his-majesty-king-charles-iii/>

Come Sing!



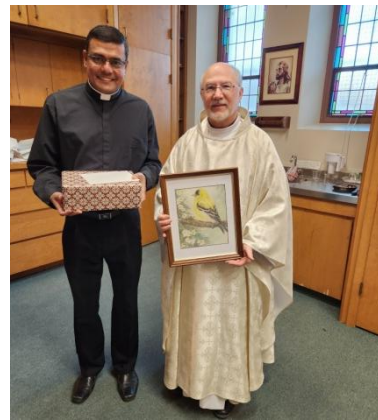
Your St. John’s Choir is seeking new members! Ideally, if you have previously sung in a choir and enjoy praising the Lord in song, you would make a welcome addition to our choir. Altos, tenors and basses are most welcome and of course sopranos too! Choir practice takes place weekly (September-June) on Thursdays from 7:30 pm to 9 pm, with singing at the 11 am Mass. Interested? Contact choir director Eric Walker at (ejwalker@sympatico.ca) or speak to any choir member, several of which are CWL members.

Gifts

For Christmas we gifted Fr. John-Mark a lovely original drawing of a male American goldfinch. He is very fond of song birds and really appreciated the gift. This drawing was made by our most talented artist Maria Wong. You may recall we gifted Fr. John-Mark last Christmas with another of Maria’s artistic works. She wanted nothing in return for her work so on behalf of our council Maryse presented Maria with a large Christmas planter. We did not forget about Fr. James who had just arrived in the parish or the office staff. Both received large boxes of decadent cookies.



Fr. John-Mark with his CWL gift



Fr. James and Fr. John-Mark with CWL gifts



Maryse presenting Maria with a Christmas planter

Eucharistic Adoration

The Exposition of the Blessed Sacrament will take place on the first Friday of each month from 4 to 5 pm beginning Friday, February 3rd. Eucharistic Adoration is a time for deep prayer, meditation and devotion while in the presence of Christ, through the Eucharist, on display in our church's beautiful sunburst monstrance.

Guest Speakers

We had two guest speakers attend our December meeting: Seanna Robinson and Machiko Bryers. Seanna is the principal of Running Well, fitness and wellness consultant to corporations. She has a degree in Physical Education and is a health and wellness advocate who spoke on the importance of staying active even during the winter. Machiko Bryers is a dance instructor at Birchmount Bluffs Neighbourhood Centre who got us up and moving with some line dancing steps!

Seanna told us how movement and exercise are vital to our physical being but not everything we do needs to be a workout. We can challenge ourselves to take the stairs or to park further from an entrance. We can join a walking group or start one. She paraphrased from the book *Use It or Lose It* saying that after the age of 30 our body stops growing so we need to 'use it' to maintain good physical health. Seanna noted that even if "you let your body go, you can always rebuild, no matter what age." She said "Make a goal, one that's sustainable. Start small and share your goal with others so they can support you." She also made a point of saying when we exercise; no matter what it is we're doing, we should "stop while you can still do more – stop before you hate it, before it becomes too much." Seanna told us that longevity research is really big right now and asked us to conjure up a "real image of ourselves in 10 years from now", to think about what we want, who we will be and to make choices not resolutions or promises because those wear off in time. She ended by saying, "The brain remembers the last thing that you do so after exercising make it a positive thing, like enjoying a piece of chocolate or chatting with a friend while you cool down." In doing this we won't dwell on how tired we are, muscle aches, sweating, etc. so we'll be more inclined to exercise again. Good advice!

Machiko Bryers focused her time with us on getting us up and moving. She told us she has been line dancing for 10 years, that she had "started with ballroom dancing but after some time my husband took to other interests so I lost my dance partner." There are no partners in line dancing so she pursued it. Machiko explained that "Line dancing is exercise – fun exercise!"

She got us into a few short lines, side by side, set up her music and showed us some basic steps – a little to the left, a little to the right, a few steps back and then up forward again, make a half turn and start all over! After a few starts and stops we had it down fairly well and everyone was smiling! Machiko invited us all to check out the programs offered at Birchmount Bluffs Neighbourhood Centre (also known as Birchmount Community Centre). This is the link: <https://bbnc.ca/>



Guest speaker
Seanna Robinson
"Make a goal, one that's sustainable."



Members learning some line dance steps



Guest speaker
Machiko Bryers
"Line dancing is exercise, fun exercise!"

2023 Membership Drive

The annual membership fee has increased to \$35. Your 2023 membership needs to be paid **NOW**.

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 a cheque sent by regular mail to Maryse's address below or drop off cheque or cash payment into her mailbox or Carmen's mailbox:

Maryse Ristuccia
87 Coalport Dr.
Scarborough, M1N 4B5

Carmen's mailbox – 66A Osborne Ave.

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

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

Development Day

The Toronto Diocesan Council (TDC) is holding Development Day online for all members on Saturday, February 11th.

The theme is *Go Make a Difference* and will have Honourary Life Member Barbara Dowding as keynote speaker in the morning session. Barbara will speak on *The Art of Accompaniment*. The afternoon session will be lead by the TDC standing committee chairs and will focus on *Putting the Beatitudes into Action – To "Go Make a Difference"*.

All Members are invited to attend this virtual event. We are looking into the possibility of viewing these presentations together in one place for those members who are interested. More information will be sent very soon.

Calendar

January 26th – Bell Let's Talk Day

January 28th – CWL Joy of Leadership Workshop

February 5th – CWL General Meeting / Lunch

February 11th – World Day of the Sick

February 12th – Toronto Diocesan CWL Development Day

February 11th / 12th – CWL Krispy Kreme Fundraiser

January Celebrations!



Happy birthday to everyone celebrating a birthday this month including:

- **Lisa Charette** on the 1st!
- **Norma McCleverty** on the 4th!
- **Jenni Commanda** on the 12th!
- **Charmaine Woods** on the 20th!
- **Eric Walker** on the 31st!



50/50 Lottery

Tickets for the next Knights of Columbus 50/50 draw go on sale **February 1st**.

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 last quarter jackpot paid out \$16,865 on December 31st – a great way to end the year!

When ordering in February, 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:

January virtue is Courage.

- "Yahweh is my light and my salvation. Whom shall I fear? Yahweh is the strength of my life. Of whom shall I be afraid?" (Psalms 27:1)
- "In an age which seems more fearful of the future, we are directed to give an account of the hope that is within us." (1 Peter 3:15)
- "He gives power to the weak. He increases the strength of him who has no might". (Isaiah 40:29)
- "May I have the courage today...to postpone my dreams no longer." (John O'Donohue)
- "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference." (Reinhold Niebuhr)

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 email 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.

New this year! The addition of education toward a nursing degree!

Deadline to apply is May 15th. 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



Canadian
Blood
Services

There is an immediate need for new and returning blood donors!

The urgent need for blood, platelet and plasma continues across our healthcare system.

There are 31,000 fewer active donors than at the beginning of the pandemic – this is the greatest decline in numbers in a decade.

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/>

St. John's CWL Council Contact Information

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Jenni Commanda:

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Dorothy Currie:

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Krysia Theriault:

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