

The Pandemic Diary



St. Patrick's C.W.L

February 2023

Volume 3, Issue 2

Thought for the Day:

"No act of kindness, however small, is ever wasted."

- Aesop

President's Message

Sisters of the League,

Wierton Willie, the groundhog who lives in the South Bruce peninsula in Ontario, ushered in the month of February and predicted an early Spring. Interestingly, his counterpart predictors Lucy the Lobster (Atlantic Canada) and Manitoba Merv predicted otherwise. Guess we wait and see what happens.

Meanwhile, we are on the brink of another important event in our Liturgical Calendar. Lenten Season! Pope Francis requests us to reflect on how often we criticize others. If we could only stop that, the Resurrection of Jesus this year will be greater and more beautiful among us. He recommends we try 2 things

to stop criticism. Pray for the person you criticize, pray for the Lord to take away the problem and shut your mouth. And secondly, bite down hard on our tongue when the urge to criticize surfaces. Simple yet profound advice.

February was quite eventful. Our Council hosted the Mary Matthews Public Speaking Contest on February 12th 2023 at the Parish Hall. Mario Pascucci, Trustee of the Dufferin-Peel Catholic School Board attended for the first time. Since we do not have a Public Health and Education Convenor, a team of Barbara Azzopardi, Andrea Tjioe, Lucy DiLella, Avril Cardoso, Susan Macera, Gayle Dzis and myself worked together and we're immensely proud of our

efforts. Check out Barbara's article on Pg 2 for more details and pics on Pg 4.

This month we have a bonanza of Goan and Portuguese recipes for you sent in by Maria Correia and Philomena Dias. Diane is back with words of wisdom and Cathy Taylor gives us an update on Development Day. Philomena Dias has an interesting take on the "original" woman in the article below.

We have our Council Election coming up next month and need your support. Please consider joining the Executive even as a sub-convenor. We have much to do!

Happy Reading!
God Bless!

Ramona

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Foreshadow of the Original Woman by Philomena Dias

The LORD God said:

"It is not good for the man to be alone.

I will make a suitable partner for him."

So the LORD God formed out of the ground various wild animals and various birds of the air, and he brought them to the man to see what he would call them; whatever the man called each of them would be its name. The man gave names to all the cattle, all the birds of the air, and all the wild animals; but none proved to be the suitable partner for the man.

So the LORD God cast a deep sleep on the man and while he was asleep, he took out one of his ribs and closed up its place with flesh.

The LORD God then built up into a woman the rib that he had taken from the man. When he brought her to the man, the man said:

"This one, at last, is bone of my bones and flesh of my flesh; this one shall be called 'woman,' for out of 'her man' this one has been taken."

That is why a man leaves his father and mother and clings to his wife, and the two of them become one flesh.

In Genesis we see the power of God's covenant love and life in us expressed in the masculine and feminine. It is said that the man should not be alone. God did not create her above (head) or below (foot) him. God creates her from a rib from his side, so that she may be next to his heart and a partner beside him.

We should exist as a family. The image of the family on earth is the image of the family in Heaven.

Our Brilliant Students by Barbara Azzopardi

After a few years of not being able to hold our annual Mary Matthews' public speaking competition, we finally had the students from our feeder schools thrill us again with their amazing public speaking abilities last Sunday, February 12, 2023. The students are from St. Edmund School, St. Theresa of Calcutta School and St. Thomas More School and are from grades 5 to 8 inclusive. Each school is eligible to send two students from grades 5 and 6 and two from grades 7 and 8. These students are the winners of their grade level in-school competition and the winner and runner-up from our CWL level (parish level) competition then go to the Regional CWL competition. We have two students going to St.

Leonard's church in Brampton on Sunday, March 5th where students from all over Peel will compete. The students from grades 5 and 6 participate for the experience while it is only the students from grades 7 and 8 that are eligible to move to the Regional level. Below are the students who participated this year along with their speech topics for your interest and hopefully some of you may wish to go to St. Leonard's Church to listen and be educated as these young people have lots to say and are able to educate us, their audience.

Ella Cardenas —Side of Sports No One Talks About

Isabella Lanzillotta - Leaders and How to be a Leader

Sarah Akinduro — Privilege (**runner-up going to St. Leonard's**)
Annabel Vadakkanchery - Body Image
Emma Uremovich — My Dream Job
Elijah D'Souza — Racism
Eva Falfus— Harms of Food Dyes (**winner going to St. Leonard's**)
Simon Ventcenostcev-- Global Warming

I am very happy not to be a judge as they have the hardest job making their very important decisions. There are some photos attached showing our students and the school trustee for our schools, Mario Pascucci, as well as some of the principals and teachers who were also there. We always need help putting this most important event on so if you feel you would like to help out next year, please let us know.

Interesting Facts about Eyes presented by Ramona da Cunha

The human eye is a biological wonder able to perceive a million subtle hues of colour with the help of millions of photosensitive rods and cones. Most people are **trichromatic** ie they have 3 types of retinal cones to detect variations of red, green and blue light. **Di-chromatic or colour blind** people are those who have missing or defective cones and cannot distinguish between 2 colours, red and green being the most common combination. **Tetrachromats** are those born with an

extra set cones and are extraordinarily sensitive to light wavelengths, capable of distinguishing between 100-million colours. **Achromats** lack the ability to see any colour at all.

Did you also know that your eyes contain the **fastest muscle** in your body? Yes, the **orbicularis oculi** in the eyelid can contract or blink in 0.1 second. An average person will blink 20 times/min, that's up to 19,200 times per day (10% of a person's waking hours).

Ever wonder why some people are referred to as "**eagle-eyed**"? Eagles apparently have the best vision in the Animal Kingdom with a 20/4 vision ie an eagle can see from as far as 20 feet what a human sees only at 4 feet away. It's like spotting an ant on the ground from a 10 story building. This is possibly due to a deep fovea in the eagle's eye that allows it's eyes to behave like a telephoto lens. Remarkable indeed!

Know who has the largest eye in the Animal Kingdom? The **Colossal Squid!!!**

Go Make a Difference by Cathy Taylor

This year's CWL Development day theme was "**Go Make a Difference**"

Different ladies shared their 'journey' from joining the CWL through various levels of involvement at their parish level, and then some joined the region, Provincial, and National levels. It was humbling to hear women, just like you and I, with families, jobs, and challenges, relive the many accomplishments they've made over the years. The resounding common treasured memories were the teamwork and joy of building relationships along the way.

Honorary Life Member, Barbara Dowding spoke on "The Art of Accompaniment"

*Learn from our past executives while we can

* Welcome new members and encourage them to contribute

* Work with open minds and hearts, without prejudice

* Be bold and creative * God doesn't call the qualified; He qualifies the called *

As Women of the League, we are women "of virtue, a firm attitude, mindset or disposition to do good" (Loyola Press). We can make a difference when we live the Beatitudes through our actions in Faith, Service and Social Justice.

"The Beatitudes are like a Christian Identity Card. So if anyone asks, "What must one do to be a good Christian? We have to do, each in our own way, what Jesus told us in the Sermon on the Mount. In Beatitudes, we find a portrait of the Master, which we are called to reflect in our daily lives." Pope Francis.

* Please let us know if you would like the detailed Reflections for each Beatitude *

How can you "Go Make a Difference" ?

By looking at the past in our present life; we can look toward the future with hope, comfort and consolation.

Goan & Portuguese Recipe Bonanza

Cod Fish Croquettes

by Maria Correia

Ingredients

- 4 Cups of cod fish, cooked and shredded
- 8 large potatoes, boiled and mashed
- 1/4 cup salsa (parsley)
- 2 eggs
- 1 tablespoon red chillie flakes (Portuguese style)

Method

- Mix the codfish, potatoes, eggs, pepper flakes and parsley.
- Form into oval croquette shapes and deep fry in hot oil until golden brown.

You can also freeze the croquettes and deep fry them at a later date. Recipe gives you about 30-40 croquettes.

Bacalhau de Natas

by Maria Correia

Ingredients

- 4 Cups cooked and shredded codfish
- 6 or 7 large potatoes, peeled, cubed and deep fried (can use hash browns)
- 3 tablespoons olive oil
- 2 large onions, finely chopped

- 4 Garlic cloves
- 1/ cup Parsley
- 1/4 cup white wine
- 1 teaspoon nutmeg
- 2 teaspoons pepper
- 2 cups milk
- 3 tablespoons butter
- 3 tablespoons all purpose flour
- 6 eggs (separate egg whites)
- 2x200 grams Whipping Cream

Method

- Saute onions and garlic in the olive oil. Add the shredded cod, mashed potato, white wine, pepper, nutmeg and parsley. Set aside.
- In another saucepan, make a roux with the butter, flour and milk, stirring constantly. Set aside.
- Whip the cream and egg whites until they form stiff peaks.
- Mix everything together and pour into a well greased 8"x10" rectangular casserole (or any shaped casserole you like). Sprinkle breadcrumbs.
- Bake in an oven preheated to 400 deg F for about 15 mins (not too long as it dries out).

Bom Appetite!!

Goan Sannas

by Philomena Dias

Sannas are spongy steamed cakes made with a batter of ground rice and grated fresh coconut. The batter is either fermented with toddy or leavened with yeast.

Sannas With Yeast (Makes 20)

Ingredients:

- 3 cups parboiled or red rice (available at Indian and Asian stores in Canada)
- 2 cups grated coconut
- 1 1/2 teaspoons dry yeast
- 2 tablespoons + 1 teaspoon sugar
- 2 tablespoons lukewarm water - 1/4 to 1/2 cup water (for batter) oil (for greasing molds)

Method

- Salt
- Wash and soak rice overnight.
- In a blender, in batches, grind rice slightly coarse and coconut fine, both separately with very little water.
- To activate dry yeast, add it to two tablespoons of lukewarm water along with 1 teaspoon sugar. Stir and leave for few minutes to froth and foam. Add the yeast mixture to the ground paste along with two tablespoons of sugar, salt and enough water to make a thick batter.
- Mix, cover and leave in a warm place for batter to rise or double, around four hours.
- Heat the steamer with water and lightly oil the molds.(use poached egg mold)
- Stir the batter and then pour a ladle or two into the molds. Place molds in steamer, cover and steam for around 8 to 10 minutes till firm and cooked.
- Carefully remove molds and place them in a dish with little water. The water will cool the molds faster and if you are running short of molds, you can use them for the next batch of steaming.
- When molds are cool, run a knife along the edges. The sannas will come off easily. Enjoy with sorpotel or curry of your choice.



St. Patrick's C.W.L

What are you doing for Lent?

10 IDEAS FOR A MORE MEANINGFUL LENTEN SEASON

1. Give up sin

Show your love for God by keeping his commandments. Turn away from sins.

2. Fast

An empty stomach can lead to more attentive prayer. Give the money you saved on food to others in alms.



3. Pray

Be in constant prayer. Pray for your family and friends, for those who suffer, and for the Church and the world.

4. Do good works

Help those in need. Pray for them and be ready to serve them in their time of need.



5. Give alms

Help the poor and support the good works of the Church. Give cheerfully to God who has given us everything we have.



7. Do meditative reading

Nourish your faith by spending time in quiet reading and reflection. Prayerful reading of God's word each day will open your heart to the Spirit, and let God's thoughts and ways influence yours.

8. Control desire for possessions

Build up treasures in heaven rather than on earth. Cut down on material possessions, eliminate frills, lessen wants, share yourself – your time and your talents – with others.



6. Abstain

Give up meat or other desirable foods during Lent, especially on Friday, the day of Christ's saving death on the cross.

9. Control desire for entertainment

Too much entertainment and other distractions can lead to less or no time for the works of the Lord.

10. Carry out duties in life

Serve God by living out your vocation in love each day. God is calling each of us to be a living sacrifice. Offer your daily life through Christ!



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Text from Canadian Conference of Catholic Bishops "Living Lent"

Sayings of the Saints

by Diane Ouellette

"Love endures everything; love is stronger than death; love fears nothing." - St. Faustina Kowalska

"There is no evil to be faced that Christ does not face with us."

- St. John Paul II

"You do not need to wallow in Guilt. Wallow in the mercy of God." - St. John Mary Vianney

"St. Vincent never ceased to permeate the spirit of Our Lord into his companions. He summed up the spirit in five fundamental virtues - Simplicity, gentleness, humility, mortification and zeal."

We can do no great things, only small things with great love.

- Mother Teresa

Public Speaking Competition



Mario Pascucci, Judges, Time Keeper & the Team



Contestants



Winner

Intermediate Category



Runner Up

News in Pictures



Winner

Junior Category



Runner Up

Save the Date !!

- ◆ **Council Election** will be held at the General Meeting on March 8th, 2023. All are requested to attend.
- ◆ **Memorial Mass for Anna Minarik** will be offered by her family at St. Patrick's Church on Friday, March 17th, 2023 at 8.15am. All C.W.L members requested to attend.
- ◆ Council will be hosting **Stations of the Cross** after 7pm Mass also on Friday, March 17th 2023. Zoom option available if you cannot attend in person. Please contact Church Office to have Zoom link e-mailed to you.
- ◆ **Dynamic Women of Faith Conference** will be held on Saturday, March 25th, 2023. It will be an in-person event with Sr. Deidre Byrne as keynote speaker. Please contact Cathy Taylor (416-617-1193) for more details.