



The Pandemic Diary

Messages from your Executive

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire; it is a time for home."

Edith Sitwell

Sisters of the League,

2022 is a time for reflection and renewal, a time for changing things up in our lives a little. Perhaps you have noticed the 'tilt' in our Newsletter format? And that's not all! The Executive have a lot of ideas and activities which they share with you in the following sections. We look forward to hearing your views on them and perhaps on introducing something more too!!

This edition is a little different with tidbits of information rather than whole articles and a beautiful Morning Prayer that can perhaps become a part of our daily routine.

Ramona

INSIDE THIS ISSUE:

Another Morning Prayer	1
Messages from the Exec	1&2
Armchair Travelogue (Salzburg with Lena)	3
Women of the Bible (Hannah) with Brigitte	3
Puzzle & Laughs	4
Prelude to Valentine's Day with Nancy	4
Cookbook	4

Andrea Tjioe, Organization

A gentle reminder that the 2022 CWL membership renewal deadline date is **January 31, 2022**. Thanks to all those who already sent in their renewals.

During the pandemic, we continue to work hard at staying connected with our members, with virtual general meetings, monthly Pandemic Diary Newsletter, Christmas card mailing, etc. We want to try to do a little bit more – we want to send out Birthday cards to our members. On that note, I will need 2 things: 1) your birthdate (month & day only) and 2) stock of new Birthday cards. I should have added 'birthday' on the membership renewals. Please contact me (preferably by email) with your (and other members) birthdate, and if you have overstock of new Birthday cards that we can re-purpose.

Nancy Macera, Communications

Thank you for your continued support in having me stand as your Communications chair. In this role, I'm always looking for fresh ideas in keeping you informed, updated and engaged. I'd like to extend an invitation for any feedback you may have on anything you'd like to see added or refreshed in terms of those communications to our league members and the parish overall.

I'd also like to introduce a Zoom **Fireside Chat** starting next month, specifically for our CWL and friends. This will be an open forum where our members can submit the kind of topics they'd like to discuss, from current affairs, sharing skills or talents, to how everyone's managing these days. I propose this be held quarterly. This will also strengthen our commitment to the CWL mission, with opportunities to open up discussions for more understanding or clarity around any areas you'd like to focus on.

Brigitte Daniel, Christian Family Life

Happy New Year to all Sisters of the League. Let us try something new in 2022. Since we are still unable to meet in person, I would like to propose **free online tutorials. Knitting, crocheting and crafting**. Agnes has offered to help and we are both excited to get started. Please let us know what you would like us to teach you.



ANOTHER MORNING PRAYER

God of my life, I welcome this new day.

*It is your gift to me, a new creation,
a promise of resurrection.*

I thank you for the grace of being alive this morning. I thank you for the sleep that has refreshed me. I thank you for this chance to make a new beginning.

This day, Lord, is full of promise and opportunity: let me waste none of it.

This day is full of mystery and the unknown: help me to face it without fear and anxiety.

This day is blessed with beauty and adventure: make me fully alive to it all.

During this day keep me thoughtful, prayerful, and kind.

*May I be courteous and helpful to others,
and not turned in on myself.*

Keep me from any word or deed

that would hurt, or belittle, or destroy.

and may the thoughts of my mind

be pleasing in our sight.

When night comes again, may I look back on

this day with no grievance or bitterness in

my heart. And may nobody be unhappy

because of anything I have done or anything

I have failed to do.

Lord, bless this day for me and for every-

one. Make it a day in which we grow

to have the mind of Christ your Son.

Lord Jesus Christ, Friend and Brother,

may we know you more clearly, love you

more dearly, and follow you more near-

ly, day by day. Amen

-Author Unknown

Recommended by Msgr Pat O'Dea

Messages from your Executive contd.....



**CATHOLIC
and LIVING IT!**

**The Catholic Women's League of Canada
Toronto Diocesan Council
St. Patrick's Council**



Prayer for our League sister Ramona

Lord, thank you so much for what you have given us. We feel blessed for the life that we have and the people you have placed in it. We know that you are always looking out for us, supporting us, and guiding us in the way you want us to live. But today, Lord, we come to you for our special sister Ramona; we lift her up to you for blessings.

You have placed Ramona in our lives, and tasked her with a huge responsibility as our leader, president of our Council.

We thank You Lord, for all the gifts that You have bestowed upon her, ie. her many talents, her kind heart, her diligence, and her willingness to always do her best, and beyond. We thank her for all that she has fulfilled thus far, and we look forward to what she will continue to do.

Lord, we ask that you continue to protect her, guide her, give her strength, and we ask You for your blessings upon her and her supportive and loving family. Lord, we ask that you allow all of us to work through our differences in ways that draw us closer together. In your Holy Name we pray, Amen.

Our Lady of Good Counsel, pray for us.

*With our love and prayers,
your League sisters – Cathy C., Charmaine, Mary, Andrea,
Cathy T., Brigitte, Nancy, Cindy, Shirley, Susan, and all the
members of St. Patrick's Council – January 2022*



During this most challenging last 22-months of Covid-19 pandemic, our president Ramona, together with her Executive Committee members, has carried us through with many innovative projects/fundraising/activities, such as monthly Pandemic Diary Newsletters, Plant Sale, Parish Cookbook to name a few.

In appreciation of Ramona's leadership and phenomenal hard work, on behalf of all the Executive and members of St. Patrick's Council, we have presented our President Ramona da Cunha with a special prayer in a beautiful frame. The prayer bears the new 2022 CWL National Theme, "**Catholic and Living It**", which describes Ramona perfectly (outlook in life, attitude, work ethics, family life, etc); as well as our beloved Patroness, Our Lady of Good Counsel, whom Ramona also embraced in all that she accomplished. Thank you, Ramona, and we are looking forward to what we all will accomplish in 2022. **Andrea Tjioe**

Mary Fuller, Treasurer

The only thing I can say is that I am looking forward to getting together in person. Hopefully we will be able to have an outdoor fundraising event, something such as our strawberry festival and garage sale. That combines all the best things - gathering together, eating, and shopping!

Shirley Inniss, Community Life

I plan to include **tips for a healthy life-style** in the Newsletter each month. Here's a simple exercise to start with when picking up something/ cleaning a spill on the kitchen floor. *Keep legs straight for 4-5 secs while bending forwards. Then bend or flex knees and slowly return to standing position.*

Cathy Taylor, Past President

Greetings and Blessings for 2022 to you all, my dear CWL sisters. What lies ahead for us all? Do you make resolutions? Or is a new year just another 365 days to trudge along?

As Past President, this year I plan to get our Council archives reviewed and organized. I decided that my focus for this year is going to be 'lighter' - Be it my mind, body and soul. We often say 'I need to lose a few pounds', and taking care of ourselves is key to being able to help others. I will try to 'lighten' my mind of worries/ regrets/ what if's .. this will be challenging I know, but I'm willing to try. For my soul, I will be trying 'to light' new paths with God's love and guidance to keep me safe and strong in the days ahead. Let's see how it goes.

What about you? I'd love to hear from you and any goals/ challenges/ targets you've set for yourself in this new calendar year. Feel free to call or email me anytime .. ctaylor1724@gmail.com. 416-617-1193

We'll be featuring a "**Did you know ...**" segment in future newsletters, so your suggestions and contributions are welcome. An example..... An unopened bottle of soy sauce can last as long as two or three years (basically forever), and you can safely leave an opened bottle out of the refrigerator for up to one year.

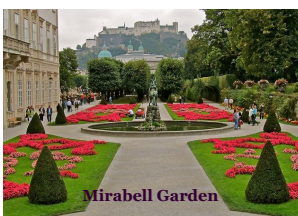
I've been sorting out my pantry and 'lightening' my shelves with outdated items. Sadly some went to waste, and some extras that I felt were better served in a bag of donations I was glad to drop off at the Compass Center in Port Credit.

Armchair Travelogue with Barbara Azzopardi

featuring Salzburg with Lena Griffatong

This month Lena takes us on a tour of Salzburg, Austria, a city that she spent most of her childhood in and has fond memories of.

Salzburg is famous for being the **birthplace of Wolfgang Amadeus Mozart**. He was born there on the 27th January, 1756 and his apartment on **No 9 Getreidegasse** is now a museum displaying his musical instruments and other memorabilia. It is also the site of the internationally renowned annual **Salzburg Festival** which consists of recitals, concerts of orchestral and chamber music, church music, opera, and drama. The music of Mozart is an important part of the festival. **Mozart Square** is dominated by a Mozart monument that was unveiled in 1842.




Remember the popular “**Sound of Music**” movie? It was filmed in Salzburg. The **Leopoldskron Schloss** (Palace) which appeared as the Von Trapp family home, Nonnberg Abbey where Maria was a nun are all places of interest on a ‘Hills are Alive’ tour, a top tourist attraction. Lena actually lived 5 minutes away from Leopoldskron Schloss. She fondly remembers the lake or big pond as she likes to call it, with swans and ducks swimming in it. Every summer, everyone was permitted to take a dip and cool off. Fishing was another favourite activity along the banks. In winter, Lena remembers skating over the frozen pond and even walking across sometimes. She loved biking all around the lake to get to town where she worked for a veterinarian.

And this article would be incomplete without mention of the beautiful **Mirabell Schloss** and gardens. It was built in 1606 as a token of love, by Prince-Archbishop Wolf Dietrich von Raitenau and has immaculate, manicured gardens and a grand Marble Hall which is considered one of the most beautiful wedding halls in the world. A string ensemble often performs classical masterpieces like “Four Seasons” by Vivaldi and Mozart’s “Salzburg Symphonies” in this Hall and is not to be missed.

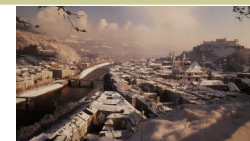
Lena cherishes Austria. When she visits Vienna, she must sample Apple strudel with whipped cream, Sacher Torte (chocolate cake with apricot jam) and Wiener Schnitzel. One of her favourite cafes is Cafe Aida. Check it out if you visit Vienna.

Copy and paste this YouTube link in your browser for more pictures

 <https://youtu.be/l57nICSOE6s>

The **Salzburg Cathedral** is one of the city’s most beautiful landmarks in the historic centre. The original cathedral was completed in 774 but was destroyed in a fire. The new cathedral was consecrated in 1628. The baroque style building features a crypt, seven bells, a baptismal font where famous composers were baptized, and even graffiti that’s about 400 years old. Ever since 1920, a famous play called **Die Jedermann** (Everyman) is performed in the Cathedral Square during the Salzburg Festival.

The medieval **Hohensalzburg Fortress (Die Festung)**, perched on Mönchsberg (Monks’ Hill), overlooking the entire city is a must-see attraction. It is accessible by a funicular railway. It is the largest, fully preserved medieval castle in Central Europe. It is famous for the historical



Salzburg Bull, a 200 pipe organ built in 1502, is still played thrice daily from Psalm Sunday to October 31st. The historical armory, marionette museum and ornate princely chambers can still be appreciated today.

Hellbrunn Schloss und Wasserspiele (trick fountains) have amazed visitors for over 400 years! The teeming waters flowing down from Hellbrunn mountain essentially predestined water to become a central design element. At the heart of the grounds are the Mannerist “Trick Fountains”, which are quite unparalleled in the world today, attributed to the mischievous Prince-Archbishop Markus Sittikus who built this palace for recreation.



Women of the Bible ...Hannah presented by Brigitte Daniel

Hannah was the wife of Elkanah, who had two wives. Peninnah had children and taunted Hannah because she was childless long after her marriage.

Hannah prayed to God and vowed that if He gave her a son, she would arrange for her son to serve at the temple. God answered Hannah’s prayer and she gave birth to Samuel. When Samuel was a boy, Hannah kept her promise and took him to be raised in the

temple, continuing to guide and mentor him.

God blessed Hannah with five more children, three sons and two daughters. Hannah’s prayers helped her to endure trials and reflects her deep faith in God. **“It is not by strength that one prevails; those who oppose the Lord will be shattered. He will thunder against them from heaven; the Lord will judge the ends of the earth”** (1 Sam. 2:10)

Hannah trusted God and her story teaches us that our faith in God allows Him to bless us. Her trust in God when she turned to him and her faithfulness in bringing Samuel to God are evidences of God working in Hannah’s life.

Hannah’s son Samuel later rescued Israel from centuries of slavery to the Canaanites and idolatry to Baal by anointing King David, whose heart was devoted to the Lord and who gifted God’s people with most of the Psalms.



Cathy's Puzzle Corner



Cooking Terms

WORD SEARCH

S	H	U	C	K	M	A	D	C	X	M	O	I	S	T	E	N	U	K
E	K	N	E	A	D	P	O	A	C	H	L	D	E	S	E	M	N	M
T	K	S	E	H	Y	A	Z	Q	Q	Z	I	U	R	T	O	C	S	I
U	E	T	P	O	H	C	K	Y	W	W	O	S	O	Q	A	T	I	X
A	S	L	Y	D	A	S	H	F	H	N	B	T	C	C	E	R	A	D
S	E	S	I	Y	M	A	R	I	N	A	T	E	S	E	R	R	G	G
D	E	E	P	F	R	Y	S	R	H	L	A	A	P	F	E	U	R	X
U	Q	Z	U	I	Y	K	P	A	S	A	E	F	S	M	Z	E	S	T
E	K	R	A	S	E	S	E	L	S	T	B	S	M	R	T	B	I	H
H	C	N	A	L	B	C	P	C	U	W	E	I	A	L	S	T	I	R
C	O	A	T	U	G	A	R	L	R	R	S	C	I	E	G	E	O	Y
B	H	J	S	M	S	L	I	E	T	D	U	F	U	G	R	U	A	S
R	R	U	E	E	D	G	E	A	B	L	E	N	D	X	G	X	R	
A	T	O	L	L	A	E	T	R	T	M	A	O	O	E	E	M	M	P
I	T	N	I	L	I	S	R	M	I	N	A	S	F	R	B	R	I	J
S	T	T	J	L	A	E	O	U	M	L	E	S	I	D	U	N	M	W
E	M	X	A	B	K	W	N	N	P	U	L	D	H	F	C	Z	H	Y
G	R	I	N	D	W	C	E	N	D	R	L	L	L	H	T	I	C	I
E	K	A	B	D	N	I	L	B	E	X	W	L	P	A	P	A	R	E

AL DENTE
BASTE
BEAT
BLANCH
BLEND
BLIND BAKE
BOIL
BRAISE
BROIL
CHOP
CLARIFY
COAT
CREAM
CRUSH
CUBE
DASH
DEEP FRY
DICE
DILUTE
DREDGE
DUST
EMULSIFY
FILET
FILTER
FOLD
GLAZE
GRATE
GREASE
GRILL
GRIND
HULL
JULIENNE

KNEAD
MARINATE
MASH
MIX
MOISTEN
MULL
PARE
PINCH
POACH
PUREE
REDUCE

ROUX
SAUTÉ
SCALD
SCORE
SEAR
SEASON
SHUCK
SIFT
SIMMER
STEAM
STEEP

STIR
TOSS
TRUSS
WHIP
WHISK
ZEST



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Just for Laffs



A PESSIMIST sees a dark tunnel
An OPTIMIST sees light at the end of the tunnel
A REALIST sees a freight train
The TRAIN driver sees 3 idiots standing on the tracks.

You come from dust, you will return to dust.

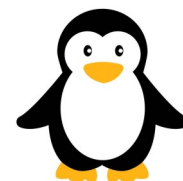
**That's why I don't dust.
It could be someone I know.**

I like to make lists.

I also like to leave them laying on the kitchen counter and then guess what's on the list while at the store.

Fun game.

Game Time: Please check the cans of food you have in your cupboard. Do you sometimes buy more before you've used what you already have? Check the dates on the cans of soup (or other items you have) and call or email Cathy Taylor with the OLDEST date you find !! 416-617-1193 or email at ctaylor1724@gmail.com



Birthday wishes to all our Sisters for January!!

The Heart of the Matter by Nancy Macera

- What Valentine's Day candy was first created on equipment made for lozenges?
- Cupid has what name in Greek mythology?
- In Roman mythology, Cupid is the son of whom?
- About how many roses are sent on Valentine's Day each year?
- Valentine's Day celebrations may be traced back to what Roman holiday traditionally celebrated on February 15?
- Letters to Juliet are sent to this city every year.
- What do yellow roses symbolize?
- In what country is Valentine's Day

known as "Friend's Day"?

- What major invention was patented on Valentine's Day?
- St. Valentine's Day was first declared a holiday by which Pope?



TRIVIA ANSWERS:

1. Sweethearts 2. Eros 3. Venus 4. 50 million 5. Lupercalia 6. Verona 7. Friendship 8. Finland 9. The Telephone 10. Pope Gelasius I (In 469 A.D., Pope Gelasius I made the feast an official holiday, apparently hoping to expel the pagan rituals of Lupercalia by combining it with St. Valentine's Day).

St. Patrick's Parish Cookbook

Our Cookbook Fundraiser is ongoing. We still have books for sale at the Church Office or call Peggy Kennedy at 905-279-5608 to place an order. Please pick up a copy if you haven't already done so.

Thanks to those of you who have so generously supported us and bought books for family and friends. Our Council gave Fr John a donation for St. Patrick's Church from the proceeds so far.

We don't have any recipe included in this Newsletter as we have a book full of them just waiting for you to sample. Next month, I invite you to share which recipe(s) you tried and liked from the cookbook.

Email Ramona at stpatrickmis.cwl@gmail.com. Let's get cooking everyone!!!