

THE PANDEMIC DIARY

St Patrick's CWL, Mississauga



President's Message

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Catholic and Living It

Sisters of the League,

March, named after the Roman God of war, is here, heralding

- the onset of Spring on the 20th (the day of the **March Equinox** in our Northern Hemisphere)
- the return of Daylight Saving Time
- the beginning of Lent.

This month our focus is on Lent and on the preparation for Easter. We have some special things to share with you. The **Lenten Calendar** has some simple yet thoughtful suggestions we can do everyday to make things better for someone else. Perhaps you could do an additional thing each day to make up for the days we have missed already.

Cathy Taylor tells us about a unique way to experience our Lord's journey to the cross which we can participate in downtown Toronto. Check out her " Did You Know?" column on "**Crossings Toronto**". Something I encourage you to consider doing and perhaps share your experience with us next month.

Susan Macera encourages you to make **Hot Cross Buns** on Good Friday and Brigitte shares Rachel's story with us in her "Women of the Bible" series.

I would like to congratulate Shaina Carrasco who submitted a beautiful poem on "**Peace**" for the CWL Mary Dobell Poetry and Essay Contest.

We extend birthday greetings to all our sisters who celebrate a birthday in March. One of our sisters celebrates a milestone birthday in April. Check out who in the next issue.

Let us keep the people of Ukraine in our minds and hearts with the solemn and beautiful prayer Andrea has for us below. Our Council plans to send in a donation for Ukraine relief to TDC as part of TDC's agreement to help UCWLC (Ukrainian CWL of Canada).

The answer to last month's puzzle is the word "**Startling**" for those of you who could not access the video link.

Happy Easter !!!!

God Bless

Ramona

*The brown buds thicken on the trees,
Unbound, the free streams sing,
As March leads forth across the leas
The wild and windy spring.*
Elizabeth Akers Allen

Prayer for Ukraine

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Loving God,

We pray for the people of Ukraine, for all those suffering or afraid, that you will be close to them and protect them.

We pray for world leaders, for compassion, strength and wisdom to guide their choices.

We pray for the world that in this moment of crisis, we may reach

out in solidarity to our brothers and sisters in need.

May we walk in your ways so that peace and justice become a reality for the people of Ukraine and around the world.

Amen.



Did You Know??? by Cathy Taylor

Crossings Toronto is a public arts project that invites us into the experience of Jesus on the journey to the Cross. If you're able to make the time to spend walking through the city, this physical participation as you replicate Jesus' journey through the Stations of the Cross to his crucifixion and final death on the cross, could be a very fulfilling Lenten exercise.

The Exhibition – featuring 16 Canadian artists exhibiting at 16 different sites – follows the powerful journey of unjust suffering and redemption, prompting reflection and action in response to challenges of contemporary social justice.

This iconic story has influenced Western culture for centuries and speaks to many challenges facing our society today, including homelessness or indigenous reconciliation.

Presented by Imago, a non-profit at the intersection of faith and the arts, Crossings Toronto draws upon the centuries-old Christian spiritual practice of walking and praying the Stations of the

Cross. The Stations are captured through art pieces expressing the dramatic moments of Jesus' final hours.

Whether you are deeply faithful or simply pondering spirituality, Crossings Toronto engages people of all backgrounds in reflection and discussion. A 3-4 hour walk alone or with friends takes you on the pilgrimage experience weaving through both sacred and secular sites. At every location, participants and pilgrims can simply observe the art or read the reflections by scanning a QR code and viewing on their phones.

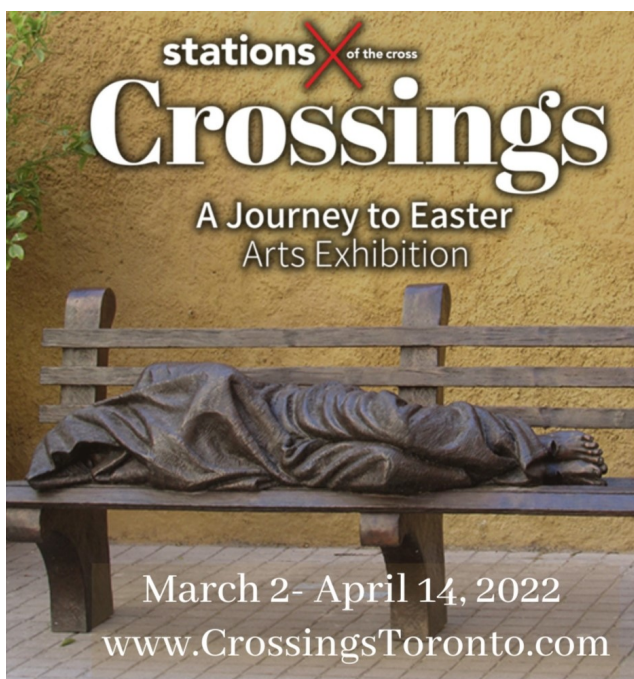
<http://www.crossingstoronto.com/locations>

(copy and paste link in your browser)

Directions for Viewing the Crossings – A Journey to Easter Artworks Stations

The Journey to Easter Arts Exhibition begins with Alpha - The Triumphal Entry, located at Knox Presbyterian Church and concludes with Omega - The Resurrection, at Our lady of Perpetual Help Church.

For visitors wishing to walk the 11 Downtown Stations, it will take approximately 1-1/2 to 2 hours. Visiting the six Midtown Stations will take approximately 1 hour.



A Triumphal entry: Jesus comes to Jerusalem
/ James Paterson / Knox Presbyterian Church,
630 Spadina Avenue

1 Jesus in the Garden of Gethsemane
/ Symeon van Donkelaar / Newman Centre

2 Jesus is betrayed by Judas and arrested
/ Patricia June Vickers / Trinity College

3 Jesus is condemned by the Sanhedrin / Betty Spackman
/ Wycliffe College (banner facing on Queen's Park)

4 Jesus is denied by Peter / Michael David O'Brien
/ Knox College, 59 St. George Street

5 Jesus is judged by Pontius Pilate
/ Ovide Joseph Bighetty / Toronto School of Theology
(banner facing on Queen's Park)

6 Jesus is scourged and crowned with thorns
/ Brian David Johnston / St. Michael's College

7 Jesus takes up the cross / Colleen McLaughlin Barlow
/ St. Basil's Church (on St. Michael's campus)

8 Jesus is helped by Simon of Cyrene to carry the cross
/ Phil Irish / St. Michael's at Kelly Library
(on St. Joseph Street)

9 Jesus meets the women of Jerusalem / Ruthia Pak Regis
/ Toronto School of Theology (on St. Joseph Street)

10 Jesus is crucified / Timothy P. Schmalz
/ Regis College, 100 Wellesley Street West

11 Jesus promises his Kingdom to the repentant thief
/ Komi Olafimihan / Timothy Eaton Memorial Church,
230 St. Clair Avenue West

12 Jesus entrusts Mary and John to each other
/ Maria Gabankova / Christ Church Deer Park,
1570 Yonge Street

13 Jesus dies on the cross / Farhad O'Neill
/ Calvin Presbyterian Church, 26 Delisle Avenue

14 Jesus is laid in the tomb / Paul Roorda
/ Yorkminster Park Baptist Church, 1585 Yonge Street

Ω Resurrection: Jesus rises from the dead
/ Lynne McIlvride / Our Lady of Perpetual Help,
78 Clifton Road

Women of the Bible featuring Rachel presented by Brigitte Daniel

Rachel was the beautiful daughter of Laban, brother of Isaac's wife Rebecca. Every afternoon she watered her flock of sheep at a well near Haran, an outpost of the ancient city of Ur.

One afternoon Jacob, was chatting to the shepherds who pointed towards Rachel, daughter of his mother's brother Laban. Jacob was attracted to Rachel. He removed the stone cover of the well single-handed, impressing her. Her father Laban met Jacob and welcomed him. Jacob stayed with Rachel's family for a month and fell in love with her. He asked Laban for permission to marry Rachel.



Jacob could not produce the bride-price and agreed to work seven years for Laban. He and Rachel did not realize that Laban had not specified which daughter it would be, Rachel or an older sister Leah. *Laban tricked Jacob and after seven years gave Leah to Jacob for his bride*, her face covered in a veil. Jacob had been tricked into marrying the wrong sister. He was angry at Laban for what he had done and came to an agreement: he and Rachel would marry after the traditional week that Jacob must spend as Leah's bridegroom, and he would work for another seven years to pay the bride-price for her. Rachel was more loved of the two, but not the most fertile. After many years Rachel finally become pregnant. She bore a son called

Joseph. After Joseph's birth, Jacob decided to break away from Laban's tribe and go out on his own.

Rachel was angry at her father for what he had done to her and telling no one, took the small figurines that represented the protective deities of her father's family. The clan crossed the Euphrates to the hill country of Gilead. When they reached their destination Rachel was pregnant again. On the way to Ephrath Rachel went into labor and suffered terribly. It was a boy named Benjamin. She died in childbirth.

Rachel had once said that she would die if she had no sons. It was having sons that killed her.

Hot Cross Buns by Susan Macera

Ingredients

½ cup raisins, currants, or craisins + 1 cup of boiling hot water
¾ cup very warm milk, divided into ½ cup and ¼ cup (whole milk, or 2% is fine)
½ cup white sugar + ½ tsp sugar
¼ cup (4 Tbsp) unsalted butter, softened
15 seconds in microwave
½ tsp salt
1 envelope active dry yeast (about ¾ Tbsp or 2 ¼ tsp)
2 large eggs, well beaten
3 ½ cups unsifted all-purpose flour
¼ tsp ground cinnamon
1/8 tsp (a large pinch) ground nutmeg

For the Egg Wash:

1 egg, well beaten with 1 tsp water

For the Glaze:

½ cup Powdered sugar mixed with 2½ tsp Milk

Method

1. In a small bowl, combine ½ cup raisins with 1 cup boiling hot water. Let sit 10 min, then drain well and set aside.
2. In a large measuring cup, combine ¼ cup of warm milk with ½ tsp sugar and

sprinkle ¾ Tbsp yeast over the top. Stir and let sit at room temp until bubbly and doubled in volume (approx. 10 min).

3. In a large mixing bowl (I use my Stand mixer), combine ½ cup very warm milk with ½ cup sugar, 4 Tbsp softened butter and ½ tsp salt. Stir until butter is melted. Add 2 beaten eggs and proofed yeast mixture. Stir in ¼ tsp ground cinnamon and pinch of ground nutmeg.

4. Using the dough hook attachment mix in 3 ½ cups of flour, 1 cup at a time until soft dough forms. Knead 8-12 min. on speed 2 or until smooth and elastic. Dough will stick a little to the bowl but not to your fingers. (if you don't have a stand mixer see recipe notes for kneading dough).

5. Add drained raisins (Pat them dry with paper towels if they seem too wet) and transfer dough to a large, buttered bowl, turning it to bring the buttered side up. Cover with a tea towel and let rise in a warm, draft free room 1 ½ hours or until doubled in volume.

6. Turn dough out onto a lightly floured surface and cut in half then continue cutting dough until you have 12 equal sized pieces. Roll dough into balls and transfer to a buttered 9x13 baking pan. Cover with a tea

towel and let them sit in a warm, draft free room for 30 minutes until puffed.

7. Preheat your oven to **375 degrees F**. Generously brush the tops with egg wash and bake for 15-17 minutes or until tops are golden brown. Remove from oven and let cool in the pan.

8. Once buns are just warm (not hot), stir together the ½ cup of powdered sugar and 2 ½ tsp milk. You can add more powdered sugar to thicken it up as needed.

Transfer glaze to a Ziploc bag, cut off the tip of the bag and pipe a cross shape over each of the buns. Serve warm or at room temperature.

Recipe Notes

If kneading by hand, use a wooden spoon to stir at step 4, then turn out onto a well-floured surface and knead for 8-12 minutes using enough flour to prevent sticking to your hands.

Recipe taken from Natashaskitchen.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The three pillars of lent Prayer, fasting and almsgiving			Ash Wednesday Say the Rosary every-day for Lent and wear your ashes with pride	Skip your morning coffee or tea. Drink water and be grateful for having the option to choose	A smile warms the heart. So does a wave. Wave to people who cannot see your smile	Pray for those who have had abortions
Give up a favorite treat for the week	Let someone behind you in line go ahead of you	Pray for Pope Francis	Give your time and thoughts to wildlife. Feed the birds and squirrels	Give a g/c like Tim Hortons to a person in need	Pray to St. Rita to help the lonely	Fast from social media today
Remember to donate to St. Vincent de Paul	Pray for our priests	Fast from TV today	Bring food to your local food bank	Pray to St. Patrick	Fast from anger and forgive someone	Bake for a neighbour
Pray for Truth and Reconciliation	Give up your car and walk today	Offer your delivery worker a drink when they come by	Pray for seminarians	Make homeless kits up to give out when you see those in need	Give to yourself. Do something for yourself that you normally don't do	Pray for Catholic Education
Encourage a younger person to help someone out everyday for this week	Give your patience to someone you know needs it	Pray for our Catholic students and teachers	Clean out your spring and summer clothes now and donate to a homeless shelter	Do something to help our earth. Recycle always	April 1 Pray for COVID/Omicron to end	Go through your collection of vases and trinkets and donate to a nursing home
Help the earth, plan to plant flowers that attract bees	Pray for peace	Laudato Si' Use cold water and quick cycles for laundry	Take the time to thank someone for all they do	Pray for those who have lost their faith	Become Meals on Wheels and bring someone you know who is alone a home cooked meal	Give your family a special day
Palm Sunday Reflect on what today symbolizes	What more can you give? There is always more to give.	Drop cat or dog food off at the Humane Society	Pray for peace for yourself, your family, friends, and the world	Holy Thursday Pray – prayer can solve so much	Good Friday Attend the Passion of Christ	Holy Saturday Prayer for our Dear Lord who died for us and will rise tomorrow
Easter – Jesus Christ has risen						

Peace.... A poem by Shaina Carrasco

My Soul is thirsty,
gracefully it wanders,
In search of something!

World stamps on violence,
Where can I find that something?

A voice calls
Yes, there is...
Five letter word, brings the whole
world close!

But why go far, as it dwells inside oneself
Open the pandora box,
And experience the feeling.
The search will end.....

P – people
E – embrace
A – and
C – comfort
E – endlessly



This poem was one of the entries sent from St. Patrick's Parish for the 2022 CWL Mary Dobell Poetry Contest organized by TDC.

Shaina Carrasco is a Grade 6 student from St. Theresa of Calcutta Elementary School.