

Memorare to Saint Joseph

Remember, O most chaste spouse of the Virgin Mary, that never was it known that any who implored your help and sought your intercession were left unassisted. Full of confidence in your power, I fly unto you, and beg your protection. despise not, O foster-father of the Redeemer, my humble supplication but in your bounty hear and answer me. Amen.



St. Patrick's C.W.L

March 2023

Volume 3, Issue 3



The Pandemic Diary

President's Message

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- Sisters of the League,
- As I write this, Spring has finally put in an appearance and we are more than halfway through Lent. We have celebrated the **feasts of St. Patrick and St. Joseph**. Andrea put together a beautiful Rosary in honour of St. Joseph for the Online Prayer Service and the Parish celebrated the feast of St. Patrick last week with Mass followed by a little festive cheer in the Hall. Check out pics on Pg 4. Our Council also hosted 'Mary's **Way of the Cross**' last Friday and it was well received. A big 'Thank You' to Andrea, Nancy, Avril and Liz Haydu for conducting the same. Everyone enjoyed the introduction to

"**The Chosen**" series at our March meeting with the episode about the woman at the well. It was conducted by Barbara Azzopardi and is freely available on YouTube. I definitely recommend you watch the series as it's an excellent portrayal the life of Jesus.

And now for the big news!! Elections were held at our general meeting and we now have a **new Executive!** Installation Ceremony will be held in June. Congratulations to Shirley Inniss, our new President, Mary our Treasurer, 3 main convenors for Faith, Service and Social Justice (according to guidelines of the new League Structure) namely Lucy DiLela, Avril Cardoso and Gayle Dziz and of course I stay on

as Past President. Appointments for the positions of Secretary and Vice President will have to be done. The new structure is going to involve a lot of participation from each one of you and I encourage you to help out in any area of your choice. We must keep this organization going!

The **TDC convention** is to be held in April. Check out details on Pg 4.

Enjoy the Irish twist to this Newsletter with Irish Whisky Trifle and trivia from "Eire" and catch glimpses of beautiful St. Lucia. God Bless!!

Ramona

The Life and Legacy of Saint Patrick presented by Mary Fuller

Patrick was born in the late fourth century in Roman Britain, probably near current day Wales. Some accounts give his birth name as Maewyn Succat. His family was Christian but he was not particularly religious.

When Patrick was a teen, he was kidnapped by marauders from Ireland and sold into slavery. At this time, there were Christians in Ireland, but they were people from Britain or Europe, not native Irish. For six long years Patrick tended sheep for his master and it is during these years that he

came to know, love, and trust in God. He says in one of his writings, "He protected me and consoled me as a father would his son." Then one night, he received a vision which told him that he was going home.

After an arduous journey, Patrick arrived back in Britain. But he began to receive dreams of angels and hearing the voices of people in Ireland. He knew that God was calling him. Patrick completed his studies for the priesthood and returned to the land of his enslavement.

With Patrick's return, the conversion of the native Irish people spread steadily. Being familiar with the Celtic language and customs, he showed that Christianity was an easy transition from their pagan beliefs. They could easily relate to worship of a Powerful Life-giving God who created a glorious natural world and protected His people from all harm. The faith and trust that Patrick imparted to the people of Ireland is revealed in his well known prayer that begins thus:

Christ with me,
Christ before me,

Christ behind me, Christ within me,
Christ beneath me, Christ above me,
Christ at my right, Christ at my left,
Christ in breadth, Christ in length,
Christ in height.

Christ in the heart of every man
who thinks of me,
Christ in the mouth of every man
who speaks to me,
Christ in the eye of every man
that sees me,
Christ in the ear of every man
that hears me.

Saint Patrick

Armchair Travelogue with Barbara Azzopardi featuring a visit to the Island of St. Lucia with Shirley Inniss

A few weeks ago in early March, I had the wonderful opportunity to return and visit my childhood home in St. Lucia. I had forgotten just how picturesque and life-affirming this place is. It has been called in the past the 'island of light'.

It has a very strong catholic history with the faith having been introduced by the French priests, holy religious and brothers who also were instrumental in providing the young people including myself with an excellent education. I attended St. Joseph's Convent, being the girls' school.

The city center of **Castries, the capital of St. Lucia** is graced by the **Basilica of the Immaculate Conception** which was built in 1897 and we were so blessed to have a wonderful visit by St. (Pope) John Paul II in 1986. The main Mass was held on **Pigeon Point**, an off-shore island that became a peninsula when the bay was filled in in order to accommodate the huge number of people coming to take part in the celebrations and the Mass.

We are very proud of the island's remarkable history. The British and French regiments in the past fought over the island thirteen times with the British finally winning. St. Lucia became a federated state of the UK from 1967 to 1979. We gained our independence from the United Kingdom on February 22, 1979. We were privileged to have

had a visit from Queen Elizabeth II and Prince Philip in 1985.

We are also blessed to have two Nobel Prize winners - Sir **Arthur Lewis**, a judge, and **Derek Walcott**, a playwright - whose busts are displayed in the center of the city park.



One of the striking beauties on the island and most visited by tourists are the two **volcanic mountains called the Pitons** which gift the island with sulphur springs. The fragranced mud is sold in bottles, said to be therapeutic for arthritis.

There are many other sights to be seen, but perhaps you need to see them for yourself.

St. Lucia is approximately a five hour flight from Toronto and besides having beautiful beaches and abundant amazing natural landscapes, the people themselves are very friendly.

Welcome to my island!

Pitons



Pigeon Island



Basilica



The Land of Eire by Nancy Macera



1. The longest river in Ireland.

2. This Saint is buried in Dublin city.

3. This is the biggest county in Ireland

4. The national symbol of Ireland. (Hint: It is not the shamrock or the four-leaf clover)

5. This writer, famous for authoring the book Dracula

Dublin in 1897, was born in Clontarf, County

6. The name of the hospital in Dublin which is officially the oldest continuously operational maternity hospital on earth.

7. Founded in 1720, in Crosshaven Cork, this is the world's oldest yacht club.

8. Ireland is named after this goddess.

9. The study of this language is a com-

pulsory subject in school. Also, the first official language of Ireland.

10. Samhain, a yearly Celtic festival, originated in Ireland and in old Irish translates to "summer's end." In North America, this spooky night falls yearly, on October 31st.

TRIVIA ANSWERS

1. River Shannon (370 km long) 2. St. Valentine (Whitefriar Street Church) 3. County Cork (7,457 km) 4. The Gaelic Harp 5. Bram Stoker 6. The Rotunda 7. The Royal Cork Yacht Club 8. Eriu (old Irish) or Eire (modern Gaelic) 9. Gaelic 10. Halloween

Repentance presented by Philomena Dias

Luke 3:2-3

“During the high priesthood of Annas and Caiaphas, the word of God came to John the son of Zechariah in the desert. He went throughout the whole region of the Jordan, proclaiming a baptism of repentance for the forgiveness of sins.”

When we come out of our darkness into the light of Jesus Christ, we become broken by our sins. The light shows us that we are not whole but shattered, not worthy but guilty, not rich but bankrupt, not confident but desperate, not mighty but lowly, not

holy but unclean. The light leaves us totally exposed - we see ourselves as God sees us, and the revelation breaks our hearts and shatters our pride. We do not seek to be patched or fixed up but to be made new. We realize we have no covering to hide in, no offering to hope in, no works to glory in. We are sinners.

Our sorrow for our sins may bring remorse, but our repentance is more than remorse; our sorrow for our sins may lead us to restitution, but our repentance is more than restitution; our sorrow for our sins may create a desire to make resolutions, but repentance is more than

resolutions.

Repentance means being sorry enough for our sin to stop; convicted enough by our sin to turn from it; broken enough by our sin to turn from it; broken enough by our sin to be willing to change. It is our repentance that turns us toward the Light. It is our need of Jesus that draws us to the light. It is our faith in Him that clothes us in the light. Our only covering is His righteousness, our only hope is His mercy...our only glory is the light of His holy love.

Taken from Forgiven by Roy Lessin

Interesting facts about Sleep presented by Ramona da Cunha

When you sleep, your brain goes through natural cycles of activity divided into two phases.

1) Non-REM sleep happens first and includes three stages. The last two stage of non-REM sleep is when you sleep deeply. It's hard to wake up from this stage of sleep.
2) REM sleep happens about 1 to 1.5 hours after falling asleep. REM sleep is when you tend to have vivid dreams. A full sleep cycle takes about **90 to 110 minutes**.

Your first REM period is short. As the night goes on, you'll have longer REM sleep and less deep sleep.

During non-REM stages, your body builds bone and muscle, repairs and regenerates tissues and strengthens the immune system. As you age, you get less non-REM sleep. During REM sleep, faster breathing, increased heart rate and blood pressure and of course rapid eye movements occur. Adults need about 7-8 hours of

sleep. **Sleep debt** and **sleep deprivation** are the outcomes of inadequate sleep.

Many factors can affect sleep quality, including the food and drink you consume before bed, nicotine and room temperature.

Common **sleep disorders** include Insomnia (trouble falling asleep) and Sleep Apnea (breathing trouble during sleep) and Narcolepsy (sleep attacks during the day).

Good Sleep Habits

Have a sleep schedule

Create a good sleep environment

Exercise everyday

Take a warm bath or read to relax before bed. Avoid using electronics which interfere with melatonin production.

Make a to-do list earlier in the evening to avoid worrying in bed.

Irish Whiskey Trifle by Agnes Carbonelli

Cut the Swiss roll into 1 cm or 1/2inch slices and arrange in a 1.2 litre or 2 pint glass bowl. Sprinkle the whiskey over the Swiss roll and top with the raspberries, reserving a few for decoration. Leave to soak while preparing the custard.

For the custard, bring the cream to simmering point. Place the egg yolks, caster sugar and corn flour in a bowl and beat together until pale. Pour on the cream, stirring continually. Return the custard to the sauce-

pan and cook over a low heat, stirring constantly until thick. Leave to cool slightly, then pouring over the trifle and leave to cool completely. When cold, spread the whipped cream on top of the custard and decorate with the reserved raspberries.

Cook's Tip

This basic trifle can be varied by using a tin of mixed fruit instead of the raspberries; 300 ml or 1/2 pint custard made with custard powder instead of homemade custard; fruit jelly instead of whiskey to moisten the sponge.

You will need:

50ml or 2 fl oz Irish Whiskey

250g or 8 oz frozen raspberries

300ml or 1/2 pint double cream, whipped until tick and holding shape

Custard

300 ml or 1/2 pint double cream

3 egg yolks

25g or 1 oz caster sugar

1 teaspoon of corn flour

Preparation time 30-40 mins; serves 6-8



St. Patrick's C.W.L



Easter Food Drive

560 Families
April 4-7, 2023



To Volunteer and Donate
www.basketbrigadecanada.org

Thank you for helping us as
We Deliver Love and Happiness!

We need these items the most:
peanut butter
canned beans
canned soup
crackers
pasta
cereal

Basket Brigade Canada could use
your help this Easter.

If you'd like to volunteer for 2-4 hours
on April 6th or 7th, and help
make a difference for a family,
call Cathy T at 416-617-1193

**TODAY IS THE OLDEST YOU'VE EVER BEEN - YET THE YOUNGEST
YOU'LL EVER BE. SO ENJOY THIS DAY WHILE IT LASTS.**

Presented by Brigitte Daniel

Your kids are becoming you.....

Going out is good.....Coming home is better!

You forget names..... But it's OK because other people forgot they even knew you!!!

You realize you're never going to be really good at anything

The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

You sleep better on a lounge chair with the TV blaring than in bed. It's called "presleep".

You miss the days when everything worked with just an "ON" and "OFF" switch..

You tend to use more 4 letter words "what?"....." when?"..... "what?"

Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

You notice everything they sell in stores is "sleeveless"?!!!

What used to be freckles are now liver spots.

Everybody whispers.

You have 3 sizes of clothes in your closet..... 2 of which you will never wear.

But Old is good in some things: Old Songs, Old movies, and best of all, **OLD FRIENDS!!**

It's Not What You Gather, But What You Scatter, That Tells What Kind Of Life You Have Lived.

News in Pictures



Announcements

1) Thursday, March 30th, 2023 – Peel Spring 2023 Regional General Meeting

Mass: Eucharistic Celebration at 7:00 pm

Place: St. John of the Cross, 6890 Glen Erin Dr., Mississauga, ON,

Refreshments and business meeting will follow in the Parish hall. All CWL members are invited and encouraged to attend.

Please RSVP Ramona stpatrickmis.cwl@gmail.com or call 647-739-0005.

2) Convention Registration's deadline is April 5th, 2023. Council will fully subsidize your convention registration, whether you are attending for the 2-days or any partial day. If you need assistance with registration, please contact Andrea at tjioe@yahoo.com or call 416-525-3893. The Closing **BANQUET** will be on Tuesday, April 25th, 2023 at 7:00 pm. Cost: \$75.00 per/person. Council will continue the tradition of subsidizing 50% of the cost of the banquet, you will only need to pay \$37.50. Contact Andrea by April 1st 2023. The Convention will be held in Ajax, Ontario.