



St. Patrick's CWL, Mississauga

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October 2022

The Pandemic Diary



President's Message



Sisters of the League,

October is the month of the Holy Rosary, of harvests and Thanksgiving, of cozy apparel, apples and pumpkins and of course Halloween!

We had our first in-person meeting post-COVID. Check out pics on Pg 4. A big thank you to all who attended. It was great to reconnect. We had a solemn spiritual segment with the Rosary followed by a beautiful story about gifting a bouquet of thorns. Susan put together a wonderful charcuterie board and her pumpkin bread (recipe on Pg 3) was sumptuous! Laura Vicarri brought along a beautifully decorated cake from La Sem that said

" Welcome to all the girls".

Cathy Taylor hosted our surprise giveaway gifts. A wonderful evening.

An important update is the increase in membership fee to \$35 for 2023 and onwards. National has increased its dues and so a fee hike is applicable to all Councils. Andrea has kindly provided an explanation and detailed breakdown on the membership forms. Please contact us if you have any questions.

This month, we have an interesting feature on the Armchair Travelogue series. Shirley Inniss shares her experiences along her journey to the "Holy Land in the Footsteps of Jesus".

Brigitte shares Martha's story with us in her "Women of the Bible" series. Susan's Pumpkin Bread recipe awaits you and Avril Cardoso has some excellent tips on kindness. Nancy has some 'Random Robin' trivia to keep our brain cells active.

As I write this message, the sad news of the sudden demise of our Sister Andrea's husband followed closely by the demise of our Sister Cynthia Nazareth weighs upon us all and on behalf of St. Patrick's CWL, I extend heartfelt sympathies to Andrea and her family and to Cynthia's family during this difficult time.

God Bless!!

Ramona

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Women of the Bible featuring Martha presented by Brigitte Daniel

Martha, in the New Testament, is a personal friend of Jesus, and someone with whom many women today identify. She lived in Bethany, a small town near Jerusalem, with her sister Mary and her brother Lazarus, whom Jesus raised from the dead.

On the day Jesus visited Martha, her desire was to serve the best meal with the best presentation. Her sister Mary, took time out to listen to Jesus. Martha was cross

with Mary and spoke abruptly to the Lord: "Tell her to help me!" He gently told Martha that a simple dinner was more than adequate and reminded her that Mary's decision to sit at His feet and hear His word was the better choice. The sisters sent for Jesus when Lazarus fell ill, but He did not arrive in time to heal him. When Jesus arrived, four days after Lazarus' death, Martha ran out to meet Him and declared, "If you had been here, my brother would not have died". Jesus encourages Martha with one of His "I AM" statements: "I am the resurrection and the life. The one

who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?" (John 11:25-26). Martha's response is one of great faith. "Yes, Lord . . . I believe that you are the Messiah, the Son of God, who is to come into the world". Martha's faith was rewarded as she witnessed her brother's miraculous resurrection from the dead.

In Martha's life-changing encounters with Jesus, we see the importance of balancing service with worship, of trusting the Lord even when all seems lost, and of using our material resources for the glory of God.

Armchair Travelogue with Barbara Azzopardi featuring 'The Holy Land in the Footsteps of Jesus' with Shirley Inniss

I had the amazing opportunity to travel to the Holy Land back in November of 1999 and I want to share my experience with my sisters in the CWL.

My trip began in Tel Aviv after the usual long flight from Toronto. Our group was met by our hosts carrying armfuls of roses! We boarded the bus in Tel Aviv and made our way to the old city of **Jaffa**. We were blessed with appropriate readings from the Bible and then walked the old cobblestoned walkways in Jaffa. There were wonderful markets selling fresh fruits, vegetables and a whole array of grains. We then entered the **Church of St. Peter** where we participated in our first of many Masses. A mosque was being built next to the **Church of the Nativity** making it quite noisy and chaotic. We proceeded to the **Our Lady of Mt. Carmel** which was closed but she greeted us anyway by way of a large statue! After this first day of busy activity we drove back into Tel Aviv where we were met with trays of juice. After an excellent dinner, we all turned in for an early night. Tomorrow would be another day of amazing sights and sounds.

Next stop was **Caesarea Philippi** which is on the west coast of Israel between Tel Aviv and Haifa. There we saw the old ruins of buildings and structures and many olive trees. At lunch, we were met by some orthodox priests. Then we went to the site of the '**miracle of the multiplication of the loaves and fish**' in the **area of Tabgha on the Sea of Galilee**. Apparently this is also the site of Jesus' fourth appearance after his resurrection!!!

Next stop was **Capernaum** where we stepped into the remains of the synagogue where Jesus preached about the prophecy from Isaiah being fulfilled! We went inside **Peter's house** which is a structure built over the excavated ruins of what is thought to be Peter's house. Very interesting.

Mass was held at the site of the **Mount of the Beatitudes** (sermon on the mount). The most exciting place that day was when we had an opportunity to **renew our baptismal vows at the banks of the Jordan River**. Little fish tried to nibble on my toes when we collectively hung our feet in the water. Two young ladies from Calgary in our group actually had their baptism in the river. This is believed to be the same location where Jesus was baptised by John the Baptist. This was very moving.

We ate at Peter's Restaurant near the Sea of Galilee but the fish were very bony and dried out too much for my liking. We did get a boat ride on the sea in a boat called the 'Santa Maria' (same name as Christopher Columbus' ship that made its way to the Caribbean). We then experienced the little town **Cana** where I bought some wine to take home with me. We then drove to Nazareth where I spontaneously sang out 'Panis Angelicus' in honour of my deceased family members at the Church of the Annunciation. **Bethlehem** was a beautiful town but with difficult walking up strips of concrete on the steep inclined roads. It was quite windy and very dusty. A large tent was already set up in November for Christmas music performances. The door to enter the church is quite small and low so you have to bend down quite a bit to enter - symbolically bowing to our Lord and King - Jesus Christ. I took some photos of the silver star laid in the floor marking the birthplace of Jesus (apparent location of the manger). As we climbed up the stairs from the grotto back the main part of the church, I found myself raising my arms in salutation but I did not know to what until I came up to the top of the stairs. There was a huge painting of Christ the King!

We then were transferred into taxis that drove the many hairpin turns up **Mt. Tabor where the Transfiguration occurred**. Those roads are exactly like the roads back home in my beloved country -

St. Lucia. What memories came flooding back of my wonderful childhood spent with the nuns whom we sang to early in the morning before we were driven to school. **Jerusalem** was most amazing. There is the golden '**Dome of the Rock**' that everyone is shown first when entering Jerusalem. Next we went to the **Western Wall** where we could put our own prayers to God in the tiny crevices of the wall. It is overwhelming to see the many Jewish men and women praying there. We walked the **Via Dolorosa** and saw some of the original stations of the Cross. When we came to the end, the streets were strangely still as it was getting late. It was quite beautiful. Many shops were still open but we were taken to a store elsewhere where we bought olive wood souvenirs. Some nuns sang the song 'Jerusalem, Jerusalem' which was so beautiful. We had the experience to carry in turn a cross into the **Church of the Holy Sepulchre**; saw the rose coloured stone slab called the '**Stone of Unction**' which is the stone where Jesus' body is said to have been laid on and prepared before it was placed in the tomb. I understand that you can pour some oil on the stone and wipe it off with a cloth for a special blessing. We were blessed to have Mass for our group in the chapel at this church. I sang spontaneously again during the offertory which brought me much healing.

This trip was so amazing to me and I hope you will have an opportunity to go one day. There is so much more to tell so please ask me when you see me. Gratefully yours, Shirley.



Random Robin Trivia by Nancy Macera

1. In a website browser address bar, what does "www" stand for?
2. In a bingo game, which number is represented by the phrase "two little ducks"? (Hint: The position of this question x | l)
3. Which African country was formerly known as Abyssinia?
4. Tennis star Serena Williams won which major tournament while pregnant with her first child?
5. In which European city would you find Orly airport?
6. Fissures, vents, and plugs are all associated with which geological feature?
7. Which country consumes the most chocolate per capita?
8. What was the first toy to be advertised on television?



TRIVIA ANSWERS:

1. World Wide Web
2. 22
3. Ethiopia
4. The Australian Open
5. France
6. Volcanos
7. Switzerland
8. Mr. Potato Head

Pumpkin Bread by Susan Macera

Ingredients

For the bread:

- 3 large eggs
- 1 1/2 cups pumpkin puree
- 2/3 cup sunflower oil or any mild-flavored oil
- 1 cup sugar
- 1/2 cup light brown sugar packed
- 2 teaspoons vanilla
- 2 teaspoons pumpkin pie spice
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- 3/4 teaspoon baking powder
- 3/4 teaspoon salt
- 1 1/2 cups all-purpose flour

For the topping:

- 3 tablespoons pumpkin seeds
- 1 teaspoon honey (or maple syrup)
- 1/2 teaspoon sunflower oil or any mild-flavored oil

Instructions for the bread:

- Preheat oven to 350°F (180°C). Spray a 9x5-inch loaf pan with baking spray. Set aside. Line a sheet pan with foil. Set aside.
- Place eggs in a medium-large bowl and whisk well.
- Add pumpkin and whisk until smooth. Add the oil, white and brown sugars and the vanilla. Mix until nice and smooth.
- Sprinkle the pumpkin pie spice, cinnamon, baking soda, baking powder and salt over the pumpkin mixture and mix until well combined.
- Add the flour and stir just until the flour has disappeared and no large lumps remain.

For the topping:

- Combine pumpkin seeds (pepitas), honey and oil and stir to combine. To make mixing easier, you can pop the pepita mixture in the microwave for 10-15 seconds to thin out the honey. Set mixture aside.

To bake

- Transfer batter to prepared pan. Smooth the top and scatter the pumpkin seed mixture over the top. Place on the prepared sheet pan and bake for 55-65 minutes. Check the bread after 40-45 minutes and if the top seems to be getting brown, pull the foil up around the sides of the pan and loosely over the top. Return to the oven and finish baking, until a toothpick inserted into the center of the loaf comes out clean or the internal temperature is 195-205°F when checked with an instant thermometer (the best way to determine doneness).
- For the smaller pans, you'll only need to bake for 25-30 minutes but again, the best way to determine doneness is with an instant thermometer). Cool for 20 minutes, then slide out of the pan and transfer to a cool rack. Cool completely before slicing.

Presented by Avril Cardoso

7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go slightly outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

make
kindness
the norm.

#WorldKindnessDay
#MakeKindnessTheNorm
www.randomactsofkindness.org

In Loving Memory

Of Lost Loved Ones

Heavenly Father, we come to you at this time of harrowing shock and grief. A dear loved one has been taken from us, so suddenly and so unexpectedly. We are lost for words – our hearts broken, our spirits shattered – a sorrow that only grows with each passing day as we long for our loved one's presence in our lives. With our heavy hearts we turn to you for comfort and for your everlasting love. Lighten our darkness, dear Lord. Help us see You in all Your glory and compassion so we are blessed with the understanding of Your will.

Our Thoughts Are With You

The tide recedes,
but leaves behind bright seashells on the sand.
The sun goes down,
but gentle warmth still lingers in the land.
The music stops,
and yet it echoes on in sweet refrains.
For every joy that passes,
something beautiful remains.

In this time of immeasurable grief, we pray for strength and encouragement. Our faith in you, Lord God, is what keeps us standing. You give us life, you give us sunshine, you give us the propensity for love, and that is more than enough. At a distressing time like this, we are also reminded of the frailty of life, our fleeting place in this world. We pray that you guide us to be wiser, to be kinder, and to be more appreciative of whatever time we have left. The LORD is close to the broken hearted and saves those who are crushed in spirit. He heals the broken hearted and binds up their wounds. "Do not let your hearts be troubled. You believe in God; believe also in me".



October
General
Meeting

