



The Pandemic Diary



St. Patrick's C.W.L, Mississauga

President's Message

Hello ladies,

Greetings to you as we settle into the month of October, which lends itself towards the creation of tasty goodies, colorful vegetable trays and warm delicious loaves of bread.

As you can tell it is fundraising month as we prepare to share "the good things our Lord has given us" with our Community.

October, the month of Our Lady, has graces and blessings sprinkled over our efforts by Our Lady herself, as we work towards meeting the needs of others both materially and spiritually.

We have a few goals to be addressed, brought to

our attention by our TDC visitor, Past President Hilarion Mitchell, who gave us much food for thought, at the Unity Outreach program on the 11th of this month. A report reflecting our responses to the questions offered to us during the Unity Outreach program was sent to the TDC.

I extend a warm invitation to Fidelia who expressed a willingness to become our Reording Secretary. A mentor will be found for Fidelia as I get advice from the team.

So with great enthusiasm we look forward to working on our Christmas preparations — the Bazaar! So sleeves up and a happy October to all.

Shirley Inniss



Volume 3, Issue 7

October 2023

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October: The Month of Opportunities to Forgive & Love presented by Nancy Macera

"Carry each other's burdens, and in this way, you will fulfill the law of Christ." Galatians 6:2

October invites us to renew our commitment to Jesus. It is an opportune moment to reflect on our relationship with our Savior, remember His unconditional love, and open our hearts to receive His guidance. How can we do this? Daily prayer is a fundamental first step. Setting specific times to dialogue with Jesus, sharing our joys, challenges, and gratitude, will strengthen that spiritual connection.

Moreover, dedicating time to reading Scriptures will bring us closer to Jesus' teachings. Choosing a Bible passage to meditate on each day will allow the Word of God to illuminate our path. In October, we can commit to deepening our knowledge of the life and

teachings of Jesus, seeking practical ways to apply His principles in our daily lives.

A perfect month to renew our connection with the Holy Spirit. This divine guide, our Comforter, provides us with discernment, strength, and comfort. At the beginning of each day, we can invoke the Holy Spirit to guide us in our decisions, give us understanding in moments of confusion, and fill us with His peace.

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Proverbs 3:5-6

To feel more connected with Faith, hope, and the love of the Heavenly Father, it is crucial to design a spiritual routine that fits into our daily lives. Some suggested practices include:

Morning Prayer: Starting the day with prayer establishes a conscious connection with God,

entrusting our day to His guidance and thanking Him for His blessings.

Biblical Reading Time: Designating a specific time for daily Scripture reading helps us immerse ourselves in the Word of God and understand His teachings.

Moments of Reflection: Scheduling moments during the day for meditation and reflection allows us to tune in with the Holy Spirit and discern His direction in our lives.

Scheduled Charitable Actions: Reserving time in our schedule to participate in charitable activities actively engages us with God's work in the world.

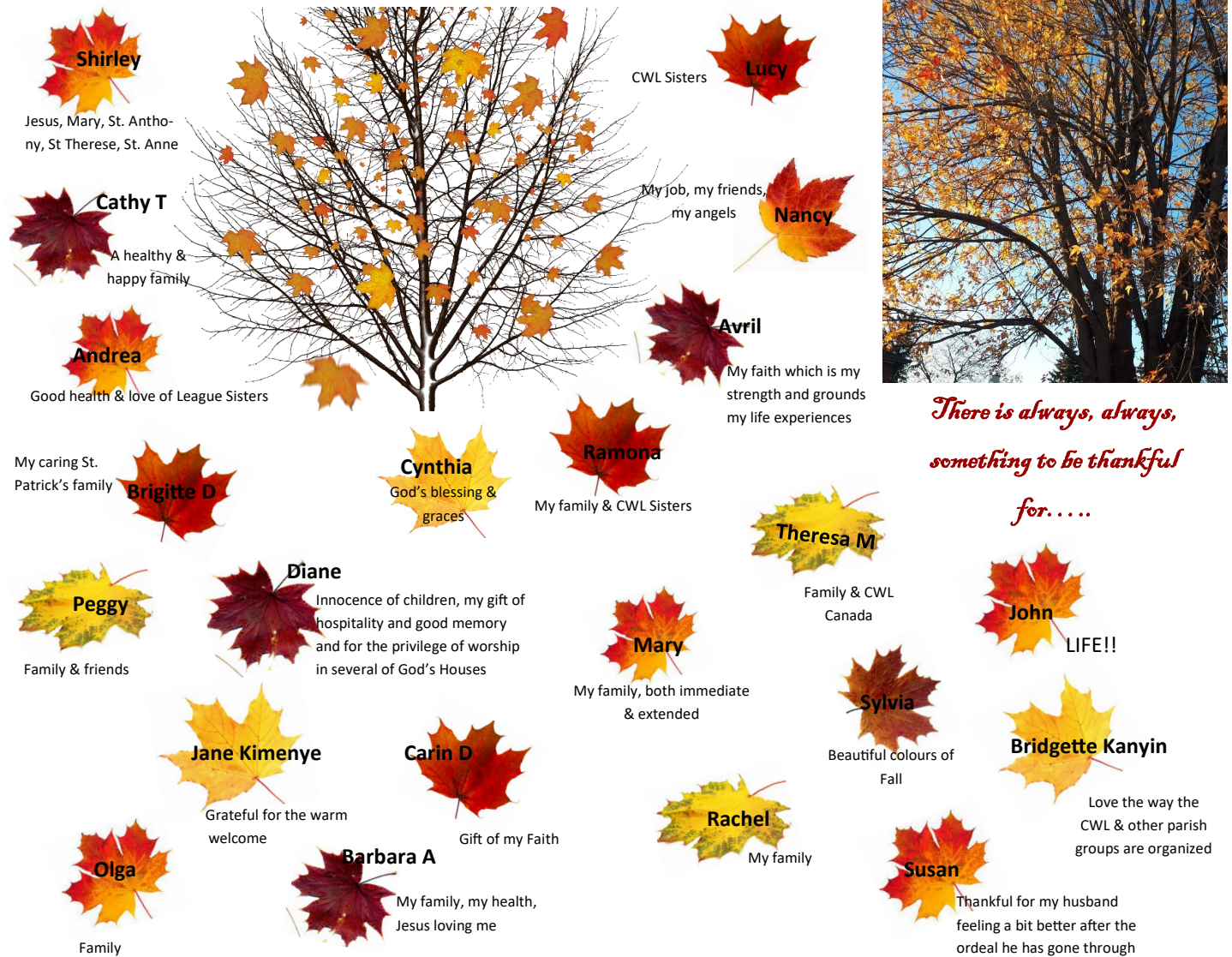
Nightly Gratitude: Before sleeping, expressing gratitude to God for the day's experiences reinforces our spiritual connection and fills us with hope.

(excerpt from Biblical Space)





Falling Leaves of Gratitude



*There is always, always,
something to be thankful
for....*

October ... A Poem presented by Cathy Cerasani

October is a month of change
When leaves turn red and fall from trees
When days grow short and nights grow cold
When pumpkins glow and costumes show.

October is a month of joy
When we celebrate the harvest season
When we share our treats and tricks
When we honor the dead and the living.

October is a month of wonder
When we marvel at nature's beauty
When we embrace the mystery and magic
When we prepare for the winter ahead.





Kitchen Musings by Pat Kelly Zucchiatti

As I look around me and see the wind, swirling the leaves, I am reminded that cooler temperatures are on their way.

At our house, this means that the gatherings will be mostly indoors and often around the kitchen table. Our family philosophy is there is always room for one more. Our kitchen is a place to prepare, taste, share stories, concerns and pass around words of wisdom. It is a time we enjoy welcoming guests into our home; those expected and often those unexpected.

There is a sense of anticipation in these unhurried and communal gatherings. Being together is the focus whether the dinner plates match or not.

There is no "*standing on ceremony*", instead we all pitch in. From start to finish, the meal is a wonderful journey taking time to prepare and savor. Sometimes, sharing our table means extending it outside our home to other community members.

It is the warm and comforting feeling that breaking bread prepared with

loving hands can bring; it warms the heart and makes the kitchen table the heart of our home.

May you be richly blessed with meals shared around a table!



SLURP!SLURP! It's SOUP!!!!

Chunky Butternut Squash and White Bean Soup

by Lucy Di Lela

Ingredients

- 2 tbsp. extra-virgin olive oil
- 1 onion and red bell pepper, chopped
- 3 cloves garlic, minced
- 1 tsp dried sage (a.k.a. poultry seasoning)
- salt and pepper to taste
- 3 cups cubed butternut squash
- 3 cups vegetable stock
- 1 1/2 cups water
- 1 can white kidney beans, drained and rinsed
- chopped fresh parsley for garnish

Method

- Add oil to saucepan and cook onion, red pepper, garlic, sage, salt and pepper until onion is softened.
- Add squash and stir for another few

minutes.

- Add stock, water and beans; bring to a boil. Cover and simmer until squash is tender.
- Check for seasoning. A dash of hot sauce can be added for those who enjoy a bit of heat.
- Stir in parsley just before serving.

****This makes 4 servings.** All ingredients can be doubled etc., to serve more. This is a vegetarian dish but cooked short pasta like elbows or shells can be added at the end to make the soup heartier.

Cream of Mushroom Soup or Condensed Cream of Mushroom Soup

by Mary Fuller

You may reduce the amount of liquid in this recipe to make condensed soup for use in other recipes, instead of using canned soup.

Ingredients

- 8 oz. mushrooms, coarsely chopped
- 4 Tbsp butter
- 2 cloves fresh garlic, chopped

- 1 medium onion, diced
- 1/4 cup flour
- 2 cups milk
- 1 cup heavy cream
- 1 1/2 tsp sea salt
- 1/4 tsp black pepper

Instructions

- Over medium high heat, melt butter in pan and saute onions, mushrooms, and garlic, until onions are tender.
- Add salt and pepper.
- Stir in flour and coat mushroom mix.
- Reduce heat to medium and add milk and cream 1/2 cup at a time, while stirring to incorporate.
- Bring to a boil stirring consistently.
- Reduce heat and continue to cook for five minutes or until desired thickness is reached.

Squash & Bean Soup





St. Patrick's CWL

Spooky Facts about Halloween

presented by Ramona da Cunha

- **Halloween has roots in an ancient Celtic festival called *Samhain*** that fell midway between Fall equinox and Winter solstice when the barrier between the real and supernatural worlds was thought to be the thinnest allowing cross over of spirits. Hence wearing of costumes to blend in and evade harm.
- **First Jack-o'-Lanterns were made from turnips** based on Irish folklore about a man named stingy Jack who tried to trick the Devil and ended up caught between Heaven and Hell forever with only an ember in his lantern to light his way!
- The term **'Trick or Treat'** comes from the provinces of Saskatchewan and Alberta in 1927.
- "Trick or treating" was earlier called **guising**. In the 18th and 19th centuries, Irish and Scottish children would dress in costume and perform wholesome tricks like singing songs or telling jokes in exchange for treats.
- 60% of parents admit to pilfering their children's Halloween candy haul.



Thank you to all our Sisters who helped at the Parish Ministry Weekend.

A big welcome to our new members!!!

Seed of Encouragement

presented by Brigitte Daniel

We often miss out on receiving many of the blessings God has for us because we give up too soon....we quit before the preparation process is finished. The battle gets intense just before the release, but instead of pressing on through the necessary lessons and moving on to receive what God has for us, we just give up and quit. Be encouraged and trust that your breakthrough is just over the horizon. Keep pressing on and keep praying....hold on and REFUSE TO GIVE UP! Keep believing, keep doing right, keep speaking God's promises and keep standing in faith, because what you are believing, GOD WILL COME TO PASS!!!

But as for you, be strong and courageous, for your work will be rewarded.

2 Chronicles 15:7



Happy Birthday to all our C.W.L Sisters for the month of October

News in Pictures



L to R: Shirley Iniss, Fred & Diana Gamboa (Peel President), Cathy Taylor, Barbara Azzopardi, Ramona da Cunha, Andrea Tjioe, Gayle Dzis and Pat Zucchiatti



TDC Fall Gala Dinner held on October 20th, 2023 as a Fundraiser for the 2025 C.W.L Convention to be hosted by Toronto.