



President's Message

Sisters of the League,

Welcome back!! Trust everyone had a wonderful Summer.

Your Executive have been busy. We were contacted by the **Catholic Register** to be featured in an article on 'Mary Gardens' which is published in a separate September magazine special edition, dedicated to the CWL's 100th anniversary this year. In case you do not subscribe to the Catholic Register, copies are \$5 each and can be ordered. Visit <https://www.catholicregister.org/cwlmembers> to place an order **OR** call **416-934-3410 ext. 404** or **1-855-441-4077**, mention you are a CWL member and quote the coupon code CWL 2021 and place your order.

We also put together a presentation titled "**Unity in Diversity**" to represent our Council at the TDC's Cultural Diversity Program on September 25th 2021. Details in the article below.

For a quick glimpse of what we have done so far for 2021, check out the following YouTube link. You have to copy and paste it in your browser.

YouTube

<https://youtu.be/3aA-sJzn5c>

Thank you all for making this possible. Here's to many more adventures together!!

What do we have for you this month? A "**Skin Care Regimen**" from Michelle Craig and a comfort food recipe for "**Spinach and Ricotta Cannelloni**" by Susan Macera. Brigitte delves into the "**Life of Miriam**" on our "Women of the Bible" series, Gayle shares with us her CWL journey in "Reflections of a CWL Sister" and I invite you to visit "**Saskatchewan, Land of Living Skies**" on the Armchair travelogue series. Nancy is back with more trivia for you and Diane is a bit philosophical on the "**Pandemic Corner**". Cathy has another great puzzle to keep you occupied.

We would like to put together a CWL collection of recipes a.k.a a cookbook for Christmas this year as a fundraiser and we would really appreciate your input. Perhaps you could contribute a little story behind each recipe or pictures.

Please contact me at 647-739-0005 if you would like to send in a recipe.

We invite you to consider giving our Sisters in need of help, a "**Gift of Time**". Check out the last page for more details. Let us grow as a sisterhood!

September 30th 2021 is declared **National Truth and Reconciliation Day**. It is also celebrated as **Orange Shirt Day** from September 2013, the term originating from the story of Phyllis Webstad from the Stswecem'c Xgat'tem First Nation when she came forward with her story.

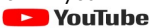
I do hope you enjoy this edition of the Newsletter. Please check out the YouTube links!!!

God Bless!!

Ramona

Unity in Cultural Diversity

Toronto Diocesan Council is organizing a Cultural Diversity Program on September 25th 2021 via Zoom. Our Council has sent in a short presentation which can be viewed by copy/pasting the link below in your browser.



<https://youtu.be/IfsjFMxsSL8>

Special thanks to Andrea, Cathy, Shirley, Fidelia, Lena and Peggy who dressed in traditional ethnic costumes and made our presentation indeed be a colourful and vibrant one!



Inside this issue:

Unity in Diversity	1
Land of the Living Sky...Saskatchewan	2
Skin Care Regimen	2
Bible Bootcamp	2
Reflections of a CWL Sister with Gayle Dzis	3
Women of the Bible...Miriam	3
Spinach & Ricotta Cannelloni	3



Pic from Mary Gardens article featured in the Catholic Register

Armchair Travelogue with Barbara Azzopardi

featuring Saskatchewan....Land of the Living Skies with Ramona da Cunha

Wheat fields



Old Grain Elevator



Murals in Moose Jaw



Modern Grain Elevator



Mac the Moose!!



Tomahawk & Tepee at Cut Knife

Crooked Bush in Alticane



Ord Kangaroo Rat wooden sculpture in Leader

I visited Saskatchewan with family this Summer and simply had to share with you all the incredible things we discovered.

Saskatchewan is home to more than 40 per cent of Canada's cultivated farmland and is the world's largest exporter of **peas, lentils, durum wheat, mustard seed, canola, flaxseed and oats**. Other exports include oil, potash and fruit like the Saskatoon berry.

Wheat fields dominate the southern landscape known as "**the bread basket of Canada**". Grain elevators are an iconic symbol of the Province's agricultural roots.

The **Holy Family Cathedral in Saskatoon** features solar-powered, stained glass windows, a carved granite altar, seats 2,000 people and has a 53 m high steel cross. It's impressive \$28 million fundraising campaign brought about discord due to the Church's smaller campaigns towards compensation to Indian Residential School victims. We visited Mac the Moose in yes, **Moose Jaw**. The town is famous for its many colourful and historic murals. The town of **Leader** has beautifully carved wooden sculptures of animals. My favourite was these ord kangaroo rats. **Cut Knife** is famous for the world's largest 36 foot Tomahawk on a concrete tepee. The structure was built in 1971 to commemorate the signing of Indian treaties in 1871. The **crooked bush in Alticane** has a grove of aspen trees with a genetic mutation that makes them grow in an interesting way.

Skin Care Regimen presented by Michelle Craig

A guide to the order and use for skincare

1. Make up Remover

Use-Everyday

Removes makeup and impurities from the skin, can be a liquid or a wipe.

2. Cleanser/Wash

Use-Everyday

Removes the makeup and oil residues, is generally a liquid, cream, or foam.

3. Exfoliator/Scrub

Use-2-3x/week

Removes dead skin cells that can block pores and prevent further ingredient absorption, chemical exfoliator (alpha hydroxy acid) or physical exfoliator (e.g. Microbead).

4. Toner

Use-Everyday

Works to balance the skin's pH level after cleansing to prepare skin for further product application.

5. Essence/Booster

Use-Everyday

Hydrates the complexion, tends to be thinner and lighter than serum.

6. Serum

Use-Everyday

Active ingredients work to address skin issues specific to your concerns (e.g. pigmentation, fine lines).

7. Mask Use-2-3x/week

Tailored to deliver benefits specific to skin

needs (e.g. tightening, refining, etc.) can be single-use or multi-use and applied as a sheet mask or a cream mask.

8. Eye Cream

Use-Everyday

Protects and hydrates the delicate eye area

9. Moisturizer

Use-Everyday

A moisturizer tailored to your skin type keeps the ingredients locked in.

10. Night Cream/SPF

Use-Everyday

Keeps the ingredients locked in and provides overnight/all day care and protection.

Bible Bootcamp in the New Testament by Nancy Macera

- Who were the first apostles to follow Jesus? **Hint:** 2 names
- What type of insect did John the Baptist eat in the desert?
- How many people did Jesus feed with five loaves of bread and two fish?
- Who recognized Jesus as the Messiah when he was presented at the Temple as a baby?

- What does Paul say may "*abound more and more in knowledge and in all judgement*"?
- According to the Beatitudes, who will be filled?
- In the Gospel of Mark, how does the Virgin Mary learn of her pregnancy? (My fave)
- Which Gospel is written by a doctor?
- According to the Gospels, what is the unique literary genre Jesus em-

ploys to preach his message?

- In the Gospel According to John, which of the apostles doubts Jesus's resurrection until he sees Jesus with his own eyes?

TRIVIA ANSWERS: 1. Peter and Andrew 2. Locusts 3. About 5000 men 4. Simeon 5. Love 6. Those who hunger and thirst for righteousness 7. From the Angel Gabriel 8. Luke 9. The parable 10. Thomas

Reflections of a CWL Sister..... Gayle Dzis

My mother was the founding president of the CWL in Orillia in 1949 or 1950. In 1958 she signed me up for the CWL in Sturgeon Falls when I turned 16. She continued to support me until I married and joined St Mary Dormition, Ukrainian Catholic Women's League about 1970. By 1980 my younger son Steve was insisting on attending St. Patrick's Mass because it was shorter. Even though my older son was an altar boy at St. Mary's, I generally gave in. It was easier.

In 1984 Eileen Kemp, CWL President, asked me to join. We helped with the monthly birthday parties at Tyndall Nursing Home assisting seniors to the lounge and serving cake as they watched live entertainment.

Fr. Hank Vandenburg asked us to study "The Role of Women in the Church." I chaired the group then submitted a report.

As Resolutions on Karen Mc Carthy's Executive, we presented a resolution to the Diocesan Convention. I found the convention workshops very stimulating. I nearly quit the CWL when I became Organization Convenor for Martha Goddard's Presidency. I am not detail oriented.

I enjoyed the Ladies' Nights out - dinner and a play but by 1994 that became too expensive so we switched to Ladies Night in (Italian Night.)

In 1995 I asked Philomena Goncalves to be President Elect and take Organization for me. She agreed. My mother became ill the month I was elected and gave up her home to live with my sister Mary Kelly. She died the month before my Presidency ended. I was so glad that she lived to see me fulfill what she saw as a moral obligation. I leaned heavily on Philomena throughout the crises of my Mom's last years.

After being Past President, I took a phone list for the several years until I was asked to rejoin an executive of Past Presidents led by Cathy Taylor. Once again Organization was my lot. I created a committee and five ladies to help: Andrea Tjioe (Records), Theresa Merkley (Book of Life), Migena Lipo (Registration) and Tammy Cheskes (Phone Committee).

After Cathy, I encouraged Ramona to step up, promising to help her in any way I could. I have done feasibility studies for her on a recipe book, funeral hosting and now a 388 word overview of 37 years for the Pandemic Diary Newsletter.

Women of the Bible featuring Miriam, presented by Brigitte Daniel

Miriam was the daughter of Amram and Jochebed and the sister of Moses and Aaron. In the biblical narrative of The Exodus, Miriam is described as a "prophetess".

When Miriam was just a girl, she showed her craftiness when her mother, Jochebed, hid Moses in a basket and floated him down the river to save his life. Miriam hid in the reeds, watching as the Pharaoh's daughter found the basket. Then Miriam appeared, offering to find a nurse to care for the baby. Miriam's quick thinking saved Moses' life.

Forty years later, as Moses led the Israelites out of Egypt and across the parted Red Sea, Miriam burst into song and dance when the Egyptians chasing them drowned. She sang, **"Sing ye to the Lord, for He hath triumphed gloriously: the horse and his rider hath He thrown into the sea".**

In Micah 6:4, God listed Miriam alongside her brothers as leaders of the Jews: "I sent Moses to lead you, also Aaron and Miriam".

Miriam's death is described in Numbers 20:1 and in the next verse, the Israelites are described as complaining of the lack of water at Kadesh. The text reads, "Miriam died there and was buried there and there was no water for the congregation".

Spinach and Ricotta Cannelloni by Susan Macera



Ingredients

1 cup of tomato sauce (passata)
500 g/1 lb. of ricotta (low fat if desired)
250 g/8 oz. of spinach thawed and chopped.
1 egg
2 tbsp chopped flat leaf parsley (if desired)
2 tbsp chopped basil (if desired)
¼ cup (20 g) grated parmesan cheese.
Salt and pepper to taste.
1 package of fresh pasta lasagna

sheets OR use manicotti or cannelloni tubes following instructions on box on how to prepare
¾ cups of fresh tomato sauce (passata), extra
1 cup of grated mozzarella
1/3 cup of grated parmesan cheese, extra

Method

Preheat oven to 180C/350F.
Lightly grease a 20 cm x 28 cm x 4 cm high (size may vary) oven proof dish, pour pasta sauce 1 cup (250ml) evenly

over base of dish

Place ricotta, egg, spinach, parsley, basil, parmesan cheese, salt and pepper in a bowl and mix to combine.
Cut each lasagna sheet in half crosswise (I boil my sheets one at a time in a pot of boiling water for a few seconds to make them more flexible)
Place 1/3 cup of ricotta mixture along length of each lasagna sheet and roll up to form a tube. The mixture should make up to 8- 12 tubes. Lay tubes side by side in baking dish
Spoon extra tomato sauce (passata) to coat (3/4 cup of sauce)
Sprinkle with cheese (1 cup of mozzarella and 1/3 cup of grated parmesan cheese) bake for 25 minutes or until golden brown

Cathy`s Puzzles



Fall, also referred to as **Autumn**, occurs between the end of September and into December in the Northern Hemisphere. In the past, it was referred to as the Harvest because farmers collected their crops for the Winter. On the day of the Autumn Equinox, the day and night both last for 12 hours reminding us to find balance.

Unscramble **AUTUMN *HARVEST** to find words.

Go to the following site to review your progress (copy and paste in your browser)

https://wordunscrambler.me/unscramble/autumn*harvest

Advertisement Board

Permanent Part-time Position:

Mississauga Noodles, Bloor at Cawthra

Will train. 20 hours per week. Minimum wage to start.

Teen or Senior, welcome.

Call: 905-273-3064



St Patrick's CWL is starting "**A Gift of Time**" service. Would you like to help your CWL sisters in some way? Perhaps running errands like picking up medication, groceries, driving someone to a doctor's appointment, watering plants and picking up mail while someone is away or providing companionship? Anyone interested in offering these services or availing of them, please let Ramona 647-739-0005 or Cathy Taylor 416-617-1193 know and we will do our best to match people up accordingly.

Diane`s Pundemic Corner

GIVE THE FOLLOWING GIFTS

To your enemy . . . forgiveness.
To your opponent . . . tolerance.
To a friend . . . your heart.
To a customer . . . service.
To all men . . . charity.
To every child . . . a good example.
To yourself . . . respect.
- **Author Unknown**

Our lives are not determined by what happened to us, but how we react to what happens; not by what life brings us, but by the attitude we bring to life.

A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst, a spark that creates extraordinary results.

GIVE IT AWAY

Many charities that help people with various needs depend on donations of unwanted clothing and household items from those who have more than enough. And it's good to give away unused things so they can benefit others. But we are often more reluctant to part with things of value that we use every day.

Whatever we feel is "most valued" in our lives today could be of great benefit to someone we know. It may be our time, friendship, encouragement, a listening ear, or a helping hand. When we give away what the Lord has given to us, He is honored, others are helped, and we are blessed.

Lord, show me what I cling to. If someone needs it, open my heart and my hands and help me give it away today.
Giving freely honors the Lord, helps others, and blesses us.
God Bless You!

"For it is in giving that we receive."
- **Prayer of St. Francis**

National Truth and Reconciliation Day

At the post-AMM meeting of the Ontario Provincial Council (OPC) held in July 2021, the OPC council unanimously agreed that it was most important for the CWL to have a visual presence as we all continue on our journey towards healing and reconciliation. To this end, the OPC Truth and Reconciliation Working Group was established with the following goals.

- Be aware of our past **Learning**
- Be inclusive in the present and support local efforts **Listening**
- Strive for a better future **Actioning**

September 30th is National Truth and Reconciliation Day.

The day was created to give everyone an opportunity to recognize the legacy of residential schools. More than 150,000 First Nations, Metis and Inuit children were forced to attend these schools between the 1870s and 1997. Let's all use September 30th as a starting point for GOAL ONE: **Learning – To be aware of our past.**

Together We Pray

For the children, who died in residential schools throughout Canada and for all those who continue on a journey through darkness, That there may be healing founded on truth and that the Spirit will inspire our ongoing commitment to reconciliation.
God, through the presence and power of the Holy Spirit, continue to offer us correction, so that your grace might change and transform us in our weakness and repentance.
Give us humility to listen when others reveal how we have failed and courage to love others as ourselves, mindful of your love
For the weakest and most vulnerable among us. Amen.

Let us take this opportunity to honour the memory of **Keteri Tekakwitha**.

St. Kateri Tekakwitha is the first Native American to be recognized as a saint by the Catholic Church. She was born in 1656, in the Mohawk village of Ossernenon. Her mother was an Algonquin, her father Mohawk.

At age 19, Kateri Tekakwitha converted to Catholicism and to avoid persecution, she traveled to a Christian native community south of Montreal. Her name, Kateri, is the Mohawk form of Catherine, which she took from St. Catherine of Siena.

St. Kateri Tekakwitha was canonized by Pope Benedict XVI on Oct. 21, 2012. She is the **patroness of ecology and the environment, people in exile and Native Americans.**

Prayer to St. Kateri Tekakwitha

O Great Lily of the Mohawks, we ask that you take our intentions to the foot of the cross.

Ask Jesus to bring healing to those who are heavily burdened.

Through your intercession, may this favor be granted if it is according to the will of God.

By your prayer, help us always to remain faithful to Jesus and to His Holy Church.

St. Kateri Tekakwitha, pray for us. Amen.

