

# The Pandemic Diary



St. Patrick's CWL, Mississauga

September 2022; Volume 2, Issue 5



## Inside this issue:

5 Lessons of Fall	1
Armchair Travelogue	2
Women of the Bible	2
Lucy's Fall Recipe	2
Live the Garden Life	3
Word Search	4
News in Pics	4

God of all seasons, we thank you for Fall. We thank you for the touch of coolness in the air that gives us a new burst of energy; for the coloring of trees that shows the creativity of the Divine Artist; for the falling leaves that reveal the strength of the branches; for the hues of fields that bring peace to our souls; for the smiles on pumpkins that bring joy to children; for the fall harvest which that brings us gratitude for the bounty of our land; for this change of seasons that reveals the circle of life. God of all seasons, as you transform the earth, transform us by your Spirit.

## President's Message

Welcome back!! Hope everyone had an enjoyable Summer.

As we invite Fall into our lives, the trees turn a vibrantly crisp palette, the entire world slows down and makes a little more sense, even if just for a moment. **Reflect, renew, and relax**- the winds whisper, bestowing a sort of clarity that only nature can provide. Allow yourself the gift of solitude and as the harvest tells us, **reap what you have sown** earlier. Celebrate your personal growth!!

Our Council hosted a High Tea for the Parish in June which was a huge success. We received a lot of compliments and people are actually looking forward to another such event. Special thanks to the small group of

ladies who worked so hard with set up, serving and clean up, especially our newest member Avril Cardoso. And our youngest, new members, grand-daughters of Gayle Dzis, did an excellent job of judging the best tea cup for the competition. Susan Macera and Lucy DiLella generously donated baked goodies, Brigitte Daniel donated a table full of prizes and Cathy Taylor arranged for 100 china tea cups and saucers. Nancy Macera and Mary Fuller did all the shopping and the Knights helped clean and set up the Hall. How wonderful to work together for our Parish!! Check out pics on Pg 4.

Our Council also helped the Parish Youth group with Totus Tuus this Summer. Susan Macera kindly pre-

pared wholesome sandwiches for lunch, Andrea delivered them to the facilitators and Shirley Inniss arranged accomodation for the young women. Much appreciated ladies!!

This issue features glimpses of our members gardens and bountiful harvests as a befitting tribute to Canada's Year of the Garden! Barbara takes us camping, Lucy shares one of her favourite Fall recipes and Brigitte introduces us to Deborah. Cathy C is back with a Word Search for you. And we are excited to announce our latest craft tutorial venture to be conducted by Brigitte. Details on Pg4. Happy reading! God Bless!

*Ramona*

## 5 Lessons Fall brings in its wake

### 1. Radiate Beauty

Fall brings an abundance of colors and textures. The reds, oranges, yellows, golds and rust tones delight the senses in landscapes and rich sunsets, inspiring poets and visual artists. Take the time to radiate your own beauty and creativity to the world.

### 2. Connect with Your Shadow

After the long, bright sunlit days of summer, Fall brings earlier sunsets and longer shad-

ows. It's an ideal time for thoughtful introspection and shining the light of awareness on our own shadow parts.

### 3. Let Go

Trees willingly and naturally shed their leaves after putting on a radiant fall show of colors. Is there anything in your life that's ready to be released? Enjoy the brilliance of all that has ripened and come to fruition, but be willing to let go; it will pave the way for new beginnings.

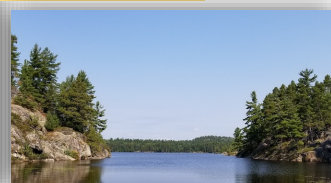
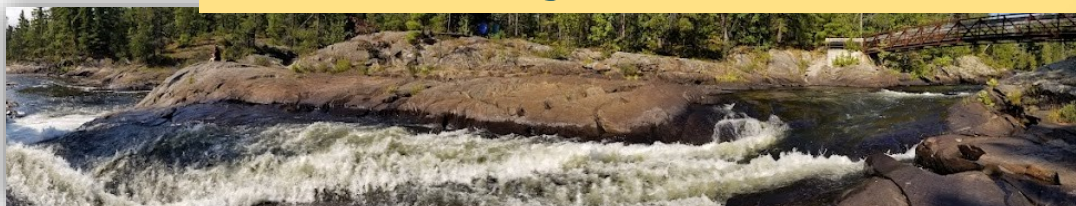
### 4. Save for Lean Times

Even as birds and woodland creatures are enjoying the abundance of fall, they are also storing away portions of their Fall harvest and preparing for leaner times. Enjoy the blessings of the season, but remember to plan for the future.

### 5. Find Balance

In a world of duality, balance is key. The Fall equinox signals equal amounts of night and day, serving as a reminder to find balance in our own lives.

## Armchair Travelogue with Barbara Azzopardi featuring Chutes Provincial Park



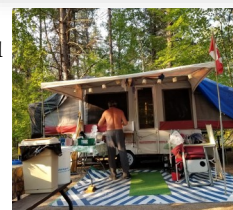
After typical summer at home, I decided to travel 7 hours (yes 7 willingly) to catch up with my Mom and brother who were already set up in their tent-trailer at a lovely provincial park 1.5 hours west of Sudbury called Chutes. It's located at the north end of a little town called Massey so if you don't feel like cooking you can enjoy lunch or dinner at the Dragonfly Restaurant. Pretty good. You can also go shopping at the local grocery store (Mom – don't take so much food!). There's even a Rona where we bought bird seed bells for the nuthatchers, chickadees and... No squirrels, this is not for you! Shew. Oh look one is hanging upside down as he's got it all figured out. So cute! The weather was gorgeous. Really warm and sunny and we went hiking, swimming (the water was great), kayaking and canoeing and roasting marshmallows. Since we went mid

September there were no mosquitoes, ok, a few hangers on were still there, but there were no other pests! The stars would have been fantastic to watch but of course there was the beautiful full moon – so bright, round and really close! We slept in to 8:30 one morning but 7:30 was the norm. Mom made great breakfasts of course – bacon, eggs or pancakes with blueberries and real maple syrup!

Ok, even though we also spent the first two weeks in Mexico in July which was also great (hot and NO humidity – wonderful), the Canadian geography with the numerous lakes, trees and rocks, there's no comparison. Northern Ontario, you rock! See you next year.

Copy and paste the link below in your browser to see more of Barbara's adventure.

<https://photos.app.goo.gl/43EMf6E8UKMdgG9WA>



## Roasted Beets and Sweets by Lucy DiLella

### Ingredients

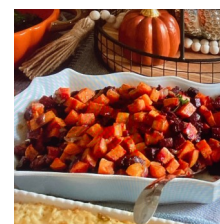
- Beets, peeled and cut into ½ inch cubes
- Sweet Potatoes, peeled and cut into ½ inch cubes
- \*\*The quantity of beets and sweet potatoes depends on the number of servings you want to make and the size of the vegetables. I usually dice up fairly equal amounts of each.

- 1 large red or white sweet Onion, chopped
- 1 teaspoon each of garlic powder, salt, and black pepper, divided \*\* This amount of seasoning is good for about 5 beets and 5 sweet potatoes.
- 2-3 tablespoons olive oil, divided

### Directions

- Preheat oven to 400° F

- Line a baking sheet with parchment paper.
- In one bowl, toss the diced beets with half of the seasonings and half of the olive oil. Spread the beets on the baking sheet and bake for 15 minutes.
- In another bowl toss the diced sweet potatoes and the chopped onion with the remaining seasonings and olive oil. After the beets have baked for 15 minutes add this mixture to the baking pan with the beets. Continue baking for 30 minutes, stirring after 15 minutes, until all vegetables are tender.



## Women of the Bible featuring Deborah presented by Brigitte Daniel

Deborah the Prophetess was a powerful, fearless, exceptional military leader, obedient to God, leading the Israelites out of bondage. She was also a judge in Israel, making her **the only female judge in the history of Christianity** and one of the great people mentioned in the Bible.

Deborah lived in the 12th century and it is estimated that **her leadership lasted 60 years** which was quite a long time to hold onto power. Her leadership was accepted

and appreciated by both men and women. A female ruler such as Deborah, whom the Israelites trusted to lead and judge was an oddity in those times.

Deborah summoned Barak, the son of Abinam, from Kedesh in Naphtali and ordered him to take ten thousand men to Mount Tabor. Barak insisted that Deborah go with him to war, knowing that he would not be credited for the victory. They won the battle and Deborah was credited for this success. Be-

cause of this, Deborah is one woman in history acclaimed as a Christian military leader. Throughout Christianity, she is an example of bravery, strength, and the epitome of female power.

Deborah broke all barriers set against women, who were linked to Eve's sin that brought a curse on humanity. Women had been regarded as holding secondary status. It takes extraordinary will, power, strength, and God's favor to defy the odds.



## Live the Garden Life.....



Centennial Park Garden

Cathy Pereira sent in the above picture after her visit to Centennial Park recently.

Canada's Year of the Garden 2022 encourages us all to **live the garden life** and aims to

- commemorate Canada's rich garden heritage
- celebrate today's vibrant garden culture and create legacies for a sustainable future, and in doing so,
- hopes to nurture a nation of gardeners.

*Never underestimate the healing power of a quiet moment in the garden*

Sweet Autumn Clematis draped along Mary Fuller's deck-



Joanne McAuley's beautiful Spring garden

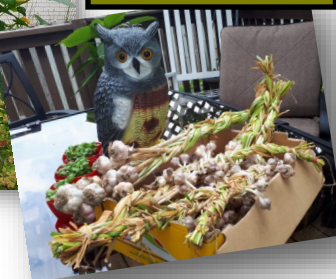
Ramona's Vegetable Garden at Terra Cunha



Turban Squash and Pole Beans



Harvested homegrown Garlic



Plum, Cocktail, Heirloom, Yellow Pear and Cherry tomatoes from Lucy's garden



Audrey Hepburn once said that "to plant a garden is to believe in tomorrow". I feel like quite the urban homesteader delighting in growing whatever vegetables I can, mostly from seed which I obtain from previous year harvests or more recently from the **Port Credit Seed Library** which offers great locally grown varieties of seeds. I encourage you to become a

member if you aren't one already. This year I grew Turban Squash (seen above) and several types of beans from Library seeds. I firmly believe in the garden to table concept and grow herbs, chillie peppers, tomatoes, garlic and greens (arugula, kale, chard, collard) to name a few. I experiment with a new plant each year and this year it

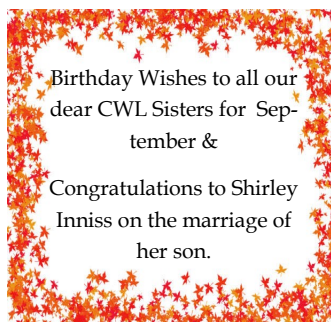
was kohlrabi which turned out to be a pleasant surprise. We put in new raised beds which was a huge incentive to plant a lot more.

This year I made some pepper jelly, hot pepper sauce and tried Lacto Fementation of jalapenos, beans and tomatoes, all ideas from the internet. Next up, salsa verde from the tomatillos still growing. Hope the frost doesn't appear too early! Grow vegetable!! It's very rewarding!





1. In North America, autumn is also known as fall. True or False?
2. What is the first day of Autumn known as?
3. When does Autumn Equinox happen in the Northern Hemisphere?
4. The full moon closest to Autumn Equinox is called\_\_\_?
5. Leaf colors change trend depending on its species. True or False?
6. Which pigment decreases in plants during autumn?
7. Which festival comes from a Celtic autumn tradition?
8. Why were Jack-O-Lanterns introduced?



Birthday Wishes to all our dear CWL Sisters for September & Congratulations to Shirley Inniss on the marriage of her son.

## Learn Something New this Fall!!

Craft your own shawl or rug in 4-6 weeks under the expert guidance of our very own Brigitte Daniel. For details, contact Brigitte at 905-279-1228 or email at [brigmoe@hotmail.com](mailto:brigmoe@hotmail.com). Spaces are filling up fast so make that call!!

**TRIVIA ANSWERS:** 1. True (in Great Britain it is referred to as Autumn) 2. Autumn Equinox 3. September 23 4. Harvest Moon 5. True 6. Chlorophyll 7. Halloween 8. To scare off evil spirits during Halloween

## FALL

Z	E	G	A	J	S	D	M	Y	F	U	N	I	Q	W	B
P	K	R	N	C	X	T	S	E	V	R	A	H	L	S	O
L	O	D	I	B	Y	R	A	Z	T	S	W	K	E	R	J
S	C	V	T	F	O	E	P	J	Q	K	O	E	A	E	M
D	X	F	E	L	N	Z	L	U	A	G	R	S	V	D	T
R	P	H	O	G	W	O	I	L	C	T	C	U	E	I	G
I	L	C	S	V	E	R	B	D	O	Y	E	J	S	P	N
B	F	Q	J	M	R	T	X	G	R	W	R	E	D	S	I
H	N	A	R	E	O	S	A	K	N	Q	A	X	T	F	G
Y	M	Z	L	H	E	O	V	B	P	J	C	H	O	L	N
C	U	S	X	L	U	T	R	F	L	I	S	O	R	K	A
N	T	J	P	Z	D	E	G	H	M	E	T	I	A	Y	H
Q	U	P	U	M	P	K	I	N	S	B	S	L	N	E	C
F	A	B	H	S	I	C	W	R	A	U	D	Y	G	X	Q
G	N	I	K	A	R	A	F	L	X	H	M	P	E	C	V
A	R	W	E	D	H	J	L	T	S	O	R	F	B	U	K

acorn	colors	leaves	scarecrow
apples	fall	mushrooms	spiders
autumn	football	orange	squirrels
birds	frost	pumpkins	trees
bonfire	harvest	raking	vegetables
changing	jacket	red	yellow

**Tree Valley Academy**

## High Tea



Nancy with artist Nasreen who painted this picture on site with suggestions from the audience

## Parish Picnic



St. Patrick's CWL hosted it's own version of a High Tea with mis-matched china cups and saucers and sandwiches and sweet baked goodies separately wrapped in plates keeping COVID restrictions in mind. We had an artist paint a picture in the Hall and organized best fascinator, bow tie and tea cup competitions. Our youngest members were invited to be judges and did an excellent job. We were amazed at the creativity and enthusiasm of the parishioners who would love to attend another one! My sincere appreciation and gratitude to all the ladies who helped out and supported this event. Special thanks to Nancy Macera. Well done everyone !!!