

# The Pandemic Diary

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



Erindale Park

## President's Message

Welcome back our CWL council at St. Patricks. Here's hoping that most of us had a refreshing summer, also remembering the challenges that we may have faced during this time. It's good to know that we were there for each other.

Although summer appears to linger for awhile, there is a hint of Autumn as tiny splashes of brown and gold leaves grace the trees. A gentle reminder that Fall is not far away.

We look forward to events that enable us to reach out to our Community, which we will address at our meetings.

Let us walk towards the work ahead with great enthusiasm, remembering to love one another hand in hand.

Greetings  
Shirley.

## Autumn Prayer

God of all seasons, we thank you for Autumn.

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.

Amen

— Rev. Doug Leonhardt, S.J.

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## Following Christ's Example of Thankfulness presented by Nancy Macera

**\* As Thanksgiving approaches, I thought it perfect timing to share an excerpt from The Basilica of the National Shrine of the Immaculate Conception.**

By practicing an attitude of thanksgiving in our daily lives, believers follow the model set by Jesus himself, who expressed gratitude to the Father throughout His life and ministry (Matthew 26:27; Mark 14:23; Luke 22:17-19; 1 Corinthians 11:24). It is for this reason that the Eucharist begins with a prayer of Thanksgiving, after the example of Jesus at the Last Supper.

It is God who has created us and sustains us; God has provided for our salvation through His sacrifice, has given us grace, and shown us love. As God's love for us is unconditional and everlasting, so too should our gratitude be never-ceasing, regardless of our temporal circumstances.

As Pope Francis has remarked:

*Gratitude is always a powerful weapon. Only if we are able to contemplate and feel genuine gratitude for all those ways we have experienced God's love, generosity, solidarity and trust, as well as his forgiveness, patience, forbearance and com-*

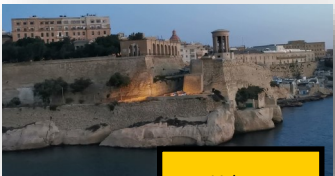
*passion, will we allow the Spirit to grant us the freshness that can renew... our life and mission. Like Peter on the morning of the miraculous draught of fishes, may we let the recognition of all the blessings we have received awaken in us the amazement and gratitude that can enable us to say: 'Depart from me, Lord, for I am a sinful man' (Luke 5:8). Only then to hear the Lord repeat his summons: 'Do not be afraid; from now on you will be fishers of men' (Luke 5:10). 'For his mercy endures forever.'*

## Malta...A Trip To Rival All Trips by Barbara Azzopardi

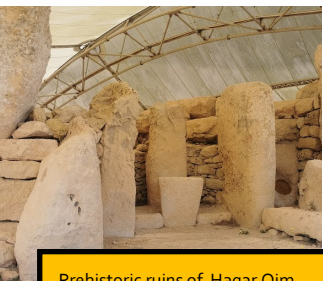
Crystal Lagoon Cave



Festivities of St. Gregory the great



Valetta



Prehistoric ruins of Hagar Qim

Check out more of Barbara's pics by [pasting the link below in your browser](https://photos.app.goo.gl/kHCKzoquDxYoprUEA). You must preferably have a gmail account to allow link to open.

<https://photos.app.goo.gl/kHCKzoquDxYoprUEA>

This September our family (my husband, our children and their spouses and me) had the opportunity to visit my husband's family's country and to experience a little of what growing up there was like. I am speaking of Malta but you can definitely put your own homeland in this reminiscence. My in-laws often spoke of living in Malta and the experience of having many brothers and sisters and other relatives and what it was like – from the food (so good – you have to try the **pastizzi**, rabbit stew, bean and garlic spread and fish! **Lampuki** is unique to Malta - just to name a few), weather (amazing most of the year), the water (the Mediterranean waters are so clean, blue and refreshing. In fact our favourite thing was to just float. No effort was required – so relaxing and refreshing) Churches are everywhere – in the walled city of Mdina I counted 11 alone. Their spires and domes reach into the sky pointing everyone to God (but sadly few attend). I was very fortunate to find St. Patrick's Church very near to our accommodations that had English Masses at least 3 times each day and I attended several times. In Malta, 'festas' form a huge time to celebrate. We arrived on Friday, September 16<sup>th</sup> and for the next 3 nights the parish was heavily into celebrating **St. Gregory the Great** and his feast day. The Maltese are excellent musicians and the band filled the streets, the saint's statue at least 15 ft tall was carried throughout the streets, shredded paper was flung from balconies onto the revellers be-

low and the fireworks were exploding all around with colour and loud booms. The Maltese love their fireworks, that's for sure. They were being lit even during the days in other parishes around us. We decided to join the crowd slowly making their way to the church and to the pub that was across the street. I truly believe this is the main reason for the feasts – being able to party and drink. I hope someone prayed to St. Gregory for something!

The traffic is something to be experienced. We decided to rent a car which was standard and the driver sits on the right hand side. The British set the tone for the road system but the Romans built the roads – very narrow, windy and crowded. Many parked cars that we saw had damage due to cars driving too close on the left hand side and scraping the doors and mirrors! Both my husband and my son drove and the phone's GPS is the only way to find out where you're going. In spite of Malta's small size (27 kms long and 14.5 kms wide with only a total of 246 square kms, there are so many villages, roads and cars it usually takes a few hours to get from one end to the other. Every month, over 1000 new cars are brought into Malta and the foreigners outnumber the Maltese by double at least and they all want to drive. The bus system is excellent and affordable so we did take local transport quite a lot. There is so much history in Malta that you would need to spend at least 2 weeks to properly explore the unique areas. There are at least 3 ancient sites older than Stonehenge and the pyramids that

have been found and excavated and now protected with cloth sails over top of them and walking around is also restricted (back in 2012 when we were there for only 5 days we did walk all around the sites with no restrictions.)

Malta was the most bombed place anywhere in the world during any war and it is a wonder it's still standing. Due to its location in the Mediterranean, Hitler wanted to conquer it to be able to access northern Africa but the Maltese people refused to bow and submit. They almost did all starve to death but the British and Americans were able to get a ship into their Grand Harbour and save them all. King George VI in 1942 recognized the bravery and sacrifice of the Maltese people and every citizen was awarded with the George Cross (my in-laws both received and still have theirs!) The George Cross is considered the highest award for bravery available to citizens. (I joke that during the war the Germans tried to get Malta by bombing it into oblivion but now the Germans just marry the Maltese. My family is German and I know many German/Maltese couples.) It was such a privilege to visit Malta and meet with Alex's one remaining uncle, aunt and a few cousins and we keep in touch with them. Please try to discover your family's roots and pass on their stories as nothing is better than family history.

## Let's celebrate Harvest 2023!!!

### HAPPINESS IS



...harvesting vegetables from your own back yard.



Lucy's garden harvest of heirloom tomatoes and eggplant



Terra Cunha's harvest of heirloom tomatoes, beans, chillies, tomatillos, delicata squash, one cauliflower



Shirley's pepper and tomato harvest grown on her balcony!!



### Lessons learned from Harvest

Stop watering things that were never meant to grow in your life. Water what works, what's good, what's right. Stop playing around with those dead bones and stuff you cannot fix, it's over... leave it alone! You're coming into a season of greatness. If you water what's alive and divine, you will see harvest like you've never seen before. Stop wasting water on dead issues, dead relationships, dead people, a dead past. *No matter how much you water concrete, you cannot grow a garden.*

T.D. Jake's

If you're too lazy to plow, don't expect a harvest  
**Proverbs 20:4**

The secret of life is to let every segment of it produce its own yield at its own pace. Every period has something new to teach us. The harvest of youth is achievement; the harvest of middle age is perspective; the harvest of age is wisdom; the harvest of life is serenity.

Joan D. Chittister

Don't judge each day by the harvest you reap but by the seeds that you plant.  
**Robert Louis Stevenson**

## Quick Apple Turnovers (4 Ingredients) by Lucy di Lella

### Ingredients

- 5 medium apples
- 1 lb puff pastry
- 1/2 cup brown sugar + 1 1/2 tsp cinnamon
- 1 egg

### Method

- Gather all the ingredients
- Peel and slice the apples into 8-10 pieces, toss them with

cinnamon sugar and set aside.

- Roll out pastry dough on well floured surface. Cut the pastry sheet into 8 equal pieces and place 4-5 pieces of apple in the center of each.
- Fold the dough over the apples creating tiny pockets. Place each pie on a lined baking sheet. Whisk the egg in a small bowl and brush the tops of each pie with whisked egg.

Sprinkle on more sugar.

- Bake pies at 415 deg F for about 15 mins or until golden brown. Enjoy!!

**Note:** You can use egg wash to help seal filled apple turnovers.







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## Interesting Tongue Facts presented

by Ramona da Cunha

Everyone has a unique tongue print!!

When detectives investigate a crime scene in any prime-time cop drama, they're often on the hunt for one thing: fingerprints. Because these intricate patterns of whorls and lines are exclusive to each individual, fingerprints have been a go-to method for tracking down suspects for more than a century. However, our fingerprints are not unique when it comes to being, well, unique. Our tongues, like our fingerprints, are also specific to each individual. That's right — people have tongue prints, which vary from one person to another due to both shape and texture. And perhaps surprisingly, the organ has been gaining some popularity as a method for **biometric authentication**.

Where fingerprints can be altered, eyes affected by astigmatisms or cataracts, and voices changed just by the all-too-common cold, the human tongue is relatively protected from external factors. Sticking out one's tongue for a print also involves a layer of conscious control and consent that goes beyond what's required for retinal scans or even fingerprinting, which could make it a more appealing biometric tool for some. In fact, these "lingual impressions" may be so advantageous over other forms of authentication that some researchers have started investigating the idea of a **tongue print database**, using high-resolution digital cameras to record every ridge, line, and contour of that muscular organ in our mouths. Although promising, this research is in its early stages — meaning that "lick to unlock" won't be an iPhone feature any time soon.

Number of known extended families who have **adermatoglyphia** (hands without fingerprints)----- 4

Estimated maximum number of taste buds in the average human tongue ----- 4000



## Seed of Encouragement

presented by  
Brigitte Daniel

We experience situations that can be physically and mentally draining, and what we do in the midst of these circumstances, will cause us to either be overwhelmed or to rise above and overcome. We have to be mindful that faith comes by hearing and intentionally build up our spirit and our faith with the Word of God to gain the victory in these situations. Even though sometimes the situation itself may not change... our faith will grow stronger. The situation will no longer have a negative impact on us and there will be benefits that we will reap from having experienced the situation.

Be glad about this, even though it may now be necessary for you to be sad for a while because of the many kinds of trials you suffer. Their purpose is to prove that your faith is genuine. Even gold, which can be destroyed, is tested by fire, and so your faith, which is much more precious than gold, must also be tested, so that it may endure. Then you will receive praise and glory and honour on the Day when Jesus Christ is revealed (1 Peter 1:7).

