

Holy Trinity CWL Newsletter



Inform Enlighten Entertain Inspire

INSIDE THIS ISSUE:

- ◆ President's Message
- ◆ How to Read a QR code
- ◆ Update on Stone Soup
- ◆ Standing Committee Reports
- ◆ CWL Bursary
- ◆ Upcoming Events
- ◆ Prayers and Inspirations
- ◆ 2023 Year in Review
- ◆ And much, much more,,,,,,,,,,,,,



From the Editor.....

Welcome 2024! January is a time when we all like to reflect on our lives

and make resolutions to change ourselves for the better. It presents us with the opportunity to renew ourselves and start the new year with positivity and hope; to reconnect with our faith in God, to transform our hearts and transform the world.



From 2 Corinthians 13:11: *"Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you."*

In the new year, be the change you wish to see.



Read On — Discover — Enjoy!

CWL MISSION STATEMENT:

The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.

Around the Holy Trinity CWL

Holy Trinity CWL Executive

President: Christa Grillmair

Past President: Huguette Fox

Vice-President: Heather Neumeier

Secretary: Rosanna Van Reeuyk

Treasurer: Gwen Smith

Chair of Faith: Margaret LaRiviere

Chair of Service: Huguette Fox

Chair of Social Justice: Francesca Cheah

Spiritual Advisor: Fr. Irek

Newsletter: Rosanna Van Reeuyk

To leave a message for any CWL executive call
250-390-2612 (Holy Trinity Catholic Church)



2024 Membership Contest



Would you like to renew your HTCWL membership or are you new and would like to come on board? Please contact Gwen Smith or Heather Neumeier. Dues are \$40.00 and once paid, your name will be entered to win a prize!

1st Prize: win your membership

2nd Prize: CWL scarf

3rd Prize: CWL mug

Contest closes February 1, 2024!

How to Read QR codes



QR codes are those little black and white square designs you now see on many signs, labels and products. They allow you to access information that is available online, pertaining to that product, etc. To read the QR codes you will need a smartphone equipped with a QR Reader App, which you can easily download from the App Store (Apple) or Google Play (Android). Just open the App, point your phone to the QR code and it will capture it in a frame on the screen and immediately open the link to the online information. Easy!

You will notice that our poster for the Shrove Tuesday Pancake Supper and Mardi Gras contains a QR code. Use this code to send us your RSVP for this event. See you there!

LENTEN SPIRITUAL MORNING AND LUNCHEON

Lent 2024 will soon be upon us and what better way to embark on our journey with each other but to join with other CWL sisters at a Lenten Spiritual Morning and Luncheon at St. Peter's Church, Nanaimo on February 24 from 9:30 to 12:30. Kathy Fadum, Diocesan Chair of the Faith Standing Committee has chosen *Meeting Jesus in the Desert* as the theme for reflection. Stay tuned for details in upcoming weeks.

From the President's Desk



Dear Members:

As we start another wonderful year in our Holy Trinity CWL council, we have lots to look forward to! Our year has started with 52 members on the books and to date 33 have renewed for 2024. Remember our contest ends on February 1st, so if you'd like to win one of three prizes, renew now! Prizes are 1) membership for a year, 2) a CWL scarf and 3) a CWL mug.

At our January 20th meeting, we asked our members four questions: 1) What makes you proud to be a member? 2) What brings you to a meeting? 3) What would you like to see us do differently? 4) How can we attract more people to our council? This brought up some excellent discussion. If you have any thoughts on these subjects, bring your ideas to our next meeting on February 17.

On February 13th, we are hosting a Shrove Tuesday Mardi Gras Pancake Dinner. This is a joint event with the Knights of Columbus. They are cooking pancakes and sausages, and we are organizing decorations and games for the whole family which the youth group will run. This free (ok we'll accept donations) event is for the parish. Look for the posters on our bulletin board and use your phone to RSVP with the QR code. It is also promoted in our parish bulletin. We need to know how many adults and children/youth to prepare for, so please let us know.

Donelda Lapointe and Rosanna Van Reeuyk, representing St. Vincent de Paul, will be at our February 17 meeting to tell us about their organization and to receive your free-will donation from our Christmas post luck luncheon.

We will start accepting donations to Crossroads Pregnancy Centre in February (setting up a crib in our lobby) and a representative will accept your gifts at our March meeting. So please start knitting or crocheting and shopping for baby items. Especially needed are outfits preemie to 18 months and diapers in sizes 4, 5 and 6.

St. Peter's is hosting this year's Lenten Retreat on February 24th with Kathy Fadum, Victoria Diocesan Chair of Faith. We will have more information for you at our February 17th meeting. All are welcome to attend, and we will provide car-pooling.

We are planning a used clothing sale on April 6. This ties in with our national resolution *2023.01 Combating Textile Waste in Canada*. We encourage you to start collecting items during Lent to contribute.

As you can see, lots is happening and we look forward to another wonderful year of faith, service, social justice and fun!

Blessings,

Christa



Update on Stone Soup Kitchen

It was a busy December at the Stone Soup. Besides the regular daily quotas that had to be filled, Christmas week was particularly challenging as on Boxing Day over 500 hot turkey meals had to be prepared! With the generous assistance of CWL members, Holy Trinity parishioners, spouses, family and friends this was accomplished within a schedule that ran from 9am to 4pm. With volunteers putting in as much or as little time as they could manage, it was a revolving door at the kitchen all day long but the job got done!



Jaynie and Mike Mezzabarba fill containers under the direction of Chef Gaylene.



Mike and Jaynie are regular volunteers at the Kitchen.



Rosanna loads containers with vegetables and stuffing.



Gwen filling containers with turkey for Boxing Day suppers.



Jaynie Mezzabarba

January has been quieter enabling Gaylene & Julie, the kitchen chef & her daughter, to take a much-needed weeklong vacation. Jaynie Mezzabarba, of our parish, has taken over the chef duties for the week and is doing an excellent job of keeping the volunteers busy and in line!

Thank you to all the CWL members who brought in food donations for the Stone Soup at the January general meeting. Some tasty and nutritious soups were generated from those donations!

Submitted by Gwen Smith



Chef Gaylene and daughter Julie



Prayers for the month of January

The month of January is dedicated to the **Holy Name of Jesus**, which is celebrated on January 3. "In the name of Jesus every knee should bow, of those that are in heaven, on earth and under the earth" (Phil 2:10). Christ's name is chosen in heaven, and the Angel Gabriel announces it when he informs the Blessed Virgin of the incarnation: "Behold thou shalt conceive in thy womb and shalt bring forth a son, and thou shalt call his name Jesus". It is a name that has marvelous implications, for it means "Saviour." The very name bespeaks the magnitude of His mission, His infinite love, a love that will cause Him to offer Himself up for us.



Prayer to the Holy Name of Jesus

O good Jesus, according to Thy great mercy, have mercy on me. O most merciful Jesus, by that Precious Blood which Thou didst will to shed for sinners, I beseech Thee to wash away all my iniquities and to look graciously upon me, a poor and unworthy sinner, as I call upon Thy holy Name. Therefore, O Jesus, do Thou save me for Thy holy Name's sake. Amen.

Reprinted from ollakes.org

January 3 — The Most Holy Name of Jesus

Commemorated by religious orders since the 16th century, the feast was extended to the universal Church in 1721 and celebrated in the context of the Christmas season. The monogram IHS was popular in the late medieval and baroque periods. By the Holy Name, Christians honour the person of Jesus, their Lord and Saviour.

"At the name of Jesus, every knee should bend... and every tongue confess that Jesus Christ is Lord, to the glory of God the Father." (Ph 2:6-11)



From your Chair of Faith

Thoughts for 2024

At this time of year when we begin to plan the upcoming months of the New Year, we have a great opportunity to set goals for our spiritual lives. In order to achieve a much longed for outcome it's important to:

- ◆ Pray for guidance to identify what we want to achieve. Pray for clarity and enlightenment to our Blessed Mother Mary, Jesus and our Heavenly Father to help find our spiritual bedrock. Pray for growth.
- ◆ Know that spiritual goals are our own objectives to bring us closer to God.
- ◆ Go above and beyond our usual practices to fill our spiritual needs. With prayer, our path will become clear to us. (Perhaps undertaking a new ministry.)
- ◆ Try to see where we will be as this year comes to an end; will our goals be achieved or at least in sight?
- ◆ Be realistic and find goals that fit in your life schedule and life plan. God loves all of us and knows when we faithfully and sincerely work our way closer to his mighty Presence we are doing all we can do within our limitations.
- ◆ Promise to ourselves to make 2024 a holy year for our enrichment and fulfillment as we go forward.



NEW THEME FOR NATIONAL CWL!

The National President has arrived at a theme for her term: Here I Am Lord, Send Me. It beautifully sums up our spirituality both as a group and as individuals. We all bring our gifts to the table with love and without judgement. As an expression of our faith and passion for serving, Bishop Wayne Lobsinger presents the following Prayer:

Here I am Lord, send me.

Heavenly Father,
Through the ages, you have called many to serve you.
Abraham, Sarah and Samuel; Martha, Mary and Elizabeth,
As well as countless men and women throughout the ages.
All were different, and each brought unique gifts to your service.
Now today, we too hear your call to come and follow, to bring our gifts to your service.
Help us, O Lord to make our reply, "Here I am Lord, Send me" with full and generous hearts, in order that we may be your instruments in the building of your Kingdom.
We ask that you hear and answer our prayers through Christ our Lord.

Amen.

Bishop Wayne Lobsinger



Submitted by Margaret LaRiviere

From your Chair of Service

Happy New Year everyone! 2024 is upon us and there is much excitement for what we will accomplish this year. Our calendar is full of exciting events and projects.

- **Coffee service** after 9:30 Mass is going well in its new location in the Foyer. The teams seem to have a system to make it run smoothly. Don and Anne Marie Powell are making sure that each team has three volunteers, as the third person is definitely needed to help serve and clean up.
- **Funeral Reception Teams Update:** We have four teams for funeral receptions, each consisting of 8 persons, and we rotate between the teams as needed. Please check with Huguette Fox if you are not sure which team you are on, or if you would like to add your name.
- Last year we collected \$300.00 for **Chalice** during our monthly meetings. This year we will be collecting for the charity **Mary's Meal**. See Social Justice report for more information,



- **Baby Shower for Crossroads Pregnancy Centre** is coming up at our March General Meeting. Client Services Director Noreen MacLeod will be attending our meeting to speak on the good work they do at the Centre. She has indicated that they are short on baby sweaters (hand-knitted would be lovely), baby outfits and sleepers for sizes preemie to 18 months, and diapers in sizes 4, 5 and 6. As well we will be accepting cash donations (Huguette has envelopes to distribute) and receipts will be issued. Please bring all donated items to the March General Meeting.
- **Shrove Tuesday Pancake Supper and Mardi Gras:** This Parish event will be held on Tuesday, February 13 from 5-7 pm, in conjunction with the Knights of Columbus. Teams are being assembled for help in decorating and running the games. It should be a lot of fun and if successful, we will hold it every year. Look for our poster in this newsletter and at Church and RSVP using the QR code!

As you can see, we have many events planned in the Parish for the coming months and hope that you can participate in some or in all. Thank you!

“Christ looks for nothing else from you in fact — except loving him with all your heart and carrying out His commands.” — St. John Chrysostom

Submitted by Huguette Fox

From your Chair of Social Justice

Recently, in searching and pondering what Jesus wants me to do as chair of Social Justice in 2024 I felt I had hit a blank wall. It was pointed out to me by a wise spiritual advisor that we live in a society of complacent, albeit well-meaning, people, who generally are unwilling to go out of their way to volunteer for the good of others, and that my job is not to keep on initiating new projects but to work in partnership with Jesus according to His plan. I understand that not all league members are interested in social justice issues, but we are all called to grow closer to Jesus.

With this in mind, I have set my priority on TRANSFORMING HEARTS. So in 2024, let us focus on some principal virtues that we can strive to cultivate such as love, humility, trust, sacrifice and obedience. All are essential for reorienting our spirits, which in turn reorient the actions we take.

Each one of us works differently, although we may receive the same Spirit of God. Please pray and listen to what Our Lord is asking of us. Keep your heart and your mind open to what is expected of you.



mary's
meals

| a simple solution to world hunger

I am happy to introduce you to Mary's Meals. Mary's Meals is a global movement supported by people from many walks of life and different backgrounds.

“Our mission is to enable people to offer their money, goods, skills, time, or prayer, and through this involvement, provide the most effective help to those suffering the effects of extreme poverty in the world's poorest communities.”

Mary's Meals is a registered charity which sets up school feeding programs in some of the world's poorest communities, where hunger and poverty prevent children from gaining an education. They feed over 2 million children every day across the globe. It is truly an organization that may hold the key to eradicating child hunger, while promoting education. Just \$31.70 Cdn can provide a child with a meal at their school for a whole year.

The organization was founded in 1992 by Magnus MacFarlane-Barrow, a Catholic fish farmer from Scotland, who was very devoted to Our Blessed Mother. He wrote a book about the program titled The Shed that Fed a Million Children. All proceeds from the sale of this book go directly to support Mary's Meals.

Check out their website marysmeals.ca to learn more about what this wonderful organization is doing in the world right now. Here at Holy Trinity CWL we have decided that our monthly loose change collection at the 2024 General Meetings will go towards supporting Mary's Meals.

Submitted by Francesca Cheah

The Catholic Women's League of Canada

Biography. FREDA SMITH 1901-1999



Mrs. Freda Smith was a long time member of the Catholic Women's League of Canada. The League was a huge part of her life and she rarely missed a meeting of her own Council, Diocesan Interim Meetings and/or Conventions at all levels. Freda was always supportive of other Councils and Parishes, by attending functions and special events whenever possible. Over the years she was Parish President many times and served on the Executive in many capacities. She also served on the Diocesan Executive and as Provincial Secretary.

Freda became a Life Member of the Catholic Women's League in 1958.

Never at a loss for words she would always have sage advice on any issue which she referred to as "just common sense".

She came to Canada with her husband Arthur in 1926, and settled in Regina, Saskatchewan and worked on the farm, being chief cook and helper. Freda was always interested in promoting education whenever possible. At that time the Sisters of Service looked after catechism and religious education in the rural areas by correspondence. Freda worked very closely with them packaging and mailing out lessons and marking them when they were returned. It was there that she joined the Catholic Women's League.

In the early 1940's Arthur Smith joined the Navy and the family moved to Victoria. Upon arrival they joined Queen of Peace Parish in Esquimalt, and soon became very involved in all church activities. For over 49 years Freda was the organist at Queen of Peace Parish, each Wednesday, Friday & Sunday. She also played for many weddings, funerals and other special occasions. She retired at age 85.

Freda and Arthur were blessed with two daughters, who both attended St. Ann's Academy in Victoria. Freda developed a very close relationship with the Sisters of St. Ann and through the years the Smith home became a "home away from home" for many students from outlying areas who wished to attend St. Ann's. Many families with varying difficulties were helped by Freda and she was always happy to assist mothers with their new babies. Freda was generous with her talents and was very active in her support for missions around the world.

**The Victoria Diocesan Catholic Women's League
is proud to dedicate our Bursary
in Memory of Freda Smith**

VICTORIA DIOCESAN CATHOLIC WOMEN'S LEAGUE BURSARY "In Memory of Freda Smith"

Freda Smith (1901-1999) a long-time resident of Victoria, retired as church organist in her parish in Esquimalt at the age of 85. She came to Canada in 1926, settling in Regina; relocating to Victoria in 1946 promoting education whenever possible. She was an active member of the Catholic Women's League, earning the League's highest honour in 1958.

BURSARY AMOUNT \$750

The Bursary is awarded annually to a graduating Catholic student within the Diocese of Victoria.

This Bursary will be awarded to a student proceeding on to a form of higher education:

- (a) University
- (b) University Transfer Program
- (c) Technical School
- (d) Regional College
- (e) Vocational College
- (f) Registered School of Nursing or Medical Services

CRITERIA FOR SELECTION

The Bursary award will be based on:

- (a) Financial Need
- (b) Academic Performance
- (c) Church and Community involvement

PROCEDURE

Student must complete the Catholic Women's League Bursary Application Form. (see any HTCWL Executive for a copy)

Student must attach an official transcript of his/her current academic standing.

Student must attach a narrative essay (500 words) outlining his/her successes, achievements, parish and community involvement and future goals.

APPLICATION DUE DATE

Applications and requirements listed above must reach the Victoria Diocesan President by **March 31 of the current year** (see address below).

ACCESSING THE BURSARY

The recipient of the bursary must provide the Victoria Diocesan Catholic Women's League, with proof of registration at a Post Secondary Institution.

The recipient of the bursary must register at the post secondary institution within two years of the bursary being awarded.

If there is no suitable applicant for the Bursary, it shall not be awarded for that year.

Please forward applications to:

Mrs. Laurel Phyll, Past President
Victoria Diocesan Council
Catholic Women's League of Canada
138 Engles Road
Campbell River, BC V9H 1J8

Email: lphyall@shaw.ca

2023 — The Year in Review



Installation of new HTCWL Executive February 5

Diocesan League Development Day, March 25 at St. Edward the Confessor Church, Duncan



Our Lady of Good Counsel Mass Reception on April 26



First Communion May
HTCWL gave beautiful hand-made gifts to the children.



Year in Review
Rock Painting July 1 at the Parish Picnic



Strawberry Tea June



Presentation of Pins at the Tea



Hosting Diocesan Planning Meeting July



Helping at the
Knights' Garage
Sale September



League Development
Day, October 11
Parksville



**It Was a Very
Good Year!**

**Looking For-
ward to 2024!**



Christmas Potluck December 9





Mardi Gras

SHROVE TUESDAY PANCAKE DINNER

Tuesday, February 13 from 5-7 pm

Sponsored by Holy Trinity CWL and K of C

*** Music *** Games *** Prizes ***

Fun for the whole Family!

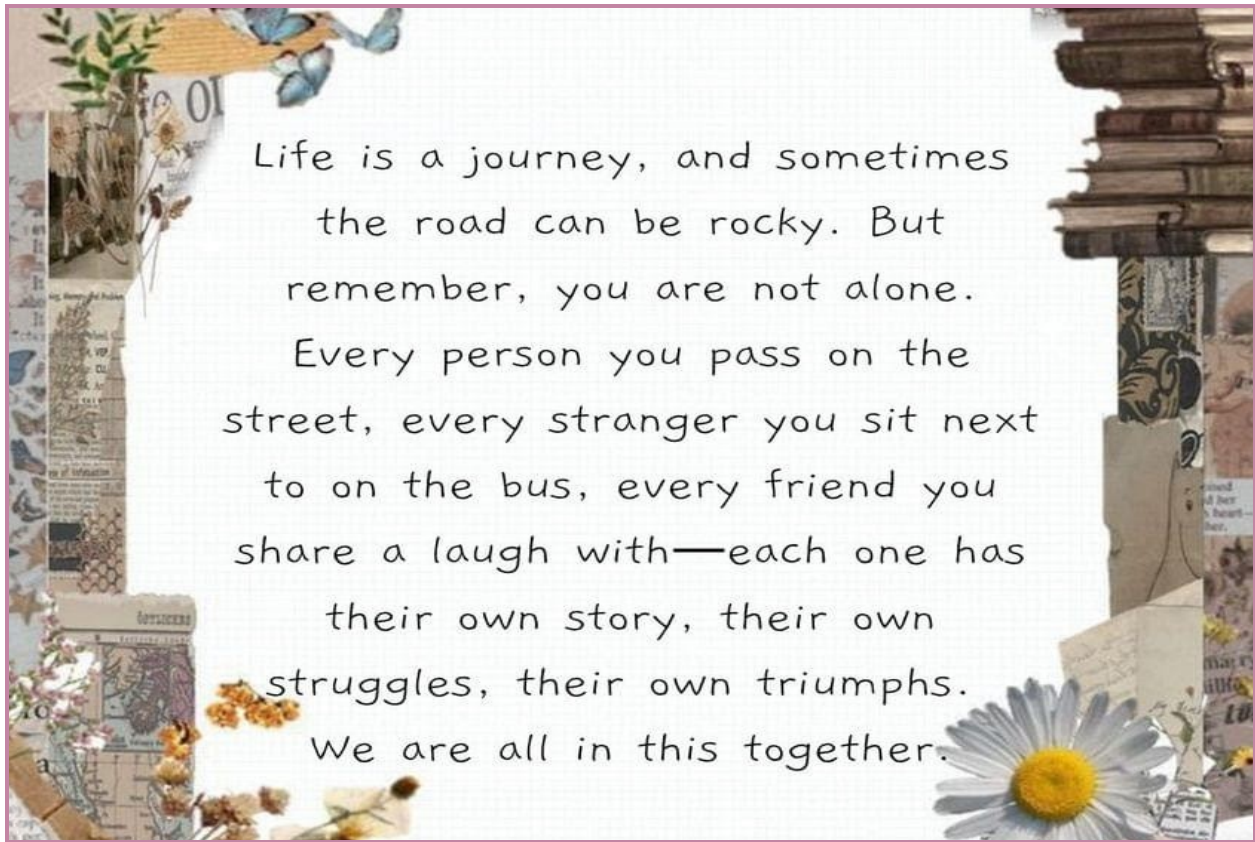
Free! But donations gladly accepted.

See you there!



Use your phone's camera on
this QR code to RSVP your
attendance.

The Last Page



From the Editor:

Thanks again to everyone who contributed to this newsletter.

Many hands make light work! Keep the contributions coming!

Rosanna



REMINDERS



- Memberships are due for 2024. Membership Contest closes February 1, 2024. Contact Gwen Smith to renew or to join.
- Mark your calendars for our first annual Shrove Tuesday Pancake Supper and Mardi Gras, coming Tuesday, February 13.
- Next General Meeting is February 17 at 10 am in the Boardroom. Guest speakers will be representatives from the Society of St. Vincent De Paul.
- Lenten Spiritual Morning, February 24 9:30-12:30 at St. Peter's Church
- Crossroads Baby Shower at the March General Meeting