

# Holy Trinity CWL Newsletter



Inform Enlighten Entertain Inspire

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## From the Editor.....

"In the chaos of our increasingly fast-paced and hectic society, Holy Week is a reminder to pause and ponder, to carefully mark each day and not let this greatest of all weeks fly by us like every other". By permission from [desiringgod.org](http://desiringgod.org)

*Wishing you a truly Blessed Holy Week!*

*Truly, truly, I say to you, you will weep and lament, but the world will rejoice. You will be sorrowful, but your sorrow will turn into Joy.*

John 16:20

**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 Reeuwyk

Treasurer: Gwen Smith

Chair of Faith: Margaret LaRiviere

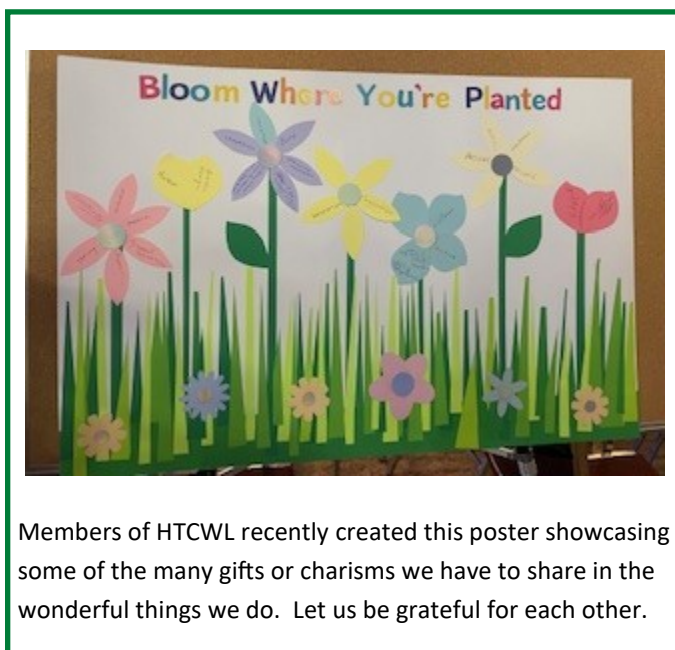
Chair of Service: Huguette Fox

Chair of Social Justice: Francesca Cheah

Spiritual Advisor: Fr. Irek Bem S.D.S.

Newsletter: Rosanna Van Reeuwyk

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



Members of HTCWL recently created this poster showcasing some of the many gifts or charisms we have to share in the wonderful things we do. Let us be grateful for each other.

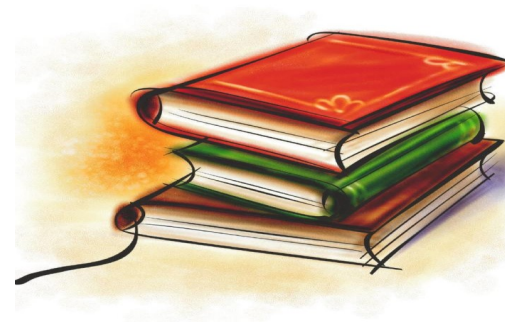
## Update on Stone Soup



Holy Trinity Parish has embraced the Stone Soup Kitchen as an ongoing charity where many parishioners go weekly to help prepare nourishing meals for the homeless, under the guidance of chef Gaylene Singer. They generously give of their time to help make and pack over 200 meals daily. A dedicated group of ladies also help by baking sweets for the meals, and dropping them off at the Kitchen on Fitzwilliam Street. As well, Holy Trinity CWL regularly fills “wish lists” of vital ingredients Gaylene uses in making the soups. ***Many thanks to everyone who has helped in this ministry.***

If you would like to help by volunteering please call the Wisteria Association at 250-591-6443. For the bakers, Gaylene often provides some ingredients that can be used: please contact Francesca Cheah to see what is available.

## *From the President's Desk*



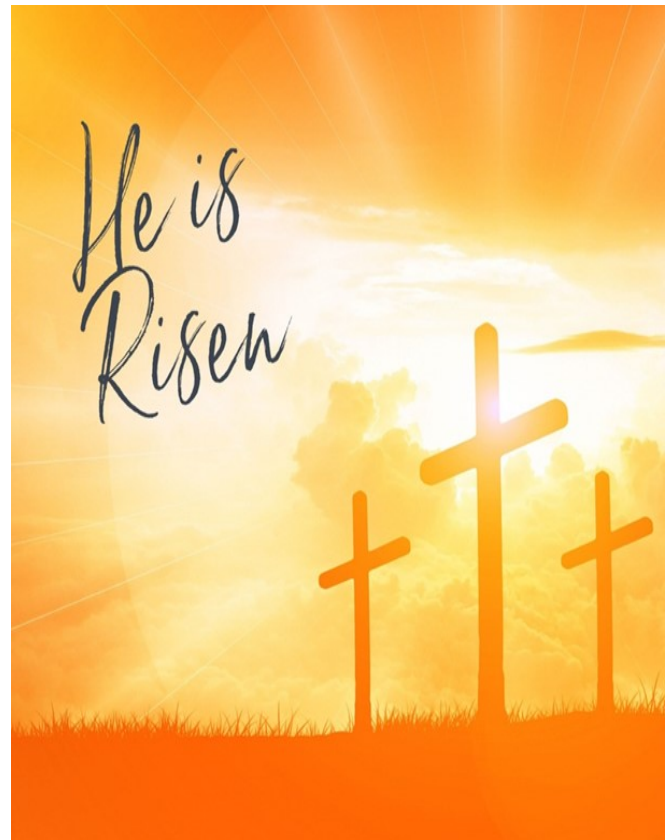
Dear Members:

This time of year always brings optimism. The awakening happens all around us – from buds on the trees to flowers in our gardens. As I sit in my office, I look at our blossoming magnolia tree and the bright yellow of the forsythia bushes and I think about my many blessings – my family and you, my dear sisters.

As we complete our walk through Lent and run towards the Light of Easter, I am grateful for you and all the wonderful things you do for our parish, our council and for each other. Whether you pray, or help at the food kitchen, or serve coffee after Mass, or share your creations, or offer your beautiful voice at Mass – each one of your special gifts or charisms is appreciated.

May God shower you with blessings, love, and peace this Easter.

Your sister-in-Christ,  
Christa





# NEWS NEWS NEWS NEWS NEWS NEWS NEWS

The Baby Shower in support of the Crossroads Pregnancy Centre held on March 16 in conjunction with our General Meeting was a resounding success. A crib-full of baby items, many of them hand-knit, was collected, as well as cash donations of over \$350.00. Many thanks to everyone who contributed to making this fundraiser a success: Pauline Jones for allowing us the use of her baby crib, and to her husband, Rick, for setting it up; Huguette Fox for organizing and communicating the event; all parishioners who generously gave of their time and resources to ensure that the Centre has many lovely baby items for distribution to families in their program.



Christa and Pauline visited Crossroads to present them with donations of baby items and cash. Left to Right: Pauline Jones, Noreen MacLeod, Client Services Director, Trevor Kempner, Executive Director, and Christa Grillmair.

Thanks also to Client Services Director Noreen MacLeod, who was our Guest Speaker at the Meeting. She gave us lots of information on what the Crossroads Centre does (pregnancy support, options counselling, online education, post-abortion support, pregnancy loss ministry, supporting under-resourced mothers and those new to the community), all offered with love and acceptance. Noreen also spoke of volunteer opportunities at the Centre, and training is provided.



Trevor Kempner accepting all the donations from Holy Trinity.





# Holy Week Chronology

## Palm Sunday

As related by Egeria, a nun from western Europe on a pilgrimage to the Holy Land in the late 4<sup>th</sup> Century, we follow her witness of early Christians waving their palm branches to commemorate the triumphal arrival of Jesus into Jerusalem.

*Blessed is He who comes in the name of the Lord.*

We carry palm branches that are blessed by our priest to express our delight at Jesus' long-awaited entry into the city. It also carries with it the knowledge of what our Lord awaits in the coming days. Our joy is tinged with disquiet.

*Out of the depths I cry to you O Lord.*



## Holy Thursday

As we commemorate the last Supper in the upper room, we enter into a new covenant as Jesus washes the feet of disciples.

*I have given you a model to follow, so that as I have done for you, you should also do.*

At the breaking of the bread and the pouring of the wine, Jesus gives us the gift of His Body and Blood in the Eucharist. He will forever be in us and we in Him.

*A new commandment I give to you, that you love one another; just as I have loved you.*

## Good Friday

We remember the death of our Saviour. We sorrowfully trace his path as we contemplate the Stations of the Cross. We live within the space of our own pilgrimages as we stand and kneel before the shrouded cross.

*O Lord by your holy Cross you have redeemed the world.*

On this holy day we stand in silence, witnessing the suffering of our Lord at the hands of those who had lost their way. Our own sins come to mind knowing that in His suffering and through His agony Jesus forgives.

*Father forgive them, they know not what they do.*



## Easter Vigil

We wait. With the Service of Light, we watch as the darkness fades in the brilliant light of the Paschal Fire. We light our own small candles to hold up and witness the lighting of the Paschal Candle.

*Awake O sleeper and arise from the dead, and Christ shall give you light.*

We travel back in time with prophetic readings and history from the Hebrew Testament, with psalms praising God and with Gospel messages proclaiming the coming joy. We wait for Jesus.

*There is surely a future hope for you and your hope will not be cut off. Proverbs 23:18*

## Easter Sunday

He is Risen, Alleluia! The tomb is empty, the burial cloths left behind; our Lord and Saviour lives, risen from the dead. We sing hymns of joy and pray our grateful thanks to Almighty God for this beautiful day. Sin and death are conquered. Alleluia! Alleluia!

*This is the day the Lord has made; let us be glad and rejoice in it.*



*Submitted by Margaret LaRiviere*



## Litany of Saint Joseph

Lord, have mercy on us	Lord, have mercy on us
Christ, have mercy on us	Christ, have mercy on us
Lord, have mercy on us	Lord, have mercy on us
Christ, hear us	Christ, graciously hear us.

God the Father of heaven,	have mercy on us.
God the Son, Redeemer of the World,	have mercy on us.
God the Holy Spirit,	have mercy on us.
Holy Trinity, one God,	have mercy on us.

Holy Mary,	pray for us.
St. Joseph,	pray for us.
Renowned offspring of David,	pray for us.
Light of Patriarchs,	pray for us.
Spouse of the Mother of God,	pray for us.
Chaste guardian of the Virgin,	pray for us.
Foster father of the Son of God,	pray for us.
Diligent protector of Christ,	pray for us.
Head of the Holy Family,	pray for us.
Joseph most just,	pray for us.
Joseph most chaste,	pray for us.
Joseph most prudent,	pray for us.
Joseph most strong,	pray for us.
Joseph most obedient,	pray for us.
Joseph most faithful,	pray for us.
Mirror of patience,	pray for us.
Lover of poverty,	pray for us.
Model of artisans,	pray for us.
Glory of home life,	pray for us.
Guardian of virgins,	pray for us.
Pillar of families,	pray for us.
Solace of the afflicted,	pray for us.
Hope of the sick,	pray for us.
Patron of the dying,	pray for us.
Terror of demons,	pray for us.
Protector of the Holy Church,	pray for us.

Lamb of God,  
           who takes away the sins of the world,        spare us, O Jesus.

Lamb of God,  
           who takes away the sins of the world,        graciously hear us, O Jesus.

Lamb of God,  
           who takes away the sins of the world,        have mercy on us, O Jesus.

He made him the lord of his household,        And prince over all his possessions

Let us pray:

O God, in your ineffable providence you were pleased to choose Blessed Joseph to be the spouse of your most holy Mother; grant, we beg you, that we may be worthy to have him for our intercessor in heaven whom on earth we venerate as our Protector. You who live and reign forever and ever.

Saint Joseph, pray for us.

## March is the Month of St. Joseph



### Pope Francis' Prayer to Saint Joseph

**Hail, Guardian of the Redeemer,  
 Spouse of the Blessed Virgin Mary.  
 To you God entrusted His Only Son;  
 In you Mary placed her trust;  
 With you Christ became man.**

**Blessed Joseph, to us too,  
 Show yourself a father  
 And guide us in the path of life.  
 Obtain for us grace, mercy, and courage,  
 And defend us from every evil. Amen**

(composed by Pope Francis in *Patris  
Corde.*)



# USED CLOTHING SALE

April 6, 2024 9 to 4

Holy Trinity Catholic Church  
6234 Spartan Road, Nanaimo  
*(near Superstore)*

**DONATIONS ACCEPTED**  
April 4-5, 2024 10 to 3

Gently used women's and men's jackets,  
coats, dresses, skirts, pants, jeans, tops.  
Accessories including scarves, belts, ties,  
purses, costume jewelry.

Not accepting shoes, socks, underwear,  
bathing suits, children's clothing.





# 2024 SCHEDULE OF EVENTS

Thursday, May 9, 2024



12:00 PM PDT: Catholic Mass

St Andrew's Roman Catholic Cathedral 740 View Street, Victoria, BC

12:00 PM PDT: Protestant Prayer Service

Central Baptist Church 833 Pandora Avenue, Victoria, BC

1:45 PM PDT: March leaves from Centennial Square and processes down Government Street to BC Legislature

1 Centennial Square, Victoria, BC

2:15 PM PDT: Rally commences

BC Legislature 501 Belleville Street, Victoria, BC

3:15 PM PDT: Rally concludes

## Guest Speakers include:

Jared White

Brittany Garisto

Alex Schadenberg

Amanda Achtman

Bishop Gary Gordon





# Skor Bit Shortbread Meltaways

## Ingredients

- 1 cup unsalted butter softened
- 2 tsp vanilla
- ½ cup icing sugar
- 1 ¾ cup pastry flour
- ½ cup corn starch
- ¾ tsp baking powder
- ¼ tsp salt




## Instructions

1. Preheat oven to 350 degrees
2. In a large bowl beat butter and vanilla together until creamy.
3. In a separate bowl combine the icing sugar, flour, corn starch, baking powder and salt. Then gradually stir into butter batter. Add Skor bits and mix till evenly distributed. Cover with plastic wrap and chill in the fridge for 10-15 minutes.
4. Line baking sheet with parchment paper. Roll level tablespoons full of dough into balls and place on the baking sheet. Bake for 12-15 minutes or until starting to just turn slightly golden. Let cool on pan for 5 minutes so they won't break apart and then transfer to a cooling rack.

Reprinted from [thedeliciousspoon.com](http://thedeliciousspoon.com)

# The Last Page



A person's most useful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others.

*lessonslearnedinlifeinc.*

## From the Editor:



Thanks again to everyone who contributed to this newsletter.

Many hands make light work! Keep the contributions coming!

Rosanna

## REMINDERS

- Used Clothing Sale April 6 from 9 to 4; set up on April 4 and 5 — volunteers needed.
- Next General Meeting is April 20 at 10 am in the New Lounge.
- Our Lady of Good Counsel Mass April 26 at 9 am.
- Diocesan Convention May 3-4, Christ the King Parish in Courtenay.
- March for Life, Victoria May 9.

