

# Holy Trinity CWL Newsletter



Inform Enlighten Entertain Inspire

## INSIDE THIS ISSUE:

- ◆ President's Message
- ◆ Membership Contest winners
- ◆ Mardi Gras pictures
- ◆ Standing Committee Reports
- ◆ HTCWL News
- ◆ Upcoming Events
- ◆ Prayers and Inspirations
- ◆ Recipe for King Cake
- ◆ And much, much more,,,,,,,,,,,,,



## **From the Editor.....**

*Lent is a time when we pause to reflect on our lives, to open our hearts to God and to let Him redeem and renew us. In this newsletter you will find several reflections on Lent that will hopefully inspire you to have a truly transformative Lenten journey.*

**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 Bem S.D.S.

Newsletter: Rosanna Van Reeuyk

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

## 2024 Membership Contest

### ....and the Winners are:

1st Prize: win your membership

*Chinchu Jose*

2nd Prize: CWL scarf

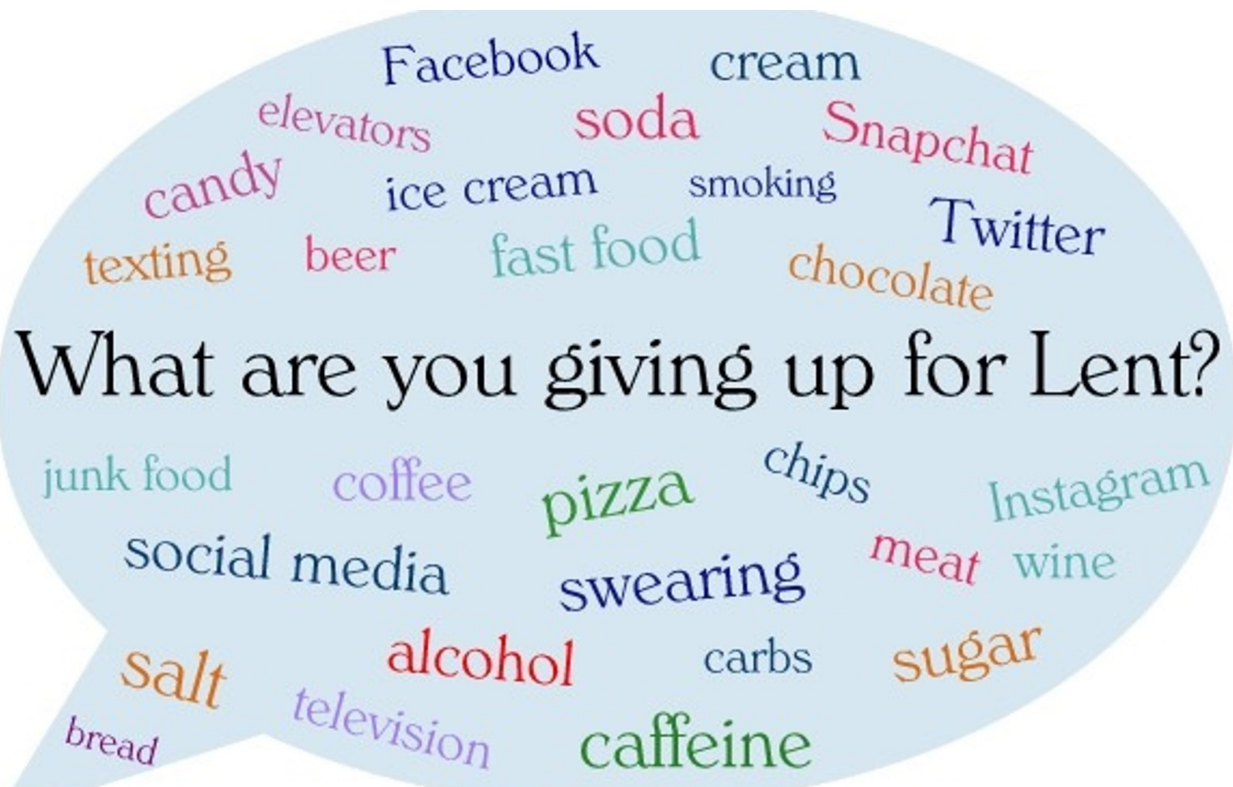
*Maureen Dawson*

3rd Prize: CWL mug

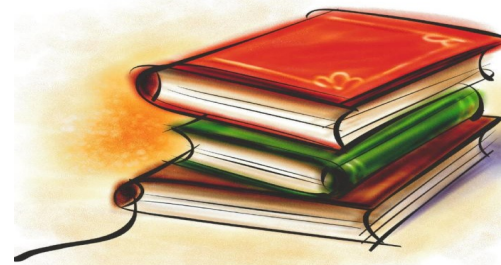
*Linda Hall*

Prizes were presented at the last General Meeting on February 17.

Congratulations!



## From the President's Desk



Dear Members:

Thank you for everything you do for our council and our parish.

On February 13, we joined with KofC to host our Mardi Gras Shrove Tuesday pancake dinner. Thank you to everyone who helped to organize, decorate, cook, and entertain the 100+ guests who joined us.

At our last general meeting, Donelda Lapointe, Rosanna Van Reeuyk and Adele Halowaty shared what they do for the Society of St. Vincent de Paul. Thanks to your generous donations at our Christmas luncheon, we presented the Society with \$344.

Many of our CWL members, as well as other Holy Trinity parishioners, support Gaylene Singer's efforts at the Stone Soup Kitchen with help in the kitchen and donations of food items to provide hundreds of meals for people who are unhoused.

Last Saturday, some of us participated in the Lenten reflection "Meeting Jesus in the Desert" at St. Peter's. Kathy Fadum, Victoria diocesan chair of faith, led us through a meditation where we encountered Jesus as we walked in the desert. Thank you to St. Peter's president, Agnes Geiger, her chair of faith, Gail Gillson-James, and our own Margaret LaRiviere for working together to lead us through this Lenten reflection.

During this time of Lent, Pope Francis encourages us to pray but also to do good works. Here are some upcoming events where we need your help:

### **Crossroads Pregnancy Centre Donations**

You will have seen the crib in our narthex where we are collecting baby items for Crossroads Pregnancy Centre. We are happy to accept any knitted baby sweaters, new sleepers (0 to 18 months), and outfits (preemie to 18 months), diapers (size 4, 5 and 6). Gift cards to Walmart or Superstore are also welcome. Envelopes for personal donations are available in the crib. Noreen MacLeod from Crossroads will come to our March 16<sup>th</sup> general meeting to tell us about their ministry and accept our donations.

### **Used Clothing Fundraiser**

Lent is also a good time to think about our CWL resolution: *2023.01, Combating Textile Waste in Canada* and our challenge to reduce, reuse and recycle. Statistics show that 20 percent of what's in our wardrobe is worn 80 percent of the time. Which is to say, 80 percent of what is in our wardrobe is not worn most of the time. During Lent, we encourage you to gather items for our Used Clothing Fundraiser. On April 4 and 5, we will start collecting your pre-loved clothes to sell them on April 6. Please check out the poster to see what items we will gladly accept. This fun event is our primary fundraiser for the year and the funds will help us to support our parish and community charities. We need people to help set up and sort items on April 4 and 5 and people to help sell items. We will provide more information at our March 16<sup>th</sup> general meeting.

Gratefully yours,

Christa



Joyfully  
Living the Word

COMMUNITY

# Multicultural fair connects newcomers to community

STAFF WRITER  
NEWS BULLETIN

Nanaimo's Beban Park auditorium was packed with diversity when Central Vancouver Island Multicultural Society hosted its Newcomer Wellness Fair last week.

The event Thursday, Feb. 8, attracted more than 40 exhibitors and featured fitness and cultural performances and family activities to help connect newcomers to Nanaimo with the broader community.

[chris.bush@nanaimobulletin.com](mailto:chris.bush@nanaimobulletin.com)



Swedini Halliday is team lead with CVIMS's HIPPY program, which prepares preschool-age children who have immigrated to Canada with skills to enter the education system. (Chris Bush/News Bulletin)

HTCWL member Swedini Halliday was featured recently in the local newspaper, The Nanaimo News Bulletin, as part of a feature on the Vancouver Island Multicultural Society's Newcomer Wellness Fair.

Holy Trinity Church Volunteer Appreciation Event was held in January.



# Shrove Tuesday Pancake Supper And Mardi Gras February 13



# Shrove Tuesday Pancake Supper And Mardi Gras





# Easy One-Dish King Cake Recipe

## Ingredients for the Cake Batter:

Unsalted butter to grease the pan  
1 1/2 cups all purpose flour  
3 tablespoons granulated sugar  
1/4 tsp kosher salt  
3 teaspoons Instant Yeast  
2/3 cup very warm milk (50-55 C)  
2 tablespoons unsalted butter, melted  
2 tablespoons canola oil  
1 large egg, lightly beaten

## For the Cinnamon Mixture:

3 tablespoons unsalted butter, melted  
2/3 cup lightly packed light brown sugar  
1 1/2 tsp ground cinnamon  
Pinch of kosher salt

## For the Glaze:

1 cup powdered sugar  
1 to 2 tablespoons milk  
1 tablespoon butter, melted  
1/2 tsp pure vanilla extract  
Purple, green and yellow sugar or sprinkles  
A plastic baby



## Instructions:

Grease an 8-inch round pan with butter.

Add the dry ingredients including the yeast to the cake pan and whisk to combine.

Add the milk, melted butter, oil and beaten egg. Whisk to combine and use a spatula to coax any flour from the corners of the pan.

Allow batter to rest in the pan for 10-15 minutes. While the cake rests, make the cinnamon topping.

In a small bowl, stir together brown sugar, cinnamon, melted butter and salt until the mixture is moistened and sandy.

Top batter evenly with the cinnamon mixture. Use a butter knife to swirl the cinnamon sugar into the batter. Allow to rest 5 more minutes.

To bake the cake, place pan in a COLD oven; set temperature to 350 F; bake for 25-30 minutes or until lightly browned and firm in the center. Allow the cake to cool for 20 minutes.

Combine icing ingredients in the same bowl used to make the cinnamon mixture and drizzle over the just warm cake.

Sprinkle generously with Mardi Gras colours and tuck a little baby inside. Enjoy!

## Notes:

To adapt this recipe using active dry yeast instead of instant — bloom the yeast in 2 tablespoons of warm water for 5 minutes before adding to the batter along with the wet ingredients.

Increase the first rest to 30-35 minutes.

Increase the second rest to 15 minutes.

Bake as instructed.

Batter can also be mixed in a bowl and poured into baking pans. This method works best if you want to double the recipe.

FamilyShoppingBag.com  
MemoryWraps.com

# Pope Francis answers: “What Should I Give Up For Lent?”

Reprinted from [Catholic-link.org](http://Catholic-link.org)

“Lent is a new beginning, a path leading to the certain goal of Easter, Christ’s victory over death. This season urgently calls us to conversion. Christians are asked to return to God ‘with all their hearts,’ (Joel 2:12) to refuse to settle for mediocrity and to grow in friendship with the Lord. Jesus is the faithful friend who never abandons us. Even when we sin, he patiently awaits our return; by that patient expectation, he shows us his readiness to forgive.” (Lent 2017)

“For all of us, then, the season of Lent in this Jubilee Year is a favorable time to overcome our existential alienation by listening to God’s word and by practicing the works of mercy. In the corporal works of mercy we touch the flesh of Christ in our brothers and sisters who need to be fed, clothed, sheltered, visited; in the spiritual works of mercy – counsel, instruction, forgiveness, admonishment and prayer – we touch more directly our own sinfulness. The corporal and spiritual works of mercy must never be separated. By touching the flesh of the crucified Jesus in the suffering, sinners can receive the gift of realizing that they too are poor and in need. By taking this path, the ‘proud,’ the ‘powerful’ and the ‘wealthy’ spoken of in the *Magnificat* can also be embraced and undeservedly loved by the crucified Lord who died and rose for them. This love alone is the answer to that yearning for infinite happiness and love that we think we can satisfy with the idols of knowledge, power and riches. Yet the danger always remains that by a constant refusal to open the doors of their hearts to Christ who knocks on them in the poor, the proud, rich and powerful will end up condemning themselves and plunging into the eternal abyss of solitude which is Hell. The pointed words of Abraham apply to them and to all of us: ‘They have Moses and the prophets; let them hear them,’ (Lk 16:29). Such attentive listening will best prepare us to celebrate the final victory over sin and death of the Bridegroom, now risen, who desires to purify his Betrothed in expectation of his coming.” (Lent 2016)

“As a way of overcoming indifference and our pretensions to self-sufficiency, I would invite everyone to live this Lent as an opportunity for engaging in what Benedict XVI called a formation of the heart (cf. *Deus Caritas Est*, 31). A merciful heart does not mean a weak heart. Anyone who wishes to be merciful must have a strong and steadfast heart, closed to the tempter but open to God. A heart which lets itself be pierced by the Spirit so as to bring love along the roads that lead to our brothers and sisters. And, ultimately, a poor heart, one which realizes its own poverty and gives itself freely for others.” (Lent 2015)

“Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty. Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance. I distrust a charity that costs nothing and does not hurt.” (Lent 2014)

“Today gratuitousness is often not part of daily life where everything is bought and sold. Everything is calculated and measured. Almsgiving helps us to experience giving freely, which leads to freedom from the obsession of possessing, from the fear of losing what we have, from the sadness of one who does not wish to share his wealth with others.” (Lent 2014)





“Dear friends, Lent is the [favorable season](#) for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbour. The Lord, who overcame the deceptions of the Tempter during the forty days in the desert, shows us the path we must take. May the Holy Spirit lead us on a true journey of conversion, so that we can rediscover the gift of God’s word, be purified of the sin that blinds us, and serve Christ present in our brothers and sisters in need. I encourage all the faithful to express this [spiritual renewal](#) also by sharing in the Lenten Campaigns promoted by many Church organizations in different parts of the world, and thus to favor the culture of encounter in our one human family. Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and [poor](#). Then we will be able to experience and share to the full the joy of Easter.”

# WHY THE ASHES?

## THE MEANING OF ASH WEDNESDAY



3

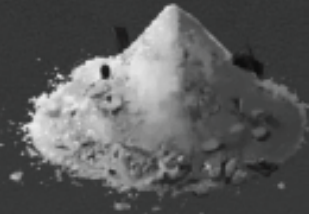
ASHES ALSO SYMBOLIZE GRIEF, IN THIS CASE, GRIEF FOR OUR SINS.



1  
ASHES WERE USED AS A SIGN OF REPENTANCE IN THE OLD TESTAMENT



2  
ASHES ARE A PUBLIC SIGN OF OUR INTENT TO DIE TO OUR WORLDLY DESIRES AND LIVE IN CHRIST



4  
AS OUR FOREHEADS ARE BEING MARKED, THE PRIEST SAYS: “REMEMBER THAT YOU ARE DUST AND UNTO DUST YOU SHALL RETURN”



5  
THE ASHES COME FROM THE BLESSED PALMS USED IN THE PALM SUNDAY CELEBRATION OF THE PREVIOUS YEAR



INFORMATION FROM ARCHTORONTO.ORG AND CATHOLIC.ORG



# From your Chair of Faith .....



The Season of Lent began with Ash Wednesday on February 14: a solemn time to begin 40 days of prayer, fasting and almsgiving: the three Pillars of Lent.

## Pillar of Prayer

- ◆ Pray daily; use this Lenten period to stray from the usual daily routine and venture into prayer pathways you have not explored. Embrace prayer as a way to draw closer to God. Free up your heart and let prayer begin without encumbrances. Spontaneity is freeing and, like St. Therese of Lisieux, have frequent “conversations” with our Lord.
- ◆ Attend Mass as often as possible, as well as special prayer occasions like the Stations of the Cross and the Sacrament of Reconciliation.

## Pillar of Fasting

- ◆ Voluntarily abstain from well-loved foods and think about donating any money saved to the hungry.
- ◆ Voluntarily abstain from habits, practices or activities and use the time saved for prayer or charitable work.

## Pillar of Almsgiving

- ◆ Almsgiving is more than a donation of money to a cause. “Faith finds expression in concrete everyday actions meant to help our neighbours in body and spirit” said Pop Francis in a message for Lent. Consider feeding the hungry, visiting the sick, welcoming strangers and offering comfort.

We are all called to follow and honour all the pillars of Lent; by doing so with pure intent we are preparing our hearts for Jesus at Easter.

On February 24 a group of HTCWL sisters attended the Lenten Retreat *A Morning of Reflection: Meeting Jesus in the Desert* at St. Peter’s Church in Nanaimo. The retreat was hosted by St. Peter’s CWL and designed by Diocesan Faith Chair Kathy Fadum, with contributions from St. Peter’s and Holy Trinity CWLs’

Chairs of Faith, Gail and Margaret. It was a beautiful morning of directed meditative prayer and activities.



## Upcoming Events:

- ◆ March 1: World Day of Prayer. The host country that has written the program is Palestine and the theme is “I Beg You ... Bear with One Another in Love: Ephesians 4:1-3. Locally, a prayer service will be held on Friday, March 1st at 2:00 pm at St. Andrew’s Presbyterian Church located at 4235 Departure Bay Road. More information is available on the Women’s Inter-Faith Council of Canada website.
- ◆ March 2: League Development Day, in Victoria. See the flyer in this newsletter for details.
- ◆ March 7: the movie *Cabrini* is showing at the Landmark Cinema in Woodgrove mall. The movie follows the holy journey of St. Frances Xavier Cabrini as she worked against all odds to provide shelter, education and homes to the lost and orphaned children of New York City in the late 19th and early 20th Centuries. An inspirational story of faith and strength in adversity.

Submitted by Margaret LaRiviere

# From your Chair of Service .....

Sunday Coffee: I would like to take this opportunity to thank Anne Marie and Don Powell for scheduling the teams of volunteers since this service was started. They have kept us well-organized and made sure that supplies were available. Great job! God bless you.

I would also like to introduce Stacey and her husband Rendall who will take over this task until the end of June. Stacey is a member of our HTCWL Council and has made up the schedule for March to the end of June. If one of our members would like to take this on, please let me know.

Tuesday Morning Coffee: We started a Tuesday morning Coffee after Mass and Heather Neumeier is helping me. It's a get-together for the folks who attend daily Mass to come and have a chat over a cup of coffee or tea and maybe a cookie or two. It has been very well received. It will be held every Tuesday until summer in the Chapel location (New Lounge).



Crossroads Pregnancy Centre: I went to the Crossroads Pregnancy Centre and picked up several envelopes for donations, and some brochures. The list of needs includes hand-knit baby sweaters, sleepers, outfits and diapers. The full list and more details can be found on the poster included in this newsletter. If you are a knitter, start now and you can get one sweater done by our March meeting. Noreen MacLeod, the Manager, will be at our March General Meeting and will give a short talk on their mandate, etc., and will pick up all the donations. Thank you to Pauline Jones and her husband, Rick — they have set up the crib in the foyer and you can place your donations there.

The Canadian League Magazine: A few articles of note:

- ◆ Page 6-7: 11 Promises of Service by the Implementation Committee includes a great piece on Effective Communication by our own Christa Grillmair.
- ◆ Page 13: Why Engage in Catholic Service? By Joline Belliveau, National Chairperson of Service. It states: "Catholic Service is intertwined with the Corporal Works of Mercy — feeding the hungry, giving drink to the thirsty, clothing the naked, tending the sick, visiting the imprisoned and welcoming the stranger. It is members' Catholic calling to follow these acts of mercy or acts of service. Pope Francis added another act of mercy— taking care of the planet."

Holy Trinity council is working in many of these areas with the work that we do. We bring the Blessed Sacrament to shut-ins, we feed the hungry, clothe the naked, provide help to the marginalized and the homeless. We also contribute to the Society of St. Vincent de Paul, to Chalice, to Mary's Meal, to our own Parish debt, to the Youth Group of our Parish and to the Catechism program. We also help by volunteering at many programs in our Parish.

*"All for God and for God's glory. In whatever you do, think of the glory of God as your main goal." St. John Bosco*

The Pope's Prayer Intention is for the gift of diversity in the Church: We pray that the Holy Spirit may help us to recognize the gift of different charisms within the Christian community and to discover the richness of different traditions and rituals in the Catholic Church.

Submitted by Huguette Fox

# From your Chair of Social Justice .....

I have just experienced 2 chaotic weeks with family members dealing with care-giving, fetching and drop-offs, birthdays and Chinese New Year celebrations, and most of all lots of cooking. Bet you folks never miss me!

1) Before I left Nanaimo for the mainland, I received the parcel of 200 post cards that I had ordered from the office of the Euthanasia Prevention Coalition. It is a very simple way for us to send to our Member of Parliament to ask the Canadian Government to reverse its decision to permit MAiD for mental illness patients. Thank you to Christa for bringing them to the February General meeting and thank you to everyone who filled out a card. As well, Christa has asked for another 100 cards so that we can give them out to our parishioners after Sunday masses.

2) At our January General meeting, our league sisters responded very positively to the request that I passed on from Glenda Carson, the National Chairperson of Social Justice, to support Bill S-210, which, when passed in parliament would make it an offense for organizations to allow young persons access to sexually explicit material on the internet. I have sent the list of signatures together with a note to Lisa Marie Barron, the Member of Parliament for Nanaimo, making known our stand and requesting her support.

3) I was humbled by your generosity of in response to our requests to feed the hungry, be it in the form of donations of loose change to Mary's Meal or food items to the Stone Soup Kitchen. Thank you!

## **Plan for Lent:**

As we journey together this season of Lent in preparation of the passion, death and resurrection of our Lord, let us heed the urging of the Holy Father, Pope Francis, to be social justice conscious Catholics, in our Lenten observances of "Prayer, Penance and Almsgiving".

Care of creation encompasses both Spiritual and Corporal acts of Mercy. We need to take care of our land as well as those in need: the hungry, the sick, the marginalized, the abused and forgotten.



Submitted by Francesca Cheah

# Baby Items Needed



**Baby Sweaters—Hand knit if possible**

**Sleepers (new) size 0 months to 18 months**

**Outfits, tops and pants  
(Premie) to 18 months**

**Diapers: size 4, 5 and 6**

**\$25 gift cards to Walmart or Superstore.**

**Gift Cards support our clients**



Our council is collecting baby items and cash donations for the Crossroads Pregnancy Centre. Attached is a poster with a list of items needed.

We have placed a crib in the foyer at Holy Trinity Church and you can deposit your baby items there. Envelopes containing cash or gift cards should be given to Pauline Jones or to the office for safe keeping.

If you need a tax receipt for monetary gifts, envelopes are available from Pauline Jones, from any CWL executive member or from the office. The envelopes contain a card for your information - Crossroads will mail you a tax receipt.

All cash donations and baby items will be presented to the Crossroads Pregnancy representative at the March 16<sup>th</sup> general meeting.

Thank you for your assistance in this project - it is a very worthwhile cause.

Cheers and blessings.

Pauline Jones and Huguette Fox



## Catholic Women's League of Canada

**VICTORIA DIOCESAN COUNCIL**

### **CALL TO MEETING**

*All CWL Members Welcome*

#### **LEAGUE DEVELOPMENT DAY**

**Saturday, March 2, 2024**

**Registration at 8:30am**

**Meeting Time 9:00 am to 2:45 pm**

**Eucharistic Mass at 9:00am**

**Hosted by St. Joseph the Worker Council**

**At St. Joseph the Worker**

**785 Burnside Rd**

**Victoria, BC**

We will come together for prayer, learning, friendship  
and discussion of Diocesan Council business.

#### **Guest Speakers:**

Sherray Duran, Vancouver Diocesan President - 3 Core Values

Theresa Vogel - Breaking the Stain Glass Window: Women in the Church

Lunch (Fr. Alfie's homemade soup, sandwiches, salads, ice-cream) – \$15

Please RSVP (by February 15th) to Gerry Heywood: **email** [aliendreg@hotmail.com](mailto:aliendreg@hotmail.com)

Let her know the number of your members attending and indicate if there are any dietary restrictions.



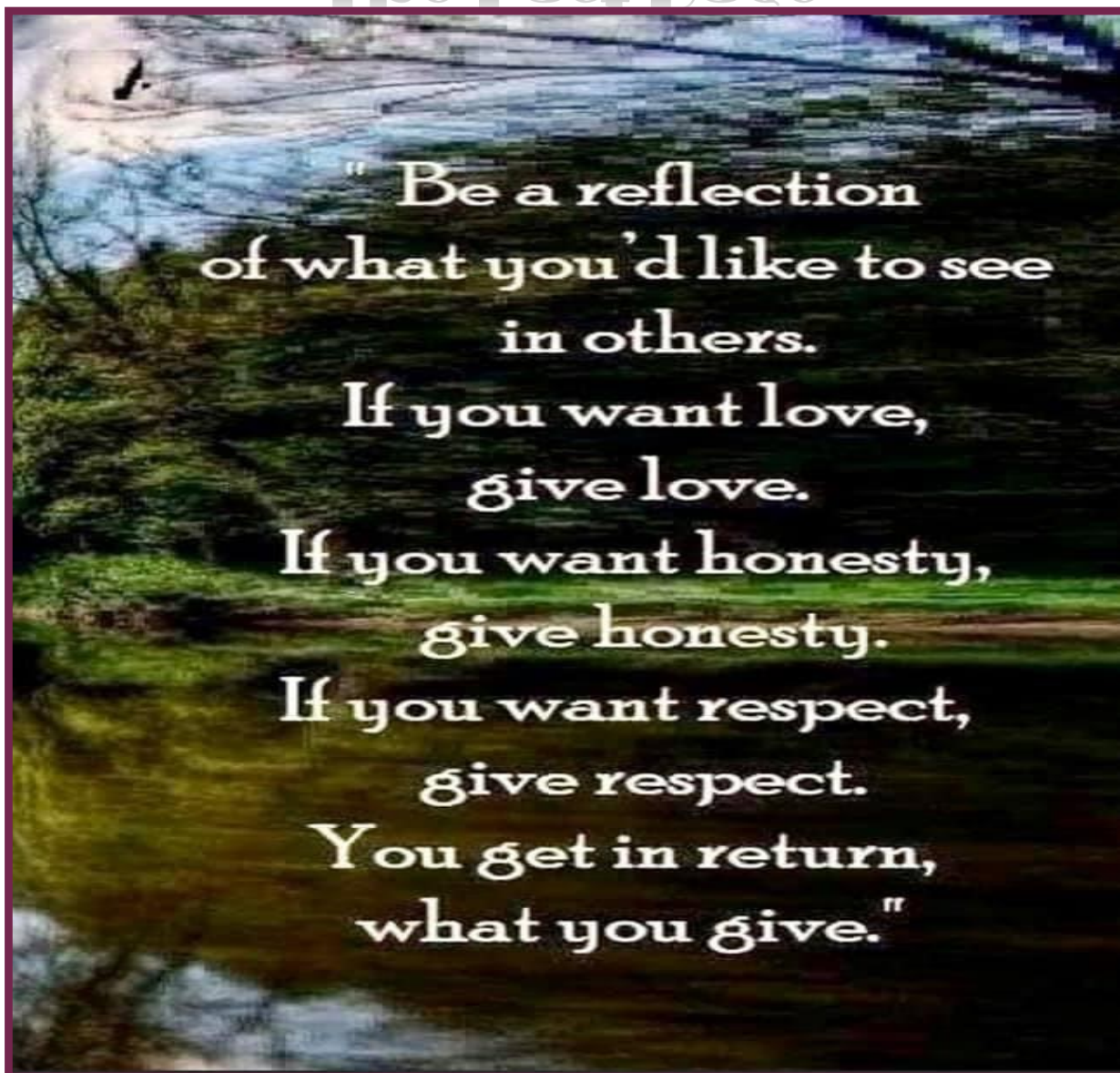
**Holy Trinity CWL**  
**USED CLOTHING FUNDRAISER**

**April 6, 2024 9 to 4**

- Start Collecting Now!
- Drop off at the Parish Gym on April 4 and 5
- All items must be clean and either on hangers or neatly folded
- We will accept Women's and Men's clothing including jackets, coats, dresses, skirts, pants, jeans, t-shirts
- Accessories including scarves, costume jewelry, purses, belts, ties
- We will NOT accept shoes, socks, underwear, bathing suits, children's clothing.

*Funds raised will help us to support our Parish and community charities.*

# 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

- League Development Day March 2 at St. Joseph the Worker Church, Victoria
- Next General Meeting is March 16 at 10 am in the New Lounge. It's the date of our Baby Shower! Guest speaker will be Noreen MacLeod from Crossroads Pregnancy Centre.
- Used Clothing Sale April 6. Start collecting items now!

