

HOLY FAMILY C.W.L.

75 Poirier Avenue, St. Albert, Alberta, T8N 6A1



NEWSLETTER OCTOBER 2015- JANUARY 2016

President's Message

Dear Sisters in the League,

Welcome Back Dear Ladies!!

Stewardship week-end was a success as we had many ladies interested in our organization. The CWL is the largest Ladies Organization in Alberta and Nationally. We accept ladies aged 16 and over and also non-Catholics as associated members. We now have over 200 members and because we have such a vibrant Catholic Girls League we are seeing these young ladies joining our CWL. We lobby government on your behalf (refugees, prostitution, euthanasia, pro-life, palliative care, seniors' issues to name a few). At Holy Family we donate our time, talents and funds to many charities. Our major fundraiser is our Christmas Craft and Bake Sale. Please help us so that we can help others.

We, the members of Holy Family CWL celebrated our 25th Anniversary with a Mass, Pin Ceremony and Gala on June 1st. Thank you ladies. Let us keep up the good work.

I WISH YOU ALL A HAPPY THANKSGIVING WITH FAMILY, FRIENDS, GOOD FOOD AND LAUGHTER AT YOUR TABLE.

As this shall be the last newsletter as your President I should like to thank all the wonderful faith-filled women whom I have had the pleasure of meeting for encouraging me and being my beautiful Sisters in the League. Yes, we are of "One Heart, One Voice and One Mission."

Blessings to All and Thank You for Your Commitment to the League.

Denise Clarke

President – Denise Clarke

President Elect-vacant

Secretary-Maureen McKenzie

Treasurer-Darlene Chrystian

Past President- Sylvia Bilsky

Standing Committees:

Spiritual Development

Sister Jean Elder

Organization & Membership

Rachel Caouette

Christian Family Life

Charlene Heavener

Community Life-Vacant

Resolutions & Legislation-Vacant

Communications

Astrid Casavant

Education & Health

Suzanne Clemens

Our Spiritual Advisor

Fr. Maurice Okolie

Mary's Hands

Cathy Horvath

Prayer Shawls

Brenda Mitchell

Funeral Lunches

Astrid Casavant, Denise Clarke

Patti Howe

Spiritual Reflection submitted by Sr. Jean Elder

As we go into the busy fall season, activities and commitments sometimes can be overwhelming. It is then that we need to step back from the ordinary routine, to reflect, relax, and become mentally and spiritually rejuvenated. There are many ways in which we can do this. Our parish is offering various events, as well as Newman Theological College and STAR of the North retreat centre. Any of these will help us to slow down and focus on what gives us peace and a deeper prayer life.

In May, 2015, Pope Francis published his encyclical letter, "Laudato Si" (Praise Be to You). These words are taken from the canticle of St. Francis of Assisi. This letter is addressed, not only to all Christians, but to all people. In it the Pope is very direct in saying what a great moral responsibility we have to care for the entire planet - people, animals and nature. Hopefully we may have the opportunity to study the encyclical in depth and detail. Pope Francis concludes with prayers for the earth.

"All-powerful God, fill us with peace, that we may live as brothers and sisters, harming no one...

Encourage us, we pray, in our struggle for justice, love and peace."

Prayer Shawls submitted by Brenda Mitchell



Since the beginning of 2007 the Prayer Shawl Ministry has steadily continued to grow. In 2008, 19 shawls were made and each following year this number has increased. In 2014, a total of 84 shawls were fashioned to bring love, prayer and comfort to anyone presented with one of these beautiful gifts. Each and every shawl adds blessing to this ministry of love. Members include ladies from 15 years of age to 91. Wonderful!

Donations received from the shawls vary as to what each person is able to share.

I have enjoyed my time serving in this Ministry, however, **I am now stepping down**. You don't have to know how to knit to look after this Ministry however it is necessary to be able to keep our simple books up to date and to purchase and replenish supplies.

Please consider donating your time to keep this very worthwhile Ministry in our Council.



Elections for new Executive members on our Council!

At our **October 5th** general meeting, you will have the opportunity to **nominate** members for various positions on our Council Executive. Nomination forms will be available for you to fill out as well as members' names and the details of each standing committee. I strongly encourage members who have never served on the Executive to consider letting their name stand for one of these positions. This is a rewarding experience to learn more about the Catholic Women's League and it's also a nice way to get to know many ladies in our Council and in our Parish!

If you and another member would like to share a position on the Executive, that would be very acceptable as well. Maybe you have a particular interest in one of the committee areas or positions. This would be your opportunity to share your talents with members of our Council. I know we have many talented ladies in our Council who would be fantastic Executive members!

So please consider letting your name stand for a position. If you know already that you would like to be a member of the Executive for the next two years, please tell a member to nominate you! **The deadline date for us to receive nominations is October 19th, 2015.**

The following positions are open for nomination:

President, President- elect, Vice President, Secretary, and Treasurer.

Denise Clarke will serve as Past President.

The standing committees are: Spiritual Development, Organization, Christian Family Life, Community Life, Education and Health, Communications, Resolutions and Legislation.

Standing committee chairpersons are usually decided at the first new Executive meeting in December/January. A list of all members of our council has been included for possible nomination, as well as position duties and a nomination form, which should be printed and forwarded to Sylvia.

We just celebrated our 25th anniversary in June as a Council. We need to continue this great legacy at Holy Family Parish! I look forward to an exciting and fulfilling nomination meeting on Monday, Oct. 5th.

STANDING COMMITTEES-from the Catholic Women's League of Canada
Constitutions & Bylaws, 2006, pages 22 - 25.

Article 1.

The standing committees shall be:

(1) Spiritual Development

- (a) spiritual growth of members
- (b) study of Catholic teachings
- (c) role of women in the church
- (d) evangelization and mission assistance
- (e) lay ministries
- (f) ecumenism and interfaith endeavours

(2) Organization

- (a) recruit members and maintain membership
- (b) leadership development
- (c) League resource material
- (d) annual reports
- (e) life membership

(3) Christian Family Life

- (a) marriage and family
- (b) sanctity of life
- (c) ministry to:
 - (i) youth
 - (ii) disabled
 - (iii) seniors
 - (iv) widowed
 - (v) separated
 - (vi) divorced
- (d) vocations

(4) Community Life

- (a) dignity and rights of persons
- (b) social and economic justice
- (c) refugees, immigration and citizenship
- (d) Canadian Catholic Organization for Development and Peace (CCODP)
- (e) developing countries

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5) Education and Health

- (a) Catholic education
 - (i) Catholic schools and catechesis
 - (ii) Rites of Christian Initiation
- (b) literacy and continuing education
- (c) scholarships and bursaries
- (d) wellness and sickness/disease
- (e) environment
- (f) genetics

6) Communications

- (a) *The Canadian League* magazine
- (b) media:
 - (i) for evangelization
 - (ii) to promote the League
 - (iii) evaluation and promotion of good content
 - (iv) newsletters and bulletins
- (c) media relations
pornography

(7) Resolutions

- (a) research and preparation of resolutions and briefs
- (b) study and implementation of resolutions passed by other levels
- (c) at provincial and national levels, presentation of resolutions to government

(8) Legislation

- (a) monitor and study legislation at all levels of government
- (b) preparation of briefs and position papers on proposed legislation

(9) Parish Activities (parish level only)

- (a) liaison and cooperation with pastoral councils
- (b) parish assistance

THE CATHOLIC WOMEN'S LEAGUE
OF CANADA

NOMINATION FORM
[C&B, Parts XI, XIII, XVI]

Name of Council: Holy Family, St. Albert

Nominee's name and office for which nominated

Residence

President
(automatic with president-elect)

President-elect

1st Vice-President

2nd Vice-President
(optional at parish/diocesan/provincial)

*Recording Secretary

*Corresponding Secretary

Treasurer

*these two offices may be combined

not needed.

Chairpersons of Standing Committees (as many as required)

Residence

Chairperson

Chairperson

Chairperson

Chairperson

Chairperson

Chairperson

Chairperson
(at parish level)

not needed.

Signature of acting chairperson ¹

Date

Please return to Sylvia Bilsky on or before October 19, 2015

Address 780-459-8296

¹ Please note: If any member present has allowed her name to stand for nomination, including the council president, she should leave the room and allow the president-elect or another designate to conduct the nominations process, and complete, sign and mail the form in confidence.

* Your form may be put in our CWL mailbox located on the left side after the entrance⁽²⁰¹⁴⁾ doors. Please use the envelope provided in the mailbox. Thank you.

Education and Health

submitted by Suzanne Clemens

October is Breast Cancer Awareness Month

November is Diabetes Awareness Month

December Advent Season

January is Alzheimer Awareness Month

CWL Scholarship Fund –

The Scholarship Committee reviewed four application forms and after a lengthy deliberation, a winner was selected and their name will be announced at St. Albert Parish Awards Ceremony on October 1st. The recipient attends Ecole Secondaire Sainte Margurite D' Youville School. Applicant chosen to receive the \$500 scholarship will be named after the formal ceremony in October at our CWL Meeting.

Health Corner:

5 Tips on How to Boost Your Energy

1. Get Moving; go for a 10 minute walk
2. Watch funny cats or dogs videos on YouTube. A good laugh raises your blood pressure and boosts heart rate, too, which can pump you up when you're feeling sluggish.
3. Do some stretches for 5-10 minutes. Stretching stimulates the sympathetic nervous system and gives you a boost of energy.
4. Take a Power Nap - Research has shown that both information overload and pushing our brains too hard can zap energy. But studies by the National Institutes of [Mental Health](#) found that a 60-minute "power nap" can not only reverse the mind-numbing effects of information overload, it may also help us to better retain what we have learned.
5. Don't Skip [Breakfast](#) -- or Any Other Meal. 'Studies show that folks who eat breakfast report being in a better mood, and have more energy throughout the day,'.

Lunches following funerals

Speaking with families regarding the preparation of lunch following the funeral of loved one is a very stressful time. We speak about the menu, and those who have attended a CWL catered lunch always say they must have our egg salad sandwiches! That filling is the sole responsibility of Kathy Fitzpatrick. She makes the tastiest filling in the diocese, so we are told, by many. Kathy is very particular about the texture and no one alters her ingredients, except for the lucky who get to sample for more salt or not! It comes down to the perfectly cooked hard boiled eggs, not overdone with dark rings, and not too rubbery.

The following is the Canadian Egg Farmers Get Cracking recipe for the perfect hardboiled egg.

Place eggs in a single layer in the pot and cover with at least 1" of cold water. Cover with lid.

Over high heat, bring eggs to a rolling boil.

Remove from heat and let stand in water for 18-23 minutes. 18 min for medium size eggs, 23 mins for large eggs.

Drain immediately and run cold water over eggs until cooled. Rapid cooling helps prevent a green ring from forming around the yolks.

To peel, crackle the shell then roll egg between your hands, start peeling at the large end holding the egg under cold running water.

Christian Family Life submitted by Charlene Heavener

Western Catholic youth conference to be held in Red Deer in Oct 2015 - don't have any per details- prayers for the youth are always welcome

The needed items for the refugee kits to be collected at our Advent Dinner Items would include:

- Re-useable shopping bag
- personal size shampoo, toothpaste+toothbrush, soap and washcloth, bath towels, deodorant, lotion, feminine hygiene products, comb, brush, children' colouring book, crayons, small toy for boy or girl, pocket size calendar, cash is always appreciated

Continued prayers for our adopted seminarians - Adam Rieger and Roger Niedzielski.

40 days for Life- prayers at the church or at the Back Porch



CWL Christmas Craft & Bake Sale

Saturday, November 14th, 2015

10:00 a.m. - 3:00 p.m.

Our Christmas Craft & Bake Sale is fast approaching and I would like to share some details with our members.

Main raffle tickets

We have printed 1500 tickets this year and will be selling these after the 9:00 a.m. and 11:00 a.m. Masses at the pancake breakfast on October 3rd and 4th, and after Masses starting the weekend of October 17th and 18th. I will have sign-up sheets at the October general meeting for any members who can help sell tickets after the weekend Masses. I invite members to take books of tickets to sell to family and friends. Please contact Adrienne Kramps – 780-459-6985 for this.

Tickets are \$2 each, and 10 tickets to a book.

Our main raffle prizes are:

1st prize: two tickets to the Mayfield Dinner Theatre and a \$150.00 gift card towards a one night stay at the Double Tree by Hilton Hotel (next door to the Mayfield Dinner Theatre).

Value: \$350.00

2nd prize: a prepaid Master Card for shopping at West Edmonton Mall. Value: \$200.00

3rd prize: Sorrentino's Restaurant gift card. Value: \$100.00

Tourtieres

We will be making 200 tourtieres this year as they are always in demand and we usually sell out very quickly!

Rosaleen McEvoy will coordinate the first group on the following dates:

Friday, October 23rd, 6:00p.m. – 9:00 p.m. – cooking the meat and making the pie dough **6 helpers needed**

Saturday, October 24th, 9:30a.m. – 1:00 p.m. – assembling the pies – **6 helpers needed**

Denise Clarke and Patti Howe will coordinate the second group on the following dates:

Friday, October 30th, 6:00p.m. – 9:00 p.m. – cooking the meat and making the pie dough

6 helpers needed

Saturday, October 31st, 9:30 a.m. – 1:00 p.m. – assembling the pies – 6 helpers needed

Please mark your calendars if you can help at either or both of these events. Sign-up sheets will be at the October general meeting.

We are excited about trying something different this year for our bake tables!

We will be making a greater number of a variety of tarts and cookies instead of apple pies. There was a great demand for the tarts last year and they too sold out before the end of the Sale.

I will coordinate our Christmas Craft & Bake Sale this year. I already have 16 vendors coming and will be asking for helpers to assist at our various tables and café. I want to thank all of you in advance for being so generous with your time to help make our Christmas Craft & Bake Sale a huge success, as this is our major fundraiser to continue to support our various charities.

Sylvia Bilsky

Advent Dinner

As always our council's Advent Dinner will be held the first Monday in December 7th . At this time we do not have a price on the dinner ticket. When tickets are available, you will be emailed with the information. The Advent Dinner is open to members and spouses/guests and as we do every year, donations for the refugee bags is welcome, as well as cash. The new executive of our council will be introduced that evening as well. And last but not least, a draw for a beautiful Christmas wreath will take place of all the members who have paid their 2016 dues prior to or at the dinner. Please renew your membership by calling Rachel at 780-459-6409.

Holy Family Calendar

November

November 2	General Meeting and Elections
November 13	Set up in the evening for Craft & Bake Sale
November 14	Craft & Bake Sale remember to donate baking

December

December 7	Advent Dinner, Introduction of new Executive
December 25 th	Christmas Day

January

January 4	General Meeting
January 16 & 17	Membership Drive after all Masses
January 30 th	Midwinter Diocesan Meeting St. Albert Parish

Mary's Hands

Cards and notes are sent to members for many occasions. Make sure we know about these occasions and keep your information up to date with Denise Clarke so we don't forget to remember your special date. We would also like to hear about members who are ill and need our prayers so that they may be remembered in a special way.