



St. John Bosco Council

Catholic Women's League

May, Volume 16, Issue 5

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President's Message

The weather is warming up and it is truly feeling like spring is (finally) here as we welcome May. Spring is when we start thinking about cleaning out some clutter and planting new seeds – let's consider doing that metaphorically as well as physically. Let's clean our hearts and minds of the unnecessary, and re-commit to our devotion to our Lord.

Thank you to all of our members that were able to make it to our wonderful spiritual ceremony in April, welcoming the official installment of our new executive, the recognition of our new members, Reena, Veera, Nasu, Monica and Manuelita, as well as our deserving members reaching milestone years of service this year. Our council is truly blessed to have such a devoted and growing membership.

Our membership drive in April was met with a significant amount of success; it was so exciting to have so many women in our church interested and excited to learn more about the Catholic Women's League and our council. I would like to personally extend a thank you to each of you for your part in representing our council and recruiting new members.

May is filled with our beautiful devotions to Mary and meditations on the rosary and giving thanks to our precious mothers both here on earth still and awaiting us in heaven. Let us continually remember what is possible when we continue to say "yes" to God, as Mary did.

Happy Mothers' Day

Brooke, Alexandra, Joyce, Cecilia, Nicole, Shelly, Sophia, Fay, Mariama, Coleen, and Kathy

Spiritual Reflection

All-loving God, we give you thanks and praise for all mothers

We pray for young mothers, who give life and count toes and tend to our every need; May they be blessed with patience and tenderness to care for their families and themselves with great joy.

We pray for our own mothers who have nurtured and cared for us; May they continue to guide us in strong and gentle ways.

We remember mothers who are separated from their children because of war, poverty, or conflict; May they feel the loving embrace of our God who wipes every tear away.

We pray for women who are not mothers but still love and shape us with motherly care and compassion.

We remember mothers, grandmothers, and great-grandmothers who are no longer with us but who live forever in our memory and nourish us with their love. Amen

Prayer Circle

Prayers for the Humbolt Broncos Hockey Association, the families, friends and the entire community as they come to terms with the tragic passing of the young men, coaches and hockey personnel

Germaine for prayer for healing as she has surgery

Dan Popadnetz - Health healing and comfort

JP Middleton - serious accident, paralyzed from the waist down and for his wife (who will be delivering their second child in May) and family

Kathy Walsh - healing and strength and strength for her family

Deborah Horn strength, hope healing and peace

Carolyn Labby - health healing and strength

Dan Popadnetz - health, healing and for his family for comfort and strength

Joyce Labelle -health healing and comfort

Carol Irwin - Health healing and comfort

Maria Cszasz - health healing and comfort

Gassimu Nallo - health healing and comfort

Nicole Lyndberg - health healing and comfort

Semyrao family - comfort and strength

Frances Painchouz - Health healing and comfort

Amelia Hinn - health healing and comfort

Ed Piperno - health healing and comfort

Glenda Ell - health healing and comfort

Robert Barabash - Health healing and comfort

Kirsten Gagnon for guidance, wisdom and encouragement

John Ruzycki - health healing and strength

Marg Danko - health healing and strength

+Repose of Soul

+Don MacDonald and comfort strength and courage for his wife, Elaine and the family

+Christine and comfort and love to Greg Gelasco (his sister) and family at this difficult time.

+Brian Galick and Comfort and strength for Jaclyn and family

+Christopher Durante and comfort strength and healing for Deb and Frank Durante, Margaret Stumborg and family

+Owen Moore and comfort, strength and peace of mind for Mae, Cheryl Kern and family and Gregory Moore and family

+ For those who lost their lives in the Toronto tragedy and comfort strength and peace of mind for their friends and family.

If you have a Prayer Circle request, please contact Maeve Crothers at maeve.crow@gmail.com or by phone @ 780-473-1355.

Card Ministry

Hello CWL Sisters,

The Card Ministry has been busy offering service by sending a Card to those in need.

A total of 15 Cards were sent in April as of April 29th

*Birthday Cards to CWL Sisters in Christ. 8 CWL Sisters & 1 Father Raja

*Encouragement in Coping Situations. 3

*Get Well following Surgery. 2

*Thinking of You, time of Illness or Uncertainty. 0

*Sympathy. 1

*Thank You Cards. 0

*Miscellaneous.

Thank you, Sisters for contacting the Card Ministry for all who would be comforted or strengthened by a Card holding them up in Prayer, expressing Caring, Hope, Sympathy, Thanks and Love.

God Bless you for your support of our heartwarming and meaningful Ministry.

God Bless your Day,

Kathy S. 780-473-7860

780-975-6701

tastetestqueen@shaw.ca

Upcoming Events

- **May 12 – First Eucharistic Celebration**
- **May 12 – K of C Mother's Day dinner**
- **May 16 – CWL Monthly meeting**
- **May 24-27 – K of C Garage Sale**
- **June 1-3 – CWL Provincial Convention – Okotoks, AB**
- **June 20 – CWL Year End Social**

Birthdays

I said a birthday prayer for you today; I wanted you to know that I asked the Lord to bless you so your faith will always grow. I prayed for you to feel His love at the start of each new day and to share His love with everyone you meet along the way.

Happy Birthday wishes to our CWL Sisters who are celebrating a birthday in:

May

Juliette Brulotte – May 11

Jody Zenko – May 20

Karen Hannah-Masse – May 21

Julianna Blackburn – May 25



May God Bless you on your very special day with Love, Joy and Happiness.

Bouquet of Thanks

Bake Sale

A very special thank you to Alexandra Stansky for organizing and running our bake sale this past weekend, as well as all of our members who contributed their time and baked goods to make this event successful. We still have quite a few bags of perogies available for sale. Please contact Brooke or Alexandra if you want to buy perogies.

Perogy Bee

Thank you to Rosie Ness (buying all of the supplies and offering her kitchen to make these perogies), Phyllis, Eugenia, Joyce, Barb, Beverly and Darlene and also to Philomena, Olive and Kathy Schuster for packaging.

Education

Gratitude on the Feast of St. Joseph the Worker

At the workbench where he plied his trade together with Jesus, Joseph brought human work closer to the mystery of the Redemption... "St. Joseph is the model of those humble ones that Christianity raises up to great destinies...he is the proof that in order to be a good and genuine follower of Christ, there is no need of great things-it is enough to have the common, simple and human virtues, but they need to be true and authentic."

(Pope John Paul II, *Redemptoris Custos*, 22, 24)

Catholic education week is May 6 to the 11th. World Catholic education day is Thursday, May 10. On May 1 the Catholic school board ask all Catholic schools to celebrate the liturgy of gratitude that is provided. This will give us a sense of unity and solidarity knowing that we are all praying and giving thanks for Catholic education, in the name of Jesus Christ. Everyone is encouraged to wear blue on the 10th and show solidarity for Catholic education.

St. Bonaventure Lunch Program

St. Bonaventure School – Healthy Hunger Lunch – May 30

Our council has been asked to participate in St. Bonaventure lunch program – “Healthy Hunger Lunch” which will be held on Wednesday, May 30. The menu is grilled ham and cheese sandwich with a cup of soup. The school has not given all the particulars but if you are available to help – will start at 8:30 a.m., as the lunch needs to be to the school by 11:30 a.m., please contact Brooke – brooke@esaf.ca or Joyce bjlabelle@shaw.ca or 780 475 5886. Many hands make light work.

March For Life

March for Life is a peaceful, quiet, public statement in support of the dignity of life in the form of a march through downtown Edmonton from the Legislature Building to Sir Winston Churchill Square and return. It is a visible sign of our faith, heritage and commitment to life from conception to natural death. The 11th Annual March for Life will be held on Thursday, May 10th, 2018. There will be a Pro-Life Mass at St. Joseph Basilica (10044 – 113 St. NW) at 10:00am followed by a pre-march rally at the Alberta Legislature at 12 noon and the March itself will begin at 1:15pm led by the Knights of Columbus.

The March for Life is in need of funds for insurance, the cost of the City Permit and Police escorts, advertising, postage and other administrative expenses. In addition, the March for Life asks for our prayers in support of this life affirming event.

Health

This year there have been numerous reports of illness and even death from food borne pathogens and notices of recalls of foods. Bacteria such as e coli, salmonella and listeria have caused serious illness and even resulted in death. E coli infections have caused hospitalizations and have killed one person recently in our city. How does this happen, how can we prevent this, what are the symptoms and how are e coli infections treated?

E coli naturally occurs in the intestines of cattle, goats and sheep and can be spread through contact with infected persons, animals or contaminated surfaces, foods or liquids. E coli infections can result from:

- Eating raw or undercooked beef, especially ground beef; raw milk cheeses; contaminated raw fruits and vegetables such as leafy greens or sprouts
- Drinking untreated water, unpasteurized juices, unpasteurized milk
- Mishandling or undercooking food that has been contaminated with e coli
- Coming into contact with the feces of infected animals or people who may be infected with the bacteria without showing signs of illness – the infectious stage of e coli is from 1 to 3 weeks.

Water can be contaminated with e coli through runoff of rainwater from areas where cattle, goats and sheep are kept and if this water is used for irrigation it can contaminate fruits and vegetables.

You can protect yourself and your family from e coli, salmonella and other such bacteria by following general food safety practices such as:

- Thorough washing of hands and food preparation surfaces and equipment
- Cooking food to a safe internal temperature (most food thermometers will either come with a chart for safe temperatures or will have these temperatures right on the thermometer)
- Washing raw fruits and vegetables thoroughly before eating
- Drinking water from a safe supply or if there is no safe supply drinking bottled water or water that has been boiled for 5 minutes
- Keeping pets away from food storage and preparation areas. Just because your pet looks healthy it does not mean that they do not carry the bacteria in their gut.

Symptoms of an e coli infection appear within 1 – 10 days after exposure and generally include one or more of the following:

- nausea
- vomiting
- headache
- mild fever
- severe stomach cramps
- watery or bloody diarrhea

Most symptoms end within 5 to 10 days. While most people recover completely on their own, some people may have a more serious illness that may cause kidney damage and will require hospital care. For this reason, always see your family physician if you suspect you may have an e coli infection.

Introducing:

Shelly Barabash - Treasurer

Dearest Sisters in the League, for those of you who don't know me, and even for those of you who do, my name is Shelly Barabash and I am honoured to be the treasurer of our council. Over the past 18 years that I have been a member, I have also served as the president elect, president and past president of our council and I also served 2 years as secretary for the Edmonton Diocesan Council. I was a leader of the Catholic Girls League here at our parish at one point and was a founding member of the Bizarre Women's Group that was formed years ago to aid the CWL in recruiting and retaining younger and new members. In our parish I also serve as a lector and I am currently the treasurer for my daughter's soccer team as well as the secretary for the parent council at St. Vladimir School. I was born and raised in Edmonton but spent 2 years in Red Deer going to college, where I graduated with a diploma in Kinesiology, with a major in coaching and a minor in adapted physical education. I joined the Church in 2000 and was married at St. John Bosco that same year. My husband Kevin and I have 3 daughters aged 16, 12, and 9. We own a sign manufacturing and installation business and just celebrated the 10th anniversary of our company! I love camping, scrapbooking, dining out and travelling. I look forward to working together with all of you as we serve God's people and one another. God bless each of you and your families.

Membership

If you want to renew your membership, place membership dues in an envelope along with the completed renewal form below, label CWL Membership and drop this off at the church office or place it in the church mailbox.

2018 CWL MEMBERSHIP APPLICATION/RENEWAL FORM (\$25.00)

Name: _____ Address: _____

City/Prov.: _____ P.C. _____ Phone#: _____

Renewal: _____ New to CWL: _____ Transfer: _____ Birthday: _____

Cheque: _____ or Cash: _____

E-mail: _____

To Mom

For as long as I can remember
you have been by my side
to give me support
to give me confidence
to give me help

For as long as I can remember
you have always been the person I looked up to
so strong
so sensitive
so pretty

For as long as I can remember
and still today
you are everything a mother should be

For as long as I can remember
you have always provided stability within our family
full of laughter
full of tears
full of love

So much of what I have become
is because of you
and I want you to know
that I appreciate you, thank you
and love you
more than words can express

Susan Polis Schutz



**Spirit of the Living God,
open our hearts and minds to experience the unconditional love of God.
Empower us with the gifts of Your Spirit,
so that we may respond to God's call in joyful service.
Inspire and bless the members of the Catholic Women's League
so that the fruits of Your Spirit may be evidences in all that we say and do.
Amen**

And so, inspired by the Spirit, women respond to God's call, empowered by the gifts of the Spirit, invited to bear fruit. We are challenged in our councils to be loving, joyful women who work patiently for people, whose kindness and goodness touch the lives of all we encounter, who are faithful to the Gospel message and live lives of humility and self-control.

And we do it in joy!!