



*St. John Bosco Council*

# **Catholic Women's League**

*March, Volume 16, Issue 3*

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## **President's Message**

Hello my Sisters in Christ

As we continue our Lenten journey through the month of March, I have spent a lot of time reflecting (and researching) ways to celebrate lent. What I found was a list of instructions on what to do and what not to do, which did not bring to mind much of a celebration. Of course, we all understand the steps of fasting, abstinence, alms-giving, prayer, and so on; however, sometimes I find that the beauty of the season of lent can be lost in the steps.

Lent is beautiful! In purifying our bodies and minds, we aspire to reach closer understanding and one-ness with our lord, Jesus. In fasting and giving up our excesses and vanities, we achieve a solidarity and understanding with people who have less. In alms-giving, in addition to fulfilling physical needs, we also gain the ability to help them see the benefit of fulfilling spiritual needs. In prayer, we open our hearts further to the message that God is giving us, thanking him for both our gifts and our challenges, and allowing ourselves to see the path he has for us. There is so much beauty in these actions, it is simply amazing, and leaves me awe-filled.

When I talk about lent with some of my non-Catholic friends, I often get asked, "What are you giving up?", I have started responding with what I am gaining instead.

My prayers for you, too, is that your Lenten journey is equally filled with gifts from the Lord.

Blessings to you,

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

## **Spiritual Reflection**

Lent is like a long 'retreat' during which we can turn back into ourselves and listen to the voice of God, in order to defeat the temptations of the Evil One. It is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our Baptism."

POPE BENEDICT XVI

"Bless those who curse you, and pray for your enemies, and fast for those who persecute you." DIDACHE

"Whoever wishes to be my follower must deny his very self, take up his cross each day, and follow in my steps." LUKE 9:23

## Prayer Circle

+Barry Billet - Repose of Soul and comfort and peace for his wife Linda and Son Matthew  
+Jill - Repose of Soul and strength, comfort and peace to her parents, Clarence and Christine and family  
+ Mikael Lehmann - Repose of Soul and comfort and peace for Jolene, his wife and his family  
+ 17 victims (shot at the High School) at Parkland, Florida, praying for the repose of their soul  
Josie Mitchell - for healing and comfort cancer surgery last week  
Francis Lajeunesse - peace of mind, strength and comfort  
Elisha - healing, health, comfort and peace of mind and strength for her husband and family  
RCIA Candidates - praying for the 4 candidates as they continue their journey of faith  
Comfort, strength, love and peace for these families at this very difficult time.  
Back Porch - prayers for Save A Life  
Peace in Syria  
Our youth for guidance  
Fay Henry - strength and peace of mind  
Alexandra Stansky - healing and peace of mind  
Nathan Lymburner - for guidance  
Sabine (Edna's grandson's girlfriend) healing strength and peace of mind in her journey with Cancer and  
Comfort and strength for her family and boyfriend  
Jennifer Rainey's daughter in law in Ireland (Maeve's cousin) health healing and peace of mind in her journey  
with cancer and comfort and strength for her family  
Samantha - for health and guidance  
Lisa-Maria - for strength and guidance  
Nichole McCloud and Desi Fuhr for health, strength and peace of mind while awaiting the birth of their child,  
God grant her comfort to get through these coming months  
Lucien Guindon - health and healing for his eyes as he awaits surgery

If you have a Prayer Circle request, please contact Maeve Crothers at [maeve.crow@gmail.com](mailto: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.

- Birthday Cards are sent to CWL Sisters in Christ.
- Thank You Cards, Encouragement, Thinking of You, Get Well and Sympathy Cards
- Christmas Cards to our housebound Sisters in Christ.

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.

Thank you, Sisters 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

- **March 2, 2018 – 7:00 p.m. – World Day of Prayer, St. Edmund’s Parish - 13120 - 116 Street**
- **March 7, 2018 – 7:00 p.m. – Executive Meeting**
- **March 21, 2018 – 7:00 p.m. – General Meeting**
- **March 26, 2018 - 7:00 p.m. – Parish Penitential Service**
- **March 29, 2018 – 7:00 p.m. – Holy Thursday Mass**
- **March 30, 2018 – 3:00 p.m. – Good Friday Mass**
- **March 31, 2018 – 9:00 p.m. – Easter Vigil Mass**
- **April 20-22, 2108 – Edmonton Diocese CWL Convention – Fort Saskatchewan**

## 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:

### March

Estelle Comeau – March 5  
Janelle Lemay – March 6  
Nicole Lymburner – March 21  
Jackie Scott – March 22  
Shelley Barabash – March 25  
Lorraine Miller – March 27  
Marlene Hearn – March 28  
Dolores Pigarowa – March 31  
Kathy Schuster – March 31



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

## Bouquet of Thanks

### Shrove Tuesday pancakes for St. Bonaventure School:

Thank you to our sisters Philomena Wong, Eugenia Seiben, Susan Rengasamy and Manuelita Ikehara, as well as our K of C Brothers Ed Seiben and Martin Westley for working to prepare the pancakes. Thank you to Rosie Ness for the loan of two warmers for this project, and to the K of C for their pancake preparation tools and supplies.

## Health

Many of us use or depend on various devices to help us deal with physical and health problems. Devices like blood sugar meters, home blood pressure machines, TENS machines (Dr. Ho’s, etc.), CPAP machines and many other devices help us look after our health and medical conditions. Any device that is used in the treatment, mitigation, diagnosis or prevention of a disease or abnormal condition must be approved and authorized by Health Canada. Health Canada reviews medical devices to assess their safety, effectiveness and quality. You can find information about medical devices and the procedures used to assess them on the Health Canada website under Drugs and Health Products. Also available on this site is information about nanotechnology-based health products and food. There is also a section with complete listings of advisories, warnings and recalls.

## Introducing:

### **Brooke Hayes – President**

It has been my pleasure to learn a little more about all of you since I have joined the CWL. I have been able to share a few pieces of my story with you, and have learned a little about you, too. Here is a little more information!

I am a proud mother and wife, my husband Shane and I have two beautiful children together, our son Grayson is 18 and in university at Grant MacEwan, and our daughter, Eleanor, is 9 and in grade 4 at St. Maria Goretti. I work full time at Edmonton Soccer Association as Operations Manager (as you may see on my emails sometimes); I have been there for 10 years.

I was not raised in the Catholic faith; my dad's family is Mennonite, and my mother's is Anglican. In 2012, our whole family started the RCIA and RCIC process, I was baptized, confirmed, and received my first communion in April of 2013. In October of 2013, Shane and I joined Deacon Jose in teaching the RCIA program. I joined the CWL in October of 2015 after an invitation by both Joyce Labelle and Barb O'Conner. My CWL experience over the last 2 and a half years has been amazing; our sisters are continually uplifting and encouraging. As a new Catholic, I am always appreciative of the opportunity to learn. Some of the rituals and practices are still quite new to me, and I appreciate when all of our sisters take the time to provide explanation and history for me.

I look forward to the next two years' serving as your president and getting to know each of you a little better.

### **Alexandra Stansky – President Elect**

Hello, my name is Alexandra Stansky and I have been elected as your CWL President Elect. Here's a little about me:

I am the daughter of Nicole Stansky (a past treasurer of this council's CWL) and the granddaughter of Bernice Desaulniers (a past four-time president of CWL, three air force bases and Assumption Parish in Edmonton). That gives me the drive to continue in their footsteps.

I graduated from Grant MacEwan in June of 2017 from the Legal Assistant Program. I now currently work for Alberta Justice at the Edmonton Law Courts as a Queen's Bench Judicial Clerk. I just became a permanent employee and love my new role of clerking in Court. Law has always been my passion.

I have a lot of the same qualities as my nana, Bernice. I am determined, motivated and willing to learn. I am very excited to be your President Elect and I hope to make you all proud. Thank you.

## **Society of St. Vincent De Paul**

St Vincent de Paul, All Saints' Conference of is a Catholic lay organization that assists the poor with food, housewares, furniture, and clothing. Our mission is to live the Gospel message by serving Christ in the poor with love, respect, justice and joy. Our members thank the CWL for their generous financial contribution to our conference for the last several years. With this money we purchased items in short supply such as hand towels, tea towels, can openers, pots and pans. Our Clothing Room is always in need of gently used men's jeans (30 to 34-inch waist), underwear, socks, long johns, t-shirts and winter jackets. Presently we need volunteers to help with Food Hampers at St John Bosco Hall on Tuesday mornings and in the Clothing Room or Housewares area at the Distribution Centre on weekdays. Volunteer time could be 2 to 3 hours a month or more often if your time permits. If you have gently used furniture or housewares to donate, please email [ssvpdonations@gmail.com](mailto:ssvpdonations@gmail.com) to have your donations picked up. Food items always in need include: canned vegetables, canned fruit, canned meat, salmon, tuna, juice, cereal, peanut butter – almost everything except for Kraft or other macaroni & cheese as we have lots of this. If you wish to volunteer or have any questions, please contact Marlene by email at [pres.allsaints@gmail.com](mailto:pres.allsaints@gmail.com) or 780-478-8325 or contact Susan at 780-489- 489-2453.

## Lenten Thoughts

Embrace each day with joy  
Give thanks for gift of life;  
Living in borrowed time  
In simple joy, delight.

Beauty is everywhere  
If we but dare to look  
Within ourselves, others  
Or sound of nature's brook.

Blooming flowers, bird's songs  
In warmth of sun-filled day,  
Kind words and warm smile  
Laughter in children's play.

We are all sojourners  
And life is but fleeting,  
Long after we are gone  
Bad or good deeds remain.

For we are truly dust  
To dust we shall return,  
Power, riches, and fame  
We leave after sojourn.

So resurrected Lord  
In Your divine wisdom,  
Guide us simple mortals  
Right path to Your kingdom.

by *Victor P. Gendrano*



**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!!**