

Catholic Women's League Newsletter

Executive:

President:

Nancy Yatscoff

Organization:

Maureen Maynard

Treasurer:

Yvonne Fummerton

Secretary:

Kari Pederson

Past President:

Clover Oryschak

Spiritual:

Tere Rubio

Christian Family Life:

Joyce Mallett

Community Life:

Jaya Scaria

Education & Health:

Lauren Bolster

Communications:

Cecilia Bittner

Resolutions and Legislation

Jan Dunnigan

Spiritual Advisor:

Fr. Andrew Bogdanowicz



Websites

National:

www.cwl.ca

Provincial:

www.cwl.ab.ca

Edmonton:

www.edmontoncwl.org

Check the website on the 15th of each month for the League's monthly E-newsletter, Be League.



Mission Statement

The Catholic Women's League of Canada is a national organization rooted in gospel values calling its members to holiness through service to the People of God.

President's Message

Spring has been a long time coming this year and just when we thought winter was done, we got more cold weather! It can be discouraging at times, but I am reminded to "In everything give thanks" I do enjoy the longer days of sunlight which certainly has the power to lighten my mood. Listening to the birds that have returned is a pleasure as well as seeing the plants, flowers and even dandelions make their way out of the earth, I have a real appreciation for the renewal of the earth, I love Psalm 19 which is also a song "The heavens are telling the glory of God and the firmament proclaims His handiwork".

Spring and summer are times of renewal for us physically as well. We like to get outside more and into the garden or walk, hike, golf, hike, go to the lake and play with our families, to see new places or just to enjoy some well deserved rest. In my family it is a spring and summer of celebrations with a baptism, a graduation and two weddings to look forward to.

The season of Easter culminates at Pentecost and the coming of the Holy Spirit. He comes upon us to guide us in our actions. The gifts of the Holy Spirit are wisdom, knowledge, piety, understanding, counsel, fortitude and fear of the Lord, meaning the fear of losing our Lord by our sinfulness. The Holy Spirit lives in us wholly and completely and he will form us into His vessel of grace if we work with Him and FOR others. Taking part in the Pentecost Vigil which is part of St. Thomas More's annual calendar may be one way to start the renewal process. Getting and keeping active in the CWL with the many opportunities it offers is a way of putting the gifts of the Holy Spirit into practice.

May all our families enjoy the many temporal and spiritual gifts over the spring and summer months and come back refreshed and renewed when we meet in September. God Bless.

Yours Sister in Christ,

Nancy Yatscoff

Please consider promoting our CWL by wearing our scarves and pins while doing other ministries



Happy Birthday to the following members:

June

- 5th Mary Radostits
- 7th Yvonne Fummerton
- 11th Lucie Ray
- 12th Joyce Mallett, Maureen Gouveia, Melanie Grant. & Carmen Quinlan
- 23rd Claire Citulsky

July

- 3rd Sandra Locke
- 10th Maureen Bertrand
- 12th Dorothy Johansen & Sylvia Wenzel
- 15th Elsie Chomey
- 17th Marilyn Kerr
- 21st Anne Perin-Serediak
- 23rd Rosaline Link
- 25th Jacky Beriault & Catherine Dechaine

August

- 7th Jacqueline Blansjarr
- 8th Joyce Makarowski
- 10th Clover Oryschak
- 12th Darlene Smigelski
- 15th Cecilia Bittner
- 17th Anne Shaver & Maria St Pierre
- 24th Sandra Plouffe

Baptism Bibs

This is the 17th year the CWL ladies have gathered to make Baptism bibs for infants and baptism collars for children over 3 months. These are handed out during the Baptism celebration.

Over 1,800 bibs have been presented!

*THANKS ladies for your time and prayers!
Blessings to all.*

Baptism Bib Coordinator

Catch the Fire!

Fifty-one ladies, including 14 from our St. Thomas More council, participated in a Catch the Fire workshop co hosted by St, Thomas More, St, Agnes, St. Anthony, Annunciation and Good Shepherd CWLs at Providence Renewal Centre on Mary 4th. Lead by co-facilitators Mary Molloy and Mary Pat O'Neil, participants learned about the history, mission and objects of the Catholic Women's League of Canada council committee activities, to consider joining their council executive to think about developing resolutions regarding societal concerns, to work through resistance and to appreciate the benefits of sisterhood. If you missed this opportunity to take part in Catch the Fire, consider taking part in another one offered in the Edmonton area.



Prayer for the Reverence of Life

Almighty God, giver of all that is good, we thank You for the precious gift of human life:

For life in the womb, coming from Your creative power,
For the life of children, making us glad with their freshness and promise,
For the life of young people, hoping for a better world,
For the life of people who are disabled teaching us that every life has value,
For the life of the elderly, witnessing to ageless values of patience and wisdom.

Like Blessed Mary, may we always say YES to Your gift. May we defend and promote it from conception to its natural end and bring us at last, O Father, to the fullness of eternal life in Jesus Christ our Lord.
Amen

Mary's Garden



Have you taken time this month for a private visit with Mary?

As you know, Our Lady of Grace statue was installed on May 31, 2012, the Feast of The Visitation. Since then it has been heartwarming to see individuals make time to visit the Mary Garden, be it for just a brief moment, or a longer time for reflection and prayer. Also appreciated are the flowers and plants that occasionally appear anonymously, at different seasons of the year. So, our garden has truly become a year round inspiration to some.

When the idea of the Mary Garden evolved, the intent was to develop a garden that would promote prayerful reflection on the life of Jesus through the experiences of His Mother. This is why certain shrubs and flowers were chosen to surround the statue. The roses symbolize Mary herself (she is known as "The Mystical Rose". The irises represent the Annunciation. Peonies are referred to the Pentecost Rose. And the annual impatiens is referred to Our Lady's Earrings.

Though the gardening season started late this spring, it is time to start working the beds. Austen Smith, who has planted the annuals for years in the courtyard area, will continue to supervise the planting of annuals. What we need are willing hands to help tend and weed the flower beds throughout the growing season. For some, gardening tends to be a soothing activity which in turn can contribute to prayer and contemplative reflection. So, as we gather to weed the beds, we can offer up our joint prayers to Mary, while at the same time enjoying each other's company. Or, if you prefer to garden in solitude, please feel free to do so anytime that suits you.

Catholic Girls' League

In April, we prepared 150 sandwiches for the Marian Centre and learned about the Chaplet of Divine Mercy. Then, the next meeting, we cut out 43 receiving blankets which were serged and delivered to Basically Babies. In May, we prepared for Pentacost by learning about the gifts of the Holy Spirit and making pinwheels for 'wind' and votive holders for 'fire'. For our last meeting, we had lots of laughs playing some games including a form of charades. The girls have enjoyed getting together this past year and we have already had enquiries from girls who want to join next year. We are looking for additional leaders to assist as one of our leaders, Laura Walker, moved to Ontario. Contact Jean Ashdown at 780-435-1861 if you are interested.

How to Plant Your Garden

*First, you come to the garden alone,
while the dew is still on the roses.*

*For the Garden of your Daily Living,
Plant three rows of peas:*

Peace of mind

Peace of heart

Peace of soul

Plant four rows of squash:

Squash gossip

Squash indifference

Squash grumbling

Squash selfishness

Plant four rows of lettuce;

Lettuce us be faithful

Lettuce be kind

Lettuce be faithful

*Lettuce really love one
another*

No garden is without turnips

Turnip for meetings

Turnip for service

Turnip to help one another

*To conclude our garden we must have
thyme;*

Thyme for each other

Thyme for family

Thyme for friends

*Water freely with patience and
cultivate with love.*

There is much fruit in our garden

Because you reap what you sow.



Meals on Wheels Needs Volunteers

Volunteers deliver nutritionally balanced meals and groceries to Edmonton area homes for people who, for a variety of reasons, cannot prepare adequate meals or shop easily for themselves. This position is available Monday through Friday, daytime hours.
<http://mealsonwheelsedmonton.org/>

Health & Education Update

As summer is finally upon us this is an opportune time to review sun safety principles. The Canadian Cancer Society recommends:

- Avoid peak sun hours 11 am – 4 pm
- Sit in the shade
- Cover up – wear a hat! Many skin cancers occur on the face and neck
- Wear sunglasses
- Use sunscreen – broad spectrum sunscreen that provides UVA and UVB protection, minimum SPF 15 and **reapply often** at least every 1-2 hours, and especially after perspiration or swimming.
- **AVOID TANNING BEDS!** A tan from a tanning bed does not 'protect' you from the sun, and exposes you to 5 times more radiation than the sun. Using tanning beds increases your risk of melanoma, a serious form of skin cancer.

By following the rules for safe sun fun you can be sure to avoid sun burns in the short term and reduce your risk for skin cancer (and wrinkles!) in the long term.

Happy Summer,
Lauren Bolster, MD, FRCPC

Source: <http://www.cancer.ca/en/prevention-and-screening/live-well/sun-and-uv/?region=ab>

Faith, Fitness & Fun Run/Walk

The eighth annual Faith, Fitness & Fun Run/Walk in support of St. Joseph Seminary and Newman Theological College was held under sunny skies on Saturday, April 27, in Rundle Park. Eight of our members, Annette Patterson, Clover Orschak, Dorothy Johansen, Kerri Fummerton, Linda Sorenson, Sandra Plouffe, Tere Rubio and Yvonne Fummerton were eager participants this year. Sandra Plouffe has walked in every Faith, Fitness & Fun event – she is a great role model for us. Jan Dunnigan also collected pledges, but was unable to walk. Also walking with our group were Clover's family – Matt, Hannah and Grace, and Mark Sparrow (Jan's son). We all had a good time walking, and visiting. In total, our CWL teams collected \$1763 in pledges. This, combined with the registration fees of \$250 for both teams which the CWL donates back to the walk, means that our council raised \$2013 for the Seminary and NTC. All the walkers want to thank CWL members, friends and family who generously pledged their support for such a great cause. We are looking forward to doing the walk again next year, and encourage more CWL members to join us – it really is a fun event to take part in.



Lives are in your hands....

Supporting organ and tissue donation

Organ and tissue donors save, or dramatically improve, the lives of others. There is a critical need to the following organs: heart, lungs, liver, kidneys, pancreas and small bowel. Tissues in need include skin, bone, tendons, heart valves and eyes. It is important to discuss your wishes about donation with your family. Sign the back of your Alberta Personal Health Card. For more information, contact the Comprehensive Tissue Centre (CTC) or the Human Organ Procurement and Exchange (HOPE) program at 1-866-407-1970.

Upcoming Events

Tuesday, June 18: **CWL Potluck Supper and Service Awards** –6 p.m. in the Hall. We will be collecting donations for World Youth Day. Set up/clean up volunteers are requested to come at 4:30 p.m.

June 28 – July 1: **18th Annual Catholic Family Life Conference** – at Lac Ste. Anne. Includes ministries for the whole family (toddlers to grandparents), the sacraments, priests and religious, world-renowned speakers, inspiring music, camping and an opportunity for families to support one another. www.catholicfamilyministries.com

Friday, August 9: **Blood Donor Clinic** – from 3:30 to 7:30p.m. at Duggan Community Hall, 3728-106 Street. Book your appointment to save a live. Phone: 1 888 2 DONATE (1 888 236 6283) or book online at www.blood.ca

August 11-14: **CWL 93rd Annual National Convention** – taking place at in Regina.
<http://www.cwlsk.ca/pages/2013nationalcomms.html>

Tuesday, September 17: **CWL General Meeting** – in the Chapter Room following 7 p.m. mass.

Wednesday, September 18: **Women's Retreat: We Have Seen the Lord** – 9 a.m. to 4 p.m. at the Sunnyside Christian Retreat Centre, Sylvan Lake. Speaker is Vivian Bosch.

Saturday, Sep. 28: **CWL Diocesan Fall Meeting** – Drayton Valley

Sunday, October 6: **Zone 9 Fashion Show** - 22 models will be needed. Each council is asked to provide 2 or 3 raffle items which will be used to create themed baskets to be raffled. A 50-50 draw will also be held.

Newsletter Deadline is August 15th. Contact Cec Bittner at 780-437-8957 or cecbittnr@shaw.ca
Contributions for the Fall 2013 newsletter must be made prior to this date.

Why join the Catholic Women's League of Canada?

- Apply for educational bursaries
- Bring comfort to the needy, marginalized, and vulnerable
- Live your Christian values and be a positive role model
- Become part of the World Union of Catholic Women's Organizations
- Share fresh ideas with friends who await you
- Join an organization that recognizes and celebrates healthy family life

The benefits are eternal! "For it is in giving that we receive."

Become a member of the Catholic Women's League

Are you searching for something worthwhile that makes the best use of your time and talents? Try the CWL!

Your commitment could be as easy as maintaining an inexpensive yearly membership even when you are unable to attend meetings or other events. As time permits, you may enjoy helping with one project.

You will notice that prayer and a spirit of joy are important parts of CWL projects as members journey together in faith. Fresh ideas are always welcome; share them with the new friends that await you,

Come join us! Contact Maureen Maynard at 780-435-4917 for more information.