

# Holy Trinity CWL Newsletter



Inform Enlighten Entertain Inspire

## INSIDE THIS ISSUE:

- ◆ President's Message
- ◆ League Development Day
- ◆ HTCWL news
- ◆ Upcoming Events
- ◆ Prayers and Inspirations
- ◆ Recipes
- ◆ And much, much more,,,,,,,,,,,,,



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



The new season is well underway, with a variety of new activities your CWL has been busy doing. Read about the recent League Development Day held in Parksville. See pictures of the Installation of Fr. Irek as our Spiritual Advisor. Find out about events we have planned for the new year. Be inspired to participate in our Social Justice initiatives.

***Read On and Discover!***

## **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 Reeuwyk

Treasurer: Gwen Smith

Chair of Faith: Margaret LaRiviere

Chair of Service: Huguette Fox

Chair of Social Justice: Francesca Cheah

Spiritual Advisor: Fr. Irek

Newsletter: Rosanna Van Reeuwyk

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



### Celebrating birthdays in October:

*Swedini Halliday*

*Nora Loftus*

*Del Montague*

### Celebrating birthdays in November:

*Cathy Brzoza*

*Adele Halowaty*

*Cathie Novak*

*Cathy Patterson*

*Anne Marie Powell*

*Rosanna Van Reeuwyk*



### October Anniversaries

**Rick & Pauline Jones**

**Jim & Nora Loftus**

**Gayle & Richard Dickie**

**Anne Marie & Don Powell**

**Eileen & Richard Cindric**

**Gwen & Mike Smith**

### November Anniversaries

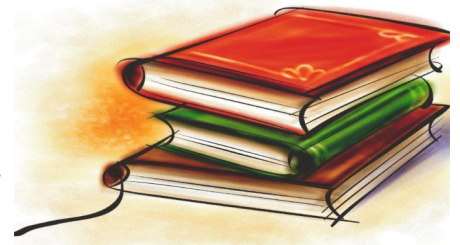
**Huguette & Doug Fox**

**Dolores & Roy Kuziw**

**Sarah & Gerald Wood**



# From the President's Desk



Dear Members:

To prepare for this report, I thought back to what we accomplished in 2023. We had a very busy year! We elected a full slate of officers: President, Vice-president, Treasurer, Secretary and Chairs of Faith, Service and Social Justice. And because of their commitment and your support here are just some of the things we were able to do this past year.

We developed a theme for our council: *Joyfully Living the Word*

We grew to 50 members and about 30 members come to our monthly meeting

We have a presence in each week's parish bulletin with our CWL message of the week

We provided gifts for the children's confirmation

We hosted a Membership Strawberry Tea and presented CWL service pins ranging from 5 years to 60 years

We continued to support Stone Soup Kitchen with services and baking

We worked in the funeral ministry and brought communion to the shut-in

We coordinated the Kindness Rock Project at the parish's annual July 1<sup>st</sup> picnic and attracted creative participants of all ages

We supported Crossroads Pregnancy Centre's baby bottle drive

We produced four baskets for the Art & Artisan Show raffle and held a bake sale, contributing \$1500 to the *Restore His House* capital campaign

We created an amazing monthly newsletter that highlights our activities

And to end 2023, we will host our annual Christmas pot-luck luncheon on December 9<sup>th</sup> from 11:30 – 1:30. We invite you to bring a dish to taste and a friend to share it with.

All of these activities require planning and dedication of the executive and their committees and the support and help of the membership to make them happen. For 2024, we have set a preliminary budget and discussed ideas for fundraising events and outreach projects. Here are some of our plans for building community in our council and parish:

Joining with the K of C to host a Shrove Tuesday Mardi Gras pancake dinner on Tuesday, February 13 from 5-7.

Putting in action national Resolution 2023.01: Combating Textile Waste in Canada by holding a Used Clothing Sale in April.

It is estimated that in Canada we dispose over 176,000 tons of textile waste and 93% of that ends up in landfills. Let's reduce, reuse, and recycle!

Working with the Stone Soup Kitchen: actual help in the kitchen and continuing to bake for them so that they can provide meals for the homeless in Nanaimo

These are just some of the ideas we have. Our primary focus continues to be on our core values: faith, service, and social justice. Here's something to think about: **What are some things you want to see take priority next year?** Think about how you can add your voice and helping hand to make 2024 another great year for our council.

God Bless,  
Christa

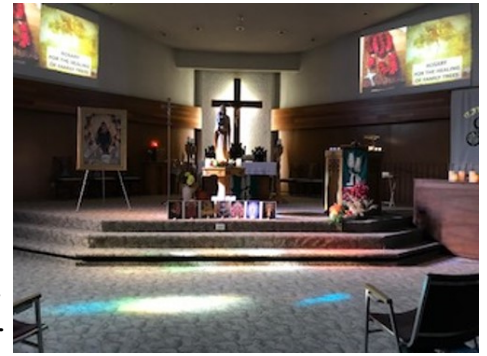


AUTUMN  
EARTH  
ELEMENT  
EVENTS



## Healing the Family Tree Rosary

On the Feast of Our Lady of the Rosary, a **Rosary for the Healing of Family Trees** was held at Holy Trinity Catholic Church. The event began at 3:00pm with a workshop facilitated by Francesca Cheah showing how to make rosaries with plastic beads. Following, at 3:30, 40 people prayed for the healing of ancestral rifts within family trees through the 'Healing of the family tree Rosary'.



Our Mother, Blessed Virgin Mary, invited everyone regardless of religious background or belief to pray the Rosary with her.



Leading the prayers were Father Irek Bem, Sarah Dafoe, Swedini Halliday, Huguette Fox, Pauline Jones, Francesca Cheah, Francesca and Gerry Laporte.



# League Development Day

The Diocesan League Development Day was held October 11 at Ascension Parish, Parksville. Six members from HTCWL attended this fun and informative event. League Development Days are our opportunity to gather for prayer, learning and friendship.



The day began with a discussion of Diocesan Council business. It was followed by a workshop by Gerry Heywood on the Joy of Leadership. We retired to the church for Mass officiated by Fr. Thomas Chinnappa and

Diocesan Spiritual Advisor Fr. Mike Favero, where we were led in song by a choir of members, including our own Heather Neumeier.

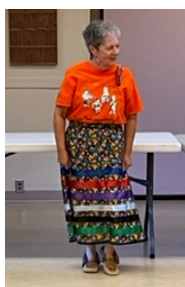
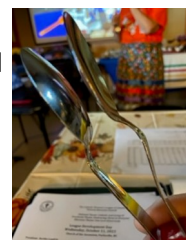


After a lovely lunch provided by the Ascension CWL, we settled into the afternoon to enjoy the guest speakers.



Bertha and Joe Landrie gave a multi-media presentation of the Metis History and Culture, sharing both historical facts and their own personal and family journeys.

They even had us playing the spoons and dancing!



Altogether it was a thoroughly enjoyable day, and we are very grateful to the Ascension CWL for hosting.



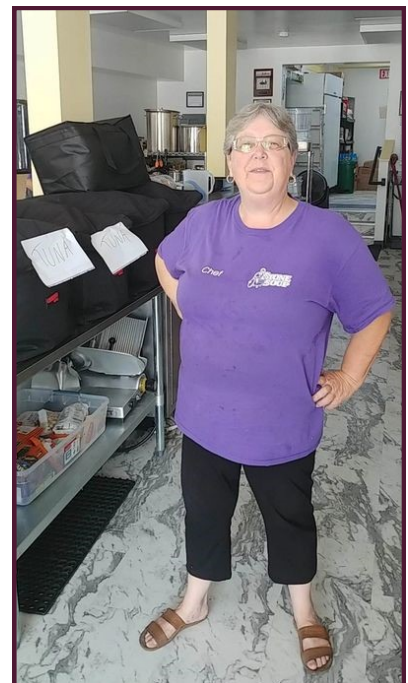
# Around the CWL

Installation of Fr. Irek as HTCWL Spiritual Advisor was held October 29 after the 9:30 am Mass. Christa Grillmair presented Father with the CWL stole and pin.



## HTCWL Bake Sale

The Bake Sale held in conjunction with the Fine Art Show October 21-22 was a resounding success. We raised over \$1500.00 from the bake sale and the coffee-by-donation. All proceeds were donated to the Restore His House Capital Campaign. Many thanks to everyone who donated baked goodies, to the volunteers who helped with all aspects of the sale, and to everyone who bought so generously. A special thank you to Pauline Jones, who organized the bake sale and to Francesca Cheah who coordinated the coffee counter.



## Stone Soup Kitchen Update

This is a core project for Holy Trinity CWL and continues with several of our members volunteering their time and energy to put in shifts at the kitchen, as well as others working behind the scenes to bake goodies that go into the lunch bags for the homeless. If you are interested in helping at the kitchen, call Gaylene at 250-758-1164; if you would like to bake goodies contact Francesca or Rosanna for supplies.

Gaylene, chef at Stone Soup

# NEWS NEWS NEWS NEWS NEWS NEWS NEWS



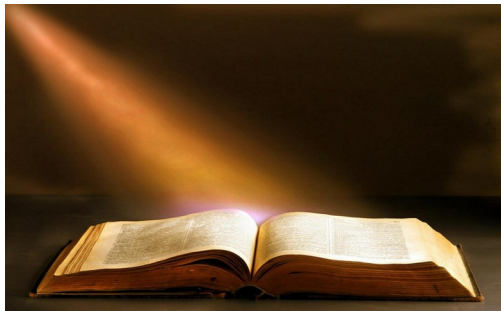
## Canada Post 2023 Christmas Stamps

Available now in booklets of 12 at all Canada Post outlets. Keep Christ in Christmas by using these beautiful Madonna and Child stamps on all your Christmas cards this year.

## CWL National Resolution 2023.01 Combating Textile Waste in Canada

Consider writing letters to the prime minister and minister of environment and climate change, with copies to local members of parliament urging the federal government to expand established subsidies aimed at reducing textile waste in Canada.

In the spirit of reducing textile waste here at Holy Trinity CWL, we are planning to hold a Used Clothing Sale in April 2024. Take a look through your closets over the next few months and pull out gently used items you no longer wear. What better way to recycle than to donate them to the Sale! More information to come in 2024. Stay tuned to this space!



## BIBLE STUDY

Beginning November 16th there will be a Bible Study group at 5:45pm for 1 hour before the 7pm Mass. We hope this program will continue for many years. We will begin with the Gospel of Matthew. Everyone is welcome!!

No registration required, just show up!

## Coming 2024! Parish Movie Nights





## Ancestor Potluck November 2nd

There were thirty three people in attendance, proudly sharing about their ancestry, their ancestor's journeys, their origins, their potluck dish, and it was beautiful.

Thank you everyone for attending and sharing your ancestor food and stories with us, you created a wonderful memory and made it what it was.

Below are a few recipes submitted by CWL members who attended this event. Enjoy!

### Ukrainian Cooked Wheat ("Kutia" or "Katu") from Dolores Kuziw

1 cup wheat berries soaked in cold water overnight.

Drain and cover with cold water and cook slowly for 2.5 hours adding water as it is taken up 2 - 3 cups.

Do not add too much water.

When soft, add 2 - 3 tbsp. poppy seed

Sweeten with honey to taste.

Serve with rich cream,

This was used at the beginning of the meal as an appetizer.

In days gone by, the wheat was put in a gunny sack and beaten with a wooden stick to loosen the bran, but we now know that bran is good for us. Also the cream was added before serving, but again some do not do cream.

### WILD RICE CASSEROLE from Adele Halowaty

1 cup wild rice  
Chicken bouillon cubes (2)  
1 cup chopped celery  
1 medium onion chopped  
Butter  
1 tin mushroom pieces  
1 tin cream of Mushroom Soup  
1/2 tin cream of Chicken Soup  
6 slices of bacon, cooked and crumbled

Soak wild rice overnight and wash well.  
Simmer rice in water along with chicken cubes until fairly tender, 1/2-1 hour.  
Drain rice.  
Sauté celery and onion in butter. Add to rice.  
Add 1 tin mushroom pieces, 1 tin Cream of Mushroom Soup, bacon, 1/2 Tin of Cream of Chicken Soup.  
Taste and season if you wish.  
Bake at 350 degrees for 1 hour. Cover until it bubbles, then finish uncovered. (This recipe doubles well.)

### My Contribution at the Parish Ancestor Potluck on All Souls' Day by Francesca Cheah



As many of you might have known, the Autumn events of the Season of Creation, the Earth Element, in line with the Walking the Path of Reconciliation and better understanding of our brothers and sisters of the indigenous people, the parish wrapped up with the Ancestor Potluck on November 2nd, All Souls Day. We honour our ancestors and celebrated their passing by sharing a dish that was connected to our people.

I felt very blessed to belong to a church of such diverse ethnicities and rich cultures. The sharing of food that parents and grandparents and relatives taught spoke volumes and well satisfied our spirit and mind and heart, not to mention our stomachs! Delectables from across the globe brought back fond memories as well as stories of suffering and strife.

I too had a dish to share, a simple platter of fried noodles. I remembered my history teacher telling us that Marco Polo, and his Italian merchants travelled to China and brought home Chinese noodles and started their tradition of eating pasta!

I decided that it is fitting that I chose to fry my noodles dish using fettuccine, instead of the Chinese egg noodles from a Chinese grocer.

### Chinese Fried Noodles served at wedding, new year, birthday and any day!

1 packet of fettuccine (boiled in salted water, dash of oil and drained)  
2 to 3 chicken thighs (deboned and julienned finger size and season as below) \*  
15 to 20 medium sized shrimp (peeled and devein and season as below)  
Barbecue pork (char siu) julienned \*  
Dried shitake mushrooms rehydrated and cut into strips) \*  
2 sweet peppers of different colours (julienned) \*  
Green onion, 3 or 4 stalks (cut) \*  
Chopped 4 to 5 pips of garlic  
Mix together in bowl "A" 1 tbsp dark soy, 1 tbsp oyster sauce and 1 tbsp light soy  
Mix in bowl "B" 1 tbsp oyster sauce, 1 tbsp chicken stock powder dissolved in 1 tbsp of hot water, pinch of salt & pepper

#### Method

items should be cut approximately same length and width for visual appeal.  
Season chicken meat with some corn starch and light soy sauce and sesame oil  
Season prepared shrimps with some sugar, pepper and sesame oil  
Heat 1 tbsp of oil on medium heat and sauté 1/2 of chopped garlic. Toss in drained pasta that is separated and not stuck together. Stir in bowl A and fry till well coated with sauce. Remove from pan.  
Sauté remaining chopped garlic with a table spoon of oil on medium heat till fragrant. Increase heat to medium high. Add chicken and mushrooms till almost cooked. Push to side of pan, stir in shrimp. When shrimps turn opaque, add in barbecue pork, peppers. Toss all ingredients to mix. Turn down heat to medium, stir in bowl B till properly coated.  
Add noodles back into pan. Add chopped green onion and mix thoroughly and taste for rightness. Do not over fry. Vegetables and noodles must look crisp and glossy. Plate to serve.

From Francesca's kitchen to you.



Contributed by Christa Grillmair



November is usually one of those in-between months. Thanksgiving and Hallowe'en are over, and the stores are full of decorations beckoning us to think about Christmas.

But this November is different. As we prepare for Remembrance Day, we are not only remembering the many who died in the past, there are the ones who are dying right this minute in wars all over the world. We feel helpless as we watch the news.

But then, we remember what we can do. We can pray for grace and strength so that we can make sure that there is peace in our heart, in our home and in our community. We can pray for the men, women and children who are caught in the midst of conflict. And we can pray for an end to war.

## In November We Remember



“Lord make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.”

[ POINTS TO PONDER ] By Virginia Brucker

# Peace Begins with Us

**As a teen in the sixties, I had great hope, that as Jesse Colin Young-blood sang, people could “get together and love one another.”**

Today, fifty-five years after his iconic song, wars continue. It's heartbreaking to watch the news about Ukraine and the Middle East or of violence in our own communities, and it's all too tempting to turn off the TV. While we can't achieve world peace on our own, each day we can make a conscious decision to do some small thing to create a more peaceful community or to reach out to another part of the world.

- Treat everyone you encounter with kindness.
- Be patient in all aspects of life.
- Create a playlist of songs that promote peace to listen to when you feel stressed. Share it with friends.
- Engage in random acts of kindness regularly.

- Do something concrete to help the marginalized in our community.
- Learn to meditate.
- Create artwork with doves or peace signs with your kids to display in your home.
- Create art for public places like schools or churches incorporating the word peace of the peace symbol.
- Learn mediation or conflict resolution skills. Teach your kids to resolve conflicts peacefully.
- Advocate peace with a t-shirt or bumper sticker.
- Embrace diversity—learn about other cultures, either through travel or by researching them at home.
- Develop meaningful relationships with an individual



or a family who has come to our area from another part of the world.

- Combat racism whenever possible.
  - Read stories to your kids about role models who advocated for peace or served others. Albert Schweitzer, Mother Teresa, Nelson Mandela, Martin Luther King are just a few suggestions.
  - Climate change is going to be one of the biggest sources of conflict in the near future. Take small steps to reduce your carbon footprint.
  - Set aside a small amount of money each month to donate to an international organization that promotes peace or provides international aid.
- “The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace.”*  
Carlos Santana

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# 7 Practical Ways to Pray for the Dead During Holy Souls November

The month of November is dedicated to the Holy Souls in Purgatory.

The practice of praying for the dead is rooted in scripture and remains a staple in Catholic spirituality (not just in November, but *every day*.)

**According to the Catechism of the Catholic Church,**

“All who die in God’s grace and friendship but still imperfectly purified, are indeed assured of their eternal salvation; but after death, they undergo purification, so as to achieve the holiness necessary to enter the joy of heaven.” (CCC 1030)

Purgatory is not a second chance for souls to repent. Instead, it is a state of purification for those destined to be in Heaven.


**Why do we pray for the Holy Souls in Purgatory? In short, because our prayers help them!**



**1. MAKE SACRIFICES FOR THE HOLY SOULS IN PURGATORY**  
Mortifications throughout your day can be offered up for the purification of souls in Purgatory! Examples include skipping the creamer in your coffee, holding your tongue when tempted to gossip, or fasting from social media on Sundays—to name a few.

**2. PRAY THE DIVINE MERCY CHAPLET**

**3. PRAY THE OFFICE OF THE DEAD**



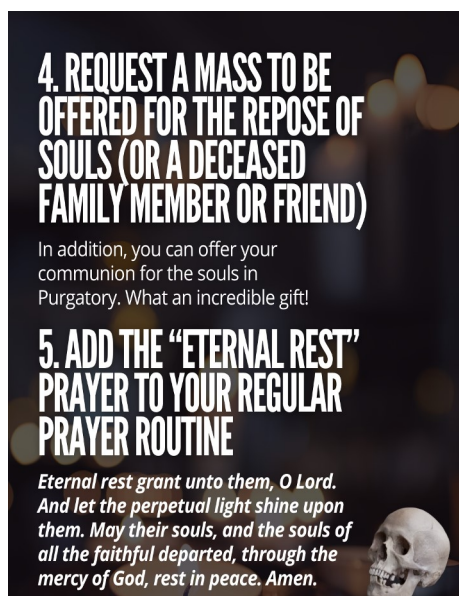
**Saint John Vianney said,**

“Consider then...the magnitude of these sufferings which the souls in Purgatory endure; and the means which we have of mitigating them: our prayers, our good works, and, above all, the holy sacrifice of the Mass”

There are many ways we can pray for the souls in Purgatory. Here you will find seven ways to do so this month and throughout the year!

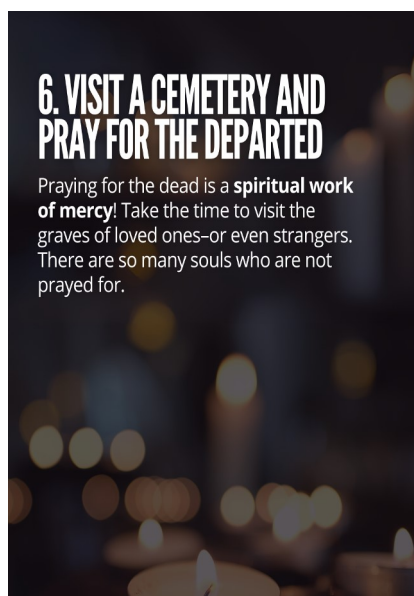

**In praying for the faithful departed, I’m reminded of this powerful quote from Venerable Fulton Sheen:**

“As we enter heaven, we will see them, so many of them coming towards us and thanking us. We will ask who they are, and they will say a poor soul you prayed for in Purgatory.”

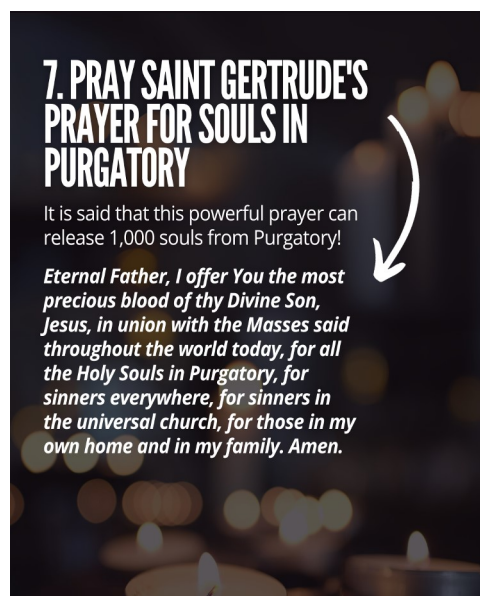


**4. REQUEST A MASS TO BE OFFERED FOR THE REPOSE OF SOULS (OR A DECEASED FAMILY MEMBER OR FRIEND)**  
In addition, you can offer your communion for the souls in Purgatory. What an incredible gift!

**5. ADD THE “ETERNAL REST” PRAYER TO YOUR REGULAR PRAYER ROUTINE**  
*Eternal rest grant unto them, O Lord. And let the perpetual light shine upon them. May their souls, and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.*



**6. VISIT A CEMETERY AND PRAY FOR THE DEPARTED**  
Praying for the dead is a **spiritual work of mercy!** Take the time to visit the graves of loved ones—or even strangers. There are so many souls who are not prayed for.



**7. PRAY SAINT GERTRUDE'S PRAYER FOR SOULS IN PURGATORY**  
It is said that this powerful prayer can release 1,000 souls from Purgatory!

*Eternal Father, I offer You the most precious blood of thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, for those in my own home and in my family. Amen.*

By [Caroline Perkins](#) from ChurchPOP.com November 1, 2023



Saturday, November 25 is the date for our annual Diocesan Faith Day. This year's theme is **“Serving with Spirit: Transformation from the Inside out”**. Join us for a day of learning in community with our guest speaker, Catholic speaker and author Leah Perault, as we consider how the Holy Spirit leads us within a changing church and world. The Faith Day will be held from 8:30 am – 3:30 pm at St. Edward’s Church in Duncan. For more information and to register please visit <https://DioConferenceServewithSpirit.eventbrite.com>

## Guest Speaker: Leah Perault



Leah (McDonald) Perrault is the Executive Director of Southwest Homes in Swift Current. She left Saskatoon in the spring of 2021 where she served as the Director of Mission at St. Paul’s Hospital, since of September of 2018. She served as Executive Lead of Corporate Initiatives with Emmanuel Care (the Catholic Health Ministry of Saskatchewan) from 2015 to 2018. Between 2007 and 2015, Leah served as the Director of Pastoral Services for the Roman Catholic Diocese of Saskatoon. When she’s not busy with her day job, she speaks, consults and writes on the side. Her words find a home at retreats, schools, conferences, book clubs, board meetings, church groups, articles, books and ~ hopefully ~ in the hearts of those who hear and read them.

Leah grew up on a farm outside of Elrose, Saskatchewan. She is the first of four children, a twin, with all the typical “leadership skills” of an oldest child. She was blessed to have supportive, loving and imperfect parents who are now teaching us how to be grandparents.

Leah has a master’s of arts in pastoral theology from the University of St. Michael’s College at the Toronto School of Theology (2009). Her bachelor’s of arts in English comes from Campion College at the University of Regina (2005), where she perfected the art of writing in the early mornings before sunrise, while her roommates were still sleeping.

Leah met her husband, Marc, during her first day on the university campus in Regina. They dated for four years and married in 2005. Since then, they have been working hard at this adventure called marriage, making each other better people in the process and hoping that their relationship is as good for the world as it is for them. Leah and Marc have been blessed with four amazing little people – Robyn, Eliot, Charlize, and Atticus. Their home is full of noise, books, toys, and big ideas.





**Presentations:**

**Bequests and  
Planned Giving**

Leah MacKenzie, CFO  
Diocese of Victoria

**Wills, Powers of Attorney  
& Health Care  
Representation  
Agreements-**

Raya MacKenzie  
JB Lawyers LLP

# ***ESTATE PLANNING WORKSHOP***

Saturday November 18, 2023

10:00am to Noon

In the Church Lounge

Register in advance by contacting the Parish Office  
250-390-2612 or [holytrinity@rcdvictoria.org](mailto:holytrinity@rcdvictoria.org)

# PHOTOGRAPHY CONTEST

Sponsored by the BC & Yukon Provincial Council of the CWL

## A Picture is Worth a Thousand Words



This is your opportunity to share photos that show how your councils are living those values. Ask your members to contribute photos and send them to us. We will award one certificate in each category that best depicts faith, service, and social justice activities and we will display the winning entries at our 2024 provincial convention in Kamloops.

**SHOW US YOUR BEST SHOT!**

The Catholic Women's League of Canada's core values are:

- Faith** – following Catholic teaching
- Service** – local, national & international
- Social Justice** – actively involved in society



Contest Rules:

1. All entries become the property of the BC&Yukon provincial council of the CWL.
2. Ensure you have obtained permission to share the photograph.
3. When you forward your entries, in jpg format, indicate the category you are entering.
4. Include your full name, address, parish, and diocese.
5. Send entries to [president@bcyukoncwl.com](mailto:president@bcyukoncwl.com) by January 1, 2024.

*Tidesmen*  
A Cappella Chorus

*Rising Tide*  
ALL VOICES CHORUS

• BARBERSHOP HARMONY SOCIETY •  
NANAIMO CHAPTER

P R E S E N T S

# *An A Capella Christmas*

F E A T U R I N G I N C O N C E R T

*Tidesmen A Cappella Chorus* & *Rising Tide All Voices Chorus*



& Chorus Quartets!

SATURDAY DECEMBER 9

*Qualicum Beach Show*  
CHRISTIAN FELLOWSHIP CENTRE  
825 VILLAGE WAY

7 PM

SUNDAY DECEMBER 10

*Nanaimo Show*  
HOLY TRINITY CHURCH  
6234 SPARTAN ROAD

2 PM  
MATINEE

*Ticket sale locations*

FROM ALL CHAPTER MEMBERS  
ONLINE  
[WWW.TIDESMEN.COM](http://WWW.TIDESMEN.COM)

LOCAL OUTLETS  
AT THE DOOR  
ARBUTUS MUSIC  
MULBERRY BOOKS  
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TICKETS  
\$20



For more information

[TidesmenChorus](https://www.facebook.com/TidesmenChorus)

[www.tidesmen.com](http://www.tidesmen.com)

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CITY OF NANAIMO

# 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



- Legacy Giving Workshop - Saturday, November 18 from 10-12 at Holy Trinity Church. Contact the parish office to register.
- Diocesan Faith Day Saturday, November 25 from 8:30-3:30 at St. Edwards in Duncan. Carpooling is available. Contact Margaret LaRiviere.
- Christmas Potluck Luncheon December 9 from 11:30-1:30 in the Lounge. Bring your favourite dish and bring a friend!
- Volunteer to bake sweet treats for the Wisteria Community Association's Stone Soup Kitchen! Pick up ingredients and recipes from Rosanna.