

Holy Trinity CWL Newsletter



Inform Enlighten Entertain Inspire

INSIDE THIS ISSUE:

- ◆ President's Message
- ◆ HTCWL News
- ◆ Provincial Convention Report
- ◆ National Convention Report
- ◆ Rachel's Vineyard
- ◆ Prayers and Inspirations
- ◆ Upcoming Events
- ◆ And much, much more,,,,,,,,,,,,,



From the Editor.....

Welcome! After a nice, long summer break we are back together again. This fall promises to be a busy one full of activities for our Holy Trinity CWL. Whether you like to gather in fellowship, to serve with committees and events, or just to contemplate and pray, this season holds something for everyone. Thanks again to everyone who contributed to this newsletter.

Read On — Discover — Enjoy!

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.

From the President's Desk



Dear Members,

Over the past two years, we have had many opportunities to pray together, learn together and have fun together. I can't believe that my two-year term as your president is coming to an end. As I look back on that time, I am so grateful for the many people who have journeyed with me, especially the members of our executive. They, and their various committees, have worked diligently to serve you, the members of our CWL council, and our parish community.

Rosanna has made sure all our meetings are recorded, and she produced amazing newsletters that showcase our activities. Gwen kept us accountable and provides a monthly update of our finances. As chair of faith, Margaret guided us through spiritual reflections at every meeting. Social justice chair, Francesca, reminded us of our duty to advocate by our actions for those in need. As chair of service, Huguette's hospitality has enriched our meetings, and her coordination of coffee hour has extended that hospitality to the whole parish. And Heather has ensured our council continues to grow and prosper by accepting the role of your president starting January 2025.

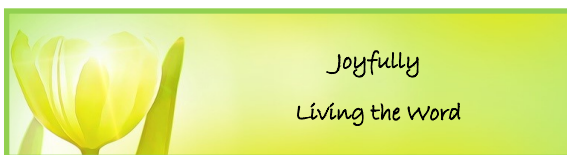
In my new role as past-president, I look forward to what is still to come. At our November meeting, we will be calling for volunteers to step forward to take on leadership positions to ensure our council continues our work for our parish and community. The future of our council is up to you!

The three pillars of faith, service and social justice reflect our core values. If you are interested in helping members deepen their faith, the chair of faith is perfect for you. If you want to promote activities of service to members, the parish and community, we have a place for you. If your passion is to advocate for social justice through our action, then we need you. And if you like to take notes, please consider accepting the role of secretary. And being vice-president gives you a two-year opportunity to develop your leadership skills.

The national theme of the CWL is *Here I am Lord, send me*. Please consider your response to this call.

Blessings,

Christa



Here I am Lord, send me.

Heavenly Father,
Through the ages, you have called many to serve you.
Abraham, Sarah and Samuel; Martha, Mary and Elizabeth,
As well as countless men and women throughout the ages.
All were different, and each brought unique gifts to your service.
Now today, we too hear your call to come and follow, to bring our gifts to your service.
Help us, O Lord to make our reply, "Here I am Lord, Send me" with full and generous hearts, in order that we may be your instruments in the building of your Kingdom.
We ask that you hear and answer our prayers through Christ our Lord.

Amen.

Bishop Wayne Lobsinger

Isaiah 6:8

Ella Clark

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 Bem S.D.S.

Newsletter: Rosanna Van Reeuwyk

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



Nominations Now Open For the 2025 HTCWL Executive

Vice-President

Secretary

Chair of Faith

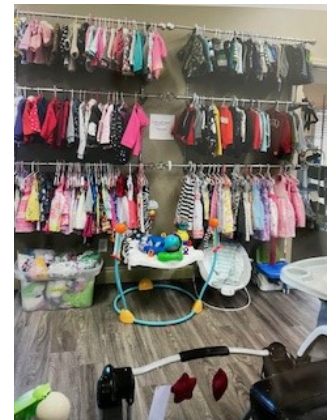
Chair of Service

Chair of Social Justice

Interested? See Huguette Fox

Crossroads Pregnancy Centre Open House

July 9, 2024



Heather Neumeier and Huguette Fox represented our CWL council and attended the Open House at the Crossroads Pregnancy Centre on Tuesday, July 9th. Noreen MacLeod, Client Services Director gave us a tour of the facility and we enjoyed some goodies while socializing with staff and guests.

(Photo Heather Neumeier, Noreen MacLeod and Huguette Fox)

Around the Holy Trinity CWL



At our most recent General Meeting, held on September 21, we were delighted to have Agnes Geiger, from St. Peter's CWL, speak to us about the CWL's Prayer Shawl Ministry at her council. Agnes explained the origins of the Ministry and how the shawls are made personally for each recipient. She explained the process in creating the shawls, complete with how colours are chosen and the prayers to accompany the work.

Next, Leah Desnoyers from Rachel's Vineyard spoke about the purpose of Rachel's Vineyard, explained her role in the organization and told us about the upcoming Retreat to be held in Nanaimo in October. We presented her with a cheque for \$400.00 to support one attendee at the Retreat.



First Communion and Confirmation September 29

The Holy Trinity CWL presented the children with a lovely and thoughtful gift package on the occasion of their Holy Communion and Confirmation.



77th BC & Yukon Annual Convention, June 20-22, 2024

Our Lady of Perpetual Help (OLPH), Kamloops, BC

Convention Theme: All for God's Glory

Submitted by Christa Grillmair

Thursday, June 20, 2024

At the resolutions dialogue, Vancouver diocesan council presented Resolution 2024.01: Grant the CORE (Canadian Ombudsperson for Responsible Enterprise) Legal Authority to Act Upon Environmental and Human Rights Abuses whereby the Catholic Women's League of Canada urges the federal government to enact legislation giving CORE the legal power to compel witnesses and documents for the investigation of complaints of environment and human rights abuses arising from Canadian companies operating overseas. This resolution was passed on Friday.



Delegates from the Victoria Diocese.

Fr. John Garden, provincial spiritual advisor, celebrated Mass at Our Lady of Perpetual Help (OLPH). Kamloops CWL diocesan president, Kathy Dahl welcomed the delegates and Fr. Paul Simms, Kamloops CWL spiritual advisor and CWL national president, Shari Guinta. Bringing Knight of Columbus greetings were Garry Mayhew, district deputy and Rick Kirkwood OLPH grand knight. Katie Neustaeter, Kamloops city counsellor and North Thompson MLA, Peter Milobar were followed by Fr. John Garden and provincial president, Catherine L'Heureux. The OLPH Knights of Columbus council provided refreshments at the reception.

Friday, June 21, 2024

All activities were held at the OLPH Centre. After the usual business session activities and reports from the provincial president and diocesan presidents, the deceased members ceremony was held and about 150 names read by the six diocesan presidents. We participated in a multicultural rosary led by members in Italian, Spanish, Coast Salish, Ebo (Nigeria) and Tagalog (Philippines). After Mass, the diocesan executive presented their reports.

Guest speaker, Shari Guinta, national CWL president, delivered her presentation on the three core values of faith, service and social justice. She provided some clarification with an example of baking cookies: faith – offer a prayer for the workers; service – work together to make the cookies; social justice – share the cookies with the needy. Another example is: service – do something to help the unhoused; social justice – ask why they are unhoused and advocate for them.

Fr. John Garden's presentation focused on the provincial theme, Joyfully Serving the Lord and spoke about emotional (happiness) vs. spiritual joy (eternal) and summed it up that joy is trusting the Lord by serving others. He referenced the rule of St. Benedict: "Listen carefully ... and incline the ear of your heart", and

Pope Francis' Joy of the Gospel. We sang Joy, Joy, Joy and lifted the roof of the gym!

The evening concluded with the casual western-themed dinner and karaoke. It didn't take long for enthusiastic participation!

Saturday, June 22, 2024

Lynne Langley, Kamloops diocesan past president, led a workshop on Celebrating and Welcoming Immigrants. She reminded delegates that the CWL has had 19 resolutions that focused on immigration. Lynne then asked delegates to share own ethnic origin and life journey and encouraged us to welcome immigrants to our parish and councils. She said people are often described by their race, ethnicity, place of birth, national origin, visible minority. Delegates were asked to discuss the following: 1. Does your CWL parish council reflect the overall ethnic makeup of your parish or community? 2. Why do you think immigrants choose to come to Canada specifically? 3. What are the benefits of immigration? Are there any you have personally experienced? 4. How can we welcome immigrants to our country, our parishes and our CWL councils?"

Fr. John Garden shared his experience with counselling anxiety by explaining how the brain's alarm system works and how it triggers someone with anxiety when they encounter a threat or danger. He shared the example about helping someone differentiate between the possibility and probability of a perceived event or action. He also clarified that anxiety asks the question, what if, whereas depression triggers events from the past. For anyone suffering from anxiety, he encouraged meditation, prayer and silence and offers the website <http://www.anxietycanada.com> as a resource.

Guest speaker, Dr. Gerry Turcotte, author of Small Things, Big Things, One More Thing, spoke on social justice. Pope Francis said that social justice "demands that we fight against the causes of poverty: inequality and the lack of labour, land, and lodging; against those who deny social and labour rights; and against the culture that leads to taking away the dignity of other." The Oxford English Dictionary defines the objectives of social justice as creating a fair and equal society in which each individual matters, their rights are recognized and protected, and decisions are made in ways that are fair and honest. Dr. Turcotte said that this is the generation of social justice. When he put out a call on campus for students to join him in a social justice project over 100 students showed up. The broken people in our midst are entitled to hope – it is what makes it possible do what is necessary to address problems and effect change. He demonstrated the Japanese art of kintsugi where a pottery vase, once broken, was mended using gold, making it both stronger and more beautiful. He likened this to what is possible with broken people.

The Spinster and the Burglar skit with Maria Tejero and Roger Nadeau, narrated by Sharon Geiger confirmed that laughter is the best medicine.

The main celebrant and homilist at the closing Mass was Bishop Joseph Nguyen. This was followed by the reaffirmation of the BC & Yukon provincial executive.

At the banquet, guest speakers were Shari Guinta and MP Frank Caputo. Agnes Geiger, life member and president of the St. Peter's parish council in Nanaimo accepted the Molly Bouchard bursary on behalf of recipient Emma Doyle.



Presentation of the 104th National CWL Convention to Holy Trinity CWL Council – September 21, 2024

Submitted by Christa Grillmair



The B.C. delegates. Thirty five out of five hundred and fifty delegates were from B.C. Nine were from the Victoria Diocese. The rest were from Vancouver, Prince George, Kamloops and Nelson Diocese.

Thank you for giving Heather and I the opportunity to represent our council at the 104th national convention in Saskatoon. It was a wonderful experience, joining over 593 CWL sisters, bishops and clergy from across the country. The convention started with Mass at the Cathedral of the Holy Family. The 65,000-square-foot Cathedral includes a worship space for 1,200 that can open up to seat 2,000. It has a spectacular interior, with amazing stained glass windows which include some 1,000 solar cells permanently embedded into the art glass. I was awe-struck when the sun shone through the windows. An amazing start to start our convention.

The convention followed a new format – two days of presentations, workshops and fun social activities and one day of business and the closing banquet.

Day One

The day started with Mass and welcome addresses from Barbara Dowding, World Union of Catholic Women's Organization (WUCWO) Vice President of North America and representatives from the various other Christian women's groups, such as the Ukrainian CWL, and Anglican and United Church who were guests at the convention and brought greetings.

We participated in presentations on Synodality with Bishop Lobsinger and Barbara Dowding. Barbara, who is a national past president and former chancellor of the Archdiocese of Vancouver, is our key-note speaker at the October 5th Diocesan League Development that we will tell you more about later on today. In their presentation, we learned that the synod is not about changing the truth in our faith but how can we bring it into our world today.

The Papal Doctrine of Discovery is a 1493 international law doctrine giving authorization to explorers to claim inhabited land – in the name of their sovereign when the land was not populated by Christians, in other words, the history of colonization. Archbishop Bolen of Regina and Deacon Harry Lafond, a member of the Muskeg Cree Nation in Prince Albert, shared how the Church can learn from its history and make reconciliation not an event but a lasting process of learning, understanding and healing.

Leah Perrault, author, presenter and consultant led us through a lively presentation on the national theme, Here I am Lord, send me. We were encouraged to share “Where have I encountered Jesus”. She reminded us that it is our job to be servants of our Saviour. It’s not an easy journey but it is the beauty and boldness of our belief that allows us to say yes to Jesus.



The day concluded with a pirate-themed dinner and entertainment by Brad Johner and the Johner Boys, Juno nominee and multiple Canadian Country Music Award winners, whose music brought everyone to their feet for two hours!



Day Two

Presentations included speakers from members from each of the voluntary fund organizations that the CWL supports through our donations.

- We learned how the **Coady Institute** strives to collaborate with communities for a ‘hand up’ approach rather than a ‘hand out’ approach, involving co-learning and respect by offering educational programs for emerging and established community leaders.
- **Development and Peace – Caritas Canada** shared details about their life-saving work in the most vulnerable regions of the world. The 1% program has generated 40 hectares of forest and their impact on women to become peace builders.
- **Catholic Missions in Canada** shared insights on how they help to promote and extend the Catholic faith in dioceses experiencing insufficient funds.
- We learned about the work of the **Catholic Near East Welfare Association**, or CNEWA Canada and watched a video of how this funding helped a mother and baby hospital in Jerusalem.
- And we heard about the **Catholic Women’s Leadership Foundation**, a one year program for women to go on a journey of learning and spiritual mentorship.

We then broke into sessions of our choice. I participated in the Social Media workshop. Presenters referenced the Pastoral Letter on the Use of social media published on the Canadian Conference of Catholic Bishops site. We discussed the difference between free speech and hate speech, how to respond or not respond to postings and how to prioritize the amount of time spent on social media.

My second workshop was on mental health, called Move Me, Engage Me, Embrace Me. First, we learned that exercise is one of the best ways to battle anxiety and depression and that awareness and understanding triggers and risk factor will help to better understand and be a beacon of hope and sanctuary for those battling with mental health issues.

The day ended with the various provincial councils hosting dinners for their delegates.



The National Implementation Marketing Team, pictured above, worked together for five years. Members were from Alberta, Nova Scotia, Saskatchewan, Ontario and British Columbia.



The National Implementation Team.

Day Three

This day was focused on CWL business. Bishop Lobsinger reported on the luncheon with spiritual advisors who had the following comments on what they see to be issues that the CWL should address:

- How to attract and support new immigrants and make them feel welcome
- Play more of an educational role, mentoring younger members
- Be aware of the possibility of 'cliques' that may put off other members or non-members
- Reach out and support pastors, recognizing them on their special days
- Help and engage pastors by giving them an active role in meetings
- Stick to one pastoral focus for the council – you can't do it all; focus on the needs of your parish and community
- At the meetings focus on spirituality, education and make them interactive and fun.



Three resolutions were approved:

· *Resolution 2024.01: Increase Supported Housing for Individuals Experiencing Homelessness with Mental Health and Mental Illness Issues*

To urge the federal government to increase funding for and promotion of more supported housing models for individuals experiencing homelessness with mental health or mental illness issues.

· *Resolution 2024.02: National Universal Pharmacare Program to Include Prescription Drug Coverage for People Experiencing Mental Illness*

To urge the federal government in the implementation of a national universal pharmacare program, to include coverage for drugs prescribed for mental illness.

· *Resolution 2024.03 Grant the Canadian Ombudsperson for Responsible Enterprise Legal Authority to Investigate Environmental and Human Rights Abuses*

To urge the federal government to enact legislation giving the Canadian Ombudsperson for Responsible Enterprise the power to subpoena witnesses and documents when investigating complaints of environmental and human rights abuses attributed to Canadian companies operating outside Canada.

Each of these resolutions has an action plan – to become educated on the issues, write members of parliament and monitor the federal government's action.

Jacqueline Nogier, representing the implementation team, reported that the strategic plan objectives have been completed delivering over 100 resources which were developed by volunteers who contributed just under 20,000 hours. Jacqueline, Sister Susan and I were recognized for our leadership.

One of the first actions from the national Unity Outreach initiative is to develop an education and training task force to categorize resources and create online, on demand training opportunities for members.

The 2025 national convention will be held August 10-13 in Toronto, and we were invited by a lively contingent of Ontario CWL sisters.

The day ended with a gala banquet.



Diocesan League Development Day — October 5

On October 5th, Holy Trinity hosted the fall Victoria Diocesan League Development Day for CWL members from councils across Vancouver Island.



Guest speaker was Barbara Dowding, past national president and current regional vice president for north America on the board for the World Union of Catholic Women's Organization (WUCWO). In Barb's presentation, The Art of Accompaniment and the CWL, she reminded us that we are different from other organizations – we are faith-based! She encouraged us to be connected to the past but focused on the future and to continue to build trust by building fences, not walls.

Kathy Fadum led the spiritual program and Maureen Ingram reviewed the parliamentary procedure for motions.



In addition to the business, presided by Bertha Landrie, there was plenty of time for socializing and getting to know each other.



A special thanks to the organizing committee who decorated the hall, provided the meals and refreshments to ensure that our guests felt welcome at Holy Trinity.



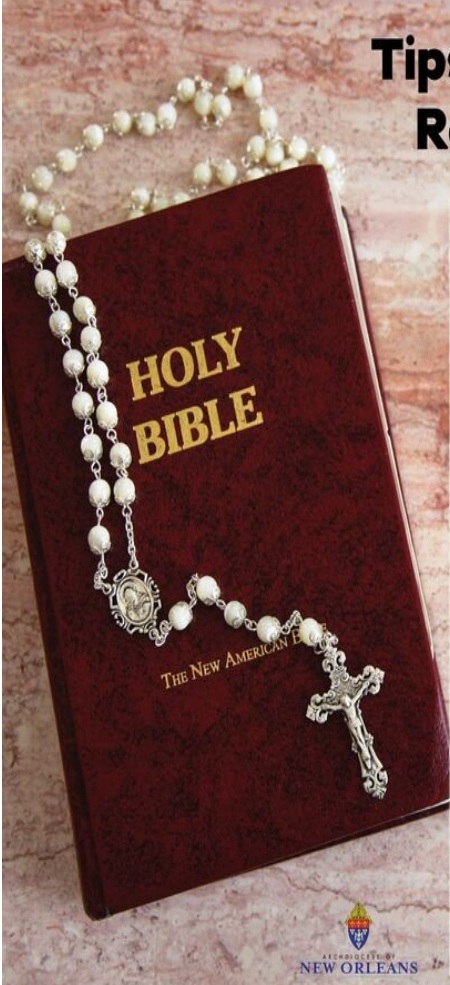
Faith...

October is the Month of the Rosary

The month of October each year is dedicated to the Most Holy Rosary. This is primarily due to the fact that the liturgical feast of Our Lady of the Rosary is celebrated annually on October 7. It was instituted to honor the Blessed Virgin Mary in gratitude for the protection that she gives the Church in answer to the praying of the Rosary by the faithful.

The Rosary is appealing and simple. The purpose of the Rosary is to help us meditate on the great mysteries of our salvation. Every time we pray the Our Father we are reminded that Jesus' Father is the initiator of salvation. Praying the Hail Mary reminds us that we are joining with Mary in contemplating these mysteries. In addition, they help to make us aware that Mary was and is still intimately joined with her son, Jesus, in all the mysteries of earthly and heavenly existence. The constant repetition of prayer creates an atmosphere of contemplation.

The traditional fifteen Mysteries of the Rosary were finalized by the sixteenth century. The mysteries are grouped into sets: the Joyful Mysteries, the Sorrowful Mysteries, the Glorious Mysteries, and, in 2002, Pope John Paul II announced the new Luminous Mysteries.



Tips to Pray the Rosary Daily

1. Carry a rosary in your pocket.
2. Say it while you wait (for example at a bus stop).
3. Recite the rosary while doing chores or while you work out.
4. Use images and music. The rosary is a contemplative prayer.
5. If you are upset, pray for the situation that worries you.
6. Pray while you walk and think of the people in your life.
7. Use each mystery to ask for a specific intention.
8. If you can't pray the whole Rosary at once, break it into parts.
9. Say it in moments of sadness or spiritual drought.
10. Fall asleep praying the Rosary.

Reprinted from nolacatholic.org the website of the Archdiocese of New Orleans



What is Rachel's Vineyard?

The Victoria Diocese Rachel's Vineyard website introduces it simply as,

"Rachel's Vineyard is a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer you a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful post-abortive emotions to begin the process of restoration, renewal and healing."

All are welcome to attend, women or men, Catholics or non, who have been affected personally, or connected with someone who have gone down the path of ending the life of an unborn child. The Divine Mercy of God is waiting to heal your pain, your anger, your loss and to bring inner peace back to your lives. It does not matter whether it just happened recently or years ago, or even decades ago, Rachel's Vineyard provides you with a week-end of impactful spiritual guidance, psychological and emotional counselling, and much, much more.

The next Rachel's Vineyard Retreat happening on the mid-island is October 25th to 27th, 2024. More information can be found on web-site rcdvictoria.org.

You may ask, "How does this affect me?" We are all part of the same body of Christ, the same family. Of course this woundedness within God's family affects all of us.

- (1) Some of us personally, someone sitting next to us in church, someone at work or a friend we have known need to know. We need to get the word out, albeit subtly and compassionately. Create awareness to this opportunity.
- (2) We all can offer prayers and sacrifices for the success of this up coming Rachel's week-end. Pray a rosary. Offer a mass. Pray a simple "Hail Mary". Do it with sincerity and love.
- (3) For someone willing to go another extra mile, you may offer to write a personalized and prayerful letter to a participant, committing to support him or her spiritually all through the week-end.

We leave it all to you to decide how you wish to help these special group of people know that Jesus has already redeemed their sins with His Passion, Death and Resurrection!

Submitted by Francesca Cheah

Restore His House

PARISH BAKE SALE



Location: Fine Art & Artisan Show
Holy Trinity Parish Hall

Date: October 19 and 20

Time: 10 am to 4 pm

Please bring your donations of home baking to the parish hall on Friday, October 18 from 2 pm to 4pm.

All proceeds go to Holy Trinity's Restore His House fundraising campaign

Oktoberfest

Sponsored by Holy Trinity's Knights of Columbus

**Join us for Beer, Food,
Music and Fun**

October 25, 2024 at 6 pm

Tickets \$15 / person

**Available from any K of C Knight or Parish
Office**

*Dinner includes bratwurst
with all the trimmings and
dessert*

*Beer and Wine available for
purchase*



The Last Page

On the Need for Sabbath Rest

Lord, the list of things I've got to do is long.
I know it's Sunday, but if I don't clear the backlog it'll pile up.
I work hard, I support my family, I put in the hours.
I convince myself that this is virtuous.
It's not wrong, is it?
No, it's just not what you told us from the beginning.
It says that the act of creation tired you –
after the effort of imagining life into existence
you needed to rest, to be refreshed, restored.
And so do we.

Lord, help us to see
the need to rest, to rest in you,
to gather and recover ourselves, the selves
you intended us to be on this earth, in tune with creation,
with our neighbour,
especially our vulnerable neighbour, those in our community who
are precarious,
the ones who are excluded from the system of success.
Help us on this holy day to look around, spend time with loved ones,
with your word,
to gather up a different kind of energy and imagination,
to be generous and fruitful,
courageous and calm in the face of the world.

Raymond Friel and David Wells,
*At Your Side: Prayers for Messy, Delightful,
Complicated, Outrageous, Everyday Life*
(Toronto: Novalis, 2020), p. 79.

REMINDERS

- Artisan and Craft Show and Bake Sale October 19-20
- Knights of Columbus Oktoberfest October 25
- Next General Meeting November 16
- St. Vincent de Paul Parish Spaghetti Dinner November 17

