



# HOLY TRINITY

# CWL

ISSUE FEBRUARY/23



## MESSAGE FROM CWL PRESIDENT:

**NINA G. CARPIO**

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This month of hearts gives us a great occasion to again celebrate and express our love for our spouses, parents, children, siblings, relatives and friends; or others who have touched us in a special way. It would also be a great chance to remind ourselves of God's unceasing love for us; an agape love, ever so selfless, abundant and merciful. How have we responded to Him? In a personal way we can ask ourselves, "Have we been kind and generous with our time, talent and treasure? Have we strived to forgive those who have hurt us deeply? Have we been trusting that God is ever-faithful and that He will be there for us, especially through pain and sufferings in life?" We are given many opportunities to reciprocate God's love and channel it to others through ministry and service in CWL. Supporting charities through donations of cash and kind, giving Catholic-inspired books to parishioners, providing meals, organizing spiritual retreats and recollections, and participating in pro-life activities have been some. All these good works and many more can help us grow in faith and be witnesses of God's love through the service of others. I am truly inspired by the ladies of our league who continue to spread the joy and love of Christ in their own unique ways.

St. Marie Eugenie Milleret, founder of the Religious of the Assumption once said "Love never says I have done enough." Her life was marked by her three great loves – for Jesus Christ, for Mary the Mother of Jesus and our mother, and for the Church. She dedicated herself and inspired countless others to the building of God's Kingdom through education. In her final days, she said, "I am looking at my Lord. It is in looking at Him that we learn how to love." Thus, my hope and prayer is that as you focus on Christ, you may recognize the special gift of love He made you to be. We may not always achieve perfect or grand results in what we do, but what's important is how we let God continue to work through us. May the Holy Spirit empower us to strive in fulfilling God's divine will every single day, with great love. FIAT!

""JESUS, WHO HAST MADE THYSELF OBEDIENT TO THY PARENTS, TO THEE BE EVER GLORY, WITH THE SUPREME FATHER AND WITH THE SPIRIT.""

## FEBRUARY - MONTH OF THE HOLY FAMILY

The home of Nazareth is the school where we begin to understand the life of Jesus—the school of the Gospel. First, then, a lesson of silence. May esteem for silence, that admirable and indispensable condition of mind, revive in us...A lesson on family life. May Nazareth teach us what family life is, its communion of love, its austere and simple beauty, and its sacred and inviolable character...A lesson of work. Nazareth, home of the Carpenter's Son, in you I would choose to understand and proclaim the severe and redeeming law of human work. — **Paul VI at Nazareth, January 5, 1964**

Since the Holy Family observed the Jewish law in its perfection, we can deduce quite accurately what prayers they recited. The Psalms, of course, were the favorites. Three times a day Jesus, Mary, and Joseph said the Tephillah, "The Prayer," consisting of eighteen long invocations and blessings. Joseph (and later Jesus when He attained to manhood) was obliged to say the Shema, a sort of profession of faith in the one true God, twice daily. A very interesting Jewish custom of prayer that must have been observed in the house at Nazareth was that of the Mezuzah, "the doorpost," and the "phylacteries," small square calfskin boxes with Scripture texts written on parchment inside them.

On the doorpost of the house at Nazareth was fastened a wooden tube containing a rolled parchment inscribed with the passage quoted above from the Book of Deuteronomy and another passage (11:13-21) citing the blessings of serving God. On entering and leaving the house the members of the Holy Family would piously touch this Mezuzah, saying, **"May God keep my going out and coming in from now on and forevermore."** All this was intended to show reverence for the word of God.

Such was the vocal and the more or less formal prayer which Jesus, Mary, and Joseph offered in their home at Nazareth. In their hearts, however, they prayed always. Just as the Heart of Jesus was constantly united with His divinity, so were the hearts of Mary and Joseph so closely bound to God that their every action was a prayer. — **Excerpted from Reflections on the Life of Jesus, Mary, and Joseph, Francis L. Filas, S.J.**

### PRAYER OF THE MONTH CONSECRATION OF THE FAMILY TO THE HOLY FAMILY

LORD JESUS CHRIST, WHO, BEING MADE  
SUBJECT TO MARY AND JOSEPH, HALLOWED  
DOMESTIC LIFE BY YOUR INEFFABLE VIRTUES;  
GRANT THAT WE, WITH THE ASSISTANCE OF  
BOTH, MAY BE TAUGHT BY THE EXAMPLE OF  
YOUR HOLY FAMILY AND MAY ATTAIN TO ITS  
EVERLASTING FELLOWSHIP; WHO LIVES AND  
REIGNS WORLD WITHOUT END. AMEN —  
ROMAN MISSAL

### THE HOLY FATHER'S INTENTIONS FOR THE MONTH OF FEBRUARY 2023 For Parishes

**We pray that parishes, placing communion at the centre,  
may increasingly become communities of faith,  
fraternity and welcome towards those most in need.**



**FEBRUARY 6, 2023**

## **CWL POTLUCK DINNER, GENERAL MEETING & BINGO NIGHT HOLY TRINITY CHURCH HALL**

Have you decided what to bring? Hot? Cold? Entree? Dessert?

When you arrive you will be asked to label your dish

Cold entrees can be placed on the buffet table

Hot entrees can be taken to the kitchen to keep warm—please ensure your dish is already fully cooked as we do not have people available to do so

Desserts can be taken to the kitchen to be kept safe

Find a seat so that we can begin our dinner by 6:45 pm.

Tea and coffee will be available but you can bring your own favorite beverage.

Empty wine glasses will be available.

Dinner will be followed by our business meeting, dessert and bingo.

Bring your toonies to increase your chances of winning one of our prizes.

**Finally, invite a friend.**

Questions, contact Linda (778-848-5630) or Mylene ([mylene\\_bergman@yahoo.com](mailto:mylene_bergman@yahoo.com))

**We look forward to seeing you on Monday, February 6 – 6:30 pm.**



**ARRIVAL TIME: 6:30 PM**

**DINNER TIME: 6:45 PM.**

**MARCH 24-26, 2023**

**CWL WESTMINSTER ABBEY RETREAT**

*Retreat* 

Please join Fr. James Comey and the Holy Trinity CWL on our annual retreat at Westminster Abbey on March 24-26.

**Our theme: Lent and Celtic Spirituality.**

**All women are warmly welcomed.**

Cost: \$175. For more details and to secure your place, please contact Nicole @ 778-886-3340 or [nickitancredi@gmail.com](mailto:nickitancredi@gmail.com)

FAITH

SERVICE

SOCIAL  
JUSTICE



## DECEMBER MINI-BAKE SALE.

Thank you to Kelly Bond, Rosanna Van Buekenhout, Lina Restivo, Rita Johnson, Blanche Zastre, Maria Petraroia, Wendy Walji, Yolanda Newman and Dee McInnes for their delicious contributions to our mini-bake sale.

Thank you to Diane Addison & Sally Matienzo who sorted and wrapped the items, with delicacy, patience and flair. Thank you also to the generosity of the ladies at the meeting; I am pretty sure that everyone went home with a little bag of something. I was still selling items in the parking lot as I was preparing to go home. In the end we had only 3 items left that we donated to the December 18 "Men's Hostel/Shelter" food drive. In total we raised \$262.25.

Linda Sibau

## DECEMBER GENERAL MEETING

The December general meeting was such a fun evening with plenty of opportunity to mix and mingle, to enjoy a true Christmas movie and to eat & purchase delectable Christmas goodies. If you did not attend you missed:

- Ana Yeung's adorable angel necklace
- Valerie Remedios special "Jingle" bells pin
- Bernadette and Sharon's snowflake theme ear rings
- Allison's faux cross stitch Christmas jacket/sweater
- Diane Addison's amazing red suede shoes
- Linda's Christmas tree skirt
- Birthday song and wishes to Anna Chutka on celebrating her 99th birthday this month
- Door prizes won by Rosanna Van Buekenhout & Anna Yeung
- 

Bet you wish you were there!

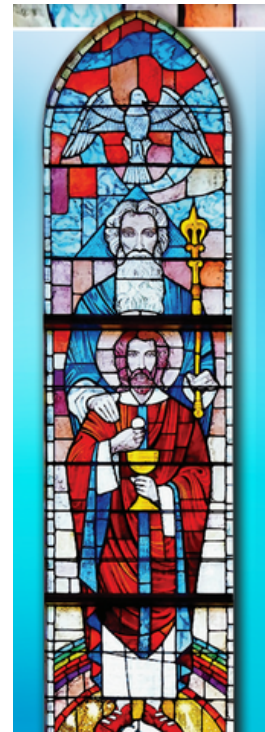
We hope to see you at the February potluck dinner meeting - you won't want to miss it!

## BE HAPPY



## KEY DAYS IN FEBRUARY

- 2. **Presentation of the Lord, Feast**
- 3. Blaise; Ansgar, Opt. Mem.
- 5. Agatha, Memorial
- 6. Paul Miki and Companions, Memorial
- 8. Jerome Emiliani; Josephine Bakhita, Opt. Mem.
- 10. Scholastica, Memorial
- 11. Our Lady of Lourdes, Opt. Mem.
- **21. FIRST SUNDAY OF LENT, Sunday**
- **22. Chair of St. Peter, Feast**
- 23. Polycarp of Smyrna, Opt. Mem.
- 27. Gregory Narek, Opt. Mem.



**CATHOLIC**  
and **LIVING IT!**

## 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.

## SAVE THE DATE: CWL VANCOUVER DIOCESAN CONVENTION

**Thursday, May 4 – Saturday, May 6, 2023**

**Christ the Redeemer Parish, West Vancouver**

Registration dates: March 12–April 20

### **Thursday, May 4**

2:00 pm – registration, 3 pm Resolution Dialogue, 4 pm Pre-convention meeting with all parish presidents, Life Members & Diocesan Executive  
5 pm Mass followed by Wine & Cheese party

### **Friday, May 5**

7:15 am – registration begins

8:30 am – convention starts

Mass at 12 noon

Afternoon & evening agenda to be announced

### **Saturday, May 6**

7:15 am – registration begins

8:30 am – convention starts

Spiritual Advisor luncheon

Afternoon agenda to be announced

7:00 pm – Mass celebrated by Archbishop Miller followed by banquet

**Our CWL council has been asked to donate 10 door prizes, value of between \$10–15.** If you have an item that could be used as a door prize for the convention, please contact Linda at: [htcwlpres@gmail.com](mailto:htcwlpres@gmail.com)

**We encourage all our members to consider attending the Convention as it is a wonderful opportunity to meet and network with other Catholic women.**

## SISTERS APPRECIATION DINNER

This year the CWL councils of the Vancouver Diocese will celebrate and honour all the Sisters in the Diocese on Monday, February 13 at the Italian Cultural Centre, 3075 Slocan Street.

Tickets are \$55 per person.

More information and ticket order information on the link below.

[CWL – Sisters' Appreciation Dinner 2023 – Vancouver Diocesan Council Catholic Womens League of Canada \(vancouvercwl.ca\)](https://www.vancouvercwl.ca)



## Please pray for the intentions of

- Elda Bodnaruk
- Gina Galozo
- Terry Ryznar
- Tony Pacis
- Rica Tamesis-Trota
- Milette Pena



Gina Galozo is a long-standing member of our Holy Trinity CWL. She is in need of our support.

If you would like to volunteer in preparing a meal, please click on the link below and Sign up to deliver a meal, you will find the dates and address information there.

<https://www.mealtrain.com/trains/vlq8vg>

## Core Values

**FAITH** – following Catholic teaching

**SERVICE** – local, national and international

**SOCIAL JUSTICE** – actively involved in society

## MEET OUR COMMUNITY



### Do you know ROSANNA VAN BUEKENHOUT?

Holy Trinity Parish has been Rosanna's one and only parish – her family started attending the parish in 1959 so she received all my sacraments here. She has worked at Holy Trinity School for 13 years as a bookkeeper and for the last year, she has been the school secretary. Her favourite saint is St. Therese of Lisieux who had simple and yet very powerful inspirations. She said "In this life we cannot do great things. We can only do small things with great love." Rosanna is also studying "Living in the Divine Will" which is a new gift that God has granted for our times. It is a fulfillment of the Our Father Prayer, "Thy kingdom come, Thy Will be done on earth as it is in Heaven". Please talk to her if you would like more information on the Divine Will.

### Do you know KELLY BOND?

Kelly joined CWL to add her voice to a growing list of Catholic women across Canada with the hope of impactful change at government levels. She was invited by Elaine Calla to join the Art in the Atrium committee as the public relations representative. Kelly has held several positions on the CWL executive including community life and corresponding secretary. Kelly is a mother of four and is very active in parish life. Her roles have included teaching Children's Liturgy, being on the Liturgy Committee, representing CWL on the Pastoral Council and was Altar Server Coordinator for 12 years. She is currently serving her third year as Secretary of the North Shore Pro-life Society. She works as Customer Success Manager for an eyewear company that partners with Indigenous artists to share their beautiful artwork. She enjoys cooking, crafting, watching her children compete in various sports, and is heavily involved in local government. She serves on the District of North Vancouver's Community Services Advisory Committee and the former Rental, Social and Affordable Housing Task Force. She loves the Stations of the Cross and when her children were small, she created an at-home version which they do as a family every Friday in Lent. She participates in the Liturgy of the Hours: Sing the Hours on Spotify. She adores the angelic voices of the Benedictine Sisters of Mary having played their Advent album on repeat in Hospice at Vigil at her Mother's bedside before her death. Very heavenly!



### Do you know MYLENE BERGMAN?

Mylene Bergman became a member of CWL because of her mother who was a member of CWL in the Philippines for more than 30 years. Five years ago her eldest sister joined and early last year the Junior CWL was created and her two teenager nieces joined. Mylene has seen the value and importance of being part of the CWL through her mom and sister. She promised her mom that she would find a Parish where she could join CWL. She is currently a member of the CWL executive and her role is that of Health & Education. At the parish she volunteers at the senior breakfast that is held on the last Saturday of the month. For her, this event is not just helping to prepare food and setting tables but serving the seniors and making them happy, this lifts her spirit. It is like serving your own parents or grandparents that reminds us of how they once took care of us. She enjoys arts and crafts, cooking and baking and as well as reading books about self motivation and inspiration. A few of her favourites are Dalai Lama's "The Art of Happiness", "The Secret" by Rhonda Byrne and "IKIGAI, The Japanese Secret to a long and Happy Life". Mylene learned that we all need something or someone to help us be the person that we want to be and for her it is her family, good friends and people that she meets throughout her day. She believes that everything in life has its own purpose and she is slowly finding her own purpose in life with the help of the people around her.



## Core Purpose

Uniting Catholic women to grow in faith, and to promote social justice through service to the church, Canada and the world.



## MORE EVENTS

**Feb 8, 2023 – 7:00pm – Free one-hour Webinar: Day of Prayer and Awareness Against Human Trafficking**

[Link: Working Towards Freedom Webinar – Anti-Human Trafficking – Behold \(beholdvancouver.org\)](#)

**Feb 18, 2023 – Mardi Gras Themed Dinner, Dancing, and Entertainment in support of Domestic Abuse Services**

Call: 604-585-6688 to purchase tickets, volunteer at event or donate to silent auction

## Days for Girls International

For more information please contact: **Chris and Valerie McKinnon**

Email – [valmckinnon@hotmail.com](mailto:valmckinnon@hotmail.com)



**TOGETHER WE CAN CREATE A WORLD WHERE PERIODS ARE NEVER A PROBLEM.**

Days For Girls International is an award-winning NGO that works to shatter stigma and limitations associated with menstruation for improved health, education and livelihoods. Since 2008, we have reached 2.6 million women and girls in 145 countries with menstrual health solutions and education, trained 200 enterprise leaders, and mobilized over 1,000 volunteer chapters, teams, and clubs. For more information, please visit [daysforgirls.org](http://daysforgirls.org).

 <b>DFG PADS</b>	 <b>HEALTH EDUCATION</b>	 <b>SOCIAL ENTREPRENEURS</b>	 <b>POLICY &amp; ADVOCACY</b>
Our safe, beautiful and washable solution for managing menstruation. DFG's patent-winning pads are delivered around the world – along with vital health education.	Our training is designed to help advocates deliver menstrual health education in the field, including a version for boys and men.	We help local leaders establish sustainable businesses that produce and sell menstrual products and provide health education.	DFG partners with governments, coalitions, and other development stakeholders to advance global menstrual equity.

*"We are making washable menstrual kits that help keep girls in school and give them hope for breaking the cycle of early marriage and childbirth. An educated girl can break the cycle of poverty and empower her to follow her dreams."*  
— DFG KENYA ENTERPRISE LEADER, ALICE WAMBUI MWANGI



<https://cwl.ca/wp-content/uploads/2023/01/2023.v99.n1-The-Canadian-League-final.pdf>

## 2023 CWL MEMBERSHIP FEES

**Annual CWL membership fees for 2023 are now due and payable at our next CWL General Meeting on Monday, February 6th, 2023.**

If you prefer payment can be e-transferred to [dianeaddison@telus.net](mailto:dianeaddison@telus.net) or place in the Sunday collection. Please have envelope addressed CWL Membership. Dues can also be dropped off at HT Church office. Please make cheques payable to Holy Trinity CWL.

**New Membership Fees is \$43.00**

# SOUP & SILENCE

## Reflections for Lent

**February 24th, 2023 is the first day** (every friday until Mar 31st at 6:00pm at the Church Hall)

Donations of soup and bread are needed.

Contact: **Roselia Moreno** at 778-2333835 or [romoreno6@gmail.com](mailto:romoreno6@gmail.com)

FEBRUARY  
24TH

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2  
3



## Pro-life Coner

**APro-abortion claim:** Abortion is 'safe'

**Pro-life response:** There is no such thing as a safe abortion. The sole purpose of abortion is to kill a human being prior to birth. The procedure has failed if it does not result in a dead baby. Abortion is thus never safe for the preborn child. Abortion is not safe for the mother either. Both surgical and chemical abortions harm women on many levels, including physically, emotionally, psychologically, and spiritually. Abortion is not safe for anyone, especially the preborn child and the child's mother.



NORTH SHORE PRO-LIFE

The members of the Board of the North Shore Pro-Life Society are committed to promoting and defending the right to life from conception to natural end. We are working to increase the awareness of pro-life issues among North Shore parishioners

Please visit our website for more information at North Shore Pro-life ([northshoreprolife.org](http://northshoreprolife.org)) or email [northshoreprolife@gmail.com](mailto:northshoreprolife@gmail.com) for more details.

## Happy January & February Birthdays!



**Bahareh Fakh**

**Liliana Garau**

**Maureen Hickey**

**Mena Parente**

**Sr. Holy Raholisoa**

**Valerie Remedios**

**Ivy Remoreras**

**Diane Addison**

**Giuseppina Ciambrelli**

**Clarita David**

**Marge Degrano**

**Sharon Horner**

**Jeannie Meier-Heaney**

**Cristina Newman-Drego**

**Maria Petraroia**

**Michelle Podgurski**

**Maria Restivo**

**Concetta Signorelli**

**Maureen Topley**

**Teresa Wimberley**

If someone is missing, please send email to [elianests@me.com](mailto:elianests@me.com) with name and date of birthday. Thank you.



**JOIN CWL FACEBOOK GROUP**

**CLICK HERE!**

**VISIT OUR WEBSITE**

**CWL.HOLYTRINITYPARISH.CA**