



HOLY TRINITY

CWL

ISSUE SEPTEMBER / 23

Salutatio Angelica (Ave Maria)

Ave Maria, gratia plena,
Dominus tecum;
Benedicta tu in mulieribus et
benedictus fructus ventris tui,
Iesus.

Sancta Maria, Mater Dei, ora pro
nobis peccatoribus, nunc et in
hora mortis nostrae.
Amen.

IN THIS ISSUE:

- SUMMER MASS
- ERLINDA'S MANGO
PUDDING
- CALL TO ACTION
- RESOLUTION & POSITION
PAPERS 2023
- PRO-LIFE CORNER

MESSAGE FROM HT CWL PRESIDENT:

NINA G. CARPIO

Welcome back dear CWL Ladies! I hope that you had a summer filled with lots of wonderful memories and that you got the chance to rest and recharge yourselves to face another year ahead.

As for me, it was a momentous summer as my sister came to visit for the first time since the pandemic for more than 3 and a half years! Our days included shopping, eating, a fun overnight visit by seaplane to Victoria for high tea, a facial, massage and then more eating! We also had an unexpectedly long hike with friends at the lighthouse park in West Van. The hike started with just some fun pictures taken by the lighthouse, while admiring the beautiful view of Vancouver harbor and the awesome sunset. Little did we know it would end up turning into a 7km hike up and down the whole perimeter of the park! It was a great relief that we made it back to the parking lot in spite of the grueling terrain; considering we weren't even dressed for the occasion! I thanked the Lord that we didn't get lost because unbeknownst to everyone, I was praying to the high heavens while maintaining a confident look and assuring everyone we were going to make it back safe and sound. Culminating this visit were also wonderful get-togethers such as having friends over for pizza, burrata, cold cuts, wine and cheese; a picnic at the West Van Cypress mountain lookout, as well as a garden party hosted by my choir friends where we sang to our hearts content until it started to rain. After a little more than two weeks, just like a flash, it was over. Nevertheless, I feel so blessed having been given the gift of spending quality time with family and friends which I will always fondly cherish.

I felt eager to share my summer experience with you as I hope you too will also endeavour to share your stories with all of us when we see each other again at our General Assembly! Perhaps there are those of us who may have had joyful memories, or perhaps even sad ones; but even as life is such, it is wonderful to know that we are still here and can give thanks to God for keeping us well and able to take on another year! In spite of the many challenges we have in our world today seemingly getting greater, let us continue to search for God's will every single day, and pray that He fills us with the desire and strength to fulfill it; be it spending more time learning and reading God's word, getting to better know our other sisters in the League through fellowship, participating in CWL efforts and activities toward a good cause, supporting ministries in our parish community, or even just praying the rosary more. May our Blessed Lady continue to pray and intercede for us and bring us closer to her Son.

Love and prayers,

ST. GABRIEL OF THE SORROWFUL MOTHER, SAID HE WAS NEVER DENIED ANY
PETITION THAT HE CONFIDED TO THE MATER DOLOROSA (MOTHER OF SORROWS)

MATER DOLOROSA ORA PRO NOBIS!

THE MONTH OF THE OUR LADY OF SORROWS

In the heart of our faith, we find the story of Mary, the Queen of Martyrs—a story of unparalleled endurance and unyielding love. Picture this: a noble and holy Mother, her heart intertwined with that of her only Son. He was the embodiment of innocence, virtue, and beauty, a Son who cherished His Mother with a tenderness beyond words. Every interaction between them was marked by respect, obedience, and a boundless affection.

Yet, in the face of envy's dark shadow, this Son was falsely accused by His adversaries. The judge, though aware of His innocence, yielded to the demands of His foes, leading to an unjust and ignominious death. Imagine the agony of that Mother, compelled to witness her beloved Son's life extinguished through a barbaric execution—a brutal event that unfolded before her very eyes.

Dear souls devoted to the faith, can your hearts remain unmoved by this heartrending account? Do you not feel the weight of compassion for this sorrowful Mother? You grasp the essence of whom I speak. This Son, who suffered the cruelest of fates, was none other than our compassionate Redeemer, Jesus. And the Mother who endured this unimaginable pain was none other than the Blessed Virgin Mary. For the love she bore for us, she accepted His sacrifice to Divine Justice at the hands of heartless men.

Let us reflect this month on the immeasurable suffering that transformed Mary into the Queen of martyrs—a suffering that outshines even the pain of countless martyrs. Hers was a torment that stretched beyond measure, both in its duration and its intensity. Let us pause to honor the depths of her sacrifice, to recognize that her anguish surpassed that of all who have suffered, and in doing so, let us offer our compassion and gratitude for this indomitable love.


**The Blessed Virgin Mary grants seven graces to the souls who honor her daily by saying seven Hail Mary's and meditating on her tears and dolors (sorrows).
The devotion was passed on by St. Bridget.**

HERE ARE THE SEVEN GRACES:

1. I will grant peace to their families.
2. They will be enlightened about the divine mysteries.
3. I will console them in their pains and I will accompany them in their work.
4. I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls.
5. I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.
6. I will visibly help them at the moment of their death, they will see the face of their Mother.
7. I have obtained from my divine Son, that those who propagate this devotion to my tears and dolors, will be taken directly from this earthly life to eternal happiness since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.

SEVEN SORROWS

- The prophecy of Simeon. (St. Luke 2:34, 35)
- The flight into Egypt. (St. Matthew 2:13, 14)
- The loss of the Child Jesus in the temple. (St. Luke 2: 43-45)
- The meeting of Jesus and Mary on the Way of the Cross.
- The Crucifixion.
- The taking down of the Body of Jesus from the Cross.
- The burial of Jesus.

[Click here to learn](#) 
[The Seven Sorrows Devotion](#)

By Eliane Miranda
HT CWL Communications



THE HOLY FATHER'S INTENTIONS FOR THE MONTH OF SEPTEMBER 2023

For people living on the margins

We pray for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance.

WE are **POWERFUL**
when we are **TOGETHER**



SUMMER MASS 2023



ERLINDA'S MANGO PUDDING (AS ENJOYED AT THE SUMMER MASS RECEPTION)



PART 1

1 large can (850 grams) mango puree
2 cups cold water
500 ml 33% whipping cream

Mix above ingredients in a large bowl

PART 2

1 1/2 cup cold water
1 cup sugar
4 packages Knox unflavoured gelatin

Mix the part 2 ingredients in a pan then bring to a boil on the stove over medium heat until sugar and gelatin are dissolved.

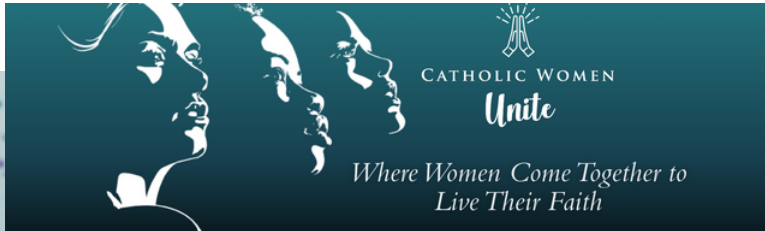
Pour part 2 into part 1 ingredients and mix very well.

Strain pudding into serving dishes or molds.
Refrigerate overnight

Makes 12 large, 18 medium or 24 small size servings.
Yummy, yummy

Thank you Erlinda for sharing your recipe

Welcome Back



We hope your summer days were filled with cherished moments and joyful experiences.

As the gentle warmth of summer makes way for the cozy embrace of autumn, **we're thrilled to reunite with each and every one of you.** Our hearts are brimming with excitement as we prepare to embark on a new season of fellowship, growth, and shared purpose.

And **you're more than welcome to bring along a friend** who might be curious about the inspiring journey we're on. Extend the hand of friendship and share with them the incredible camaraderie that defines our League.

With hearts full of love and anticipation, let's embrace this upcoming season with open arms. We can't wait to see your familiar faces, hear your stories, and embark on a shared journey of faith and compassion.

Until we meet on September 11th, may your days be blessed with the joys of anticipation and the warmth of friendship.



General Meeting

September 11th
@ 7PM

Holy Trinity Parish Hall

Core Purpose

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

EXPLANATION OF EMBER DAYS

Three days set apart for fasting, abstinence, and prayer during each of the four seasons of the year. They were the Wednesday, Friday and Saturday after St. Lucy (or Lucia, d. 304) (December 13), the First Sunday of Lent, Pentecost, and the feast of the Holy Cross (September 14).

Since the revision of the Roman calendar in 1969, Ember Days are to be observed at the discretion of the National Conference of Bishops. Moreover, their observance may be extended beyond three days and even repeated during the year. Possibly occasioned by the agricultural feasts of ancient Rome, they came to be observed by Christians for the sanctification of the different seasons of the year, and for obtaining God's blessing on the clergy to be ordained during the Embertides. (Etym. Anglo-Saxon oemerge, ashes.)

—Modern Catholic Dictionary by John A. Hardon, SJ, Doubleday, 1980.

CALL TO ACTION



Christian Addictions Recovery Ministries Society – CHARM – Angela Von Werder

Providing faith-based recovery programs to individuals recovering from alcoholism and addiction

Donation -> <https://charmrecovery.org/family-programing/>

Domestic Abuse Services – Our Lady of Good Counsel Society, Laura

- Attend Fashion Show Nov 2023
- Be a member. Website: <https://domesticabuseservices.ca/>
- Donate Goods or volunteer to work at Thrifter's Paradise Store

Forensic Nursing – Sheila Early

Share information on services for victims of sexual assault, child maltreatment and abuse with parish execs and members.

Momentum – Sr. John Mary Sullivan

Building a vibrant community for single mothers. Contact Sr. John Mary at <https://rcav.org/about/contact>

Right Now – Electing Pro-life Representatives to Governments, Alissa Golob

- Donate – website: <https://itstartsrighnow.ca>
- Be a delegate at the 2023 Conservative Convention -Sep 7-9, 2023, Quebec City to help pass and vote for pro-life policies.

Net Canada – Jean Paul de Fleuriot, Western Reg Coord

- Donate – Website: <https://www.netcanada.ca>
- Donate household items, gift cards, and meals for missionaries and their families.



Please pray for the intentions of

| | |
|----------------|---------------|
| Gina Galozo | Karen Gayle |
| Andrea Gilmour | Diane Addison |
| Terry Ryznar | Barb Bogdanow |

Core Values

FAITH – following Catholic teaching **SERVICE** – local, national and international
SOCIAL JUSTICE – actively involved in society

KEY DAYS IN SEPTEMBER

- **8. Nativity of the Blessed Virgin Mary, Feast**
- **12. Most Holy Name of Mary**
- 13. John Chrysostom
- **14. Exaltation of the Holy Cross, Feast**
- **15. Our Lady of Sorrows**
- 16. Cornelius and Cyprian
- 19. Januarius
- 20. Andrew Kim Taegon, Paul Chong Hasang and Companions; **Ember Wednesday**
- **21. Matthew, Apostle, Feast**
- 23. Pius of Pietrelcina; **Ember Saturday, Memorial**
- 26. Cosmas and Damian
- 27. Vincent de Paul
- 28. Wenceslaus; Lawrence Ruiz and Companions
- **29. Michael, Gabriel & Raphael, Archangels, Feast**
- 30. Jerome



Our dear friend and long-standing member of Holy Trinity CWL, Gina Galozo, is in need of our support. Let's come together to show her our love and care.

If you would like to volunteer to prepare a meal for Gina, please click on the link below. You will find the dates and address information on the sign-up sheet. Let's make sure Gina feels supported during this difficult time.

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

Thank you for your kindness and generosity. If you have any questions or concerns, please don't hesitate to reach out to us.

RESOLUTION 2023.01 COMBATING TEXTILE WASTE IN CANADA

Resolved, that national council of The Catholic Women's League of Canada in 103rd national annual meeting of members assembled, urge the federal government to establish new programs and to expand established subsidies aimed at reducing textile waste in Canada.

Read the full Resolution here -> <https://www.cwl.ca/2023-01-combating-textile-waste-in-canada/>

POSITION PAPERS 2023

Abortion - In accordance with Catholic church teachings, respects human life from conception to natural death. As such, any procedures that cause the intentional killing of unborn human beings at any stage of development are gravely wrong. • The League commits to advocating for a society where all human life is respected and protected through government legislation and community services that support pregnant women and families, such as those living in poverty, experiencing violence and living in adverse situations.

Euthanasia and Medical Assistance in Dying (MAiD)- In accordance with the Catholic church teachings, respects human life from conception to natural death. Any deliberate killing of another human being by euthanasia/MAiD is gravely wrong, even when done out of compassion when someone is dying or there is concern about their quality of life. The League: • affirms its support for allowing a person to die a natural death with support from palliative care. • believes that each member of society is unique, including the underprivileged, disabled, sick or infirm, whose dignity needs to be honoured, respected and protected. • recognizes that Canadian legislation is on a slippery slope of becoming more accepting and desensitized about euthanasia, making it available to the vulnerable populations that were protected in the initial legislation. Internationally, Canada is becoming recognized as being one of the most liberal countries regarding MAiD legislation and its application. • urges all Canadians to reflect deeply on the consequences and dangers of giving individuals the right to take the life of another human being.

Health Research - The Catholic Women's League of Canada believes health research must always be carried out ethically, recognizing the inherent worth of all human beings and the respect and consideration that each person is due. The League: • looks to the Vatican and the Canadian Conference of Catholic Bishops for direction regarding fundamental moral criteria. • recognizes that funding for health research will always be a concern as new illnesses and health conditions emerge, and funding sources, both government and private, must take moral issues into consideration.

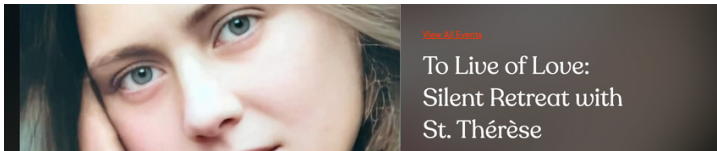
Matrimony and Same-sex Unions - The Catholic Women's League of Canada is committed to recognizing the bond of marriage as a matrimonial covenant between one man and one woman to the exclusion of all others and for showing respect and love for the dignity of partners in same-sex unions, their families and their children. • The League is committed to strengthening and protecting matrimony as an institution fundamental to the growth and prosperity of civilization and calls for marriage to be defined in Canadian law as between one woman and man to the exclusion of all others.

Reproductive and Genetic Technologies - The Catholic Women's League of Canada respects human life, believing life and personhood begin at conception until natural death. Reproductive and genetic technologies must be consistent with these values, respecting the dignity and value of human life and the unitive and procreative aspect of matrimony. • Many reproductive and genetic technologies benefit humankind. However, there are concerns about human embryo cloning, some infertility interventions, the marketing of fetal tissue and all zygote/embryo research. • The League looks to the Vatican and the Canadian Conference of Catholic Bishops for direction regarding fundamental moral criteria.

The Use of Stem Cells for Research Purposes -In accordance with Catholic church teachings, respects the gift of human life from conception to natural death. Using human stem cells in research can positively and significantly impact medical and pharmacological treatments of severe diseases. However, there must be protection from using human embryonic stem cells in research and therapies where the embryo is destroyed. • The League will follow the direction of the Vatican and the Canadian Conference of Catholic Bishops (CCCCB) during times when vaccination is the only solution to the loss of life, the choosing of vaccines not derived from human embryonic stem cells is impossible, and decisions must be made for the greater good of the population.

Truth and Reconciliation - The Catholic Women's League of Canada commits to "walking together" with Indigenous peoples of Canada, begun by Pope Francis, and providing members with resources and opportunities to advance the cause of truth and reconciliation. • In accordance with church teachings, the League commits to promoting awareness and understanding of Indigenous peoples' histories, spiritualities, cultures, languages, traditions, rights and concerns and to becoming more informed about the violation of their dignity and human rights by governments, churches, society and individuals. • The League recognizes that reconciliation is a process of healing relationships, requiring changed hearts and attitudes through encounter and dialogue, education, truth sharing, apology and commemoration, and acknowledgement and redress of past harms. The Catechism of the Catholic Church instructs that freedom makes people responsible for their actions.

You can find all the Position Papers in full here: <https://www.cwl.ca/position-papers/>



We invite you to this special Silent Retreat with St. Thérèse of Lisieux to celebrate her 150th birthday, 100 years since her beatification, and 25 years since her nomination as Doctor of the Church.

Location

Westminster Abbey
34224 Dewdney Trunk Road
Mission, BC V2V 6Y4

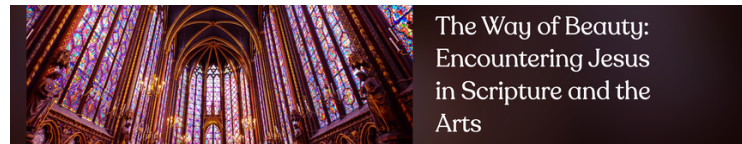
Date and Time

Friday, Sep 08, 2023 - Sunday, Sep 10, 2023
6:00 PM - 3:00 PM

Register (\$215) - includes accommodation, meals, and the book *To Live of Love* which will be used at the retreat.

Click here to REGISTER:

<https://beholdvancouver.org/events/to-live-of-love-silent-retreat-with-st-therese>



The Canadian Conference of Catholic Bishops (CCCB) Office invites leaders of catechesis and evangelization to *The Way of Beauty*, a webinar series that reflects on beauty and its powerful witness in the life of the Church.

The three sessions of *The Way of Beauty* webinar series are:

- **Beauty and Catechesis**
• Thursday, September 7, 10 a.m.
• Speaker: Dr. Jem Sullivan
- **Beauty and Evangelization**
• Thursday, September 14, 10 a.m.
• Speaker: Mr. David Dayler
- **Beauty and Liturgy**
• Thursday, September 21, 10 a.m.
• Speaker: Fr. Paul Massel

Location
Online via Zoom

CLICK HERE TO REGISTER:

<https://beholdvancouver.org/events/the-way-of-beauty-encountering-jesus-in-scripture-and-the-arts>

EXPLORE RESOURCES ON SPIRITUAL DEVELOPMENT

**SAT. OCTOBER 14th, 2023
1:00 PM - 2:00 PM CST**

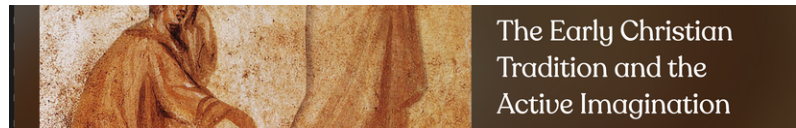
We are a people of God and are women who seek to deepen our faith in all ways. Join us to explore the resources created by two working groups on the topic of spiritual development. Topics will include:

- a look at copyright free prayers and prayer services that all members have access to.
- a review of a workshop that teaches members how to create their own copyright free prayers and prayer services.
- a review of the newly released Faith toolkit.

Join us to find ways to grow in faith by exploring these resources:

Click here to register:

<https://attendee.gotowebinar.com/register/2320405373618310997>



Discover the hidden depths of Christian tradition in this engaging online seminar! Join Fr. Scott Lewis, a member of the Society of Jesus and Dean Emeritus of Regis College, as he delves into the early Christian apocrypha, exploring lost gospels, letters, and prophecies. Ignatian Spirituality encourages active imagination in the pursuit of knowledge and spirituality. Come and dive into the:

- **Early Lives of Mary and Jesus**
Thursday, September 7, at 4 p.m.
- **Three Gospels: Thomas, Mary, and Peter**
Thursday, September 14, at 4 p.m.
- **'Acts' of the Various Apostles**
Thursday, September 21, at 4 p.m.

Location
Online via Zoom

CLICK HERE TO REGISTER:

<https://beholdvancouver.org/events/the-way-of-beauty-encountering-jesus-in-scripture-and-the-arts>

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.

Happy AUGUST & SEPTEMBER Birthdays!

Nancy Abaloyan
Monica Altamirano
Allisen Dawe
Maria Firenze
Gina Galozo
Rose Harvey
Mary MacDonald
Mikaela Ong
Kylie Yu

Carissa Benavides
Anne Beresford
Loretta Kleffel
Lorraine Newlove
Leanne Ross
Rosa Cecilia Sanchez
Marlene Schreiner
Terry Tylka
Norma Wieland

If someone is missing, please send email to elianests@me.com with name and date of birthday. Thank you.

Pro-life Corner

MRS. AMERICAN 2023 WINNER GIVES POWERFUL PRO-LIFE RESPONSE DURING PAGEANT



Hannah Neeleman, 33, is a mother of seven who gave a powerful pro-life response to a question asked during the Mrs. American 2023 pageant. | Credit: Screenshot from @ballerinafarm on Instagram

A judge asked her: **“When have you felt the most empowered?”**

She responded: **“I have felt this feeling seven times now as I bring these sacred souls to the earth. After I hold that newborn baby in my arms, the feeling of motherhood and bringing them to the earth is the most empowering feeling I have ever felt.”**

Hannah Neeleman is a 33-year-old mother of seven who was crowned Mrs. American on Aug. 25, 2023

READ the Article here:



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) or email northshoreprolife@gmail.com for more details.

BIG SALE SALE

CWL ANNUAL THRIFT SALE

Donations from Sep 11th until Sep 15th at 1:00 pm. **DON'T miss it!**

We are looking for clothing, jewellery, housewares, linens, home decorations, etc.

DUE TO LIMITED SPACE, PLEASE NO FURNITURE OR ELECTRONICS

Come and shop for great bargains and treasures!

SAINT ANTHONY'S PARISH HALL
2347 INGLEWOOD AVE WEST VANCOUVER

SATURDAY SEP 16 10AM - 2PM



[JOIN CWL FACEBOOK GROUP](#)
[CLICK HERE!](#)

[VISIT OUR WEBSITE](http://CWL.HOLYTRINITYPARISH.CA)
CWL.HOLYTRINITYPARISH.CA