



# HOLY TRINITY CWL

ISSUE OCTOBER/23

Let us imitate what they contain  
so as to obtain what they  
promise.

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## MESSAGE FROM HT CWL PRESIDENT:

**NINA G. CARPIO**

Dear Sisters in Christ,

As we approach the homestretch for 2023, I am glad to continue this journey together with you to live out our mission to grow in faith, and to witness to the love of God through ministry and service as members of our CWL family. There are just so many hours in a day and with time passing so quickly, I find it even more important to carefully prioritize, and consciously put God first in everything I do. The issues facing our world, local communities, and families seem to be growing more and more challenging. I feel it calling us to be more vocal in sharing these subjects with one another, and actively participating in activities that need our attention and support. One example this past month was the invitation to participate in the "I Million March 4 Children" which called all those of diverse backgrounds and faiths, to advocate for the protection of our children from the Sexual Orientation and Gender Identity (SOGI) curriculum, pronouns, gender ideology and mixed bathrooms in schools. An opportunity to expand your knowledge and learn more about our Blessed Virgin Mary will occur at our upcoming General Meeting on Oct 2nd. As we celebrate the yearly feast of Our Lady of the Rosary this month, we have a very special speaker who, through her deep devotion to our Blessed mother, will share her knowledge about Our Lady, some of the significant miracles attributed to her in different parts of the world, the importance of the rosary as a spiritual weapon, and much more.

On October 30th which is the scheduled date set for our November General Assembly, our Diocesan President-Elect Marilyn Martin will give us a special presentation on the CWL National initiative called the "Unity Outreach." I encourage you to take this opportunity to participate actively, by bringing up your ideas and the needs of our local CWL Parish Community, which they will gather with the aim of providing us with better support and guidance throughout the year.

In everything you do, I pray that you be guided by the Holy Spirit and be given the wisdom and courage to act to fulfill His Divine will for you when you feel called to do so.

Please find more details regarding upcoming events and more opportunities to serve as contained in this newsletter. I look forward to seeing you at the General Meeting on Oct 2nd!

Till then I remain yours in Christ.

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!

## MONTH OF THE HOLY ROSARY

According to an account by fifteenth-century Dominican, Alan de la Roch, Mary appeared to St. Dominic in 1206 after he had been praying and doing severe penances because of his lack of success in combating the Albigensian heresy. Mary praised him for his valiant fight against the heretics and then gave him the Rosary as a mighty weapon, explained its uses and efficacy, and told him to preach it to others.

"Since the prayers of the Rosary come from such excellent sources – from Our Lord Himself, from inspired Scripture, and from the Church – it is not surprising that the Rosary is so dear to our Blessed Mother and so powerful with heaven.

### **Pope Benedict XVI in an address at the Basilica of St. Mary Major where he prayed the rosary with the faithful said:**

"Today, together we confirm that the Holy Rosary is not a pious practice banished to the past, like prayers of other times thought of with nostalgia. Instead, the Rosary is experiencing a new Springtime. Without a doubt, this is one of the most eloquent signs of love that the young generation nourish for Jesus and his Mother, Mary. In the current world, so dispersive, this prayer helps to put Christ at the centre, as the Virgin did, who meditated within all that was said about her Son, and also what he did and said. When reciting the Rosary, the important and meaningful moments of salvation history are relived. The various steps of Christ's mission are traced. With Mary the heart is oriented toward the mystery of Jesus. Christ is put at the centre of our life, of our time, of our city, through the contemplation and meditation of his holy mysteries of joy, light, sorrow and glory. May Mary help us to welcome within ourselves the grace emanating from these mysteries, so that through us we can "water" society, beginning with our daily relationships, and purifying them from so many negative forces, thus opening them to the newness of God. The Rosary, when it is prayed in an authentic way, not mechanical and superficial but profoundly, it brings, in fact, peace and reconciliation. It contains within itself the healing power of the Most Holy Name of Jesus, invoked with faith and love at the centre of each "Hail Mary"."

## SAINT THERESE SACRIFICE BEADS

St. Therese used "sacrifice beads" as a child to count her offerings to God, like letting others have their way. We can do the same with these beads in our pocket to be more aware of giving to God throughout the day. Create them for children to count their offerings like St. Therese did.

### **DIRECTIONS**

St. Therese, a Doctor of the Church, taught us to do little things with great love. She showed that even the smallest acts, done for God's love, are beautiful. She reminds us that our intentions matter most in our actions. She prayed and sacrificed constantly.

Jesus, like Therese, suffered but transformed it into joy and peace. He suffered to open Heaven's gates for us. If we follow Him, we can turn pain into joy.

Let's pray to St. Therese for her help as we follow the little way of doing things for God out of love.

### **Throughout the week**

Encourage your family to put their sacrifice beads in their pockets each day, so they can "pull a bead" secretly whenever they make a little sacrifice, offering, or prayer to the Lord. When saying good night to each child, it will be helpful to share with them how you are doing with your sacrifice beads and encourage them to share some of their "presents" with you.



(Resource from the Intercessors of the Lamb, a Public Association of the Christian Faithful, located in Omaha, Nebraska)

By Eliane Miranda  
HT CWL Communications



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

#### **For the Synod**

We pray for the Church, that she may adopt listening and dialogue as a lifestyle at every level, and allow herself to be guided by the Holy Spirit towards the peripheries of the world.

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

## SEPTEMBER GENERAL MEETING



## UPPER ROOM CONFERENCE



Roselia, Linda, Sister Minerva and Gustavo at the Upper Room Conference that took place at Pacific Redeemer College on Saturday, September 23. Proclaim was the sponsor/co-ordinating ministry for the event. There were stimulating sessions and wonderful opportunities to network with other parishes who run the same programs that we do at Holy Trinity Parish.

Archbishop Miller celebrated Mass and our CWL Vancouver Diocesan President, Sherray Duran, and President Elect, Marilyn Martins, were also in attendance.

## WELCOME BACK TO SCHOOL



CWL served 150 Tim Bits and 8 litres of pink lemonade to the Holy Trinity School children who had their first day "Back to School" on Tuesday, September 5. Thank you to Mira, Nicole, Sister Margaret and Eliane for their help in setting up, serving and cleaning up. There were many happy, smiling faces, neat and tidy new uniforms and the sunshine came out just in time.

The Holy Trinity School teachers were given a welcome back card and home made "Monkey Bread" so they knew we were praying for them too.

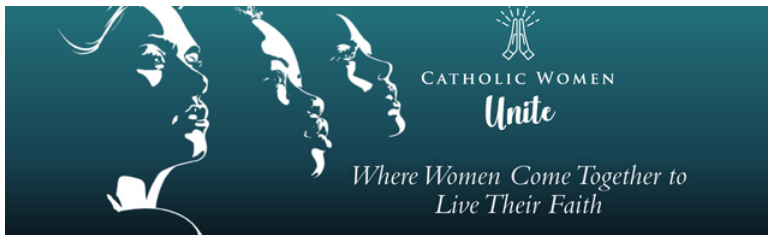
Anyone interested in participating next year, I welcome your ideas and your assistance.



**New Executives for 2024 – 2026** – We invite all to consider pray about becoming an executive for the coming new term! The role of executive involves being a cheerleader, radiating the love of Christ to others, learning new things, sharing what you know, and encouraging other members to serve and enjoy getting to know one another better, among many other things.

**UNITE** the **NATION**

*The Largest Catholic Women's Organization in Canada*



# General Meeting OCTOBER 2ND @ 7PM

## Holy Trinity Parish Hall

**Guest Speaker – Angelyn Dee**, Master’s degree in Theology graduate from the Augustine Institute in Colorado, United States.

### THE BLESSED VIRGIN MARY: QUEEN MOTHER AND OUR MOTHER

Have you ever thought that Catholics pay too much attention to Mary? This presentation will look at the role of the Queen Mother in the Davidic Kingdoms of old as the link to understanding Mary’s significant role in our lives today. We will see that Mary is an incomparable gift firmly rooted in the story of our salvation and hopefully gain a deeper appreciation for her as our Queen and Mother



### The Blessed Virgin Mary: Queen Mother & Our Mother

Join us in deepening our understanding of the Virgin Mary and finding inspiration to come together in prayer as we celebrate the annual Feast of Our Lady of the Rosary (Oct 7).

FEEL FREE TO BRING A FRIEND WHO MAY BE INTERESTED IN JOINING US ON THIS INSPIRING JOURNEY.

## NOVEMBER GENERAL MEETING – UNITY OUTREACH PRESENTATION



**The National Catholic Women’s League has requested** each Diocese in the League to visit all the councils in person to collect information through a Unity Outreach presentation. Questions will be asked and recorded. National wants us to be their listening ear as to your needs. **It requires most members to attend and is happening all across Canada at every parish council.**

Attend the November General Meeting, participate and voice out your questions and/or suggestions on how to bring CWL to life, make it more meaningful, productive and enjoyable, and express your needs.

**Who: Marilyn Martin, CWL Vancouver Diocesan president-elect.**

**When: Monday Oct 30, 2023 7:00pm** which is our date that will cover our CWL Monthly (November) General Meeting.

**Where:** Holy Trinity Parish Hall.

## SEPTEMBER 30, 2023 THIRD NATIONAL DAY FOR TRUTH AND RECONCILIATION



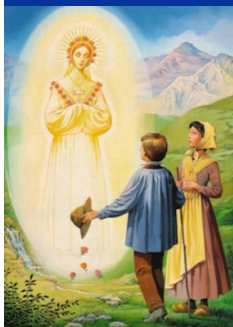
As members of the CWL may we continue to be open to acknowledging the traumas endured by the First Nations. May we all be patient and supportive during this painful journey in search for truth, and let us continue to pray for reconciliation for all.

by Elena Fleming  
HT CWL Treasure

### Core Purpose

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

## THE SISTERS OF OUR LADY OF LA SALETTE



Invite all CWL members to attend the monthly Mass at Lions Gate Hospital.

**When:** Third Thursday of every month

**Where:** Sacred Space at Lions Gate Hospital-located behind the cafeteria.

**What time:** 11:00 am

**Who is the celebrant:** rotation of priests of the North Shore parishes

**Why attend:** This Mass is celebrated for all the patients who are in Lions Gate Hospital and who cannot attend themselves. Come and pray for their health and recovery from illness.



## CALL TO SERVICE

Allison had written us a very personal letter saying that her doctor advised she continue to be involved in something meaningful to her. However, as a result of her getting hurt in a recent accident on her way home late at night, her current God parents are now very worried of her traveling late at night and have advised her to avoid doing so. Allison has always been present at our General meetings and is heartbroken as she says she will really be lost without CWL.



**If anyone is willing to reach out and help**, kindly contact her through her Godparent Toto's mobile phone at: (604) 328-6457 for possible arrangements. Upon doing so, kindly advise Nina at [nina\\_carpio@yahoo.com](mailto:nina_carpio@yahoo.com) as well as any other questions you may have. Allison has expressed that she will be forever grateful.

**WHEN: MONDAY OCT 2, 2023 AFTER THE MEETING - RIDE HOME FROM THE GENERAL MEETING**

Where: 4945 Marine Drive, Burnaby, BC V5J3G6

## CALL TO PRAY AND REMEMBER



**In loving memory of Rosemary Anne Whittey**, a lifelong member who departed on May 30, 2023, at the age of 92. Let us unite in prayer for the eternal peace of her soul and for the comfort of her grieving loved ones.

Additionally, on her Birthday, which falls on Wednesday, October 4, 2023, and at the Remembrance Mass on Sunday, November 5, 2023, at 2:30 pm, we extend an invitation to celebrate Mass in her memory. This Mass also honors all our past CWL sisters who have passed away. You are welcome to join in prayer at any other time that suits you.

We had asked Ruth Whittey, daughter and current member, to graciously provide us with her beautiful pic.

## KEY DAYS IN OCTOBER

1. **Thérèse of the Child Jesus**
2. **Holy Guardian Angels**  
**CWL general meeting**
4. Francis of Assisi
5. Bl. Francis Xavier Seelos; **St. Faustina Kowalska**
6. Bruno; Bl. Marie Rose Durocher
7. **Our Lady of the Rosary**
7. **Pro-Life Mass and Prayer Vigil:**  
(9am Mass) St. Patrick's Parish  
(Maple Ridge) 22561 121 Ave, Maple Ridge
9. **Thanksgiving**
14. Callistus I
15. **Teresa of Jesus**
16. Hedwig; Margaret Mary Alacoque,
17. Ignatius of Antioch
19. John de Brebeuf, Isaac Jogues and Companions
20. Paul of the Cross
22. John Paul II
23. John of Capistrano
24. Anthony Mary Claret
28. **Simon & Jude, Apostles, Feast**



## PLEASE PRAY FOR THE INTENTIONS OF

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

## Core Values

**FAITH** - following Catholic teaching

**SERVICE** - local, national and international

**SOCIAL JUSTICE** - actively involved in society

## FALL RETREAT

- **Harvesting the Graces Ignatian weekend retreat, Fri Oct 27–Sun Oct 29, Bethlehem Centre, Nanaimo**

Fall is a season of harvesting nature's bounty and an ideal time to reflect on the graces we have received in our day, our year, our lives. This retreat will explore one of the foundational aspects of the spirituality of Ignatius of Loyola and a key to discernment – looking back with gratitude to see God's activity, love and abundant blessing in our lives – so that we can look forward in hope to how God is calling us now and into the future.

<https://bethlehemcentre.com/program/1110/harvesting-the-graces-ignatian-retreat/>

- **Yonder Star Advent in-person retreat, Sat Dec 2, 9 am – 12 pm Pacific, St. Mark's Parish, Vancouver**

<https://www.eventbrite.ca/e/677643308377>

- **Yonder Star Advent online retreat, Sat Dec 9, 9 am – 12 pm Pacific**

<https://www.eventbrite.ca/e/679651555097>

Send it by Roselia Moreno  
Past President

## PRAYER TO YOUR GUARDIAN ANGEL

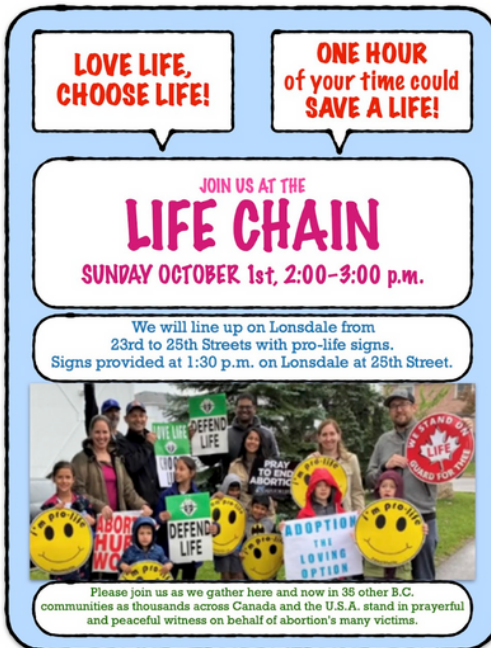
Angel of God,  
my guardian dear,  
To whom God's love  
commits me here,  
Ever this day,  
be at my side,  
To light and guard,  
Rule and guide.  
Amen.

'From infancy to death human life is surrounded by their (the angels) watchful care and intercession. Beside each believer stands an angel as protector and shepherd leading him to life. Already here on earth the Christian life shares by faith in the blessed company of angels and men united to God.'

– from the Catechism of the Catholic Church; 336.

## Pro-life Corner

### LIFE CHAIN – OCTOBER 1ST



LOVE LIFE, CHOOSE LIFE!

ONE HOUR of your time could SAVE A LIFE!

JOIN US AT THE  
**LIFE CHAIN**  
SUNDAY OCTOBER 1st, 2:00–3:00 p.m.

We will line up on Lonsdale from 23rd to 25th Streets with pro-life signs. Signs provided at 1:30 p.m. on Lonsdale at 25th Street.

Please join us as we gather here and now in 35 other B.C. communities as thousands across Canada and the U.S.A. stand in prayerful and peaceful witness on behalf of abortion's many victims.

Just one hour of your time could save a life, which is why you are invited to be a part of an important pro-life witness on Sunday, October 1, 2023, on Lonsdale at 25th Street from 2:00 to 3:00 p.m. Please arrive at 1:30 p.m. for final instructions and to pick up your sign. At this location and 35 others in B.C., plus hundreds of others across Canada, we will form a "Life Chain," holding signs with messages like "Adoption: A Loving Option," "Abortion Kills Children" and "Choose Life."

Everyone is welcome to peacefully and publicly call upon our community to protect human life from conception to its natural end. Buoyed by last year's successful North Vancouver Life Chain, we must continue to advocate for the innocent and voiceless little ones. Parking is available at Holy Trinity Church's gravel lot just west of Lonsdale and 27th, just a couple of blocks down to the Life Chain event.

The North Shore Pro-Life Society will host a coffee and snacks celebration for all participants in the Holy Trinity Church Hall immediately after the event.

Please prayerfully consider participating in this opportunity to show your pro-life witness.

Sent it by Nicole Tancredi  
HT CWL Christian Family Life/ProLife/Community Life



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.

## 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 OCTOBER Birthdays!

Cathy Battisti  
Mylene Bergman  
AnneCharles  
Patricia Chua  
LorettaFord  
Sally Ong  
Anna Yeung

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

## THANKSGIVING

On this Thanksgiving Day, let us, as members of the Catholic Women's League, come together in gratitude for the blessings we've received. Thanksgiving resonates deeply with our faith and our mission to serve others.

Our Catholic faith teaches us that every good gift comes from above, and this includes the spiritual blessings that sustain us. As we gather with our families, let us remember the teachings of Jesus Christ, who exemplified gratitude and compassion by feeding the hungry and giving thanks before sharing a meal with His disciples.

In the CWL, we have a unique opportunity to embody these values through our actions. We express our gratitude by reaching out to those in need, supporting the vulnerable, and advocating for justice. Our faith calls us to celebrate our blessings by extending the love of Christ to all we encounter.

Let us offer this prayer together:

Heavenly Father,

As members of the Catholic Women's League, we thank You for the blessings in our lives, our sisterhood, and the chance to make a difference. Guide us to be beacons of hope and love in our communities, extending Your grace to those in need.

Bless our families, communities, and nation, granting us wisdom to be instruments of peace and justice.

In Jesus' name, we pray. Amen.

This Thanksgiving, may our faith inspire us not only to give thanks but also to share our blessings, living out our mission as Catholic women dedicated to service and love.

By Eliane Miranda  
HT CWL Communications

**We want to express our gratitude for your support with Gina Galozo's meal train. However, she has now transitioned to palliative care, and meal assistance is no longer needed.**

**Thank you for your kindness during this challenging time.**

**God bless you**

**thank you**



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