



HOLY TRINITY CWL

ISSUE APRIL/24



The Spirit of the Lord hath filled the whole earth,
alleluia.

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MESSAGE FROM HT CWL PRESIDENT:

NINA G. CARPIO

Dear Sisters in Christ,

Greetings of peace and Easter blessings to all! I hope that you were able to take the opportunity to fervently pray and deeply reflect on the Passion, Death and Resurrection of our Lord Jesus Christ this past Holy Week. Through the Way of the Cross to the Resurrection, Jesus the Sacrificial Lamb of God has now and forever become Christ our Light, the Eternal high priest of the New Covenant; and Mary, His sorrowful mother, who stood at the foot of the cross on Good Friday, has become the jubilant Queen of Heaven.

While we dedicate this month to the Holy Spirit, I would also wish to highlight the Holy Eucharist, being the month that follows Easter., which is the sacrament of the Body and Blood of Christ. The Eucharist, which is central to our Catholic faith, represents the real presence of Christ in the world. How fortunate we are that we can receive Him at the Holy Sacrifice of the Mass!

Because of our weak and sinful nature, the Holy Spirit has given us the gifts to discern and strengthen us to overcome our fears and challenges. We are also able to offer up our pain and suffering, as well as sacrifices to God like Jesus did, which eventually prepares our way to holiness. We can then rejoice that we are given the means by which we can attain the goal of spending eternity with our Lord in heaven! In our Baptism, we were washed of our sins and marked for Christ, but we must ensure that we continue to remain faithful and demonstrate our sincere love for Him through our prayers, and good works for others. May God continue to give us the grace to do so.

I look forward to seeing you all at our General Assembly on April 8th and invite you to join us in the March for Life BC – Thursday, May 9, 2024, in Victoria BC.

THE MONTH OF APRIL IS DEDICATED TO THE HOLY SPIRIT

To believe in the Holy Spirit is to profess that the Holy Spirit is one of the persons of the Holy Trinity, consubstantial with the Father and the Son: "with the Father and the Son he is worshipped and glorified." (Catechism of the Catholic Church)

The Holy Spirit is the Person of Love in the life of God. He is also like a breath, an aspiration of infinite Love, from which we draw the breath of life.

"Holy Spirit" is the proper name of the one whom we adore and glorify with the Father and the Son. The Church has received this name from the Lord and professes it in the Baptism of her new children.

The term "Spirit" translates the Hebrew word *ruah*, which in its primary sense, means breath, air, wind. Jesus indeed uses the sensory image of the wind to suggest to Nicodemus the transcendent newness of him who is personally God's breath, the divine Spirit. On the other hand, "Spirit" and "Holy" are divine attributes common to the three divine persons. By joining the two terms, Scripture, liturgy, and theological language designate the inexpressible person of the Holy Spirit, without any possible equivocation with other uses of the terms "spirit" and "holy."

Veni, Creator Spiritus (Come Holy Spirit, Creator Blest)

One of the most widely used hymns in the Church, *Veni, Creator Spiritus*, is attributed to Rabanus Maurus; (776-856). It is used at Vespers, Pentecost, Dedication of a Church, Confirmation, and Holy Orders and whenever the Holy Spirit is solemnly invoked. A partial indulgence is granted to the faithful who recite it. A plenary indulgence is granted if it is recited on January 1st or on the feast of Pentecost.

**Come, Holy Spirit, Creator blest, and in our souls take up Thy rest; come with Thy grace and heavenly aid to fill the hearts which Thou hast made.
O comforter, to Thee we cry, O heavenly gift of God Most High, O fount of life and fire of love, and sweet anointing from above.
Thou in Thy sevenfold gifts are known; Thou, finger of God's hand we own; Thou, promise of the Father, Thou Who dost the tongue with power imbue.
Kindle our sense from above, and make our hearts o'erflow with love; with patience firm and virtue high the weakness of our flesh supply.
Far from us drive the foe we dread, and grant us Thy peace instead; so shall we not, with Thee for guide, turn from the path of life aside.
Oh, may Thy grace on us bestow the Father and the Son to know; and Thee, through endless times confessed, of both the eternal Spirit blest.
Now to the Father and the Son, Who rose from death, be glory given, with Thou, O Holy Comforter, henceforth by all in earth and heaven. Amen.**

By Eliane Miranda
HT CWL Communications
from: www.catholicculture.org

THE HOLY FATHER'S INTENTIONS FOR THE MONTH OF APRIL 2024

For the role of women

We pray that the dignity and immense value of women be recognized in every culture, and for the end of discrimination that they experience in different parts of the world.

"Every morning during meditation, I prepare myself for the whole day's struggle. Holy Communion assures me that I will win the victory; and so it is. I fear the day when I do not receive Holy Communion. This bread of the Strong gives me all the strength I need to carry on my mission and the courage to do whatever the Lord asks of me. The courage and strength that are in me are not of me, but of Him who lives in me - it is the Eucharist."

- Mary Faustina Kowalska

*WE are POWERFUL
when we are TOGETHER*

General Meeting

**MONDAY, APRIL 8TH, 2024 7:00PM
HOLY TRINITY CHURCH HALL**



Topic: Health and Aging Tips

with Mylene Bergman
Holy Trinity CWL Health & Education



BURSARIES

i. CWL Vancouver Diocesan Bursary.

Two applications of \$1000 for each student entering first year full-time in Post- Secondary education whose mother, grandmother or legal guardian is a League Member.

Application form is available in the CWL Vancouver Diocesan website:

Submit all completed forms and required documents by April 5, 2024. Application form is available in the CWL Vancouver Diocesan website: <https://vancouvercwl.ca/vancouver-diocesan-bursary-application-form-2/>

Send to:

Mrs. Paula Stewart

Vancouver Diocesan Executive for Health and Education

301C, 702 School rd

Gibsons BC V0N1V9

Or send email to: pauladianestewart@yahoo.ca

ii. Molly Boucher Bursary – CWL BC & Yukon Provincial Council

A bursary of \$2000 is available for CWL members of at least 2 years who wish to advance skills or education, have a keen interest in parish life and willingness to serve the Church.

Application form, information and qualifications is available in the CWL BC Yukon website:

<https://bcyukoncwl.com/cms/wp-content/uploads/2024-molly-boucher-bursary-application.pdf>

Completed Application Forms and other information requested must be submitted to the BC & Yukon Provincial Chairperson of Service by April 30, 2024.

iii. CWL National Bursary Application

Financial assistance to members in need who wish to pursue studies, courses, seminars, conferences, workshops and diploma/degree programs in areas of: adult faith formation, literacy tutoring, ministry to patients in palliative care, ministry to shut-ins, nursing, parliamentary procedure, spiritual growth, and youth ministry.

Maximum bursary award is \$1,000 per year per applicant, for a maximum of \$4,000 over a member's lifetime.

Application form is available in the CWL Vancouver Diocesan website in:

<https://www.cwl.ca/wp-content/uploads/2023/04/20220907-Encl-National-Bursary-Application-Form-2022-1-1.pdf>

Submit the application form, with two letters of recommendation by Apr 22, 2024 to:

CWL National Office

C-702 Scotland Avenue

Winnipeg MB, R3M 1X5

E-mail: info@cwl.ca

ELECTION

We are in an election year and our current executive will come to the end of their term on August 31, 2024. I am pleased to be the chair of the election committee for our CWL council along with Diane Addison and Marlene Conlin.

Nomination forms and a list of eligible candidates from our membership will be distributed to members at our April 8 general meeting. To be eligible to hold office you must be a member in good standing with your membership dues paid for 2023.

- any CWL member may nominate
- a member may be nominated for more than one office
- all nomination forms must be signed and dated

All individuals nominated will be contacted by phone by Diane, Marlene or myself, during the month of May and the election will take place at our June general meeting.

We are excited to be transitioning into a new format for CWL executive as directed by our CWL National council. The offices have been streamlined and the executive consists of the following positions:

President – set the dates for executive and general meetings, book hall for meeting use, prepare the meeting agendas & chair the meetings, attend Diocesan meetings if possible, distribute information received from National, Provincial and Archdiocesan CWL offices and delegate where appropriate, provide information for monthly newsletter, co-sign cheques for payment of invoices and submit annual report to Diocesan council each December.

President Elect – will take on the role of president for the next election year, in this case 2026-2028)

Treasurer – will draft the budget for the year, will deposit all monies collected and will prepare cheques & co-sign cheques for payment of invoices and receipts submitted. Will produce a monthly report with regards to bank balance, will re-invest term deposit as needed and will arrange for auditing the accounting once a year.

Secretary – will report to National, Provincial and Diocesan CWL the new list of Executive Officers for our council and will report and retain minutes of all Executive and General meetings.

Faith-Service-Social Justice – these three (3) new positions are interconnected and the individuals holding these positions will determine the focus of our council for the months and years ahead. The position of “Faith” has been filled by Sister Margaret and Roselia. The position of “Service” has been filled by Mylene. We will be seeking nominations for the position of “Social Justice”.

Past President – acts in an advisory role and assists the President as required. Nina will step into this role.

The membership team of Diane and Sally will remain in place as this position is no longer part of the executive. Nominations and elections are not required for this position.

The position of communications is not an executive role. Once elections are completed we will be searching for a new head of communications for our council.

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.

CALL TO SERVICE:

Sister Margaret's 25th Silver Jubilee year reception is on Saturday, **May 11** after the 8:30am mass. Those who wish to **volunteer to serve or offer to bring food for the event**, please contact Linda at htcwlpres@gmail.com for more information. All are invited to attend and celebrate Sister Margaret's special milestone.

SOUP & SILENCE – THANK YOU

I am so grateful for your kindness and support (once again) to our beautiful tradition of Soup & Silence during Lent. We started in 2019, so this year was our 5th anniversary! (not counting 2020 that we had to stop because of Covid).

With your generosity, we raised \$396.25. The funds will be allocated to support Momentum- a faith community for catholic single women, which seeks to transform the culture surrounding single mothers in the Catholic Church. The Vancouver chapter was recently started in 2023 and this year (May 24-26), they will be offering their first retreat for single women. **With the collected funds, our CWL would like to sponsor 2 women from our parish to join the retreat (\$150/family) and the rest of the funds will be sent to Momentum.**

If you know anybody that would benefit from this retreat and has financial constraints to join the retreat, please reach out to any of the ladies in the CWL executive team that funds can be assigned.

Roselia Moreno - HT CWL Past President

ANNOUNCEMENTS:

b. LEGISLATION: Bill C-63 – Online Harms Act

We have been urged to write to our Members of Parliament to vote against this legislation. If passed, this could mean fines of up to \$50,000, payments of up to \$20,000 to "offended" parties, or imprisonment of individuals who post internet messages, which the complainants may assert to cause fear, due to what they consider in their opinion to be hateful, violent or discriminatory speech.

Samantha Strudwick, Vancouver Diocesan Executive for Legislation shared about the concern over this bill during our last CWL Vancouver Diocesan Meeting on March 23rd. The bill's First Reading was completed in February 2024; and the Second Reading, during which Parliamentarians will have their first opportunity to speak on the Bill in the House of Commons, is expected to begin soon.

The bill was introduced by the federal government to promote online safety of persons in Canada, which may have good intentions behind some of its provisions. However, one of the major concerns discussed was that there is great risk if opinions shared on the internet by those who support certain advocacies such as pro-life issues against abortion or euthanasia as an example, may also be construed as hate speech. Those with opposing views can merely state that they fear that the messages posted could promote hatred; and if a judge believes there are "reasonable grounds" to justify the fear, this would bring about censorship and prosecution of those accused.

Bill C-63 targets seven categories of "harmful content":

- Intimate content communicated without consent.
- Content that sexually victimizes a child or revictimizes a survivor.
- Content that induces a child to harm themselves.
- Content used to bully a child.
- Content that foments hatred.
- Content that incites violence.
- Content that incites violent extremism or terrorism.

KEY DAYS IN APRIL

1. MONDAY WITHIN THE OCTAVE OF EASTER, Solemnity
2. TUESDAY WITHIN THE OCTAVE OF EASTER, Solemnity
3. WEDNESDAY WITHIN THE OCTAVE OF EASTER, Solemnity
4. THURSDAY WITHIN THE OCTAVE OF EASTER, Solemnity
5. FRIDAY WITHIN THE OCTAVE OF EASTER, Solemnity
6. SATURDAY WITHIN THE OCTAVE OF EASTER, Solemnity
7. **SECOND SUNDAY OF EASTER (or SUNDAY OF DIVINE MERCY), Solemnity**
8. **ANNUNCIATION OF THE LORD, Solemnity**
14. THIRD SUNDAY OF EASTER, Sunday
21. FOURTH SUNDAY OF EASTER (**GOOD SHEPHERD SUNDAY**), Sunday
23. George; Adalbert
24. Fidelis, Opt. Mem
25. St. Mark, Evangelist, Feast
28. FIFTH SUNDAY OF EASTER, Sunday
29. Catherine of Siena
30. Pius V

Core Values

FAITH – following Catholic teaching

SERVICE – local, national and international

SOCIAL JUSTICE – actively involved in society

NEW – RECIPES

Kelly's Ukrainian Borsch Recipe

Ingredients

Pour 6 or 7 cups of vegetable broth into a Dutch oven. Add--

- 1 cup grated carrots
- 2 cups grated beets
- 2 cups shredded cabbage
- 1/2 cup thinly sliced celery
- 1 cup frozen peas (or lima beans or edamame)
- 1 tbsp chopped fresh dill
- 1 medium onion, chopped fine
- 1 tsp salt

Instructions

Cook above vegetables for 30 mins. Meanwhile chop half of a medium onion and fry in 2 tbsp margarine or butter until clear. Add 2 tbsp flour and stir until a smooth paste is formed. Cool then add 1 can tomato soup and 1 soup can of water. Stir well and add this to the cooked vegetables. Salt and pepper to taste. Simmer about 10 minutes for flavours to blend. Serve with dollop of sour cream if desired.

**I boil about 3 or 4 medium sized beets prior to soup making so skin slips off easily. Cool and then grate. You can also add cubed new potatoes to the initial vegetable simmer for a chunkier soup. Recipe is easily doubled.

Blessings and graces,

Kelly ❤️



Served at "Soup & Silence" on Friday, March 15

Shared by request from several of our guests

FIRST HOLY COMMUNION

First Communicants on Easter Sunday with the wonderful reception and beautiful gifts from CWL. Thank you Nicole, Linda and Mylene and all who helped make this possible. They appreciated it very much!



**CALL TO PRAY FOR
COMFORT, HEALING
AND STRENGTH FOR:**



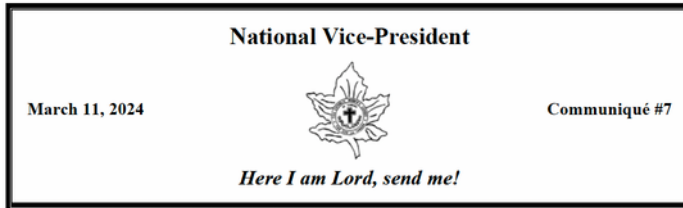
Marilen G. Carpio – birthday Apr
17th)

Chito and Shari Tanada
Orbita de los Santos – funeral Apr

Core Purpose

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

HERE I AM LORD, SEND ME!



FOR: Vice-Presidents at all Levels
THROUGH: Presidents and Secretaries at all Levels
CC: National Executive (for information)
National Life Member Liaison
FROM: Betty Colaneri, National Vice-President

"I am the resurrection and the life..." (Jn. 11:25)

Sisters in the League,

This month's catchphrase for the "1" Campaign, is "*The Chosen* '1'". March is full of spiritual inspiration! St. Patrick was "1" man who took a simple clover and turned it into a creative symbol for his explanation of the Holy Trinity as well as faith, hope and love. St. Joseph was "1" humble carpenter who became the patron saint of the universal church, fathers, workers and immigrants, to name only a few. This year, the reason for the celebration and central foundation of the faith falls in March. Easter! Jesus, Our Lord rose from the dead to become the ultimate "1". St. Pope John Paul II said it best, "We are an Easter People and Alleluia is our song!"

The greatest story ever told has been amazingly portrayed in a series called *The Chosen*, and that is exactly what we are. Called by name, we each are *The Chosen* "1" and meant to proclaim the joy of Easter. Keep in mind that Easter is not just one Sunday. Easter is a way of life in ministry, and ministry is service. This month, remind members how lucky they are to be a chosen people. Easter is not only the foundation of the faith, but Easter also restores hope. It is hope that members can share with others. With hope and joy of the season, who wouldn't want to join?

On Easter, remember the profound love of "1", Jesus and his ultimate sacrifice on our behalf. He is risen from the dead, so as *The Chosen* "1", there truly is reason to celebrate! It's a new day, a glorious "1", a transformed "1", a resurrected "1". May Our Risen Lord bless you and your families!

Your sister in the League,

Betty Colaneri
National Vice-President

Send it by Linda Sibau

ILLUMINATE THE NIGHT: IGNITE HOPE, FREEDOM AND DIGNITY



Ratanak's Emerald Gala is just around the corner and we would love to see you there!

We created such wonderful memories at last year's Emerald Gala.

It was an incredible evening with over 170 guests! Together, we were able to raise over \$245,000 to support the healing and restoration of trafficking survivors in Cambodia. What a night it was!

[Join us at the 2024 Emerald Gala on Saturday, May 4th!](#) We know it will be an inspiring night together that will have a lasting impact in the lives of many young women and men in Cambodia.

Ratanak International Emerald Gala

Saturday, May 4, 2024

5:30pm Reception | 6:30pm Program & Dinner

Vancouver Marriott Pinnacle Downtown Hotel

1128 West Hastings Street, Vancouver, BC

Table of 8 - \$1320 + GST | Table of 10 - \$1650 + GST | Individual Ticket - \$175 + GST

[Tickets Click Here](#)



PRO-LIFE CORNER



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.

NORTH SHORE PRO-LIFE



March for Life BC – Thursday, May 9, 2024, Victoria BC

Come and join us! A bus will be arranged to take us from North/West Vancouver to the Ferry to Victoria and back. If interested or for more information, please contact: Nicole Tancredi at nickitancredi@gmail.com as soon as possible!

Highlights:

12:00 PM: Catholic Mass – St. Andrew's Roman Catholic Cathedral–740 View Street, Victoria, BC

1:45 PM: March leaves from Centennial Square down Government Street to BC Legislature

2:15 PM: Rally commences – BC Legislature – 501 Belleville Street, Victoria, BC

MONTHLY PRO-LIFE MASS

The **Archdiocesan monthly Pro-life Mass** will take place on **April 6 at Holy Trinity Parish, at 8:30 am**. Father Larry Lynn, Pro-life Chaplain will be celebrating the Mass.

This is a wonderful opportunity for those living on the North Shore, and all others, to witness to the value of human life from conception to its natural end.

There will also be an opportunity to meet and discuss North Shore Pro-life activities with Board members who will be hosting refreshments in the Church Hall after Mass.

Please join your voice with ours as we pray for a new culture of life.

We hope to see you there.

Happy April Birthdays!

Daisy Gagne

Jean Galozo

Theresa Geraldez

Pat Heaney

Rita Johnson

Eliane Miranda

Linda Sibau

Diane Thow

Blanche Zastre

Happy 100th Birthday Jean Galozo



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



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