St. Joseph Highland Creek

Chartered November 5, 1953

Inspired by the Spirit, Women Respond to God's Call

May-June 2017

St. Joseph's Parish
200 Morrish Road
Toronto, Ontario
http://stjosephstoronto.org

Spiritual Advisor
Fr. Oliver Iwuchukwu CSSp.

2017-2018 Executive
President
Lucia Vacca

President Elect/ Organization & Membership

Treasurer
Marla Tanuan

Secretary
Ju-Ann Miranda

Spiritual Development
Mai Tran

Christian Family Life
Kim Deans

Community Life
Danielle Giggie

Communications
Tania Mascarenhas

Education & Health
Hyacinth Fernandes

Resolution & Legislation
Christine Lorenz

Past President & Historian
Ingrid Hart

A Message from the Spiritual Advisor – Fr. Oliver Iwuchukwu CSSp

Our Canadian spring is, by all accounts, a beautiful season. Some say it is the best of our four seasons. Indeed, it is. It is beautiful because it is characterized by moderation. Like autumn, it is midway between two extremes—extreme cold and extreme hot; it is neither too cold, nor too hot. But unlike autumn, it is most suitable for the flourishing of new life. It is the season when the world of nature brings forth new life in abundance. We do not have to look far to see evidence of this: green grass on our lawns, fresh leaves on our trees, and the air "scented with fresh and surprising smells", according to Dalai Lama. It is as if the world of nature is saying, after the freezing wintry cold: "Let's begin again." And the face of the earth is renewed as if in response. This is spring for us—a season when that which appeared dead comes back to life. This is why it is said that spring is a reminder to us of how beautiful and inevitable change can be. And this change goes on, not only in the world of nature, but also in human life and soul, even if we are not aware of it, or are not open to it.

Even though spring is a seasonal reminder to us that change is beautiful and inevitable, we tend to resist change. We tend to be unwilling to embrace the new especially if we have settled down in our zone of comfort. An unknown author once advised: "As spring starts to surface and the trees begin to bloom, we can see God's reminder to align our hearts to the new thing He's doing. Let us go to Him in prayer, asking Jesus to help us to embrace all the 'new' he has in store for us." We keep this in mind as we struggle to embrace the "new" that may come our way, against our will.

Meet your St. Joseph Highland Creek CWL Executive 2017-2018

A Message from the President – Lucia Vacca

"The Lord is my Shepherd; there is nothing I lack." Psalm 23:1

"*Peace be with you*". We are so Blessed in St. Joseph's Parish to have a Catholic Women's League Council of 216 women strong. Our strength is in our prayers for each other as women *"rooted in gospel values calling its members to holiness through service*" (from the National Mission Statement) to continue our service for those in need for all these years. Let us continue to encourage like-minded women to join our many aspects of our Parish life and be active in social justice issues. Many members over the years have worked together with this common goal. We have recently welcomed 11 new members to our Council, recited our League Promise and are now looking forward to the next events which will bring us together.

Our new program of a '*Prayer Shawl Ministry'* was introduced and we would really love to hear from you to create these items to bring comfort to members and our faith community.
We (your executives) are working very hard to keep our Council going. I am personally asking all of you to speak positively about the League and our council at all times in order exemplify by word and deed as Christian women. Attending meetings and joining in activities is how you will build long lasting friendships and at the same time learn what we are all about and why you are a member. A number of events have been planned, but we would like to hear from you and how you can contribute. With your support, we will all succeed in helping those in need. Join us!
Here is my short prayer for all of us. "*Lord I pray for you to give us the love, courage, strength and health to respond to your call to serve others. Send your Holy Spirit and empower us to respond to your call*." Blessings, Lucia

Organization & Membership

We welcome the following New Members: Elizabeth Ticsay, Ann Mercer, Doreen Morse and Millie Tavener

Our Lady of Good Counsel Mass and New Members Ceremony and Luncheon

We celebrated the feast of our Patroness, Our Lady of Good Counsel, on Saturday April 22nd with a beautiful; and over-whelming well attended mass celebrated by our Spiritual Advisor, Fr. Oliver Iwuchukwu where we welcomed 11 new CWL members.

This was followed by delicious catered hot lunch. Angie Bernard spoke to the members and their guests about the EDGE program which has been started for the youth and one of their young member and young volunteer spoke about their experiences in the EDGE program and how it had helped them. It was a fun and entertaining afternoon.

96th Toronto Diocesan Convention

"Inspired by the Spirit, Women Respond to God's Call" This was the theme for the 2017 annual Toronto Diocesan Convention held at the Marriott Hotel, 901 Dixon Road on Thursday, May 4th and Friday, May 5th. Our ladies enjoyed attending the **96th Toronto Diocesan Convention**, as you can see from the picture below.

Congratulations to our very own Past President Mary Tuccitto who has been appointed as Scarborough Regional Chair for 2017-2019.

2017 CWL Provincial Convention: Thunder Bay, Ontario will be hosting the 70th Annual Provincial Convention in July (7-10) 2017, which will take place at Victoria Inn Hotel – Check the Ontario website **www.cwl.on.ca** for details. Register ASAP

2017 National CWL Convention: Charlletown, PEI will be hosting the 97th Annual National Convention in August (6-9) 2017. Check the National website for more details at **www.cwl.ca** as well as the National Magazine.

Highland Creek Heritage Day Festival – Saturday June 17th, 2017

This annual community event is one of our two fundraisers with which we are able to support our charities. We will be participating in the Heritage Day Festival. We need your help with the various activities to make this a successful day. Setup for this event is on Friday, June 16th from 11:00 a.m. to 9:00 p.m. We also need your help on the Saturday, June 17th from 8:00 a.m. to 4:00 p.m. It is important that YOU participate in any way you can, even for a few hours, so that EVERYONE can enjoy the festivities of the day. Please contact any one of the following ladies if you can contribute, join their committee or participate in some way:

Bake Table: Lina Civello 416-283-0165 We need your contribution of baked goodies and we would like to see this table overflowing. So start baking now! Please drop off your donation of clearly marked, baked goods on Friday, June 16th.

Plant Sale: Ingrid Hart 416-282-8775 Our plants are the best! If you love plants and have a green thumb you can join us at this table. We will accept potted plants a few days before or on Friday, June 16th. Drop off is at the back of the Hall (next to the garage/patio)

Tea Room: Marguerite Civello 416-286-6162 Enjoy our selection of foods, sandwiches, drinks, coffee etc… Our famous strawberry shortcakes will be on sale. All this and more at very reasonable prices so join us for lunch!

Treasures: Lucia Vacca 416-283-3536 Your gently used items are someone else's treasures. We will not accept soiled or broken items. Please drop off your donation of Treasures on Friday, June 16th between 2:00 p.m. – 9:00 p.m.

Raffle: Eileen D'Souza 416-283-3959 Donations of new or good condition items for this table.

Vendors: Barbara Sullivan 416-283-4116
We have vendors participating in this event in the hall.

International Food Tables: Ingrid Hart 416 282-8775 Come out and enjoy the foods from various countries representing the cultural mix of our Parish community, all at reasonable prices.

Wear RED and WHITE on this day - Let's Celebrate 150th Anniversary of Canada
JOIN IN THE CELEBRATION AND HELP OUT WHERE YOU CAN, IT'S A GREAT WAY TO MEET YOUR SISTERS IN THE LEAGUE!

Social – Pot Luck – Monday June 12th 7:00 p.m.
Our Pot Luck Dinner is always popular, be sure to bring your best food dish to share with all your sisters. No meetings during the summer months. This is a great way to end the first half of the year. Call Lucia 416-283-3536

A Message from Spiritual Development – Mai Tran

3rd Annual Aboriginal Mass Sunday June 25th will be held at St. John Vianney (13 Baldwin Lane, Barrie) in Northern Region 11:30 a.m. followed by refreshments and presentations. All members are welcome to attend. This is a Toronto Diocesan Council annual event.

CWL Masses for the Living and Deceased Members Masses have been booked for the members of our St. Joseph's Council. Please make every effort to attend these masses as they are for YOU (the living) and our members who have gone before us (the deceased). We will not be sitting together but be sure to wear your CWL scarves, pins, name tags etc... proudly and visibly for all in our parish community to see. **Mass dates are as follows: Saturday June 3rd – 5:00 p.m., Saturday Sept 2nd – 5:00 p.m., Saturday October 7th – 5:00 p.m. Saturday November 4th – 5:00 p.m., Saturday December 2nd – 5:00 p.m**.

Rosary Sunday – September 10th - Martyrs' Shrine, Midland, ON. There will be an Outdoor Mass at the Polish Altar at 12 p.m. and Outdoor Confessions prior to Mass. At 2.30 p.m. there will be a Procession of the Blessed Sacrament with the Living Rosary and Benediction at the Papal Altar. The Celebrant and Homilist will be Most Rev. Douglas Crosby, Diocese of Hamilton

Prayer for the Protection of Human Life

Heavenly Father,
Lord and Maker of all that is good,
fill our hearts with joy before the wonders of your creation,
Open our eyes to the presence of your beloved Son Jesus
in all those we encounter and especially in the weakest and most vulnerable among us.
Where we see life threatened, at its beginning or at the end,
Or by poverty and deprivation, inspire us with love and mercy,
So that, empowered by your Holy Spirit,
we may work together to defend human dignity.
Help us to build a culture of life:
a culture in which each and every person is loved and valued as your child,
from conception to natural death, and in every circumstance of life.
Amen.
Mary, Mother of the living, pray for us!
(from: Catholic Organization for Life and Family (COLF)

OUR CONDOLENCES TO OUR SISTERS IN THE LEAGUE WHO HAVE HAD A DEATH IN THEIR FAMILY.

Eternal Rest, grant unto them and let perpetual light shine upon them.
May all the faithful departed rest in peace.

The CWL Mass for our sister, Muriel Gaston is scheduled for Sunday July 23rd, 2017 at 7:00 p.m. May her soul rest in peace.

A Message from Past President/Historian – Ingrid Hart

Dear Sisters, l would like to wish you and your families a safe and wonderful summer.
See you in September. - God bless.

A Message from Education & Health – Hyacinth Fernandes

Greetings sisters in the League! Spring is upon us and with it the promise of warmer weather and more time outdoors. Given this, I invite you all to make some time in your schedule for one of the simplest and most effective forms of aerobic activity that does not get the attention and credit it so rightly deserves: WALKING!

Walking, like most aerobic activity, is good for your heart and lungs. It strengthens cardiovascular fitness all while toning your muscles and burning calories. Walking is low impact, so it doesn't have the same potential for injury as jogging or running. It's also a bodyweight exercise, meaning it will help improve your strength, posture, bone density and stamina. Walking aids blood circulation, lymphatic health (to rid the body of toxins and waste products) and helps regulate blood sugar.

Beyond the physical benefits research indicates that walking can help improve your mood as well. According to Psychology Today, walking as opposed to sitting or standing will result in an increased feeling of sustainable energy. Walking outdoors has even extra benefits, because you're exposed to sunlight which can help fight Seasonal Affective Disorder (SAD). When you participate in bouts of vigorous exercise chemicals called endorphins are released. These 'feel-good' chemicals along with a hormone produced in the brain called serotonin provides a feeling of happiness.

Defining the different paces
Leisure walking - walking at a comfortable pace (perceived as light). The heart rate increases however you feel comfortable with your breathing and can maintain the pace quite easily.

Brisk walking - walking at a moderate or brisk pace (perceived as somewhat medium to hard intensity). The heart rate and breathing rate increases.

Power walking - walking at vigorous or fast-as-possible pace (perceived as hard to strenuous intensity). The heart rate is elevated and there may be intermittent periods of breathlessness. Power walkers should aim to walk at a pace equal or greater than 4-6 km per hour.

Walk your way to happiness program
Beginner:
• Monday to Friday: 10 minutes at a regular (leisure) to brisk (moderate) pace
• Sunday: 20 minutes at a regular pace
• Increase the pace weekly and add five minutes every two weeks
Intermediate:
• Monday, Wednesday and Friday: 20 minutes at a moderate (brisk) pace
• Tuesday and Thursday: 25 minutes at a moderate (brisk) pace
• Sunday: 30 minutes a regular pace
• Increase the pace weekly and add five minutes every two weeks
Advanced:
• Monday, Wednesday and Friday: 20 minutes at a vigorous pace
• Tuesday and Thursday: 30 minutes at a brisk pace
• Sunday: 45 minutes at a regular pace
• Increase pace weekly and add five minutes every two weeks
Happy walking Sisters !

Here are the winners for the various contests for the Toronto Diocese Contests:

Mary Dobell Intermediate Essay 1st Place - Kiran Fisher
Topic - Why Should They Live on the Streets While We Live in Comfy Homes?
School - St. Richard Catholic School
Parish/City - St. Joseph Parish, Highland Creek
Region - Scarborough

Mary Dobell Intermediate Poetry 2nd Place - Carmen Kalo
Poem - For Every Life Counts
School - Cardinal Leger Catholic School
Parish/City - St. Joseph Parish, Highland Creek
Region - Scarborough

A Message from Community Life – Danielle Giggie

Development and Peace is one of the most important international development organizations in Canada and is currently celebrating its 50th anniversary. It was founded in 1967 by the Canadian Catholic Bishops as a means of inspiring Canadians to act in solidarity with their sisters and brothers in the Global South suffering from the injustice of poverty. Over the past 50 years, Development and Peace has invested $600 million in more than 15,000 projects in Africa, Asia, Latin America and the Middle East.

Development and Peace is a strong and diverse movement that brings together Canadians from all over the country working for justice to enable that the poorest people to live with respect and dignity. Development and Peace is also Caritas Canada, (Caritas literally means Christian love of humankind; charity) official member of the Caritas Internationalis confederation, an international network of more than 160 Catholic development organizations.

The organization's mission is to support partners in the Global South who promote alternatives to unfair social, political and economic structures, to educate the Canadian population about the causes of poverty and to mobilize Canadians for social change. Development and Peace has been active in its campaign for peace in Syria by calling on the Canadian government to do everything in its power to protect civilians in Syria and to end the conflict.

Heritage Day Festival Fundraising Dance - Saturday June 10th. The Heritage Day Festival Committee is planning a community Dinner/Dance to raise funds to help offset the costs associated with the Heritage Day annual event.

The Dinner Dance will be held at St. Dunstan's Church on Lawson Rd. and will feature Live Auction and live entertainment by "Groove Marmalade". Cocktails are at 6:00 p.m. Dinner at 7:00 p.m. We have reserved a table for St. Joseph's Parish. Let's show our support of the Festival by attending this event. Tickets are $50 each and to purchase and reserve your ticket call Lucia – 416-283-3536.

Waterfront Festival: Mark your calendars for the Waterfront festival to be held on Saturday, June 24th from 11-3 p.m. at Port Union Village Common. There will be entertainment, music, free children's events and activities and a community BBQ. All for free.

A Message from Resolutions & Legislation – Christine Lorenz

Euthanasia and assisted suicide was legalized in Canada with Bill C-14 on June 17, 2016, which allows individual Canadians to end their life.

In Ontario, Bill 84: Medical Assistance in Dying is at its 3rd reading. A date has not yet been set. The third reading is the final stage of a bill's consideration in the House, when Members decide whether the bill will pass.

After its second reading in March 2017, Bill 84 was referred to the Standing Committee on Finance and Economic Affairs. During the bill's consideration at the Standing Committee, many groups, including Cardinal Collins representing the Archdiocese of Toronto, spoke asking the Committee to amend the bill to provide doctors, nurses, and nurse practitioners the legal right to morally object to refer a patient requesting medical assistance in dying. As the Bill currently stands, those not making what's called an effective referral can face disciplinary action from their governing agencies.

This means that there is no protection for doctors, nurses and other health care providers who object to effective referral for patient assisted death in Ontario.

Please continue to pray for the Ontario government to recognize that our health care workers should be allowed to conscientiously object to refer patients seeking medical assistance in dying elsewhere.

A Message from Christian Family Life – Kim Deans

This is a very tough time to be a Catholic in Canada, especially in Ontario. There are pressures on Life at both the beginning and end. Tom Wappel, a long time Liberal MP, remembers that in 1988 the liberal party was 40% Pro Life. Now Prime Minister Justin Trudeau will not allow any Pro-Life Candidates in his team. Bill 85 is not only allowing assisted Suicide, it is not going to allow medical practitioners to follow their faith, forcing them to give referrals. With these pressures, it's important that Catholics do everything they can to ensure the government understands our position. Watch for news about the March for Life in Ottawa; Send your letters about Bill 85 to your MP and most of all PRAY. On May 4th there is a day of prayer for Palliative Care. Spend some time on that day praying for doctors and patients to get the help that they need. On May 11th, during the March for Life, pray for its success and track its progress (maybe watch some EWTN on TV or the internet).
Thank you everyone for the help you've given so far and anything you can do in the future!

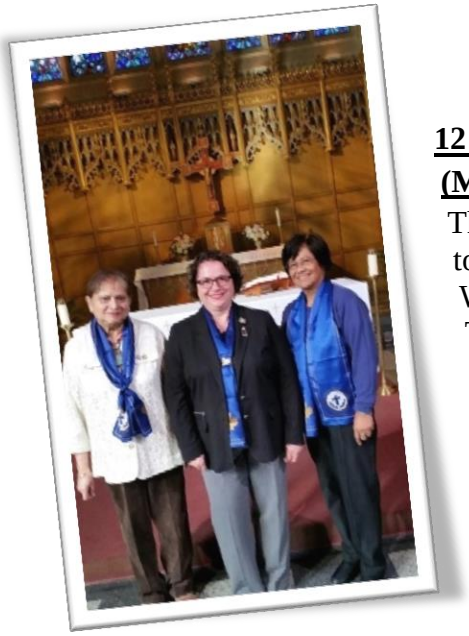
A Message from Communications – Tania Mascarenhas

As you will see from the pictures above and those below, the St. Joseph's CWL is vibrant and there is always something to participate in or look forward to. We do hope to see many more of you coming out to these events, helping out or just getting to know your CWL sisters. Our next big event is the Heritage Day Festival and we do hope that many of you will come out to be a part of this event.
Also, if you would like to contribute any articles, recipes, tips and tricks for our next issue, please feel free to send it to me at mascarenhas.tania@yahoo.com

Feast of Our Lady of Good Counsel Televised Mass

The taping of the Feast of Our Lady of Good Counsel Televised Mass took place at Loretto Abbey, 101 Mason Boulevard North York, on Wednesday April 19, 2017 at 4:00 pm. The mass was televised on Vision TV April 26, 2016.

Some of our members who attended the same.



12 Hours of Prayer for Palliative Care (May 4th)

The taping of this Televised Mass also took place at Loretto Abbey Wednesday April 26, 2017 at 5:00 pm. The mass was televised on Vision TV May 4, 2017. Attended by some of our CWL ladies

Fr. Oliver blessing the quilts created by Suanne O'Neill. These will be delivered to our shut-ins and to local nursing home. We are planning to create a Prayer Shawl Ministry to create shawls to give to those in need of our prayers and comfort. Give us a call if you are willing to be part of this worthy cause.

Re-consecration of Canada to the Immaculate Heart of Mary - 2017 marks the 70th anniversary of the 1947 Marian Congress in Ottawa. The Bishops of Canada are invited to consecrate the country to the Immaculate Heart of the Blessed Virgin Mary as part of the celebrations marking the 150th anniversary of Confederation. There is an official novena from June 23 to July 1. See the following websites for more details. www.CatholicinCanada.com and http://www.cccb.ca/site/

CWL Book Club

The **C.W.L. Book Club** meets the third Wednesday of the month at 7:00 p.m. Please contact : Jackie (416-266-4604) for more details. These are the books we will discuss:

Month	Book	Author	Year	Pages
June	The Translation of Love	Lynne Kutsukake	2016	336

To All our Sisters celebrating their Birthdays in May, June, July and August. Wishing you all the very best!!

DATES TO REMEMBER

M A Y	
May 24 (Wednesday)	Line Dancing – St. Joe Hall 7:00 p.m.
May 31 (Wednesday)	Line Dancing – St. Joe Hall 7:00 p.m.
J U N E	
June 3 (Saturday)	CWL Mass Living and Deceased 5:00 p.m.
June 7 (Wednesday)	Line Dancing – Room 2 7:00 p.m.
June 10 (Saturday)	**Highland Creek Community Heritage Dance – we need to support this community event with our attendance as a community inviting other ministries. This will take place at St. Dunstan @7:00 p.m. call: Lucia 416-283-3536 for tickets**
June 12 (Monday)	**Social – Pot Luck Dinner – Hall – 7:00 p.m.**
June 14 (Wednesday)	Line Dancing – St. Joe Hall 7:00 p.m.
June 16 (Friday)	Setup Hall for Heritage Day 11:00 – 9:00 p.m.
June 17 (Saturday)	**Heritage Day – Plant Sale, Tea Room etc… 7:30 a.m. – 4:00 p.m.**
June 19 (Monday)	Heritage Day Wrap up meeting 7:00 p.m.
June 21 (Wednesday)	Line Dancing – St. Joe Hall 7:00 p.m.
June 25 (Sunday)	Toronto Diocesan Aboriginal Mass – St. John Vianney – Northern Region– 11:30 a.m. followed by refreshments. All members are invited to attend.
J U L Y	
July 9 to 12	Provincial Convention – Thunder Bay, Ontario
July 23 (Saturday)	CWL Mass for Muriel Gaston 7:00 p.m.
A U G / S E P T / O C T	
August 6 to 9	National Convention – Charlletown , PEI
September 2 (Saturday)	CWL Mass for Living and Deceased 5:00 p.m.
September 6 (Wednesday)	Line Dancing – Room 2 7:00 p.m.
September 10 (Sunday)	**Rosary Sunday – Midland Martyrs Shrine**
September 11 (Monday)	General Meeting – Rosary 7:00 Meeting 7:30
September 13 (Wednesday)	Line Dancing – St. Joe Hall 7:00 p.m.
September 18 (Monday)	**Bazaar Planning Mtg. @7:00 p.m. Room 3**
October 1 (Sunday)	Life Chain – (Kingston Rd. & Lawrence 2-3:30 pm) Be there! We should make an effort to be present for this silent protest.
October 4 (Wednesday)	Line Dancing – Room 2 7:00 p.m.
October 4 (Wednesday)	Mass to End Woman Abuse – Precious Blood Parish 7:00 p.m.
October 5 (Thursday)	Apple Pie Making 10-4
October 7 (Saturday)	CWL Mass for Living and Deceased 5:00 p.m.
October 10 (Tuesday)	General Meeting 7:00 p.m. Rosary - meeting to follow
October 11 (Wednesday)	Line Dancing – St. Joe Hall 7:00 p.m.
October 12 (Thursday)	Apple Pie Making 10:00 – 4:00
October 18 (Wednesday)	Line Dancing – St. Joe Hall 7:00 p.m.
October 19 (Thursday)	Apple Pie Making 10:00 - 4:00
October 20 (Friday)	24th Annual Interfaith Celebration – 7:30 p.m. Service & Reception in the Hall – need help for setup and take down