



The Catholic Women's League
St. Joseph's Parish Highland Creek Council
Chartered: November 5, 1953 (T071)
200 Morrish Rd.
Newsletter for September October 2026



St. Joseph Council Executive for the Term of 2026-2027

Spiritual Advisor - Fr. Francis Folleh
President – Louise Thorne
Vice-President – Kim Deans
Treasurer – Ruth Oliveros
Secretary – Joanne Spencer

Faith – Virgilia Pazzano
Service – Tierney Thorne
Social Justice – Tina Zappulla
Membership – Lucia Vacca
Past-President – Raffaella Civello

Spiritual Advisor – Fr. Francis Folleh

Dear sisters of the League,

I want to start by wishing you a happy remaining season of summer as we look forward to the season of Fall. I want us to look back as we are living our history of the League in St. Joseph's parish for over 73 years. We have seen that the League has undergone a significant change in membership and in a lot of activities.

We are happy for what happened in the past and we are grateful and we look to the future with hope. After 73 years of commitment and service as a League in St. Joseph's parish, we ask ourselves, what lies ahead? This is a question for us to ponder and I will say that the answer is rooted in the things that we have done in the past and what we hope to achieve in the future. This means that the future can only be a successful one if each member continues to give their best in support of what the leadership may propose and the personal sacrifices that you have been doing and continue to do and together as one the future will be great and success will be yours. I wish you the best.

President – Louise Thorne



Invest in Peace- For Everyone, Everywhere, Every Day”

The final glow of summer is upon us and Fall will soon be here. I am so grateful for all the sisters that have come out so far this year to participate in meetings, prayers, development opportunities, support for parish events, and work tirelessly at fundraisers like the bazaar that provide much needed donations to our charities. We have also had fun socials like our Ignite Your Passion Café and the lunch at the Mandarin. Faith, social connection, and kindness are an important part of our time together.

I look forward to the remainder of the year with all of you and your continued support. As this is the Jubilee year of St Francis of Assisi we will continue the journey in the “Spirit of Assisi” We are now in the Season of Care for Creation and that leads into International Peace. Please watch out for our many activities and join as you are able. Let’s make a difference and have some fun doing it!



“Living Water” Season of Creation 2026

Vice-President – Kim Deans

Welcome Back!

I hope everyone had a great summer. As a newly retired person, this was my first summer off, and I certainly enjoyed it! We have a fun and eventful fall ahead in the Catholic Women’s League. I look forward to many events and meetings. We hope for you to join us at the General Meeting for Scarborough to meet our new Scarborough Regional Chair and Executives.

A New Season of Growth

Fall always feels more like a start of a new year to me than January does. It is a wonderful time to make new resolutions:

- Attend our general members monthly meetings
- Join CWL projects, like the Apple Pie making and Bazaar as well as Workshops offered by the Toronto Diocesan Council from time to time.
- Deepen our prayer life using this year’s St. Francis theme of peace and caring for creation
- Invite a friend from the parish who is not yet a member to consider joining us

I look forward to seeing you soon!

National website: www.cwl.ca

Provincial website: www.cwl.on.ca

Toronto website www.cwltoronto.ca – go to Events & Projects - Upcoming Events – workshops are offered. <https://cwltoronto.ca/upcoming-events/> be in know.

Follow our St. Joseph Facebook page:

<https://www.facebook.com/cwlstjosephhighlandcreek>

Membership – Lucia Vacca

The Value of a Friend

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up the other; but woe to one who is alone and falls and does not have another, to help.”
(Ecclesiastes 4:9-10)

CWL Membership Renewal for 2027 - Is due to National before January 1, 2027.

Your renewal for membership will be commencing from October to December. An email will be sent with the form and the instructions for your renewal. There are also envelopes/ forms in the Narthex and in the West entrance to the church. We invite you to ask other women in our Parish to join us and be part of this Organization. Our strength is in numbers when our National Executive meets with Government.

If you have moved, are in the process of moving or have had any change in your contact information, we need to have your correct information for our records and for the National Office. This will ensure your receipt of your Canadian League Magazine. If you have any questions or need additional information, please call me. 416-283-3536.

Our Very Own Caring CWL – Dianna-Claire

We are all given unique gifts from God to love and support others. This particular CWL sister is passionate about caring and embracing those children who have cancer. Dianna-Claire Martineau's distinct method of showing her compassion for a child with cancer is to grow her hair and to cut it for an organization called, "Angel Hair for Kids" One of the requirements for completing this goal is Dianna-Claire must grow her hair long enough to donate 12 inches.

What is astonishing is Dianna-Claire has grown and cut her hair 9 times so that a child with cancer could have a wig. In sign language Dianna-Claire wanted to explain to the hairstylist cutting her hair why she did this, in Dianna-Claire's own words she said 4 words, CANCER, CHILDREN, THE SOUND OF SCISSORS CUTTING HER HAIR and BYE-BYE! Dianna-Claire's words were simple, yet profound and I'm sure God smiled upon her generosity and love! We are so blessed to have a caring member in our Council. You can all see the joy it brings her in doing this special gift for others.



June 20th Heritage Bazaar

Thank you to all our CWL Members who helped in so many ways in the success of this annual event. Our efforts are what make our sisterhood stronger by working together for a common cause and that is to increase the income to support our budgeted charities. It was once again very successful with the help of 47 members and men from KofC who helped us with the tables for the setup and take down. We celebrated Fr. Francis Folleh's birthday with a cake for everyone in attendance and we had a special visit from our Toronto Mayor Olivia Chow.



YES it's time again to make apple pies



We would love for you to join us in our famous annual apple pie making project. A great way to meet our sisters in the League and build our sisterhood as we work together. Our apple pies are always in demand, especially at our upcoming Christmas Bazaar on Saturday, November 14th.

Dates; Thursdays, October 1st, October 8th and October 15th from 10:00 a.m. to 3:00 p.m. see posters in the bulletin boards.

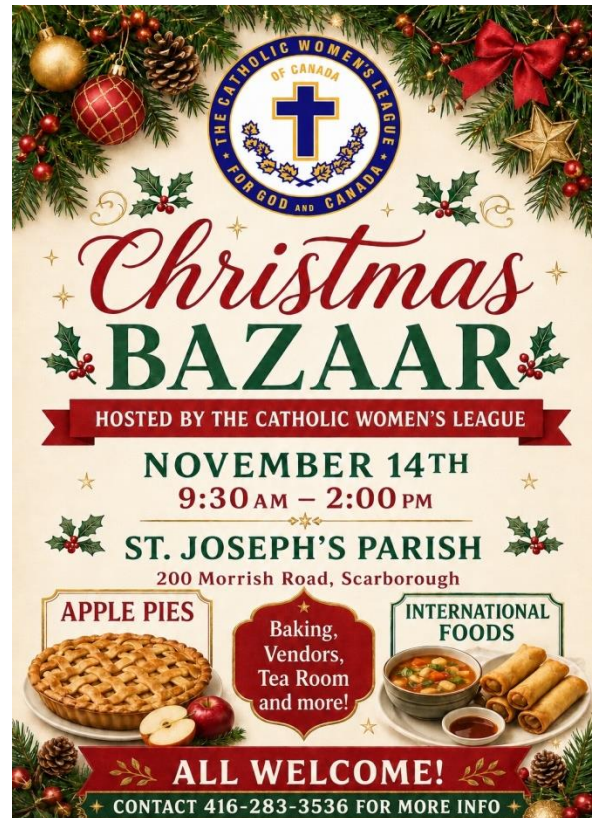
Contact: Marguerite Civello 416-286-6162 or Lucia Vacca 416-283-3536

**Join us on Monday September 21st for the
Christmas Bazaar Planning Meeting at 7:00
pm. Room 3**

Calling all members to join us to plan the Christmas Bazaar (November 14th).

Need your ideas and time. We need leaders for the various areas of the bazaar.

Vendors, Treasure table, Kitchen, Bake Table, Raffle, Apple Pies, International Foods (Indian, Italian, Filipino, Tea Room etc...) need your ideas and involvement to succeed. Your support is appreciated.



Secretary - Joanne Spencer

Essential Elements of Listening

There are four elements essential to truly effective listening: attending, following, reflecting and silence.

Attending

Attending helps the other person to know that we are really paying attention to what they are saying. The external things are important when we attend to another: our posture, making eye contact, our facial expressions. These things communicate, "I'm with you." Listening is about journeying with the other, not about fixing them or any problem they are bringing to you. Putting away phones or computers and not multi-tasking can help the other know that you are with them.

Following

Following shows, through non-verbal and verbal cues, that we are *with* the other person in the conversation, that we have taken in the conversation. This gives them permission to keep going. Revealing that we are following the conversation is based primarily on what we say to them and what questions we ask. As we follow the other person while they are sharing their thoughts, feelings and desires, we get to earn the trust of even those we know well by letting them share what is most meaningful to their heart and by staying with them.

Reflecting

Reflecting allows us to show the other person that we have truly heard and understood what they're saying. Reflecting means to restate briefly in our own words the other's thoughts or feelings without judgement. Through our words, we are a mirror to them. This happens by responding to them with statements such as: "You think..." Or "It sounds like you feel..." These statements can help define and narrow down what the other is actually experiencing, both for our own understanding and theirs, as

well. We don't have to understand everything perfectly the first time; reflecting leads us to a better understanding of where the other person is. Often, when we've reflected to them what we've heard, they will say something like, "Yes, that's exactly it" or "No, I think what I mean is..." Either way, reflecting gives the other a space to share more if they desire.

Silence

Silence is the final key to effective listening, and one that many fear. But silence is important! If someone is sharing a part of their heart, we don't want to rush a response – silence can unlock both our hearts and theirs and gives us time to respond in a meaningful way by taking the time to process what has been said. In the long run, learning to incorporate silence into our conversations can help us to be more effective listeners.

Source of document: IMPRINT – A Publication of the Sisters of Life / Winter 2025 Issue

Faith – Chair - Virgilia Pazzano



Our Lady of the Cape – May 12

Tuesday May 12th saw the Pilgrim Statue of Our Lady of the Cape come to St Joseph's for a solemn, prayer-filled Marian program.

The evening began with the recitation of the Rosary (our CWL sister Marta Grande Delle Fave prayed one of the decades on our behalf), then the mass was celebrated by Fr Wedner Berard, the Pilgrimage Director and con-celebrated by Fr. Francis, Fr. Arinze and Deacon Robert. Fr. Berard shared the history and miracles associated with the Statue (in Trois Rivières). After the mass, Fr Francis crowned the Statue and a candle lit procession through the church with all in attendance was a beautiful way to honour and venerate Our Lady at the end of the evening.

Following the procession, a reception with many delicious treats donated by the attendees, along with a beautiful cake, was enjoyed by everyone. Many thanks to our CWL sisters who assisted with greeting, ushering and hospitality to make the night a memorable one.



Pentecost Sunday – May 24th

Our CWL sisters hosted the reception held after the 11:00 am mass on Pentecost Sunday May 24th. Our parishioners turned out in large numbers to celebrate this Holy Day and our enthusiastic group of members helped serve all the delicious food. Our thanks to all our members who helped for the day with setup and cleanup.



Let us pray for Pope Leo's intentions

September – For the care of water

Let us pray for a just and sustainable management of water, a vital resource, so that everyone may have equal access to it.

October – For mental health ministry

Let us pray that the mental health ministry be established throughout the Church, helping to overcome the stigma and discrimination of persons with mental illnesses.

For the Deceased

Pray for our Deceased Sisters and Family Members. Eternal rest, grant unto them and let perpetual light shine upon them. May they rest in peace.



McDONALD, Anne

IN MEMORIAM

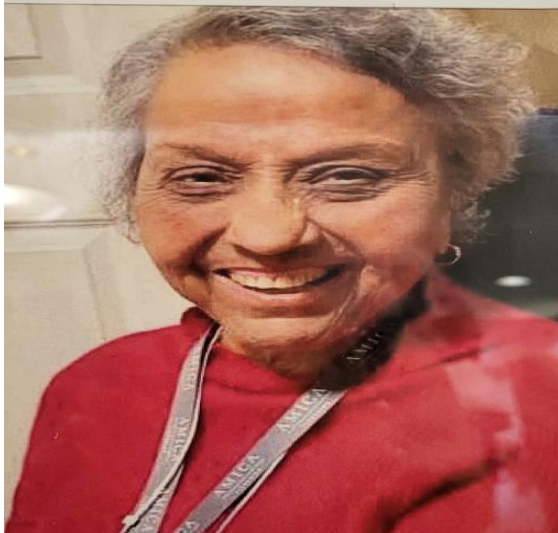
Anne McDonald

was our CWL member of 21 years.

Passed on May 19, 2026

A family celebration will be held at a later date.

A mass intention from CWL for our sister is set for **Friday, October 2nd, at the 7:30 p.m. mass**



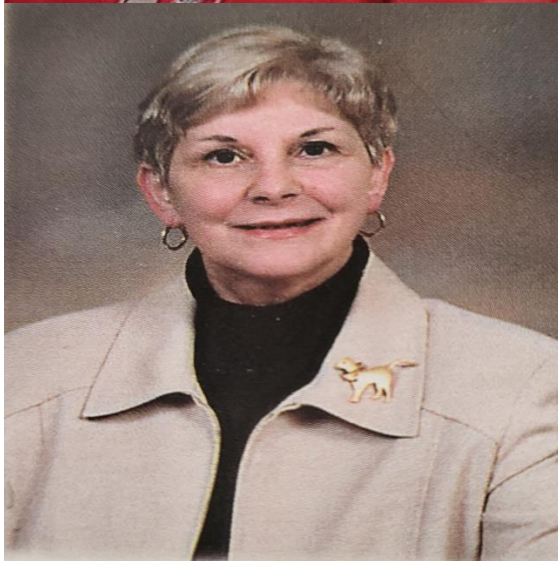
Philomena Fernandes

was our CWL member for 19 Years.

Passed on July 8th 2026

A mass intention from CWL for our sister was

On Friday July 31 9:00 a.m.



CLINE, Joanne

Joanne Cline

Was our CWL member for 22 years.

She passed on September 6th 2026

Private family gathering.

A mass intention from our CWL for our sister is set for **Friday September 25th at 9:00 a.m.**

*Dear God,
We thank you for the wonderful memories
we have of our departed loved ones.
We are grateful when these memories
bring us happiness and comfort.
Help us to continue to keep
the memories of our loved ones alive
by living out the gifts and virtues
we treasured so much in their lives.
May our remembrance of them
in this way help their spirit to live on in us,
and may the virtues contribute to building
your kingdom here on earth.
Amen.*

(Praying November: Prayers for Grieving and Remembering Loved Ones – From Living with Christ)

Continue to Pray for Good Health for our CWL Sisters and their families. May Our Lady of Good Counsel keep you in her loving care. If you know of any of our Sisters in the League who are ill, please call Lucia 416-283-3536.

St. Francis of Assisi – Feast Day October 4th



Prayer of St. Francis

Lord, make me an instrument of your peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master,
grant that I may not so much seek to be consoled as to console;
to be understood, as to understand;
to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to Eternal Life.
Amen

The special Jubilee year of Saint Francis proclaimed by Pope Leo XIV is from January 10, 2026 to January 10, 2027, on the occasion of the 800th anniversary of his death.

St. Francis was born in 1181, the son of a successful merchant, however he renounced worldly goods and family ties to embrace a life of poverty. His desire was to follow Jesus' example as was stated in the Gospel according to Matthew 10:7, 9-11 "And as you go, preach the message, "The kingdom is at hand! Take no gold, nor silver, nor money in your belts, no bag for your journey, nor two tunics, nor sandals or a staff; for the laborer deserves his food, and whatever town or villa you enter, find out who is worthy in it, and stay with him until you depart."

St. Francis ministered to the poor and underprivileged and also had a deep respect and love for all God's creations, animals and nature alike. He founded the Franciscan order of Friars in 1209, as well as the Poor Clare's with St. Clare of Assisi to further his works.

This year of St. Francis should be an encouragement to all of us, each according to our own possibilities, to imitate the "Poor Man of Assisi". We can learn from the example of St. Francis in finding our peace in Christ and by being good stewards of God's creation, respecting and caring for it in all its forms - from plants and animals to our fellow human beings, who are created in God's image.

Rosary in the Cemetery - Monday May 25th Praying for our CWL Members and Parishioners buried in our cemetery



Service Chair – Tierney Thorne

My dear sisters in the League, as I was researching my saintly inspiration for September, St. Rose of Viterbo, I came across this reflection on her. "The list of Franciscan saints seems to have quite a few men and women who accomplished nothing very extraordinary. Saint Rose of Viterbo is one of them. She did not influence popes and kings, did not multiply bread for the hungry, and never established the religious order of her dreams. But she made a place in her life for God's grace" (franciscanmedia.org). This recalled the idea of Everyday Saints and Ordinary Holiness for me. I went back over every time I flippantly thought "I'm no Saint" and didn't do something, when I very easily could have. Because the truth is that Holiness is not restricted to grand, heroic gestures or formal canonization. It is simply someone consecrated or set apart for God's purposes, making us all saints in our own way as we live our faith in action every day. I'm recommitting myself to live that truth by patiently enduring my hardships, finding thankfulness in small burdens and showing kindness. I hope this reminds you that our faith gives us more strength than we can imagine and helps you to also reflect on what living your faith looks like for you. May we all find Grace in the banal.

Canadian Blood Services Project

Give the gift of life! Every day, patients across Canada rely on blood donations, a single donation can save up to three lives. Together with the Canadian Blood Services and our CWL sisters we can live our faith in action by becoming a member of the League's 'Partners for Life' blood donation team. To be a part of this project, you can create an account at <https://www.blood.ca/en> or call 1-888-236-6283, use the Partners for Life ID number **CATH011269** to join the League's team, and book your appointment to donate!



National Day for Truth and Reconciliation - September 30, 2026

Created as a direct response to Call to Action 80 from the Truth and Reconciliation Commission, National Day for Truth and Reconciliation coincides with **Orange Shirt Day** an Indigenous-led grassroots movement inspired by residential school survivor Phyllis Webstad, whose new orange shirt was taken away on her first day at the school. Her story and the orange shirt have become a powerful reminder of the systemic efforts to erase Indigenous identity through forced assimilation and brought forth the universal truth that 'Every Child Matters'.

Observed on September 30 to align with the period when Indigenous children were historically taken from their homes to attend residential schools, this day is dedicated to remembering the children who died in residential schools, honouring survivors, and recognizing the lasting impact these institutions had on families and communities. You can find more information at

- <https://nctr.ca/>
- <http://orangeshirtday.org/>
- <https://indigenouspeoplesatlasofcanada.ca/section/truth-and-reconciliation/>

We will gather for a **prayer service at the front of the Parish at 7:00 p.m.**

Life Chain – Sunday October 4th from 2:00 to 3:00 p.m.

“Life Chain is a peaceful and prayerful witness to the sanctity of all human life. This annual demonstration brings awareness to the ongoing injustice of abortion and the harm it inflicts on mothers, fathers, and the community at large” (taken from the Campaign Life Coalition). <https://www.campaignlifecoalition.com/life-chain> Supporting life from conception to natural death.

We will gather once again this year for this silent protest at the corners of Lawrence and Kingston Rds. From 2:00 to 3:00 p.m. The Knights of Columbus will be handing out the signs for us to hold during this silent protest. We encourage you to join us for this annual event.



(last year 2025) would like to see more of our members join in this event.

Social Justice Chair – Tina Zappulla

These are the Resolutions adopted at the 106th Annual National Convention – in Halifax in August

2026.01 Amend Federal Plastic Regulations to Require Tethered Bottle Caps on Single-Use Beverage Containers — A call for federal regulations ensuring that caps remain attached to bottles,

2026.02 Applying Existing Terrorism Laws When Prosecuting Arson Attacks on Places of Worship — A proposal urging the federal government to recognize arson against places of worship.

2026.03 Exclude Advanced Requests for Medical Assistance in Dying — A resolution seeking to prevent the use of advance directives for MAiD, emphasizing consent, clarity, and protection for vulnerable individuals.

2026.04 Implementation of the Disability Housing Recommendations of the Canadian Human Rights Commission — A request for the federal government to adopt CHRC recommendations to improve accessible, safe, and equitable housing for Canadians with disabilities.

2026.05 The Federal Government to Implement a National Guaranteed Basic Income Framework — A call for establishing a national guaranteed basic income to reduce poverty and strengthen social stability.

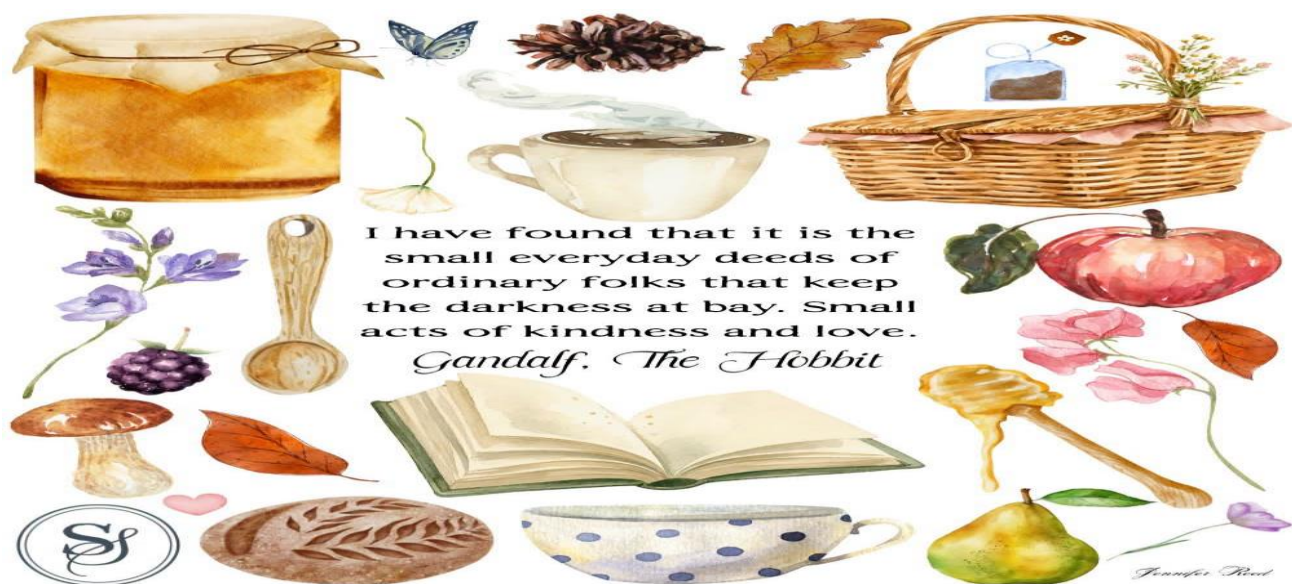
Past President – Raffaella Civello

Welcome back everyone! I hope you spent your summer visiting with family and friends, and adding many new memories.

And now it's time to enjoy the upcoming months in the activities and events being planned by your Council.

One of the responsibilities that I have as Past President/Historian is to maintain the Archives, and ensure that the history of our Council is reflected and preserved. Well, through the summer, those words became a reality. Together with several CWL members who volunteered their time we spent many hours going through the files, sorting, tossing, and listing the contents. This work will be continued through the Fall by in-filling any missing reports, filing, and indexing the files and drawers. Yes, some of it was boring, mechanical work (like ensuring that the reports are all accounted for.) But other tasks were so interesting, reading through the Minutes and event reports of decades ago. Did I mention the photos?? So many photographs, just waiting to come to life by identifying the individuals, and the events.

It is my hope to gather a few volunteers over the next few months, who can help identify the individuals and the events, and place the photos in albums to be enjoyed for many years to come. What a privilege it is to work on this legacy that has been left behind by our Sisters who came before us, and who made a difference “For God and Canada”



Best Wishes to all our Members celebrating their Birthday during the months of September and October. God Bless!

September Birthdays

Rohini Fernandes
Alicia Siervo
Winnie Yan
Suanne O'Neill
Millie Tavener
Jean Lewis
Neela Saldanha
Debra Silveira
Monica Meharchand
Maria Steger
Thelma Fernandes
Ave Fernandes
Patricia Furtado
Therese Calderon
Charmaine Fernandes
Patricia Hall
Tina Zappulla

October Birthdays

Natasha Fernandes
Loretta Riberdy
Ju-Ann Miranda
Colette Fernandes
Teresita Resurreccion
Collette Alvares
Juanita MacLean
Hyacinth Fernandes
Chiara Grande
Rose Rozinka
Chioma Mbonu
Annjudine Fernandes
Erlinda Maestrado
Elma D'Souza
Ann Marie Alkins
Gertrude Seymour
Jean Fernandes
Cheryl Lobo
Nancy Jane Martineau
Blanche Barretto
Rosemary Hunt
Bette Loben

General Meetings:

- We are collecting Milk Bags, Egg Cartons and pop tabs and non-perishable food items (for our Outreach for St. Joseph)
- If you have blank cards or birthday cards, we need these as well.
- Goodies to share are always welcomed at our General Meetings.
- Volunteers are always welcome – be involved – just let us know of your interest.

Recipe Corner

Carrot Bundt Cake



2 cups of flour

¼ tsp salt

2 tsp baking powder

1 ½ tsp cinnamon

½ tsp ginger

¼ tsp nutmeg

1/8 tsp cloves

3 medium carrots(sliced)

3 eggs

¾ cup vegetable oil

1 cup sugar

Zest of 1 orange

1tsp vanilla extract

Mix the ingredients together in a bowl. Place sliced carrots, eggs, oil, sugar, orange zest and vanilla in a blender or food processor, pulse until smooth.

Mix the dry ingredients together in a bowl. Bake at 350 degrees F for 35 minutes in a bundt pan. Check cake after 30 minutes.

Chocolate glaze

2 Tbsp. butter

3 Tbsp. Cocoa powder

6 Tbsp. icing sugar

1 tsp. vanilla extract

1 tsp. hot water

Melt butter in microwave, add in cocoa powder and mix well, then add icing sugar, vanilla and hot water. Continue to mix until everything comes together in a smooth glaze. When cake is fully cooled, drizzle glaze over the top.
Enjoy!

Dates to Remember

SEPTEMBER	
September 14 (Monday)	General Meeting –in the HALL Rosary 7:00 Meeting 7:30 Year to date Budget vs Actuals to be presented.
September 15 (Tuesday)	Conversion of Heart Webinar –register poster sent
September 21 (Monday)	Bazaar Planning Mtg. 7:00 p.m. Room 3
September 26 (Saturday)	Care of Creation Living Water Gathering 10:00am The theme for 2026 is "Living Water". We will meet to have a short reflection and walk along the Lake Ontario waterfront. Port Union Village Common, at the bottom of Port Union Rd. South of Lawrence.
September 30 (Wednesday)	<u>National Day of Truth & Reconciliation - Orange Shirt day</u> – focus on Every Child Matters - Prayer Service 7:00 p.m. in front of the Church.
OCTOBER	
October 1 (Thursday)	Apple Pie Making 9:30 to 3:00
October 2 (Friday)	Memorial mass for Anne McDonald 9:00 a.m. St. Joe
October 4 (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 7 (Wednesday)	Living Rosary 6:30 pm. in front of the Grotto – Legion of Mary
October 8 (Thursday)	Apple Pie Making 9:30 to 3:00
October 13 (Tuesday)	General Meeting 7:00 p.m. Rosary –in the HALL
October 15 (Thursday)	Apple Pie Making 9:30 to 3:00
October 19 (Monday)	Scarborough Region Fall General Mtg. – 7:00 p.m. mass at Immaculate Heart of Mary – 131 Birchmount Rd. all members invited to attend this meeting.
NOVEMBER	
November 9 (Monday)	General Mtg. – Rosary 7:00 – in the HALL
November 13 (Friday)	Setup for Bazaar (11:00 – 8:00)
November 14 (Saturday)	Bazaar Day 8-4 (9:30 – 2:00)
November 25 (Wednesday)	Bazaar Wrap up meeting @7:30 p.m. Rm. 3
DECEMBER	
December 5 (Saturday)	Parish Advent Recollection – Spirituality of St. Francis - CWL is hosting this event – starting with mass at 9:00 Key note speaker: Bishop John Corriveau– refreshments to follow.
December 14 (Monday)	Potluck Dinner 7:00 p.m. Service Awards – need help to setup the room etc....