The Catholic Women's League

St. Joseph's Parish Highland Creek Council

Chartered: November 5, 1953 (T071)

200 Morrish Rd.

Newsletter for November December 2026



"Blessed are the Poor"



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 – Raffaela Civello

Spiritual Advisor – Fr. Francis Folleh

Dear sisters of the League,

How are you enjoying the fall colours? I am sure that we are getting ready to face the winter cold weather. I want to share my message by using St. Paul's (2 Timothy 1:1-3., 6-12) "Stir into flame the gift of God that you have." Have you ever built a campfire on a chilly evening? Its flames almost naturally draw people together so that they can enjoy the light and warmth. Sometimes, though, the flames die down, the embers begin to smolder and a chill sets in. That's when it's time to take St. Paul's words to heart: "stir into flame". St. Paul is speaking to our council and the leaders to apply these words to what we need to do. I encourage you all to stir the fire again in us, the energy and courage to do more as you have been doing in the past. may Mary, Our Lady of Good Counsel intercede for our council. Amen

President – Louise Thorne

"Jesus said to them again, Peace be with you. As the Father has sent me, so I send you." (John 20:21)

Dear Sisters in the League,



I send you prayers and wishes of encouragement as you continue the journey to "Ignite Your Passion Empower His Mission".

We are heading in to a season that should be joyous but for many it can be lonely,

stressful, and isolating. Our efforts these next two months will focus on relief for the marginalized and treating those less fortunate in our community with compassion. It will also be a time for us to strengthen and share our Faith. If you are struggling please reach out to us.
Our CWL National calendar themes are:
November: Homelessness. *"The homeless are not Other. They are Us."* Justice Michael Gibson Please help at the Bazaar that raises funds for our charities, donate to the parish Outreach program, pick up items to drop off at our events. Attend our Elimination of Violence Against Women event and support those that are displaced and need resources like Juliette's Place.
December: Christianity. Let your daily actions and kindness show you care. Spend time with God. Attend our parish Advent Recollection or one of the other retreats offered in our region. Share your Faith. Engage in good works. Show hospitality. Bring a guest to an event or service.
We will have our wonderful Advent potluck and awards ceremony, giving us a chance to honour members for years of service. I am looking forward to presiding over the presentations and thanking the women that have made our council great.
Let Kindness Connect Us

Fall Scarborough Regional General Meeting and New Executive installation Held on Monday October 19th, 2026 at Immaculate Heart of Mary Parish

We began the evening with a wonderful mass including the service to install our new Scarborough Regional Executive. Funds collected were donated to a worthy Scarborough charity 5N2 Kitchens & Farms (miracle of five loaves and two fishes). Fellowship and food followed before the business portion where the presidents gave their parish reports. The TDC president and spiritual advisor were also in attendance. Our group from St Joseph's HC parish had a good showing with 11 members in attendance. The Scarborough Region holds a Spring and Fall GM, a Deceased members mass in November, and a Winterfest Social in January. Consider joining us at one of these events and get a chance to meet your fellow sisters from the other Scarborough parishes. It is always interesting and amazing to hear of all the good work being done by CWL councils across our region and listen to the stories.





Vice-President – Kim Deans

Where the membership Money Goes

It's renewal time! To ensure complete transparency, here is a breakdown of where your $40.00 annual membership fee goes.

National $25.00 + National insurance per member $0.50
Provincial $3.00 Toronto $4.00 Regional $2.00

A total of **$34.50 is forwarded to these levels** of the League. The remaining **$5.50 is retained by our St. Joseph's Highland Creek Council** to support the local parish initiatives and operations outlined in our annual approved budget.

H**ow Higher Levels Use These Funds**

The levels of the League rely entirely on parish per capita fees to fund their operations, training, and conventions. Each level also sponsors unique projects and initiatives

National Level: Requires a higher portion of the fee to cover national operations. This includes funding travel expenses (such as airfare) for the National President or representatives to attend conventions across Canada, publishing and mailing the *The Canadian League* magazine to all members, maintaining a national office, and employing dedicated staff.

Provincial Level: Funds operational costs, training, their convention and special initiatives, such as the Bishop Papin Voluntary Fund.

Toronto Diocesan & Scarborough Regional Levels: Support local training, administrative costs, and special projects like the St. Michael's Scholarship for Toronto. Toronto and Scarborough also fund community youth initiatives, including the annual youth award contests, which covers costs for judges and prizes.

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 the know.
Follow our St. Joseph Facebook page:
https://www.facebook.com/cwlstjosephhighlandcreek

Membership – Lucia Vacca

CWL Membership Renewal for 2027 - Is due to National before January 1, 2027.
Your renewal for membership forms have been sent to you by email with 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.

A special incentive for all the members. If you pay your membership before the Advent Service Potluck Dinner you will have an opportunity to win a $25.00 gift card. This will take place on Monday, December 14th.

Advent Service Potluck Dinner - Monday December 14th at 7:00 p.m. As in past years we ask that you bring food to share for this delicious table. We are, once again, collecting for the **Good Shepherd Centre** – socks, underwear, gloves, hats, undershirts etc… Helping the needy to stay warm in the winter months… ***please*** give generously.

We are also collecting donations for **Sisters of Life** for the mothers and babies they support: Suggested **Items for Moms**: diaper bag backpacks; lotions, candles, floral journals, Catholic Bibles, scarfs, hats, gloves, comfy socks with grips (for the hospital), Gift Cards (Tim Hortons, Walmart, groceries, etc.)
Items for Babies: Baby Lovey toys, baby grooming, receiving blankets, warm blankets, baby clothes (boys/girls size Newborn / 3-6 months/ 6- 9 months : sleepers, onesies, outfits, baby socks, baby hats, baby wipes – All items gratefully accepted.

We will be honouring 42 members who have reached milestone years of service in our Council and they will be receiving service pins at this dinner. We invite your significant other to attend, as this is an appreciation to the men who help and support us. We Thank You!

Apple Pies

Thank you to our members who came out to help with the apple pie making. Together with our Spiritual Advisor Fr. Francis, the faithfully committed husbands and a few friends, we created a total of 258 apple pies. Delicious! We had fun together!





Our Christmas Bazaar is around the corner. Saturday November 14th.

We ask all our bakers to create their delicious goodies and bring them on Friday, November 13th for our Bake Table. Need your gently used items for our Treasure Table.

We would like to see many of you to help us out in the various tasks to make this Bazaar successful.

We need your help to setup Friday, November 13th from 11:00 to 8:00 pm and takedown on Saturday November 14 from 2:30 to 3:30 at the end of the Bazaar. We appreciate any time you can spare to help us. Let us know where you wish to help during the day on the Saturday.



Secretary - Joanne Spencer

A Prayer for Trust in God
You are bigger than my mountains,
You are stronger than my storms;
Your love is wider than my oceans,
Your light dispels all my darkness.
I entrust to You, O Lord, my life and my soul. Amen

Dear sisters in the league, I have been thinking about my role as secretary in the executive and as part of the communication link in our council. There are so many ways to communicate in this modern world. Some are convenient to us, like email, text or direct messaging on social media platforms. I like these for quickly connecting to others and for keeping my life somewhat in order, or at least that is what I tell myself. But despite these conveniences, I prefer old fashioned communication; talking to people in person, staying close to family and friends via phone calls and reading things that challenge me or make me think beyond the words on the page.

Communication in the Bible can refer to a lot. The Scriptures themselves are the Word of God communicating to His People through the Holy Spirit and contain stories of how God has spoken to us through creation, the prophets and the person of Jesus Christ. I have always thought of the Bible as more of a book of stories, of a history of our faith. When thinking of the Bible as a form of communication, I remembered something that our beloved Cardinal Collins likes to say: “Speak Lord, your servant is

listening". Now, that is exactly what I say when I reach for my Bible. The Bible also has a lot to say about how God's people should communicate with each other and Himself in prayer. Here are three examples:
Psalm 37:30-31 The mouths of the righteous utter wisdom, and their tongues speak justice. The law of their God is in their hearts; their steps do not slip.

Proverbs 18:4,13 The words of the mouth are deep waters; the fountain of wisdom is a gushing stream. If one gives an answer before he hears, it is his folly and shame.

Ephesians 4:25,29. Therefore, having put away falsehood, let each one of you speak the truth with his neighbour, for we are members one of another. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.

I hope this inspires you to grab your Bible and see what God wants to say to you today.

Faith – Chair - Virgilia Pazzano

Let us pray for Pope Leo's intentions

November – For the Proper Use of Wealth
Let us pray for the proper use of wealth, that not succumbing to the temptation of selfishness, it may always be put at the service the common good and solidarity of those who have less.

December – For Single-Parent Families
Let us pray for families experiencing the absence of a father or mother, that they may find support and accompaniment in the Church, and help and strength in the Faith during difficult times.

ROSARY SUNDAY – Sunday, September 13th
Sunday, September 13th, 2026 was the 42nd annual Rosary Sunday at Martyrs' Shrine in Midland. His Eminence, Cardinal Thomas Collins, celebrated the mass at 12 noon with his usual flair and humour, his homilies inspired many hearts! We then had a wonderful lunch together with our CWL members and parishioners. This was followed by an amazing procession of the Living Cross with Blessed Mary to the Papal Altar for the Living Rosary, many parts of which were recited in different languages bringing together hundreds of the faithful across the province.








Instruments of Peace a Jubilee Concert for St Francis of Assisi 800 Years
Saturday October 24th, 2026 Lighting Prayers for Peace Ceremony and 8 candles

It was an uplifting night filled with prayer, music, and hope. Jonathan Michael was amazing with his wonderful tenor voice. Our CWL executive performed the 8 Candles – Lighting Prayers for Peace Ceremony beautifully. Fr Francis honoured us with a reflection and was joined by Fr Arinze and other Spiritans. We adjourned to the hall for light refreshments and good conversations. Thanks to everyone who joined us to make it so special. Let us find peace in our hearts and a renewed ability to work together.









Season of Creation Theme 2026: "Living Water"

The Season Celebration began on Sept 01, 2026 "World Day of Prayer for the Care of Creation" and ended on Oct 04, 2026 "The Feast of St Francis of Assisi".

On Saturday Sept 26th, 2026 we gathered at the Port Union Village Common. We moved on to pray beside Lake Ontario and take a contemplative walk while listening to themed music including the special Living Water song. Together we held up our sign and shared our message with those we met. We reflected on the importance of water and the life it sustains. God speaks to us through scripture and nature. Let us take time to appreciate nature and grow in action to preserve it. Climate change, increased environmental stress with AI, impact on poverty are all realities we need to face and rise to the challenge.

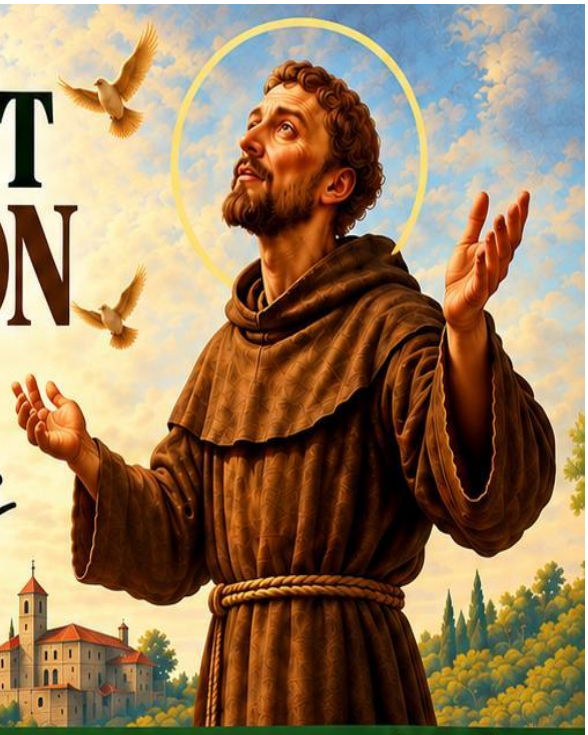


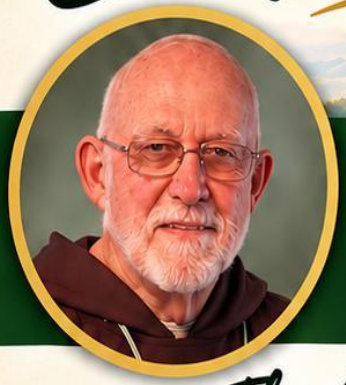


PARISH ADVENT RECOLLECTION

IN THIS YEAR OF

St Francis





WITH

Bishop John Corriveau, OFMCap

Former Minister General of the Friars Minor Capuchin and Bishop Emeritus of Nelson, BC

The Conversion of St Francis: What It Means to Our Lives

SATURDAY,
DECEMBER 5, 2026

St Joseph Parish
200 Morrish Road, Scarborough

PROGRAM
9:00 am — Mass
9:30 am — Coffee break
10:00 am–12 noon — Recollection Talk

Everyone is Welcome

GROW IN FAITH. BE RENEWED. LIVE THE GOSPEL.

Sponsored by Catholic Women's League

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.



IN MEMORIAM

Verlyn (Avrie) Johnson
was our CWL member of 19 years.

Passed on September 15, 2026
Funeral Mass was held at St. Joseph on Saturday, September 26, 2026

A mass intention from CWL for our sister is set for **Friday, November 20th, 9:00 a.m.**



Elma D'Silva
was our CWL members for 25 years.

Passed on October 16, 2026
Funeral Mass was held at St. Joseph on Saturday, October 31, 2026

A mass intention from CWL for our sister is set for **Thursday, November 19th at 9:00 a.m.**

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.

Service Chair – Tierney Thorne

My dear sisters in the League, as we head into this season of Advent, our national chairperson of service Madonna Clark has shared with us the "A Season of Service Advent Calendar". The calendar offers simple and meaningful ways to put faith into action through prayer, kindness, family and service to others throughout Advent, with a focus on family, children, sharing joy and love, and community.
Some suggestions include giving an Advent wreath to someone who doesn't have one, talking with a young person in your family or community about why Advent is a special time, calling someone you haven't spoken to in a while, spending some time listening and offering encouragement to a friend, or even make a "care kit" for an unhoused person. Keeping it handy for your next opportunity to give and including an inspirational message.

I invite you to join this "Season of Service" with our sisters across this beautiful nation. Sometimes, a simple reminder is all that is needed to make a difference in someone's day. Through even the smallest acts of kindness and service, we can bring hope, compassion and Christ's love to those around us.

National Day for Truth and Reconciliation

On Wednesday, September 30, 2026, our council held a commemoration for National Day of Truth and Reconciliation. A day dedicated to remembering the children who died in residential schools, honouring survivors, and recognizing the lasting impact these institutions had on families and communities.

With a group of around 40, we started our night off with Louise Thorne reading the Highland Creek Land Acknowledgement. Virgilia Pazzano then gave a brief introduction and history of the day, to remind us of what we were commemorating and why it is important for us to do so. Following this, we were led through a series of prayers for, remembrance, justice and healing, by Isabel Alleyne, Clara Fernandes, Nancy Jane Martineau, Marguerite Civello, and Tierney Thorne. Two songs, 'Step by Step' by K5 Hidden Peak Education and 'O Great Spirit', were played to give attendees time to reflect on the prayers and the reason for our commemoration.

To close out our service, Father Francis said a few words on the importance of remembering and acknowledging the past, while using the lessons learned to move forward towards a brighter future. Guests were then able to enjoy some light refreshments and conversation while music that reflected the night's themes or by Indigenous artists played in the background. The night was a great success, full of prayer and reflection for our Indigenous brothers and sisters on how we can be better neighbours and create a stronger community together. Thank you to all that attended!







Breast Cancer Awareness Month

October was breast cancer awareness month, as a woman's league we felt it was important to highlight this. To show our support for the campaign, members showed up for our general meeting dressed in pink or wearing a pink ribbon pin. Included in this meeting was some information about facts, signs, symptoms, and screening for common breast cancers. Which we would like to share here as well.
About 89 women are diagnosed with breast cancer every day in Canada, and 1 in 8 will be diagnosed with breast cancer in their lifetime. Routine **mammograms** are recommended starting around age 40, as they can help find cancer early when it is smaller and easier to treat. Please note that a doctor's referral is not required to book a mammogram, an appointment can be made at any hospital or diagnostic centre that offers them. While mammograms are an excellent preventative measure, about 4 out of 10 women have dense breast tissue, which can make tumors harder to see on standard mammograms. This is why it is important to know your body, how your breasts normally feel, and report any new lumps, pain, or skin changes to a doctor.

Breast cancer may not cause any signs or symptoms in its early stages and other health conditions can cause the same symptoms as breast cancer. However, some things to lookout for can be a lump in the armpit, changes in the shape or size of the breast, changes to the nipple (such as a nipple that suddenly starts to point inward), discharge that comes out of the nipple without squeezing it or that has blood in it.

A **ductal carcinoma** can present as a firm or hard lump that feels very different from the rest of the breast. It may feel like it is attached to the skin or the surrounding breast tissue. The lump doesn't get smaller or come and go with your period. It may be tender, but it's usually not painful. Whereas a **lobular carcinoma** often does not form a lump. It feels more like the tissue in the breast is getting thicker or harder. Some late symptoms of breast cancer are bone pain, weight loss, nausea, loss of appetite, jaundice, shortness of breath, cough, headache, double vision, and muscle weakness.
Some common risk factors include personal history of breast cancer, family history of breast and other cancers, dense breasts, gene mutations, reproductive history, exposure to ionizing radiation, hormone replacement therapy (HRT), birth control pills, atypical hyperplasia, alcohol, and excess weight/sedentary behaviour.
For more information visit https://cancer.ca/en/cancer-information/cancer-types/breast



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!

Life Chain – was held on 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.



Great turnout for 2026 from St. Joseph Parish (CWL, KofC, Prayer Group and Legion of Mary)

Social Justice Chair – Tina Zappulla

Compassionate Community Care (CCC) is a registered charity comprised of health care professionals and volunteers who provide support to vulnerable persons and their families during times of illness and crisis. They aim to provide a complete circle of care that recognizes and respects the physical, social, psychological, and spiritual needs of those involved. Our St Joseph CWL Council financially supports their vital work with our annual donation.

One of their important services is the "Community of Hope Outreach: Connecting to Seniors Project". This is a calling service is for persons aged 55+ who may be socially or physically isolated and looking for support or a person to talk to.

CCC is looking for volunteers to make calls or seniors to receive them. If you know anyone who is interested in volunteering or someone in need of a friendly person to chat with regularly, you can call 1-855-675-8749 or email at info@beingwith.org

Past President – Raffaela Civello

The season of Advent is fast approaching, and my thoughts turn to our CWL National theme "Ignite your Passion, Empower his Mission…Blessed are the Poor". How many of us have found our passion, and how can we use it to prepare for Jesus' coming? Our CWL council, and many others within Scarborough Region will be hosting Advent Recollections with wonderful speakers to guide us. I encourage you to attend and participate in these, come away refreshed and empowered to support those who are struggling… with loneliness, hunger, homelessness, and in need of friendship. As we enter a season of giving, let us be generous and give … to the Outreach Ministry food bank; contribute warm clothes to the Good Shepherd Centre and so many others. We fundraise to support all our chosen charities, so we ask for your continued generosity for the vulnerable in our community and beyond. Let your words and actions define your passion!

Wishing you and your families a Merry Christmas and may you be blessed with abundant love in the New Year !

CWL St. Joseph BOOK CLUB for 2026-2027



The following are the books we will be reading in Dec to Feb. If any of you are interested in joining this group, please call Jackie Nicholson at 416-266-4604

Nov:	Isola	by Allegra Goodman	368p.
Dec:	All That Life Can Afford	by Emily Everette	384p.
Jan:	The Secret Keeper	by Genevieve Graham	496p.
Feb:	The Riviera House	by Natasha Lester	480p.



November Birthdays

Valerie Pais
Lina Fisico
Almas Jahargir
Rosemary Grosky
Cheryl Mascarenhas
Natalia Leong
Anna Vigliatore
Elizabeth Oliver
Chantal Schweitzer
Roma O'Meara
Joy Ezemenari
Jessica Hall
Kathleen Mills-Reece
Nancy Morana
Jackie Nicholson

December Birthdays

Najaf Lobo
Cristina Grande Delle Fave
Elizabeth Mora
Giovanna De Acetis
Marguerite Civello
Linda Martino
Linda De Acetis
Neva Liverpool
Sharon Sequeira
Christine Domingo
Amparo Dicioco
Philomena Traynor

General Meetings:

- We are collecting Milk Bags, Egg Cartons and pop tabs and non-perishable food items for our Outreach at 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



Rickety Uncles

These are an easy, no bake treat that's great for kids to help with and to make in summer without heating up the house. Since they're made with corn flakes, peanut butter and corn syrup you could say they're a healthy 'breakfast food' but with the amount of sugar, not really ☺ They taste great and they're very popular at get-togethers!

Ingredients

- ½ cup (100gms) sugar
- 1 cup (312gms) corn syrup
- 1 teaspoon vanilla
- 1 cup (250gms) peanut butter
- 6 cups (1.2 l) corn flakes

Directions

Spread 2 large sheets of wax paper or parchment paper onto the countertop, table, or onto baking sheets.

Put sugar, syrup, and vanilla in a large microwave safe bowl (big enough to add the cornflakes later). (Hint: Grease the inside of the measuring cup with oil or cooking oil spray before measuring the syrup and it will slide easily out of the cup.)

Use the syrup measuring cup to measure out the peanut butter and set aside.

Measure out the corn flakes into a small bowl and set aside.

Microwave the sugar, syrup, and vanilla until it's fully boiling.

Add the peanut butter and stir until completely melted

Add the corn flakes, and fold together with a silicone spatula until the corn flakes are coated with the syrup. You may want to add extra corn flakes.

Working quickly, scoop up heaped tablespoons of the cookie mixture and drop onto the wax paper by scraping it off the spoon with a second tablespoon. Tuck in any scraggly flakes.

Allow to harden at room temperature until cool. Store in a covered container with wax paper or parchment paper between the layers of cookies.

Dates to Remember

NOVEMBER	
November 13 (Friday)	**Setup for Bazaar (11:00 a.m. – 9:00 p.m.)**
November 14 (Saturday)	**Bazaar Day 8:00 a.m. – 4:00 p.m. Open to Public (9:30 a.m. – 2:00 p.m.)**
November 19(Thursday)	**9:00 a.m. CWL Mass Intention for Elma D'Silva**
November 20(Friday)	**9:00 a.m. CWL Mass Intention for Verlyn (Avrie) Johnson**
November 23 (Monday)	**Bazaar Wrap-up Meeting @7:30 p.m. Rm. 3**
November 25 (Wednesday)	**International Elimination of Violence Against Women – 7:00 p.m. St. Joseph's in the Hall – speaker from Juliette's Place – Sophie Osoro. All members and parishioners are invited for this presentation.**
November 25 (Wednesday)	**Annual Scarborough Regional Mass for Deceased Members – 7:00 p.m. at St. Barnabas (10 Washburn Way) – all members welcome to attend this memorial mass**
DECEMBER	
December 5 (Saturday)	**Parish Advent Recollection – Spirituality of St. Francis - CWL hosting at St. Joseph's, with Bishop John Corriveau - starting with Mass at 9:00 a.m.; Refreshments to follow after mass.** ***Open to the Parish***
December 5 (Saturday)	**Parish Christmas Party Talent Show 6:30 p.m.**
December 14 (Monday)	**Advent Service Potluck Dinner 7:00 p.m. Service Awards - Collection of items for Good Shepherd Centre and Sisters of Life. Share your tasty special food dish with your sisters.**
JANUARY - 2027	
January 11 (Monday)	**General Mtg. – Rosary 7:00 p.m. – in the HALL - Meeting 7:30 p.m.** Review the St. Joseph P & P for any amendments