

Newsletter

Spring 2024



You took the service survey at Christmas 2023
and your executive took your suggestions to heart.

You wanted to have the newsletter continued, so here is the first issue of our revived newsletter.

We hope that you will find material of interest and of use to you here. We promise no filler stuff and things you already know just to make the columns and pages come out even.

As it is your newsletter, we encourage you to send in information, questions, requests, and complaints to our writer/editor/general dogsbody, Patricia Silver, and she will do her best to make the newsletter work for you. She can be reached at psilverdq@gmail.com. Just so you get the address correct - that is a "dq" before the @ sign and stands for "dowager queen" believe it or not!

Now we no longer have a communications/computer person on staff at St. George, the look of the newsletter has changed slightly. The general technical incompetence of the editor is well offset by the great work of Allison Powell, our church secretary, in formatting the content for you. Hopefully, it will be easy for you to read and allow you to access what you want to know efficiently and quickly.

So, let's make this journey together. There are new directions ahead that we can't wait to share with you.

Upcoming Events

*The following dates have been booked, but are subject to change.

May 11 | Garage Sale

May 14 | CWL Afternoon Tea

June 11 | Italian Night

September 8 | Welcome Back Brunch after 11:00 am mass

Here I am Lord, send me.

This is the challenge for us from the central office of the Canadian CWL for this year. How will you answer?

Here is the League prayer on this theme for this year, composed by Bishop Lobsinger:

Heavenly Father,

Through the ages, You have called many to serve you: Abraham, Sarah and Samuel; Martha, Mary and Elizabeth, As well as countless men and women throughout the ages. All were different, and each brought unique gifts to Your service.

Now today, we too hear Your call to come and follow, to bring our gifts to Your service.

Help us, O Lord, to make our reply,

“Here I am Lord, Send me”

With full and generous hearts,

In order that we may be Your instruments in the building of Your kingdom.

We ask that You hear and answer our prayers through Christ our Lord.

Amen.

Where does your vocation as a Christian lead you in service today?

Jesus speaks of the servant who beats the other servants, generally oppressing them and misbehaving in the absence of his master. Probably not your average behaviour, however, if the Master returns today, will He find you carefully filing your nails, rather than breaking them in His service?

Something to think about!

To Volunteer:

You will need a Vulnerable Sector police clearance -

<https://www.londonpolice.ca/en/services/Vulnerable-Sector-Check.aspx> for the appropriate form.

Make sure you have your SIN number handy and Driver's license for identification.

The website gives you a limited time to fill in the information and online is the only way you can do the process.

Volunteer Opportunities:

To find volunteer opportunities in the London area, check out the following:

<https://www.london.ca/living-london/community-services/senior-supports/age-friendly-london-volunteer-opportunities>.

They list “meaningful” opportunities for older adult volunteers, with groups ranging from the Alzheimer's Society through the alphabet to the WILL Employment Connections.

For specific current volunteer positions at all levels, look at

<https://www.pillarnonprofit.ca/volunteer>.

In Memory

We remember and pray for the souls of CWL members and relatives who have passed away recently.

November 2022

Greg Kelly, brother of Suzanne Cole
William (Bill) Foley, husband of Rosemary Foley

January 2023

William (Bill) Geris, brother of Rita MacIntyre

Eileen Woods, CWL member

May 2023

Carla Knijn, sister of Nelly Tessel

Eugenia Nesterenko, mother of Natalie Nesterenko

Maria Jas, mother of Elizabeth Smith

July 2023

Erwin Funk, husband of Rosa Funk

August 2023

Otis Bright, brother-in-law of Cynthia Hellsten

Doreen Walker, CWL member

September 2023

Marilyn Bender, sister of Tree Galbraith

Theresa Haggarty, CWL member

Merio Fermida, husband of Fermina Camarra

October 2023

Jean Trudell, mother of Michele MacAdams

December 2023

Marilyn Medcalf, CWL member

Dino Vettor, husband of Elizabeth Vettor

SPRING AT LAST!

There are buds ready to open on the forsythia bush, crocuses are up ready to open and the morning is filled with hopeful bird song! Glory to God for new life in the world and in ourselves as we experience another blessed Eastertime.

So let's catch up on what has been happening in our local CWL group and what is ahead.

January 2024 saw us having an election for new executive members and thankful confirmation of returning members. Here is the new executive:

Co-chairs: Rita MacIntyre 519-455-8515

Lianne Notarandrea 519-474-3599

Past President: Lynne Tomchuk

Treasurer: Patricia Smith

Secretary: Cynthia Hellsten

Correspondence: Mary Ann Crummer

Membership: Cathie McIntyre

*Faith Pillar: Patricia Silver

*Service Pillar: Lynne Tomchuk

*Social Justice Pillar: Michele Ferri

*The last three positions are new labels from the central CWL office for what the CWL has always done - witnessing to the love of God and neighbour.



Please feel free to bring any ideas, concerns, and encouragement to any Executive member. They would love to hear from you.

You will notice that we have some vacant positions - Vice chair and Communications. If the Holy Spirit moves you to help out by volunteering for one of these, get in contact with Rita or Lianne

February 2024 saw this year's budget passed. Through your generosity, we have been able to offer support to a number of local organizations doing really necessary work in our community to address homelessness, poverty, hunger, family abuse, and social isolation. We will continue to do this good work. We know budgets are stretched right now and so we greatly appreciate your sacrifices through your membership dues and donations to make our outreach possible. This month was also the month that members led by Michele created a wonderful appreciation lunch for the pastoral and office staff of the St. George parish. By all reports, the food was great and the hospitality much appreciated by the staff. So thank you, Michele Ferri and helpers, for doing this labour of love for us!

Helpful Links

Springbank Catholic Family of Parishes:
www.springbankcatholic.ca

St. George CWL:
www.springbankcatholic.ca/st-george-cwl

CWL of Canada:
www.cwl.ca

Ontario Provincial CWL:
www.cwl.on.ca

London Diocesan CWL:
www.cwllondon.ca



Crowning of Mary Collection



Crowning of Mary Collection

Reminder:

Please advise us of any changes to your membership info such as your phone, address, or email. To update information, visit:

www.springbankcatholic.ca/renewed-sg-cwl-member



March 2024 saw a combined meeting of the St. John the Divine and St. George CWLs to hear a speaker from the VON on outreach programs that might be useful to you. These included free services like the Home at Last programme for folks coming home from hospital stays, the “Cool Aid” Programme to communicate with emergency help personnel, and the Smart Exercise and Falls Prevention Programme. There are a lot more services listed on the VON website. To see what is available to you and any cost involved, check out www.von.ca or call 519-659-2273.

Also in March, the St. George CWL, led by Joan Ives, offered the parish a version of the Stations of the Cross. This is a beautiful meditation on Christ’s final journey to crucifixion and is a special way to ready yourself for the joy of Easter. You can borrow any one of several versions of the Way from our library – you can follow Jesus on the Way at home by yourself any time of the year. It is a quiet entry into the heart of Jesus’ obedience to the Father and His love for the world.

So what is coming up soon?

For April 2024, the big news is our Eastertime retreat given by Debbie Craven on the topic “My Sheep Know My Voice and Follow me.” It is scheduled for the morning of April 13. Please register as soon as possible by sending registration to St. George CWL at cwlstgeorge@gmail.com. The retreat is FREE, but we need you to register so that we will have a muffin set aside for you with your name on it and a reservation for the best seat in the house. SO MAKE IT HAPPEN!

Also great news is that the area CWL conference being held this year in London, April 22-24. Registration has closed. For those of you unable to attend, we hope to have some reports in our next issue about features like the trip to St. Peter’s Seminary, the main speeches, some networking done, and, of course some rave reviews of the St. George canaries in their stylish yellow sou’westers and becoming hats, worn as they warbled at Fun Night something about a boy fishing (the editor still does not understand what they were singing in their “down East” accents.)

As our offering to Mary, our patroness, at the conference, we are collecting summer clothing for the Ark Aid Street Mission. We are short on women’s clothing, however we are delighted with all the men’s clothing that has been donated already. The clients there really need our help, so please be generous when looking at the gently used items in your wardrobe that you haven’t worn in a while.



As we slide into summer:

Remember the Garage Sale - May 11. We need a convenor. We need your stuff. We need your volunteering self. We need you to also buy stuff, used but new to you! So, get involved. Contact us for details.

Take a small step to save this planet, our only home:

Reduce by not buying new.

Reuse and share what you have.

Recycle if you can. Remember "There is no such thing as "away" - when we throw anything away, it must go somewhere."

Then it's the lazy days of summer - May 14 for Afternoon Tea and June 11 for a totally delish Italian Dinner. No cooking for you. Just bring your best bib and tucker (according to the dictionary that is the piece of cloth you drape over your bosom so you don't go napkin diving under the table to retrieve lost napkins). A plate and cutlery. Hope to see you there. By the way, look out your best summer recipe - we have a plan for it!

Exciting events coming in the fall - all to be revealed in the next issue of the newsletter.



Getting to Know You

We heard that some of you are getting a year older this spring. We would like to congratulate two former CWL presidents on their Spring birthdays.

Gail Clarke has a big one this year and Linda Husband who is a spring chicken also celebrates a birthday, but not a BIGGIE! Congratulations, ladies, on a life of service well lived, and best wishes for another year!

If you know of another member who should be congratulated for any reason - graceful aging, the accumulation of more wrinkles as a result of loving service, a new husband (commiserations perhaps in this case), a new grandchild, a service award - let us know. We want to give them our recognition and thanks.



As part of our getting to know each other better, we will be featuring short features on various members, starting with our co-chairs this year.

Lianne Notarandrea



Lianne Notarandrea is an army brat of a very proud Canadian soldier and a stay-at-home mom. Her career was an exceptional experience - for 37 years she worked with developmentally challenged children with severe behavioural issues at CPRI. She is now on the CPRI volunteer board and spends much time with their annual book sale to raise money for the children's special needs. After retirement, she accepted a year's position as nanny to four Orthodox Jewish children, and then a shorter position with a Sikh family. The grandmother of the Indian family tried to teach her the cooking of Indian food - a partially successful experiment - she loved eating it, especially Roti, but not cooking it! As she learned and lived these families' faiths, her own faith was defined and strengthened.

Her passions outside of the CWL include baking, but not cooking - unlike her father, a cook in the military. She is an accomplished geocacher with over 11,000 finds and many hides - so if you are missing anything, she may be to blame or perhaps could find it for you! All that searching and hiking keeps her in shape though she can't go the distances she used to.

Like many cradle Catholics, she wandered from practice in young adulthood but returned after marriage. "My faith journey really started after one of my children had some significant issues. My trying to fix things over and over again was not helping either of us, so I started to pray, study the Bible and did more talking with God rather than at Him for magic wand-waving. Joining prayer groups was so inspiring and I was not judged for all the mistakes I made in this journey, not an easy journey, but the "significant issues" are no longer. Even though my children are not regular church attendees, they are faithful followers and in tough times ask for the prayers of my prayer group." I have two wonderful interesting little twins as grandchildren and I would like to be remembered by them as an example described in Proverbs 31: 10-31.

A word or phrase that sums up Lianne - hard for Lianne to say, but the Newsletter editor says she is incredibly hard-working and dedicated - but watch out for the Italian temper if all the work gets dumped on her! So dear reader, you are warned! By the way, her cakes are to die for!



Rita Macintyre



Rita Macintyre, born in Neerkant, Holland, emigrated to Canada with her family –parents, three older sisters, three younger brothers and a younger sister – in 1952. Now only her brother Frits and herself survive. Though growing up in Woodstock, Rita has been a long term resident of London, working for 45 years with London Life (now Canada Life). Her husband died in 2015 from Parkinson’s disease, however, she has the ongoing joy of two children, Melissa and Craig, and four grandchildren, who, along with her friends, are her greatest passion.

Health is also a major interest for her as she is a cancer survivor, however, her health concerns have not held her back from all kinds of community service. Besides volunteering in the CWL and at church functions, she volunteers with Meals on Wheels, the Mission Store, and at two nursing homes. This busy lady is also a member of the Byron Legion Ladies Auxiliary.

It is always amazing and inspiring how much some people pack into life! You may know that Rita is also a quilter extraordinaire and belongs to two local quilting guilds, and often seems to be going off to quilt shows and conferences. Oh, almost forgot, she loves to read, play card games and go to live concerts.

All this is based on her faith life, an important though very private part of her life. What we see is someone whose life motto is “There is always someone worse off than you.” and who never feels sorry about herself or her situation.

The legacy that she would like to leave her grandchildren is the strong memory that she was a caring person who was always there for them, in thick and thin.

We are hugely blessed in the presence of these two women in our CWL – they are very much part of the glue that holds us together.

We hope you have enjoyed learning more about who is who in the CWL. Let us know if you would like us to spotlight others in future issues.

Thought for Today:

Start by doing what is necessary;
Then do what is possible;
And, suddenly you are doing the impossible.

St. Francis of Assisi



Outreach to the Homebound and the Isolated

A service of great value that rather lapsed during the time of Covid was the regular phoning checkup and chat that some members had with CWL members that we knew were isolated and/or homebound. Unfortunately, we lost touch with some members during Covid and are now unaware of their needs or very existence.

In response to the VON talk at our last meeting of their services to the elderly homebound, there was a feeling among some members that they wished to revive the service. Thank you to the ladies present at the meeting who have volunteered to be part of this outreach and, of course, many thanks to those of you who have been continuing faithfully to phone our sisters.

It would take only a once-a-month call to a lonely person to raise them out of depression and the feeling that they have not been forgotten. Of course, you could phone more frequently if you wished, perhaps meet for coffee, or take Holy Communion to this person.

We need more volunteers - this is a job you could do from home - no driving in the dark over snowy roads to unknown parts of town! So, if you think you can help, please send in your name to cwlstgeorge@gmail.com.

We also need to revamp our list of folks to call. If you know of anyone who might like to hear a friendly voice on a regular basis, please let us know and we will get them paired up with a volunteer like yourself. In the meantime, members of the executive committee will try to contact previous participants to see what their situation is presently.

Let's give one of our sisters the blessing of an outstretched hand of friendship.

Living out our Faith (the hard way)

Mark Comer has a challenge for us in his book "Practicing the Way."
Have a read, think about what he says, then see whether you can practice (act) as he suggests.

- Practice Sabbath in a culture of hurry and exhaustion.
- Practice solitude in a culture of anxiety and noise.
- Practice prayer in a culture of distraction and escapism.
- Practice community in a culture of individuality and superficiality
- Practice scripture in a culture of ideological infection and compromise.
- Practice fasting in a culture of indulgence.
- Practice generosity in a culture of consumerism.
- Practice service in a culture of injustice and division.
- Practice hospitality in a culture of hostility.

If you can try only one practice, it will make a difference in your life and the lives around you. pg.9