

Newsletter

FALL 2025



A Word from the Editor:

We are pleased to bring you our second fall edition of the newsletter. We hope that you will find something in here to interest you, perhaps challenge you, or perhaps rouse you to some annoyance! We would be delighted to hear from you any reaction you wish to share with us. The newsletter does not exist to keep me busy writing and producing it, out of the bars and off the streets (though it does do that too)! It needs to be of use to you. So let us know what you find useful, or what is missing that you would like to see, and we will try to oblige. My email is psilverdq@gmail.com. I promise not to put your email in trash or mark it as spam even if I disagree with your suggestions!!

The fall is a wonderful time for celebrations of our faith. Feasts days include something to appeal to every taste in saint or devotional practice. There are feasts related to Jesus: the Triumph of the Cross in September, Christ the King in November and of course all the great festival time of Christmastide. Those of you with a devotion to Our Lady can celebrate Our Lady of Sorrows in September, Our Lady of the Rosary in October, the Presentation of Mary in November, and the Immaculate Conception in December. There are saints' days galore, including celebrations of a number of apostles, and everybody's favourites, Therese of Lisieux and Francis of Assisi, and, of course, All Saints' day in November. Angels get celebrated in September on the feast of Michael, Gabriel and Raphael, and Guardian angels in October.

Every day this fall is an opportunity to celebrate the astonishing love, compassion and patience of God. So hopefully we will see you at a Eucharistic celebration soon, so we can celebrate joyfully together.

Upcoming Events

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

September 7 | Welcome Back Brunch

October 15 | General Meeting

November 8 | Candy Cane Bazaar

December 2 | Christmas Dinner

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.

Faith, Hope, and Love

Faith allows us to believe and give ourselves totally to God.
Hope gives us the assurance that God's will will be done.
Love frees us to give ourselves completely to others.

Faith, Hope and Love are gifts poured out on us by the Holy
Spirit.

Volunteer To Express Your Faith

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>.

What's been going on?

We have had a busy spring and summer with much accomplished in fellowship with our CWL sisters and in service to our extended family of brothers and sisters in London. February was a general meeting in which Father Renaud talked to us about mentoring vocations, particularly to the priesthood. It is irrelevant whether we have birth sons or grandsons - this is a task for all of us in our daily Christian witness and in our encouragement of young people we might meet to consider seriously a life of service of the Kingdom, with its attendant challenges, pains and joys. To help us in this goal, the 2025 budget was passed by you at this meeting. For the first time, it contains a budget line for monies towards the support of a seminarian attending St. Peter's seminary for this diocese. It will be paid out this summer in consultation with Father Renaud who is the diocesan director of vocations.

Along with the Knights of Columbus and the Society of Saint Vincent de Paul, we hosted a very successful showing of the documentary "Atrocity" on London homeless. It was standing room only for the showing and a good question/answer period followed with a number of people wanting to get involved in action to address our huge problem of homelessness in London. Nigel Stuckey, the film producer, one of the homeless persons from the film, now stably housed, and representatives from the Ark Aid Mission and St. Joseph's Café sat on the panel. Our yearly support for both of the latter organizations was presented, along with a quilt made by one of our members for use at the Bishop Cronyn site.





March saw us host with the CWL of St. John the Divine the World Day of Prayer, created this year by Christian women in the Pacific Cook Islands. The turnout of Saint George folks was disappointing – please consider how much is potentially accomplishable by the combined prayers of women around the world. Next year when the event will be hosted by another local church we hope for better turnout.

Our Lenten retreat this year followed a different format to previous years, and was in response to Father Renaud’s challenge to us to witness to the faith, building the next generation of faithful servants of God. The potentially powerful effect of interactions around faith experiences shared by grandparents and grandchildren was the philosophical basis behind the morning’s activities. A small but enthusiastic group had the opportunity to move through a series of activities, reflective of Lenten praying, fasting and Christian action.

Participants got a binder full of suggestions for building faith and emotional connections to it for further exploration at home.

We participated in two parish outreach activities this spring – a collection of items for the Ark (see the separate report in this newsletter) and a collection of baby-related items for the London Pregnancy and Family Support Centre, actually sponsored by the Knights of Columbus. Thank you to all who contributed so generously to these efforts.

Given the busyness of the spring, it was amazing that a few members managed to squeeze in attendance at the diocesan CWL meeting in Stratford. From the reports brought back to us, the event was really fulfilling from the point of view of learning more about the CWL and its work, networking with other CWL members, and spiritually refreshing events like mass and tours of church sites. As the CWL is happy to help pay expenses, perhaps next year you should think of attending and see what a difference it could make in your life.





May was garage sale time. Again, a lot of work from many to make this eagerly awaited event happen. As ever, some of us helpers fell victim to the urge to pick up some obviously desperately needed items! And some of us were just not fast enough off the mark to get some items before they were snapped up by someone else! Oh, well, there is always next year. After expenses and sharing half of the proceeds with the Knights of Columbus in return for their help with both preparation for the sale and on the day, we netted slightly over \$2000 which goes to the various community projects that we have. Thank you to all who donated items, who helped set up the sale, and who haggled gently but persuasively with potential buyers with the intention of clearing the floor before the dreaded packing up of the remnants.

Our general May meeting, Afternoon Tea with Mary, though lightly attended, was highlighted by a close exploration the Hail Mary prayer, given by our pastoral assistant, Wanda Hatch, followed by a recitation of a Living Rosary.

June saw our potluck supper, super selection of food, none of it at all fattening! Fathers Roy and Perumaddon joined us for supper. The usual annual presentation of membership pins was highlighted with the presentation of a fifty-year pin to Gail Clarke whose CLA career, besides including several stints on the executive, included the re-establishment of the CWL in St. George's after a period of absence from parish life. The pins are small and modest but they represent a huge investment of our members in service and love of our community, of our brothers and sisters around the world and of creation as a whole. We are grateful for all that is wrapped up in a thumb-nail sized piece of metal. Next year, we would like to see more members actually be in attendance to receive their pins and our thanks.

So, a very busy spring and early summer! Again, many thanks for your participation and prayers supporting your CWL.

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

Diocese of London

www.dol.ca

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



Congratulations, ladies!

Through your efforts and those of other parish folks we took to the Ark the beginning of May the following:

8 sleeping bags, 5 tarps, 10 waffle-weave blankets, 6 plush blankets, 9 miscellaneous throws/blankets, 1 quilt, 5 foam pads for use under sleeping bags, one inflatable mattress for under a sleeping bag, 12 raingear items, 2 large black garbage bags of toiletries including 25 knitted washclothes wrapped around small bottles of liquid soap, 2 of the same large garbage type bags of hangers for various items of clothing, and 6 bags of clothing. Just look at the load of bags to be loaded into the cars of Leanne and Patricia!

I cannot begin to tell you what a difference your gifts make to the lives of the homeless clients of the Ark. On behalf of Christ's poor and homeless, thank you from the bottom of the hearts of the CWL's Executive for your care and compassion.



Donations of pregnancy items



In Memory

In thanksgiving for lives of love and service, we recognize the following members or their relatives who have died to us, but who live eternally with God:

November 2024

Beverley Keens, CWL Member

Edward St. Antoine, husband of
CWL Member Carol Ann

Betty Henry, CWL Member

Mike Quayle, husband of CWL
Member Lou Quayle

December 2024

Margaret Tavani, sister of CWL
Member Jean Lutchin

Lou Lucier, brother of CWL Member
Annette Robertson

January 2025

Brother of CWL Member Cathy
Emery

February 2025

George Hall, husband of CWL
Member Dianne Hall

March 2025

Maria Durdon, CWL Member

June 2025

Eileen Williams, sister of CWL
Member Elaine Laszlo

August 2025

Andrea Suski, CWL Member

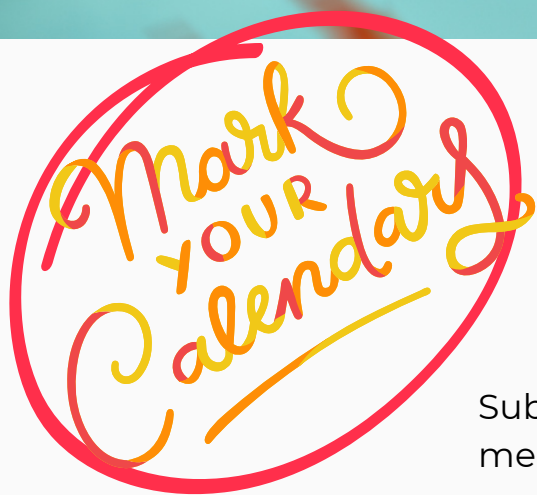
Karen Cormier, CWL Member

Awards

This spring/summer two awards were made to young people whose further development we wanted to assist. The first is the Discipleship award, which we give in conjunction with the Knights of Columbus. There are two awards available to graduating Grade 12 students from our parish to assist them in further education at university, college, or trade school/programs, or to purchase equipment for whatever career they are planning on entering. The successful candidates have to show some school success, some activity in our parish life and in the community.

Chosen by a committee with representatives from the parish administration, the Knights and ourselves, this year's winners are Aiden Dunque who is planning on studying computer animation at Fanshawe and Kristen D'Souza from Catholic Central. We wish them every best wish for their future.

This year is the first year that we are giving a seminarian some help with the tuition costs of seminary education. Unlike some other dioceses, our diocese does not give free training to future priests. So, depending on which year the seminarian is enrolled in, the cost to him and/or his parents varies between \$10,000 and \$14,000, payable immediately or accumulating as student debt to be repaid once ordination is achieved. This is a chunk of change which may inhibit likely candidates desperately needed to replace our fast-aging clergy. So, this year, on the recommendation of Father Renaud, we are awarding \$1000 to James Martin of Tilbury to assist him in his second year of theological studies. We pray that he may persevere in fulfilling his call to this difficult vocation from God. Your ongoing prayers to support him would be much appreciated.



What's coming up this fall?

Subject to the approval of the parish administrative team, our meeting dates for the remainder of the year are as follows:

Sunday, September 7 – Welcome Back brunch at noon, open to all ladies in the parish – bring a friend. The Knights will be cooking and we will be having an interesting presentation on Indigenous matters.

Wednesday October 15th at 6:30 pm – General meeting at which we will have representatives from My Sisters' Place to talk about the services they provide our less fortunate sisters. There will be an opportunity to purchase items made by clients in their Micro Enterprise project.

November is the month of the membership drive – please renew your membership and see if you can ask someone you know to also join. Aging is one of mixed things – more ripeness in wisdom and depth of faith, but at the same time more aches and pains, lessening energy, and increasing tiredness or burnout! Your CWL is longer in the tooth than it was last year at this time. So, we really need to try to recruit younger women who can bring their own energy and talents to the service and fellowship of which we are justifiably proud.

We also need to start thinking about members to elect to serve on the CWL executive committee. Several of this year's members will be coming to the end of their term of office and we need new blood for new ideas and energy on the committee. We need you! So, consider the matter seriously please.

November Saturday 8 – ****Bazaar time****. Make sure that your calendar is marked for this taste of Christmas.

December Tuesday 2 at 6pm - Christmas dinner – like all good Christmas celebrations, surprises, laughter and good will! Be there!



Now that summer is over...

Now that the heat and humidity of high summer are subsiding...
that the garden needs less time and effort to keep plants alive and weeds not...
that folks are back from trips, pilgrimages, stays at the beach, camping at the lake...
that kids are back to school with new lunch boxes, binders, paper, and computers...
that you are thinking about checking whether you still fit last winter's clothes...
it's time to check on the condition of one's relationship with God.
What about your prayer life, the time you spend daily with the person who loves you infinitely more than any human being?

Often our prayer practice gets somehow lost in summer living.
So maybe this would be a good time to try a new routine to get you ready for winter. It starts with a look at what you are doing right now:

Time matters – you have 1440 minutes every day – how many of these you do you spend having a conversation with God?

Two sides matter – no conversation is just one person speaking and no listening – we all have a tendency to spend our prayer time telling God what we want, our concerns, and our expectation of his immediate response asap. Do we actually sit open-hearted in silence listening?

Being a responsible adult matters – are you constantly asking God to make things happen, solve problems, that are situations we have created and which actually are within our ability to solve?

Working on our relationship matters – we all have friends or family that we have lost touch with because we didn't keep up communication. Is your contact with God a thing of the past as you no longer spend time and effort to communicate because of boredom, tiredness, disappointment, or anger?



Depending on what you see in the way you presently pray or don't pray, you may want to make a change or two.

Your options are limitless – books have been written to offer answers – many are in our church library! Spiritual advisors are out there to offer personalized options – there are two that I know of in our parish family. Prayer groups exist in the parish to support members to grow in prayer and relationship with God – check the Sunday bulletin for options. What you choose to do depends on your circumstances, your personal preferences and experience, and your present needs.

Just keep in mind the following suggestions:

- a) It helps if you carve out of your day a scheduled period of time that, whatever happens, will be a non-negotiable time with God, no interruptions from family, pets, world events, phone calls, deliveries from Amazon, boiling pots, whatever distractions fill the rest of your day.
- b) We live in a culture much addicted to novelty, so, it is hard for us to maintain focus and enthusiasm for the well-worn prayers of our ancestors. Stop a routine mumbling of the old phrases and try new prayers or simply say what is in your heart in your own words. The main thing is to be aware, focused, in the moment, to be truly committed to what you are saying.
- c) Make a daily short reading of the Bible a springboard of your prayer – open the New Testament or the Psalms at any page. Read a few sentences meditatively, thinking on what is being said – what is your response? Does the passage raise a concern, a problem, a question, that can be the basis of discussion with God this day? What relevance does what is being said have for your life right now?
- d) I hate to suggest a daily diet of world news – it can be ongoingly such a depressing experience! However, a Monday morning television report of a catastrophe, a war, a further degradation of our planet gifted to us by God, high level corruption, exploitation of the weak and powerless, the heartlessness of jungle capitalism, the public fall from grace of a superstar, all can give us for adoption a focus of concern, a theme for sharing in prayer with God for the week.

Don't underestimate the power of change, both in oneself and in the world around one, of repetitive mini prayers which said silently can put us in touch with God, making us ongoingly aware of existing in a matrix of God's loving presence through the whole day.



Prayers like “Sweet Jesus, have mercy on us!” or “Come, Holy Spirit, and guide me,” or “May all the saints pray for us,” or “My Lord and God,” are ways of keeping connected to God. What could you say that would be meaningful to you?

Whatever our age, physical condition, wealth, intelligence, gender, etc., etc., we are all called to pray for each other. There is never any scarcity of subjects for conversation with God. Whether we are home-bound, or a frequent visitor to Jesus in the Chapel of the Eucharist, or a person whose only free moment for prayer is in your lunch break, regardless of our situation, we can all perform the work of growing the Kingdom in its fullness by bringing the world and ourselves in prayer to God.

A challenging prayer for starting every day

There is much to be thought on in the following small prayer.

If we lived each day in conscious awareness of what we have said in this prayer, our lives and the lives of those around us would be transformed into something beautiful for God.

Try it daily for the rest of the year and see God’s action in your life.



**In Jesus’ name,
I pray that
I may live this day
compassionate of heart,
clear in word,
gracious in awareness,
courageous in thought,
generous in love.
Amen.**



In the Spirit of “Laudato Si’,” plants for your bathroom

Our late pope, Francis, now has, we hope, the opportunity to intercede directly with Our Father for our help in rectifying some of the harm we have inherited or done to all aspects of His creation, to the human, to the other living creatures with whom we share the world, and to the matter of the world itself.

Sometimes it is difficult not to get out the AntOut spray, the Lysol wipes or the bleach when, with narrowed eyes and frown, we confronted unwanted guests in our house or garden! If you are like me, mold in the bathroom brings a constant struggle against this low life form, at times an unsuccessful struggle on my side.

There is help that is NOT toxic to you and the planet! Several houseplants help to prevent mold in warm humid spaces like the bathroom. Spider plants are great and basically unkillable by folks with black thumbs, like me. Air plants don't even need soil in which to grow, thus eliminating one source of mold spores. Ferns reduce surplus moisture from the air, thus reducing the humidity mold loves. A slightly more exotic choice are peace lilies – beautiful, thrive in the low light that is typical of many bathrooms, and great for purifying air and absorbing spores. If the jungle feel to your décor appeals to you, try bamboo – it also is water resistant and thrives in low light. Aloe vera – a double duty plant for the bathroom – besides your beauty routine element, aloe vera likes high humidity and has good air-purifying characteristics, so mitigating mold growth. Orchids like humid rooms, can tolerate low light, so, if your orchid your kids gave you for your birthday is not doing too well in the dry atmosphere of your lounge, try it in the bathroom with regular extra watering and misting. It helps purify the air and reduce ambient humidity. English ivy has a bad reputation outside in your garden as a greedy ground spreader and attacker of mortar between bricks, however, it does good work for you in the bathroom – water frequently. Snake plants round off our list of helpers in the fight against bathroom mold.

It is always better to avoid problems starting, than to fix them when they are well under way. So, let's not use various chemicals, injurious to the environment to commit moldicide, but rather use the help of nature to combat that ugly grey/black crud (mold) from creeping round your grout!

Pilgrims of Hope: Strengthened at Mass for the Good of the World

Our beloved late pope, Francis, wrote the following in a letter to the president of the Pontifical Council for the Promotion of the New Evangelization:

We must fan the flame of hope that has been given to us, and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision.

Through our baptism, we are all called to witness to those we meet the difference that the death and resurrection of Jesus makes to each person and to the whole of creation. Nothing was the same after the first Easter Sunday.

What we celebrate at mass is this change. Now united in hearing the story of God's love for us in the Scripture readings, in offering with Christ the sacrifice of bread and wine, and in being strengthened by receiving back from God the Body and Blood of Christ, we are sent each in our own way, to take Christ and His love and hope to the world.

Participating in the mass, we are increased in our hope – not wishful thinking like our everyday way of speaking about hope - “I hope it won't be raining tomorrow”, but rather a trustful expectation of God's work of salvation in the world, of the irreversible unfolding of the Kingdom of God, despite the temporary problems which confront us daily.





United as part of the Mystical Body of Christ and open to the change that reception of the Blessed Sacrament can make in us, we are truly ready to be dismissed from the mass to live out God's love in the world, to His witnesses.

As Pope Francis said we will be pilgrims of hope to the world "if we are capable of recovering a sense of universal fraternity and refuse to turn a blind eye to the tragedy of rampant poverty that prevents millions of men, women, young people and children from living in a manner worthy of our human dignity."

We are sent not only to act as other Christs to our fellow human beings, but also as caring tenders and healers of creation, of our common home given by God to all of us as a shared blessing and responsibility.

In what way will you express your hope in the unfolding of the Kingdom? How will the world know that we are Christians by our love and hope?

For more thoughts on this, look at "Pilgrims of Hope: Strengthened at Mass for the Good of the World," a short read available in the library.



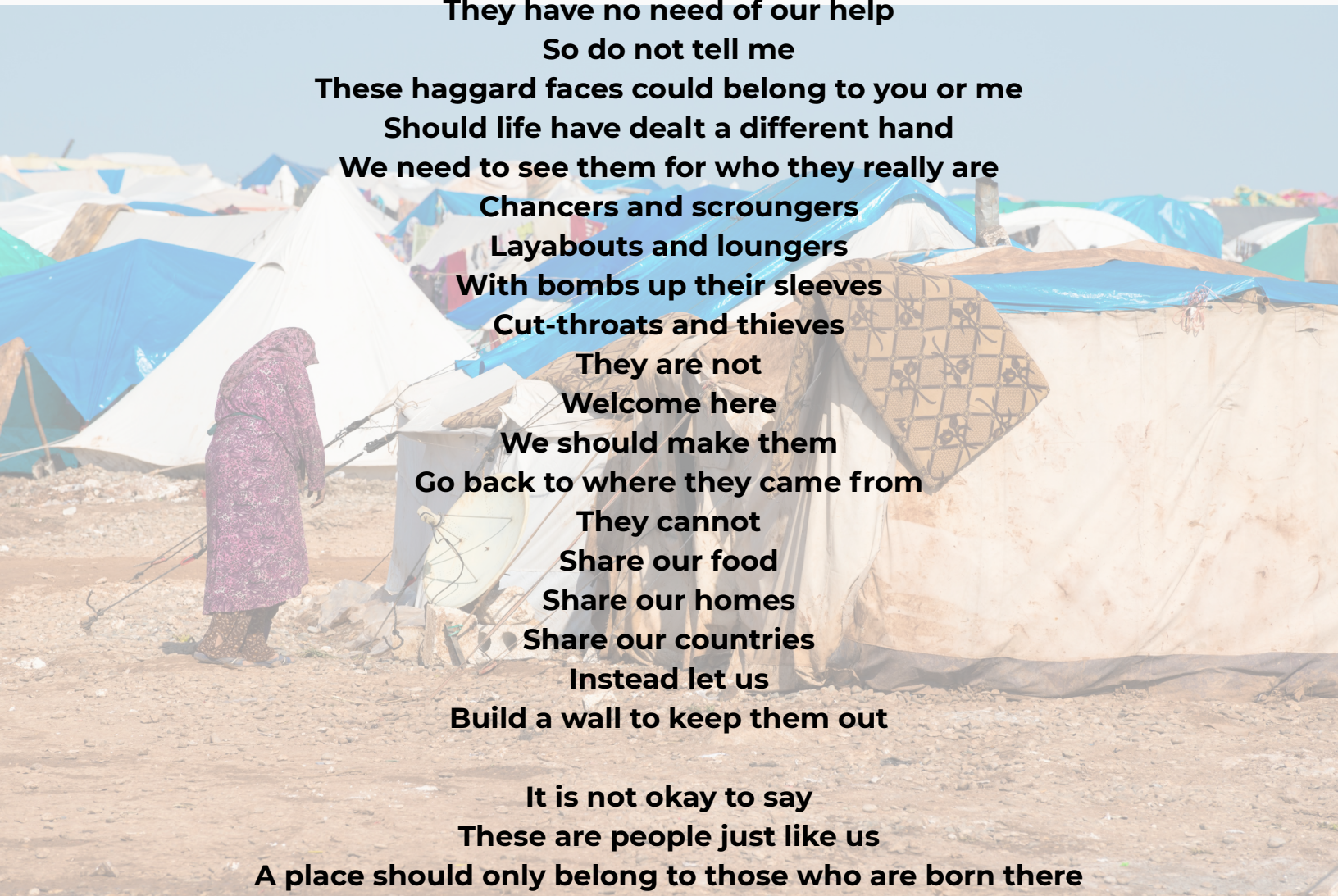


Have a look at this...

We hear a great deal these days about refugees, migrants, and immigrant quotas and associated problems of housing, jobs and integration. Here is a poem on the matter. Read it from the beginning first, THEN read it line by line up from the end. Which version is closer to the heart of Jesus? What adjustments, if any, do you need to make in your feelings toward those desperate to live with us?

Refugees by Brian Bilston

Refugees



**They have no need of our help
So do not tell me**

**These haggard faces could belong to you or me
Should life have dealt a different hand**

We need to see them for who they really are

Chancers and scroungers

Layabouts and loungers

With bombs up their sleeves

Cut-throats and thieves

They are not

Welcome here

We should make them

Go back to where they came from

They cannot

Share our food

Share our homes

Share our countries

Instead let us

Build a wall to keep them out

It is not okay to say

These are people just like us

A place should only belong to those who are born there

Do not be so stupid to think that

The world can be looked at another way

An Advent Activity with Children

One of the astonishing findings of genetic science is that all humans now living are descended from one female living in Africa hundreds of thousands of years ago. We are truly all related, ONE FAMILY. And that includes Jesus through Mary his mother!

So, a great Advent activity to share with your children, or grandchildren or someone else's children is the creation of a Jesse tree – a visual representation of Jesus' genetic descent and simultaneously a representation of the unfolding of salvation history. You need a tree (more below on this), some coloured construction paper or cardstock, some markers, pencils or paints to design the ornaments with, and something with which to attach the ornaments to your tree (glue or ribbon.)

Step One:

Tree – you can use a small free-standing table-top tree with branches. Or you can choose to draw a large flat paper tree on green poster board – you can cut it out if you wish. Either way, it can be mounted on some foam-core board to stand against or on a wall.

Step Two:

Ornaments – each ornament is a representation of an ancestor of Jesus, actual or symbolic, or important event from Old Testament history that shows God's growing self-revelation to His people. So ideally, you start with the creation of the world and work your way down to the birth of Jesus.





How many you have depends on the size of your tree and the interest and understanding level of the children with whom you are working. The big thing is to keep up the interest of the children – so this might be a multi-day project. Typically, on one side of the round ornament is a picture representing the person or event and on the back side a location for that story or person in the Old or New Testament.

Here are some ideas for what you might want to use in choosing what hangs on your tree:

A picture of the world	— Creation, Genesis 1-2
“ of an apple and snake	— Adam and Eve, Genesis 3
“ of an Ark	— Noah, Genesis 6
“ of a man walking with a crook	— Abraham, Genesis 12
“ of a ram’s head	— the sacrifice of Isaac, Genesis 22
“ of a stairway to heaven	— Jacob, Genesis 28
“ of a brightly coloured coat	— Joseph, Genesis 37
“ of two tablets of stone	— Moses, Exodus 32
“ of broken walls or a trumpet	— Joshua, Joshua 6
“ of a slingshot, or a sheep or a harp	— David, Samuel 1, 16 on

For the long confusing period of rotten kings, division of the land into two kingdoms, and various periods of exile after David’s reign, you might wish instead to take images from Isaiah about the promised appearance of the Messiah – for example, the lion and the lamb together, a cross for the Suffering Servant, a crown for the Prince of peace. You may wish to simply jump ahead to Mary and the Annunciation, to Joseph symbolized by a hammer or saw, then finishing with the baby in the manger. Or finish with a picture of the child(ren) themselves as they have been baptized into Jesus’ family as full members. They are the latest additions to the Jesse tree.

Step Three:

When finished, you hang or pin your ornaments on your tree while telling the story of Jesus’ family to the children.

Hope you enjoy this opportunity of faith-building with your family.

What's on the Menu for Christmas Dinner?



It's not too early for thinking about what you and your family will eat when celebrating Christmas. Some folks have traditional dishes with long histories from their home countries. Some have the standard turkey, stuffing, gravy, roasted potatoes and much maligned brussels sprouts, straight out of a Norman Rockwell painting. But we live in a time of increased concern about atmospheric carbon dioxide and methane, causing climate change,

famine in many parts of the world, degradation of agricultural soil, chemical pollution of food, cost of food with all the effects of transportation around the globe, and...the depressing list could go on and on! Bottom line, we all have to start thinking about the results that our way of living is having on this world God has given us. Yes, even at times of celebration!

One of the great gifts Pope Francis gave the world was his constant proclaiming of our responsibility to God for stewardship of His creation, both the human environment and the world around us. What we eat as well as how much we eat are major components of our effect on creation. So, in the spirit of Francis, we offer you some information to help you make some menu decisions for our great celebration of Christmas.

First, did you know that it is estimated that the average North American consumes about 5000 calories on Christmas Day? Not just dinner, but all the other meals of the day, as well as the snacking and drinking of everything from eggnog to brandy to see one safely through dealing with the visiting relatives. 5000 any way you look at it is a lot of excess calories. So, maybe we start with the intention of less consumption. Less consumption means potentially more for others, and it means reducing your carbon footprint, your negative impact on the world's state of health.



Second, if you are looking at further reducing your impact, you need to look at what you eat, how it is raised or grown, where it comes from, how you cook it, and whether you end up with wasted food. If that sounds too daunting a task, you can start by getting a broad overall impact of your main protein for your dinner. Check out a really interesting website, <https://consumerecology.com>, for a comparison of the effects of various meats and vegetable proteins, in terms of elements like their CO₂e (that is the equivalent amount of CO₂ produced in making the product – this figure allows for comparisons to be made), the amount of land used in production, and the amount of water used to grow the particular item. It will help guide you to make an informed decision on whether to eat beef, turkey, chicken, pork, fish or a vegetarian option for the star item in your Christmas dinner.

Food has to be grown or raised somehow. Though it is something we would rather not think about, we have to think about how our food exists before we get it. For animal protein, was the animal raised in humane conditions, was it pumped full of antibiotics and growth hormones, how was it killed? For vegetable protein, how much pesticide and herbicide were used in its growth cycle? There is both a moral and practical consideration here because the answers affect the health of our families, the health of creation, and our role as stewards of creation.





Whatever you choose to eat, it has to come from somewhere. Locally grown food, whether it comes from the turkey shop on the highway to Talbotville or from a local farmer or greenhouse operator, means cutting the use of fossil fuel, and the costs, both financially and ecologically, of fuel and handling incurred in trans-world shipments. How are you going to cook what you chose? The idea here is to cook using as little in the way of energy as possible. Think time of cooking and appliance used. The main concern here is cost of the energy used and the amount of energy needed. Four or five hours for oven roasting of a large turkey may not make sense compared to half of that time or less for a beef Wellington.

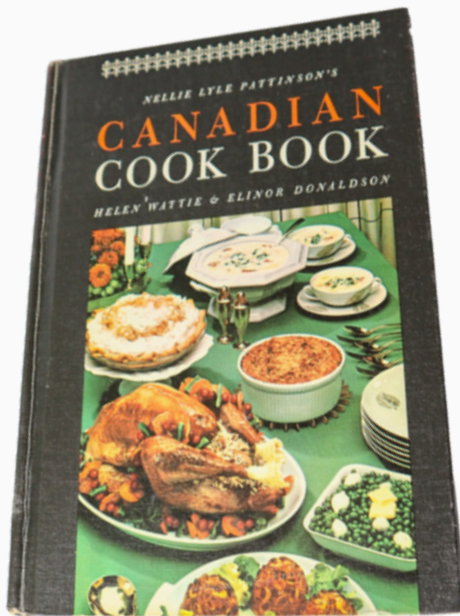
In Canada, it is estimated that 20% of food produced, that is 11 million tonnes, is wasted yearly with a cost of \$31 billion. Now that does not all happen on Christmas Day! However, when you consider your Christmas menu, think about what is likely to be left over and what you plan to do with it. Check out <https://www.canada.ca/managing-reducing-waste> for ideas, for everyone in the family.

Who thought there was so much to think about in planning Christmas dinner??? The big thing is to start thinking about some aspect and work on that to being with. Every little change you can make to live more in sync with the needs of others and the needs of our planet adds up to better stewardship and better health for us all.

Two Recipes for Christmas Use

Keeping in mind all that was said in the article on Christmas dinner choices for the health of the world, here are two delicious recipes that demonstrate you can have delicious festive food and still show care for our environment and the other folks in it.

From Nellie Lyle Pattinson's Canadian Cook Book, here is a recipe for chicken:



Glazed Chicken

1 kg chicken legs and/or breasts (2 lb).

60 ml oil (4 Tbsp).

60 ml concentrated frozen orange juice (4 Tbsp).

60 ml mint jelly (4 Tbsp).

30 ml lemon juice (2 Tbsp).

Note: you can substitute ginger or orange marmalade or apricot jam (my favourite) for the orange concentrate and mint jelly.

Preheat oven to 180°C or 350 °F.

Heat oil in a heavy frying pan and turn the chicken in the oil till golden in colour. Pour off excess oil.

If your frying pan cannot go in the oven transfer the chicken to a baking dish. Combine remaining ingredients and pour over the chicken lying in a single layer.

Bake uncovered till chicken is glazed and tender – about 1 hour. Baste often during cooking.

Serves 2-3.

From The Laura Secord Canadian Cook Book, a classic dessert:

Crème Brulee Canadienne

3 c. 18% cream

1 tsp. vanilla

6 egg yolks

1/3 c. finely grated maple sugar

4 Tbsp granulated sugar

Preheat oven to 325°F.

Heat cream in the top of a double boiler.

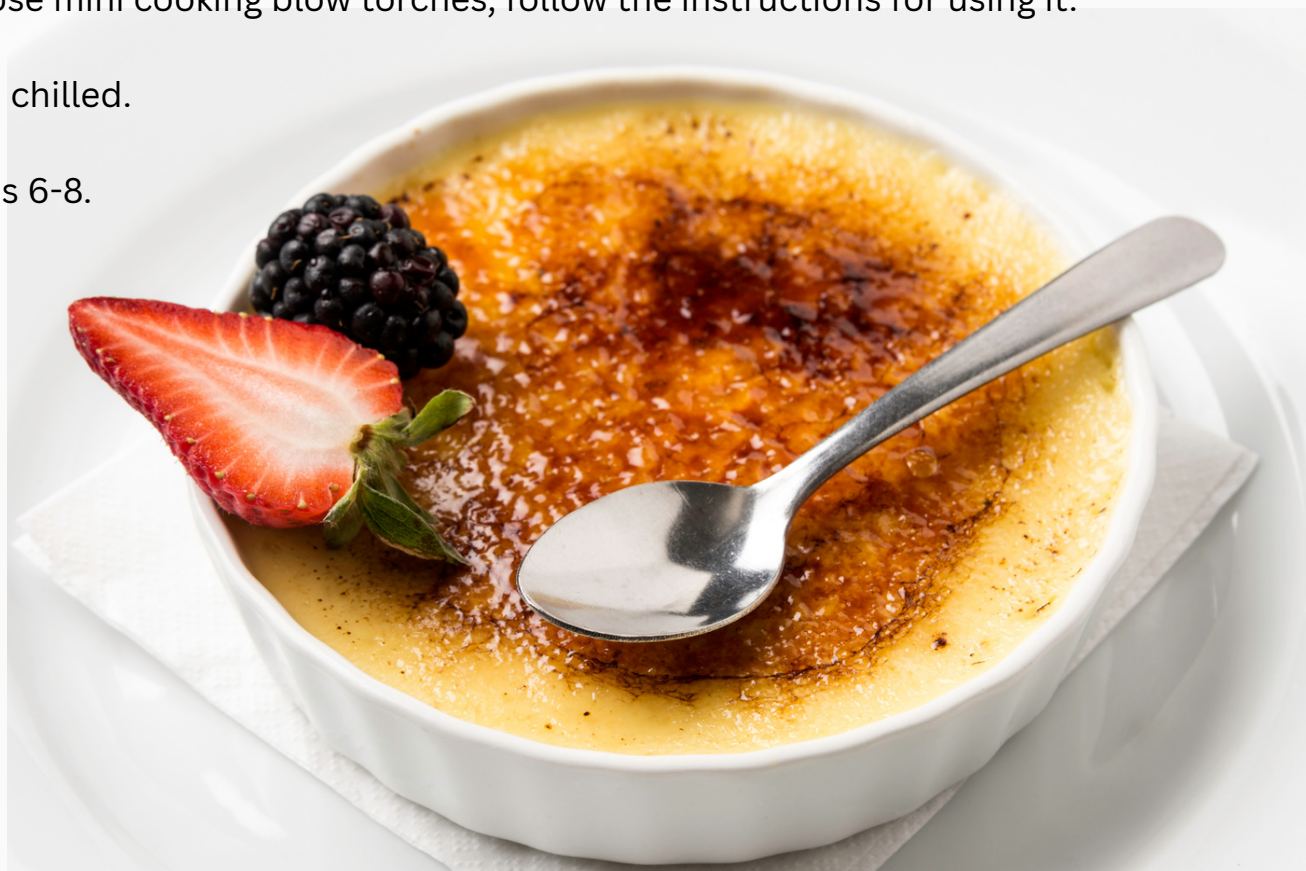
Beat together egg yolks and sugar. Gradually beat in the hot cream. Blend in the vanilla. Pour into a flat-bottomed 2-quart casserole and set in a pan of hot water.

Bake uncovered in the oven for 45-50 minutes or until set.

Sprinkle top with the maple sugar. Broil 1-2 minutes or until the sugar melts. If you have one of those mini cooking blow torches, follow the instructions for using it.

Serve chilled.

Serves 6-8.



For a Grandparents' Answering Machine

Though perhaps not advisable as a message on your answering service/machine, maybe this will provide you with some wry amusement!

Hello. You have reached (123) 456-7891. Sorry we can't take your call right now. Please listen carefully to the following options and, after the beep, press the number for your chosen option.

Press 1 if you are one of our children and then press 1 through 5 according to the order in which you were born. All others please press 20 and leave a message.

If you have identified yourself as one of our children, please press further the number of the desired message:

2 – if you need us to stay with the children.

3 – if you want to borrow the car.

4 – if you need laundry done (including ironing)

5 – if you want the grandchildren to sleep over here tonight.

6 – if you want us to pick up the grandchildren at school

7 – if you want us to make dinner for Sunday and have it delivered to your home.

8 – if you want to come here to eat any meal

9 – if you need money



If you want to take us out for dinner, or take us to a show, start talking now – we will be listening.

A Picture Says A Thousand Words....



A Picture Says A Thousand Words....

