

St. Luke's CWL NEWSLETTER



Issue 01/2024

WELCOME!

Membership to the St. Luke's Catholic Women's League has many benefits.

There are 52 Reasons to Talk about the CWL.

- 1) Acceptance - The gifts we have are made valuable only by sharing them with others. Your gifts are gratefully accepted by the Catholic Women's League where members willingly share the good things God has given them. We can't wait to meet you!
- 2) Action - As a Catholic Women's League member, you are part of an organization of women who act through prayer, faith development, ministry, service, education and advocacy on social justice issues. Choose your action. Join today.
- 3) Advocacy - Catholic Women's League members educate themselves on how to make their voices heard by government and work together to address social justice issues. Join us. Be an advocate and let your voice be heard.



FROM THE PRESIDENT'S DESK

Dear Sisters in Christ,

As 2024 begins, I ponder on the Advent Retreat held in December. "Having a Mary Heart in a Martha Season."

We all know the passage in Luke where Martha is distracted and distraught that Mary is not helping with the preparations.

I finally now understand that it is ok to be Martha at the same time making and taking the time to be Mary too.

We must understand that we need to be Mary at times because being a Martha all the time prevents us from recognizing the Honoured Guest, Jesus. Not only at Christmas and Easter, but all year long.

Let your 2024 be a year where you take the time to be a Mary. Pray and be with Christ in any form it takes. From Adoration, going to Mass, to enjoying a walk and seeing God's beauty all around us.

Blessings to you and your families for this New Year.

Pam

IMPORTANT DATES AND REMINDERS

January 17 - General Meeting - 12 noon beginning with a TWOONIE LUNCH of a Soup & Bun in the MPR

January 27/28 - CWL Service Weekend. Come out and show the strength of the CWL at St. Luke's

February 3/4 - CWL Hosted Coffee Sunday

February 11 - Annual General Meeting & Brunch beginning with Mass at 10:30pm. Brunch to follow at 12 noon with meeting to follow.

February 16 - Stations of the Cross by CWL members

March 19 - General Meeting of Members

April 20 - Garage Sale - watch for details

April 23 - General Meeting of Members

April 26 - Feast of Our Lady of Good Counsel. 8am and 7pm Masses for living and deceased members of CWL.

IN THIS ISSUE

From the President's Desk.....	2
Important Dates & Reminders.....	2
Contact Information.....	2
Mark Your Calendars	3
Gratitude Corner	3
Quick Links	3
Nickels for the North	3
Faith	4
Social Justice	4
Service	5
More Gratitude	5
Council Updates.....	5
Membership Begins with "1"	6
Christmas Market.....	7
Memorial of Members	8
Celebrating Service Pins.....	9
Gifts Wrapping Feed the Hungry..	10
Prayer for Renewal	11
Happy New Year	12

CONTACT INFO

Pam Wilson
President
st.lukesowlpresident@gmail.com
403-288-5400 / 403-807-7409 (c)

Marlene Vierboom
Communications Chair
st.lukesowl.communications@gmail.com
403-993-0909 (c)

Teresa Armanious
Recording Secretary
st.lukesowl.secretary@gmail.com
403-831-7981 (c)

Salwa Azzam
Corresponding Secretary
taitesousou@hotmail.com
403-463-5960

MARK YOUR CALENDARS

May 3-5, 2024 - 102nd Calgary Diocesan Convention - Holiday Inn & Suites Conference Centre, Blackfoot Trail SE

May 31-June 1, 2024 - 77th Alberta Mackenzie Provincial Annual Convention - Ascension Parish Calgary and the Canadian Polish Club for the Banquet.

Let's come together and join in both of these conventions. Our sisters from the Diocese and the Province are friends we haven't met yet.

**Before you speak,
T H I N K...**

T - Is it true?

H - Is it helpful?

I - Is it inspiring?

N - Is it necessary?

K - Is it kind?

THINKING MINDS

QUICK LINKS

Calgary Diocesan CWL
calgarycwl.ca

Alberta-MacKenzie CWL
cwlabmk.ca

National CWL cwl.ca

Calgary Diocese
<https://www.catholicyc.ca/>

Nickels for the North

This initiative was introduced at the Provincial Convention in 2010 and is a voluntary fund which members and councils are able to donate to.

This fund-raising project is for the support of the CWL sisters in the Mackenzie-Fort Smith Diocese for the purpose of travel to conventions and workshops outside of their diocese.

When you come to a general meeting there is a JAR ready and waiting for your spare change. Let's be generous to help our northern sisters.



FAITH

“Here I am Lord, send me”

The 2024 / 2025 theme is “Here I am Lord, Send me”.

Let us as CWL members of Canada listen to the Lord’s call by saying: “Here I am Lord, Send me”.

Together we are strong, together we are one, together we are united, together we are loved and love one another.

By the grace of Our Lord and intercession of Our Lady of Good Counsel support and uplift one another to be the best we can be.

SOCIAL JUSTICE

“IWIN - I’m Worth It Now” held a backpack assembly day in November. CWL Members from St. Luke’s, Holy Spirit, St. Michael’s and others assembled 90 backpacks.

Agencies that received these were: Calgary (RESET Society of Calgary), Edmonton (CEASE - Centre to End All Sexual Exploitation), Saskatoon (Hope Restored Canada), and Winnipeg (Dignity House).

IWIN is now a registered charity. All donations \$25 or more receive a tax receipt.

Did you know that 72% of reported human trafficking victims in Canada are under 25 years of age, and 93% of reported victims are Canadians being trafficked domestically?

Did you know most victims don’t generally know they are being trafficked? The grooming is done subtly and takes place over time. Then it seems like it is too late to get out.

Do you want to help with backpack assembly day next time?

Let one of the executive know.



SERVICE

Volunteers will be needed for the CWL Service Weekend. One volunteer at each Mass to speak about 3 minutes on “What is their CWL! A short video will be also shown. Two volunteers needed at the membership table in the Narthex after each Mass. Please let any executive know if you can help.

Volunteers to help with the **Stations of the Cross** on February 16. Please contact Joyce Simoes at 587-700-5172 by Feb 9 if you can help. Readers, Candle Bearers, Cross Bearer



MORE GRATITUDE

In July 2023, CWL member Jean McColl's Grandson, Evan, 29, had a cardiac arrest. Evan spent 2 months in hospital and is recovering at home now.

Jean purchased a Quilt Raffle Ticket for Evan and he won the handcrafted afghan by Jean DeSimone.

Please pray for Evan and his family as he gains full recovery wrapped in the warmth and love of his new afghan.



Executive COUNCIL 2024 UPDATES

President: Pam Wilson
Vice President: VACANT
Secretary: Teresa Armanious
Treasurer: Christine Stark
Past-President: Karen Bruch

Faith: Joyce Simoes
Service: Evelyn Charchuk
Social Justice: VACANT
Corresponding Secretary: Salwa Azzam
Communications Chair: Marlene Vierboom

Membership - It Begins With “1”!

Members are the “1” called by name and chosen by God.

Green symbolizes growth, rebirth and sustainability. The bible mentions the colour green often to symbolize life, beginnings, a new phase of life, renewal and resurrection. Green is a combination of yellow and blue.

Yellow represents glory and energy.

Blue relates to God and the heavens.

It is the green light that tells us to go!

In the bible, white symbolizes purity, righteousness, holiness, divinity and peace. The white cross reminds members of His salvation that shines in the darkness. He sends us forth yet never leaves us. Members reflect His light in all that they do.

Join us in promoting and participating in The “1” Campaign. All it takes is “1” step in the right direction and “1” member to make a difference. Join in the excitement of this campaign that seeks to welcome new members, appreciate present members and welcome back returning members! As it is in all things, it begins with “1”!

WE NEED YOUR VOICE NOW

MORE than EVER

Because we have thousands of members across Canada, the government listens to The CWL.

But we can't do it without you!
Simply by becoming a member you help us speak louder than any of us could on our own.

Memberships fees due by Feb 28, 2024



Christmas Market 2023

Fun was had by all at our Annual Christmas Market on Nov 25, 2023.

Baking was exquisite and so delicious. Karen Bruch and her team were on point.

Sylvia Coppicus and her team did a lovely layout for all the afghans, quilts, toques, hats, mittens, slippers, dish cloths, scarves, etc. The Crafty Ladies have two trunks full of goods.

Marlene Vierboom, our overall coordinator, had 9 baskets for draws. Everyone was excited to win one and bought lots of tickets. Wine, hot chocolate, cookies to a dream bath basket were up for grabs.

Pam Wilson and her elves, Felicia and Anne manned the water colour art donated by Myrne Horak, (now residing in Lethbridge). Additional items of handcrafted beaded bracelets, Italian Cook Book and Ten Kittens in My Garden Book.

Lucille, Jean DeSimone, Gisele, and Mary sold a ton of Quilt Raffle tickets. Winners were: 1st prize Queen Sized quilt - Louise Lines, 2nd prize 3 Water Colour paintings of Calgary buildings by Myrna Horak - Dorothy McGillawee, 3rd prize handcrafted afghan by Jean DeSimone - Jean McColl's Grandson, Evan and final and 4th prize \$100 - Fr. Fernando.



Memorial 2023



Memorial for our deceased Members

CWL members and Family members honoured our deceased CWL members with a memorial on Nov 19. Two Charter Members passed away.

Please remember these ladies in your prayers.

Vera Kobryn (1927 - 2019)

Margaret Stadnicki (1934 - 2022) Charter Member

Luba Calow (1946 - 2023)

Catherine (Cathy) Cameron (1931 - 2023)

Margaret (Marg) Cook (1930 - 2023)

Margaret Hovany (1930 - 2023)

Fernanda Montes (1952 - 2023)

Fedora Pommerehnke (1947 - 2023)

Mary Velletta (1928 - 2023) Charter Member



Celebrating Members - Service Pins

On December 10, 2023 we celebrated 25 members from St. Luke's CWL who have given of their time and talent over the years.

With a total of 690 years of service, we are truly blessed that these ladies have shared with us and given of themselves to help their sisters and community.



*L-R: Gladys Gonzales, Chinelo Igbelina, Susan Wenger, Joyce Simoes, Agnes Dzieciuch (hidden), Claudia Sanchez, Myrna Kornak, Florence Bernakevitch, Judith Duke, Karen Van Lierop, Lillian Gelowitz, Maureen Montgomery, Colleen Strueby, Donna Widmer, Lynn Nelson, Marlene Vierboom, Beryl Netto, Pam Wilson (president), Jean McColl, Catherine (Rena) Meehan
Absent: Irene Fantin, Helen Lepine, Mel Sabraw, Susanne Stevens, Linda Atkins, Gertrude Mass*

Gifts for "Feed the Hungry" at St. Mary's

St. Luke's CWL ladies helped to get ready for the Feed the Hungry Christmas meal on Sunday Dec 18! 🎄 Gifts are now wrapped! Thank you to those who donated gift cards and winter gifts for our guests! God bless your generosity!



Ladies from St. Luke's: Alexy, Betty, Karen, Vera, Gina, Susan, Evelyn



Prayer for Renewal

Gracious God, we come before you seeking renewal in the new year. Renew our minds, our hearts, and our spirits. May we be transformed by the power of your Holy Spirit, leaving behind the old and embracing the new that you have in store for us. AMEN



HAPPY New Year

The Lord bless you and keep you;
The Lord make His face
shine upon you, And be gracious to you...

