



# ST. CHARLES CWL NEWSLETTER

February 2025

## Mission Statement

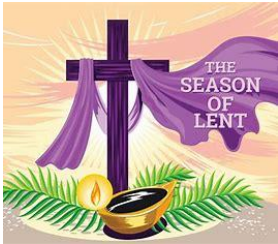
The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.

Faith

Service

Social  
Justice

## From The President's Desk



Good Day Ladies, I hope you all enjoyed your time with your families on Family Day and had a Happy Valentine's Day.

Ash Wednesday is fast approaching us on the 5<sup>th</sup> of March as too is Lent. Some ideas to consider - Pray the **Chaplet of Divine Mercy** every Friday. Limit time on social media. Volunteer at a food pantry, soup kitchen or homeless shelter. Reach out to someone you know who may be in need of companionship or offer to run an

errand for someone who cannot get out. Every morning, scroll through your phone contacts. Randomly stop on a person and say a prayer for them.

Please also keep Pope Francis in your prayers. God Blessings to you all during this Lenten Season.



If you would like more information, please contact myself, Katherine Tarras at [kabtarras@gmail.com](mailto:kabtarras@gmail.com), I can only be reached by email until April or Bea Spatafora [bspat@shaw.ca](mailto:bspat@shaw.ca)

**Katherine Tarras, President**

Faith

## Stories of Women Saints

The last Saint featured on the CWL quilt is St. Mother Maria Guadalupe Garcia Zavala or otherwise known as Mother Lupita. She was born in Mexico on April 27<sup>th</sup>, 1878 and was named Anastasia, she went by Maria as assigned to her at her baptism. At age twenty-three, instead of marriage, she decided upon a religious vocation and co-founded a hospital, the "Handmaids of Santa Margherita and the Poor". Maria worked as a nurse to help the sick physically and spiritually while living a life of poverty and devoting herself to the Sacred Heart of Jesus. During a Catholic Church persecution in Mexico, Maria hid priests and the Archbishop of Guadalajara in her hospital as well as defending the hospital from attacks. When she passed on June 24<sup>th</sup>, 1963 at 85 years of age, there were miracles reported immediately after her death.

Saint Maria's motto "Be poor with the poor" was her way of living out the first beatitude - "Blessed are the poor in spirit for theirs is the kingdom of heaven" (Matthew 5:3). She welcomed and treated anyone with an emphasis on tireless, compassionate, dedicated care for those most in need, especially the ill. Remember that poor does not just refer to wealth as there are materially wealthy people who are poor in spirit that can use your help by listening with an open heart to their difficult situations.

Recite the Prayer of St. Mother Maria Guadalupe Garcia Zavala:

Relieve us by your intercession from the illness of our minds, from all evil temptation that seeks to disturb us, and from the suffering of our many afflictions.

We ask these things boldly of you as you boldly approach the throne of our Lord Jesus Christ who alone is the Healer and Lover of Mankind. AMEN

**Teresa McGrath**  
**Spiritual Convenor**

## Alberta Mackenzie Prays the Rosary- Weekly

Members are invited to pray the Rosary weekly on Thursdays @ 7:00 pm (MST). Log in information is:

<https://us02web.zoom.us/j/82633854455?pwd=ji0lnkdfZFQR27Ly7r4bFwF23Ue5Gc.1>

Meeting ID 839 6587 9451 Passcode 963178

## Year of the Jubilee



On **Thursday, March 13<sup>th</sup>, 2025**, all Parishioners are invited to attend Mass at 6:30 pm. followed by a presentation by Dr. Matthew Hoven at 7:00 pm. Our Council will be providing coffee/tea and goodies following the presentation. Thank you to Rachelle Pouliot and Bev Jensen who have volunteered to co-ordinate the hospitality. If you can volunteer to help out that evening, please contact **Rachelle Pouliot at 780-475-6500**.

Service

## Funeral Committee

There were 4 requests for funeral lunches during the months of February and the first week of March- (February 7<sup>th</sup> for 50 people, February 24<sup>th</sup> for 250 people, March 4<sup>th</sup> for 250 people and March 7<sup>th</sup> for 75 people). It has been an especially busy time lately and we thank our members for their help and generosity as well as the Knights of Columbus who help us with the clean-up. Without all of our volunteers and the donations of food, we could not continue provide this important service.



## Prayer Shawl Ministry



We are still looking for a Co-ordinator and knitters for the Prayer Shawl Ministry. An information is available for guidance. If you are interested and would like more information, please contact Rita Pfefferle at [ritapfefferle@gmail.com](mailto:ritapfefferle@gmail.com) or call her at 780-916-2414

## Family Day 2025 Report

CWL partnered with the Knights of Columbus for our 25<sup>th</sup> Annual Family Day Festivities on Monday, February 17<sup>th</sup>. Although the weather was -22 degrees we welcomed about 165 people. Giant Jumpers provided a bouncy castle as well as a number of games. There was also face painting and a craft table. The highlight of the day was the consumption of 20 dozen hotdogs, 9 dozen cookies, 100 ice cream cones, popcorn, hot chocolate, coffee and a multitude of jugs of juices and water.



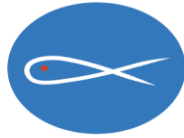
Many thanks to the many volunteers who helped make this event a great success.

## Edmonton Catholic School Board Hospitality

On Wednesday, February 26<sup>th</sup>, our Council, led by Rachelle Pouliot, hosted a coffee break for approximately 700 teachers from the Edmonton Catholic School Board for their Faith Development Day held at our Parish. Multiple urns of coffee and tea were prepared by our members and were served with snacks provided by ECSB. It was a very busy event. Thank you to all the volunteers who helped to set up on Tuesday evening and those who helped to serve beverages and clean-up the day of the event.



**Set-Up Team – Top: Bev Jensen, Connie McBride, Janice Grabow, Rachelle Pouliot  
Lower: Tage Jensen, George Pouliot, David McBride**



**Society of Saint Vincent de Paul**

**THANK YOU!**

The St. Charles Society of Saint Vincent de Paul wishes to thank all those who donated to the food drive that took place last weekend. The cupboard was almost bare but now it is well stocked. Thanks to your generosity, we will be able to prepare food hampers for our parishioners in need. The cost of food is going up and we see this every time we go to the grocery store. We gratefully accept food and financial donations all the time.

The following table indicates that more people are asking for help. The amount we have given out in grocery cards has increased significantly. The financial donations are used to buy food gift cards that are given with the food hamper to buy fresh foods. Your financial donations are used to purchase these gift cards. At the moment our bank account is quite low. Should you wish to make a financial donation, there is a donation box at the church entrance.

Thank you for your generous support.

	2024	2023
Number of households served	110	96
Number of adults served	212	156
Number of children served	218	154
Value of food aid given	\$8548.00	\$4835.00
Grocery cards purchased	\$6500.00	\$2750.00

**Yvette d’Entremont  
President  
St Charles SSVP**

**Organization (Memberships)**

Thank you to everyone who was able to make it out on such a cold night & attend our February general meeting. It was wonderful seeing so many faces. A few highlights from the meeting:

- 1) A beautiful spiritual reflection lead by our Spiritual Advisor, Deacon Joe.
- 2) Many upcoming volunteer opportunities – please see the “*WE NEED YOU*” section of this newsletter for more details
- 3) We introduced microphones to allow everyone to hear the conversation better.
- 4) We motioned to donate \$6.500 to the St. Charles Extraordinary Maintenance Needs
- 5) We finalized our discussion on the Pastoral Letter; we’ll be drafting up a response to Diocesan, Provincial and National.
- 6) Confirmation the CWL National Convention will be coming to Edmonton in 2028!
- 7) A 2<sup>nd</sup> Door Prize; Congratulations to our Door Prize Winners for January, Yvette d’Entremont and Rachelle Pouliot. And lastly,
- 8) **Our March meeting has been cancelled due to the Parish Mission**

Want to hear the news 1<sup>st</sup> hand and have a say on how we disperse the monies we fund-raise for? **SAVE-THE-DATE:** All ladies of St. Charles are invited to attend our monthly general meetings; note only active members can vote on our motions. **Save-The-Date for our next general meeting, April 15<sup>th</sup> at 6:45 pm** (First 15

minutes are social time, followed by our official meeting commencing at 7pm). To confirm, **THERE WILL BE NO CWL MEETING IN MARCH.**

**Active Members:** To clarify this includes all ladies who have paid their fees for the current fiscal year (which began Nov'24). For those who still need to renew, **our fees remain unchanged at \$40.** Please give me a call (780)399-9459 or drop me an email at bspat@shaw.ca if you have any questions on how to renew.



### **PRAYER CALENDAR**

Your March Prayer Calendar is included with this newsletter. Please print off a copy & post up in a location you'll see it daily (Fridge, mirror). Each day one of your CWL sisters is highlighted; please include them in your daily prayers.

And have a wonderful month!!

**Blessings,  
Bea Spatafora  
Organization Convener**



**Ladies of St. Charles CWL**, we need your help. We have a number of volunteer opportunities; some that the church as requested we fill, and we need your help to ensure we can carry on our tradition of exceptional service to God and our community:

**URGENT: MAR 13 – Evening: Jubilee Mass & Presenter, Hospitality** - We are looking for a couple more volunteers to help with hospitality for this event; beverages & sweets only), paid for by our council.

**URGENT: MAR 17 & 18-Evening: St. Charles Mission, Hospitality** – St. Charles has secured a speaker & our 2025 Mission is a go! We have been requested by the church to provide hospitality on Monday, March 17 & Tuesday March 18. We require a few more volunteers to help Monday night (March 17) a lead AND volunteers for Tuesday evening (March 18<sup>th</sup>) please; beverages & sweets, all paid for by our council.

**2024-2026 Secretary** – as noted in “From the President’s Desk”

**2024-2026 Social Justice Convener** – as noted in “From the President’s Desk”

**2025 CWL Social Convenors (2)** – this position will plan our CWL June and December socials (June 10<sup>th</sup> 2025 & December 9<sup>th</sup> 2025). One person ‘can’ manage this, but it’s more fun and easier with 2 members. You get to pick the theme, plan the menu/caterer, and handle the activities of hosting a social event.

**2025 CWL Bazaar Convener** – this position overlooks the various convenorships at our annual Bazaar (October 18<sup>th</sup>, 2025). Convener positions required under this lead:

**Bake Table**-Responsible to run the bake table including pricing (pricing guidelines already set)

**Kitchen (2)**-Responsible for the purchasing and prep of the lunch for the event

**Craft Table**-Responsible to run the craft table including pricing

**Multi-Raffle**-Responsible to acquire prizes, make the baskets, print tickets & run the table

**Vendors**-Responsible to secure vendors for the event

**Advertising**-Responsible for advertising for the event

**Phoning**-Responsible to call members to secure volunteers to help with the above.

If you have helped with any of the above positions and wish to let your name stand, please still let us know, as we'll have a new convenor for this event.

**Prayer Shawl Ministry Lead** – a new coordinator to start this ministry up again, as there has been some interest in it from the parish. Once in place, we will need to advertise & recruit volunteers once again

Please email **Katherine Tarras (katarras@shaw.ca)** or **Bea Spatafora (bspat@shaw.ca)** if you have questions or to understand details for any of the above positions &/or to volunteer for the position. We thank you in advance for your help in filling these important roles for 2025.

**Your CWL Executive**

## Sharing the Words From Our National Sisterhood Map

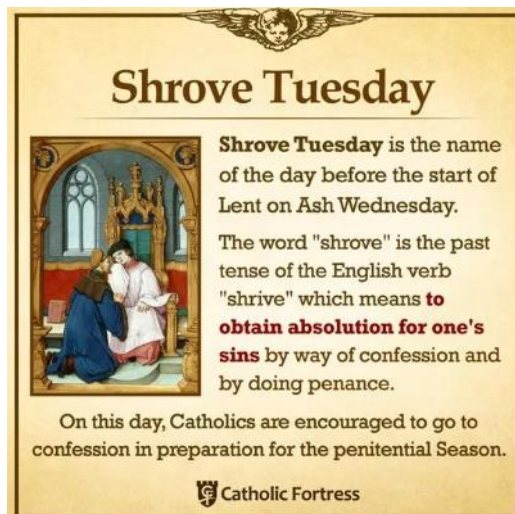
### *SISTERHOOD*

**41** In this world today, everyone yearns for connections. The Catholic Women's League provides so many ways to form a sisterhood with other women, be it at home, in a parish or through servant leadership. Come join a family of sisters across the country.

### *SISTERS*

**42** Have you ever longed for a sister? The Catholic Women's League will bring many women into your life. Some will journey with you through thick and thin, some will come and go. Always, these women will carry and support you with their prayers and sisterly love. Come meet new sisters.

## Shrove Tuesday - March 4<sup>th</sup>, 2025



## Laughter is Good for the Soul

A cat dies and goes to Heaven. God meets him at the gate and says, "you have been a good cat all of these years. Anything you desire is yours, all you have to do is ask." The cat says, "Well, I lived all my life with a poor family on a farm and had to sleep on hardwood floors." God says, "Say no more." And instantly, a fluffy pillow appears.



A few days later, 6 mice are killed in a tragic accident and they go to Heaven. God meets them at the gate with the same offer that He made the cat. The mice said, "All our lives we've had to run. Cats, dogs and even women with brooms have chased us. If we could only have a pair of roller skates, we wouldn't have to run anymore." God says, "Say no more." And instantly, each mouse is fitted with a beautiful pair of tiny roller skates.

About a week later, God decides to check and see how the cat is doing. The cat is sound asleep on his new pillow. God gently wakes him and asks, "How are you doing? Are you happy here?" The cat yawns and stretches and says, "Oh, I've never been happier in my life. And those Meals on Wheels you've been sending over are the best!"

### CWL Virtual BYOB Book Club

February Reads will be published in the  
March Newsletter

**NEXT BOOK CLUB MEETING:**  
March 27th at 7 pm



### Important Dates

<b>March 4</b>	Shrove Tuesday
<b>March 5</b>	Ash Wednesday
<b>March 13</b>	Year of the Jubilee - Mass @ 6:30 pm.
<b>March 18</b>	<b>General Meeting Cancelled</b>
	Presentation by Dr. Matthew Hoven @ 7:00 pm
<b>March 17 &amp; 18</b>	Parish Mission
<b>March 27</b>	Virtual Book Club
<b>April 14</b>	Chrism Mass, St. Joseph's Basilica
<b>April 15</b>	General Meeting



### QUICK LINKS

National Website: [www.cwl.ca](http://www.cwl.ca)  
Provincial Council Website: [www.cwl.ab.ca](http://www.cwl.ab.ca)  
Diocesan Council: [www.edmontoncwl.org](http://www.edmontoncwl.org)

# March 2025



The CWL Catch Phrase for March is "The Courage of '1'"

Note the 2 important feast days in March; both of these Saints were courageous & inspirational.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Marianne Konanz	Janice Lakusta	Sybil Ledi	Laura Lemay	Deacon Joe Leuwer	Mary Leuwer	Sharon MacCormac
9	10	11	12	13	14	15
Kathy Martel	Connie McBride	Teresa McGrath	Shirley Meier	Year of the Jubilee Mass 6:30; Dr Hoven 7pm	Evelyn Michaels	Irene Midgley
16	17	18	19	20	21	22
Monika Murnane	Parish Mission St. Patrick's Day	Parish Mission "No CWL Mtg"	The Feast of St. Joseph	Catherine Michael	Maureen O'Donnell	Kathleen Oswald
23	24	25	26	27	28	29
Sandra Palazzo	Corey Nahayowski	Gayle Nicholson	Dianne Nolette	Cecylia Novak	Evelyn Radostits	Lynette Reynolds
30	31					
Sharon Roshko	Anne-Marie Paquin	Marie-Paul Petersen	Rita Pfefferle	Rachelle Pouliot		
	Barb Roth					

## Notes

Print / Post this page on your fridge.



Pray for your CWL Sisters on the day they are tagged.

Each Thursday you can pray the Rosary online. The link changes every 3 months. To ensure you have the most updated link, please visit our Provincial website: <https://www.cwlabmk.ca/>. Scroll down the home page for the newest link to this week's rosary. Site opens 7 pm & the Rosary starts at 7:30 pm

### February '25

S	M	T	W	T	F	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

### April '25

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



## ST. CHARLES CWL PRAYER LIST

### *February 2025*

Please pray for our CWL members and our council  
Prayers for peace in the Ukraine & the Middle East  
Please pray for seminarian Ben Wilkins on his journey to respond to God's call

For those who are sick and all who look after them:

Larry Belanger (husband of Norma Belanger)  
Margaret Bernard  
Jacqueline Cuerrier  
Annet Maitwe and AIM school  
Hope Maitwe (Annet Maitwe's daughter)  
Rafael Martel (Kathy Martel's grandson)  
Evelyn Radostits  
Sharon Roshko  
Marlene & George Schmidt  
Bea Spatafora  
Lily Webb  
Mary Ziska  
Celine deVries-Stadler (Marie-Paul Petersen's daughter)  
Stella Kachmar  
Ann Jubinville (Irene Midgley's mother)  
Bert Trompetter (Cora's husband)  
David Meier (Shirley's husband)  
Melissa Cuerrier (daughter of Jacqueline Cuerrier)  
Colleen O'Donnell (Maureen O'Donnell's sister)  
Eileen Kavanagh (Monique Gauthier's daughter-in-law)  
Sybil Ledi  
Marie-Paul Petersen  
Father Marc Cramer  
Audrey Waseylenko  
Bev (friend of Janice Lakusta)  
Jeanne Richelhoff (Louise Despins' sister)

Please contact **Kathy Martel** at 780-456-0760 or [Kmartel780@gmail.com](mailto:Kmartel780@gmail.com) to add names.

