



ST. CHARLES CWL NEWSLETTER

January 2026

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.



Election Results! Our New 2026/2027 Executive

President – Beatrice Spatafora

Vice-President - Vacant

Organization & Membership – Lorette Bowers

Secretary – Julie Vizza

Treasurer – Crystal Cordeiro

Standing Committees:

Faith – Teresa McGrath

Service – Irene Midgley

Social Justice – Mary Leuwer

Getting To Know Our New Executive

Bea Spatafora – President

St. Charles Parish has been a part of my family's life for nearly 35 years. It is where my husband Joe and I were married, raised our children Jenna and Daniel, celebrated our daughter's marriage, and welcomed our grandson Noah, through baptism.

I joined the CWL over 30 years ago; however during those earlier years, devoted much of my available time to my children's school councils and extracurricular activities.

A self-described “numbers girl,” I am a graduate of NAIT with an accounting diploma and later returned to complete my BBA. After working in public practice, I transitioned into a position in finance at NAIT, where I have spent the past 20 years. Some of you are aware of my ongoing vision loss, which—while challenging—has given me a renewed appreciation for faith, community, and living life fully. Alongside my love of numbers, I enjoy camping, gardening, crafting, walks with my puppy and husband, and, more recently, listening to audiobooks. I am grateful for this stage of life and for the many ways faith, family, and community continue to shape and sustain me.



Lorette Bowers - Organization & Memberships



My family and I have been a part of St. Charles parish for 31 years. I joined the CWL two years ago.

In September, I will be retired for 8 years. I am a NAIT graduate and worked 30+ years at the Cross Cancer Institute, a mixture of both full time and part-time. My retirement has been busy with learning to quilt, learning to golf, volunteering at the St. Albert Seniors Center and planting a large vegetable garden every summer with the help of my husband.

My husband and I enjoy spending our summers camping, fishing and golfing. We are currently busy looking after aging parents and delight in looking after our 7 month old granddaughter one day a week.

I am looking forward to working with the CWL, and I am eager to contribute to its success, leveraging my skills to support our collective goals.

Teresa McGrath – Faith

Greetings and God Bless St Charles CWL sisters!



I am so very pleased to continue as your Faith Convenor for 2026-27. It has been an honor and privilege to serve in this position since 2024, and I want to take this opportunity to share just a little about myself.

My name is Teresa McGrath and I am happy to have raised 3 children to adulthood in Fort McMurray. I was a teacher and fulltime mom while in Fort McMurray but relocated to Edmonton in 2021. Some of my favorite pastimes are golfing at Cattail Crossing Golf Course, walking the trails in Castlebrook and reading interesting novels. This June, I look forward to becoming a grandma for the first time as my oldest daughter and her husband are expecting their first child in Wainwright AB. I am proud to be a Mom of a son who serves full-time as a Financial Clerk at the Suffield Military base in Southern Alberta. My middle daughter works as a Social Worker in Victoria BC and lives in Sidney, where I spend most of my time away on Vancouver Island.

I have enjoyed serving on St Charles CWL Executive as it has provided an opportunity to grow in faith, serve the Lord, and be in fellowship with other lovely ladies. Over the next two years, I pray that together we can ignite our passion inspired by the Sacred Heart of Jesus, which represents God's infinite love and let that fuel our hearts to become advocates in empowering His mission. May I be an instrument of God's love to our sisters in the League and that my offerings increase our faith, hope and charity.

Katherine Tarras – Past President

I have been a member of the Catholic Women's League since 1993 when I became a member of the Military Ordinariate at St. Anthony's/Our Lady Of Loretto at CFB Edmonton. The first position I held was president in the first three months and Co-convened the 28th Military Ordinate Convention in Edmonton.

Around 2001, my husband Bob and two sons, Brad and Brent moved to St. Charles Parish.

In 2005 my husband Bob retired from the military and I transferred my membership to St. Charles Parish and was a member of St. Angela Merici Parish where I was on the PPC, Eucharistic Minister, worked with RCIA and RCIC, I also helped teach children's liturgy, First Holy Communion, First Reconciliation, and Confirmation. I have also attended Newman College for a few courses.

At St. Charles CWL I became Spiritual Convener from 1997-1998. In 2005 -2006 I was Membership and President-Elect. In 2013 I stepped in to take on the Presidents position until the end of 2014 and Past President.

In the last few years, I support the Parish as an Extraordinary Minister of Communion and prepare the 9:00 am roster. I collect the Carmelite Crafts and trips out to the Monestary taking the used cards, I have convened the yearly Bazaar a few times, donation to the Funeral Lunches, organize Purdys Chocolate Campaigns, working on facilities for the 70th Annual Alberta MacKenzie Provincial Convention held at St. Charles in 2017 and working on projects within the Council. At the June Social in 2018 I was very surprised to be the recipient the Maple Leaf Service Pin.

In 2015 – 2016 the journey began on the Edmonton Diocesan Team where I took on the office of Christian Family Life, which at that time included being on the board of Alberta March for Life. Then I took on convener for Community Life and the focus was on confirming a new home for the Refugee Bag Project, finding out where we stood as an organization with Development and Peace and also worked together with National and Provincial Community Life Chairs to integrate our theme “Care for Our Common Home” at that time.

I am a Registered Massage Therapist since 2005, my practice is a home-based business, currently working three days a week. I enjoy my grandchildren Rhett (7) and Emelia (6) and Logan (5), going to their sports games, reading, holidays in Mexico and short trips in the summer.

I look forward continuing my journey with Christ in the League “For God and Canada.”

Thank you to my Executive, it has been a great two years. May God be with you in your new endeavours for those moving on and we will see you gals at our Executive meeting in February.

Our Lady of Good Counsel pray for us and keep us on our path of faith.

From The President's Desk

As I begin my term as President, I want to share how honoured I am to serve our Council. I'm also grateful for the talented and dedicated women who have stepped forward to form our 2026–2027 Executive. With a full complement of executive members, we'll be able to continue serving our Parish community with greater ease. Please be sure to read the bios in this newsletter, to get to know your new Executive a bit better.



Personally, I continue to navigate some vision challenges, and this will likely affect how quickly I can respond to the many emails and documents that come with this position. I will do my best to keep up, and I'm grateful for your understanding and for the support of our committed Executive as we work together to serve our parish.

And onto business... This January we embrace our New National Theme: **Ignite Your Passion, Empower His Mission!** Inspired by the Sacred Heart of Jesus, it reminds us of God's infinite love and the spiritual fire His words spark within us. The theme prayer is available on the national website at www.cwl.ca.

Also on the national website, you'll find information about free online CWL courses available to all members. **The deadline to register for the winter courses is January 31st**, so please take a look right away if you're interested.

As we enter February, we once again prepare our hearts for Lent: a season of prayer, sacrifice, and deeper faith. If your schedules allow, we would love to see you at our General meetings as we continue to grow in faith together. Our next meeting will be on **Tuesday, February 17th at 6:45pm**.

A few other important dates to keep in mind this month:

- Family Day Fun-Day at St. Charles – February 16, 2026 (co-hosted by St. Charles CWL & KC)

- Ash Wednesday – February 18, 2026 •
- First Sunday of Lent – February 22, 2026

I look forward to seeing many of you at our upcoming meetings and events as we begin this new chapter together. Thank you for your continued support, prayers, and dedication to the League. May God bless you and keep you warm this winter. And as a Council, may we ignite our passion together and strengthen one another as we empower His mission.

Beatrice Spatafora, President
 bspat@shaw.ca or 780-399-9459

Message from The Past President

Hello CWL Sisters, as you may know I am away. I hope your January General Meeting went well with elections.

Thank you for all those that stepped forward and God Blessings be upon you and may Our Lords guidance continue in your new rolls. I wish everyone all the very best as the new Executive of St. Charles CWL – 2026 – 2027. I will see you all in February.



Katherine Tarras, Past President

Organization (Memberships)

Thank you to everyone who was able to make it out to our January meeting & the passing of the torch, aka “elections”. Leadership transitions are always a little bittersweet, and while I will miss my time serving as Organization Convenor. However, I’m delighted to share that our new Organization/Membership Convenor is Lorette Bowers. Lorette brings enthusiasm, dedication, and a genuine heart for service — she will be amazing in this role. Please join me in welcoming her to our executive and offering your support as she begins this new chapter. Lorette will officially be taking over the role in March, due to prior commitments.

In other good news from our January meeting, congratulations to Connie McBride on winning our door prize (Tim Horton’s Gift Card):

This could be YOU if you come to our next general meeting on February 17th at 6:45. We’ll

Membership Update

We currently have 90 membership fees paid up for 2026; thank you everyone. If you haven’t had a chance to purchase your 2026 membership yet, please get your \$40 in as soon as possible. If unsure how to pay, please feel free to reach out to me (till March) at (780) 399-9459 or bspat@shaw.ca .

**YOUR
MEMBERSHIP
MATTERS**

The Significance of St. Valentine's Feast Day

As Catholics, St. Valentine's feast day is an opportunity not only to celebrate love but also to reflect on the deeper meaning of love in our faith. The secular focus on romantic love is an entry point for Catholics to elevate the conversation about love to a higher level, reminding ourselves that true love is rooted in Christ.

St. Valentine's day offers a chance to pray for those seeking spouses, those in the vocation of marriage, and those who are struggling with relationships. It is also a day to reflect on the love of God, which calls us to serve one another with humility, respect, and sacrifice.



Alberta Mackenzie Prays the Rosary- Weekly

Members are invited to pray the Rosary weekly on Wednesdays @ 7:00 pm (MST) (visiting) and 7:30 pm (Rosary). Log in information is:

<https://us02web.zoom.us/j/89633721663?pwd=Z9wPaKGjbTFRy9JrKptPLYsXpYHeY5.1>

Meeting ID: 896 3372 1663
Passcode: 064710

Funeral Lunch Committee



There have been no funeral lunch service requests for the months of December and January.

Rachelle Pouliot & Bev Jensen
Funeral Lunch Coordinators

Family Fun Day Event – February 16, 2026



2026 Family Day Celebration

Monday February 16, 2026

11:00 AM to 3:00 PM

St. Charles Activity Centre

Free Admission!

***Tropical Bouncer with Slide, Three Game
Carnival - Ring Toss, Darts, Bank a Ball,
Basketball, Crafts Table, Face Painting
Hot Dogs, Ice Cream, Hot Chocolate and
Popcorn***

Hosted by the Catholic Women's League and Knights of Columbus

Donations will be accepted



Social Justice

105th National Annual Meeting - Resolutions

2025.3 Strengthen Support for Chaplains to Provide Faith-Based Care to Members and Families of the Canadian Armed Forces

Resolved, that the National Council of The Catholic Women's Leque of Canada in 105th National Annual meeting of members assembled urges the Federal Government to strengtehn support through funding for resources, staffing and time for chaplains to provide faith-based care to the members and families of the Canadian Armed Forces through the Royal Canadian Chaplain Services and Miliary Ordinariate.



Action Plan

1. Write letters to the Minister of National Defence, Minister of Veteran Affairs and Associate Minister of National Defence asking the Federal Government to:
 - Reinforce the position of chaplain in the Canadian Armed Forces (CAF) so they can continue to foster the spiritual, religious and pastoral care of CAP members and their families; and,
 - Strengthen support for the Catholic chaplains assuring that they are able to remain faithful to the guidelines of the Catholic church and the basic expectations of the Military Ordinariate.
 - Retract the “Chaplain General Direction on Chaplain’s Spritual Reflection in Public Settings” dated 11 October 2023.
 - Not accept the recommendations of the Minister of National Defence Advisory Panel on Systemic Racism and Discrimination with a focus on Anti-indigenous and Anti-Black Racism, LGBTQ2+ Prejudice, Gener Bias and White Supremacy – Final Report regarding Part III(6) Re-Defining the Chaplaincy,
2. Educate members on the ways that the Federal Government has eroded the structure of the chaplaincy within the CAP and provision of support for the Catholic faithful.
3. Monitor the Federal Government’s response to this issue.

Register for Winter Courses

D2L BRIGHTSPACE

Self-paced Courses

Previous Courses Still Available:

- Core Purpose and Objects of the League
- The Joy of Leadership Module 1-5
- Welcome Program Module 1
- Mentoring Workshop
- Conflict Resolution

Free to League Members

EMAIL US AT
CWL.BRIGHTSPACE@GMAIL.COM

New Courses:

- ◆ Catch the Fire!
- ◆ Introduction For Clergy and Spiritual Advisors
- ◆ Welcome Program Module 2: Companionship
- ◆ Handbook for Chairpersons of Faith, Service and Social Justice

Registration opens January 15th
Courses start January 30th

Laughter is Good for the Soul

A pastor noticed a boy staring at a plaque in the church lobby with names engraved on it.

The boy asked, “Who are these people?”

The pastor replied, “They are members who died in the service.”

The boy’s eyes widened. “Was it the 9 a.m. or the 11 a.m. service?”





CWL Virtual BYOB Book Club

**January Reads will be published in the
February Newsletter**

Important Dates

February 3	Executive Meeting
February 16	Family Day Event
February 17	General Meeting
March 6	World Day of Prayer
March 16, 17 & 18	Parish Mission
March 18	General Meeting Cancelled



Quick Links



National Website:	www.cwl.ca
Provincial Council Website:	www.cwl.ab.ca
Diocesan Council:	www.edmontoncwl.org
Facebook Page:	Catholic Women's League, St. Charles, Edmonton https://www.facebook.com/groups/1017745547096618

ST. CHARLES CWL PRAYER LIST

January 2026

Please pray for our CWL members and our Council. Prayers for peace in the Ukraine & the Middle East
Please pray for seminarian Matthew Gensorek 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
Rafael Martel (Kathy Martel's grandson)
Evelyn Radostits
Sharon Roshko
Bea and Joe Spatafora
Lily Webb
Celine deVries-Stadleer (Marie-Paul Petersen's daughter)
Stella Kachmar
Bert Trompetter (Cora's husband)
David Meier (Shirley's husband)
Melissa Cuerrier (daughter of Jacqueline Cuerrier)
Eileen Kavanagh (Monique Gauthier's daughter-in-law)
Sybil Ledi
Marie-Paul Petersen
Father Marc Cramer
Jeanne Richelhoff (Louise Despains' sister)
Marie Phillips
Theresa Amuzu
Myrla Fitzpatrick
Rita Oplanich (Tina Casella's mother)
Sheila Wright (friend of Hilda Daubner)
Dianne Dyer
Shane Castiday (son of Genny Castiday)
Lillian Wawzonek
Richard Cloutier (brother of Cecile Dufresne)
Suzanne Wowk
Therese Swityk
Anthony (Tony) Hauck (Katherine Tarras' brother-in-law)
Michelle Armstrong
Joann Limoges

For those who have died and all who mourn them:

Please contact **Kathy Martel** at 780-456-0760 or Kmartel780@gmail.com names.



February 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Myrla Fitzpatrick	Marion Foster	Jerri Gajewski	Monique Gauthier	Theresa Girvin	Janice Grabow	Rita Haakensen
Int'l Day Prayer & Awareness Against Human Trafficking	9	10	11	12	13	14 Valentine's Day
Celestina Hagan	Audrey Harris	Donna Hartnett	Rose Hearn	Joan Hejnar	Stella Hoekstra	Judy Horban
15	FAMILY DAY AT ST. CHALRES 11 am - 3 pm	17 CWL Meeting 6:45pm	18 Ash Wednesday	19	20	21
Angela Hunt	Patsy Hwong	Beverley Jensen	Elsie Johnson	Gincy Joseph	Claire Kawulok	Marianne Konanz
22	23	24	25	26	27	28
Janice Lakusta	Sybil Ledi	Laura Lemay	Mary Leuwer	Sharon MacCormac	Kathy Martel	Connie McBride

Notes

Print / Post this page on your fridge.

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

Each Wednesday 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/>.



January '26	February '26	March '26
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
8 9 10 11 12 13 14	8 9 10 11 12 13 14	8 9 10 11 12 13 14
15 16 17 18 19 20 21	15 16 17 18 19 20 21	15 16 17 18 19 20 21
22 23 24 25 26 27 28	22 23 24 25 26 27 28	22 23 24 25 26 27 28
29 30 31	29 30 31	29 30 31