ST. CHARLES CWL NEWSLETTER

February 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.

From The President's Desk

As We Journey Through Lent in March

Dear Sisters,

Our new CWL national theme, ***Ignite Your Passion, Empower His Mission***, is a beautiful guide for us this Lent. It invites us to deepen our faith, share Christ's love, and grow closer to God—together.

Simple Ways to *Ignite Our Passion…*

- **Daily Spark**: Keep the host country **Palestine** in your prayers on **Friday, March 6th, World Day of Prayer**. Pray a full Rosary if you're able, or simply offer one Hail Mary and one Our Father during your busy day. You're also invited/welcome to join the CWL online Rosary every Wednesday—the link is on the Provincial website: https://www.cwlabmk.ca/.
- **Together Time:** Plan a family games night or enjoy a coffee with a friend. Share stories of God's goodness and lift one another up.
- **40-Day Lenten Closet Purge**: Refer to the poster in this newsletter (& emailed before Lent. Collect gently used items through Lent to support those in need—an easy and meaningful form of almsgiving.

We don't need grand gestures. Prayer, Time with Loved Ones, and Small Acts of Kindness can shine brightly. Think of it as a "**KISS**: **K**eep **I**t **S**imple **S**isters**—Pray, Show Up, Help One Person**. And be confident God will take care of the rest.

Thank You for Coming…

A warm thank you to all members and families who attended or volunteered at the St. Charles Family Day Fun Day on February 16th. Your enthusiasm truly ignited our *Passion*. Special thanks to our sister **Rachelle Pouliot** for convening this wonderful event on behalf of our council.

And a heartfelt thank you to all who attended the CWL-led Stations of the Cross on Friday, February 20th. It was a beautiful, prayerful journey. Special thanks to our sister **Lorette Fairfield** for convening the evening on behalf of our Council, and to all our readers.
If you were unable to join us but would like to walk the Stations of the Cross, St. Charles hosts a journey every Friday during Lent—please see the parish bulletin for details.

About Our Cancelled Meeting…

My apologies to anyone who made the trek to the church on February 17th for our General meeting.
Our decision to cancel was on short notice; Bev Jensen emailed those on our list, Pat was informed at the office for anyone who called the church & also placed a notice on the doors, and I posted the notice on our Facebook page: "**Catholic Women's League, St. Charles, Edmonton."**
If you're on Facebook and haven't joined our page yet, please follow us and invite your friends.
If you're not on social media or email, you can always call or text me at (780) 399-9459 if you're unsure whether a meeting is proceeding during extreme conditions.

Looking Ahead…

I warmly invite each of you to continue to *Empower His Mission* with small acts. A wonderful way to get together, would be to join us at our next CWL meeting on **Tuesday, March 17 (St. Patrick's Day!) at 6:45 p.m**. Let us gather with a wee bit of Irish spirit & joy!!

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

Getting To Know Our New Executive

Julie Vizza – Secretary

My family and I have been a part of St. Charles Parish for 31 years. We have 2 children and some of our best memories when they were growing up were the Family Day hayrides, snow piles and hotdogs.

I was born in Edmonton and grew up on the southside and attended St. Anthony's and St. Agnes Parishes while growing up. I have been a CWL member for 16 years but have become a more active member in the last 2 years. I have been on the St. Charles finance council for many years as secretary.

I am a bookkeeper by trade but took political science and history at the University of Alberta. I just retired in January and as my husband and I are both walkers, we are looking forward to travelling and exploring on foot. I also enjoy gardening and anything else that means being outdoors.

Message from Our Past President

I attended by Zoom the 6th Prayer Service for the International Day of Prayer and Awareness Against Human Trafficking on Sunday the 08th of February at 3:00 pm for 30 mins. The event was hosted by St. Michael's CWL from Calgary.

On Monday, February 16th I helped out with Family Day at the church, in the kitchen and taking photos.

On Tuesday, the 17th of February I attended the Shrove Tuesday Luncheon at Star of the North Retreat House in St. Albert with a number of other CWL members.

Pray for those in Tumber Ridge who lost their lives, for their grieving families, for all who have been injured and for the entire community during this difficult time. We ask that they may find comfort and peace. May the Lord grant eternal rest to those who have died, bring healing to the injured and comfort and strengthen all.

Katherine Tarras
Past President

Organization (Memberships)

Thank you to everyone who paid their membership fees for 2026. 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 .

Faith

World Day of Prayer Friday, 6th March, 2026
St Matthews Anglican Church 125 Larose Drive St. Albert
Date and Time: March 6, 2026, 7:00 pm
Theme is "I Will Give You Rest: Come" Matthew 11:28-30
Service Created By The World Day Of Prayer Committee Nigeria

If you can't make the service there is a video service online at:

World Day of Prayer 2026 Videos - Women's Inter-Church Council of Canada (WICC)
World Day of Prayer 2026 Nigeria Full Service Video – length 55:13

2027 will mark 100 Years of The World Day of Prayer – 1.5 million Christians, speaking 90 different languages, in 150 different countries.

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

Service

Funeral Lunch Committee

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

Rachelle Pouliot & Bev Jensen
Funeral Lunch Coordinators

Family Fun Day Event Report – February 16, 2026

CWL and the Knights of Columbus hosted the St. Charles Annual Family Day on Monday, February 16th, 2026.

This year's crowd of about 125 people enjoyed the bouncy castle and games as well as face painting and a craft table. CWL provided hot dogs, cookies, ice cream cones, hot chocolate, coffee and many many jugs of cold juice.

Many thanks to the CWL volunteers as well as the 4 students who handled the cooking of the hot dogs and serving the ice cream cones.

A great afternoon was enjoyed by all who attended. Thank you to Rachelle Pouliot who convened the refreshments.

40 Days, 40 Items: A Lenten Closet Cleanse

Ladies!

Are you looking for a Lenten project that nurtures your spirit while helping others in need? Join us for a 40 Day Lenten Closet Cleanse. This simple daily practice offers a meaningful way to "fast" from excess, live with intention, and share God's love in a tangible, practical way.
This initiative is rooted in our 2026–27 CWL national theme, "Ignite Your Passion, Empower His Mission!" Guided by the Sacred Heart of Jesus, our theme invites us to share God's love through meaningful action in our community — to act with compassion, courage, and generosity. This project checks many of those boxes!

How to Participate

- Find a large bag or box and, if you wish, decorate it as your "Lenten Closet Purge."
- Each day of Lent, choose one item of clothing you no longer wear, no longer need, or no longer love.
- Place it in your Lenten Closet Purge container, letting it slowly fill over the 40 days.

After Easter

- Sort through your items and ensure everything is clean and ready for someone else to appreciate.
- Donate your box to a worthy cause

**** Or Stay Tuned**** CWL are looking at running a Clothing Swap in early May — a one day community event at St. Charles where your donations will be shared with those in need. Watch for more information on this following our February General Meeting on Mar 17th!

Social Justice

105th National Annual Meeting - Resolutions

2025.4 Federal Government to Complete the Development of the Office of Palliative Care

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 complete the development of the Office of Palliative Care to ensure early, universal and equitable access.

Action Plan

1. Write letters to the Prime Minister; Minister of Health and local members of Parliament urging the Government to develop an Office of Palliative Care to provide early, universal and equitable access to early communigty palliative care through creation of national policies and standards.
2. Increase communication, education and advocacy efforts in parishes, schools and communities through guest speakers, hosting the Canadian Conference of Catholic Bishops' *Horizons of Hope: A Toolkit for Catholic Parishes on Palliative Care* program, participating in "*12 Hours of Prayer for Palliative Care*" and/or distributing pertinent postcards/information.
3. Continue to monitor/follow-up with government on the progress related to this resolution.
4. Begin confersations to promote increased access to palliative care.

Laughter is Good for the Soul

When a mother saw a thunderstorm forming in mid-afternoon, she worried about her seven-year-old daughter who would be walking the three blocks from school to home. Deciding to meet her, the mother saw her daughter walking nonchalantly along, stopping to smile whenever lightning flashed. Seeing her mother, the little girl ran to her, explaining happily, "All the way home, God's been taking my picture!"

CWL Virtual BYOB Book Club

1. ***Shanghai Girls***, Lisa See. Two sisters, Pearl and May, go through great pain and suffering in leaving war-torn Shanghai, and try to adjust to the difficult roles of wives in arranged marriages and of Chinese immigrants to the US.
2. ***The Prey of the Priest Catchers***, Leo Knowles. Details the lives, capture, and execution of 40 English and Welsh Catholic martyrs from the 16th and 17th centuries.
3. ***One Last Gift***, Emily Stone. When a young woman finds herself lost and at a crossroads, one last gift from her brother just might give her another chance at life and at love.
4. ***This I Call to Mind***, Leanne Deleeuw. Follow Leanne's pregnancies as she navigates the reality of loss and looks to God for her comfort and strength. Gain insight from her first-hand perspective and witness how faith can provide hope in even the darkest of trials.
5. ***A Death Most Cold***, Jaroslav Petryshyn. The college's domineering president, Vanessa Dworking, is found frozen behind the wheel of her Oldsmobile. Was it death by misadventure, or was it murder?
6. ***The Black Wolf***, Louise Penny. Chief Inspector Gamache uncovers a domestic terrorist attack in Montreal, arresting the person behind it. A man they call Black Wolf.
7. ***The Great Divide***, Christina Henriquez. It is said that the canal will be the greatest feat of engineering in history. But first, it must be built.
8. ***Remember: The Signs of Memory and the Art of Forgetting***, Lisa Genova. Human memory is imperfect, designed for meaning rather than perfect storage
9. ***Every Salad Ever***, Greta Podleski. Brimming with beautiful, flavourful salads for every season and every reason.
10. ***The Laundryman's Boy***, Edward Y.C. Lee. Thirteen-year-old Hoi Wing Woo, the son of a scholar, is forced to give up his dream of an education when he is sent to work in a Chinese laundry in Canada.
11. ***Everything is Tuberculosis***, John Greene. The history and persistence of our deadliest infection.
12. ***The Fox Wife***, Yangtze Choo. A historical fantasy about a grieving mother on a quest for vengeance.
13. ***Alchemy of Secrets***, Stephanie Garber. Local legends and urban myths, taught by a woman called the Professor. Most students believe the Professor's stories are just fiction.
14. ***The Grads are Playing Tonight***, M. Ann Hall. The story of the Edmonton Commercial Graduates Basketball Club.
15. ***Free Food for Millionaires***, Min Jim Lee. A review exploring themes of family, class, and the immigrant experience.

NEXT BOOK CLUB MEETING: February 26, 2026

Bring Your Completed Word Search to the March General Meeting for a Chance for a Prize

Name:

ON THE ROAD TO EASTER WORD SEARCH

H	F	D	J	Z	A	S	H	W	E	D	N	E	S	D	A	Y	H	R	R
N	O	A	G	O	O	D	F	R	I	D	A	Y	J	E	S	B	O	E	E
G	O	L	P	A	S	S	O	V	E	R	P	A	S	F	O	R	L	S	S
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N	W	S	P	S	G	O	L	O	V	E	L	E	C	E	D	N	T	R	R
N	A	G	R	F	A	R	L	P	A	L	M	B	R	A	N	C	H	E	R
J	S	I	A	A	F	T	P	L	Y	E	S	E	I	S	O	J	U	S	E
C	H	V	Y	S	O	Y	U	J	Y	N	U	A	F	T	A	E	R	U	C
J	I	I	E	T	R	D	R	R	M	T	N	S	I	E	H	S	S	S	T
A	N	N	R	I	H	A	P	W	D	J	D	T	C	R	X	U	D	W	I
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W	E	D	N	G	L	S	E	H	O	L	Y	W	E	E	K	H	Y	C	N

Ash Wednesday	Holy Week	Palm Branch
Sacrifice	Holy Thursday	Forty Days
Almsgiving	Good Friday	Jesus
Prayer	Holy Saturday	Passover
Fasting	Easter	Foot Washing
Lent	Palm Sunday	Resurrection
	Purple	Love

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Important Dates

March 3	Executive Meeting
March 6	World Day of Prayer
March 17	General Meeting & St. Patrick's Day
March 20	First Day of Spring

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
February 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 Despins' sister)
Marie Phillips
Theresa Amuzu
Myrla Fitzpatrick
Rita Oplanich (Tina Casella's mother)
Sheila Wright (friend of Hilda Daubner)
Dianne Dyer
Lillian Wawzonek
Richard Cloutier (brother of Cecile Dufresne)
Suzanne Wowk
Therese Swityk
Anthony (Tony) Hauck (Katherine Tarras' brother-in-law)
Michelle Armstrong
Joann Limoges
Frank Spatafora (Bea Spatafora's father-in-law)

For those who have died and all who mourn them:
Shane Castiday (son of Genny Castiday and brother of Debbie Dixon)

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

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Teresa McGrath**	2 **Shirley Meier**	3 **Catherine Michael**	4 **Evelyn Michaels**	5 **Irene Midgley**	6 World Day of Prayer. Host Country = Palestine **Monika Murnane**	7 **Corey Nahayowski**
8 **Gayle Nicholson**	9 **Dianne Nolette**	10 **Cecylia Novak**	11 **Kathleen Oswald**	12 **Sandra Palazzo**	13 **Anne-Marie Paquin**	14 **Marie-Paul Petersen**
15 **Rita Pfefferle**	16 **Marie Phillips**	17 St. Patricks Day CWL MTG 6:45PM **Linda Platzner**	18 **Rachelle Pouliot**	19 **Evelyn Radostits**	20 **Lynette Reynolds**	21 **Sharon Roshko**
22 **Barb Roth**	23 **Judy Roy**	24 **Marlene Schmidt**	25 **Sherrie Schumacker**	26 **Bea Spatafora**	27 **Janice Stalker**	28 **Betty Storoschuk**
29 Palm Sunday **Therese Swityk**	30 **Katherine Tarras**	31 **Faye Tkachuk**	Ignite Your Passion Empower His Mission		STATIONS OF THE CROSS Each Friday at St. Charles Church at 7 pm thru March	

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/ .

February '26

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28

April '26

S	M	T	W	T	F	S
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26	27	28	29	30		