



**CATHOLIC
and LIVING IT!**



**Parkland Holy Trinity CWL
September 11, 2023**

1. President, Mariette Huot welcomed members, including one new member. She introduced special guest, Pat Keith from Our Lady of Perpetual Help Parish, to our regular meeting held in St. Martin de Porres Room.
2. Marian Walshe, Spiritual Development leader, shared the opening prayer.
3. Secretary, Judy Cruise, proclaimed the *Traditional Land Acknowledgement*.
4. Correspondence includes thank you notes from NeighbourLink Parkland and Our Lady of Victory Camp for our help and financial support.
5. In the absence of Treasurer, Trish Crawford, the President reported \$13 072.29 in the chequing account and \$11 329.66 in savings. She explained the new spreadsheet format in use. It was noted that our account is where we projected it to be at this time of the year. She outlined Income and Expenses, noting that we are depositing approximately \$4.00 per membership. We are at the end of our cheque supply. Since some members wish to do e-transfers and we are not able to do this at our current bank, the President proposed we move our bank account to Alberta Treasury Branch (ATB) from Credit Union where we currently have our account. Members will have the opportunity to do e-transfers and the Treasurer will not have to write cheques as often. We will require new cheques and deposit book.

MOTION: THAT Holy Trinity Catholic Women's League Council move their banking accounts to ATB Financial. The signing authorizations remain as two to sign or approve electronic external transfers. The authorized signing members will be any two of the President, Treasurer and Secretary.

MOVED by Rita Kirsch, seconded by Sheila Ivany.
All in favor.

Carried

6. The President introduced Pat Keith who is the Diocesan secretary and from Our Lady of Perpetual Help Parish. Pat led members through questions and discussion regarding our council which is a request from National to help better understand the pulse of all councils across Canada.

BREAK

7. **Fall Diocesan Meeting** - This will be held at Holy Trinity on September 30th. Sign-up sheets were circulated for set-up for the meeting and for muffins. Mariette noted that Villeneuve council will provide eight dozen muffins. As the hosting council, we are the first council to request where the Collection from the mass will be given. After a short discussion, it was decided that the proceeds should be given to the Parkland Food Bank. There will be two other suggestions and then voted on by the members in attendance.

8. **Spiritual** - Marian Walshe spoke of our Pope's September intentions for people living on the margins of society and for those who feel lesser. Cora Doucette shared a reading from Luke's Gospel about the rich man and Lazarus and how we treat others. Barb Hehnke shared a reading about creation and how we are made in God's image.
9. **National Resolution - Food Waste** - Sr. Susan presented sample letters which she and Femia Streefkerk composed regarding the *National Resolution on Food Waste*. Ladies were encouraged to take home the letters and envelopes and mail them to their representative in the House of Commons. No postage is required if going to Ottawa. Letters addressed to our local Member of Parliament should be dropped off at our message centre for postage to be affixed. She requested that any replies received be left in the CWL message center.
Some members brought recipes on using leftovers. These will be attached to the Minutes.
Sr. Susan shared a light-hearted video entitled "The Magic Coffee Table".
10. **Updates** -
 - i) **Refugee Bag Items** - These will be collected until September 29th. Please leave donations at the back of the church.
 - ii) **Thanksgiving Gathering** - to be held Tuesday, October 10th.
11. Mariette presented the President's Report. A copy is attached to these Minutes.
12. Together members recited the **League Prayer**.
13. **Next Regular Meeting** - October 16, 2023
Next Executive Meeting - October 30, 2023

An idea to Reuse Leftovers:

EVERYTHING OMELETTE

Chop 1 onion, 1 pepper and 5 - 6 mushrooms

Saute in olive oil until browned

Add 1 - 2 cups fresh spinach and continue sauteeing for 1 - 2 minutes

Beat 3 - 4 eggs with about 2 - 4 tbsp milk

Add salt and pepper to taste

Add eggs to sauteed vegetables

Add any grated cheese of your choice

Fry omelette until cooked through

Enjoy!

Options: Add cooked bacon, ham or sausage

Add chopped green onions or chives

President's Report

September 11th, 2023

I am pleased to see you all here tonight. Last time we met, I left feeling a bit tired and I had little energy left in me. So, yes, I did get some much needed rest this summer and have returned rejuvenated to finish off my term with a "bang", or maybe not a bang but with a small "boom".

So let me start by thanking Theresa Trommelen for organizing the work bees for Mary's Garden and all those who helped out - looks great as usual. Thank you to any of you ladies who helped out with the Bissell Centre luncheon led by Deacon Pat this past summer.

A congratulations to Pamela Benko, who was awarded a bursary of \$1,000.00 from our National Catholic Women's League of Canada, to help out with her expenses, as she is registered at the Encounter School of Ministry. I have asked Pam to speak about her education journey later this year.

There are a few changes that have occurred over the past few months, mainly our National Executive Council.

Our National President is now Shari Guinta from Waterloo, Ontario. Fran Lucas is now Past President and Dorothy Johansen is now the new Secretary-Treasurer, both from Edmonton, so still lots of representation from Alberta. Please take the time to go to the National Website and read the short biographies, on all of the new executive members. There also has been a few (3 from Dorothy) communiques already on-line as they have hit the ground running. Oh yes and our new theme starting this upcoming January is "Here I am Lord, send me." Have not seen any communication from our new president yet, so will be interesting to see her take on this theme

Also, this past summer the Diocesan executive council asked the Edmonton and surrounding parish councils to help with a project for Sacred Heart of the First Peoples. The project is called "Feed the Hungry" and the Sacred Heart council asked if one council per month could come and feed about 50 to 60 people on a Saturday morning. The executive took the month of July and they are now in the midst of finding councils to fill in the rest of the year. When I read this, two things came to mind.

1. There should be enough Edmonton councils to fill in the remaining 11 months of the year.
2. We need to feed the hungry in our own backyard. The executive members had a discussion at our last meeting and we are currently in the research part of developing a plan on how our council can "Feed the Hungry" in our community. If you would like to join us in developing this idea further, please let me know as anyone is more than welcomed to help us out.

In June I mentioned on how Fran Lucas has impromptu 'teas' with people, some whom she knows well and others not as much. This provides her an opportunity to discover what gifts others have to give and or a currently giving. This got me to thinking that I do not know all of my members as well. I am wanting to host some very small 'tea, get together session' to better understand who my fellow sisters are and also for you to perhaps meet new people and develop new friendship. I will keep you posted on this personal initiative.

So, like all fall seasons, changes are everywhere. School is up and running. Sport teams are starting a new season. Nature is showing us her beautiful colors. I have always liked the fall, especially on the farm, as the crops were being harvested, the chickens were big enough to process and the garden was nearing it's end of providing us food for the winter.

Yes, lots of changes, and some people have a more difficult time in adjusting to change, but I think that is what keeps us going forward. Taking on new challenges or stepping out of our comfort zone is a big change, but if you don't ever take that leap of faith, you will never know what you are capable of.

There is a quote from Martin Luther King Jr. "You don't have to see the whole staircase just the first step!" So let us embrace our talents, our gifts and take that first step into perhaps sharing them with everyone. You never know what you are capable of unless you try.