



ST THOMAS THE APOSTLE CHURCH CATHOLIC WOMENS LEAGUE



March 2022

March is the month of Lent which is represented by the liturgical color purple

The month of March is dedicated to St Joseph

Saint Joseph: Sharon Hall

St Joseph's principal feast day is March 19. In the New Testament, referred to as Jesus' earthly father and The Virgin Mary's husband. St Joseph is the patron of the universal church in Roman Catholicism and his life is recorded in the Gospels, particularly Matthew and Luke.

We know he was a carpenter. Despite his humble work and means, Joseph came from a royal lineage, and is thought to be a descendant of David, the greatest King of Israel. Indeed, the angel who first tells Joseph about the coming of the unborn Jesus greets him as "son of David". Joseph did as the angel told him and took Mary as his wife because "what is conceived in her is from the Holy Spirit". The Angel came to Joseph in a dream to foretell "she would give birth to a son whom he would name Jesus, who would save his people from their sins".

Since Joseph does not appear in Jesus' public life, at his death or his resurrection, many historians believe Joseph probably had died before Jesus entered public ministry.

Fun Fact: Many places and churches all over the world are named after St Joseph including the Spanish form, San Jose

MONTHLY UPDATE

Treasurer's Report: Janet Linton

January Opening Balance	\$ 777.44
Receipts	\$ 00.00 (Dues received)
Disbursements	\$ 182.50 (Bank fee \$2.50, CWL Fees for 8 members)
January Closing Balance	\$ 594.94



Membership: Dianne Corrin-Kiziak

We currently have 79 CWL members. 63% have paid their dues for the year of January to December 2022. If you have not yet been able to send us your remittance of \$25, I urge you to do so. Also, please indicate how you wish to receive your League Publication: digital (save a tree), paper, both or none.

God Bless,
Dianne

Ongoing CWL Food Drive

Remember those less fortunate in your weekly shopping.
Please place items in the collections box in the parish narthex if you are able.

Items in greatest need:

- | | | |
|---------------------|--------------------------------------|-----------|
| *Shampoo | *Laundry Detergent | *Crackers |
| *Canned Meat & Tuna | *Ready to Serve or Mr. Noodles Soups | *Jam |
| *Sidekicks | *Cooking oil | *Juice |

40 Things to Do and Give Up for Lent

Let's Begin our 40-day journey of FAITH

1. Say the Rosary and Divine Mercy Prayer daily
2. Make time, as it is the most cherished thing one can give
3. Donate time to a charity
4. Spend less time on social media
5. Make an unexpected phone call to a friend
6. Encourage your children to pray
7. Fast on Fridays
8. Attend Stations of the Cross on Fridays
9. Give up eating meat
10. Donate a food item to the Church for 40 days
11. Start a prayer journal
12. Make something and give it to someone in need
13. Start a gratitude Journal
14. Give up something that you enjoy doing i.e., eating chips or chocolates
15. Start a new habit for 40 days.
16. Be kind everyday
17. Read a passage in the Bible daily
18. Walk or exercise daily
19. Spend 10 minutes a day in silence
20. Wake up to a morning prayer
21. Go to bed saying a prayer
22. Give up smoking
23. Listen instead of speaking first
24. Volunteer a local charity
25. Do something meaningful in community
26. Give up some phone time
27. Go through your closet and put them in 2 piles, charity and keep
28. Declutter and give away items not used in 6 months
29. Pray the Psalms
30. Add one weekday mass or more
31. Offer to pick up groceries for a senior
32. Make it point to not to complain but express gratitude for all that we have
33. Do a good deed daily
34. Give up watching TV for a day
35. Give away something from your closet
36. Check if there are any seniors that need snow shovelled
37. Join a ministry in the Church
38. Bring someone a meal
39. Smile at a Stranger, as you can still see it under that MASK.
40. Write down what you are THANKFUL for daily

“We must lay before him what is in us, not what ought to be in us” words of C.S, Lewis

Why join the CWL?

The Catholic Women's League of Canada is many things to many people:

- A sisterhood of support and understanding
- A way to act on important social justice issues
- An opportunity to be of service to your community, to the country and to God
- A chance to live your faith with those who share it

