



ST THOMAS THE APOSTLE CHURCH CATHOLIC WOMENS LEAGUE

February 2021

EXECUTIVE SPOT LIGHT

President: Sonia Vilar

I am the President of St. Thomas the Apostle CWL.

I became a CWL member because my friends who were members for a few years, invited me to a meeting and then to a dinner. After that I was hooked!

I own my own Esthetic and Electrolysis Salon which I opened in Burlington 30 years ago. I moved the business into my house after having my second daughter 19 years ago!

I enjoy spending time with my family and fur babies, cooking, wine tasting and socializing with my clients when they come for their appointments.



MEMBERSHIP ~ It's time to renew!

Ladies, please remember to renew your CWL Membership.

Support our Nation Sisterhood.

Dues: \$25 annually. Cheques can be written to St Thomas CWL and delivered to church or you may contact us for pick up or to make other arrangements.

EXECUTIVE SPOT LIGHT

Vice President: Annette Myers

I am the Vice President of the CWL. In the past I have held several positions in our CWL including President, Secretary & Treasurer. It's been a fun and enlightening experience in many ways.

I became a CWL member because I wanted to be more involved in my parish community. I really like volunteering and meeting all kinds of interesting people and the CWL provides many opportunities to participate in many activities.

I work as a Realtor here in Waterdown. I enjoy meeting new people and traveling. Each summer my family and I pack up our trailer and hit the road in search of new adventures.



HEALTH

Build more movement into your day by Annette Myers

For many of us, spending more time at home means sitting more—watching TV, working at the computer, being on Zoom meetings etc. But you can still find ways to incorporate more movement into your day. Try to think of physical activity as a lifestyle choice rather than as a designated event.

Getting up every 30 min for a quick bout of activity can add up over the day.

- Intersperse household chores into your sitting time: vacuum a room, scrub a sink, do some yard work, or wipe down your appliances.
- Move around while on a call, stand for an online meeting, do squats or lunges while waiting for a meeting to start, or jumping jacks in front of the TV during the credits or commercial breaks.
- Try 'microwave exercises' (short bursts of movement) like countertop push-ups while you are waiting for the kettle to boil or toast to pop up.

February Prayer ~ In the month of February we meditate on the Sacred Passion.

Let us pray:

Dear Lord Jesus, by Your Passion and Resurrection You brought life to the world. But the glory of the Resurrection came only after the sufferings of the Passion. You laid down Your Life willingly and gave up everything for us. Your body was broken and fastened to a Cross, Your clothing became the prize of soldiers, and Your Mother was entrusted to the beloved disciple. Stretched out on the Cross, deprived of all earthly possessions and human aid, racked with pain and burning fever, You cried out to Your Father that the end had come. You had accomplished the work given You, and You committed yourself into His hands. Lord, teach me to accept all afflictions after the example You have given. Let me place my death in Yours and my weakness in Your abandonment. Take hold of me with your love, and let me offer myself to the Father with You so that I may rise with You to eternal life.

Amen

MONTHLY UPDATE:

Treasurer's Report:

January Opening Bank Balance	+\$1,058.05	
Dues Deposited	+\$ 425.00	
Dues owed to National		-\$ 695.95 (11 dues owing to National)
Bank Fees		-\$ 2.50
January Closing Balance	+\$ 784.60	



- Look for CWL updates on the Church website and in the Church Bulletin
- The CWL recently reached out to its members for Fr Francis Noronha for volunteers for the "One Heart and One Soul Campaign". We were pleased to get a few members to add to his team.
- UPDATES: We would appreciate membership information updates. Please consider responding to this email with your name, address, phone number & email address so we can update our records.

Lazy man Cabbage Roll Casserole from Denise Hroncek

Preheat oven to 350 and prepare a large 9x13" pan. Bake uncovered for 30-45 minutes. ENJOY ☺

Ingredients

1. 2 small packages of lean ground hamburger (optional if vegetarian)
2. One medium size cabbage & 1 medium sweet onion— finely chopped
3. Salt, pepper, garlic powder and paprika to your taste
4. Ketchup – a few drops at a time – to your taste and Canola oil
5. 1 ½ cups of rice (washed and rinsed 3 times then cooked until tender)

Process

1. In a large fry pan, sauté the hamburger until nicely browned – Place in a large bowl
2. Stir fry the onions and cabbage in oil until slightly cooked (don't skimp on the oil)
3. Add the cooked rice from above, mix well
4. Add the stir-fried onions and cabbage into the meat/rice mixture
5. Add salt, pepper, garlic, paprika to taste and add a few drops of ketchup to taste, mix well
6. Turn in 9" x 13" pan & bake. Note: add more oil if mixture is dry. More oil is better than not enough