



CANOSSIAN COLLEGES ALUMNAE ASSOCIATION NEWSLETTER



6071 Christina Road, Richmond, B.C. V7C 2P7

website : www.canossianalumnae.org

VOL. 10 WINTER 2004/2005 B. C. CANADA

"The Daughters and Sons of Charity are called to live a life of complete availability to God and Services towards others, ready even to go to the most distant countries."

Address By Sister Cecilia Cham, Spiritual Director

Dear Alumnae,

When the leaves turned red and golden brown, it signifies that autumn is here and that the end of the year is near. It is also a time when the carefree summer is over, the children are back in school to start another new term, and the older children might have graduated from university to start their new career or to leave home for the first time. In whatever directions our lives have taken us, we welcome these changes with a new enthusiasm which has sustained us throughout all the years.

Thanksgiving and Remembrance Day help us reflect on those special blessings that we have received.....a peaceful country to live in, safe and clean environment, a comfortable home and love among family members, good friendship and charity amongst our fellow men. Need I to say more?

But best of all, we are gathered here each year to celebrate Christmas, the annual picnic, a retreat and many other activities that the Board and alumnae have organized to make our Association a livelier one. This year, especially, all activities have been warmly attended by our members.

I am also aware that some of our members are getting old. My wish for the New Year is that more members will participate in visiting these older members at their home. They are often without transportation or that they are too sick to go out on their own. An hour a week or once every two weeks can bring freshness and happiness into their lives. They deserve a lot of love from us as they are full of wisdom and grace and they have lived their lives to the fullest. St. Augustine once said: "A sacrament is an outward and visible sign of an inward, invisible grace." Sacraments are like little windows through which we catch glimpses of God, through which God is able to come shining into our lives. We pray that we can be an instrument of Christ in this special vocation, bringing His

love and consolation to those who are in need of friendship and care.

May the New Year bring lots of happiness, love and peace to you and may the New Year hold promises of new challenges and success to us all.

Thank you.

CCA 2004 - 2005

Board of Directors:

| | |
|---------------------------|-------------------------|
| Spiritual Director | Sr. Cecilia Cham |
| President | Janny Li |
| Vice President | Teresa Lee Au |
| Secretary | Owennie Chan |
| Treasurer | Tina Ho |
| Director / Members | Fiona Lee |
| Social Convenor | Betty Leung |
| Social Convenor | Sara Leung |
| Social Convenor | Hilda Lee |

MESSAGE FROM THE PRESIDENT

Janny Li, SMCC

Dear Fellow Alumnae,

This year, our alumnae is into her 17th year of existence, and, thanks to the effort and contribution of all, the association continues to be active and contributory, thereby truly living up to the founding principles of her presidents.

I cannot over-emphasize the sacred purpose of the association, and that is to assemble all past students of the Canossian Colleges in the province of British Columbia, Canada, to meet in social functions and to once again renew friendship and fellowship amongst all. Response to the Association's effort in this direction has been overwhelming.

During the past year, the Association continued to make headway in many areas. With the full support of her members, a number of "Special Interest Groups" have been formed. Members have been invited to participate in various activities.

The "Recreational Group" had organized classes whereby members learned how to make ornaments and costume jewellery. Participation was most encouraging. As the Association's President, I wish to appeal to members for suggestions on other types of activities which the Group can undertake to expand her service to members.

The "Caring Group" provides direct assistance and care to members who are new to the country, or elderly members living alone, or members who are sick. They are welcome to contact us when they need help following sickness or other situation. Our members serving in the Care Centre will make regular visits to elderly members. It is hoped that through these measures, our members will lead a happier life in Canada. To achieve this goal, we need a lot of help. I wish to call upon everybody to get herself involved and register as volunteer workers. Those who are willing and able to help please call our Caring Groups leaders:

Sara Leung: (604) 313 9292

Betty Leung: (604) 603 0507

Rita Wong: (604) 338 2284

The Association has also been actively engaged in the fund raising activities. Donations are always welcome.

In closing, I would like to reiterate that no organization can survive or prosper without the full and enthusiastic response of her members. I am appealing to you for full support in the many activities the Association will undertake in the coming years.

Finally, I wish you all a Merry Christmas and a prosperous 2005.

My Reflection on Annual Retreat, March 27, 2004

Resela Wong-Sing, SMCC

Msgr. Richard Gagnon (now Bishop of Victoria), Spiritual Director of our annual retreat shared with us a most inspiring day. His words touched on many aspects of our lives. He helped us deepen our faith and enlightened us about living our Catholic faith with the title: "**Holiness: What is it for Me Today**".

Indeed, what is **HOLINESS**? What does it mean to me? What has it got to do with me now? Little do I know that to achieve **HOLINESS** does not have to entail heroic acts. In fact, Bishop Rick reassured us that we, ordinary Catholics, could ALL aspire to be saintly. He told us "saints are reformed sinners". St Augustine, who went from being a scoundrel to become one of the Church's great teacher and saint, was our best example. "To be holy is to be set apart from the world, but not out of the world". So being a Catholic is a way of life. This is best achieved by living our daily lives practising the **BEATITUDES**, doing small deeds in the spirit of Christ and not just by fulfilling our obligations observing the **TEN COMMANDMENTS**. This is best illustrated by the life of St Theresa of Leisieux which was full of examples of small daily acts of holiness: accepting what was placed in her life with strength gained through prayers. Bishop Rick also reminded us about the power of prayers. By invoking the help of Jesus and Mary in walking our daily steps, we can overcome any challenge that comes our way.

Is **HOLINESS** relevant in today's society? Absolutely! Is **HOLINESS** achievable? Without a doubt!! What do we need to do NOW? Stand up to the challenge!!!



Annual Picnic 2004 Hell's Gate

By Owennie Chan, SMCC

On a sunny day in August, a bus full of CCAA members, their families and friends set out to the Fraser Valley for a day of relaxing adventure.

Our first stop was at the beautiful Bridal Falls just east of Chilliwack, the sixth highest fall in Canada. We took a pleasant stroll up the hill, through a profusely green forest retreat to marvel at the spectacular fall. The air was so crisp and fresh that by the time we were back in the bus, everyone felt refreshed, awake and ready to experience Hell's Gate.

Located about 45 minutes north of Hope on the TransCanada Highway No.1, Hell's Gate represents a monumental piece of BC's history. Back in 1914, railroad builders caused a slide that throttled the river and almost destroyed one of the most magnificent sockeye salmon runs in the world. Nowadays, Hell's Gate itself is the deepest and the narrowest point on the Fraser River, being only 110 ft. wide. Louisa, our fellow alumni who is also our favourite tour guide, explained that at high water level, the amount of water that flow through the gorge actually is twice the volume of Niagara Falls. The water flows through so rapidly that the International Fishways had to slow it down by building barriers, so to assist the salmon spawning up stream. We were able to see all of this and more when we took a gentle Airtram ride across the Canyon. The smooth descent gave us a first hand look at the power of nature's forces and man's attempt to tame them.

Upon arrival to the other side of the river, nestled among the beautifully landscaped grounds, various displays and shops were found. Before we broke off to browse through these local shops, a mouth-watering salmon buffet awaited us at the Salmon House Restaurant where the whole group dined.

On our return ride, our members continued to be dazzled by the magnificent sceneries in British Columbia. We marveled at God's creation - the rugged mountains, fast flowing streams, natural forests and alpine meadows. It is during these wonderful moments that members strengthen their bonds with each other and with their Alma Mater. Perhaps this is why CCAA's Summer Picnics have always been such a huge success.

On behalf of the Canossian Colleges Alumnae Association, the Board wishes to thank all participants, Sr. Cecilia Cham, our Spiritual Director and Sr. Mak, for joining our Summer Getaway. We hope to see you all again next year.

from the participants. Putting together a good function is never easy. We are actually running out of ideas. If you have any suggestions, places you want to go, things you want to do, please let the board members know. We can most certainly get some help and input.

If you have any grievances, we would like to know too. We would appreciate some understanding, and co-operation from our members. Although we hate to turn away members, but we need time to do all the arrangement and if we failed to

accommodate the last minute entries, kindly accept our apology.

Looking forward to seeing everybody at our next summer picnic !!



Cooking Class

By Sara Leung, Yuet Wah, Macau

I want to thank all the participants who came to my not so ordinary cooking class. It was nice to hear from feedback that they had a lot of fun and enjoyed learning a new way of cooking. For the benefit to those of you who could not attend my cooking class, this was what we did. I gave a demonstration on how to use mock meat (gluten powder) to prepare and cook a variety of delicious low-calorie vegetarian dishes that included sweet & sour pork, curry chicken, oyster abalone, and many other dishes. Everyone had a chance to try out the tasty dishes. They also took home some of the raw mock meat that they made in the session.

There even was a prize draw!!

Do make an effort to join our special interest groups. We promise you will leave the class with a happy simile!!



Sharing Our Faith Together

By Teresa Lee Au, SMCC

The Spiritual Group, SIG, has been exploring into means and ways of bringing some spirituality to fellow CCAA alumnae. This is not an easy task and we have been praying to the Holy Spirit for guidance and enlightenment.

We explored various possibilities...but have been walking on uncertain water for a whole year. Bible Study is a good idea, but there are so many groups around and we need someone dedicated, well versed in Biblical Knowledge, and most important of all, with the free time to commit, to lead and guide us along. Our Spiritual Director has a willing heart, but she is short of time.

Prayer group is another possibility, but this lacks originality.

Finally, the Holy Spirit gave us this idea of a Sharing Group, which we tentatively called the "Sharing Our Faith Together" Group. It is a group with a high purpose--- to serve God. It is not just a social group. The purposes of the group are:

1. To grow in faith through intimate contact with Jesus and the Holy Spirit.
2. To build the Kingdom of God on earth.
3. To prepare ourselves so that we can be the hand and mouth of Jesus.
4. To support and nurture each other in good times and bad times.

The Group, which consists of 6-8 members, meets monthly or bi-monthly for two hours, rotating in members' homes. There will be complete privacy within the group; equal time sharing for each member; no interruption during sharing; no criticism during sharing and no advice unless sought.

There is a pioneer group which has been meeting regularly for the past few months. We seem to be making good progress, but we need time to test out the approach. If it be God's will, we will be ready to announce it to our alumnae and start recruiting members in the near future.

Please pray for the success of this group and we hope we will be able to serve God and build the Kingdom of God on earth.

