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June 10, 2016

Holy Trinity Catholic Church
200 Boundary Road
Spruce Grove, Alberta, T7X 3A5

Attention: Loretta Rodney, President, CWL (sent via email: Loretta.rodney02@gmail.com)

Dear Loretta:

Re: Heart Attack – Saturday, April 23, 2016

Having a heart attack has a way of bringing life to a stand-still. It certainly happened to Beryl that morning when she received the phone call from ambulance attendant Neil, as I was being rushed from the Stony Plain Hospital to the Mazankowski Alberta Heart Hospital. At the time Beryl received that call; she was in shock, but luckily surrounded by the outpouring of love from the CWL ladies attending the Convention being held in St. Albert that weekend.

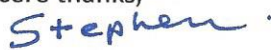
I'm writing this letter to thank the CWL for your prayers that day and the days after, as I was recovering in hospital. There were also two remarkable CWL ladies who extended their kindness with one lady driving Beryl in her car to the hospital while another lady followed to pick-up the first lady from the hospital. The CWL makes a real difference to all Canadian women and women worldwide. This is an example of an organization that looks after their members to lessen Beryl's pain and worry that day.

I continually look back to the events of that day most of which I didn't know about until days later. There's a clear message here. We must never underestimate the power of prayer. Together with the prayers of the CWL along with the skill and dedication performed by doctors and their support teams at the Stony Plain and Mazankowski Hospital, combined with the generous love and support that I received from our families, friends, and parishioners, I'm indeed fortunate to be alive today.

And to let you know, I'm progressing through my recovery by God's grace. My biggest challenge is the ban of limitations. The list of can't do this or that is a long one. But I'm re-learning the value of patience. I understand the requirements of rest, taking the prescribed medications, don't push this and that in the short-term will have far reaching benefits in the long-term. Getting back to celebrate Mass for the past 3 weeks has given me a tremendous boost.

Again, thanks for all your prayers, well-wishes, phone-calls and visits. God bless the CWL.

Sincere thanks,


STEPHEN PUGH

cc: Pastor Father Jan Sobkowicz (sent via email: office@trinitycatholic.net)