



The Catholic Women's League of Canada
London Diocesan Council



To: All London Diocesan Presidents, Christian Family Chairperson & Community Life
CC: London Diocesan Council;
From: Denise Lalonde Morris, Christian Family Life,
Mary Ann Horne White, Community Life
Date: September 2020 Directive #3

Dear Sisters of the League:

We hope your summer has gone well and the confines of Covid-19 has not overwhelmed you. It is very apparent that humans need and desire other human contact. Don't stop calling or waving to one another at a chance meeting- maybe at Mass where it is provided in LIVE mode. Spend a moment catching up while social distancing when you can.

Members of the league are very good at Caring for others. Remember to take some time to take care of yourselves. At a Webinar this past summer Michelle O'Rourke gave a talk on Care Givers and pointed out how important it is to keep ourselves healthy in body, mind and soul. Michelle pointed out you need to take stock of what's on your plate- prioritize/delegate and be selective. As well, be self aware and practice self-compassion. Especially don't forget to be mindful of reducing Chronic Stress.

Alex Schadenberg has been busy presenting webinars on how to stop Euthanasia and Assisted Suicide through the summer. Updates are at: the Euthanasia Prevention Coalition www.epcc.ca.

Compassionate Community Care will co-ordinate the training program planned for our diocese before Covid-19 soon. Genevieve Schadenberg, plans to start on-line training soon. When social distancing rules relax, in-person regional training will be offered. Watch for updates. The website for Compassionate Community Care is: www.compassionatecommunitycare.org. Please spread the news to those without web access.

Watch for updates on:

Right to Life: 40 days for life and other events in your area: Please check with your community for what is happening. With Covid-19, there are some changes to events.

Project Maple Leaf: Please continue to donate \$ and prayers for them as they continue their fight against Human Trafficking. Updates will continue.

Remember:" Our Lord always has time for us, take some time for him!"

As this falls under both Christian Family Life and Community Life chairs maybe they can work together on this worthwhile project.

May Our Lady of Good Counsel guide us on our journey!

Denise Lalonde Morris/ Mary Ann Horne-White