



**Newfoundland and Labrador Provincial Council of
The Catholic Women's League of Canada**

One Heart, One Voice, One Mission

Communiqué No. 3

Date: May 16, 2016

To: Chairpersons of Education and Health, Parish Presidents, Provincial Officers. Life Members, National Chairperson of Education and Health
From: Margaret Fitzpatrick, Provincial Chairperson, Education and Health

Physician Assisted Dying

As we await the outcome of deliberations on physician assisted dying (Bill C-14), members are urged to pray that legislation will be respectful to all people and the sacred gift of life. The Canadian Conference of Catholic Bishops (CCCB) has prepared a brief on Bill C-14, dated May 4, which is posted on the CWL website.

Healthy Living

We are encouraged to read an article entitled “Health Care Fire Hose” by Dr. John Ross, which appeared in The Chronicle Herald, April 1st. While Canadians spend billions of dollars treating symptoms, they spend very little to address the cause of disease. This article states “There are literally thousands of reports that unequivocally state that poverty, poor education, unemployment, bad housing, food insecurity and others all directly result in sickness. Most conclude that government must do more”. At the end are practical suggestions for Canadians to live healthier lives.

Children and Youth Mental Health

Councils are encouraged to print extra copies of the postcards which were sent out to presidents stressing the need for government to take action on the need for increased early intervention and access to children and youth mental health programs. Send postcards to the provincial minister of health, the premier and your MHA c/o Confederation Building, P. O. Box 8700, St. John's, NL A1B 4J6 and to the federal minister of health, the prime minister and your MP c/o House of Commons, Ottawa, ON K1A 0A6. (no postage required on mail to federal government). Mail to provincial government could also be dropped off at the Confederation Building, if you are in the area.

A suggestion has been made for each provincial council to contact their provincial minister of education and premier requesting that information that can help teens who are facing depression, anxiety or other mental health issues, be disseminated into all high schools. This help is in the form of apps which they can connect to at any time, day or night. An article in Canadian Living called “7 amazing digital resources that will help your mental health” explains how digital apps, while they cannot replace a therapist, can provide immediate assistance. (www.canadianliving.com). Open the dropdown box, then click on “Mind and Spirit”.

National Bursary

The Catholic Women's League has a national bursary fund that provides financial assistance to members who do courses or workshops in spiritual growth, faith formation, youth ministry, ministry to patients in palliative care or literacy tutoring. The national bursary program now distributes bursaries twice a year. Deadline for application to be submitted to national office are May 31st and November 30th. Applicants may receive reimbursement for courses they have already taken. The new form can be found at www.cwl.ca under "Resources" then "Forms". Members are encouraged to apply.

Environment

With planting season upon us, why not plant some bee-friendly flowers and try to avoid pesticides. Maybe we can help the environment also by reducing our use of plastic bags, especially when grocery shopping.

Best wishes for a safe and wonderful summer!

Margaret Fitzpatrick
Provincial Chairperson/ Education and Health