



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

Inspired by the Spirit, Women Respond to God's Call
Communiqué No. 6

Date: April 30, 2017

To: Provincial President, Chairpersons of Education and Health, Parish Presidents,
Provincial Executive, Life Members, National Chairperson of Education and Health

From: Margaret Fitzpatrick, Provincial Chairperson of Education and Health

Hope you all had a Blessed and Happy Easter!

Catholic Education

Since my last communiqué, I have had two from Fran Lucas, National Chairperson of Education and Health, as well as several messages. Some of these issues have been mentioned at the winter teleconference or at the workshop. I will try to bring you up to date.

In the March communiqué, there is some clarification as to the meaning of “education” in the standing committee Education and Health. It refers to Catholic education including Catholic schools and catechesis, and Rites of Christian Initiation (RCIA). It is suggested that members, who have a particular interest in these topics, for example, Catholic education or RCIA be invited to research and report back to the membership. It is often helpful if two members work together. Work done by members on education of health issues is commended, and we are encouraged to try to set things right when political decisions are simply wrong, morally and ethically. The Education and Health standing committee also includes: literacy and continuing education, scholarships and bursaries, wellness and sickness/disease, environment and genetics.

Environment

According to The Catholic Register, the Green Churches Network Director Norman Levesque is hopeful a movement to create more resources that churches can use to make them “greener” will spread across the country. To read the full article see: catholicregister.org/item/23725-green-churches-look-to-papal-nuncio-for-support.

For those interested in evolution two books are available: Do Monkeys Go to Heaven? Finding God in All Creation by Fr. John McCarthy, available at novalis.ca and Christ in Evolution by Ilia Delio, O.S.F. available from amazon.ca

Health

Parish councils are encouraged to explore which speakers or series of speakers on relevant topics such as palliative care, bioethics, health education etc. would work for their councils and have members help to make it happen.

The March issue of the newsletter Homewood Health – Linking Exercise and Nutrition to a Healthy Mind, has some good ideas and suggestions. (LIFELINES MARCH 2017 EN HOMEWOOD)

The April issue, **Six Steps to Reducing Work Stress** also has good strategies to help reduce stress and anxiety levels. (LIFELINES APRIL 2017 EN HOMEWOOD)

Communiqué #4, from Fran Lucas, written by sub-committee chairperson of health and wellness Becky Kallal, deals with the topic:

The kids are not alright

This is the name of a 2017 Report on the Health of Canadians, subtitled “How the food and beverage industry is marketing our children to death” recently released by the Heart and Stroke Foundation of Canada. Research has found that “since 1979, childhood obesity levels have tripled, and today almost one third of Canadian children are overweight or obese. Obesity increases children’s risk for heart disease and stroke, high blood pressure, depression and other health problems. The link between obesity and unhealthy diets among children and youth, including the types and amounts of foods consumed, has been clearly established.” The marketing of unhealthy diets high in fat, sugar or salt in commercials and endorsements has a direct influence on these children and puts pressure on parents to purchase them. Health Canada in recognizing the vulnerability of children and youth and their need to be offered protection and support to make healthy food choices easier, “will restrict the commercial marketing of unhealthy foods and beverages to kids.” Although the federal government has made a commitment, a specific timeline was not offered. We are asked to encourage members of parliament to support this initiative. To read the full report go to www.heartandstroke.ca/what-we-do/media-centre/report-on-health.

Opioid Crisis and Drug Addiction

You may have read this report from The Canadian Conference of Catholic Bishops (CCCCB). The current drug crisis in Canada, which Pope Francis refers to as “a new form of slavery”, has recently been in the news in our province. The causes are many and varied and there is a great need for support for those affected - from their families, the community and professionals. For ideas as to what we can do to help see report on national website www.cwl.ca.

Mental Health Week – May 1-7

To send a letter to your MP go to <http://getloud.mentalhealthweek.ca>

Palliative Care Petition

We are reminded to circulate, collect and return completed petition sheets by May 12, 2017 to: Nancy Simms

National Chairperson of Legislation
Catholic Women’s League
C-702 Scotland Avenue
Winnipeg, MB R3M 1X5

Margaret Fitzpatrick. Provincial Chairperson of Education and Health