



**Ontario Provincial Council**  
**Education & Health Standing Committee**  
**ONE Heart, ONE Voice, ONE Mission**

Directive # 2

Pages: 3 Attachments: 1

October 2015

To: Diocesan Education & Health Standing Committee Chairpersons  
From: Colleen Randall, Ontario Provincial Council,  
Education & Health Standing Committee Chairperson  
cc: Diocesan Presidents, Provincial Officers, Sub-committee chairs,  
National Education & Health Standing Committee Chairperson

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I hope this directive finds you all well and joyfully enjoying the wonders of this fall season. I have spent many hours over the last couple of weeks walking in the bush behind my home, enjoying the changes day to day. I am afraid that the heavy rains in the next few hours will take all the remaining leaves off the trees but that will only enable the sun to shine down on parts of the bush that have not seen the sun since early spring. We are truly blessed to live on this earth!

I was pleased this week to have received my certification in "Workplace Mental Health Leadership" from Queens University. While participating in a webinar "Understanding Eating Disorders" during Mental Illness Awareness Week I came across the following website. They have wonderful resources. <http://www.nedic.ca/> Are you interested in receiving more info? The more we educate ourselves the better we can understand and respond to the stigma related to mental health issues per Resolution ON.13.01.

**5 simple ways to help end the stigma around mental illness**

- 1 Language matters
- 2 Educate yourself
- 3 Be Kind
- 4 Listen and ask
- 5 Talk about it

Developed with Dr. Heather Stuart, the Bell Mental Health and Anti-Stigma Research Chair at Queen's University, the 5 simple ways are small things we can all do to help end the stigma around mental illness.

***The words we choose can have lasting impact***

The words we choose to describe ourselves and others can have a lasting impact and help reduce the stigma associated with mental illness. For example, describing someone with a mental illness as "crazy" applies a disparaging label to that person's entire identity. By being mindful of the language you use, you can help change perceptions of mental illness and positively influence others.

To learn more, please visit [Bell.ca/LetsTalk](http://Bell.ca/LetsTalk) and check out the resources there.

I encourage all members to follow the Bell Let's talk and Canadian mental Health Association, Ontario Facebook pages for updates on programs and services.

**Action Items:**

In an earlier email to my diocesan counterparts I forwarded two action items from National Chairperson, Nancy Simms. I want to resend these to you since the new Liberal government has been elected.

Action Item #1 – Health Canada has approved into law the abortion pill RU486. Write to your MP with copies to the federal Minister of Health (who we will know November 4<sup>th</sup>) and Prime Minister Elect Justin Trudeau informing them that you disagree with the decision and that it should be revoked. More details on the drug and the decision is available on the Health Canada website [http://www.hc-sc.gc.ca/dhp-mps/prodpharma/rds-sdr/drug-med/rds\\_sdr\\_mifegymiso\\_160063-eng.php](http://www.hc-sc.gc.ca/dhp-mps/prodpharma/rds-sdr/drug-med/rds_sdr_mifegymiso_160063-eng.php)

I have attached a report on the drug that was presented by Carol Richer at the Fall OPC Executive Meeting. It is very well done and very informative.

Action Item #2 – The government has established a panel for public consultation on drafting legislation on physician assisted suicide at <http://ep-ce.ca/en/home/> - We need to have our voice be heard. The government needs to invest more on hospice and palliative care and we need to stress that no law that begins with the premise of anyone, especially a doctor can help someone to end their life.

Please take action these issues yourself and send out to your parish counterparts to encourage all members take action.

**Catholic Education:**

At the Ontario Provincial Council Fall meeting in early October Bishop Colli, our provincial spiritual advisor, reiterated what Bishop Bergie stated at the provincial convention in July regarding the ACBO and Catholic School Boards working together to adapt the new curriculum to best reflect Catholic values before implementation. Please pray for those deliberations and for strength of our teachers and principals as they bring our children to a better understanding of today's society while staying within our values.

Some good news: The Canadian Education Association will be providing the Ottawa Catholic School Board with a \$10,000 grant to grow its innovative technology program. The board was recognized for its approach to technology that "leads with a focus on learning and teacher support first" as part of its innovative and comprehensive "BluePrint for Change – Towards 2020". Read more by clicking the following link: <http://www.ocsta.on.ca/ottawa-catholic-innovation/>

**Ontario Provincial Project 2015-2016:**

Pope Francis proclamation of the Holy Year of Mercy and our national theme form the framework for our Ontario Provincial Project 2015-2016. The first task is to suggest tasks and/or activities that would centre on the Beatitudes. If you have any ideas please share them with me as I will be reporting on them at the provincial convention in July

The second task was to pick a saint that was canonized by Pope Francis to pray for and to for guidance. After deliberation I chose **Saint Francoise de Laval**, the first bishop of Quebec. On June 22, 1980, this missionary bishop was beatified by Pope John Paul II. **The Canadian church celebrates a solemn feast in his honour every year on May 6.** He is known as "The Father of the Church in Canada". The Hurons – a community with whom he built close ties – dubbed him "Hariaouagui": "The Man of Great Vision". He founded the Grand Seminaire de Quebec. He had a passion for missionary work and worked fervently to establish valued education programs for native people.

**I ask you:**

**To Celebrate (One Heart):** Celebrate our saint, in some way... I am very open to ideas.

**To pray (One Voice)** to Saint Francois de Laval using the following prayer:  
You were a man of sharing: you attended the sick, clothed the poor, fought for dignity of the First Nations, and supported the weary missionaries; you were always ready to lend a hand to those in a worse situation than you. How many times were your projects reduced to naught? Every time you rose again.

We pray for continued support of the education of Catholic values and health care in our communities, province and country. Please pray for us as we journey in the Education and Health Standing Committee of the Ontario Provincial Council of The Catholic Women's League of Canada.

**To take action (One Mission):** let me know how these go!

Yours in service to God,

*Colleen*