

**Ontario Provincial Council  
The Catholic Women's League of Canada  
Past Provincial President / Historian**



Care for our  
**Common Home**

Directive # 3

January 22, 2019

To: Diocesan Past Presidents / Historians

cc: Diocesan Presidents, Provincial Officers,  
National Past President

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Happy 2019!

I hadn't intended to prepare a directive this week, but the Holy Spirit led me to it this very afternoon. Yesterday I was invited to attend a meeting with a few women to talk about blue communities and water. My understanding was that the Sisters of St. Joseph are actively pursuing ways to become a blue community in the hopes of finding better ways protect our water systems. You might not understand why this would peak my interest.

Our national theme plays a large part and in particular the emphasis being placed on water. Added to the mix is the request from our provincial president to have a plan in place to support the theme.

Our gathering today started with a definition of contemplation in the sense that we should mindfully think about *what is* and move in our thoughts to *what could be*. This led us to watching a segment of a market place program dealing with plastic waste.

([https://www.youtube.com/watch?v=n5Qbi\\_dB3Qo](https://www.youtube.com/watch?v=n5Qbi_dB3Qo))

Needless to say, it left me pondering! In our next step of discernment we shared ways to move from what is to what could be. I knew I'd have to share with you this simple idea that I am going to call the *Supermarket Challenge*.

Starting this week, when you go shopping be mindful of all the products in plastic bags / containers and try very hard not to buy the product. Instead of using a plastic bag for your fresh fruit / vegetables, use a paper bag or a cloth bag. Look for local market places that sell individual items that are not in plastic containers. Start small. You can be sure when you get to the register with four or five paper bags containing tomatoes, apples, grapes, someone will ask why and you can simply say I am trying one grocery day at a time to reduce plastic waste that is destroying our land fills and water systems. I am calling this a quiet nudging for change.

Can you imagine if 46,000 shoppers in Ontario stopped using plastic bags for fresh produce what an impact it could make!

As for blue communities, that is a topic worth researching....here is a link to start you off.... <https://canadians.org/bluecommunities> (a branch of The Canadian Council Acting for Social Justice).

To learn more about Sisters of St. Joseph's project <https://canadians.org/media/federation-sisters-st-joseph-canada-becomes-blue-community-working-towards-making-clean-water>

Finally an interesting video to watch as well is *Why Say NO to Nestles* <https://www.saynotonestle.ca>

This is happening in our province, in London diocese.

Take action now....start small...you CAN make a difference!

Many parish Councils across the province held elections in December so I join with the diocesan past presidents in welcoming you to our table....the table where we show up, zip the lip and wear beige....in other words we wait for members to ask for help, are supportive of the new executive and become the best cheering section for the wonderful woman who has chosen to be the parish president.

This year is an election year for nine of the diocesan councils and for the provincial council. Please keep all the women discerning their call to serve in your prayers. As members we are encouraged to pray our League prayer daily, so make the intention of that prayer one for members letting their name stand for election.

May Our Lady of Good Counsel continue to guide you.

Keep warm.

Cheers and ttfn....