



**Ontario Provincial Council of
The Catholic Women's League of Canada
Christian Family Life Standing Committee**



Directive #5

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Enclosures (2)

Date: June 1, 2020

To: Diocesan Christian Family Life Standing Committee Chairpersons
From: Colleen Martin, OPC, Christian Family Life Standing Committee Chairperson
cc: Ontario Provincial Officers, Diocesan Presidents, Archbishop Prendergast, and National Christian Family Life Standing Committee Chairperson
Sub-Committee: Pat Weller and Shelley Tamas
Enclosure: Giving Hope and Cardinal Collins letters

Romans 15:13 *May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.*

THEME - The national theme is *Care for Our Common Home*. Our Provincial President has added to this the topic of *loneliness*.

FYI – I developed Directive #4 which was posted to the website but I realize now I failed to forward it by email to you.. please see the website for that directive if you have not already .. my apologies ..

Loneliness Toolkit - Update

I have experienced difficulty focusing during this pandemic. Now that I am back to compiling the components, I have added a theme of lessons learned: lockdown 2020. Once completed I will forward to all of you and post to the website. Hopefully, not too much longer.

Pandemic Isolation and Mental Health Challenges

Recent communication shared by Rebecca McCarreil, London Diocesan President, shares important information about a silent signal to use when needing someone to check in with them due to violence. The signal is palm toward person seeking assistance from, tuck in thumb and trap with folded fingers. Please see this website <https://canadianwomen.org/signal-for-help/> for more information.

Have you found many are suffering with loneliness and depression during this time of isolation? While researching one of the resolutions from convention 2019, a site came to light which is sponsored by the Ontario government. Please encourage those you know struggling with isolation to use the site with or without the free telephone counseling sessions which assist in working through the available self help workbook. There are many resources there at <https://bouncebackontario.ca/>. If there is an immediate mental health crisis contact ConnexOntario 1-888-531-2600 or your local crisis line.

Current Issues

Youth

The young people of our parishes are not receiving spiritual fulfillment through attendance at mass and interacting within our Catholic schools so please reach out to those close to you to offer spiritual activities. Younger children could use bible stories read to them and then sharing after. This can be accomplished in person or using online social media tools with video. For teens and young adults, perhaps set up a video sharing on a particular church teaching. Use the YouCat to inform your discussion. It is available as a PDF online at

<https://www.cdowcym.org/documents/resources/YOUCAT.pdf>

Sanctity of Life and Dignity of All Peoples

While the pandemic rages, organizations are fighting to maintain abortion as an essential service. We must speak up for the Sanctity of Life at every opportunity. Consider sending a letter to Christine Elliott, Ontario Minister of Health, christine.elliott@pc.ola.org.

The provincial resolutions chair, Wilma Vanderzwaag has requested letters be forwarded to the Premier requesting a full inquest into the situation in long term care in Ontario. The recent report from the military who was called in to assist in the hardest hit long term care homes was chilling. Please consider joining this initiative and encouraging other members to do the same.

EXPLORE CORNER



Are you feeling down? The UK also has a mental health initiative like Ontario at <https://mentalhealth-uk.org/>

Remember to refer, from time to time, to the Executive Handbook on the National website here....

<https://www.cwl.ca/wp-content/uploads/2017/12/606-Executive-Handbook-2014.pdf>

Care for Our Common Home <https://www.caritas.org.au/learn/cst/care-for-our-common-home>

Submitted By *Colleen Martin*

Colleen Martin, Chair, CFL Standing Committee