

Report for Provincial Convention- July 11, 2022
Judy Imbeault, President, Diocese of Thunder Bay

Throughout these months of the pandemic, many of us have suffered from a feeling of exhaustion and the sinking feeling of loneliness and isolation. When we think of loneliness, we immediately think of the elderly but the truth is anyone at any age can be lonely, even the most active of us, whether alone, at work, in a group or with family. St. Theresa aptly stated, "Loneliness and the feeling of being unwanted is the most terrible poverty." No one, especially the lonely wants to feel excluded. The councils in the Thunder Bay Diocese have been working tirelessly to combat loneliness in our communities. The continuous support of local shelters by providing basic necessities and by volunteering of themselves is evident on a daily basis. One particularly kind gesture from one of our councils, is to provide gifts of Spiritual Bouquets to homebound CWL members and those in Long Term Care facilities. What a beautiful way to show their members that they are not forgotten and imagine receiving such a wonderful gift, with the prayers and heartfelt best wishes of so many of their CWL sisters. Kindness is the key to combat loneliness. Acts of kindness can energize the souls of both the kind person and the recipient. It does not take much to be kind...say hello when you see people, foster new friendships, smile at people you don't know, hold the door for someone, offer help to a new mother, offer rides to church or meetings or lend a stranger a helping hand. We have been so disconnected during the pandemic but an act of kindness can increase your sense of connectivity with others, which can directly impact loneliness and it can also be contagious. Kindness....shall we give it a try?

Madam President,
This concludes my report.