



THE CATHOLIC WOMEN'S LEAGUE OF CANADA
Ottawa Diocesan Council
Christian Family Life Standing Committee



Inspired by the Spirit, Women Respond to God's Call

COMMUNIQUE #1

JUNE 2017

TO: Christian Family Life Parish Standing Committee Chairpersons
From: Teresa Psutka, Diocesan Christian Family Life Chairperson

As this is my first comunique on diocesan council, I would like to welcome all parish Christian family life chairs! As we impart on the next two years together, may our journey be calm and peace filled. May we begin with the following prayer.

Prayer for the Family

*Lord Jesus, You were the centre of the holy family,
Help us to learn that our Christian families need Your love in their midst.
Inspired by Your example, may we love one another unselfishly.
Mary, mother of God and our mother, teach us your ways of peace within the family.
God of grace and wisdom, show us how to be patient and kind,
slow to speak harshly and quick to forgive each other.*

Many parish CWL councils, in the diocese, participated in the 12 Hours for Palliative and Hospice Care on May 4th. At my parish, St. Maurice, each CWL member signed up to take an hour between 7am and 7pm that day to pray for palliative care in Ottawa, in Canada and around the world. Some spent the hour in our adoration chapel, while others prayed offering up the morning mass. As our population ages, there are many difficulties that arise that we need to continue to pray for. Life is a very special gift from God.

The National March for Life held on May 11th was a huge success again this year. Mother Nature was cooperative, blessing one and all with lovely weather. Keep your calendar free in October, for the annual day of public witness for children killed by abortion by participating in the Life Chain in your area, sponsored by the Campaign Life Coalition.

As the diocese continues the pilgrimage journey to pray for the establishment of a Pro-Life Centre in Ottawa, here is a short list of upcoming masses. Saturday, June 24 at 10am at St. Hyacinth's Parish (201 LeBreton St. N); July 22 at St. Leonard's Parish (5332 Long Island Road, Manotick) and August 26 at St. Isidore (1135 March Road, Kanata). There are many devoted parishioners attending these masses regularly. When you have a chance, remember to go on-line to the National CWL website to read the communiques from the standing committee chairpersons. Have a look at the directives from the chairs on the provincial council too, on the Ontario Provincial CWL website.

In closing, here are some words of wisdom from author Jim Burns' book "The 10 Building Blocks for a Solid Family".

Here's how you can have a healthy and happy family:

Be there. *Express affirmation, warmth, and encouragement.*
Build healthy morals and values. *Discipline with consistency.*
Ruthlessly eliminate stress. *Communicate well. Play together.*
Love your spouse. *Remember that the best things in life aren't things.*
Energize your family's spiritual growth.

May Our Lady of Good Counsel pray for us and keep us well - in mind, body and soul.