



**THE CATHOLIC WOMEN'S LEAGUE OF CANADA**  
**Ottawa Diocesan Council**  
**Education and Health**

*Care for our Common Home*



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COMMUNIQUE #1

JUNE 2019

TO: Parish Education and Health Chairpersons

From: Teresa Psutka, Diocesan Education and Health Chairperson

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Greetings. We have a new diocesan council as of the May diocesan convention. There are some new faces and some returning ones. I look forward to the next two years as Education and Health chair. I have big shoes to fill after the wonderful work Sandra Blais did over the last two years. I have held a variety of chairs both at the parish and diocesan levels, but this is the first time being the Education and Health chair. I know there will be many new and exciting things I will learn, as well as, become more aware of issues and concerns we are encountering and will encounter in the future.

In May, many councils participated in the 12 Hours of Prayer for Palliative Care. They attended mass, said rosaries and the Divine Mercy chaplet and prayed in chapels with the monstrance containing the Eucharist. It is so important to keep on praying for palliative care, as we do not know what it will be like the time we may need it.

Councils across the diocese asked members to take the Water Challenge. I hope you and your council were able to take the challenge. We can always continue with this and think about our use of water on a daily basis. We are so fortunate to have water so readily available for drinking and other uses. At our diocesan executive meeting in May, two speakers came to tell us about Ryan's Well and the fine work that the foundation is doing. It is hard to believe that it all began with a six year old, a grade one student, Ryan Hreljac. At the time, Ryan rallied his community to raise funds to build one well in Uganda, for people without access to safe drinking water. It is hard to believe that it has been 20 years since little Ryan began this.

There are many ways for us to conserve water. Councils are informing members, as well as their parishes, about this issue. Many are working on not using single use plastic water bottles at church functions, meetings, etc. They are including parishioners in this initiative by putting information in the bulletin as well. Our little part can collectively make a big difference.

Upcoming special dates:

**World Day of Prayer for the Care of Creation:** This special day takes place each year on September 1. For this year, the Franciscan Missions have chosen the theme "Water — the essential resource for all living beings." Resources for a prayer service on this theme may be found in English and in French at <http://missionsfranciscains.blogspot.com>. Check the website for updates. Info: [missionsdesfranciscains@gmail.com](mailto:missionsdesfranciscains@gmail.com).

**Season of Creation:** Begins on The World Day of Prayer for the Care of Creation (Saturday, September 1, 2019) and ends on St. Francis Day (Friday, October 4, 2019). Set aside time to deepen our relationship with our Creator, with each other and all of creation. Resources (prayer, liturgy, events, and actions) are available on the Season of Creation ([seasonofcreation.org](http://seasonofcreation.org)) and the Green Churches websites ([greenchurches.ca/season-of-creation](http://greenchurches.ca/season-of-creation)). Info: [jdorner@archottawa.ca](mailto:jdorner@archottawa.ca); 613-738-5025 x251.

I hope that many of you will be able to attend the provincial convention in Kingston in July. It is a great way to refresh friendships, make new ones, hear about and see the wonderful work our fellow sisters in the League are doing for their parish, their community, for God and for Canada.

Participate in any way you can at your parish council. Support one another, pray with and for each other, comfort one another. We are not in this alone. Continue to educate yourself on the various goings on in the League. One cannot do everything that comes down the pipe from national, from provincial and from diocesan. Pick one or two items and concentrate on them. All of your good deeds help, none are forgotten.

Remember, as Saint Teresa of Calcutta said, *"Do small things with great love."* We all have a part to play in this world and we cannot do it all.

Please continue to pray for the Catholic Women's League of Canada so the years ahead will be fruitful and may we continue to be the voice for those who cannot speak for themselves. I look forward to meeting you over the course of the next two years. I have made many new friendships while being on diocesan and have gotten to know many members across the diocese.

Take care. God bless. Peace be with you.  
Enjoy your summer.

*Our Lady of Good Counsel – Pray for us!*