



THE CATHOLIC WOMEN'S LEAGUE OF CANADA
Ottawa Diocesan Council
EDUCATION AND HEALTH

Care for our Common Home



COMMUNIQUE #3

NOVEMBER 2019

TO: Parish Education and Health Standing Committee Chairpersons
From: Teresa Psutka, Diocesan Chairperson

Welcome to 'winter' even though the calendar date does not reflect it as yet. I hope you are staying warm but still spending some time outdoors enjoying the lovely sunshine and fresh air.

We have had our federal election and we will see how things transpire over the next few years (or less). I hope that we will see change, with a minority government, in respect to health and education across the country. Even if there are no changes in Ontario, there may be some in other provinces and territories. All it takes is one small step at a time. The earth was not created in a day.

There is not much news at this time from provincial and national on education and health but continue to view the diocesan, provincial and national websites for updates.

There were three resolutions brought forward at the provincial convention concerning health. Please see below the resolutions and view them on the Ontario website for further details.

ON.19.01 Psychotherapy Pilot Project for Adults

ON.19.02 Abortion and the Effects on Mental Health

ON.19.03 Long Term Care Beds in Ontario

I attended a silent retreat the last weekend of October. It was difficult to be silent, but it worked out fine. Sharing meals with one or two others at the table, without talking, was hard. There were about 35 of us, male and female, but mostly female. It was good to see familiar faces and new ones as well. Father Allan MacDonald, from the Companions of the Cross, was the speaker on the theme, "Mary, Our Mother of Divine Mercy." We were privileged to be able to attend mass every day, Friday to Sunday. There were confessions during the day on Saturday and a Holy Hour in the evening with exposition of the Blessed Sacrament. I felt filled with the Holy Spirit after the retreat. I was refreshed and eager to move on. The weekend was a good time to step back from the busyness of everyday life to stop, listen and reflect.

Remember that education does not always have to be in a school setting. We can become better educated, even in our faith, by attending retreats. They encourage us to grow in faith and fellowship. Take some time out of your busy life to attend a retreat. You will be better for it.

As I close, here are a few quotes to ponder from St. Teresa of Calcutta.

Spread love everywhere you go. Let no one ever come to you without leaving happier.

If you judge people, you have no time to love them.

If you can't feed a hundred people, then feed just one.

Our Lady of Good Counsel – Pray for us!