

## Service

November 30, 2024



Communiqué #07

*Here I am Lord, send me!*

**FOR:** Provincial Chairpersons of Service  
**THROUGH:** Provincial Presidents and Secretaries  
**CC:** National Executive (for information)  
National Life Member Liaison  
**FROM:** Joline Belliveau, National Chairperson of Service  
Rolande Chernichan, National Chairperson of Faith  
**ENCL:** How to Save a Life poster

Lent begins with Ash Wednesday on March 5, 2025. It is a season of prayer, fasting and almsgiving. Catholics believe that by shedding his blood and dying on the cross, Christ has won their redemption and the promise of eternal life. By donating blood, members can unite themselves to Christ's sacrifice. This Lent, in addition to almsgiving, why not give the gift of life by donating blood?

Since 2012, the League has been a recognized 'Partners for Life' donor with [Canadian Blood Services](#). The League joined several other organizations across Canada in a commitment to meet an annual quota for blood donations. Donated blood is used in treating patients with trauma, undergoing surgery, or for those with conditions that require blood transfusions. Blood can also be the gift for plasma or platelets used in medical treatment, and it can be lifesaving.

A concerning decline in blood donations poses a significant challenge to those needing lifesaving blood transfusions. There are no age limits for seniors to donate blood; however, first-time donors between the ages of 17 and 23 must meet specific height and weight requirements. By creating an account online, booking an appointment to donate blood and inputting the League's ID number (CATH011269), members, their families and friends can join others across Canada in this worthy expression of love for others and lifesaving cause.

Please ask your diocesan counterparts to encourage members to consider this call to action in their ongoing mission to serve Christ and their communities. Members and councils can make a significant difference by organizing donation drives and encouraging participation. Let us come together to meet this urgent need in the spirit of service and love. Members and councils are encouraged to use the attached poster to promote blood donations by members, family and friends in their community or workplace.

During Lent, a season of reflection and giving, members are called to serve Christ. One blood donation is a beautiful and selfless act of love and compassion. With each donation, a donor's small sacrifice can bring hope and healing to others. In serving others, donors are serving Christ. As Jesus said in Matthew 25:40, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." By donating blood, members strive to live out this teaching, showing love and compassion in a meaningful and impactful way.

Your sisters in the League,



Joline Belliveau  
National Chairperson of Service



Rolande Chernichan  
National Chairperson of Faith