



The Catholic Women's League of Canada

MEMO

DATE: March 25, 2019

FROM: Faith Anderson, national chairperson of education and health

TO: Parish chairpersons of education and health

CC: Parish presidents, diocesan presidents, provincial presidents and life members (on request)

ENCL: Water Challenge

As I write this communique, members have entered into another Lenten season, the time to fast, pray, serve and give alms. Following in the footsteps of my predecessor, I am including some "Did You Know" (with a twist) items for awareness, education and for personal challenge. What better time is there to discern and take action?

"Whose Job Is It, Anyway?" (Lolly Daskal) is a story about four people tasked with an important job and assumptions as to who will complete it. Visit lollydaskal.com/leadership/story-everybody-somebody-anybody-nobody/ and find out which character represents you.

Did you know the 2019 focus for national theme *Care for Our Common Home* is **water**? The education and health standing committee poses the following **"Challenges"**:

- Study part II The Issue of Water (Section 27-31) of Pope Francis' encyclical letter *Laudato Si'* Visit w2.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_encyclica-laudato-si.html for more information or to download a copy.
- Consider joining the Global Catholic Climate Movement and journey with others to pray for creation and our common home. For more information visit catholicclimatemovement.global/#joinUs
- Review and act on the following national resolutions relating to water:
 - 2018.02 Setting a Standard for Products Marketed as Flushable
 - 2004.07 Water Use in Canada
 - 2001.04 Water Quality in Canada
 - 1999.09 Bulk Fresh Water Resources
 - 1990.07 Environmental Concerns [the pollution of our oceans, rivers and lakes]
- Encourage members to participate in the "Water Challenge". (please see the attached pledge form)

In the 2018 federal budget the government proposed to invest \$172.6 million in new funding to improve access to clean and safe drinking water for First Nations communities. Consider contacting members of parliament to enquire on the advancement of the project. For more information visit

canada.ca/en/sr/srb.html?cdn=canada&st=s&num=10&langs=en&st1rt=1&s5bm3ts21rch=x&q=ending+dri
nking+water+advisories&_charset_=UTF-8&wb-srch-sub=

WATER FACT

“An average of 329 litres of water per person, per day is currently used by Canadians which is more than twice as much as Europeans.”

Thomas Jolicoeur, Canwest News Service · March 18, 2009

The national education and health standing committee has 27 active resolutions to be acted on. Councils are encouraged to act on one of the resolutions through education of members, inviting guest speakers or writing letters to the federal government.

World Health Day – April 7, 2019. Consider participating in some form of physical activity and praying for the health of members.

World Catholic Education Day – May 9, 2019. A time to give thanks for the gift of Catholic education. Councils that do not have a school attached to the parish are encouraged to reach out to a Catholic school and provide some form of support. Diocesan councils are encouraged to meet with the local Catholic school board and provide awareness of the League’s commitment to support Catholic education.

12 Hours of Prayer for Palliative Care May 5-11, 2019 was chosen to run simultaneously with National Hospice Palliative Care Week of the Canadian Hospice Palliative Care Association. A palliative care kit will be available on the national website to download. Councils are encouraged to select one day during the designated week for this initiative and request a mass intention to recognize the ongoing need for palliative care.

Mental Health Week May 6-12, 2019 has been sponsored by the Canadian Mental Health Association for the past 66 years. For more information or to acquire a tool kit in early April visit mentalhealthweek.ca/yourmentalhealth/. Council activities could include hosting a writing campaign using the mental health postcard available at cwl.ca Resources, 100 series #177 and praying for/accepting the suffering of those dealing with mental illness.

The **National Bursary Fund** application deadline is May 31, 2019. Criteria and guidelines are available at cwl.ca. The fund offers financial support to members furthering their education in a variety of ministries. Courses may be pursued in the United States if the program is not available in Canada.

The national theme provides a wealth of opportunities under this standing committee to take action. Councils are encouraged to be actively involved in all aspects which reflects the welfare of lives, the environment and the country. Please participate in the “Water Challenge”. Through individual involvement members will collectively make a difference in the way water is viewed upon, a resource which provides life to so many.



Faith Anderson
Chairperson of Education and Health



WATER CHALLENGE PLEDGE FORM

2019 Focus: Water

Member's Name: _____ (Please Print)

Diocese and Province _____

I _____ a member of _____
Parish Council, pledge to conserve water at home in the following ways:

1. _____
2. _____
3. _____
4. _____

Signature: _____

Date: _____

(Parish councils are asked to collect the forms from members and submit by the deadline.
The information will be tabulated and reported.)

Please return by **June 30, 2019** to: CWL National Office, Attention: Faith Anderson, national chairperson of
education and health, C-702 Scotland Avenue, Winnipeg, MB R3M 1X5

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SOME SUGGESTIONS TO CONSERVE WATER AT HOME

1. **Brushing teeth:** Turn the tap off until it is time to rinse.
2. Does the **toilet need to be flushed** every time? It might not be for everyone, but is something to consider.
3. **Drips or leaks:** When a faucet drips, up to five gallons of water or 2,082 gallons per year can be wasted.
4. Place a **bucket in the shower** to capture water while waiting for it to reach the correct temperature.
5. **Washing hands:** Turn off the faucet after wetting and lathering until rinse time.
6. **Pasta cooking liquid:** Drain pasta water into a large pot, cool and use to water household or outdoor plants.
7. **Washing vehicles:** Take your vehicle to a car wash that recycles the water instead of washing it at home.
8. **Showers:** Taking shorter showers and ensuring shower heads are efficient may save as much as five gallons of water per minute.
9. **Low-flow toilet:** If you do not have a low-flow toilet consider placing a container in your toilet tank to reduce the water level.
10. **Washing machine and dishwasher:** Wait until there is a full load of clothes to wash and the dishwasher is full.
11. **Rain barrel:** Collected rainwater is great for watering plants and gardens.
12. **Watering outdoor plants:** Water in the early morning when evaporation is less. Evening watering can promote mold growth.
13. **Your own suggestion on how to conserve water at home.**