



The Catholic Women's League of Canada

MEMO

DATE: October 3, 2022
FROM: Margaret Schwab, 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)

National Bursary Fund

The National Bursary Fund provides up to \$1,000 per applicant to qualifying women who have been members for a minimum of three years. Please encourage members to read the criteria found on cwl.ca. This fund is made possible through generous donations from individual members and parish councils.

October is Autism Acceptance Month

Please note that the name is no longer Autism Awareness Month, as the mission is to include, understand and accept. The League has recently archived Resolution 2004.08 Treatment of Autistic Persons. Although archived, this resolution is still a topic to share awareness on and discuss. More information on autism can be found at autismcanada.ca.

Circular Economy Month

What on earth is this? As members know, Waste Reduction Week is in October. “Reduce, reuse and recycle” has become an everyday phrase used often to educate about the environment. Many members have made personal changes in their lifestyles to follow the three “Rs.” However, while these changes are critical, today’s climate requires bigger, broader, bolder changes. The new model of consumption requires more than one week as Canadians become educated about circular economy.

“The circular economy is regenerative where everything is valued, resources are more efficiently used, nothing is wasted, and everything is a resource that can be fed back into the beginning of production cycles in a closed-loop system” (Circular Innovation Council). In other words, society should work toward a world where everything produced is done so with the intention that once used, all components will perhaps take on a different form for future production. Waste will become minimal.

Circular Economy Month is the entire month of October 2022. It is an opportunity to educate members on a new concept. Please find more information at wrwcanada.com/en_and_circularinnovation.ca.

World Water Day

World Water Day is observed annually on March 22nd to promote the responsible use of water and access to safe water for everyone. Water is used daily in different ways, including drinking, agriculture, industry, recreation, hygiene, sanitation and health care. Most people cannot fathom not having an endless supply of water in their taps. Unfortunately, for many in the world, this is not so. The theme of World Water Day 2023 is *Accelerating Change through Partnerships and Cooperation*. It is an excellent opportunity to educate members on the importance of not taking water for granted.

Coady International Institute (Coady)

The League has had a long-standing relationship with Coady. In 2021, councils generously supported the institute through donations of \$13,051.15. A virtual thank you message from Coady can be found at share.vidyard.com/watch/wBu5tKeU7xJ7h73jjtzuLj?autoplay=1.

Loneliness

“How much sadness we see in so many faces all around us! How many tears are shed every second in our world; each is different but together they form, as it were, an ocean of desolation that cries out for mercy, compassion and consolation” (Pope Francis).

As you receive this parish mailing, we will be amid the fall season with thoughts forming about Christmas and celebrating the birth of the Lord with family and friends. This season, encourage members to become aware of those in their parish and community who may be suffering from loneliness. These people may not show how they are feeling, so it is up to members as Catholic women to reach out, get to know people and listen to their stories. With the arrival of the pandemic, loneliness, which has always existed, became so much worse. Feeling lonely can negatively impact mental health, especially if these feelings last a long time. Some research suggests that loneliness is associated with an increased risk of certain mental health issues, including depression, anxiety, low self-esteem, sleep problems and increased stress. Obesity and heart disease are some of the physical attributes of loneliness.

National President Fran Lucas encourages members to build relationships with all people. As disciples of Christ, we are called to walk together, to be supportive, loving and kind.

“For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me... ‘Truly I tell you, just as you did it to one of the least of who are members of my family, you did it to me’” (Mt 25:35-40).