

# Education and Health

January 24, 2023



Communiqué #08

*Catholic and Living It!*

**FOR:** Provincial Chairpersons of Education and Health  
**THROUGH:** Provincial Presidents and Secretaries  
**CC:** National Executive (for information)  
National Life Member Liaison (for information)  
**FROM:** Margaret Schwab, National Chairperson of Education and Health

Happy New Year to all. For some, it will be a continuation of work started last fall; for others, it will be new executive members, new committee chairpersons, and, I hope, a new enthusiasm for the League.

As members wind their way through January, the late morning light and early evening darkness can play an important role in their mental health. Although for many, mental health is always a struggle, seasonal changes can make the struggle even more challenging. January 25<sup>th</sup> is Bell Let's Talk day. This year, instead of raising \$0.05 per message as in years before, Bell Canada has changed the program and will donate \$10 million to mental health programs. Please share this information with your diocesan counterparts and ask them to encourage members to review Bell Let's Talk day suggestions for actions to take to create positive change in the mental health crisis at [bell.ca](http://bell.ca).

The deadline for applications to the National Bursary Fund is May 15<sup>th</sup>. Qualified recipients may receive up to \$1,000 per year and up to \$4,000 in a lifetime. As 2023 begins, members may be thinking about increasing their spiritual knowledge or taking on a ministry that requires some training. Please ask your diocesan counterparts to encourage members often to read the criteria and application requirements found at [cwl.ca](http://cwl.ca). The National Bursary Fund is for the support of education for members and is often underutilized.

World Water Day is March 22<sup>nd</sup>. The United Nations has 17 Sustainable Development Goals—one of which is to ensure the availability and sustainable management of water and sanitation for all by 2030. Statistics show the target will not be met within seven years. In fact, 1.6 billion people will continue to lack safely managed drinking water and 2.8 billion will lack safely managed sanitation. To meet the 2030 target, it will take governments, businesses and all people to increase the pace of progress by four times. The UN 2023 Water Conference (the first conference of its kind) is taking place March 22<sup>nd</sup>-24<sup>th</sup>. Please encourage your diocesan counterparts to ask members

to pray that this conference will conclude with all governments making a serious commitment to helping those without access to clean drinking water and good sanitation. All individuals must do what they can to manage water and waste responsibly. The theme for World Water Day is *Accelerating Change*. It has been 30 years since the very first World Water Day, yet little improvement has been made. Each member can contribute through education, prayer and action. Many small actions can have significant results.

May Our Lady of Good Counsel journey at your side as you begin this new League year under the national theme of *Catholic and Living It!*



Margaret Schwab  
National Chairperson of Education and Health