



The Catholic Women's League of Canada  
London Diocesan Council



To: All London Diocesan Council Presidents; Christian Family Life/Community Life Chairpersons  
CC: London Diocesan Council & OPC Christian Family Life & Community Life Chairpersons  
From: Denise Lalonde-Morris, Christian Family Life  
Mary Ann Horne-White, Community Life  
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## Wake Up to Joy!

**Those who wait for the Lord shall renew their strength, they shall mount up with the wings of eagles, they shall run and not be weary, they shall walk and not be faint.** Isaiah 40:31

As we prepare for the Christmas season, please take time to thank Our Lord. This has been a very trying year. All you have to do is to view other parts of the world and you can easily find the many blessings the Lord has bestowed on us.

During each week of Advent reach out to someone. It will amaze you how good you will feel by picking up a phone and sharing a prayer and a kind word. When you are talking to someone, don't ask them what they need. Just try asking them what they wish for. If you know anyone who is a shut-in, try to present them with a purpose in life. So many people feel they have no reason to even get out of bed in the morning. Let the lonely know that Jesus can be our shining light into the dark parts of our lives.

### F.Y.I.

Have you contacted your local MP to voice your concerns about the Expansion of Euthanasia Bill C-7?

Have you registered for the Compassionate Community Care Workshop? Space is filling quickly. We need both your name and email address to send you the link for the workshop Jan.28 7-9pm, and Jan. 30 9-11am, 2021.

Remember to: Spend some time with the Lord-" O Lord, your coming among us is a reason to celebrate, O Jesus, make us strong in faith so that we can bear good fruit in our lives. Help us to remember the meaning of Christmas!"

May Our Lady of Good Counsel guide us in the New Year!

*Have a Blessed and Merry Christmas!*

Christian Family Life and Community Life Chairpersons

*Denise Lalonde Morris & Mary Ann Horne White*



Environment Care