



## The Catholic Women's League of Canada

### London Diocesan Council

To: All Parish Presidents and Christian Family Life Chairpersons  
CC: London Diocesan Council, and OPC Christian Family Life Chairperson  
From: Mary Ann Horne-White – Christian Family Life Chairperson  
Date: September 2021

#### **Directive #2**

“I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding.” Phillipians 1:9

#### **The Elderly**

Our seniors preserve our roots, pass on the faith to the young, and care for the little ones. Pope Francis said “the future of the world depends on the covenant between young and old. Who if not the young, can take the dreams of the elderly and make them come true”.

Indigenous children have been respected and guided by their Elders for hundreds of years. Oral storytelling, observation, learning, and mentorship have been passed down through the generations.

National Seniors Day is October 1<sup>st</sup>. It’s an occasion when our CWL members can celebrate older adults. Let our seniors know how much they are appreciated in our parish councils.

#### **Caregivers**

So many of us are caring for and supporting parents, grandparents, husbands, family, and friends. Especially in the midst of COVID-19.

A few of our members in the diocese took the “Powerful Tools for Caregivers” ZOOM Free Workshop Series this summer. We learned coping skills while being caregivers, and especially ways to relax and care for ourselves. At the end of the workshop, we were sent the “Powerful Tools for Caregivers” Book to use and share with others. Learning to thrive as a caregiver is very important.

Check out their website. [www.swselfmanagement.ca](http://www.swselfmanagement.ca)

#### **Update on “My Story” and Compassionate Community Care**

Have you interviewed members involved in CWL for many years to get their stories? We still have to keep our members safe from COVID-19. Why don’t you call those you want to interview and get their stories by phone with their verbal permission? Compile their stories for the history of your councils.

When we are able to visit and interview members in person we can prepare the stories to be published by Alex and Genevieve Schadenberg for our CWL 100<sup>th</sup> Anniversary Book.

More info to come from the Regional Chairpersons. Any other questions you can email me at [cflondon@gmail.com](mailto:cflondon@gmail.com)

#### **Right to Life**

Life Chain 2021 will take place Sunday October 3<sup>rd</sup> from 2:30-3:30 pm. The event is held simultaneously at over 200 locations across Canada each year. More information can be found at the Right to Life office where you live. If you can’t be part of the Life Chain, please pray for the unborn.

I hope you had a peaceful and blessed summer.  
Our Lady of Good Counsel Guide Us On Our Journey  
*Mary Ann*