



The Catholic Women's League of Canada
London Diocesan Council



To: All London (Council Committee Chairpersons)
CC: London Diocesan Council; OPC Community Life Chairperson, Mary Capobianco
From: Mary Ann Horne-White-Community Life Chairperson
Date: November 2019

Directive #8
Educate, Engage, and Empower

Mother Teresa said that the most terrible poverty is loneliness and the feeling of being unloved.

Loneliness:

Loneliness is seen by many older adults as a wall that separates them from their environment, leaving them helpless and imprisoned in a meaningless life. They feel overwhelmed by negative emotions such as sadness and pain, as well as anger or disappointment when they feel neglected or misunderstood by their loved ones.

Retirement, loss of a driver's license and the lack of public transportation to meet their travel needs, cognitive and physical decline, and the lack of appropriate services contribute to the social isolation of many older adults and their feeling of worthlessness.

We may have heard a lonely older adult saying that he or she was waiting for death. Perhaps they feel euthanasia or assisted suicide could be the answer when they feel this way and don't want to be a burden.

How can we look out for our family, friends, and neighbors in our communities?

January 2020; Alex Schadenberg from Euthanasia Prevention Coalition is scheduled to speak at CWL Regional meetings through our diocese to talk about "**Compassionate Community Care**". Please plan to attend the meeting in your region.

"Compassion"-All people are entitled to be treated with dignity, respect and equality.

"Community"-All people are entitled to information, education and support to assist them in finding answers, getting assistance, making informed decisions that respect their individual beliefs, values and needs.

"Care"-All people are entitled to receive the care they need. A person is a physical, social, psychological and spiritual being—each of these areas requires the appropriate care.

Wishing you and your family the Love, Peace & Happiness that the true meaning of Christmas brings.

Mary Ann



Environment Care