



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 and Community Life Chairpersons

From: Mary Ann Horne-White—Christian Family Life and Pat Sloan—Community Life

Date: January 2022

Directive #4

Community Life—Pat Sloan

Food Bank Project

As we approach the end of the second year of the pandemic, we are once again facing restrictions, virtual learning and closures that are affecting everyone. Our food banks are being overwhelmed with people needing help. If your council started the Food Bank Project before Christmas, thank you. If not, it is not too late to start. We have until June to collect donations and money. Please follow the instructions on the flyer that was sent in November. St. Vincent de Paul, Salvation Army and others need our help. Everyone giving a little can add up to a lot. Let us show National that the London Diocese cares.

Christian Family Life—Mary Ann Horne-White

Loneliness and Isolation

Isolation and loneliness can affect both physical and mental health especially in our elderly population. Are your councils keeping in touch with those in retirement and extended care facilities? Is your calling committee keeping in touch with members who are living alone? Those who need a friendly call or email? Have you thought of more ways to keep in touch with family, friends, and CWL members?

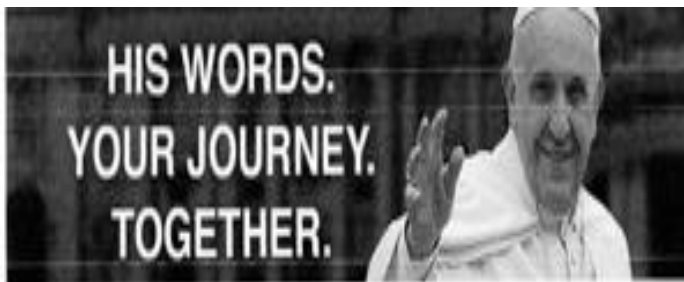
“MY STORY” (a part of Compassionate Community Care)

Please continue to send in stories of our CWL members to Alex Schadenberg. The 100th anniversary book for our London Diocese continues to be worked on. Members can share their stories about being a Catholic and CWL member. It can be short about your CWL history or longer with history of your family and what motivated you to become a member. Then you can save it for future generations.

When finished, please send the story and signed permission form in an email to info@beingwith.org, or by mail to: 383 Horton St. E, London, ON, N6B 1L6.

Our cwillondon.ca website has the “My Story” Workbook on it and examples of questions for CWL.

In Pope Francis’s Words:



Each of us has our own story. None of us was born magically with a magic wand. Each of us has our own story from which we originate... We come from a story that was woven with bonds of love, and the person we are today was born not so much out of the material goods that we enjoyed, but from the love that we received, from the love in the heart of the family. We may not have been

born to an exceptional family without problems, but this is our story---everyone must think, this is my story---these are our roots. If we cut them off, life dries up! God did not create us to be lone rangers, but to walk together. Let us thank him and pray to him for our families. God thinks about us and wants us to be together; grateful, united, and capable of preserving our roots.

May our Lady of Good Counsel Guide Us on Our Journey

Mary Ann and Pat