



The Catholic Women's League of Canada

London Diocesan Council



To: All Parish Presidents, Education and Health Chairpersons, OPC Education and Health Chairperson Karen McDonald

CC: London Diocesan Council, Dara Hartman and Mary Kennedy (sub-committee members)

From: Mary Bannon, First Vice-President, Education and Health

Directive # 8

November, 2019

Looking at the Earth and the universe from the standpoint of awe, wonder and radical amazement at the grandeur and magnificent mystery of all being; that's what the new bottom line is about. Rabbi Michael Lerner



HEALTH: Seasonal affective disorder (SAD) is a psychological condition that results in depression, normally provoked by seasonal change. People typically experience the condition in winter. The condition most often occurs in women and in adolescents and young adults. The exact cause of SAD is unknown. Contributing factors can vary from person to person. However, people who live in parts of the country that have long winter nights and less sunlight are more likely to experience SAD. For example, SAD is more common in Canada and Alaska. Symptoms most commonly begin in October or November and end in March or April. However, it's possible to experience symptoms before or after this time. Let's try to be aware of anyone experiencing such symptoms as daytime fatigue, difficulty concentrating, feelings of hopelessness, increased irritability and unhappiness. These all tie into the theme of Loneliness our provincial president has designated as our focus during her term.



EDUCATION: I just thought I would give you some information about a CWL sponsored charity which promotes adult education. Coady International Institute has been educating leaders from around the world since 1959 and places particular emphasis on education programming for women, youth and Indigenous peoples, focusing on community-based leadership. The League has supported Coady International Institute since 1961 with a first donation of \$1000. Perhaps your council might consider supporting this institute. You'll find it on the Voluntary Fund form. For more information visit www.coady.stfx.ca/.



ENVIRONMENT: For Pope Francis “green” equals pro-life. In *Laudato Si'*, the Pope has integrated the care and protection of the unborn with responsible stewardship of creation. Francis sees the “interconnectedness” of all of nature, and of morality as well. This interconnectedness means that a person who cares for the protection of an endangered species or worries about the melting of the polar ice cap must also care for the unborn. “When we fail to acknowledge as part of reality the worth of a poor person, a human embryo, a person with disabilities - it becomes difficult to hear the cry of nature itself; everything is connected,” he said.

Have a blessed prayerful Advent!

Mary



Environment Care