



London Diocesan Council  
Of  
The Catholic Women's League of Canada

One Heart, One Voice, One Mission

To: All Parish Presidents, Education and Health Chairpersons  
CC: London Diocesan Council  
From: Mary Maxwell, London Diocesan Chairperson, Education and Health  
Date: March 12, 2016  
Directive # 10

**Catholic Education Week** is May 1- 6, 2016. The theme this year is Catholic Education – Opening Doors of Mercy. "Blessed are the merciful for they will receive mercy." Matthew 5:7 The sub themes are Mercy that Welcomes, Mercy that Loves, Mercy that Forgives, Mercy that Lives the Gospel, and Mercy that Rejoices. Each Catholic Board in Ontario will be celebrating in their own way. Check out what is happening in your local elementary and secondary school and participate in any of their activities.

**Healthy Living** – A report released March 1st by a Senate committee reported that the past four decades have seen increases in the number of overweight and obese Canadians. Possible causes are increased consumption of processed foods, salty and/or sugary foods, and a less active lifestyle. Low income also seems connected to higher obesity rates. Cheaper pre-packaged foods lead to unhealthy eating habits. Recommendations from the committee include making food labels easier to understand to help consumers identify healthy food choices. Marketing of "unhealthy" foods to children should be restricted. Hopefully these recommendations will see follow up from the Minister of Health.

On February 25th a parliamentary committee presented a report making recommendations to lawmakers on **the issue of assisted suicide**. Many of these recommendations should be of great concern to us. A requirement that any institution receiving public funding including Catholic hospitals, long term care facilities and hospices provide euthanasia and that doctors who refuse to participate must make sure that someone else will. Cardinal Thomas Collins wrote in the Toronto Star that we should be providing palliative care for every Canadian and greater support for those with mental illnesses and help for those who are tempted to want to commit suicide. What can we do? **It is very important that we tell legislators how we feel.** Write directly to your Member of Parliament, respectfully expressing your concerns and urging them to protect the vulnerable in our country. We want, as well, to ensure that individuals and institutions provide health care without having to compromise their moral convictions.

Respectfully submitted:

*Mary Maxwell*

Committee: Education and Health

Page 1 of 1

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