



The Catholic Women's League of Canada  
London Diocesan Council

To: All Parish Presidents, Resolutions Chairperson  
CC: London Diocesan Council, Wilma Vanderzwaag OPC Resolutions Chairperson  
From: Wilhelmina Kole, 1<sup>st</sup> Vice President and Resolutions Chair  
Date March 2022  
**Directive # 5**

*“Faith requires an active response – charity, love and good works”*

Matthew Kelly – Dynamic Catholic

Blessings to you during this time of Lent!

In January, I virtually attended a “Spa Day” given by the Toronto Diocesan CWL where they spoke about New Years Resolutions and using the SMART Method when making those resolutions. This process can be used when working on any type of resolution.

\*S – Make it *specific*

M – Make it *measurable*

A - Make it *attainable*

R – Make it *realistic*

T – Make it *timely*

Is your council thinking about bringing a Resolution forward? Please let me know.

As promised at the Legislation Workshop, Denise Lalonde-Morris and myself are preparing a Resolutions Workshop. It is coming along well so keep tuned for the date and time for it to be presented.

Yours in Christ,

Wilhelmina (Willi) Kole