



**The Catholic Women's League of Canada  
Alberta Mackenzie Provincial Council**



**Christian Family Life Chair  
Communiqué # 3  
April 11, 2020**

TO: Diocesan Christian Family Life Chairpersons, Diocesan Presidents  
CC: Provincial Executive (for information)  
CC: National Chairperson of Christian Family Life (for information)  
FROM: Celine Berlinguette, Provincial Chairperson of Christian Family Life

My dear sisters in Christ,

Our world as we know it has been rudely interrupted by a microscopic virus. The Covid-19 Virus has changed our lives in many ways:

- Self isolations & social distancing
- Cancellation of school, community, social and Church events
- Massive number of employment layoffs
- Huge numbers of sick people and deaths and the list goes on.

Although we may ask all “the why questions”, we may not get the answers that **we** want to hear. Let us follow the directions of the professionals and place our “Faith” in God, who is the healer of all, as noted in 1Peter 5:7 - “Cast all your anxieties on Him, because He cares for you” or again in Isaiah 41:13 we are told, “For I am the Lord your God who takes hold of your right hand and says to you, do not fear: I will help you.”

As I sit and sip on my morning coffee, I wonder “What will today bring?”

Every day we listen to the television or radio, hoping for good news. And again this morning we were told of more deaths in our province, in our country and in our world. With so many who have contracted the virus and the number of deaths all around us, really makes me think of my own mortality.

How ready am I, should I become incapacitated? Do I have a plan in place? Does my husband, my children or my Doctor know what my end of life wishes are? Have I talked to them about what I want? Have I completed a Personal Directive stating what my wishes are?

So today is the day that I will attempt to write up my Personal Directive. What should I include in my directive? Where do I start?

First and foremost, I do not want to compromise my Catholic values, customs and way of life, therefore all treatment decisions must be in accordance to my faith beliefs. Keeping that in mind, I started my research on personal directives. Although all the directives I reviewed would address my medical needs, they did not address my Catholic values and faith needs.

We have been blest, as a professionally written Personal Directive (written by a faithful Roman Catholic Doctor and two Roman Catholic Lawyers) was shared with us. My dear

sisters, don't wait to write up your Personal Directives. It is important that our wishes be made known.

**The Personal Directive document has been attached for your use.**

April 16<sup>th</sup>, is National Advance Care Planning Day in Canada. This day has been set aside to bring awareness of the importance of Personal Directives. The following website provides good information on making your personal plans, providing a 5 Step process to making your Advance Care Plan.

- Think about what's important to you regarding your end-of-life care (according to your religious beliefs).
- Learn about the different medical procedures that can be offered at the end of life.
- Choose your Agent (individual who will be your decision maker), if you can't speak for yourself.
- Talk about your wishes with your Agent, your loved ones and health care providers.
- Record your end-of-life wishes.

For more information regarding the National Advance Care Planning Day and Personal Directives, please check the following website:

<https://www.advancecareplanning.ca/acp-news/april-16-is-national-advance-care-planning-day-who-will-speak-for-you-if-you-cannot-speak-for-yourself/>

During these unsettled times, we must rely on our Lord and Savior.

What I can do from home:

- Attend daily and/or weekly Mass on television or by "live-stream"
- Pray your individual prayers but also pray as a family
- Pray for those in need, for family unity, for our priests and seminarians
- Pray for all people who have been affected by the Corvid-19 Virus, the sick and those who have died and also for the caregivers
- Study scripture and read Bible stories to your children
- Telephone family members, friends and neighbours – stay in contact
- Don't forget the less fortunate, support your food bank

Although we are unable to attend Mass at the Church on weekdays or Sundays, don't forget that our Parishes rely on our donations to cover operating costs.

At the Veneration of the Cross on Good Friday, (live-streamed) we were told to bring our prayers to the Cross. My prayer, as I am sure many of your prayers have been, is to see a quick end to this Corvid-19 Pandemic. We pray for those who have contracted the virus, those who are sick and hospitalized and those who have died.

I pray for the safety of my Sister in the League!

Yours in Christ,

*Celine*