

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

Education and Health Communiqué #4

November 2013

Judy L.

“WE HAVE SEEN THE LORD”

“This is the day the Lord has made; let us rejoice and be glad in it.”

November – The month when we remember the holy souls. Many councils have Memorial Celebrations remembering their deceased sisters-in –the League. It is also a good time to reflect on those women who decided to form the Catholic Women’s League and to give thanks to the Lord for their inspiration, fortitude and commitment. It is on their shoulders we stand as we try to make our community – of Church, Home and School – a place where others can find the presence of Christ. Through our Education and Health Committee we have the opportunity to effect change ... to help others see God through our commitment to God and Canada.

Committee Work

Catholic Education - Election

Kudos to all those who got involved in the October election. Trusteeship was our emphasis but I am sure there were members who let their names stand for other offices. We thank you and we ask God to bless you in your service.

Catholic Education - Church

Pope Francis has called for a Synod of Bishops, which is to have a two-staged itinerary: firstly, an Extraordinary General Assembly October 5-19, 2014, intended to define the “*status quaestionis*” and to collect the bishops’ experiences and proposals in proclaiming and living the Gospel of the Family in a credible manner; and secondly, an Ordinary General Assembly in 2015 to seek working guidelines in the pastoral care of the person and the family. (taken from the Vatican Website <www.vatican.va>)

The Bishops have received the preparatory document – *Pastoral Challenges to the Family in the Context of Evangelization* – which consists of 38 questions. The document can be found at http://www.vatican.va/roman_curia/synod/documents/rc_synod_doc_20131105_iii-assemblea-sinodo-vescovi_en.html

As Family is our area of expertise, I think it is incumbent on our part to become knowledgeable about the questions as well as the answers of our own Bishops to the 38 questions.

Continuing Education - League

The following is taken from page 39 of our *National Manual of Policy and Procedures*. As all of us are called to leadership roles within the League and the community, these are excellent guidelines:

Relationships with Colleagues and the Clergy

Jesus Christ called His disciples to a new type of servant leadership that sees authority as a form of dedicated service rather than an entitlement or privilege (Mark 10)

These guidelines are relevant to members in leadership roles in the League.

- Treat leadership responsibilities as a work of dedicated service rather than as a form of entitlement or privilege
- Foster transparency and accountability to fellow members as well as to those who are served by keeping them informed of policies, procedures and decisions related to their field of service, including any changes affecting them.
- Solicit and attend to feedback from members and those who are served.
- Exercise good stewardship of resources entrusted to one's care and employ good financial practices.
- Recognize that good judgment is achieved through consultation rather than through isolated decision-making.
- Follow established rules of fair procedure at meetings, in committees and when making executive decisions.
- Seek advice and counsel of clergy, colleagues and other professionals whenever it is in the best interest of those being served.
- Promote solidarity, justice and service in a spirit of collaboration.
- Refrain from maligning other members or the clergy.

- When conflict occurs, seek dialogue, reconciliation and counsel, and if necessary, professional mediation.
- Take collegial and responsible action when concerns about or direct knowledge of misconduct occur.

Scholarships and Bursaries

Provincial Professional Development/Education Fund

Information can be found on the Provincial Website www.cwl.ab.ca
Applications are on the website and they can be e-mailed.

Applications must be received at least one week before a provincial executive meeting so if you are thinking about applying, do it now. (Next Provincial meeting is in January 2014.)

The following communiqué comes to us from our **CWL National Executive Chair of Education and Health, Peggy Roche.**

Environment

Fracking is a form of natural gas extraction that involves pumping millions of gallons of pressurized, chemically treated water into shale formations or coal beds. The fluid, injected deep into the ground, creates or widens cracks in the rocks leaving methane gas free to escape from underground.

This topic is very important as not enough is known about the long term effects on the environment, earth, habitat, water and all living things. As Christians, we are encouraged to play a bigger role in ecology. We have an obligation to God, our Creator, as well as to ourselves and to all who come after us to be the protectors of the environment and all living things. More studies need to be done and more learned of the potential long term effects of fracking.

Tip: God has made us adaptable and resilient. In His likeness He gave us the ability to take care of one another along with all of His creatures and the beautiful planet. It will take time for the human race to undo the damage done over the centuries, but we are making a difference. With everyone doing their part and by being good stewards of the environment, every act big or small adds up. Try this some time: if you are in a public place and see things strewn around, pick them up and put them in the bin. Others will see you do this and eventually follow suit. We lead by example – happy gathering!

Literacy and Continuing Education

People are never too old to learn new things. In today's world more skilled workers are needed due to the unprecedented impact of technology that has affected virtually every job. As the level of job skills required changes rapidly, the need for skilled employees increases. Even established jobs that could once be filled by workers with minimal skills now require much higher levels of training. "For those Canadians who have low levels of literacy, the job market is becoming less accessible. By investing in literacy and essential skills training, we can start to close the skills gap," said Gillian Mason, President of ABC Life Literacy Canada. "It's important that employers integrate lifelong learning into the workplace, to ensure that all Canadians have the skills they need to live a fully engaged life." A study by the Conference Board of Canada indicated that employees in workforce training programs take more ownership of their work, make better decisions and become more engaged within the organization. Another clear benefit was increased health and safety, as workforce training helps employees better understand safety rules and procedures, leading to fewer injuries, reduced insurance costs and less employee downtime. For more information please visit <www.EssentialSkillsDay.com>.

Health

Heart Disease – Did you know that "heart disease is the number one cause of death in Canada for women over the age of 55? Women are more likely to die from heart disease than from any other disease. The clogging of blood vessels happens slowly. The damage that it causes to the heart over time may make it harder to do everyday activities" (Public Health Agency of Canada website). At one time, men were more prone to heart disease than women, but today the opposite is true. What could be the cause for this increase? Studies show that women are at a greater risk when we reach menopause. High blood pressure, high cholesterol, diabetes, smoking, physical inactivity, excess body weight, family history and in some cases social and economic factors play a role. Something can be done about this disease. We can learn how to have healthy hearts and what the symptoms are if you are having a heart attack. Go to www.phac-aspc.gc.ca or www.womenshealthmatters.ca

The Crohn's and Colitis Foundation of Canada (CCFC) present a free educational forum (Symposium 2013) in several cities across Canada from October 26, 2013 to November 24, 2013 <www.ccfc.ca>.