

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

**Education and Health Communiqué #9**

Mary H., Chairperson  
January, 2019



**“Care for Our Common Home”**

As the New Year begins many of us prayerfully ponder about what resolutions we can make to improve our lives and the lives of others. Our new CWL theme has rich possibilities in terms of achievable resolutions for Catholic women to introduce into our lives. I researched a number of sources and in an attempt to address some of the Education/Health/Environmental concerns facing our councils, please find following a list of resolutions which would fall under my standing committee for your **consideration**:

## **The Environment**

In his Encyclical Laudato Si Encyclical, Pope Francis encourages us to view the entire globe as part of our personal backyard and compels us to look after the beautiful creation God has gifted to us.

Here are some practical suggestions to look after our environment:

- **STOP WASTING WATER.** Conserve water as best you can...don't leave your tap open, avoid using long showers, use less water during household work, purchase appliances that are energy and water efficient, don't overwater outdoor plants & don't water during the heat of the day. Buy yourself a water bottle that you can refill with tap water. Excessive plastic packaging has become a monumental environmental concern.
- **Shopping Bags.** Shopping with reusable bags everywhere is a simple way to reduce marine pollution and prevent unnecessary sea mammal deaths.
- **Plastic Straws.** Request paper straws as a marine life environmental consideration. Paper straws were previously available and so as consumers can influence purchasing practices of companies.
- **Eat Organic as much as possible.** While organic costs a bit more, it can be considered money well spent because your food will be more nutritious and you won't have to worry about the health effects of eating GMOs, toxic pesticides, or sewage sludge. In addition, you know that your food was grown in a way that helped protect and enhance the eco system it was grown in. If you purchase locally grown items, then you will support your local economy as well.
- **Use Public Transportation, car pool, walk or bike.** This will help to offset our transportation footprint and reliance on fossil fuels.
- **Less use of air conditioners** which are impacting our environment. Projections indicate that 27% of all global warming will be due to gases emitted from air condition by the year 2050. This

shocking statistic is largely due to the expected increase of use of air condition as global temperatures continue to rise, thus creating a self-perpetuating cycle of damage.

- **Plant More Trees** this is an effective way to benefit our environment as trees reduce pollution by reducing carbon dioxide in the air we breathe.

## Mental Health

Boost your mental health and mood by:

1. Getting More Sleep
2. Exercising More (daily walk or run)
3. Read for 30 minutes a day. Reap the benefits of mental stimulation which can slow the progress of Alzheimer's disease and Dementia – as the brain is kept active. Reading can also reduce stress, improve memory, create stronger analytical thinking skills and provide the stimulus to interesting conversations with family and friends.
4. Get a Hobby
5. Put Away Your Cellphone
6. Learn How to Meditate
7. Get a Planner
8. Keep a Journal
9. Help Others...Volunteer
10. BE GRATEFUL...living life with an attitude of gratitude can be life changing. Consider starting a Gratitude Journal where you record a minimum of three things or people you are grateful for every day.
11. Start a Bedtime Routine which will allow you to sleep better. Turning off all gadgets twenty minutes before you go to sleep can improve the overall quality and length of sleep as it allows the brain to enter a deeper REM state.
12. Try Something New. It will help you to venture outside of your comfort zone and will often increase your confidence and mental self esteem.
13. Be nicer to yourself

## Physical Health

1. **Reduce your caffeine consumption.** It is so easy to fall into seduction of caffeine which includes not only coffee and tea but also cola and other soft drinks. Too much caffeine can cause insomnia, anxiety, digestive issues and muscle breakdown. A word of caution that sudden withdrawal from caffeine can lead to other problems such headaches, drowsiness and dizziness.
2. **Regular Exercise.** It has been said that if exercise could be taken in pill form it would be the most prescribed medication given by physicians.
3. **Limit Consumption of Alcoholic Beverages.** Alcohol consumption can lead to various chronic conditions and has an immediate impact on our energy level, mood and may cause headaches.
4. **Practice Meditation.** Our minds are an extremely important component to good physical health. A healthy mind makes a healthy body and to have a healthy mind, we need to provide our minds

with a little time to calm down and relax. Our minds are working even when are bodies are at rest and so try meditation as a way to give your mind the rest it deserves.

## Protecting our publicly funded Catholic Schools

Please refer to my **December, 2018 Education and Health Communiqué #8** for suggestions on how you can support Catholic Education. **Please be sure to check your property taxes declaration**

There will be a meeting of GrACE stakeholders on January 16<sup>th</sup> and I will post information shortly thereafter.



Wishing you blessings for Peace, Joy and Love at Christmas and throughout the New Year....

For God and Canada,

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# Introducing...

## WHY?

The gift of publicly funded Catholic education in Alberta is a true blessing. As a community we are called in gratitude, faith and action to ensure that our children and future generations continue to learn and grow in our Catholic schools.

## WHAT?

The mission of **GrACE** is to inspire, invigorate and embolden the spirit of Catholic education in order to unite, engage, educate and communicate with one voice on its behalf. **GrACE** is a partnership of stakeholders resolutely committed to Catholic education within the province of Alberta.

## HO? YOU!

**GrACE** invites all those committed to Catholic education, through the unity of the Holy Spirit, to be advocates and witnesses for our schools' successes and their future.

## WHERE?

In your homes, your neighborhoods, your schools and your parishes. Watch for and get involved with your local **GrACE** team. Tell your stories of Catholic education. Let your voice be heard.

## WHEN? NOW!

Every day is a celebration of Catholic education. Let us be grateful for our blessings and commit our support.



Catholic education affirms parents as their children's primary educators and respects the rights of parents to choose the school that meets their needs



In Catholic schools, it is our deepest desire to ensure that every child knows and experiences the love of God through the witness of their community



Principles of diversity and inclusion are central in the teachings of the Catholic Church and permeate all aspects and curriculum in a Catholic school



180,000 students currently attend Catholic schools in Alberta



Alberta is one of three provinces in Canada with publicly funded Catholic education. Ontario and Saskatchewan are the other two.



Catholic education in Alberta is 158 years old



An organized effort of public school lobbyists are attempting to disrupt Catholic education in our province. Your engagement; your advocacy; your voice is vital.

"The grace of our Lord Jesus Christ be with you all. Amen"

*Romans 16:24*