



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



**Communications Chair
Communiqué 9
DATE: November 04, 2021**

TO: Diocesan Chairpersons of Communications
CC: Provincial Executive (for information)
CC: National Chairperson of Communications (for information)
FROM: Janet MacPhee, Provincial Chairperson of Communications

**GRATITUDE PROJECT
A great way to communicate!**

As we near the end of the liturgical year and thoughts of Advent, Christmas and winter set in, let it also be a time of gratitude and thankfulness by sending personal emails and letters to anyone for whom we are thankful and grateful. As well the provincial council encourages sending cards, personal notes and thank you's to those who have kept things going during these pandemic times like nurses, EMT's, priests, doctors, grocery store clerks, hairdressers, delivery people, etc. Small gestures of gratitude can go a long way.

- G – how grateful we are
- R – how much we appreciate your resilience and resourcefulness
- A – how amazing and awesome you have been
- T – that giving of your time and talents is greatly appreciated
- I – what an inspiration your courage has been
- T – how thankful we are that you were able to serve others
- U – that we understand your sacrifices
- D – your dedication did not go unnoticed
- E – that your service to others during a pandemic is Exceptional!

You can download the Gratitude card from the National website <https://cwl.ca/wp-content/uploads/2021/08/324-Gratitude-Project-Postcard-2021.pdf> or if you prefer the Calgary Diocesan Council has created one without the year <https://www.calgarycwl.ca/news/797-gratitude-project> that can be downloaded and printed.



For these notes of gratitude or thankfulness Canada Post has released it's **Christmas Holiday Stamps**. This year the Christmas stamp features angels. "Beloved symbols at Christmas, angels played an integral part in the Nativity story. In the Bible, these celestial beings, whose name derives from the Greek word for messenger, often serve as benevolent intermediaries between God and humanity. According to the Gospel of Luke, it was the archangel Gabriel who told Mary she would give birth to Jesus, "Son of the Most High," and when the day arrived, it was an angel who announced the good news to shepherds tending their flocks in the region. A choir of angels singing God's praise appeared around the messenger angel, and then the awed shepherds departed for Bethlehem to worship the newborn king." (From Canada Post Website: <https://store.canadapost-postescanada.ca/store-boutique/en/414176131/p/christmas-angels-official-first-day-cover>).

As well they have released a Poppy Stamp to commemorate the 100th Anniversary of the poppy being the symbol for Remembrance Day. Canada Post also puts out stamps for Hanukkah and Diwali. They have others to commemorate Remembrance Day (Valour Road) and Santa Claus, Reindeer and Elves for Christmas. All stamps are permanent stamps therefore can be used all year round. Enjoy communicating the old school way with a handwritten note placed in the mail with a stamp!



"Lord, grant that I may Live this day with Love and Laughter"