



**The Catholic Women's League of Canada**  
**London Diocesan Council**



To: All Parish Presidents, Christian Family Life Chairpersons

CC: London Diocesan Council, OPC Chairperson

From: Denise Lalonde-Morris

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**Directive #3**

Hello everyone! I hope you are all well. Can you believe that we will be celebrating the birth of our Lord in a few short weeks? This is a joyous time for the majority of people but it can also be a time of stress and regret for many others. There are also times when we feel so stretched that we lose our joy. Exhaustion can get the best of us and we fall into self-pity or complaining. We can pull back and forget that the Lord is only a simple prayer away. Just think how the shut-ins and homeless, or newly widowed may feel. Even Jesus asked God to change the course of his life at the end. God gave us many gifts: intelligence, reasoning, imagination and intuition. He gave us these gifts so that we could learn to resolve our own problems. The Lord wants us to solve the challenges in our lives and by bringing them to Him we can solve many things. "Pray as though everything depends on God. Work as though everything depends on you." (Quote from the Word among Us) Sometimes God will make everything right and at other times He will let us work through the problem.

Archbishop Michael Miller stated, "If the elderly, sick and suffering feel that Euthanasia is their best option, it means that we as a society and as individuals are letting them down. There is a program "The Dying Healed Program" sponsored by Life Canada, which is a volunteer training program that works to foster a deep and lasting awareness of the meaning and dignity of each human life and of human suffering, and the end of life when a person is preparing for the last moments on earth. For more information you can go to the website: <http://lifecollective.io>.

There is a new book, "The Bride, The Serpent & The Seed", by author, Denise Mountenay from Together for Life Ministries. It discusses how legal abortion's horrific impact affects women's health, their families as well as how it affects small communities and cities across the country and the world. You can have a book club get together and discuss the book and how it could bring this never-ending horror to an end.

On a happier note, how many of our councils have scrapbook lovers or card makers or bakers. Have you ever thought of getting a group together and compiling a list of persons who would appreciate a prayer, note, a card or even a half dozen homemade cookies to share a cup of tea with? As Christians we should not just think of the less fortunate on special occasions but throughout the whole year. We all know someone who has lost someone in the past year or may have had to dissolve his or her marriage or may have to face an empty nest? How often has anyone made contact with them?

**Merry Christmas and a Happy New Year!**

*DENISE*

