



The Catholic Women's League of Canada  
London Diocesan Council



Environment Care

**To:** All Parish Presidents, Education and Health Chairpersons, Wilma Vanderzwaag  
OPC Chair of Education and Health  
**CC:** London Diocesan Council, Committee members: Dara Hartman & Mary Kennedy  
**From:** Mary Bannon 1<sup>st</sup> Vice-President, Education and Health  
**Date** January 2019  
**Directive # 4**

*A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.* Tom Stoppard



Empowerment  
Through Education  
*Living A Dream,  
Building A Future*

**Education:** Education is a lifelong process. We are all lifelong learners. Did you know that there is a National Bursary available for all members of more than 3 years to assist with education in spiritual and faith formation? [cwl.ca](http://cwl.ca) has the application. Each year many members are awarded money towards their education. CWL in our diocese has a Spiritual Advisor's Bursary available to assist members in pursuing education at any level, any institution, The Rev. J. L. Hennessey Bursary is available for members and/or their children to assist in education. Names of recipients are confidential. Go to our website [cwillondon.ca](http://cwillondon.ca) and click on FORMS.



**Environment:** New Theme: National President Anne-Marie Gorman has announced the theme for her term to be "*Care for Our Common Home*" as a means to educate, engage and empower women to study Pope Francis' document "**Laudato Si**", a clarion call to us to care for our earth. In this document Pope Francis quotes the Ecumenical Patriarch Bartholomew, "As Christians, we are also called to accept the world as a sacrament of communion, as a way of sharing with God and our neighbours on a global scale. It is our humble conviction that the divine and the human meet in the slightest detail in the seamless garment of God's creation, in the last speck of dust of our planet".



**Genetics:** Genetic engineering is the newest science. However there is a big difference between genetic therapy and genetic enhancement. Genetic therapy enables scientists/doctors to assist in diseases. One example is the research into the protein dystrophin as a therapy for those who suffer from Duchenne Muscular Dystrophy to help with muscular development of children. Genetic enhancement or, another name, eugenics deals with the development of "super humans".—production of what humans would consider "perfect" humans with selected traits. More info in my next directive!

Healthy Heart



Healthy You

**Health:** January 30th is "Bell Let's Talk" day to remove the stigma of mental illness. February is Heart Health Month. Go to [www.webmd.com/heart-disease/features/womens-heart-attack-symptoms#1](http://www.webmd.com/heart-disease/features/womens-heart-attack-symptoms#1) to learn about symptoms in women. Wear Red for Women on February 1<sup>st</sup> to stimulate conversation about heart health.

*Happy Valentine's Day*

*Mary*



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