



The Catholic Women's League of Canada

London Diocesan Council



Environment Care

To: All Parish Presidents, Education and Health Chairpersons

CC: London Diocesan Council, Committee Members: Dara Hartman, Mary Kennedy, OPC
Education and Health Chairperson

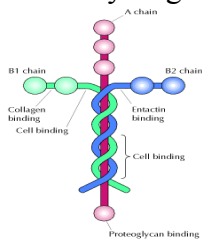
From: Mary Bannon, 1st Vice-President, Education and Health

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Directive # 3

Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and greater strength of the nation. John F. Kennedy

Genetics: This area is one, which I really don't know a lot about but I do know that genetics is the study of genes and DNA cells. I thought I would introduce educating about genetics with one startling fact about our body cells. DID YOU KNOW that all our cells in our body are joined and bound together by Laminins shown in the scientific image at the side? MIND BLOWING isn't it, to know that within us is the ultimate sign of God's love for us in the Cross! God knitted our bodies together with this sign. We are held together, one cell to another.... by the cross. You would never in a quadrillion years convince me that this is anything other than the mark of a Creator who knew EXACTLY what laminin 'glue' would look like long before Adam breathed his first breath!! I think this fact is a great starting point in our exploration of genetics and bioethics. What about you?



Environment: In his encyclical "Laudato Si" Pope Francis says, "Even as the quality of available water is constantly diminishing, in some places there is a growing tendency, despite its scarcity, to privatize this resource, turning it into a commodity subject to the laws of the market. Yet *access to safe drinkable water is a basic and universal human right, since it is essential to human survival.*" As Catholic women who have a responsibility to care for our environments I would like to call on us to stop our use of bottled water. The Sisters of St. Joseph invite us to look at this on You Tube. [The Story of Bottled Water: 8 min https://youtu.be/Se12y9hSOM0](https://youtu.be/Se12y9hSOM0)

Mental Health With the coming of winter and the Christmas and post-Christmas season it seems that a lot of people suffer from signs of mental illness-depression, anxiety and loneliness.



Resilience, meaning the ability to recover quickly from difficulties, is one of the key words used in the promotion of mental health today. An excellent resource by Paediatrician Kenneth R. Ginsburg is *Building Resilience in Children and Teens: giving Kids Roots and Wings*, where he cites the "7 C's Model of Resilience" that can help children and teens develop resilience. They include: confidence, competence, connection, character, contribution, coping and control. While he may have developed these 7 C's as a model of resilience for youth they are also quite applicable to us as adults. For more information see the website www.fosteringresilience.com/7cs

Have a prayerful Advent and a blessed Christmas! Mary

