



The Catholic Women's League of Canada
London Diocesan Council



To: All Parish Presidents, Legislation Chairperson

CC: London Diocesan Council, OPC Legislation Chairperson

From: Helga Stuermer; Legislation

Date November, 10th 2018

Directive # 6.

Jesus is the way open to “all”; there are no others. Joy, is often found behind the little things, and is reached by following one’s proper daily duty with a spirit of devotion.

(Pope Benedict XVI)

We have just finished our 3 Fall Regional meetings. Even though I have witnessed the program 3 times, I found I learned something new at each one. I had started this directive a lot earlier, but, so much interfered, and I changed also my topic. What is most heavy on my mind is the information from our Soldiers returning from their tour of duty. The problem they have with the integration back into normal civilian life. More and more Soldiers are publically to complain about their severe bouts of **guilt**.

I know there are programs to help, however it is, simply put, “NOT ENOUGH”. Often the soldiers see their feelings as a weakness, **but it is not**. Our government needs to develop better programs to help. Quite a few soldiers consider suicide, and unfortunately often some succeed. How can we help? By informing ourselves, keeping our eyes and ears attuned to what a returning soldier is talking about and doing. Is the soldier not talking- that’s a danger!

Water Problems:0N.18.01 How much Pharmaceuticals are in in our drinking water? What is the government doing to ensure our drinking water is free of all the medication **we** are consuming? We need to remember that what we intake is output as well. Where does the latter go? Right into our ground water system is the answer. We need to know what steps our government is taking to safeguard our very precious and most needed drinking water.

At the Legislation Level: In order to initiate changes we need to: develop a national standard for levels of pharmaceuticals in Canadian drinking water. Please refer to my directive # 4 page 2; for links to more information.

Become Informed: Get organized and make a plan How much information is available?

Setting a direction: For instance: Inform everyone not to flush unused meds. They will find their way into our watershed; every drugstore will accept unused and outdated meds, and dispose of them safely and properly.

Take Action. Writing letters to our government: Minister of Health, Prime Minister Trudeau; and letters to **all** levels of government; MPS and MPPs and local government. Let’s not forget. Pray that our people in charge will make our drinking water safer for our children and grandchildren.

In my next directive we will tackle again the possible abuse and danger of medically assisted suicide.

Greetings and Blessings to all, Your Legislation Chairperson, Helga Stuermer

