



London Diocesan Council
The Catholic Women's League of Canada



To: All Parish Presidents, (Education and Health) Chairpersons

CC: London Diocesan Council

From: Denise Lalonde Morris

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Directive #10

Well the Winter has arrived and many may already started the countdown to the summer months. How quickly the glitz and glitter of Christmas has been packed away. Over the past few weeks we have been able to share time with family and friends and reflect on what paths you have followed the past year. These reflections will have you consider a very basic question “How can I be more like Jesus?”

This does not have to become a unrealistic goal. As a member of the Catholic Women's League of Canada you are able to do this in many ways. But to accomplish any goal we must take care of our health. Sleep deprivation is a very big issue in our society. In 2017 almost one in two people try to survive on 6 hours or less sleep a night. Long work hours, longer commutes, loneliness, depression, the availability of caffeine and alcohol are a few reasons for lack of sleep.

The Harvard Women's Health Watch suggests six reasons to get enough sleep.

- 1) Sleep helps the brain commit new information to memory through a process called memory consolidation
- 2) Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite
- 3) Sleep deprivation contributes to a greater tendency to fall asleep during the daytime which may cause falls and mistakes
- 4) Sleep loss may result in irritability, impatience, inability to concentrate and moodiness
- 5) Serious sleep disorders have been linked to hypertension, increased stress hormone levels and irregular heartbeat.
- 6) Sleep deprivation alters immune function, including the activity of the body's killer cells

Here are a few ways to help you get a better night's sleep: Cut caffeine, limit alcohol, butt out, eat lightly, set a schedule, establish a rhythm, say no to naps, get a workout, Put Away that TABLET, clear the clutter, try therapy, keep cool and keep it quiet. A great way to finish the day is to calm yourself and pray.



Another way to be more like Jesus is to pay attention to what is going on in the world around you. How many things do people miss by only looking at whatever device has become attached to your hand? How many people have you walked by or drove by and could have improved their day by a simple Hello! Or Have a good day! The mental health issues that have arisen from these circumstances are not going away and we need to remind ourselves that not everyone has electronic capability or maybe not even have a place to call home. In each region there are a number of people that do not have an address. Do you know how many or who is homeless in your community? Where are the places that these people could make use of? In Canada today we have many who have fled their homeland. Do they have a safe place to lay their head down?

Here is a passage I hope everyone will read and reflect on:

Made to Dream

I was created by God to dream,

I was created to enjoy with wonder and awe the magnificence of this universe and of people and of God himself.

Sometimes people seldom seem to do that. They never catch the fascination of people and life itself.

They seldom dream dreams.

They seldom enjoy praying and thinking of God and talking to God. Instead, they are hooked on their cell phones and tablets, and all kinds of electronic devices. But I need space in my life to expand my horizons and to enjoy the many-splendored mystery of life and of God.

I was made by God to rise above stale, narrow, flat thoughts.

I was made to dream

.(Taken from the Little Blue Book by Bishop Ken Untener)

This is an election year and you may have new people who will represent you at convention. Do these people know what to do? Please make sure they have the information they need to make a informed decisions..

Hope to meet many of you at Convention in London in April.
Good Luck and Best Wishes in 2018!!

Denise Lalonde Morris