



The Catholic Women's League of Canada  
London Diocesan Council



To: All London Diocesan Council Presidents and Chairpersons, Education / Health,  
Communications  
CC: London Diocesan Council & OPC Education & Health Chairperson / Communications  
Chairperson  
From: Mary Bannon,, Education & Health  
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**HEALTH:** Loneliness is a health issue which our provincial president has asked us to address. At some and maybe many times in our lives we will all experience it. At this time of Covid 19 with social distancing we all have feelings of isolation. Now I know we may relish moments of solitude—but a lifetime of it? No way! Many of us, however, are too fluent in the language of loneliness. “The kids used to need me...the business once needed me...my spouse never needs me.” Lonely people fight feelings of insignificance. What do you do? How do you cope with such cries of insignificance? Some stay busy; others stay drunk. Some buy pets; others buy lovers. Some seek therapy. “Yet only a few seek God. He invites us to do so. God’s ultimate cure for the common life takes you to a manger “...and they shall call His name Immanuel,” which is translated *God with us*. There’s no withholding tax on God’s “with” promise. He is *with us*. *God* is with us!” (adapted from Franciscan Meditations)

**Communications:** How are you communicating with your members? It’s important to continue to have phone conversations with our members. Use your core executive to make calls each week to 5 or 6 of your members. Pay attention to their voices to ensure that depression / loneliness is not setting in. Send cards by mail, or by email. There are several on line cards that you can send out (try Jackie Lawson) In these times, it is important to remain connected to your family and friends.



Environment Care