



**Nova Scotia Provincial Council**  
**Catholic Women's League of Canada**  
**Education and Health Communique # 4**  
**Care for Our Common Home**

To: Earlene Landry, Antigonish Diocesan Education and Health Chairperson, Jeanette Lidstone, Halifax-Yarmouth Diocesan Education and Health Chairperson  
(For distribution to all parish councils)

From: RoseAnn Hetherington, Nova Scotia Provincial Chairperson, Education and Health

Date: April 14, 2020

Copied: Provincial President, Glenda Carson and Executive (for information)

National Chairperson, Faith Anderson (for information)

Greetings to you during this blessed Easter season!

National Chairperson Faith Anderson has provided important and timely information in her most recent Communique posted on the National CWL website. Some of the highlights are as follows:

**Earth Day – April 22<sup>nd</sup>**

The theme for Earth Day 2020 is **Climate Action**. This year marks the 50<sup>th</sup> anniversary of Earth Day which was introduced on April 22, 1970. It is hard to believe that Earth Day was introduced fifty years ago to be a time for education and activism about the environment. As Faith outlines in her Communique, we have so much to be thankful for. Take time to thank God for all we have and pray the days ahead will be better.

The throne speech to open the first session of the 43<sup>rd</sup> parliament outlined the devastating impacts that forest fires, floods, coastal erosion and ocean pollution is having on both Canadians, animal and marine life. The Government has set tangible targets and actions to address the outcomes of climate change. But what can we do? We can participate as Councils and members in the **Call to Action Initiative**. When we are able to return to normal activities, Councils are encouraged to choose a time when members are able to plan and participate in the **Care for Our Common Home** Initiative. The details of the **Call to Action Initiative** are attached to this Communique.

## **12 Hours of Palliative Care**

National Hospice Palliative Care Week will take place **May 4-10th**. Councils are encouraged to participate in the **12 Hours of Prayer for Palliative Care** initiative during this important week to pray that hospice and palliative care will be available to all Canadians. Due to COVID-19, Parish Councils are encouraged to organize an at home prayer service. A **Palliative Care Kit** is available on the national website ([cwl.ca](http://cwl.ca)) to download and be used by Councils. Please see **12 Hours of Prayer for Palliative Care 2020 at [cwl.ca](http://cwl.ca)**. The package contains wonderful resources which can be used including a sample “at home” prayer service.

## **Mental Health**

**Mental Health Week** will take place May 4-10<sup>th</sup>. During this week, take time to remember and pray for those who are isolated, who don't have family support and suffer from the challenges of mental health issues. The Centre for Addiction and Mental Health has several resource materials available on their website. See [cmha.ca](http://cmha.ca)

The current COVID19 pandemic can be a challenge to many through the current self-isolation and social distancing practices we are requested to follow. The longer the restrictions continue, increased stress and anxiety may be felt by many. During this time, the best ways to take care of your mental health include:

### **Take Care of Yourself:**

- Eat as well as possible
- Exercise regularly
- Maintain normal routines as much as possible
- Spend time on hobbies
- Get enough sleep
- Try relaxation techniques
- Set aside prayer time

### **Stay Connected**

- Get information from reliable sources
- Check of family, friends and neighbours
- Use phone, text, email and video calls to connect

### **Take care of others**

- Get groceries and necessities for people in self isolation
- Share positive messages to support all essential workers who are working so hard to support us during these days

Five easy exercises that can be done at home to stay flexible and healthy can be found at [perth.com.au/community-news/joondalup-times/ecu-shares-tips-for-home-exercise-during-covid-19-pandemic-c-899943](http://perth.com.au/community-news/joondalup-times/ecu-shares-tips-for-home-exercise-during-covid-19-pandemic-c-899943).

More information regarding mental health, available resources and COVID19 can be found at [novascotia.ca](http://novascotia.ca).

**“Rejoice in hope, endure in affliction, persevere in prayer” Romans 12:12**

May Our Lady of Good Counsel bless you abundantly during these days of uncertainty.

RoseAnn Hetherington

Provincial Chairperson Education and Health