

Prince Albert Diocesan Education and Health Communique #4, February, 2020

Sylvia Jones, chairperson

It seems that just yesterday we were welcoming in the New Year, 2020 and making resolutions, but Valentine's Day has passed and we are nearing the end of February. During this Lenten season – a time of reflection and soul searching – there are many things we can do to make our journey to Easter meaningful, and also care for our common home.

Health and Wellness

Under this topic there are many things you can do. Look at your past resolutions, write letters to parliament on some of them, such as Palliative Care and the proposed federal changes to medical assistance in dying legislation. You can find out more about this if you search the Canadian Conference of Catholic Bishops website: <https://www.cccb.ca/site/eng/church-in-canada-and-world> .

Canadian Blood Services: Partners for Life Program: <https://blood.ca/en/ways-donate/donate-partner/proud-partners> .

Read the articles from your national Education and Health chairperson in the League magazine that recently arrived in the mail.

Pray that researchers can find a vaccine for this new outbreak of the Coronavirus.

Environment

This Lenten season, instead of giving up chocolate or coffee, let's be aware of the amount of water we use and waste. Also try not to use plastics or very limited plastics for the whole of the Lenten season. See how you do; this could be a topic at your meeting after Easter.

Like Faith Anderson wrote in her communique, encourage members to follow the 5R's of zero waste: **Refuse** (say no to things you do not need); **Reduce** (consume less); **Reuse** (say no to single-use products); **Recycle** (glass, metal, paper) and **Rot** (compost kitchen scraps).

**If you want a love message to be heard,
It has got to be sent out.
To keep a lamp burning,
we have to keep putting oil in it.**

~ Mother Teresa