

PRINCE ALBERT DIOCESAN COUNCIL  
Education and Health Communique # 5 - May 2, 2020  
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As the end of April approached, I was thinking about all the cancellation the COVID-19 virus has created, especially the cancellations of our CWL Conventions at all levels, leaving us without an opportunity to gather together and share our yearly accomplishments. At this time of social distancing we must stay in touch with each other for our physical, spiritual, and mental well-being. May is the **MONTH OF MARY**. In the month of May, let's offer Our Mother the prayers and devotions of our hearts.

Many things are happening in May:

**Mental Health Week in Canada** is May 4 – 10, 2020. Take time to say a prayer this week for those who are more vulnerable at this time of self isolation due to Covid-19 and contact them personally if you can.

**12 Hours of Prayer for Palliative Care:** National Hospice Palliative Care Week is May 4 – 10, 2020. Work together with your CWL sisters of your parish councils to organize an at-home prayer service. You can go onto the [cwl.ca](http://cwl.ca) website and type in “12 Hours of Prayer for Palliative Care Kit”, you then can get into the suggestions for 2020.

**Wellness and sickness:** Spring is finally here; the robins are back. At this time, it is important to take hold of your physical health - get out and go for a walk, jog, or run, keeping in mind to social distance, but also at this time we can care for our Common Home. On your walk you can take along with you a bag and clean up Mother Earth by picking up the garbage that has been uncovered in the ditches due to the melting snow.

May Our Lady of Good Health and Our Lady of Faith keep you and your family safe as you journey through this month of May.