



**The Kingston Diocesan Council of
The Catholic Women's League of Canada**

Christian Family Life

One Heart, One Voice, One Mission

Directive #3

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Date: October 22, 2016

To: Parish Council Christian Family Life Chairs

From: Elizabeth Knudson, Diocesan Christian Family Life Chair

CC: Diocesan Executive, Provincial Christian Family Life Chair

Since last year we have been focused and dedicated to the fight against euthanasia and assisted suicide. Euthanasia is a growing concern in our world today. You may have been told it is the humane thing to do, you are saving people from suffering, they would not want to live this way. The list of excuses is unending. But who are we to make that choice...the choice is God's.

The Euthanasia Deception, We are all Vulnerable is a documentary that may be ordered by going to the website caringnotkilling.com. Councils may purchase it for \$30 or rent and download it. The DVD comes with helpful resource material, including a discussion guide. The Euthanasia Prevention Coalition is asking councils to share the documentary with others by organizing screenings in their community. The DVD is the first part in a social media resistance campaign. Councils may join the resistance campaign by becoming a member of the Euthanasia Prevention Coalition.

Ministry to seniors is an important part of our Christian life. Offer a senior a ride to church, or go to the grocery store for, or with, them. Many seniors are lonely. Give the gift of time to shut in seniors. With winter approaching it will be more difficult for seniors to get around as many of them do not drive in the winter. Many areas offer a free exercise program for seniors. It teaches them balance and strengthens muscles. How about joining and offering a senior a ride - win win. You get a free fitness class and a senior gets exercise and a social outing.

Instead of your usual monthly meeting you could host an information evening. Book a speaker and invite all the ladies of the parish to come. Serve light refreshments if you like. Some suggested topics are phone scams and fraud, wills and power of attorney. Have a pampered chef party, any orders will be an instant fundraiser.

COLF - The Catholic Organization for Life and Family - is an organization that was co-founded and sponsored by the Canadian Conference of Catholic Bishops and the Knights of Columbus. Its mission statement is to:

- Promote the teachings of the Catholic church on the inherent dignity of the human person and the essential respect for human life in all circumstances and at every stage of development from conception to natural death;

- Promote the teachings of the Catholic church on marriage and the family, as well as the fundamental role of the family in society;
- Educate and support Christian families, assisting them to fulfill their mission in the church and the world.

The COLF Website is at: www.colf.ca

Respectfully submitted.