

**Kingston Diocesan Council of  
The Catholic Women's League of Canada  
Community Life Standing Committee**

January 31, 2015

Directive #4

**One Heart, One Voice, One Mission**

To: Parish Council Community Life Standing Committee Chairpersons  
From: Elizabeth Knudson, Diocesan Community Life Standing Committee Chair  
Cc: Kingston Diocesan Executive, Diocesan Presidents and Life Members

Happy New Year. As we begin another year let us ask ourselves how are we using God's gift of time as we live out our lives. Do we give of that precious gift of time to help those in need in our communities? What have you done personally this week for others in your community?

**Dignity and Rights of Persons**

*International Day of Prayer and Awareness against Human Trafficking*

On February 8, 2015 the church will commemorate the life of Saint Josephine Bakhita, a Conossian Sister who was kidnapped and sold into slavery in Sudan.

*Pope Francis has stated that Human trafficking is a crime against humanity. To commemorate the day, the Vatican released a statement that "the primary objective of the International Day is to create greater awareness on the phenomenon and to reflect on the overall situation of violence and injustice that affect so many people who have no voice, do not count and are no one; they are simply slaves."*

*In the past few years we have had two resolutions with Indigenous People issues. You may wish to review these.*

Resolution 2013.01: Building Relationships and Partnerships with Canada's Indigenous Peoples (National Website)

Resolution ON:14.02: Feathers of Hope - Empowering First Nations Youth (Provincial Website)

*National Dementia Strategy*

The Executive of the Canadian Conference of Catholic Bishops has alerted the Canadian Bishops to a debate and vote in parliament concerning a national strategy to combat dementia in Canada. The private members bill (C-356), the National Strategy for Dementia Act, was introduced by Claude Gravelle, MP, and calls on the government of Canada to increase funding for research to promote earlier diagnosis and intervention; to

strengthen the integration of primary, home and community care, to enhance the skills and training of the dementia workforce and to improve support for caregivers. You are encouraged to ***contact your local MP to show your support for Bill C-356***, and to ask that they also support this most important legislation.

*2015 Bell Let's Talk Day Campaign* was held on January 28. Last year Bell Let's Talk Day was an incredible success generating more than 5 million in new Bell Let's Talk funding. Bell's total commitment to Canadian mental health is now more than \$67.5 million.

This year the Bell Let's Talk campaign focused on 5 simple ways to help end the stigma around mental illness:

- Language matters, pay attention to the words you use
- Educate yourself - learn, know and talk more, understand the signs
- Be kind, small acts of kindness speak a lot
- Listen and ask - sometimes it's best to just listen
- Talk about it - start a dialogue, break the silence

### **Social and Economic Justice**

*Marty's Dream* has been fulfilled. Our goal to contribute \$30,000 was reached and the residence for the young girls is being built in Kete Krachi, Ghana. The projected completion date is September 2015. Archbishop Martin Currie (St. John's) sends his personal thanks for the donations made to benefit this project.

*Velma's Dream*, projects with the Catholic Near East Welfare Association, are making a difference in the Holy Land by helping the church change the lives of the poorest families, and in turn, strengthens their communities. The Infant Welfare Centre in the Old City of Jerusalem and Shepherd's Field Hospital in Beit Sahour, Palestine, have been making great strides. With our prayers and generous contributions, 80% of the goal has been attained.

***Remember to incorporate our theme of One Heart, One Voice, One Mission as we plan our community life goals.***

Respectfully submitted,  
Elizabeth Knudson