

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

Summary of ORAL Report

WINTER PRESIDENTS' MEETING

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Office/Standing Committee: **Communications**

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I must say that I am thrilled with the new National theme, (Here I am Lord, send me (Isaiah 6:8). Being a musician the song "Here I Am Lord"" immediately comes to mind and brings joy to my heart as I love the song and the message given. In addition, National has added a special focus on mental health in carrying out the theme. Mental health is very prominent in the news these days and certainly most, if not all of us can relate to mental health challenges whether it be a chemical imbalance, depression or grief to mention a few. Okay, so how are we going to communicate this message: what do we do or what do we say?

So, in doing my Google research, I discovered a widely used program created by Dr. Xavier Amador, a well known authority on helping people with mental illness. The program is called "LEAP".

"L" stands for **listen** to your loved one to understand **their** experience.

"E" is to **emphasize** with their experiences or illness.

"A" is to **agree** on a common ground or plan.

"P" is to **partner** with them to accomplish the goals you have agreed upon.

Pretty good right? So, then I wondered what our authority as catholic women living the Word says about this LEAP program. So. to my bible I go. Lo and behold, here are samples of what I found:

Listen – "Know this my beloved brethren. Let every man be quick to hear, slow to speak, slow to anger. (*James 1:19*)

Empathize – "Bear one another's burdens, and so fulfill the law of Christ." (*Galatians 6:2*)

Agree – "Again I say to you, if two agree on earth about anything they ask, it will be done for them by my Father in heaven." (*Matthew 18:19*)

Partner – "Behold, how good and pleasant it is when brothers dwell in unity!" (*Psalms 133:1*)

Once again, our ancient books in the bible, inspired by our authority, stills holds true today and is full of answers for which we are seeking. f

So in conclusion, I will remember the LEAP as this:

Love

Everyone

As

Proclaimed [by Jesus]

A simplification of second most important commandment.

Respectfully submitted