

vocation as a Catholic woman. There is so much to be thankful for as women have done many good things. But there is so much more to do. Participants heard stories from women around the world of abuse, violence, war, degradation and submission. The main thing I brought home from Rome was the understanding that if there is to be peace in the world it will be up to women and, perhaps in an even more significant way, Catholic women.



In support of the effort to promote and enhance the League's image, I pray that members will talk about and see themselves as women of faith, as true leaders and guardians of humanity. I hope the League crafts a new story that will include examples of Catholic women working toward the kind of world we all want to live in. How will young women understand their call if members do not teach them? Do schools teach this kind of understanding and leadership? Can the standing committees of organization and spiritual development expand to ensure members all know how to be beloved and confident daughters of God? Are there other opportunities to impart the infinite wisdom that comes from John Paul II? In building up The Catholic Women's League of Canada, I believe it is imperative to cultivate a climate that recognizes, promotes and values the "genius of women" in the way John Paul II meant it.

Suggested actions: Read *Mulieris Dignitatem* and the Letter to the Bishops of the Catholic Church on the Collaboration of Men and Women in the Church and in the World, found on the Vatican website at www.vatican.va. Look into groups like Endow (Educating on the Nature & Dignity of Women) for small study group work at www.endowonline.com. Learn more about John Paul II's Theology of the Body. Work in small groups on such faith-sharing books as *Living as a Beloved Daughter of God: A Faith-sharing Guide for Catholic Women* and *Living as a Confident Daughter of God: A Faith-sharing Guide for Catholic Women*. †

STROKE IDENTIFICATION TIPS



Sometimes symptoms of a stroke are difficult to identify. Unfortunately, lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of stroke.

Remember these three letters S.T.R., the first three letters in STROKE.

S – Ask the individual to SMILE.

T – Ask the person to TALK and SPEAK A SIMPLE SENTENCE, coherently. (For example, It is sunny out today.)

R – Ask him or her to RAISE BOTH ARMS.

Another sign of a stroke is this: Ask the person to stick out his or her tongue. If the tongue goes to one side or the other, that is also an indication of a stroke.

If he or she has trouble with any one of these tasks, call 999/911 immediately and describe the symptoms to the dispatcher.

Thanks to Military Ordinariate Past President Gabriele Kalincak for providing this information. †