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MEMO

To: Parish Council Chairpersons of Education and Health
CC: Parish Presidents, Diocesan Presidents, Provincial Presidents and Life Members (on request)
From: Nancy Simms, National Chairperson of Education and Health
Date: April 26, 2015

The days are getting longer and the sun is warming the earth (hopefully this is true for most parts of Canada by the time this reaches you). Thanks be to God!

In celebration of the September 2015 World Meeting of Families in Philadelphia, I would encourage councils to strengthen family bonds through both literacy and physical wellness.

Take time for family reading. Read with your children, grandchildren, husband or League sisters. Start a book club or share the latest good book you have read on the new national online forum. Encourage each other to read. The more we read together the more we grow together in mind and spirit!

We can also strengthen our family bonds while maintaining physically healthy bodies. It is my challenge to every member who is physically able to either start walking, bike riding, jogging, swimming, rollerblading, bowling or whatever physical activity you enjoy (it could even be skateboarding!) Again, this can be done with your children, grandchildren, husband or League sisters. Try doing this twice a week and experience not only your body feeling healthier but a renewed sense of joy in your family relationships! I have taken on this challenge myself, and my husband and I have just started bike riding together!

Lastly, I am receiving reports from across Canada that the one aspect under the education and health standing committee that is not being addressed is genetics. With today's ever-changing technologies, genetics can have a profound impact on the family. I strongly encourage every education and health chairperson, in every parish council across Canada, to find one fact for each meeting about genetics to share with other members. To get you started, you can go to the Catholic Organization for Life and Family (COLF) website (www.colf.ca), click "Life Topics," then "Biotechnologies" and you will find loads of information! If you do not have the Internet, you can call COLF at (613) 241-9461 ext. 161 and request the information be mailed to you.

Let us continue to grow and strengthen our family bonds through education and health!

Forever your sister in the League,

Nancy Simms
National Chairperson of Education and Health