



**The Catholic Women's League of Canada
Alberta Mackenzie Provincial Council**



**Christian Family Life Chair
Communiqué # 4
April 27, 2020**

TO: Diocesan Christian Family Life Chairpersons, Diocesan Presidents
CC: Provincial Executive (for information)
CC: National Chairperson of Christian Family Life (for information)
FROM: Celine Berlinguette, Provincial Chairperson of Christian Family Life

**'But concerning that day and hour no one knows,
not even the angels of heaven, nor the Son, but the Father only.
Therefore you also must be ready,
for the Son of Man is coming at an hour you do not expect.'
- Matthew 24:36, 44**

My dear sisters in Christ,

"Dying" is a topic that most people do not want to talk about, however we all know that it is a part of our life on earth. We do not know what life has in store for us therefore we should be prepared for situations that are beyond our control. This may be very difficult to do however making your wishes known is a very good start.

In Communiqué #3, on Personal Directives, mention was made in the document on my care during my dying process. Of course, dying in my own home would be my preferred option, as long as it does not create undue hardship on my family and care givers.

If you choose to stay in your own home, you can access palliative and end-of-life care from a home care program. Being in a familiar place, close to loved ones, can help you live as normally a life as possible. Home care programs offer nursing care and other home support services, such as:

- volunteer services
- community day programs for you
- care to manage your pain and symptoms
- teams to help with urgent needs 24/7
- interdisciplinary care such as support with finances, rehabilitation

If you can't be at home, you can talk to your health care team about other options.

We, in Canada are blessed to have a health system that supports facilities such as Palliative Care and/or Hospice Care. You may wonder: "What is the difference between Palliative Care and Hospice Care?"

Palliative care aims to improve the quality of life for patients who are faced with a life-threatening illness and their families. Both palliative care and hospice care provide comfort. Palliative care can begin at diagnosis, and at the same time as treatment.

Hospice care begins *when* treatment of the disease is stopped and when it is clear that the person is not going to survive the illness.

If you're thinking about palliative and end-of-life care, don't wait for your doctor or family members to bring it up. Talk to your family and health care team in an open and honest way. Let them know what you want and need for your end of life, as these decisions will reflect your values and preferences for your care. Your decisions and care plans should be part of your Personal Directive. Deciding on your wishes and sharing them can help ease your mind and make your final days more peaceful.

You can access more information on Palliative Care and Hospice Care at:

<https://myhealth.alberta.ca/>

and/or

<https://www.covenanthealth.ca/>

'Sanctity of Life' in our Catholic belief, *means* we are made in the image of God, and from the moment of conception to natural death, we are the Lords. As humans we like to think that we are in control of our life and death, however that is God's responsibility and His alone.

12 Hours of Prayer for Palliative Care - May 2020

12 Hours of Prayer for Palliative Care - May 4-10, 2020 was chosen to run simultaneously with National Hospice Palliative Care Week of the Canadian Hospice Palliative Care Association. Participate from your home. Together, we can pray for palliative care and for those who have chosen home palliative care during the COVID-19 pandemic. For more information and prayer packages, go to the following web-link:

<https://cwl.ca/12-hours-of-prayer-for-palliative-care-2020/>

The month of May is the month of Blessed Virgin Mary. During this month many pray the rosary individually as well as in a family unit. This year we have so much to pray for. We need our Blessed Mother's help! The following web link will take you to the **Letter of His Holiness Pope Francis to the Faithful for the Month of May 2020.**

http://w2.vatican.va/content/francesco/en/letters/2020/documents/papa-francesco_20200425_lettera-mesedimaggio.html

'For by grace you have been saved through faith. And this is not your own doing; it is the gift of God' - Ephesians 2:8

Yours in Christ,

Celine