



Timmins Diocesan Council
of The Catholic Women's League of Canada
Organization Standing Committee



Care for our Common Home
Loneliness

Directive #2 `

Pages 2

November 2019

To : Parish Organization Standing Committee Chairpersons
From: Shirley Gravel, Diocesan Organization Standing Committee
Chairperson
cc: Parish Presidents, Diocesan Officers, Provincial Organization
Chairperson Linda Squarzolo,

LONELINESS

Loneliness as a mismatch between the relationships we have and those we want. It is our internal trigger, letting us know it's time to seek company, just as hunger lets us know it's time to eat.

Many of us immediately think of the elderly when we consider loneliness, but the truth is, anyone at any age can be lonely – even busy people, even you – whether alone or in a group, at work or at home with family.

Loneliness harms us as individuals, as neighbourhoods and as communities.

*Research has shown that lacking social connections is as damaging to our health as smoking 15 cigarettes a day (Holt-Lunstad, 2015). **October 2019 ON-Line Newsletter***

Dear Organization Chairpersons;

It is that time of the year when annual reports are to be completed.

I have looked over the survey/report and it is very similar to past years.

To save some time, I would recommend that you look at your membership list and count the number of members in the various age groups (16-24,25-34, 35-50, 50-70, over 70).

Also, how many attended the Diocesan Convention in Kirkland Lake, and how many from your council attended the diocesan retreat hosted by OMPH.

If you encounter any difficulties or have any questions, ask your council president for help or contact me and I will help as much as I am able.

The reports are to be completed and submitted by December 15, 2019 if you are submitting a paper copy, or by January 15, 2020 if done online.

When you are looking over your membership list, are there members who live alone and may be experiencing loneliness?

Listed below are some suggestions taken from the article on **Loneliness** in the **October 2019 ON-Line Newsletter 8**, on how to help the lonely. Please share these suggestions with your council.

LONELINESS

What can we do to enable ourselves and others to feel more supported and less alone?

- Start with your street — say hello when you see people and try to get to know your neighbours
- Take a look at the people around you where you live and work — what can you do to foster new friendships and be more inclusive?
 - Smile at people you don't know
 - Hold the door for someone
 - Offer help to a new mother
 - Watch for new faces/families in your church and take time to say hello
 - Include your parish priest in social situations, especially in rural areas
 - Offer rides to church or meetings
 - Send a hand-written letter or card
 - Lend a stranger a helping hand
 - Say thank you --- and mean it
 - Brainstorm with your council for other ideas --- and act upon them!

Timmins Diocesan Organization Chairperson,

Shirley Gravel