

## Antigonish Diocesan Council



### *"Care for Our Common Home"*

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TO: Parish Council Secretaries  
FROM: Diocesan Secretary, Anne McCormick  
DATE: March 3, 2021  
MEMO: # 3 (2019-2022) – Reaching Out  
CC: Diocesan Officers, Parish Council Presidents, Life Members,  
Provincial Secretary (for distribution to provincial counterpart)

Sisters in the League,

Prior to March 2020, the phrase “social distancing” didn’t mean much to us but we now know it as the “new normal”, as one of the ways we protect ourselves from contracting the coronavirus. As we enter year two of the pandemic, it looks like social distancing isn’t going away soon.

Everyone has a desire to belong, a need to know who we are and to whom we belong. Social distancing makes it difficult for families and organizations, such as our Catholic Women’s League, to maintain relationships and social connections, to provide that sense of belonging. Social distancing can make us feel isolated and lonely and can increase stress and anxiety, often wrecking havoc on our mental health.

The biggest challenge faced by secretaries in 2020, as reported in the 2020 annual report, was staying connected with League members throughout the pandemic. Councils took various measures to address this challenge e.g., “Thinking of You” and special occasion cards, emails, phone calls and texts; in some councils a newsletter was delivered or emailed to members.

We must continue to reach out to each other during these stressful times. With this in mind, I am writing about an initiative from Canada Post urging people to reach out to others and to use letter writing in a heartfelt way. As part of their “*Write Here Write Now*” program, Canada Post is providing approximately 13.5 million free, postage -paid postcards which Canadians can use to send a special message to anyone, anywhere in Canada. Every residential household will receive one of six specially designed postcards which will soon be arriving in mailboxes across the country.

Doug Ettinger, President and CEO of Canada Post states:

*“Meaningful connection is vital for our emotional health, sense of community and overall well-being. Canada Post wants everyone to stay safe, but also stay in touch with the people who matter to them.”*

For more information about this initiative, go to:

<https://www.canadapost.ca/cpc/en/personal/marketing/campaign/write-here-write-now.page>

This campaign is similar to “*From Me to You*” launched by Engage Nova Scotia. This campaign urges provincial residents to send a note to someone in their community - a person you know or haven't met yet. More information can be found at: <https://engagenovascotia.ca/from-me-to-you>

So, let's continue to do what we do best.... foster that sense of connection and belonging. Reach out to others. The impact that these small gestures of thoughtfulness can have on any given day can be immeasurable.

May Our Lady of Good Counsel guide us as we share our gifts in service for others.

Anne McCormick  
Antigonish Diocesan CWL Secretary