

The Catholic Women's League of Canada



Antigonish Diocesan Council

Ignite Your Passion, Empower His Mission

TO: Parish Council Faith Chair
FROM: Diocesan Faith Chair, Doreen Boudreau
DATE: April 25, 2026
SUBJECT: Peace
MEMO: #12 (2024-2026)
CC: Parish Council Presidents, Diocesan Officers, Life Members, Provincial Secretary (for distribution to provincial counterpart)

"Peace, I leave with you; my peace I give to you. Not as the world gives do I give to you."

Sisters in the League:

Jesus, before he suffered his passion and was crucified, offered his peace to his apostles—and by virtue of descentance, to us. When I look at the geo-political state of our world today, I wonder what happened to this peace? This is not what Jesus wants of us. How do we change this? What steps do we need to take to reverse this trend? I have a few suggestions:

Pray – The power of prayer is immeasurable. Jesus said: "Ask and you shall receive." Pray that our leaders will adopt an attitude of mutual understanding and a sense of "the greater good". They need to listen with an open heart and mind; and not put personal power at the forefront of negotiations.

Empathize – On a more individual level we need to show empathy to people who are struggling. When people are suffering, they don't have a sense of peace. Offer to help when you see your neighbor working long hours with little gain or not working and struggling to put food on the table. Most of us are struggling these days, so the help need not be financial; but you could offer to babysit, run errands so they could rest, visit someone who is lonely, etc.

Advocate – When you see something that is not right, raise awareness of the situation; approach your government officials or law enforcement. Sometimes we don't want to get involved, but if someone is in trouble or in danger, we all have the responsibility to advocate for that person.

Communicate – Sometimes a breakdown in communication will cause a simple problem to fester and become an insurmountable obstacle; and often it gets to the point where you don't even know what the problem was in the first place. If you disagree with someone, address the problem sooner rather than later so that you can reach a solution and move on.

Evangelize - St. Pope Paul VI said that: *“Evangelizing means to bring the Good News into all the strata of humanity, and through its influence transforming humanity from within and making it new.”* You don't have to preach to evangelize. Live your best Christian life and **lead by example**. When you do good works, invite others to join you. It could become a new, more positive trend.

I hope that these practices for PEACE will *“Ignite Your Passion and Empower His Mission”*. After all, we are His hands and feet trying to do His will in the world today. May God bless our efforts; and may Our Lady of Good Counsel continue to lead us.

Your sister in the League,

Doreen Boudreau, Diocesan Faith Chair