



The Catholic Women's League of Canada

# NOTICE OF CONVENTION

71<sup>st</sup> Annual Convention

## Manitoba Provincial Council

June 8<sup>th</sup> and June 9<sup>th</sup>, 2019

hosted by

Keewatin-The Pas Diocesan Council

and

St. Lawrence Parish Council

Mass - St. Lawrence Church, 114 Cree Rd, Thompson, MB

Banquet - Royal Canadian Legion Branch 244, 101 Elizabeth Dr., Thompson, MB

Convention Business - St. Lawrence Knights of Columbus Hall, 114 Cree Rd., Thompson, MB

### *Care for Our Common Home*

|              |            |                                                                                                                                                                 |
|--------------|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| June 7, 2019 | 9.00 a.m.  | Transportation to Thompson (pre-register for charter bus or auto subsidy)<br>Sight Seeing at Pisew Falls en route                                               |
| June 8, 2019 | 9.00 a.m.  | Pre-Convention Meeting Manitoba Provincial Executive                                                                                                            |
| June 8, 2019 | 10.00 a.m. | Guided 'Spirit Way Tour' of Thompson (pre-register for bus)                                                                                                     |
| June 8, 2019 | 5:00 p.m.  | Eucharistic Celebration (Mass)                                                                                                                                  |
|              | 6:15 p.m.  | Gathering Hour                                                                                                                                                  |
|              | 7:00 p.m.  | Banquet                                                                                                                                                         |
| June 9, 2019 | 8:00 a.m.  | Registration and Gathering                                                                                                                                      |
|              | 9:00 a.m.  | Opening and Spiritual Program<br>Business Session<br>Strategic Plan Implementation – Jacqueline Nogier<br>Guest speaker – Jims Alackel – Youth Mission Ministry |
|              | 12:00 p.m. | Lunch                                                                                                                                                           |
|              | 1:00 p.m.  | Resume Business<br>Guest speaker – Archbishop Richard Gagnon - CCCB<br>Elections                                                                                |
|              | 3:30 p.m.  | Closing of Convention (Approximately)<br>Installation of Executive                                                                                              |
|              | 4:00 p.m.  | Charter Bus Transportation to Winnipeg                                                                                                                          |



Care for our  
Common Home

*Scent Free Convention – Church and Parish Hall handicap accessible*



Palliative care is still widely misunderstood by many Canadians. Here are 10 common myths we often encounter.

# 10 MYTHS ABOUT PALLIATIVE CARE

## MYTH 1: Palliative care hastens death.

**FACT:** Palliative care does not hasten death. It provides comfort and the best quality of life from diagnosis of an advanced illness until end of life.



## MYTH 2: Palliative care is only for people dying of cancer.

**FACT:** Palliative care can benefit patients and their families from the time of diagnosis of any illness that may shorten life.



## MYTH 3: People in palliative care who stop eating die of starvation.

**FACT:** People with advanced illnesses don't experience hunger or thirst as healthy people do. People who stop eating die of their illness, not starvation.



## MYTH 4: Palliative care is only provided in a hospital.

**FACT:** Palliative care can be provided wherever the patient lives – home, long-term care facility, hospice or hospital.



## MYTH 5: We need to protect children from being exposed to death and dying.

**FACT:** Allowing children to talk about death and dying can help them develop healthy attitudes that can benefit them as adults. Like adults, children also need time to say goodbye to people who are important to them.



## MYTH 6: Pain is a part of dying.

**FACT:** Pain is not always a part of dying. If pain is experienced near end of life, there are many ways it can be alleviated.



## MYTH 7: Taking pain medications in palliative care leads to addiction.

**FACT:** Keeping people comfortable often requires increased doses of pain medication. This is a result of tolerance to medication as the body adjusts, not addiction.



## MYTH 8: Morphine is administered to hasten death.

**FACT:** Appropriate doses of morphine keep patients comfortable but do not hasten death.



## MYTH 9: Palliative care means my doctor has given up and there is no hope for me.

**FACT:** Palliative care ensures the best quality of life for those who have been diagnosed with an advanced illness. Hope becomes less about cure and more about living life as fully as possible.



## MYTH 10: I've let my family member down because he/she didn't die at home.

**FACT:** Sometimes the needs of the patient exceed what can be provided at home despite best efforts. Ensuring that the best care is delivered, regardless of setting, is not a failure.



*Aussi disponible en français.*



# 10 Myths ABOUT PALLIATIVE CARE

**National Hospice Palliative Care Week** | May 4–11, 2019

Test your knowledge about hospice palliative care myths throughout the week on Facebook (@CanadianHospicePalliativeCare) and on Twitter (@CanadianHPCAssn) using the hashtag #BustingtheMyths

## Myth 1 PALLIATIVE CARE IS ONLY ABOUT PAIN CONTROL

Palliative care includes psychological, social, emotional, spiritual, care giver support and practical support



## Myth 6 I'M TOO YOUNG TO RECEIVE PALLIATIVE CARE

Hospice palliative care is provided to people of all ages from infancy to adulthood



## Myth 2 I'M NOT READY TO RECEIVE PALLIATIVE CARE



89% of people with life-limiting illness, such as a progressive neurological illness, organ failure, or frailty could benefit from palliative care

## Myth 7 PALLIATIVE CARE IS A LOCATION, NOT A RESOURCE

Hospice palliative care is a service that can be provided in many settings, including the patients' home



## Myth 3 MY PHYSICIAN HASN'T MENTIONED IT TO ME, SO I MUST NOT NEED IT

Patients can initiate conversations with health care teams related to hospice palliative care



## Myth 8 TALKING ABOUT DYING CAUSES STRESS FOR MY LOVED ONES



A cultural shift in how we talk about death and dying is required to facilitate acceptance and understanding of what palliative care is and how it can positively impact people's lives

## Myth 4 MY COMMUNITY DOESN'T HAVE A HOSPICE SO I CAN'T ACCESS HOSPICE PALLIATIVE CARE



Palliative care can be provided at home, in a long term care facility, hospice or hospital

## Myth 9 PALLIATIVE CARE IS ONLY FOR PATIENTS NEAR THE END OF THEIR LIVES

Palliative care benefits patients and families from diagnosis until end of life



## Myth 5 RECEIVING PALLIATIVE CARE MEANS I'VE ADMITTED DEFEAT

Palliative care is for any one at any stage of their illness, aimed at improving quality of life for patients and their families



## Myth 10 CHILDREN CANNOT RECEIVE HOSPICE PALLIATIVE CARE

Children need care that is appropriate to their condition/illness, their size, age, understanding of their conditions and its implications, and their spiritual and emotional awareness.



For more information, please visit:

**[www.chpca.net/week](http://www.chpca.net/week)**

# 2019 MARCH FOR LIFE



## THURSDAY, MAY 9<sup>TH</sup>, 2019

- 10:30 am Mass – St. Mary's Cathedral  
Prayer Service – Calvary Temple (Buntain Chapel)
- 11:45 am Gather on the Manitoba Legislative Grounds –  
North Entrance
- 12:00 pm March for Life – Procession
- 12:50 pm Testimonies and Closing Prayer



## #WEARECALLED

THERE HAS NOW BEEN **50 YEARS** OF  
LEGAL ABORTION IN CANADA  
(OVER 4 MILLION MISSING CHILDREN)

**DOWNLOAD THE MARCH FOR LIFE PROMO VIDEO HERE:**

<https://vimeo.com/318055455/d7aca9d6c4>



**ADVOCATING FOR THE PRE-BORN AND VULNERABLE**



If you wish to convert anyone to the fullness of the knowledge of Our Lord and of His Mystical Body, then teach him the Rosary. One of two things will happen. Either he will stop saying the Rosary — or he will get the gift of faith. —

VENERABLE ARCHBISHOP FULTON SHEEN, *Personal reflection on the Rosary*

# Mary's Titles, New and Old

In March 2018, Pope Francis added a new memorial to the liturgical calendar: Mary, **Mother of the Church**. Today—and each day after Pentecost henceforth—we celebrate this wonderful new feast. This recognition of Mary's ecclesial motherhood goes back to Patristic times, and indeed, can be found right in the Gospels, when Jesus gives Mary to John, the beloved disciple and representative of all Christians, to be his (and thus the Church's) mother (John 19:27). John confirms in Revelation 12:17 that “those who keep the commandments of God and bear testimony to Jesus” are Mary's children.

Vatican II's Dogmatic Constitution on the Church, *Lumen Gentium*, adds:

This maternity of Mary in the order of grace began with the consent which she gave in faith at the Annunciation and which she sustained without wavering beneath the cross, and lasts until the eternal fulfillment of all the elect. Taken up to heaven she did not lay aside this salvific duty, but by her constant intercession continued to bring us the gifts of eternal salvation (62)

**Mother of the Church** is just one of the titles and truths about Mary that the Church celebrates. Many of these, though, are points of contention for our Protestant brothers and sisters. On this joyful occasion, then, let us look at a few and offer a few words of support for each from the Fathers of the Church.

## Mother of God

For *our God*, Jesus Christ, was, according to the appointment of God, conceived in the womb by Mary, of the seed of David, but by the Holy Ghost. He *was born* and baptized, that by his passion he might purify the water (St. Ignatius of Antioch, *Letter to the Ephesians*, 18,2, ca. A.D. 107).

“God... was born.” You do the math.

The Virgin Mary... being obedient to his word, received from an angel the glad tidings that she was to bear God (St. Irenaeus, *Against Heresies*, 5:19:1, ca. A.D. 177).

Under your mercy, we take refuge, Mother of God, do not reject our supplications in necessity. But deliver us from danger, [O you]

alone pure and alone blessed (*Sub Tuum*, A.D. 250. This ancient Coptic Catholic prayer was sung as a hymn).

## The Immaculate Conception

If we consider just Mary's ancient title of *New Eve* taught by the Fathers from both East and West, the Fathers are unanimous.

Not all explicitly conclude Mary to be sinless from the image of the “New Eve,” but it follows nonetheless. If you understand that all Old Testament “types” are inferior to their New Testament fulfillments, to say Mary would have been conceived in sin and to have fallen into sin would make her inferior to Eve, who did not receive nearly the grace that Mary received.

Here are two of the earliest examples:

Whereof if thou bear the tree and pluck the fruit, thou shalt ever gather the harvest which God looks for, which [the] serpent toucheth not, nor deceit infecteth, *neither is Eve corrupted, but is believed on as a virgin*, and



salvation is set forth (The Epistle of Mattheitis to Diognetus, A.D. 140).

This ancient text does not explicitly name the New Eve as Mary, but she is implied in the reference to her being “believed on as a virgin.” She is depicted as being the opposite of



Eve who had been corrupted.

Mary and Eve, two people without guilt, two simple people, were identical. Later, however, one became the cause of our death, the other the cause of our life (St. Ephrem of Syria, *Op. Syr.* II 37, ca. 360).

## Perpetual Virgin

On this point, the Fathers of the Church were also *unanimous*. Here are three early examples:

The Protoevangelium of James (ca. A.D. 140): According to the renowned Patristics scholar Johannes Quasten, “The principal aim of the whole writing is to prove the perpetual and inviolate virginity of Mary before, in, and after the birth of Christ.”

Clement presents Mary as a sort of archetype of the scriptures, which also *give birth* (to the truth) yet *remain virginal*. He similarly viewed Mary as the archetype of the Church, the ever-virginal bride of Christ. Both were virgins who give birth yet remain virgins: “She (the Church) is virgin and Mother simultaneously; a virgin undefiled and a mother full of love” (St. Clement of Alexandria, *The Instructor*, bk. I, ch. 6, ca. A.D. 200).

Mary, as those declare who with sound mind extol her, had no other son but Jesus. Origen, *Commentary on John*, bk. I, ch. 6, ca. 230).

(Continued on page 6)

Assumed into Heaven

Recently discovered Syriac fragments of written stories about the Assumption of Mary have now been dated as early as the *third century*. Far from rejecting the Assumption, we find the opposite among the Fathers.

[Mary] is immortal to the present time through him who had his abode in her and who assumed and raised her above the higher regions" (Timothy of Jerusalem, Homily on the Prophet Simeon and the Blessed Virgin Mary, ca. 350-390).

Like the bodies of the saints, however, she has

been held in honor for her character and understanding. And if I should say anything more in her praise, she is like Elijah, who was virgin from his mother's womb, always remained so, and was taken up, but has not seen death (St. Epiphanius, *Panarion* 79: 5,1, A.D. 360).

And behold, again the Lord stood by them; and the holy body having been received, He commanded that it be taken in a cloud into paradise; where now, rejoined to the soul, [Mary] rejoices with the Lord's chosen ones and is in the enjoyment of the good of an eternity that will never end (St. Gregory of Tours, *Eight Books of Miracles* 1:4, A.D. 590).

Co-Redemptrix and Mediatrix

As stated above, the Fathers of the Church are unanimous when it comes to Mary as "the New Eve." The majority of the references to Mary with this title refer explicitly to her unique role in God's plan of salvation. St. Irenaeus is an excellent example of what we find peppered throughout the age of the Fathers:

Eve... having become disobedient, was made the cause of death, both to herself and to the entire human race; so also did Mary... by yielding obedience, became the cause of salvation, both to herself and the whole human race (*Against Heresies*, bk. 3, ch. 22).

<https://www.catholic.com/magazine/online-edition/marys-titles->

Never again



Winnipeg Archbishop Richard Gagnon calls the Catholic Church sex abuse scandal a 'direct contradiction of everything we believe.'

Most of the news about the Roman Catholic Church of late has not been good — to put it mildly. Every week, there's a new story about abuse by priests in the past, or coverups by church leaders, somewhere in the world.

For Catholics, it's heartbreaking, both for the victims, and also for their church. Will the bad news never stop? Will the church ever turn the corner on this terrible episode?

Through it all, I've wondered how the scandal is affecting leaders of the church here in Manitoba. How is it affecting the city's two archbishops? I asked them.

"It breaks my heart to hear the stories," says Archbishop Albert LeGatt of the archdiocese of St. Boniface. It "brings a sense of shame," along with a "profound sadness for the victims," he adds. LeGatt, who has been in ministry since 1983 and an archbishop for 17 years, says the purpose of the church "should be to bring care and compassion to people."

For too many people, he says, it has "done the exact opposite." The church should be "an agent of hope and healing," he says. But the abuse scandal "undermines all of that... it has brought so much damage to the church's witness in society."

As archbishop, he has spoken with people who are angry at the church, angry at God or angry at him about the abuse. "Members of the church are in turmoil," he acknowledges.

Archbishop Richard Gagnon of the archdiocese of Winnipeg feels similarly. The scandal, he says, has been "painful," a "direct contradiction of everything we believe."

It's "more than disappointing, it's tragic," he says of the abuse and the way some in the worldwide church responded to it. Whenever another story about abuse surfaces, "I think about the victims and their families immediately," he says.

Gagnon, who has been in ministry for 36 years, including just over five years as archbishop in Winnipeg, also regrets how the scandal has tarnished the church. The church is supposed to stand for "values, standards, hope and morality." But the scandal has been like a "cancer," affecting everyone in it.

Both are committed to doing everything they can to ensure it doesn't happen in the future. "We need to acknowledge and be contrite for what happened in the past, but also talk about how we are dealing with it now," LeGatt says.

This includes "emphasizing how much damage has been done to the victims" and always putting their needs first and being "attentive to doing everything we can to prevent it in the future."

Gagnon agrees, saying his goal is to "work towards an environment of safety and

protection." This includes promoting "an environment of transparency" so nothing is "swept under the carpet," as it was in the past.

They are grateful for the special sex abuse meeting convened by Pope Francis at the Vatican in February. "It was important that Rome gave it so much attention," says LeGatt, noting it is just a first step in a process of "transparency and accountability." The work is not finished. The important work now is prevention. That needs to be a primary part of church life," he says.

LeGatt and Gagnon point out the Roman Catholic Church in Canada has had guidelines in place to prevent sex abuse since the early 1990s. Last fall, they were updated to ensure they comply with current Canadian law and practice; they apply to all clergy and staff working for parishes or Catholic organizations.

LeGatt believes the Catholic Church in Canada is in a good place now to prevent future sexual abuse. But that's "no reason to say 'we're fine now,'" he says. "We always have to be attentive to this issue, and always be ready if an allegation emerges."

And if an allegation is made, LeGatt and Gagnon emphasize anyone involved in ministry would be taken out of that role immediately. If a child is involved, the police will be informed. "We want to make sure we have an environment where everyone is safe," Gagnon says. "Our commitment is to make the church a better community, to be more holy, caring and compassionate."

<https://www.winnipegfreepress.com/arts-and-life/life/faith/never-again-508530811.html>





#GetLoud

about what **MENTAL HEALTH** really is.

### Your own mental health checklist

There are many schools of thought on mental health. So, at the Canadian Mental Health Association, we waded into everything from western psychology to Indigenous knowledge, and here is what we found:

1. We found that when we look at various descriptions of mental health, the overlaps are striking.
2. We found that, while feeling well means different things to different people, some things might actually apply to all of us: in order to thrive, we all need a good sense of self, and we all need purpose, contribution, hope, resilience and belonging.

We've condensed that knowledge into an informal list that you can use to check your own mental health. (You can find the sources we consulted below). It's not a scientific tool, or a way to diagnose yourself. It's just one way to check in with yourself about your mental health, and maybe guide you on how to support and improve it.

Read each statement and consider whether you "agree" or "disagree" with it.

#### Your sense of self

- ☐ I feel confident about my own opinions, even if they're different from what other people think or believe.
- ☐ I think people respect me, but I can disagree with others and still feel ok about myself.
- ☐ I feel that I am the expert on my own life.
- ☐ I consider myself to be a good person.
- ☐ I deserve to feel well.

#### Your purpose and sense of meaning

- ☐ I feel like I'm reaching my potential.
- ☐ I feel I am growing as a person.
- ☐ I challenge myself.
- ☐ I have a sense of purpose and meaning in my life.
- ☐ It is a better world with me in it.
- ☐ I am good at things that matter to me.
- ☐ I get something out of the things I do.

#### Belonging

- ☐ I get along with others, and I feel good about my personal relationships and social interactions.
- ☐ I feel like I am part of something bigger than myself.
- ☐ I feel like I belong.
- ☐ I have people in my life to support me.

#### Contribution

- ☐ What I do matters a lot to others.
- ☐ I feel useful and productive.
- ☐ I make the world a better place in my own way.
- ☐ I am making a difference.

#### Hope and enjoyment

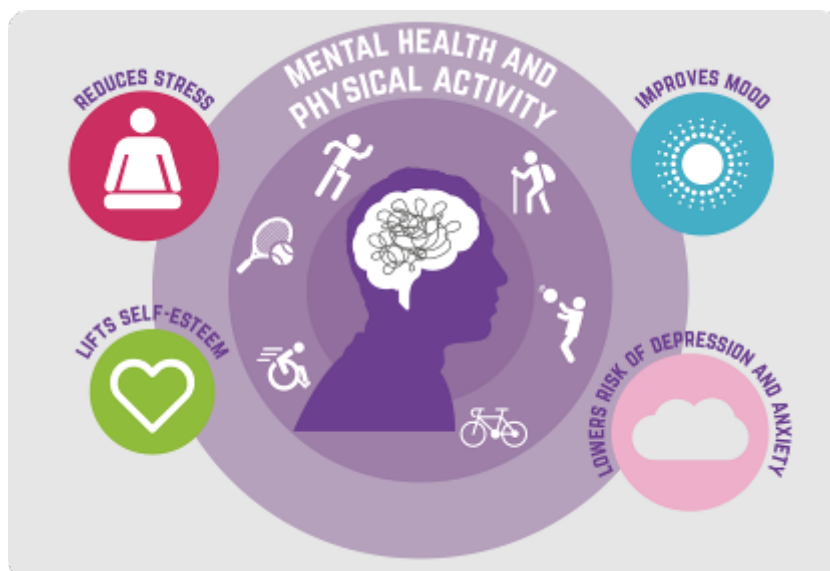
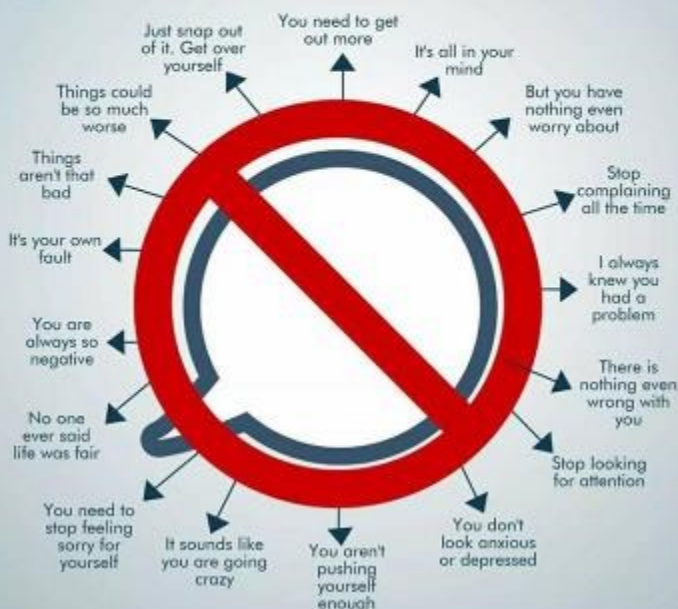
- ☐ I am optimistic about my future.
- ☐ I feel good about myself.
- ☐ I like and accept myself.
- ☐ I usually expect good things will happen.
- ☐ I enjoy life.

#### Resilience

- ☐ Things are hard sometimes, but I think I deal pretty well.
- ☐ I know I can't control everything, but I take action where I can.
- ☐ If you knock me down, I get back up again.

## WHAT NOT TO SAY TO A FRIEND EXPERIENCING A MENTAL HEALTH PROBLEM

@BELIEVEPHQ





THE CATHOLIC  
FOUNDATION  
of MANITOBA

LA FONDATION  
CATHOLIQUE  
du MANITOBA

КАТОЛИЦЬКА  
ФУНДАЦІЯ  
МАНІТОБИ



Dear Catholic Women's League of Manitoba:

On behalf of the Board of Directors of the Catholic Foundation of Manitoba, we would like to sincerely thank you for your Bronze sponsorship to the Catholic Foundation of Manitoba's Caritas Award Dinner.

This year at the 2019 Caritas Award Dinner, we honoured Joy Smith, Carol Peloquin and Bo Gajda. Joy Smith is a leading advocate against human trafficking worldwide, a champion of women's rights, and founder of the Joy Smith Foundation. Carol Peloquin and Bo Gajda have dedicated many years of service in prison ministry and supporting ex-offenders to reintegrate back into the community and lead productive lives. All three individuals have been exemplars of caring leadership and service in all of Manitoba in the area of Social Justice.

Future Hope was selected as the 2019 Charity of Choice due to its dedication to helping male ex-offenders rebuild their lives, one step at a time, in their transition from prison and parole to "normal life" back in the community. Everyone present had the privilege of hearing Shawn Ward's heartfelt testimonial about his troubled life, and how the support of people like Sr. Carol and Bo, as well as Future Hope transformed him into the person he is today.

The Catholic Foundation of Manitoba continues to annually support numerous charitable organizations through its grant program. Attached herewith is a copy of Caritas Program that includes a list of this year's grant recipients.

Please mark your calendar for next year's Caritas Award Dinner that will be held on **April 23, 2020 at the Victoria Inn, 1808 Wellington Avenue, Winnipeg.**

We would like to once again thank you for your Bronze Sponsorship this year and hope the Catholic Women's League will support the 42<sup>nd</sup> Annual Caritas Award Dinner in 2020.

Sincerely, Nicholas Chubenko, President

Love your  
**Enemies?**



*Our thoughts can be changed through virtuous actions, even when they are done half-heartedly.*

Jesus challenged his disciples, "Love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father" (Matthew 5:44-45).

It's a difficult saying, one that is easier said than done. For many of us, we frequently think negative thoughts about our "enemies,"

sometimes even wishing bad things would happen to them.

Yet, that is not the Christian way of living. We are challenged by Jesus to love all people, especially those who hurt us in some way.

How can we change our negative thoughts about them?

Italian priest Fr. Lorenzo Scupoli explained in his spiritual classic, *The Spiritual Combat*, the key to overcoming such an interior attitude.

*I would add to all that has been said, that if the virtue in which you are exercising yourself so require, you must also practice exterior acts conformable to the interior; as, for instance, words of love and meekness, and lowly services rendered to those who have in any way thwarted or slighted you.*

Scupoli suggests that you say something nice about your enemy or to even do something

good for them. Even if this is extremely difficult for you to handle, and you don't like doing it, the very act itself will start to turn your soul around.

As humans, we are a body/soul unity, and so what we do physically with our bodies, will in turn affect our souls. This means that if you want to think better thoughts about certain people, you may need to speak positively of them, or go out of your way to do a good deed for them.

They may not appreciate it, and may even reject it, but that should not dissuade us. The point is following Jesus' example and loving our enemies.

That is true Christian living.

[https://aleteia.org/2019/04/12/is-it-difficult-to-love-your-enemies-heres-how-to-change-your-thoughts/?utm\\_campaign=NLEN&utm\\_source=daily\\_newsletter&utm\\_medium=mail&utm\\_content=NLEN](https://aleteia.org/2019/04/12/is-it-difficult-to-love-your-enemies-heres-how-to-change-your-thoughts/?utm_campaign=NLEN&utm_source=daily_newsletter&utm_medium=mail&utm_content=NLEN)

compromised. We say that marriage is a vocation, but do we mean it?

We can look at human sexual relationships at a number of different levels. Two people can come together purely for physical pleasure, for economic reasons, or for psychological companionship. And we might witness two people coming together out of authentic love.

But none of these levels is what the Bible means by marriage. When I was doing parish work, I would invariably ask young couples, "Why do you want to get married in church?"

Most would say something like, "Because we love each other." But I would reply, "Well, that's no reason to get married in church."

They usually looked stunned, but I meant it. You come to church to be married before God and his people when you are convinced that your marriage is not, finally, about you; that it is about God and about serving God's purposes; that it is, as much as the priesthood of a priest, a vocation, a sacred calling.

Bishop Robert Barron



Friends, in our Gospel today, Jesus defines the fundamental sacredness of marriage. I'm convinced that the deep sacramental and religious meaning of marriage—even within the Church—has been, in recent years, dramatically



# Eight Things You Should Never do as a Mother-in-Law

*We know you have the best of intentions, but here are some tips to building the best relationship with your adult children and their spouses.*

Mothers-in-law are the source of endless mirth — as the butt of jokes, unfortunately. Of course, those jokes deal in stereotypes and caricatures, but there can be a germ of truth in them; plenty of young wives lose sleep over meetings, dinners, or holidays with their mothers-in-law.

I decided to ask my friends, acquaintances, and relatives about what bothers them, worries them, or simply annoys them about their mother-in-law's behavior. I also searched internet forums and social media groups focused on difficult relationships. My goal wasn't simply to collect a bunch of complaints, but rather to offer mothers-in-law a well-founded guide to some behaviors they should avoid in relationship to their sons- or daughters-in-law.

## Don't criticize their clothing

Let's start with a light topic: commenting negatively on the appearance or clothes of your daughter- or son-in-law. It shows a lack of tact on your part. You wouldn't tell any other guest in your home that they're dressed inappropriately, right? It's also not very nice to point out all the changes (especially the negative ones) in your daughter-in-law's appearance. For example, commentaries along the lines of, "Oh, you still have some pregnancy weight to lose," should be kept to yourself.

## Don't call every day

Yes, I know, it's a sign of caring and shows interest, but daily phone calls to your son/daughter become a nuisance, sooner or later. Moreover, it's a sign of an uncut umbilical cord if parents ask their children for a report on their activities that frequently. Of course, a caring mother (especially if you have an only child) doesn't feel that way, but to a grown person trying to set up his or her own life the way they want to, it can be awkward and even annoying.

## Don't judge their decisions and life choices

Suggesting that your son's or daughter's decision concerning their life partner was a poor choice is utterly inappropriate. That was



a choice made by an adult, and autonomous person, and you have to respect that. "My mother-in-law has indicated multiple times that her son must be very unhappy with me because, in her opinion, I give him too many responsibilities. I don't expect anything more than usual engagement in our family life. The fact that, in her time, cooking dinner and cleaning was a woman's job, doesn't mean that it has to be like that in our family," complained one woman I spoke with.

## Don't comment on the division of responsibilities

This is another taboo topic: judging the division of roles and responsibilities in your son's or daughter's family. Just because you did things one way in your marriage doesn't mean that's how it's going to be in your son or daughter's family. Your son is not necessarily unhappy because he changes diapers or takes care of the laundry, and your daughter may not be unhappy because she's made a decision to work outside the home or be a housewife, whatever the case may be.

## Don't impose yourself

Mothers-in-law have more life experience under their belt and naturally often want to share their wisdom or advice — even (or sometimes especially) when they are not asked for it. Of course, knowing that you can rely on your mother-in-law when you need her is very lovely — but wait to be asked, don't impose. Offers worded like, "I'll do it because I've already done it," or "I have connections," "I know better," could have the opposite of the intended effect.

## Don't challenge parenting methods and decisions

The arrival of grandchildren opens a real treasury of phrases that should never come from a mother-in-law's mouth. First of all, don't question the parents' decisions or their parenting methods, especially with grandchildren present. Of course, you can disagree with them, and you can talk about it (calmly) with your child and their spouse, but remember, they don't have to accept your

advice. Another thing: don't question the rhythm of the day worked out by the parents for their child (meal times, when and how often they brush their teeth, naps, etc.). Indeed, spending a few hours with a grandchild does not authorize you to undermine what the parents have been working on for weeks if not months. In the end, it's their child

and it's their business how they manage that time.

## Don't create a good grandma — bad parents scenario

Some grandparents can't understand that the rules the parents have worked out with their child are sacred and untouchable. If the parents decided that the child can't watch TV (or watches it only for 15 minutes), or can't go out by himself, or can't play with certain toys or devices, then that's that. Grandma will not be the best grandma in the world if, during the time the grandchild spends at her house, she will let him do all that is forbidden at home. That undermines the parents' authority. You might think this will help you have a better relationship with your grandchildren, but that's an illusion.

## Don't offer food the parents don't allow

Another rule, quite similar to the previous one, concerns foods that the parents — for whatever reason — eliminated from their child's diet. Perhaps it's meat because they decided to be vegetarian. It could be sugar because they consider it harmful. It could be anything they suspect the child might be allergic to. Whatever the food and reason, all you have to do is to follow the rules. Do not fall into the temptation of thinking you'll be "super grandma" by disobeying the decisions of the parents. It will end up having the opposite effect.

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The best thing you can as a mother-in-law is to take care of your own life and support your children's decisions about their own families. Remember years ago, when you had no time because of the kids, work, or a million other reasons? Take average of this time now, don't meddle, and be flexible. Most grown children want their parents and in-laws to be involved in their lives and they will happily welcome your advice, help, and love if you are sensitive about how to give it.

[https://aleteia.org/2018/09/14/8-things-you-should-never-do-as-a-mother-in-law/?utm\\_campaign=NL\\_en&utm\\_source=daily\\_newsletter&utm\\_medium=mail&utm\\_content=NL\\_en](https://aleteia.org/2018/09/14/8-things-you-should-never-do-as-a-mother-in-law/?utm_campaign=NL_en&utm_source=daily_newsletter&utm_medium=mail&utm_content=NL_en)

## Nails breaking, hair graying? It may be more than simply aging



*The first step is looking at your diet ...*

When we were first married, my husband suffered from a bleeding disorder that left him severely anemic. His complexion was growing paler by the day, but he kept brushing off my concerns. "It's December," he said. "Of course my skin is getting paler!"

It wasn't until we went to visit his parents that I learned the real way to detect iron deficiency. His mom took one look at his face and crossed

the room in two seconds to examine the color of the skin under his nails and on the inside of his eyelids.

"Hospital, now," she ordered. Like a good son, he obeyed and received several blood transfusions and iron infusions, and soon his skin returned to its normal color. And because I'd learned the secret of detecting iron deficiency anemia, he was never again able to brush off my concerns when the skin beneath his nails lost its rosy hue.

That's not the only secret to detecting nutrient deficiency, as it turns out. Livestrong featured a slideshow of many symptoms (like pale mucus membranes) that can unfortunately be easily overlooked until the problems become serious, sometimes even leading to systemic damage.

Need the occasional swipe of lip balm? Not an issue. But seriously cracked and sore lips might indicate you have a riboflavin deficiency. "A riboflavin deficiency can cause cracking at the corners of the mouth and dryness around the outside of the lips," says McMordie. "It will usually be accompanied by a swollen, dark-red tongue and swollen mouth." Riboflavin deficiency can turn more serious if it's left untreated. It can sometimes cause nerve damage that can lead to tingling in your fingers or toes. Have these symptoms checked out as soon as possible to address the deficiency in its earliest stages. And, in the meantime, include more riboflavin in your diet by consuming almonds, salmon, broccoli, cheddar cheese and

eggs.

This is a good reminder for me to include broccoli and eggs in my kids' diets, particularly the ones who have personalized chapstick that they wield like a talisman. It's probably just the cold and wind, but extra broccoli won't hurt them in any case.

Other symptoms of nutrient deficiency include wounds that won't heal because of low protein and Vitamin C, brittle nails caused by lack of biotin, and prematurely graying hair brought on by low copper and Vitamin D levels.

Fortunately, all these deficiencies can be corrected by eating eggs, hazelnuts, fish, peanut butter, strawberries, red peppers, and almonds, and drinking milk.

In fact, the best way to prevent most health problems — from nutrient deficiencies to heart disease — is to focus on widening your diet rather than restricting it. Limiting calories isn't a great way to reach optimum health unless you're also considering what your caloric intake consists of. Making sure your diet includes a variety of nutrient-rich plant and animal food rather than restricting it to nutrient-deficient processed food will help you look and feel your best and save you from the horrors of painful nail breakage and surprise gray hairs before you're 30.

[https://aleteia.org/2018/01/09/nails-breaking-hair-graying-it-might-be-more-than-simple-aging/?utm\\_campaign=NL\\_en&utm\\_source=daily\\_newsletter&utm\\_medium=mail&utm\\_content=NL\\_en](https://aleteia.org/2018/01/09/nails-breaking-hair-graying-it-might-be-more-than-simple-aging/?utm_campaign=NL_en&utm_source=daily_newsletter&utm_medium=mail&utm_content=NL_en)

### LORETTE COMMUNITY GARAGE SALES

Our 7th Annual Event

**JUNE 1st, 2019**

9AM-3PM

#### WANT TO HAVE A SALE?

GET YOUR ADDRESS ON THE MAP BY MAY 25TH!

#### OUT OF TOWN? NO GARAGE?

NO PROBLEM. LIMITED SPACE AVAILABLE IN THE LORETTE CO-OP FOOD STORE PARKING LOT AREA

Contact Tobi Ann to register for a spot

#### WANT TO ATTEND THE MANY SALES?

MAPS AVAILABLE AT COOP GAS BAR,  
LOCAL FACEBOOK GROUPS AND KIJJI

MAPS AVAILABLE LAST WEEK OF MAY

Text Tobi at 204-801-3133

Leave a message or

Email: [tobi@expressiveframes.ca](mailto:tobi@expressiveframes.ca)

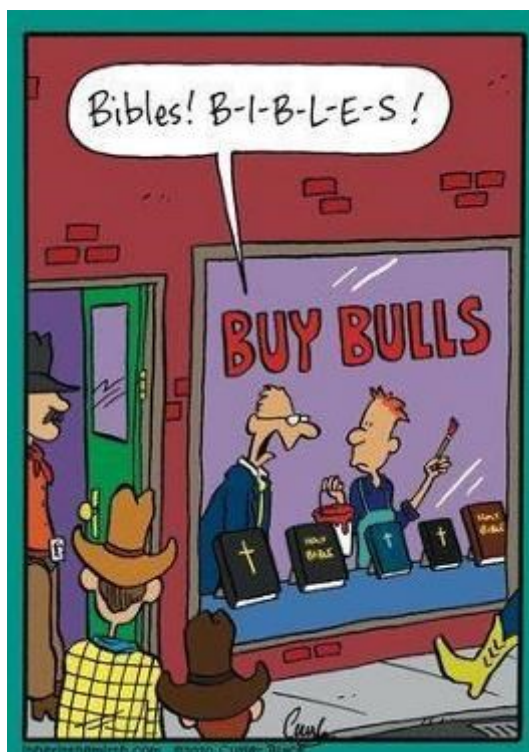
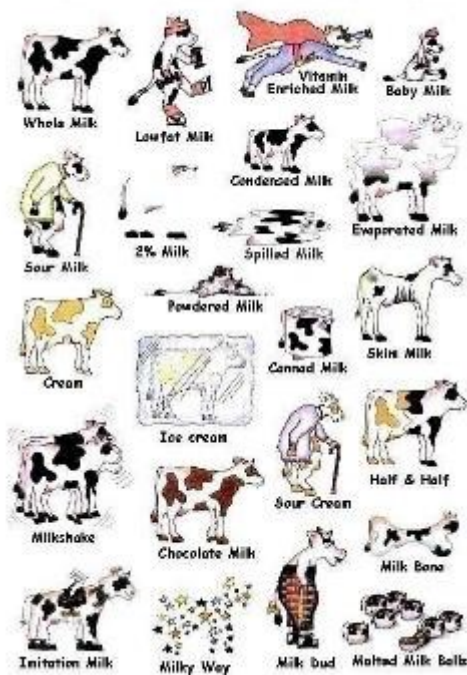


- Welcome to the growing community of Lorette!
- Have you purchased a home or condo in the LUD of Lorette in the last year?
- Do you have questions about your new community?

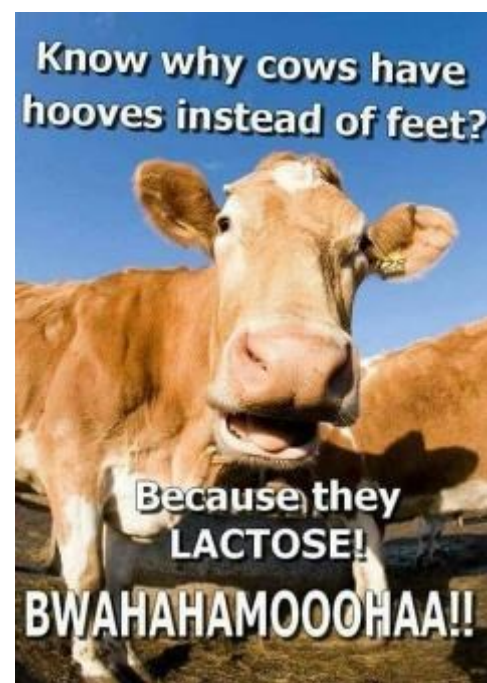
The Welcome Basket Committee of the LUD of Lorette would be happy to answer some of those questions. We have a **FREE** basket of coupons, small gifts, samples, brochures, and business cards which have been generously provided by the businesses and organizations in the LUD of Lorette.



# MILK COWS



Lambs to the left of me. Mutton to the right. Here I am. Stuck in the middle with ewe. 🐑🐑😅



The Dupuis Family is thrilled with the success of the fundraising evening for Danique's ongoing medical needs and sends its thanks to all the financial, emotional and prayerful support extended.