



**Sault Ste. Marie Diocesan Council**  
**Christian Family Life – Directive #1**



**October 4, 2019**

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To: Parish Council Christian Family Life Standing Committee Chairpersons,  
Parish Presidents

From: Lorraine Greasley, Diocesan Christian Family Life Committee  
Chairperson

Cc: Diocesan Executive, Provincial Christian Life Standing Committee  
Chairperson

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*“But thanks be to God, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of him. For we are to God the aroma of Christ among those who are being saved and those who are perishing. 2 Cor. 2:14, 15.*

Dear Sisters in The League,

This is my first experience at holding a position on The Diocesan Executive. I will do the utmost to fill the expectations (with God’s help) and look forward to working with all of you.

Presently I am Christian Family Life Chairperson of Holy Redeemer Catholic Women’s League. I also have been part of the Evangelization Committee in Sudbury for the past 3 years and participated in the Alpha course at St. Alexander’s Parish.

Directive #1 has been received from Provincial Chair Colleen Martin. She is planning telephone conferences with our committee. This will be communicated later.

Although our Theme is still “Care for the Common Home”, Colleen Perry, our Provincial President has asked us to focus on “Loneliness” for the next two years. We have been given 3 resource sites.

- I Three Catholic Ways to Combat Loneliness
  1. Adaptive Social Thinking
  2. Deepening Levels of Friendship
    - (a) Need
    - (b) Mutual interests
    - (c) Based on self-giving and love

### 3. Suffering is Salvation

(a) 2 books-“Flame of Love” by Elizabeth Kindleman

“The Catholic Guide to Loneliness” by Dr. Vost

Jesus suffered, Saints suffered – so we too must accept suffering and draw nearer to Jesus.

#### II The Eucharist - “Antidote to Loneliness” by Bishop Thomas Olmsted

The Eucharist can be very nourishing and healing

Pope Benedict XVI wrote about this in his “God Is Near Us”

#### III The Quiet Epidemic of Lonely Catholics

1. We need “Jesus and Me”, “You and Me”

2. Symptoms: laziness, despair, spiritual desolation

3. People can help:

(a) Know your self-worth. Pray with them

(b) Invest in the lonely. Pray with them

(c) Get uncomfortable. Spend time with them – talk, listen, accompany

(d) Have intentionality goals:

(i) Going to Heaven

(ii) Becoming holy

(iii) Glorifying God

(iv) Bringing others to Heaven with us

While one may not be alone, he or she may be feeling very alone. Let us try to be the living bottle of perfume unique in every way, being a good perfume of God, taking the aroma of love, joy, and peace to others. The woman whose aroma reinvigorates is willing, attentive, simple, and balanced.

My personal goal is to encourage CWL members to become avid supporters of EWTN. This is a 24 hour, 7-days a week program and has all types of Catholic information. This is primarily American and some programs are repeats – but much is current such as daily world news, scripture teachings, questions and answers, conversion stories, etc. It is said that Catholic TV programs have the greatest effect on evangelization.

*Blessings to all and “Let’s Make a Difference”.*

Respectfully submitted,

*Lorraine Greasley*

Christian Family Life Standing Committee Chairperson  
Diocese of Ste. Marie Catholic Women’s League of Canada

