



THE CATHOLIC WOMEN'S LEAGUE OF CANADA
TORONTO DIOCESAN COUNCIL
102nd Convention Oral Report
April 24 and 25, 2023
Ajax Convention Centre
550 Beck Road
"Called To Serve"



Name: Andrea Smart
Standing Committee: Education and Health
Spread the Word: Inspire

Madame Chair:

We were asked to choose a word from National's Strategic Plan document "Spread the Word" for our oral report.

I chose "Inspire" as so much about education and health is inspiring.

The Catholic school system provides inspiration to students by teaching about Jesus and how-to live-in today's society in relationship to His teachings. CWL councils assist with this process through the Rosary Apostolate, Children's Liturgy and RCIC.

The Toronto Diocesan CWL Youth Awards contests inspire and educate students. These contests teach students public speaking, writing skills plus self promotion through the Jean McCann Service Award, St. Michael's Scholarship and Margaret Ann Jacobs Catholic Children's Aid Society Foundation Scholarship.

Councils continue to promote these contests every year. These give all students the valuable skills they need as they go through life.

We are inspired by many people and things throughout our life.

Inspiration comes in many different forms, and we may not always recognize it as such.

Listening to a presentation on health or palliative care can inspire us to learn more about the topic, volunteer at a hospice or an organization like the Alzheimer's Society where we find a calling to be of service to others.

We are learning how important our mental health and self-care are in today's society. We learn through Bell Let's Talk Day, Mental Health Week as well as mainstream and social media platforms how we can take care of ourselves and that we are not alone in feeling the way we do.



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In 2021, Naomi Osaka announced she was taking an indefinite break from tennis to focus on her mental health. She was ranked #1 in the world at that time. Naomi's announcement inspired others in the tennis world and beyond to evaluate their own mental health.

Through the CWL and by extension the Education and Health Committee God inspires us to want to be a voice for the voiceless.

For inspiration and education about the CWL, visit the "To Inspire" section on National's website. Here you will find many inspiring resources such as "Empowering Women" and "A National Sisterhood." My goal is to have all councils review these programs.

My written report can be found on page(s) 23-24 of the Annual Report Book.

This concludes my report,

Andrea Smart
2nd Vice President/Education and Health Chair