

Toolkit for Social Justice

Toolkit Working Group



GOAL:

Through outreach and service, members of The Catholic Women's League of Canada foster a culture where all life is valued with dignity and respect.



STRATEGIES: Create ready-made adaptable toolkits for use in parishes.



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CORE PURPOSE

Uniting Catholic women to grow in faith, and to promote social justice through service to the church, Canada and the world

MISSION STATEMENT

The Catholic Women's League of Canada calls its members to grow in faith, and to witness to the love of God through ministry and service.

CORE VALUES

FAITH – following Catholic teaching

SERVICE – local, national and international

SOCIAL JUSTICE – actively involved in society

ENVISIONED FUTURE

The Catholic Women's League of Canada is an inclusive and engaged community of Catholic women inspired by faith. It is:

A vital participant in the church;

A valued partner for social justice;

A respected advocate at all government levels;

Connected to the world.

"Therefore everyone who hears these words of mine and puts them into practice is like a wise person who built their house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.

But everyone who hears these words of mine and does not put them into practice is like a foolish person who built their house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash"

(Matthew 7:24-27).

Welcome Video

Welcome Videos

Download the Welcome Video: cwl.ca

View the Welcome Video: youtube.com/watch?v=QqZDqQSHC84

Toolkit Welcome

Hello League sister!

Thank you for joining and participating in the Catholic Women's League! Whether you were encouraged by a League sister or heard God call you; however you got here, it is exactly where you are meant to be. The League welcomes you with excitement and hope for all you do "For God and Canada."

You may not have considered it, but you and your League sisters are leaders for the women who will assist you, learn from you and be mentored by you. If it sounds a little daunting, have no fear, for you are not alone. Not only will Jesus be with you always, but also many dedicated women who have come before you and been in your shoes, possibly wondering what they got themselves into! These women range from first-time to experienced long-standing members from all backgrounds and from across the country. They are here to help guide you and help you develop into the servant leader you are destined to be.

It is hoped that you will enjoy this toolkit and find it helpful. It is a springboard of some basics, and with the Holy Spirit working within you, inspiring and guiding you, you will learn, grow and accomplish many important things "For God and Canada." So, go prayerfully forward, with great thanks. May God bless you abundantly!



*“Worship the Lord with gladness;
come into his presence with singing.”*

Psalm 100:2

Introduction

“... Learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow.”

(Isaiah 1:17)

This quote from Isaiah is a description of social justice and is one of many set out in the bible where God reminds Catholics how important it is to treat each other well, have compassion for those less fortunate and do what is right and good. Social justice is one of the three critical pillars of the League. Along with faith and service, these pillars are the foundation of what the League stands for.

Formed with Catholic social teaching (CST) in mind, this toolkit will help you learn about CST and draw your attention to God’s children who are in need. It will assist parish councils in generating ideas for social justice projects through a brainstorming activity—exciting missions that can then be implemented locally and perhaps more broadly. The toolkit is designed to help you grow as an advocate for social justice and guide you through ideas like a “Soup N’ Buns” project. You may also wish to initiate or participate in the development of resolutions. By developing and following a resolution through all the levels of the League, you get to see ideas that came from you or your League sisters, creating change in government policies and laws to match the League’s values.

The League has participated with all levels of governments since its beginning and on the national website (cwl.ca), archived resolutions dating back to 1920 are listed! This toolkit will equip and inspire you to do much more!

Although this toolkit can teach and help you grow in confidence and leadership, never forget that you are not alone. Not only did Jesus promise He would be with you always, but there are also many League sisters who would love to accompany you on your journey, so please never hesitate to reach out! Check within your parish council or contact your diocesan counterpart for contacts.

May you be richly blessed for all you do “For God and Canada.”

Note: To assist you in navigating this toolkit, links are included throughout this document.

“So, whether you eat or drink, or whatever you do, do all to the glory of God.”

I Corinthians 10:31

Prayer for Social Justice

[These prayers have been taken from the Social Justice Resource Center website (socialjusticeresourcecenter.org/prayers/justice/). See also *Additional Social Justice Prayers*, page [21](#)].

Leader: Let us pray together.

God of yesterday, today and tomorrow,
we call to mind Your presence within us and around us.

Open our ears that we may hear Your word.
Open our hearts that we may understand Your word.
Open our mouths that we may speak Your word.

Inspire us with the gospel message,
that we may celebrate all that is life-giving,
restore hope where it has been lost,
and work to bring about change where it is needed.

May we live the gospel with courage,
constancy and love.

May we be open to the challenge
of Your call to true freedom.

May we be faithful to You in our daily choices and decisions.

May we make Your love known
through our words and actions.

May the triune God reign in our hearts, now and forever.

Amen.

Leader: Social justice calls us to seek equality for all and to find ways to right the many wrongs in our social systems. Let us pray together.

Grant us, Lord God, a vision of Your world as Your love would have it:
a world where the weak are protected, and none go hungry or poor;
a world where the riches of creation are shared, and everyone can enjoy them;
a world where different races and cultures live in harmony and mutual respect;
a world where peace is built with justice, and justice is guided by love.

Give us the inspiration and courage to build it, through Jesus Christ our Lord.

Amen.

“He will provide the way and the means, such as you could never have imagined. Leave it to Him, let go of yourself, lose yourself on the Cross, and you will find yourself entirely.”

St. Catherine of Siena

Fundamentals of Social Justice

The social justice pillar encourages and supports women to pursue works that adhere to the Objects of the League (*page 7*) concerned with Catholic social teaching (*page 7*). As Catholics and citizens of the globe, members are called to be aware of these areas. They are called to be responsible for them, to respect them and to keep them safe.

Resolutions (*page 8*) and legislation are also areas this pillar encompasses. A resolution is a proposal or request to various levels of government asking for something (a law or policy perhaps) to be changed, instated, upheld and so on. Resolutions are how the League influences governments to be accountable to Canadians and the values the League holds.

“Resolutions of today become law tomorrow!”

Through the CWL, you can be part of the voice that speaks to government!”

Legislation is where members become informed about what the government is proposing or eliminating that will affect them and their neighbours. The Hansard Index is a website (ourcommons.ca/documentviewer/en/44-1/house/hansard-index) where Canadians can follow bills (potential laws) that are being put forth and reviewed by the federal government. Individuals can sign up for emails that will keep them up to date on the various undertakings of the federal government and its members of parliament.

From the Parliament of Canada website (ourcommons.ca/en), search for, circulate and sign e-petitions (petitions.ourcommons.ca/en/Home/Index) or even start one. Users can search for any member of parliament (ourcommons.ca/Members/en/) to see how they voted on various bills and much more. Each province has a provincial legislative assembly website with a Hansard services page. *Please check online for your region.*

If you or someone on your social justice team is able, it can be helpful to become familiar with these sites and share the information. This information can help form a project for your council or something that your membership will take on to make a difference in the lives of Canadians, be it local or across this great country.

“Be the change you wish to see in the world.”

(Unknown)

The Objects of the League

The Objects of the League are to be kept in mind to guide members' undertakings and shall be to unite Catholic women of Canada:

1. to achieve individual and collective spiritual development
2. to promote the teachings of the Catholic church
3. to exemplify the Christian ideal in home and family life
4. to protect the sanctity of life
5. to enhance the role of women in church and society
6. to recognize the human dignity of all people everywhere
7. to uphold and defend Christian education and values in the modern world
8. to contribute to the understanding and growth of religious freedom, social justice, peace and harmony

Catholic Social Teaching

Catholic social teaching (CST) identifies areas that, as Catholics and citizens of the globe, members are called to action. Accordingly, they are responsible to respect and to keep safe.

- † Life and Dignity of the Human Person
- † Rights and Responsibilities
- † Dignity and Rights of Persons
- † Call to Family, Community, and Participation
- † Preferential Option for the Poor and Vulnerable
- † The Dignity of Work and the Rights of Workers
- † Solidarity
- † Care for God's Creation

Additional information and explanations can be found in the Resources section ([page 25](#)).

Examples of Social Justice Issues

Ageism
Abortion Laws in Canada
Access to Justice
Children's Rights
Civil Rights
Drug and Alcohol Laws
Domestic Violence
Discrimination
Economic Issues
Education System
Environmental Pollution

Food and Drug Safety
Global Warming
Health Care
Housing
Homelessness
Human Rights Violations
Human Trafficking
Hunger
Immigration
Labour
Pensions

Poverty
Prison Reform
Racism
Refugees
Religious Intolerance
Teen Issues
Treatment of Indigenous Peoples
Water Access
Wage Inequities
Welfare
Women's Rights

Resolutions

Resolutions are the League's voice with government, and members' voices are the League's voice. That means each member, as part of the whole, can make a difference!

Consider the Objects of the League (*page 7* and CST (*page 7*), and how many amazing, family-centred, life-giving, compassionate topics to choose from—important areas where members can influence government.

How many times have you heard about injustice in a community or the country and felt helpless to right the wrong? Perhaps you remember the attestation requirement for the Canada Summer Jobs program in 2018? At the time, the federal government had introduced a clause into the funding application whereby applicants were compelled to state they agreed with abortion among other things to qualify.

If you take a look at the *Canadian Charter of Rights and Freedoms S.2(b)* (publications.gc.ca/collections/Collection/CH37-4-3-2002E.pdf), the right to “freedom of thought, belief, opinion and expression...” means Canadians cannot be compelled to say they agree with something they do not. View the resolution the League brought to the federal government concerning this topic at cwl.ca.

In 2019, the League asked the government to support the *United Nations Treaty on the Prohibition of Nuclear Weapons*. Presented in 2016 was a resolution to Amend the *Canada Health Act* to Identify Palliative Care as an Insured Health Service.

The topics are wide-ranging and far-reaching. To see all the currently active resolutions the League has produced, visit cwl.ca and be amazed and inspired!

Each resolution contains an action plan, and this is another expression of the power of the League. The action plan sets forth what is to happen if a resolution is adopted, which occurs at the national level of the League. The plan may include actions such as writing letters to elected officials, monitoring government responses, educating members, praying and encouraging or withdrawing financial support made to specific groups.

Producing a document to send to the government may sound intimidating. However, with more than 100 years of League participation in government, you can be confident there is plenty of guidance to get you and your team through the process. Just head to the Resources section ([page 25](#)) in this toolkit to find links to the *Resolutions Handbook*.

Many League sisters, just like you, have initiated resolutions over the years. It starts with an idea. Perhaps a little voice. Maybe an outrage! However you hear the call to resolutions, be assured that the Holy Spirit is ready to guide you. Along with the documents to help you through the resolution process, there are always other sisters from different levels of the League ready to join you in developing a resolution.



“Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God— what is good and acceptable and perfect.”

Romans 12:2

Getting Started

A Meditation on the Principles of Catholic Social Teaching

This meditation is from a free publication of Development and Peace– Caritas Canada (devp.org/en/) and has been adapted for the League’s use.

ALL: In the name of the Father, the Son, and the Holy Spirit.

Leader: Catholic social justice teachings are based on these principles:

ALL: We pray for the Common Good

Leader: We are called to consider the good of others, and the good of the whole human family, in organizing our world – economically, politically, and legally. Human dignity can only be realized and protected through equality in relationships. The gospel teaches us we must love our neighbour, locally and globally. To achieve this, we place the good of the human family over commercial interests.

ALL: God of peace and gentleness, hear our prayer and ignite in us a desire to do Your will.

ALL: We pray for the Dignity of the Human Person and the Sanctity of Human Life

Leader: The foundation of all Catholic social teaching is the inherent dignity of the human person, as created in the image and likeness of God. The church, therefore, calls us to support the human development, and wellbeing of each person in every dimension economic, political, social, ecological and spiritual.

ALL: God of peace and gentleness, hear our prayer and ignite in us a desire to do Your will.

ALL: We pray for Economic Justice

Leader: All persons have a right to dignified work, and to fair wages and working conditions. Work is more than a way to make a living; it is a form of continuing participation in God’s creation. The economy must serve the people not the other way around.

ALL: God of liberty and freedom, hear our prayer and ignite in us a desire to do Your will.

ALL: We pray for Participation by All

Leader: All persons are entitled to participate in community, and in decisions that affect their lives. They must not be excluded for any reason. Human beings are social and have the need to live together, free from discrimination and prejudice. How we protect the dignity of the individual affects the progress of our society.

ALL: God of all gifts and blessings, hear our prayer and ignite in us a desire to do Your will.

ALL: We pray for Peace

Leader: Peace places us in right relationship with God and with each other. Peace is the fruit of charity and the consequence of justice. It is the sign of caritas in action. We promise to seek and serve Christ in all persons and live the gospel values loving our neighbours as ourselves, and in all decisions and actions strive for justice and peace.

ALL: God of all gifts and blessings, hear our prayer and ignite in us a desire to do Your will.

ALL: We pray for the Eradication of Poverty

Leader: The moral test of any society is how the most vulnerable are treated. We pray for the strength of heart and mind to look beyond ourselves and address the needs of our brothers and sisters throughout the world – for the rural and urban poor. We are called to prioritize those who are in most need and share the wealth of resources available to us. God’s love is universal and inspires our actions.

ALL: God of all gifts and blessings, hear our prayer and ignite in us a desire to do Your will.

ALL: We pray for Rights and Responsibilities

Leader: We all have a right to those things which are required for our human dignity. Rights arise from what we need to live as God intended us to. These are innately linked with our responsibility to protect and promote the rights of others – that we do not take more than is needed at the expense of another.

ALL: God of all gifts and blessings, hear our prayer and ignite in us a desire to do Your will.

ALL: We pray for Stewardship of Creation

Leader: The Earth is sacred. We have a responsibility to protect and to cherish the Earth’s ecological diversity, beauty, and life-sustaining properties. Together, we must hold it in trust for future generations and act in ways that motivate others to take up this responsibility.

ALL: God of all gifts and blessings, hear our prayer and ignite in us a desire to do Your will.

ALL: We pray for Government

Leader: The government is an instrument to promote human dignity, protect human rights and develop the common good. All people have a right to participate in the economic, political and cultural life of society, and in the decisions that affect their community.

ALL: God of all gifts and blessings, hear our prayer and ignite in us a desire to do Your will.

Leader: We pray that we can bring these principles of social justice into our lives, the life of our parishes and communities, and ultimately the world. Teach us Lord Jesus to act on the message of the gospel and love our neighbour as ourselves in our everyday lives. Guide us in Your ways to seek the common good, respect human life, and promote human dignity in all our actions.

Help us reach out to the hurting, the poor and the vulnerable in our midst with concrete acts of charity. Just as the gospel tells us our lives will be judged by our response to the “least of these,” so too will our parishes and communities be measured by our help for the hungry, the homeless, the troubled, and the alienated.

ALL: Let Thy will be done on earth as it is in heaven. Amen

Hymn: Choose from your parish hymnal, such as *Prayer of St. Francis, For the Healing of the Nations, No Greater Love or Companions on the Journey.*

Skills

Brainstorming Activity

This activity helps councils choose an issue that can be developed into a project by a social justice team. The project is intended to be achievable, address a local need and inspire the group to act. It is a good way to get many ideas for discussion. Start with a clear question to focus on and keep it posted for reference. Opening this exercise to your entire membership can help foster the League's sisterhood and generate more ideas! By involving members, you are valuing your membership and, together, serving God!

The Question(s), Example

- What social justice issue(s) concern us at this time in our lives and communities? (*You may also include your province or across the country.*)

Materials Needed

- flipchart and flipchart paper
- red, green and black coloured markers (more colours if desired)
- two different coloured stickers (small post-its or large dots); enough for each participant to have about five of each colour
- poster or handout of the Basic Rules (*below*)
- poster or handout of Examples of Social Justice Issues ([page 8](#)) and Sample Social Justice Projects to Inspire Your Thinking ([page 14](#))

Basic Rules

There are no dumb ideas—period. It is a brainstorming session and should encourage more profound thoughts and thinking outside the box. Remember, allow the imagination to inspire and to keep the entire team involved!

Do not criticize other people's ideas. It is not a debate, discussion or forum for one person to defend her idea over another's. Likewise, avoid discussions that attempt to rate or rank ideas during this exercise.

Build on other people's ideas. Often an idea suggested by one person can trigger an even bigger idea by another, or a variation of an idea on the board could be the next "Velcro" idea. This building of ideas leads to out-of-the-box thinking and fantastic ideas. The experienced facilitator can group ideas to inspire thought.

Reverse the usual "quality over quantity." Here we want quantity, and the more ideas, the better. To brainstorm as many ideas as possible, you can challenge the members to come up with "just three more," and after those three, "how about three more?"

Keep ideas coming. When the brainstorming seems to be ending, the facilitator can review what has already been stated and ask, "Anything else?" This can often stimulate more ideas or give the hesitant person a chance to speak up.

"Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge Him, and He will make straight your paths."

Proverbs 3:5-6

The Facilitator

Choose the facilitator carefully. A friendly, non-intimidating person familiar with the group works well for this role. She must be able to spell, think fast and write legibly. It is helpful if the person has some working knowledge of the Objects of the League and CST. She will also group similar issues with related projects to help clarify and organize ideas, but it is not important to separate issues and projects at this time.

The facilitator explains the Basic Rules, poses the question(s) and records the responses on the flipchart. A good facilitator will go back to the question(s) throughout the brainstorming activity to inspire thought and keep people focused. She also explains that once the brainstorming has ended, all members will have the opportunity to choose areas and topics they wish to focus on (a way of coming to a consensus).

Sorting Activity

This activity is designed to draw out the most important issues to the membership. From these, a main project will be chosen for the membership to work on.

- a) Before breaking to do the activity, ask if there are any questions or comments.
- b) Encourage everyone to participate. It is important to ensure members feel they are being heard.
- c) Explain how to use the coloured post-its or dots. For example:
 - Yellow – “Continue with this idea/service” or “ideas to keep.”
 - Blue – “Look into how to implement this” or “project to take on.”
- d) Ideas that do not have a sticker may be kept for a later date.
- e) Explain that there will be a refreshment break when members will be asked to view the charts posted, chat with other members, seek clarification and add stickers. *See Selecting a Project below.*
- f) Give a warning when the time is nearly up.

- g) Once the sorting is completed, take time to see what topics have emerged as most selected. The three or four topics most often chosen will then go to a social justice team. That team will make a final selection choosing a project the council can embrace. The Sample Social Justice Projects to Inspire Your Thinking ([page 14](#)) might help the team with its work.

Consider having more than one coffee/tea station set up to keep the activity moving.

Selecting a Project

Depending on the time you set for this section, you may choose to do this at a second meeting. If this is the case, you will need to collect the charts to post at the next meeting.

Selecting a Social Justice Team to Choose and Develop the Project

An invitation to all council members should be made and can be done via email or letter, in the parish bulletin or pastoral announcement and whenever possible, by extending an invitation in person. You may also wish to consult with “experts” in the community who are not League or parish members on some aspects of the project. Provide a reasonable period for women to volunteer and once you have your social justice team, set the time and place to meet and begin.

Remember, the League seeks to engage all Catholic women and vows to “leave no woman behind,” so inclusivity is essential. Do not forget to tell them that it will be nice getting to know one another and have some fun while doing the wonderful work of the League—bringing women together to serve “For God and Canada!”

*“Without counsel, plans go wrong,
but with many advisors they succeed.”*

Proverbs 15:22

Sample Social Justice Projects to Inspire Your Thinking

Each parish council and community will have different needs and different resources. This list is just a beginning and is meant to inspire and encourage you to act!

- Support Development and Peace—Caritas Canada, a Catholic and International organization that supports global and local social issues.
- Write thank you letters to proper delegates in your community, city or province who have done something that has made a difference in the world! Recognize their efforts and congratulate them for caring and doing something that matters.
- Write letters to a business to congratulate and support it on a stand it has taken or an advertisement campaign or corporate decision you approve of.
- Organize a study day or workshop with guest speakers to help understand the issues of a particular cause.
- Initiate a recycling program in your parish community.

“Here am I; send me!”

Isaiah 6:8

The following skills are to assist the social justice team in choosing and designing the project plan for the council to implement but are not only skills for the team or the League at large. They can be used in all areas of life. Feel free to use whichever skills you think will help you develop a doable project from your brainstorming ideas.

Making a Decision Using a Decisional Balance

Once you have all your ideas recorded, the decisional balance, also referred to as a cost/benefit analysis, involves examining the positives and negatives of each idea and helps funnel down the topics and reach a consensus. This tool can make choices easier and can often help reduce disagreements.

Example: Let’s say the brainstorming activity gathers the following options for a council project:

1. write a resolution
2. wave a Harry Potter wand and fix the world (*brainstorming is open to all ideas!*)
3. start a petition about legislation on human trafficking

The decisional balance would be applied as follows using a flipchart and red and green markers to represent the **positives** and **negatives**:

**Remember, the brainstorming Basic Rules (page 12)*

1. Write a Resolution	
Positives	Negatives
<ul style="list-style-type: none"> can liaise with next level important to let government hear our voice we have a “vocal” membership a couple of members have already said they want to learn about resolutions the <i>Resolutions Handbook</i> is available to learn from 	<ul style="list-style-type: none"> no experience takes a long time too many topics

2. Wave a Harry Potter Wand	
Positives	Negatives
	<ul style="list-style-type: none"> not real no wand

3. Start a petition regarding human trafficking	
Positives	Negatives
<ul style="list-style-type: none"> human trafficking is an atrocity easy instructions on government website gives us a voice and can make a difference a review of the bill is coming up, so this is timely There are groups who want to defeat the bill and legalize prostitution, so it is timely and important 	<ul style="list-style-type: none"> do we need approval from diocese to spread petition? people don't want to get involved it doesn't happen in our neighbourhood

Next Steps

Explain that now it is time to weigh the positives and negatives. This means looking at which ideas are critical to the success of the idea and which are outright impediments.

If you have an idea like the Harry Potter wand where there are no positives listed, ask the members if it is okay to eliminate this idea, rank it at the end or save it for later.

Examining the positives and negatives for each idea will help you make a final selection. Ideas that are not chosen at this time can be saved as possible subsequent projects.

If you do not have a consensus by the end of the exercise, you may hold a vote.

“Whatever your task, put yourselves into it, as done for the Lord and not for your masters... You serve the Lord Christ.”

Colossians 3:23-24

Smart Goal Setting

Goal setting is a helpful skill that can be used in any area of your life. Once you have gone through the brainstorming process and have chosen the project, set yourself up for success by setting your goals the SMART way.



Be **Specific** by making sure your goal is defined. This would mean having the title for a resolution or project and having an outline or basic understanding of what you are trying to achieve. For example, I want to bench press 100 pounds by June next year.

Make sure your goal is **Measurable**; that is, a resolution would be completed and submitted to the next level of the League according to the resolutions process. Or it may be that you decided to circulate a petition on homelessness and want to set a minimum number of people to sign the petition for accountability and planning purposes, or how many times to do it. Measure your success!

When goals are **Attainable**, it makes success possible. Your decisional balance can help with this. For example, if you wanted to be president of the United States and were not born there, your goal may not be attainable.

Realistic goals help people achieve success. For example, if you are 5'1" and aim to be 6' tall, you have short parents and you are past your growing years, your goal may not be realistic!

Timely goals help keep people focused and on target. Consider if you can achieve the goal within the term of your service or while you have committee members available, for instance. Resolutions, as an example, have a specified timeframe of when titles and completed documents have to be submitted. Ensure you make a schedule of when to have the various steps of the process completed. For example, a petition may have deadlines, so use a calendar to include a "BF" date(s). See the "BF" System (page 17).

Goals should also be *flexible*. You may have to adjust your timeframe (when permitted). You may have to change or modify your goal, and you can always go back to your brainstorming charts to consider the next idea on the list. In the end, you will have formed friendships, developed mutual respect, learned from one another, grown in understanding where Christ and the church can use your help, and represented the League.

The “BF” System

“BF” means *bring forward*. It is a tool used to keep abreast of deadlines. For example, let’s say today is January 5th, and you have a two-part project, with the first part due February 14th and the final due date being March 1st.

Your calendar might look like this:

S	M	T	W	TH	F	S
January	5 <i>TODAY</i>	6 <i>meet & assemble team</i>	7 <i>start work on part 1</i>	8	9	10
11	12 <i>have draft of part 1 complete</i>	13 <i>Review draft</i>	14 <i>Part 1 due, submit</i>	15	16	17
18	19	20	21	22	23	24
25	26 <i>start work on part 2</i>	27	28	29	30	31
February 1	2	3	4	5	6	7
8	9	10 <i>have draft of part 2 complete</i>	11 <i>review part 2 of draft</i>	12	13	14
15	16 <i>review entire project</i>	17 <i>Make any revisions</i>	18	19	20	21
22	23	24	25 <i>complete final project</i>	26	27 <i>submit final project</i>	28
March 1 <i>final project due</i>	2 <i>follow up to make sure project received</i>	3	4	5	6	7
8	9	10	11	12	13	14

Notes:

The above calendar is a sample. There may be other things on your calendar that take time away from the project. For example, you may have enough time between parts one and two to take the week of January 18th-24th off. And because March 1st is a Sunday, you may need to have your project submitted by the Friday before (February 27th). These are things to keep in mind when using a “BF” System.

Make sure that if a due date is at the beginning of the next month, you make a note at the end of the previous month so you are not surprised when you flip the calendar page over!

***Congratulations on learning about brainstorming, making a decision, goal setting and BF-ing!
Now let’s plan your project!***

Project Planning Example

The next step—planning—will be about the resources needed to complete the project. Consider what will help you achieve success and make a list. The list will differ depending on the project selected. Writing a resolution is used as an example for project a plan.

Many social justice issues may lead your group to write a resolution. The League is well known in government for its resolutions, which has been a longstanding undertaking of the League.

The skills in this toolkit will help you select a topic for your resolution. The following list will show you where to look for how to construct a resolution. Remember, you are not alone, so join a resolutions team or develop one but do not hesitate to reach out for support. This is not an individual project—it is the voice of the League and members’ opportunity to have an impact within the various levels of government.

Project Goal: draft a resolution to present at the diocesan convention.

Materials:

- Resolutions Guide (cwl.ca)
- Resolutions Handbook (cwl.ca)

Equipment (or access to):

- binder
- computer
- hole punch
- printer

Human Resources:

- resolutions team (women who would like to help)
- liaise with the appropriate level of the League for direction, support and mentorship
- a researcher or research team

Training:

- find a mentor, a member experienced in writing resolutions or join another team
- materials noted above

Tracking the Resolution:

- Use the “BF” System ([page 17](#))

How big the membership is and the level of interest will determine the “team” you have. The hope is that you will become confident in this important League undertaking, not overwhelmed! Do not forget you are also part of the next level’s resolutions subcommittee, and those more experienced are there to mentor and guide you through the process. This is where members get to make their voices heard to governments to keep them accountable.

Thank you for all you do to serve God and your parish, community, province or territory and Canada.

For you need endurance, so that when you have done the will of God, you may receive what was promised.

Hebrews 10:36

Sample Social Justice Project

Soup N' Buns

Soup N' Buns is a ready-to-go project. This project is about educating members on a selected social justice topic. The examples given—palliative care and homelessness—are only two of many possibilities for your consideration. The format is simple and can be adapted to whichever topic you choose.

This project is designed to:

- raise awareness of a particular social issue in your community
- increase understanding of the profound effects on people's lives
- build community by working together and meeting with like-minded people
- give you an opportunity to respond to the will of God
- focus part of your Lenten season on good works

Project Description

Your parish council sponsors a series of lunches through the five Wednesdays of Lent, with a guest speaker at each luncheon based on a single social justice topic. The speakers must be arranged ahead of time and should be from your local community. For example, they might be social workers, health care workers, recovery house staff, local clergy, victims of injustice or a restorative justice representative.

The lunch is very simple in keeping with the Lenten theme. Depending on your council, you may have one cook for each session who prepares soup for 50, you may work in teams, or you may have five different cooks, each making a pot of their favourite soup and serving them from five stations or crock pots in the room. The buns can be store-bought. Beverages can include water, coffee and tea.

You can charge \$5.00-\$8.00 for lunch at the door, or you can ask people to register ahead to give you a sense of how many to expect. Fifty is a realistic number to aim for, but you will know the community and better understand what to expect.

Consider a donation basket available for the stated cause to circulate to the participating groups.

Sample Agenda

11:45 a.m. - 12:00 p.m.	Guests gather, take a seat (five tables of 10), pick up their drinks
12:00 p.m. - 12:10 p.m.	Welcoming and Grace led by a member of the clergy/committee member
12:10 p.m. - 12:30 p.m.	Soup served at three (or five) stations, a basket of buns at each table
12:30 p.m.	Brief introduction of speaker (committee member)
12:35 p.m. - 1:00 p.m.	Speaker, followed by a question period
1:00 p.m. - 1:15 p.m.	Thank you to the speaker and presentation of flowers
1:15 p.m. - 1:30 p.m.	Closing remarks

Topics to Consider: *(If during Lent, you will need five speakers, one per week).*

End of life Issues – Speakers may include:

- Palliative care - hospice centre representative
- Understanding the law - lawyer
- Preparing for death - Catholic doctor or health care worker
- Church teachings - member of the clergy
- Journeying with a loved one – someone who can share their experience

Homelessness – Speakers may include:

- member from the clergy involved in this ministry
- homeless shelter worker
- soup kitchen employee
- social worker from the inner city
- representative from Covenant House, a local recovery program, women's shelter or safe house, or from the Society of Saint Vincent de Paul

These are just a few ideas. Do not hesitate to use topics and speakers available in and relevant to your community and to your parish council's needs.

*“... [Sisters],
do not be weary in doing what is right.”*

2 Thessalonians 3:13

Additional Social Justice Prayers

Meditation on Social Responsibility

by Jack Reimer

Leader: Dear Lord, we cannot merely pray to You, O God, to end war;

All: For we know that You have made the world in a way that people must find their own path to peace within themselves and with their neighbours. We must live by your example and peace will follow.

Leader: We cannot merely pray to You, O God, to end starvation;

All: For You have already given us the resources with which to feed the entire world if we would only use them wisely.

Leader: We cannot merely pray to You, O God, to root out prejudice;

All: For You have already given us eyes with which to see the good in all people, if we would only use them rightly.

Leader: We cannot merely pray to You, O God, to end despair;

All: For You have already given us the power to clear away slums and to give hope if we would only use our power justly.

Leader: We cannot merely pray to You, O God, to end disease;

All: For You have already given us great minds with which to search out cures and healing, if we would only use them constructively.

Leader: Therefore, we pray to You, O God, for strength, to “do” instead of just pray, to “become” instead of merely to wish.

Sing together: The Prayer of Saint Francis

[Use a version of the hymn that is available in your parish hymnal.]



Litany for Social Justice

[If you do not have 12 participants, assign the verses accordingly]

Voice 1: Brothers and Sisters: God commands us through Jesus Christ to love one another. In baptism,

All: God of peace and gentleness, hear our prayer.

Voice 2: We pray for the strength of heart and mind to look beyond ourselves and address the needs of our brothers and sisters throughout the world; for the rural and urban poor; for the rebuilding of our communities; and for an end to the cycles of violence that threaten our future.

All: God of generosity and compassion, hear our prayer.

Voice 3: We pray for all nations, that they may live in unity, peace and concord; and that all people may know justice and enjoy the perfect freedom that only God can give.

All: God of liberty and freedom, hear our prayer.

Voice 4: We pray that the Holy Spirit may embrace the most vulnerable members of our society; we pray also for an end to the growing disparity between the rich and poor; and for the grace and courage to strive for economic justice.

All: God of all gifts and blessings, hear our prayer.

Voice 5: We pray for an end to prejudice throughout our country and the world; that we will respect all people as precious children of God; and that racism, sexism, and all other forms of discrimination will be forever banished from our hearts, our society and our laws.

All: God of fellowship and equality, hear our prayer.

Voice 6: We pray for a reverence of creation; that we will care for it and conserve it; that we will use its bountiful resources in the service of others; and that we will become better stewards of all that has been entrusted to us.

All: God of nature and the universe, hear our prayer.

Voice 7: We pray for all immigrants, refugees and pilgrims from around the world, that they may be welcomed in our midst and be treated with fairness, dignity and respect.

All: God of outcasts and wanderers, hear our prayer.

Voice 8: We pray for the sick, the aged and the infirm; for those with physical or mental disabilities; that all may have access to proper health care; and that God's loving embrace may be felt by all who suffer.

All: God of comfort and healing, hear our prayer.

Voice 9: We pray for all prisoners and captives; that a spirit of forgiveness may replace vengeance and retribution; and that we, with all the destitute, lonely, and oppressed, may be restored to the fullness of God's grace.

All: God of absolution and mercy, hear our prayer.

Voice 10: We pray for all children and families, and particularly for the orphaned, neglected, abused, and those who live in fear of violence or disease; that they may be relieved and protected.

All: God of children and families, hear our prayer.

Voice 11: We pray for the reconciliation of all people and for the church throughout the world, that it may be an instrument of your healing love.

All: God of outreach and restoration, hear our prayer.

Voice 12: We pray for all who have died because of violence, war, disease or famine, especially those who died because of human blindness, neglect or hardness of heart.

All: God of eternal life and resurrecting love, hear our prayer.

Leader: Almighty God, you have promised to hear what we ask in the name of your Son. Watch over our country now and guide our leaders in all knowledge and truth and make your ways known among all people. In the passion of debate give them a quiet spirit; in the complexities of the issues give them courageous hearts. Accept and fulfill our petitions, we pray, as you know and love us in your Son Jesus Christ our Lord.

Amen.

A Prayer for Social Justice

(cwl.ca)

God, we pray that Your Spirit may rule over all things.

May Your Spirit rule over kings and presidents
over prime ministers and generals
over CEOs and party bosses
over the legislature and over the bureaucrats
over all citizens.

May Your Spirit guide us on the way of peace
on the way of honest dialogue
on the way of reconciliation between peoples
on the way of disarmament and justice
on the way of freedom and life for all.

May Your Spirit lead us on the journey of blessings shared with all
on the journey of educational opportunity for all our children
on the adventure of research and study that helps all men and women
on the road to meaningful work for all people
on the path of solidarity and love between all our brothers and sisters.

May Your Spirit help us
to speak up with courage
to share what we have and what we are
to challenge the powers that be
to offer a message of liberation and life.
We make this prayer through Christ, our Lord.

Amen

Closing Prayer

(cwl.ca)

All: Father, You have given all peoples one common origin. It is Your will that they be gathered together as one family in Yourself.

Fill the hearts of mankind with the fire of Your love and with the desire to ensure justice for all.

By sharing the good things You give us, may we secure an equality for all our brothers and sisters throughout the world.

May there be an end to division, strife and war.

May there be a dawning of a truly human society built on love and peace. We ask this in the name of Jesus, our Lord.

Amen.

Suggested closing hymns: *Here I Am Lord, No Greater Love, Companions on the Journey*

[Use one of the suggested hymns if it is available in your parish hymnal. If it is not, please select an appropriate hymn from your parish hymnal].



Resources

League

The following resources or information may be found on the national website, cwl.ca.

- Communiqués
- *Constitution & Bylaws*
- *Handbook for Chairpersons*
- *The Canadian League* magazine

Resolutions Focussed

- ABC's of Legislation
- Euthanasia and Assisted Suicide Workshop
- Human Trafficking
- Legislation and Resolutions Workshop
- Previous resolutions
- Resolutions Guide
- *Resolutions Handbook*

Leadership Focussed

- Affirming Workshop
- Dealing with Conflict
- Discernment Exercise
- Mentoring

Other

- Euthanasia Workshop
- On Being Kinder to Each Other Workshop
- Trafficking of Women and Children Workshop for Parish Councils
- Workshop on Euthanasia and Assisted Suicide

Governmental

- *Canadian Charter of Rights and Freedoms* publications.gc.ca/collections/Collection/CH37-4-3-2002E.pdf
- E-Petitions petitions.ourcommons.ca/en/Home/Index
- The Hansard Index ourcommons.ca/documentviewer/en/44-1/house/hansard-index
- House of Commons Parliament of Canada ourcommons.ca/en
- Members of Parliament ourcommons.ca/Members/en/
- *Universal Declaration on Human Rights* un.org/en/universal-declaration-human-rights/ and un.org/en/udhrbook/pdf/udhr-booklet_en_web.pdf

International Relief

- Caritas International caritas.org
- Caritas Canada caritas.org/where-caritas-work/north-america/canada/
- Samaritan's Purse International Relief samaritanspurse.ca

Leadership

- Using the Myers-Briggs® Instrument with Blanchard's Situational Leadership® II Assessment ap.themyersbriggs.com/content/Research%20and%20White%20Papers/MBTI/mbti-situational-leadership9_21_10.pdf
- Problem Solving mindtools.com/pages/main/newMN_TMC.htm
- Servant Leadership greenleaf.org/what-is-servant-leadership/
- Situational Leadership Theory (information) mcgill.ca/firstyear/files/firstyear/situational_theory_o.pdf
- What's Your Leadership Style? Self-Assessment Tool mindtools.com/pages/article/leadership-style-quiz.htm

Various

- *The Seven Principles of Catholic Social Teaching* ccmke.org/CatholicCharities/pdf/7PrinciplesofCatholicSocialTeaching.pdf
- *Catholic Social Teaching Scripture Guide* uscgb.org/beliefs-and-teachings/how-we-teach/catholic-education/campus-ministry/tools-for-action/upload/cst-scripture-guide-donna-update-matt2.pdf
- *Laudato Si'* (Pope Francis' encyclical) vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html
- Social Justice Resource Center socialjusticeresourcecenter.org/prayers/justice/

CWL Prayer for Renewal

God of new beginnings, ever faithful God,
we thank You for your constant care for
the women of The Catholic Women's League of Canada.
We have sought to serve You in faith by service to Your people.

Under the guidance of the Holy Spirit and with the help of Our Lady of Good Counsel,
we continue to discern Your call to seek justice
and build Your Kingdom on earth each day.

We ask Your guidance as we plan the evolution of
The Catholic Women's League of Canada.

Grant us wisdom, the grace of discernment, and strength.

May each of us open her heart and mind to Your will and welcome the new life You bring to the League.

We ask this through Jesus, Your beloved Son and Our Lord,
Who lives and reigns with You and the Holy



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