

12 Hours of Prayer for Palliative Care

May 4, 2016

*"True compassion
is found through
palliative care and
access to it must
be a right for all
Canadians."*

**National President
Barbara Dowding**



**The Catholic Women's
League of Canada**

For further information visit
www.cwl.ca

Information & Resources

Planning

National President Barbara Dowding asks that “all League members find some way to support this day of prayer. The prayer can take place within a parish church, a house of worship, a home or elsewhere. Participation may include a large congregation, a few friends or solitary prayer at home. It is recommended that parishioners, members of neighbouring churches and other faith groups be invited to participate. Where possible, it would be ideal to include the Knights of Columbus and any ecclesial movements or associations in your parish or diocese. The twelve hours can be designed around local schedules.”

This resources package includes a copy of the advertisement, the official press release, sample bulletin notices, a sample brief announcement, an information sheet with helpful links, prayer resources, contact information to hospice palliative care associations and care facilities and a printable petition urging the recognition and funding for hospice palliative care across Canada.

Suggestions for planning parish council events:

- Extend your invitation to neighbouring faith communities, family and friends.
- Plan your event in concert with National Hospice and Palliative Care Week events where possible.
- Supply brochures on palliative care facilities and services.
- Encourage participation in the 12 Hours of Prayer petition.
- Offer refreshments and a time for fellowship and information sharing.
- Welcome and support those who wish to share their own experiences of giving and receiving care.
- Take a free will offering for a local palliative care facility.
- Discuss ways that your council can assist in this important work.

If you are active in social media, please share news of your event with #12hoursofprayer.



The Catholic Women's League of Canada

Erica Johnson
Communications Coordinator
C-702 Scotland Ave, Winnipeg, MB R3M 1X5

FOR IMMEDIATE RELEASE

WINNIPEG, Manitoba—April 1, 2016 —The Catholic Women's League of Canada, with over 83,000 members across Canada, encourages all people of faith to join nationwide in **12 Hours of Prayer for Palliative Care** on **May 4, 2016**. This day is designed to take place during the National Hospice Palliative Care Week (organized by the Canadian Hospice Palliative Care Association) as a profound witness to the sanctity of human life.

There is a pressing need for all Canadians to have greater accessibility to palliative care. It has become an urgent priority in the face of the impending legislation for euthanasia/assisted suicide in Canada. This end-of-life care is true compassion. It allows individuals who are facing death not to be burdened by pain and suffering but to receive the necessary support that respects their human dignity both physically and spiritually rather than choosing physician-assisted death as a desperate last resort.

Pope Francis emphasizes the need for prayer, mercy, reconciliation and compassion. "Let us not underestimate the power of so many voices united in prayer!" With one heart and voice, all people of faith are urged to focus on that power of prayer.

The prayer can take place within a place of worship, a home or elsewhere. Participation may include a large congregation, a few friends or solitary prayer at home. All people of faith are invited to join in this initiative and share their plans and programs with others across Canada by using the hashtag #12hoursofprayer.

Further information to help with local planning is available online at www.cwl.ca. Included are information sheets on palliative care with links to further resources, prayers and reflections, contact information for hospice palliative care associations and care facilities and a printable petition urging the recognition and funding for hospice palliative care across Canada.

National President Barbara Dowding urges, "Let us raise awareness, understanding and appreciation that true compassion is found through palliative care and that access to it must be a right for all Canadians.

For more information, please visit: <http://www.cwl.ca/>

About the Catholic Women's League of Canada

The Catholic Women's League of Canada, founded in 1920, is one of the largest organizations of women in Canada with more than 85,000 members represented in every province and territory and the military. The League is organized and pledged to serve all citizens and has often received the commendation and a keen appreciation of federal, provincial and municipal authorities for the voluntary services ably performed by its nationwide membership.

-30-

For further information or interview requests, please contact Erica Johnson, communications coordinator, at (204) 927-2310 or e-mail communications@cwl.ca

Promotion

Encourage members to issue personal invitations wherever possible. It is an important opportunity for dialogue on the topic of palliative care and can be a welcome sign of hospitality.

Sample Bulletin Announcement

The Catholic Women's League of Canada calls all people of faith to join nationwide in **12 Hours of Prayer for Palliative Care** on May 4, 2016. This is designed to take place during the National Hospice Palliative Care Week (organized by the Canadian Hospice Palliative Care Association) as a profound witness to the sanctity of human life.

All parishioners, family and friends are invited to join (name of parish council) in prayer and solidarity on May 4th from (time) to (time) in (location). Coffee and tea will be available and an opportunity to give a free will offering in support of (local palliative care facility). For more information, please contact (the parish office and phone number) or (CWL contact and phone number). Those unable to attend are encouraged to join in prayerful support.

Sample Brief Address/Announcement/Invitation (approximately 2 minutes)

The Catholic Women's League of Canada calls all people of faith to join nationwide in **12 Hours of Prayer for Palliative Care** on May 4, 2016. This is designed to take place during the National Hospice Palliative Care Week (organized by the Canadian Hospice Palliative Care Association) as a profound witness to the sanctity of human life.

There is a pressing need for all Canadians to have greater accessibility to palliative care. This end-of-life care is true compassion. It allows individuals who are facing death not to be burdened by pain and suffering but to receive the necessary support that respects their human dignity both physically and spiritually rather choosing physician-assisted death as a desperate last resort.

The Canadian Hospice Palliative Care Association notes "Only 16% to 30% of Canadians who die currently have access to or receive hospice palliative and end-of-life care services – depending on where they live in Canada. Even fewer receive grief and bereavement services." Also, "residential hospice palliative care programs are still at least 50% funded by charitable donations, and families must bear part of the cost of dying at home, in long-term care – almost anywhere outside a hospital."

You are also encouraged to sign the 12 Hours of Prayer Petition which reads:

"WHEREAS hospice palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and assessment and treatment of pain and other problems, physical, psychosocial and spiritual; and

WHEREAS hospice palliative care provides relief from pain and other distressing symptoms, affirms life, regards dying as a normal process, and intends neither to hasten nor postpone death; and

WHEREAS hospice palliative care is not specifically mentioned in the Canada Health Act; and

WHEREAS hospice palliative care is not accessible and available to all Canadians;
WE, the undersigned, residents of Canada, request the House of Commons in Parliament assembled:
TO specifically identify hospice palliative care as a defined medical service covered under the Canada Health Act so that provincial and territorial governments will be entitled to funds under the Canada Health Transfer system to be used to provide accessible and available hospice palliative care for all residents of Canada in their respective provinces and territories.”

All parishioners, family and friends are invited to join (name of parish council) in prayer and solidarity on May 4th from (time) to (time) in (location). Coffee and tea will be available and an opportunity to give a free will offering in support of (local palliative care facility). For more information, please contact (the parish office) or (CWL contact). Please join us in person or in prayer on May 4th.

Pope Francis reminds us, “Let us not underestimate the power of so many voices united in prayer.”

Information Resources:

World Health Organisation (WHO) Definition of Palliative Care

<http://www.who.int/cancer/palliative/definition/en/>

Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual. Palliative care:

- provides relief from pain and other distressing symptoms;
- affirms life and regards dying as a normal process;
- intends neither to hasten or postpone death;
- integrates the psychological and spiritual aspects of patient care;
- offers a support system to help patients live as actively as possible until death;
- offers a support system to help the family cope during the patients illness and in their own bereavement;
- uses a team approach to address the needs of patients and their families, including bereavement counselling, if indicated;
- will enhance quality of life, and may also positively influence the course of illness;
- is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.

WHO Definition of Palliative Care for Children

Palliative care for children represents a special, albeit closely related field to adult palliative care. WHO's definition of palliative care appropriate for children and their families is as follows; the principles apply to other paediatric chronic disorders (WHO; 1998a):

- Palliative care for children is the active total care of the child's body, mind and spirit, and also involves giving support to the family.
- It begins when illness is diagnosed, and continues regardless of whether or not a child receives treatment directed at the disease.
- Health providers must evaluate and alleviate a child's physical, psychological, and social distress.
- Effective palliative care requires a broad multidisciplinary approach that includes the family and makes use of available community resources; it can be successfully implemented even if resources are limited.
- It can be provided in tertiary care facilities, in community health centres and even in children's homes.

Canadian Hospice Palliative Care Association (CHPCA)

<http://www.chpca.net/>

The CHPCA is the national voice for hospice palliative care in Canada. Advancing and advocating for quality end-of-life/hospice palliative care in Canada, its work includes public policy, public education and awareness. Established in 1991, its volunteer board of directors is composed of hospice palliative care workers and volunteers from Canadian provinces and territories as well as members-at-large.

The vision of the CHPCA is “That all Canadians have access to quality end-of-life care.”

CHPCA’s “Fact Sheet on Palliative Care” notes that “Only 16% to 30% of Canadians who die currently have access to or receive hospice palliative and end-of-life care services – depending on where they live in Canada. Even fewer receive grief and bereavement services.” Also, “residential hospice palliative care programs are still at least 50% funded by charitable donations, and families must bear part of the cost of dying at home, in long-term care—almost anywhere outside a hospital.” The complete 15 page document gives information on access, demand, funding, an integrated palliative approach to care, raising awareness and many other topics. It may be downloaded at:

[http://www.chpca.net/media/330558/Fact Sheet HPC in Canada%20Spring%202014%20Final.pdf](http://www.chpca.net/media/330558/Fact_Sheet_HPC_in_Canada%20Spring%202014%20Final.pdf).

Information on National Hospice and Palliative Care Week may be found at <http://www.chpca.net/week>.

The CHPCA marketplace offers a wide variety of brochures, books and other media that deal with all aspects of palliative care. <http://market-marche.chpca.net/english-products>

Catholic Organization for Life and Family

<http://www.colf.ca>

The Catholic Organization for Life and Family (COLF) was co-founded by the Canadian Conference of Catholic Bishops (CCCB) and the Supreme Council of the Knights of Columbus. COLF’s mission is to build a culture of life and a civilization of love by promoting respect for human life and dignity and the essential role of the family.

COLF’s 23 page document entitled, “The Church Speaks Out: Excerpts on Euthanasia, Suicide, and the Christian Meaning of Suffering” provides thoroughly referenced reflections from many sources and documents <http://www.colf.ca/images/pubs-downloads/LIF-007-E.pdf>.

Canadian Virtual Hospice (CVH)

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Topics/Topics.aspx

“The Canadian Virtual Hospice provides support and personalized information about palliative and end-of-life care to patients, family members, health care providers, researchers and educators. In 2001, a group of palliative care leaders gathered to consider whether a web-based platform could address some of the gaps in palliative care in Canada. They recognized that Canadians need a reputable source for finding information and support, whenever they need it, wherever they live.

“The Canadian Virtual Hospice went online in February 2004, with evidence-based information and an e-health pioneering feature called [Ask a Professional](#). For the first time, Canadians had direct access to health specialists online. Since then, Canadians have found a safe place to sort through issues related to death and dying at the Virtual Hospice. The information and support they find here helps make sense in times of confusion, offers compassion in times of isolation, and reassurance in times of anxiety.”

CVH has gathered links to palliative care associations in each province or territory.

[BC Hospice Palliative Care Association](#)

[Alberta Hospice Palliative Care Association](#)

[Saskatchewan Hospice Palliative Care Association](#)

[Hospice and Palliative Care Manitoba](#)

[Hospice Association of Ontario](#)

[Réseau de soins palliatifs du Québec](#)

[Nova Scotia Hospice Palliative Care Association](#)

codo@nbnet.nb.ca to contact the New Brunswick Hospice Palliative Care Association

[Hospice Palliative Care Association of PEI](#)

[Newfoundland and Labrador Palliative Care Association](#)

[Hospice Yukon Society](#)

See also: [Palliative Care Programs and Services](#) for an interactive map.

Under “Books, Links and More” CVH lists resources in a wide variety of formats on 32 topics. http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Resources/Books+Links+and+More.aspx.

Prayers and Reflections

Good and Gracious God, You have been so good to us.
Though we are undeserving of all the graces You have bestowed upon us,
we come to You in our great need trusting in Your Divine mercy.
We ask good St. Joseph, patron of Canada,
and our patroness Our Lady of Good Counsel
to intercede with You to move the hearts of parliamentarians
to institute laws throughout the country
to improve where available and initiate where absent,
palliative care for those persons nearing the end of their lives.
Also, we pray for all those who have responsibility for health care in our country,
that they will be moved to do all in their earthly power
to support palliative care strategies.
Heavenly Father,
You hear all prayers and You answer our prayers in Your good time.
We patiently await Your speedy response
in the name of your dearly beloved son, Jesus Christ our Lord.
Anne M Gorman

"Two life moments are unparalleled in an awakening a sense of awe: beholding a birth, and standing in a presence of death. The mystery of death is illuminated by analogy to birth... Whether we hold a newborn infant or touch the hand of a person near death, a fundamentally similar awareness emerges: life is exquisitely valuable. Language stretches to express it. Life belongs in a wholly different genre of value than measurable, material, temporal goods." -- Thomas Aquinas

Heavenly Father,
Lord and Maker of all that is good,
fill our hearts with joy before the wonders of Your creation.
Open our eyes to the presence of Your beloved Son Jesus
in all those we encounter and especially in the weakest and most vulnerable among us.
Where we see life threatened at its beginning or at its end,
or by poverty and deprivation, inspire us with love and mercy,
so that, empowered by Your Holy Spirit,
we may work together to defend human dignity.
Help us to build a culture of life:
a culture in which each and every person is loved and valued as Your child,
from conception to natural death, and in every circumstance of life.
Amen.
Mary, mother of the living, pray for us!

COLF Prayer for the Protection of Human Life
(Prayer cards for purchase or download at
<http://www.colf.ca/index.php/en/publications/item/211-prayer-for-the-protection-of-human-lif>

Gracious and Holy Father,
Please give me:
intellect to understand You,
reason to discern You,
diligence to seek You,
wisdom to find You,
a spirit to know You,
a heart to meditate upon You,
ears to hear You,
eyes to see You,
a tongue to proclaim You,
a way of life pleasing to You,
patience to wait for You
and perseverance to look for You.
Grant me a perfect end,
Your holy presence,
a blessed resurrection
and life everlasting. **Amen.**
St. Benedict of Nursia 480-547

Let nothing disturb you.
Nothing dismay you. All things pass.
But God never changes.
Whoever has God lacks nothing.
If you have only God,
You have more than enough.
Teresa of Avila (1515-82)

God, grant me
Serenity to accept the things I cannot change,
Courage to change the things I can,
and wisdom to know the difference.
Living one day at a time;
enjoying one moment at a time;
accepting hardship
as the pathway to peace.
Taking, as He did, this sinful world
as it is, not as I would have it;
trusting that He will make all things right
if I surrender to His will;
that I may be reasonably happy in this life
and supremely happy with Him forever in the
next. **Amen.**
Reinhold Niebuhr

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths
for His name's sake.
Even though I walk through the darkest valley,
I fear no evil;
for You are with me;
Your rod and Your staff-
they comfort me.
You prepare a table before me
in the presence of my enemies;
You anoint my head with oil;
my cup overflows.
Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
my whole life long.
Psalm of David

God, hear my prayer,
And let my cry come to You.
Do not hide from me in the day of my distress
Turn to me and speedily answer my prayer.
Eternal God, Source of healing,
Out of my distress I call upon You.
Help me sense Your presence
At this difficult time.
Grant me patience when the hours are heavy;
In hurt or disappointment give me courage.
Keep me trustful in Your love.
Give me strength for today, and hope for
tomorrow.
To your loving hands I commit my spirit
When asleep and when awake,
You are with me; I shall not fear.
Jewish Healing Prayer

*"Our prime purpose in life is to help others. And if you can't help them, at least don't hurt them."
– Dalai Lama*

*"All the darkness of the world cannot extinguish the light of a small candle."
– Reza Deghari, photographer.*

*"Just to be is a blessing. Just to live is holy."
– Abraham Joshua Heschel*

Prayer intentions suggested for inclusion in the Prayers of the Faithful

For our community of faith and each of us in our personal responsibilities: that by visiting the ill and the suffering, and by encouraging those who live with disabilities or depression, we witness to the love of God and the beauty of human solidarity.

Let us pray.

For doctors providing care to the dying and the severely ill: that they promote treatments which respect human dignity and are an expression of hope and love.

Let us pray.

For those who see in euthanasia an act of compassion: that the light of the Gospel transform their vision, allowing them to see the sacredness of all life from its beginning to its natural end.

Let us pray.

For medical students: that, during the course of their formation, they meet courageous mentors who have the wisdom to educate and guide their consciences in truth.

Let us pray.

For patients and their families who despair at the prospect of suffering and death: that the Holy Spirit open the eyes of their hearts to the meaning of suffering deeply united to that of Christ on the Cross.

Let us pray.

For health workers and for all those who devote themselves to caring for the sick and the dying: that Christ strengthen their energy and fill them with love as they strive to love with his heart.

Let us pray.

For our legislators and judges whose decisions touch issues of life and death: that the Holy Spirit enlighten their minds and consciences by giving them the gift of discernment.

Let us pray.

For those who work in the media: that they understand the full scope of the issues surrounding end of life care, and that the Holy Spirit enlighten their minds and consciences.

Let us pray.

For those who impact the development of our society and our culture: that they open their hearts to the message of Christ and contribute to the development, in our country, of a true culture of life.

Let us pray.

Prepared for "Life-Giving Love A Campaign for Palliative and Home Care; Against Euthanasia and Assisted Suicide"

Prayer Service for Caregivers

Hymn: "People of Peace" or "Women of Peace"

Opening prayer

All: O Lord our God, You are the source of peace. Inspire the women of the League to live in peace by acting justly, loving tenderly and walking humbly with You, our God. (Micah 6.8) We pray that You enlighten the eyes of our minds, so that we may see what hope Your call holds for us. (Eph 1.18) May we be firm in the hope we profess (Heb 10.23) and always ready to give the reason for the hope we have. (1 Pet 3.15)

Responsorial Psalm: Psalm 131

Response: In You Lord, I have found my peace.

Left: O Lord, my heart is not lifted up, my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. **R**

Right: But I have calmed and quieted my soul, like a weaned child with its mother; my soul is like the weaned child that is with me. **R**

Left: O Israel, hope in the Lord from this time on and for evermore. **R**

Right: Glory to the Father, and to the Son, and to the Holy Spirit, **R**

Left: As it was in the beginning, is now, and will be forever. **Amen**

Antiphonal Psalm

Antiphon: May Your love be upon us, O Lord, as we place all our hope in You.

Left: The Lord looks on those who revere Him, on those who hope in His love. (Psalm 33)

Right: Our soul is waiting for the Lord. The Lord is our help and our shield. (Psalm 33)

Left: For a day in Your courts is better than a thousand elsewhere. (Ps 84.10)

Right: O Lord of hosts, happy is everyone who trusts in You. (Ps 84.12)

Left: The Lord is a stronghold for the oppressed, a stronghold in times of trouble. (Ps 9.9)

Right: Those who know Your name put their trust in You. (Ps 9.10)

Left: Make me know Your ways, O Lord; teach me Your paths. (Ps 25.4)

Right: Lead me in Your truth and teach me, for You are the God of my salvation. (Ps 25.5) 71 Prayers and Workshops for Women of Peace and Hope The Catholic Women's League of Canada

Left: Blessed be the Lord, for He has heard the sound of my pleadings. (Ps 28.6)

Right: The Lord is my strength and my shield; in Him my heart trusts. (Ps 28.7)

Left: Truly the eye of the Lord is on those who hope in His steadfast love. (Ps 33.18)

Right: Let Your steadfast love, O Lord, be upon us, even as we hope in You. (Ps 33.22)

Left: For God alone my soul waits in silence, for my hope is from Him. (Ps 62.5)

Right: He alone is my rock and my salvation, my fortress; I shall not be shaken. (Ps 62.6)

Left: On the day I called, You answered me, You increased my strength of soul. (Ps 138.3)

Right: The Lord will fulfill His purpose for me; His steadfast love endures for ever. (Ps 138.8)

Left: Glory to the Father, and to the Son, and to the Holy Spirit,

Right: As it was in the beginning, is now, and will be forever.

Antiphon: May Your love be upon us, O Lord, as we place all our hope in You.

Reading: Romans 15.13

Reflection: What is hope? Where does it anchor when immediate realities point to continued illness and death? How do caregivers help fan hope's flame as patients address their changing conditions? Sister Karen Dufault showed that hope is a powerful and dynamic life force, a healing yet not curing asset, is operative during all stages of illness, influences coping and quality of life, and is influenced by others. Hope through the eyes of persons with a life-threatening illness is confident with an uncertain anticipation of future good. Hope is personally significant and desirable, and realistically possible. Hope has implications for interpersonal relatedness and is active within the context of actual or potential loss.

Prayers of Intercession

Leader: God establishes His people in hope. Let us cry out to Him with joy:

Response: You are the hope of Your people, Lord.

Leader: Palliative care is an approach that provides relief from pain and other distressing symptoms, we ask that You give caregivers the insight to address the needs of each patient, for this we pray, **R** Palliative care offers a support system to help families cope during the patients' illness and in their own bereavement; we pray that caregivers give this loving and compassionate support, Lord, we cannot put days into their lives, but help us to put life into their days, we pray, **R**

Since palliative care is a public health issue, we pray that the information on end-of-life issues and pain relief be distributed to all people, **R**

For all caregivers, that they may balance care-giving and concern to maintain their own health, we pray, **R**

All: Lord, we pray that palliative care be integrated into the global curriculum of professionals in the health care system – including research, surveillance, public information and awareness, education in the best practices and quality care. This we ask through Christ.

Hymn: "All My Hope on God Is Founded"

Contributed by Yvonne Colleaux, Saskatchewan Provincial Council President. The reflection is taken from Life Member Shirley Bernier's report on the 17th International Congress on Palliative Care.

Reprinted From: *Prayers and Workshops for Women of Peace and Hope*. The Catholic Women's League of Canada © 2010. (available for free download at www.cwl.ca)

Petition

"PETITION TO THE House of Commons in Parliament assembled:

WHEREAS hospice palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and assessment and treatment of pain and other problems, physical, psychosocial and spiritual; and

WHEREAS hospice palliative care provides relief from pain and other distressing symptoms, affirms life, regards dying as a normal process, and intends neither to hasten nor postpone death; and

WHEREAS hospice palliative care is not specifically mentioned in the Canada Health Act; and

WHEREAS hospice palliative care is not accessible and available to all Canadians;

WE, the undersigned, residents of Canada, request the House of Commons in Parliament assembled:

TO specifically identify hospice palliative care as a defined medical service covered under the Canada Health Act so that provincial and territorial governments will be entitled to funds under the Canada Health Transfer system to be used to provide accessible and available hospice palliative care for all residents of Canada in their respective provinces and territories."

Please circulate, collect and return completed petition sheets to:

**Janet McLean
National Chairperson of Legislation
Catholic Women's League
C-702 Scotland Avenue
Winnipeg, MB R3M 1X5**

Please Note:

"The document must not be altered either by erasing or crossing out words or by adding words or commentary" as "any alteration will make the petition unacceptable."

"Also the petition must be free of any other matter attached or appended to or written or printed on the petition".

Please return all completed petitions by May 20, 2016

A reprintable petition form is enclosed for single-sided printing.

12 Hours of Prayer for Palliative Care

May 4, 2016

*"True compassion
is found through
palliative care and
access to it must
be a right for all
Canadians."*

**National President
Barbara Dowding**



**The Catholic Women's
League of Canada**

For further information visit
www.cwl.ca

