

In Defence of Life

Edmonton ProLife's Newsletter

www.edmontonprolife.org

Volume 7, Issue 2

'educating for life'

Spring 2009

HOPE

The message of Hope has been reverberating through America with the election of the new president Barack Obama, a message badly needed in economic hard times.

In Canada we have also an economic down turn, and the provincial and federal governments rely on promises of spending and bailouts to lift our spirits. This may help to save jobs or create new ones, and stabilize the economy, although spending to achieve that AND living within ones means will be a challenge.

Do the promises of bailouts stabilize our spiritual and moral moorings? The only one who can help us with that is the One, Whose Life of Hope, Love and Sacrifice we commemorate this season. Prayer, fasting, repentance and renewal are traditionally an integral part of Lent, and it meshes well with our 40 Days For Life of fasting and prayer for an end to abortion, which starts 25th February till 5th April 2009 (website www.40daysforlife.com/edmonton).

We encourage everyone to participate, even in the smallest way. Prayer is the most powerful tool and the article on that might be useful. Peaceful vigils and community outreach are also part of this.

Hope is also the difference between someone longing to be euthanized and the recognition that life is still worthwhile living. Sharing this hope (with love and charity) is the mission of organizations that provide Palliative care in our region.

We salute the dedicated persons that work and volunteer in the care facilities and homes. We also

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acknowledge family members who lovingly, quietly take care of family members who are at end of life stage or have debilitating conditions. "Whatsoever you have done for the least of one of those, you have done unto Me".

May the following reflections on Fasting and Prayer grant you real HOPE! - Corry

FASTING

The 40 days prior to Easter have long been associated with fasting for repentance and spiritual renewal. While neither commanded nor forbidden in Scripture, believers through the centuries have found fasting to be a significant aid to praying, focusing on God, experience His presence and His will. Today, fasting is not practiced much. Yet it is meaningful according to the Scriptures:

-as a sign of personal repentance and intercession for national repentance - 2 Chr.7: 14

-as a sign of personal subjection to God's will and His ways - Jas. 4:10

-as an aid to devotion to God, demonstrating a reliance on Him - Matt.4: 4

-as an act of righteousness - Matt.16: 18

-as an antidote to self-indulgence - Rom.13: 14

-as an aid to keeping our body in subjection - 1 Cor.9: 27

-as a sign of personal mastery over the desires of our body - 1 Cor. 6:12-13

Fasting does not always involve going completely without food (Daniel). God gives us freedom in our fasting, and given some of the reasons for fasting, He will guide us, as long as it is with our heart, not for "earning brownie points". The main point is to abstain from an activity which:

-tends to distract us from God

-consumes our time

-costs money, which could be better used

-encourages self-indulgence.

What kind of fast we might practice.

-give up a favorite food/drink

-give up a time consuming, but empty activity (TV, movies)

-shift a regular activity so you can use it for prayer

-give up a half hour of morning sleep to pray

-give up morning coffee break to pray

-skip breakfast or lunch occasionally

-give up an indulgence

(continued on page 7)

Upcoming Events – Save the Dates!



- **February 25 to April 5, 2009 - Answering the call – 40 Days for Life!** Stand. Pray. Fast. Witness. Sacrifice. Don't worry if you haven't already signed up, the campaign runs for 40 days, until April 5, 2009 and we need all of you to make a commitment to pray for one hour at the clinic. Go to www.40daysforlife.com/edmonton, click on Vigil Sign Up and go to the registration page to see the available times on the calendar and fill in the registration form. That's it! Then, help spread the word to everyone you know about the spring 40 Days for Life! For more information contact Karen at 78-425-1637 or email to edmpl@interbaun.com
- **May 4, 2009 –Edmonton Prolife Annual General Meeting. Please note early start time!** Is it possible to be popular and prolife? Edmonton Prolife presents Juliana Day (nee Thiessen) a full time mother of four and homemaker. In 1998, Juliana was Miss Calgary and Miss Canadian Universe through which she gained many valuable experiences. Julie married Logan Day in 1999 and has since been extensively involved in politics, including: volunteering and employment in various political offices and campaigns. In recent years, she has written columns for the Western Standard, as well as various other publications. Her most important role to date is staying at home a taking care of her 4 young children. Please mark your calendars for Monday May 4, 2009 at **6:30 pm** at the Woodcroft Public Library 13420 114 Avenue. Call Karen at 425-1637 for more information.
- **May 7, 2009 - Note New Date! March For Life** –Solidarity March in support of the National March for Life in Ottawa. Mark your calendar for the Edmonton March for Life, Thursday May 7, plan on attending now. Watch your church bulletin and emails for further details. Contact Karen at 780-425-1637 for more information.
- **May 28, 2009 - Building Trust at End-of-Life**, presented by Covenant Health and supported by PHEN, on May 28, 2009 in Edmonton. The conference will seek to illuminate varied perspectives of a good life or a good death - where beliefs diverge and where they are shared - in order to provide the opportunity to build an ever-stronger foundation of trust between and among health care providers, patients and families at the end of life. * **This event is not sponsored by Edmonton Prolife; please note that although the subject matters seems to uphold the dignity of life, you should be aware that other views may be shared. This may present an opportunity to challenge others anti-life views.**
- **June 15 through Friday, June 19, 2009, The Sanctity of Life Workshop** - Crafting a Coherent Moral Stance on the Sanctity of all Human Life, Especially in Light of Contemporary Society's Legitimization & Practice of all Sorts of "Deathmaking" of Unwanted & Devalued People. Providence Renewal Centre, Edmonton, Alberta, Canada. To register or direct questions contact: Suzanne Frank, Alberta Safeguards Foundation, 64 Chancery Way, Sherwood Park, AB, Canada T8H 1Z3 Ph. (780) 467-6515 Fax: (780) 417-4015 e-mail: slfrank@interbaun.com * **This event is not sponsored by Edmonton Prolife, please note that although the subject matters seems to uphold the dignity of life, you should be aware that other views may be shared. This may present an opportunity to challenge others anti-life views.**
- **July 17 to 26 Capital Ex** - The biggest educational booth for Edmonton Prolife takes place during Capital Ex. Over 800 000 people will visit Capital Ex during these 10 days. We need over 60 volunteers to fill our shifts. If you would like to help Edmonton Prolife by volunteering to sit at our booth for a four-hour shift, please call Karen at 425-1637 or email edmpl@interbaun.com. We value and appreciate your commitment to our cause; Edmonton Prolife will pay for your admission to the grounds.
- **Join others in an hour of peaceful, prayerful activism against the daily slaughter of innocent babies. Morgentaler Abortion Clinic: 12490, 109 A Ave.**
The fourth Sunday of every month. Candle light Rosary at 7:30 pm. Contact Maryellen at 476-4026
For information on any of the above events, call the Edmonton Prolife office at **425-1637** or email us at edmpl@interbaun.com

In Defence of Life: Edmonton Prolife's Newsletter is published four times a year by Edmonton Prolife Association, #212, 11125-107 Ave. Edmonton, AB T5H OX9. Ph. (780) 425-1637, Fax. (780) 425-1320, email: edmpl@interbaun.com, website: www.edmontonprolife.org
Editor: Karen Richert

EPL Board: President: Corry Morcos, Treasurer: Glenn Woolger, Recording Secretary: Michael Cooper, Directors: Katherine Richter, Anne Wansink, Phil Steele, Janet MacLellan, Alming Steele and John MacDonald

Office Manager: Karen Richert

Webmaster: Eileen Rebstock

New board members welcomed. Meetings held bimonthly first Tuesday, 5:30 pm, at EPL office. All EPL members welcome to

Caring NOT Killing!

Provided by Euthanasia Prevention Coalition

Tomorrow, you might be faced with cancer, heart disease, or a life threatening illness. Many people believe that when they are experiencing serious health problems or nearing death that Assisted Suicide or Euthanasia should be an option for them. Before considering the decriminalization of Euthanasia or Assisted Suicide you should know these facts...

Euthanasia is an act or failure to act which intentionally causes a person's death

Assisted Suicide is providing the means for someone to kill themselves with knowledge of that person's intention (ex. providing drugs for a person knowing that the person intends to commit suicide).

Why some people would like to Legalize Euthanasia or Assisted Suicide:

1. They fear experiencing uncontrollable pain.
2. They fear becoming a burden upon family members and others.
3. They fear becoming abandoned or being left alone in their last days.
4. They fear receiving extraordinary medical treatment without their consent.
5. They fear living with terminal illness and losing their abilities or person autonomy.
6. They fear death.

It is not necessary to legalize Euthanasia or Assisted Suicide because:

- a) You already have the legal right to remove or refuse medical treatment.
- b) To withdraw or withhold treatment when the risk or burden of that treatment is greater than its benefit is a legal and common practice.
- c) Pain management drugs and palliative care methods are capable of effectively controlling pain more than 95% of the time.

We are opposed to Euthanasia and Assisted Suicide because:

- It undermines the truth that intentionally killing a human being is always wrong.
- It erodes our respect for human life and establishes killing as an acceptable solution to problems that are best solved through caring options.
- It changes the trust relationship between the medical professional and the patient. At what point will people fear for their life when they are in need of help?

-It would probably begin as a "choice" for those people who are suffering and near to death. Once killing becomes an acceptable solution for one problem, what other problems will killing become an acceptable solution for?

-It is a threat to people experiencing depression, which is the most common factor in suicide attempts. Depression is usually a cry for help. How many requests for assisted suicide would be granted rather than the required help?

-It is a threat to the weak and defenceless people in society (the mentally and physically challenged, the elderly and the chronically ill) who might be vulnerable to family members and medical care givers who already question their right to live. These people might either be pressured into "choosing" an earlier death or killed without their giving consent. One person's freedom to "choose death" might be the only "choice" offered to someone else.

Palliative and Hospice Care:

Is the supportive care of a person's symptoms and not the curing of the person's ailment. Palliative care is concerned with relieving a person's physical, psychological, emotional, and spiritual suffering. Palliative or hospice care is a service that involves a team of health professionals and volunteers who provide care and support for patients and families.

Palliative care drugs and techniques oriented to management of physical pain are capable of effectively controlling pain 95% of the time. The problem is not that we are unable to control pain; the problem is that too few medical caregivers are properly trained in palliative care. If you know of someone who is experiencing uncontrolled pain, you need to ask WHY?

Consider becoming a palliative care or hospice volunteer.

To oppose assisted suicide, we are challenged as a people of life to give of ourselves to others in the service of life. Consider becoming a palliative care or hospice volunteer or simply consider visiting those in your community who need your presence. By giving of yourself to others, you can give new meaning and purpose in their lives. There are volunteer training programs in every community where you can be trained and supported in the service of life. By serving the lonely, the sick and the chronically ill people in our community, we become builders of a new culture of life.

Caring not Killing!

The fears that lead people to consider assisted suicide are real and legitimate. We know that every fear has a corresponding life affirming answer. For many people

who are lonely, suffering and possibly dying, the prospect of assisted suicide might grant them the feeling of control over an otherwise helpless situation. The reality is that in our society there is no reason for people: to suffer uncontrollable pain, to be a burden on family members, to be abandoned in their time of greatest need, or to fear receiving medical treatment without giving consent.

What you can do to make a difference:

- Become informed and be willing to inform others.
- Oppose any political action aimed at legalizing euthanasia and assisted suicide.
- Know your rights as a patient, especially your right to: considerate and respectful care and information.
- Designate someone to speak for you when you can't.
- Respect those who are mentally or physically challenged, elderly, or chronically ill. Remember that our choice of words can dehumanize, devalue and discourage others.
- Show concern for those in your community who are elderly or chronically ill. Often these people are isolated and lonely. It doesn't financially cost anything to offer compassion and concern to someone in need of our presence.
- Support palliative care and hospice programs.

HOSPICES AND PALLIATIVE CARE - a history and the Edmonton scene

The word "palliative" comes from "soins palliative" in French, and refers to the Latin "to cover or cloak". "Hospice" is derived from the Latin "hospitium" which means hospitality.

Palliative care is now more widely used than hospice in Canada. Hospices are first described in the 4th century in Europe, a place to care for the sick and destitute. In the Middle Ages hospices were found in monasteries, where the sick and dying were taken care of: hospitality in its truest sense: protection, care, food, fellowship. French priest St. Vincent de Paul established a shelter in Paris in the 17th century, and Irish Sisters of Charity in the East End of London in 1900. In Canada, the first hospice was established in Winnipeg St Boniface Hospital in 1975 and Montreal

Royal Victoria Hospital. There are many centers all over the country at the present time.

In 1995 the Senate Special Committee on Euthanasia and Assisted Suicide produced a report entitled "Of Life and Death". In response in 2000 the senate Committee on Social Affairs, Science and Technology released a landmark report entitled "Quality End-of-Life Care: the Right of every Canadian" under Senator Sharon Carstairs. This report made 14 key recommendations to the federal government to address critical issues in Canada related to end-of-life care for Canadians. In 2001 Senator Carstairs was appointed as Minister with Special Responsibilities for Palliative Care, to "ensure that palliative care is meeting the needs of Canadian patients, families and care givers".

Last year Bloc Quebecois MP Francine Lalonde was planning to introduce her private members bill in the House of Commons for the 2nd time to pass legislation to legalize euthanasia and assisted suicide.

The Canadian Hospice Palliative Care Association and the Euthanasia Prevention Coalition are 2 organizations where more information can be found.

Edmonton has since the mid 1990's an Edmonton Palliative Care Program Administration. It provides teams of physicians and nurses to care in community hospitals, continuing care centers, in-patient hospices and at home. There are also 3 palliative hospices with a 56-bed capacity, and home care programs. There are also tertiary palliative care units (14 beds) and clinics (Cancer Clinic).

Since this dedicated program was instituted, a shift from deaths in hospitals to hospices and home care settings has been noted. Participating family physicians are a key component of this care.

All these programs are within the Capital Health Region and fully funded by the provincial government. All centers welcome volunteers, many hands make work light and a cheerful heart lightens the burden and spreads sunshine around!

Pilgrims Hospice is a privately funded organization that is dedicated to offering day programs to support those living with life-threatening illness, their family caregivers and those who grieve the loss of a loved one. The focus is on giving compassionate care through programs such as: -Adult Day Respite program; Adult Bereavement Programs; Home Hospice Volunteer Visiting Program; Expressive Arts Program for Grieving Children, Teens and families and support in spiritual needs an advocacy. They are located in the West End and have ample opportunity for volunteers and welcome inquiries: phone 780-413-9801, address: 9808-148 St. Edmonton T5N 3E8.

"Right to Die" Bill Introduced into Canadian Parliament

By John Jalsevac

February 17, 2009 (LifeSiteNews.com) –

Last Thursday's parliamentary "Notice Paper" shows that Bloc Quebecois MP Francine Lalonde has again introduced a private members bill, "An Act to amend the Criminal Code (right to die with dignity)." The text of the bill is not yet available.



This is the third time that Lalonde has introduced such a bill into Canadian Parliament. In 2005 she introduced a private members bill (C-407) to legalize assisted suicide in Canada. Had C-407 passed, the law in Canada would have allowed any individual to "assist" someone to commit suicide with or without a doctor present.

C-407 died on the table when an election was called in December 2005. Then in June 2008 Lalonde introduced Bill C-562, a slightly revised version of C-407. That bill also died when an election was called.

Alex Schadenberg, Executive Director of the Euthanasia Prevention Coalition, commented to LifeSiteNews.com about Lalonde's most recent attempt, saying, "We are very concerned about the bill.

"Our primary concern," he said, "is that euthanasia and assisted suicide directly threatens the lives of the most vulnerable in society. We should not be focused on how to take the lives of the vulnerable but rather how we should be caring for them.

"To legalize euthanasia and assisted suicide represents the right of one person to take the life of another person. Our society should not be going

The following news item is of great concern. If you are aware of any information from this study please contact Karen at edmpl@interbaun.com

Queens' U to study end of life care and cost - End-of- life care, financial burden to be examined

Canwest News Service February 18, 2009

In what is being called the first study of its kind, researchers at Queen's University said Tuesday they will examine the quality of end-of-life care, survival rates and the financial burdens shouldered by families of elderly patients admitted to intensive-care units across Canada.

"Most patients at the end of their life prefer comfort and dignity over being kept alive by technology, but increasingly we observe life-sustaining technologies applied at the end of life in the very elderly population," said Daren Heyland, a professor of medicine at Queen's. "This apparent contradiction makes us worried about the quality of end-of-life care these patients and their families are receiving."

Heyland said the study will focus on patients aged 80 and older admitted to 20 intensive care units across Canada over a six-month period and select 800 patients and their families for a one-year followup.

For the first time, the survey will also examine the family's financial burden while they are caring for the patient and the family's perception of what constitutes quality end-of-life care.

"We live in an aging society and the baby boomers' unique health needs are just emerging," he said.

"Not only will patients and their families have more accurate paths of patient outcomes on which to base difficult decisions, but our findings could influence policy-makers to decide where health-care dollars and critical-care resources may be best spent," Heyland said.

The study received nearly \$1 million in funding from the Canadian Institutes of Health Research. The new data will allow doctors "to have frank, informed discussions with patients and their families about options for end-of-life care," the university said in a news release.

The study is expected to be completed in two years.

Edmonton Prolife

Official Notice of

Annual General Meeting

The Annual General Meeting of Edmonton Prolife will take place May 4 at 6:30 pm followed by guest speaker at 7 pm. Meeting to be held at the Woodcroft Public Library 13420 114 Avenue. All members are invited and encouraged to attend. This is an opportunity to return any resources you may have borrowed from the office lending library. If you have resources at home or school please make arrangements to return them, if you are unable to attend the Annual General Meeting. Thank You!

Edmonton Prolife is in need of board members. A brief job description with approximate time commitment is being provided. Please prayerfully consider if you could serve the prolife movement in this role. Serving on the board of Edmonton Prolife provides generous support towards building a culture of life. Please ask yourself if this is the year for you to make a difference – help build a culture of life. The current status quo is not an option.

Board Member for EPL job description:

- Attend bi-monthly board meeting – 2 hours per meeting
- Respond to emails from office regarding input on projects- varies, approx one hour per month total.
- Help out with one or more of the annual events. Annual events are Walkathon, Life Chain, Klondike Days, 40 Days for Life, Marches and Rallies, - Approx 2 to 4 hours per event.
- Brainstorm – on your own time or with other board members at meeting to give direction to Edmonton Prolife regarding our mandate to educate. Various amount of time, ideas usually hit while driving, in the shower or middle of the night!

Internal Auditor for EPL:

In an effort to save money for our annual audit our accountant has suggested that we appoint two internal auditors to go through the paper copies of our banking records, checking to see that things are in order. We require 2 people to perform this duty. The job can be done on your own time, when it is best for you. Takes approx 8 hours per year.

If you think that you can help in either of these two jobs or require more information please call Karen at 425-1637 or mail to edmpl@interbaun.com.

Please help!
Our future depends on it.

Can you be Popular and Prolife?



Edmonton Prolife is pleased to host Juliana Day as our guest speaker for the 2009 annual general meeting.

Juliana Day (nee Thiessen) is a full time mother of four and homemaker. In 1998, Juliana was Miss Calgary and Miss Canadian Universe through which she gained many valuable experiences. Some of the opportunities she's undertaken include: writing a weekly column for the Calgary Herald; becoming a spokesperson for Operation Christmas Child, traveling to various destinations to promote the boxes as well as participating in distribution trips abroad; and acting as Honorary Co-Chair for Inn from the Cold. Volunteer experiences include a wide variety of charities from Cancer research and Autism to the Calgary Mustard Seed. Julie married Logan Day in 1999 and has since been extensively involved in politics, including: volunteering and employment in various political offices and campaigns. In recent years, she has written columns for the Western Standard, as well as various other publications. She is also a current board member for Laurie Hawn, Conservative MP for Edmonton Centre. Her most important role to date is staying at home taking care of her 4 young children.

Life Week

Go Life will be hosting Life Week at the University of Alberta from March 9 - 13, 2009. Life Week is a week dedicated to raising awareness about current life issues and promoting the dignity of all human life, from conception to natural death. Monday, March 9, 2009 The Unwanted & The Evolution of the Culture of Death. A free talk by Teresa van Kampen. Monday, March 9, 2009. 11:00 - 11:50 am. V-Wing Room 102, University of Alberta. Tuesday, March 10, 2009 Bella, the winner of the 2007 Toronto Film Festival's People Choice Award, will be playing at 6:00 pm on Tuesday, March 10, 2009 in Tory Lecture Theatre 11. (www.bellamoviesite.com) Wednesday, March 11, 2009 Life Issues & You. A free talk with Mark and LaRee Pickup. 1:30 pm. Wednesday, March 11, 2009. Dentistry/Pharmacy Building Room 6069, University of Alberta. Thursday, March 12, 2009 Abortion: Human Right or Human Rights Violation? A formal debate. Pro-life proponent: Stephanie Gray. Pro-choice proponent: TBA. 5:00 - 6:30 pm, Thursday, March 12, 2009. ETLR Room E1 001. Friday, March 13, 2009 Embryo Research: The Science & The Ethics. A free lecture with Dr. Clem Persaud. 1:30 - 2:15 pm. Friday, March 13, 2009. CEB (Physics) Room 436, University of Alberta.

Welcome to the Edmonton 40 Days for Life campaign.

This groundbreaking campaign is happening in 130+ cities across 43 states and 4 Canadian Provinces from February 25 - April 5.

With God's help, this could mark the beginning of the end of abortion!

Here in Edmonton, our 40 Days for Life is made up of the following components:

1.) PRAYER AND FASTING

We are inviting you and all believers to fervently pray for an end to abortion from February 25 – April 5, and, as you feel led, to fast.

Christ told us that some demons can only be driven out by prayer and fasting. The two go hand in hand.

Prayer keeps us rooted in the fact that it is our desire to carry out God's will. Fasting is a sacrifice that helps us reach beyond our own limitations with God's help. Fasting is not a Christian diet; it is a form of physical prayer. You can fast from food, TV, alcohol ... anything that separates you from God.

2.) PEACEFUL VIGIL

The most visible component of our 40 Days for Life will be the 40-day prayer vigil outside the local Edmonton Abortion Clinic.

This vigil is a prayerful witness to the patients and employees of the abortion center, and to the entire community, that evil is in our midst and that -- with God's help -- it will be defeated.

Our vigil will be held from 7 am to 7 pm at the abortion clinic located at 12409 109A Avenue North side of the Avenue* Edmonton Alberta. There is lots of street parking available.

*Please note there is a bubble zone around the clinic. Individuals found to be directly in front of the clinic, south side of 109A Avenue, are subject to arrest.

To sign-up for our vigil, please contact: Karen at 780-425-1637 or email to edmpl@interbaun.com or if you would like to sign up online go to <http://40daysforlife.com/edmonton/index.cfm?load=pag&page=155>



3.) COMMUNITY OUTREACH

During 40 Days for Life, the pro-life message will be proactively taken to our entire community through a focused, grassroots educational effort.

We will be doing this through:

Sharing information to the churches in our community and a public prayer witness at the abortion clinic.

Please let us know how you would like to get involved, by contacting:

Karen at edmpl@interbaun.com or 780-425-1637.

We look forward to seeing what God has in store for Edmonton this spring!

(Continued from Front page)

PRAYER

Conversing with God is an incredible privilege every believer can experience. It can be done prostrate, bowing down, kneeling, standing, and walking. It can be Scriptural prayers (Our Father), liturgical prayers, or words that well up in our heart spontaneously. It can be in church, home or in a public place, and communal or private. It is listening as well as talking, and it lifts us up into the presence of God, transforming our heart and soul and the world around us.

-The Prayer of Adoration

Prayer is the human response to the constant outpouring of love by which God lays siege to every soul. Adoration is the spontaneous yearning of the heart to worship, honor, magnify and bless God.

-The Prayer of Tears

It is the realization of our sinfulness and the sins of the world and our need for repentance. It is the intimate and ultimate awareness that sin cuts us off from the fullness of god's presence.

-The Prayer of Relinquishment

Our will is in struggle with God's will: we ask, we demand, we beg. Slowly we begin to enter into a grace-filled releasing of our will and flowing into the will of God. It is the prayer of relinquishment that moves us from struggling to releasing: Not my will, but Your will be done.

-The prayer of Authority

We are calling forth the will of the Father over the earth, not speaking to God but speaking for God. We are not asking God to do something; rather we are using the authority of God to command something, to invade enemy territory and establish His Kingdom, in the name of Jesus Christ.

