



**Ontario Provincial Council of
The Catholic Women's League of Canada
Spiritual Development Standing Committee**

ONE HEART
VOICE
MISSION

Directive #4

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Enclosures (3)

Date: February 2016

To: Diocesan Spiritual Development (DSD) Chairpersons
From: Colleen Martin, Ontario Provincial Council Spiritual Development Chair
cc: Ontario Provincial Officers, Diocesan Presidents, Bishop Colli and National Spiritual Development Chairperson

Sub-Committee: Verna Lynn Bergeron, Patricia Moore

Enclosures: Lenten Reflections (7 pages), Seven Gifts of the Holy Spirit prayer service (6 pages), Draft Agenda – Feb 16 Teleconference (1 page)

Keeper of the Book of Life:

Thank you to all of you for your work on ensuring the Book of Life is as accurate as possible. I know it is a lot of work; however, honouring and praying for our deceased members is important and justifies the time and effort spent.

Lent begins February 10 with Ash Wednesday

Reminder to spread the news that searching "Best Lent Ever - Dynamic Catholic" on the Internet will bring you to a page to sign up for daily video messages that will make this lent the **Best Lent Ever!**

Other sign-ups recommended to me include:

<http://ucatholic.com/lenten-reflection-signup> (this goes directly to sign-up)

<http://loyalapress.com> (once to home page, click on Lenten Resources on left and then look for Lenten Moments of Mercy)

Lenten Reflections Submitted by Patricia Moore, Sub-Committee Member

Patricia has gifted the League with **weekly reflections** to encourage daily prayer and action on corporal & spiritual works of mercy. As was mentioned in the last directive, please distribute these widely (through news-letters, email groups, Facebook pages, hand out at mass, send with eucharistic ministers, bulletin boards); in any way you can think of so that as many individuals as possible can enhance their lenten experience with these messages.

The Seven Gifts of the Holy Spirit Prayer Service Verna Lynn Bergeron, sub-committee member, has gifted the League with a prayer service. It includes the facilitator's notes, participant's hand out and a hand out on the seven gifts. It is attached to this directive and will also be available for download from the website.

"24 HOURS FOR THE LORD" Submitted by Verna Lynn Bergeron, sub-committee member

As part of the Jubilee of Mercy, Pope Francis is asking every diocese to set aside "24 Hours for the Lord" which is to be celebrated on the Friday and Saturday preceding the Fourth Week of Lent, March 4 and 5. In his bull of indiction announcing the Extraordinary Jubilee of Mercy, Pope Francis says, "Let us place the Sacrament of Reconciliation at the centre once more in such a way that it will enable people to touch

the grandeur of God's mercy with their own hands. For every penitent, it will be a source of true interior peace." He adds, *"We become good confessors when, above all, we allow ourselves to be penitents in search of his mercy."*

The Sacrament of Reconciliation – God's Mercy: God's gift of mercy offers us pardon and salvation. We confess our sins so God can let us know the power of His love, the fountain of all mercy. Words have power and when we hear the absolution from Jesus given to us through the priest, peace enters into our heart and soul. We experience His love in a life changing way. The grace received helps us grow in holiness.

Reconciling ourselves with God: Prepare by performing an examination of conscience. Sins are deeply rooted in our pride. Review the seven deadly sins: lust, gluttony, greed, sloth, wrath, envy, and pride. To help us remember them, use the acronym PALE GAS.

P is for pride, judgemental; **A** is for anger; **L** is for lust; **E** is for envy; **G** is for gluttony; **A** is for avarious (greed); **S** is for sloth (spiritual laziness)

On March 4 and 5, "24 Hours for the Lord", let's allow ourselves to be penitents in search of God's mercy through the sacrament of reconciliation. Then go deeper and seek God's forgiveness once a month during the Year of Mercy. Be intentional – turn to God, the fountain of all mercy, the fountain of Divine Love.

Book Reviews

"Confession: The Sacrament of Mercy" – Pastoral Resources for Living the Jubilee. Reflections to better understand the sacrament to experience the merciful love of God.

"The Saints in Mercy" – Pastoral Resources for Living the Jubilee. Expresses how certain saints lived within mercy and expressed mercy in the holiness of their lives.

"The Name of God is Mercy" by Pope Francis. An intimate dialogue with the pope on mercy, the central teaching of his papacy.

Teleconference – February 16 at 7 pm

Our next teleconference will be held February 16 at 7pm. The draft agenda is enclosed. If you have additional agenda items, please forward these and I will update the draft agenda, then redistribute. 1 855-344-7722 Conference ID: 7724566

Instructions: Dial the toll free number above. Follow the system prompts/instructions to enter the conference ID followed by #. This will place you in conference.

As our journey continues, through Lent and the celebration of Easter, take time to pause with God; and continue to keep in mind our theme one heart, one voice and one mission; and St. Faber's teaching Prayer – Action – Repeat ... **PAR**....

Submitted By

Colleen

Colleen Martin
Provincial Spiritual Development Chairperson