



Ontario Provincial Council of The Catholic Women's League of Canada
Spiritual Development Standing Committee
Directive #7

April 8th, 2020

To: Diocesan Spiritual Development Standing Chairpersons

From: Emma Rose Rayburn, Ontario Provincial Council, Spiritual Development Chairperson

Sub-Committee: Lisa Fillingham, Anne Vincelli

cc: Archbishop Prendergast, Diocesan Presidents, Provincial Officers, Diocesan Spiritual Development Chairpersons, Sub-committee chairperson



Dear friends in Christ I feel like I need to start this communiqué off with an apology, I started this Lent off with such great intentions and much determination to make this my best Lent ever. I had so much I wanted to share and encourage us all to participate in but then the Covid-19 happened and well I must be very honest with you and at first I was somewhat positive as I told everyone I have faith, I'm a believer and Jesus will get us thru this. But then as a very small business owner and with reality starting to sink in so did- self pity, anxiousness, doubt and FEAR started to seep in! And you know what they say about fear - FEAR is COURAGE that has not said its prayers. I often would live by that motto and this really wasn't that much different I would pray but so many thoughts were taking up my head and this past weekend I had a breakdown - I couldn't believe Holy Week was upon us and I have done nothing but worry and let fear take over my thoughts and my life. I remembered what Archbishop Prendergast has shared with us that we were not just created to survive we are made to thrive and well the thrive drive was gone! I lay in bed crying and calling on God - what is wrong with me!! This is the message I heard - You say you have faith and that you believe in me but do you have TRUST - you can't love without trust. WOW so off the pity train I get and my prayer life has changed this week. You know God never leads us astray when I started my journey as Diocesan President in The Catholic Women's League my mother gave me a Divine Mercy statue and my aunt gave me a Divine Mercy plaque - talk about a sign and coming full circle. Jesus I trust in You.

I am sorry for being absent during these trying times and I encourage us all to put our trust in the Lord. Believing in the power of prayer (see directive #5) and missing seeing my sisters in the league I'm hoping we can unite in prayer I'm proposing that we start our weeks off together with the rosary (Monday's 9am) and on Friday's at 3pm end our week with the Divine Mercy. We may not be able to meet face to face but if we meet in prayer and storm heaven with our thanks, praise and requests the tranquility of the Lord is sure to fall upon us. It's the new CWL holy hours.

There are so many great prayers that have come to light during the Pandemic and many saints we can take courage from. I would like to include some prayers here;

<https://www.sacredspace.ie/pope-francis-coronavirus-prayer>

<https://churchpop.com/2020/02/28/cure-the-coronavirus-prayers-to-2-incredible-saints-who-miraculously-defeated-plagues/>

The Novena to the Divine Mercy begins on Good Friday - I for one will be praying this in a total different heart this year.

<https://www.ewtn.com/catholicism/devotions/novena-13366>

*<https://www.ewtn.com/img/catholicism/downloads/divine-mercy-novena-pandemic.pdf>

<https://www.catholicbishops.ie/2020/03/16/prayer-resources-for-use-during-the-coronavirus-pandemic/>

<https://www.cccb.ca/site/>

Pope Francis Prayer for protection from Coronavirus

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.



Prayer to St. Roch

O Blessed Saint Roch,
Patron of the sick,
Have pity on those
Who lie upon a bed of suffering.

Your power was so great
When you were in this world,
That by the sign of the Cross,
Many were healed of their diseases.

Now that you are in heaven,
Your power is not less.
Offer, then, to God
Our sighs and tears
And obtain for us that health we seek
Through Christ our Lord.

Amen.

(Repeat the following 3 times)

Saint Roch, pray for us,
That we may be preserved
From all diseases of body and soul.

Prayer For Those Who Are Lonely

Dear heavenly Father, I come to You today to lift up those that are lonely and who feel deserted or left alone by those they love... and pray that in Your grace and mercy You would draw near to all who are broken-hearted or crushed in spirit and deliver them from the difficulties and troubles that they are facing today.

Draw very close to them Lord... enfold them in Your loving arms, quiet their hearts and bring into their lives that perfect peace and gracious comfort that only comes from You.

Lord for all whose hearts are aching and alone... I pray that You would draw close to them and make Yourself known, in a very special way in Jesus name I pray,

Amen

Prayer to St. Rosalie

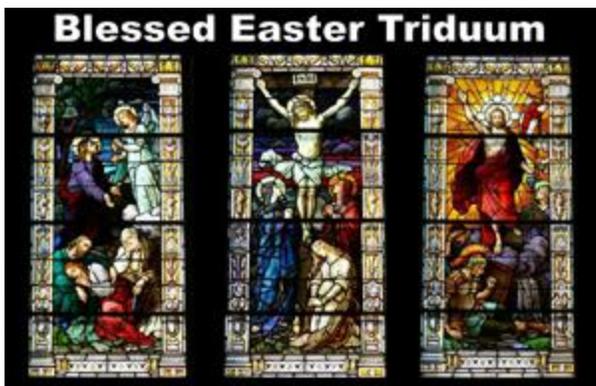
“Father in heaven, we thank You for the communion of saints so that we can draw near to You through the prayers of St. Rosalie. Through her prayers, help us to remember that our destiny is heaven.

As St. Rosalie gave up all things in this world for the sake of Your Kingdom, through her prayers, may we love more fully Your Son our Lord Jesus Christ, who together with You and the Holy Spirit are one God forever and ever. Amen.

O God, our Father, mercifully look upon Your people who come to You and grant through the intercession of St. Rosalie, who turned away from earthly delights to the joys of contemplation, that we may be delivered from all harm here on earth and one day be welcomed into the Kingdom of Heaven.

St. Rosalie, confessor and virgin, we pray to God for our families and friends. Through your powerful prayers, may we obtain health, life, and eternal salvation.

I also pray today for this special need and intention (make your intention known). O glorious virgin and confessor, St. Rosalie, I promise henceforth to remember and follow your example of faith and love. Pray for me and mine. Amen.”



A huge thank you to all the priests and all the people who have helped them make it possible for us to go to Mass thru the power of technology. We have been blessed by their dedication – keep them all in our prayers.

Trusting in Christ, I remain your sister In Christ,

Emma Rose Rayburn

Ontario Provincial Spiritual Development Chair