



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

Directive #8

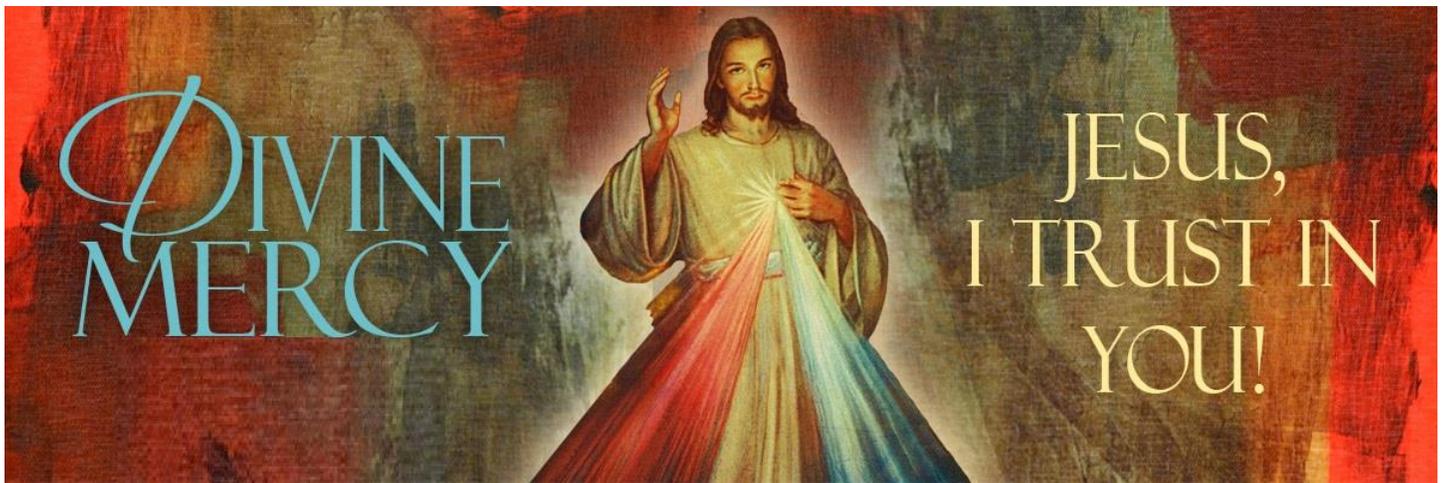
April 19th, 2020

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



Happy Divine Mercy Sunday!

I must say the Novena has brought me much Peace praying for my sins and those of the whole world. Praise be that we are gifted with his His Mercy.

I look forward to our prayer time together as the women of The Catholic Women's League, I'm sure that starting the week off saying the Rosary together (separately in our homes) and the power of the Divine Mercy Chaplet has soothed my heart greatly this past week. Tomorrow morning(Monday) at 9am I will pray the rosary in communion with my sisters of the league to start off the week and will be happy actually excited to recite the Chaplet of Divine Mercy on Friday at 3pm - together in prayer we can make a difference.

With so much happening in the world prayer has been one of our greatest saving graces. You know how they always say count to 3 before you speak - well these can be trying times! Isolation with our families no matter how much we love them can sometimes be challenging - I've been saying the Glory Be instead of counting to 3 and well when you think about it I'm actually counting on the 3 - The three in one, Father, Son and Holy Spirit. And it never hurts to follow with a chant, I love my husband, I love my husband and well I love the fact the Lord has created a sense of humour I'm counting on it to keep me sane!

I've come across lots of great prayers and resources in the past few weeks and I wanted to share them with you - hoping they can bring you some comfort and joy also.

I'm excited to report that on Our Lady of Good Counsel Feast Day, Sunday, April 26th, Bishop McGrattan as requested by the 2019 National Convention Planning Committee will celebrate the Holy Sacrifice of the Mass for the Honoray Life Members & Life Members intentions in accordance with the 100th anniversary year of The Catholic Women's League of Canada. This Mass is to take place at St. Mary's Cathedral in Calgary Alberta - I am attaching a link to Bishop McGrattan's live stream Masses so next week we can join him! Remember Calgary time is 2 hours behind EDT. Regrettably, the decision was taken to cancel all diocesan, provincial and national conventions because of the pandemic, so please encourage your CWL members to watch this or in other ways.

Mass will be live streamed at Noon 12 EDT

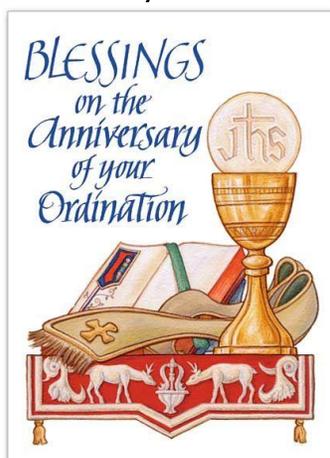
<https://www.catholicyc.ca/livestreammass.html>

the Mass notification

<file:///C:/Users/User/Downloads/CWL%20Mass%20April%2026%202020.pdf>

Archbishop Terrence Prendergast our Provincial Spiritual Advisor has a Mass scheduled for Saturday, April 25th, 2020 A Mass of Thanksgiving on Silver Jubilee of Episcopal Ordination (tentatively in private) As we can't join him in person I ask that we join The Archbishop in prayer and thanksgiving.

Happy 25th Anniversary Archbishop Prendergast!



Also I want to share with you that Archbishop Prendergast in union with Rabbi Dr. Bulka have created a Interfaith Prayer in this time of Covid-19.

National Prayer for Canada in the wake of Covid-19

COMPOSED BY

RABBI DR. REUVEN P. BULKA &
ARCHBISHOP TERRENCE PRENDERGAST

O God,

We gather together separated by life-saving distancing, but united more than ever in spirit;

We know we are in a war against COVID - 19 together, and the more together we are, the better and stronger we will emerge:

We know the challenges are enormous, yet so are the opportunities;

That whether we are in isolation with loved ones, or alone, we will have abundance of time; We commit to using that time to the max, to help those in greater need in whatever way we can;

We know we all have the opportunity, and time, to be life savers and life enhancers; We give thanks for those who are on the front line taking care of those who are not well;

We give thanks for the researchers who are working at breakneck speed to find cure and vaccine; We give thanks for our leaders, federal, provincial and local, for their dedication to all of us;

We give thanks for the providers of our daily needs who go to work in spite of the risk; We give thanks for those who have ramped up their ability to produce life-saving supplies.

We pray for the well-being of all our life savers; For those who are not well, that they recover fully; For those enduring difficulty, that they may overcome their challenges.

We pray that a cure and vaccine will soon be available,

And that we all – family, friends, all Canadians, the entire world may be healed in body and spirit. We ask you, O God, to bless our leaders, our front line care givers, our life savers and life enhancers.

We ask you, O God, to bless Canada, to bless the world, to bless everyone.

Amen

Can any of you relate to the saying I need to social distance myself from my kitchen? I'm not even hungry and somehow I end up in there wandering thru the cupboards and fridge! NO more - I need to stop so I'm looking for activities to feed me that don't have calories. There are many you tube channels and facebook lives that can help if you too are struggling. Please find a few I enjoy listed below.

I know a few years ago many of us enjoyed Fr. Mallon as a guest speaker at our National Convention I see that he will (is) hosting a mission starting tonight in Nova Scotia and they have in on their you tube channel. I know many of us will be seeing this after the fact but the great thing with the internet it will be recorded on there for us to view at our leisure. Please pray for the people Portapique in Nova Scotia.

This is the link to the parish hosting the Mission (Sunday to Tuesday);

<https://www.youtube.com/watch?v=xzPNHuoOjwA>

I do not see that Fr. Mallon has a you tube channel but if you search his name in youtube you will find lots of his awesome talks.

Another great channel to check out on youtube is Ascension Press lots of great speakers on there - and well may I suggest you check out my boyfriend Fr. Mike Schmitz (warning he speaks quite quickly) but they have lots of different speakers and talk subjects I can watch them all day!

<https://www.youtube.com/channel/UCVdGX3N-WIJ5nUvklBTNhAw>

Bishop Robert Barron of Word on Fire is another of my favourites I could listen to him all day!

<https://www.youtube.com/channel/UCcMjLgeWNwqL2LBGS-iPb1A>

Companions of the Cross our luckily for me in my back yard so to speak! They are an order of priest that originate from the Ottawa diocese and Fr. Bob Bedard was very loving to our Youth Group back in the day. Good group of priests with great messages to share;

https://www.youtube.com/results?search_query=companions+of+the+cross

Here are a few of my recipes to keep me out of the fridge! We must be very thankful that we have so many great Catholic sites available to us. I know in our area we have been very blessed to have a few of our local priests live streaming daily and weekend Masses, I pray that you all are also so blessed. Please keep our priests in your prayers.

Your sister in trying to not gain weight but knowledge,

Emma Rose Rayburn
Ontario Spiritual Development Chair
The Catholic Women's League of Canada
Celebrating 100 Years 1920-2020