



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

Directive #11

February 16th, 2021

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

As we prepare for Lent, we need to consider the most important question. What is it God wants me to do for Lent so I may become closer to him? Lent is not meant to be simply a test of our will power. Can we give up chocolate for a few weeks? Can I do without soda (or pop)? Can I stop using social media or put down my phone?

The primary purpose of Lent is to get closer to Jesus. And because the Church is the bride of Christ, a deeper relationship with Jesus happens by developing a deeper relationship with the Church and its members. Because all persons are made in God's image and likeness, a deeper relationship with Jesus means a deeper relationship with all others

Please enjoy the Lenten Calendar we have attached, feel free to print it out and put on your fridge to help serve as a guideline of some habits you may practice to help serve our Lord.

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time" 1 Peter 5:6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
**** See below for reading information			Feb 17 Ash Wednesday Do not give something up; do something new for the greater good	Feb 18 Go through your book collection. Donate to retirement or nursing homes or start a book club!	Feb 19 "Adopt" a CWL Member who does not attend meetings & call them	Feb 20 Say the Rosary for those who are lonely and sad
Feb 21 Read Easter books to children (even via Zoom)	Feb 22 Clean a room this week and donate old clothes to St. V de Paul or a refugee center	Feb 23 Clean out vases, trinkets, knick knacks and flower pots and donate to St. V de Paul store	Feb 24 - Introduce a person via email or phone to an active group in your parish	Feb 25 Feed the birds	Feb 26 Clean your cloak closet and donate coats to a shelter	Feb 27 Please recite the Prayer to Saint Rita ****
Feb 28 Build a Lenten Cross	March 1 Clean out all your old glasses and drop off to an optician who sends them to third world countries	Mar 2 Wave to someone who walks by your window	March 3 Put the radio on and listen to music	Mar 4 Buy a Tim Horton's Gift Card and give it to a homeless person	Mar 5 Put your cell phone away for the day and focus on what is around you	Mar 6 Pray the Rosary for those who are alone due to COVID
Mar 7 Make a Lamb of God craft	March 8 Pray for those working during the Covid Pandemic	Mar 9 Send St. Patrick's Day cards to those who are unable to attend Mass	3/10/2020 Pray to St Camillus; patron saint of the sick, hospitals, nurses & physicians	3/11/2020 Go for a walk	3/12/2021 Thank your priest for all his efforts during this difficult time	Mar 13 Please recite the Prayer to Saint Rita****
Mar 14th Watch Mass on line	Mar 15 Call a relative you have not spoken to in awhile	Mar 16 Have a Mass said for the those feeling isolated	Mar 17 Donate old towels and blankets to pet shelters or rescues	Mar 18 Pray for those who have lost their lives due to COVID	Mar 19 Order spring bulbs to plant in May and attract bees which we need to save	Mar 20 Pray the Rosary

Mar 21 Make a Lamb of God craft	Mar 22 Start a Novena to St. Rita**** Finish a project you have not touched in a while	Mar 23 Novena Day 2 Take a leap & learn Facebook, or Instagram. Join the National CWL groups and learn more	Mar 24 Novena Day 3 Take an hour of silence & reflect on your Blessings	Mar 25 Novena Day 4 Mail Easter Cards to whoever you think needs a smile	Mar 26 Novena Day 5 Start or continue a Prayer Shawl Ministry	Mar 27 Novena Day 6 Please recite prayer to St. Rita
Mar 28 Palm Sunday Novena Day 7	Mar 29 Novena Day 8 *** If possible bring Palms to those were unable to attend Mass	Mar 30 Novena Day 9 Reflect on this Novena and what it meant to you	Mar 31 What can you think of to help make a positive impact today	Apr 1 Really look and see the spring blooms, offering hope & new beginnings	Apr 2 Good Friday Think of all the times Jesus carried you this year and thank him	Apr 3 Pray the Rosary
Apr 4 Easter Jesus is Risen						

The Patron Saint of Loneliness - St. Rita was a woman from the Middle Ages who became a nun after her husband was murdered. She is considered the patron saint of abused women, loneliness, spousal abuse, sterility, bad marriages, and widows, It is probably because of her association with widows and abused that she assumed patronage of all lonely people. To learn more about St. Rita you make follow this link https://en.wikipedia.org/wiki/Rita_of_Cascia

*****Prayer to St. Rita**

Holy Patroness of those in need, Saint Rita, so humble, pure and patient, whose pleadings with thy Divine Spouse are irresistible, obtain for me from thy Crucified Christ my request (mention it here). Be kind to me, for the greater glory of God, and I promise to honor thee and to sing thy praises forever. Oh glorious St. Rita, who didst miraculously participate in the sorrowful Passion of our Lord Jesus Christ, obtain for me the grace to suffer the resignation the troubles of this life, and protect me in all my needs. Amen

****March 22nd - Novena to St. Rita <https://www.praymorenovenas.com/st-rita-novena-2/215623>**

The Marian Fathers of the Immaculate Conception invite everyone to participate in the world's largest consecration to Saint Joseph. Visit <https://stjosephnow.org/>

March 19, 2021 is the Feast of St. Joseph, in the "year of St. Joseph" as declared by Pope Francis. This significance, coupled with the unprecedented situation we find ourselves in the world today has prompted the need for a worldwide consecration.

This Lent there are many virtual retreats and daily reflections, I'm sure you all have some favourites if you wish to share just send me an email. I've attached a few of mine;

<https://bustedhalo.com/tag/lent>

https://www.wordonfire.org/?s=lent&search_submit=Go&simple_search=true

<https://dynamiccatholic.com/best-lent-ever>

<https://steubenvillefuel.com/e-spirations/>

<https://www.youtube.com/watch?v=X3IHIGP2drM> Fr. Mike Schmitz

<https://companionscross.org/>

Please find attached a retreat invite from the Diocese of London.

Your sister in Christ,

Emma Rose Rayburn

The London Diocesan Council of The Catholic Women's League of Canada Invites you to participate in the PRAY MORE LENTEN RETREAT Saturday February 20th 9:00 AM - 12:00 PM (EST) Please join my meeting from your computer, tablet or smartphone. <https://global.gotomeeting.com/join/980436173> You can also dial in using your phone. Canada: +1 (647) 497-9373 Access Code: 980-436-173