



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

**CATHOLIC
and LIVING IT!**

Directive #2

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February 3, 2023

To: Diocesan Spiritual Development Chairs
From: Wilma Vanderzwaag, Ontario Provincial Council Spiritual Development Chair
cc: Sub-Committee Chairs, Diocesan Presidents, Ontario Provincial Council Executive,
National Spiritual Development Committee Chairperson

"Your Father knows what you need before you ask him." (Matthew 6:8)

The weather is bitterly cold outside, so it is the perfect time to stay indoors to create this directive. The Ontario Provincial Council completed their virtual winter meeting with great discussion and insightful thoughts. Five diocesan council presidents were at the table for the final time. It was bittersweet to say good-bye to these wonderful Diocesan Council Presidents, but we are hoping they will let their names stand for future elections as well as continue to serve and mentor our members.

Lent begins with Ash Wednesday on February 22nd. Are you prepared for your Lenten journey? Two things each of us can do to assist us in how to spend Lent is: pray about it and discern where in our lives do we need to grow and change. To pray about it and ask God to enlighten our minds and hearts to what we should do for Lent. So let us give ourselves time to pray and listen. God may not answer in one day or give an obvious answer. He may quietly shine a light on an area that He wants you to focus on. Trust in Him to guide you.

Some suggestions to help you on your Lenten journey:

[The Hope of Lent: Daily Reflections from Pope Francis](#) has a Bible reference, words from St. Francis, a reflection, and a prayer for each day of Lent.

40 days of Lenten reflection www.dailytvmass.com

<https://ascensionpress.com/pages/catechisminayear>

Some Diocesan Councils are hosting virtual Lenten reflections, retreats or workshops and are listed on the Ontario Provincial Council website www.cwl.on.ca. Share this information with your members. It is a wonderful opportunity to be with sisters in the League from across the province without having to leave your home!

I am blessed to have faith filled, creative sub-committee members that have created wonderful reflections (attachments) to help you on our Lenten journey too.

If you have any questions regarding our CWL Synodality project, please contact me. I hope that the diocesan council spiritual development chairs have all started to do the initiative with the diocesan council executive members. Once that is complete, it can fan out to parish councils to begin.

May our relationship with our Lord and Saviour be enriched and strengthened on this Lenten journey.

