

**August 25,2020**

“Faith is a way of life which is characterized by a constant and ongoing conversion and renewal of mind and heart. Members must constantly be in the process of spiritual growth.” (*CWL Executive Handbook*)

**Resources for increasing our faith**

The blue League Prayer pamphlet is a real treasure. Every member should have one and say the prayers daily.

Shari Guinta, our national Spiritual Development chairperson suggests the following books:

*More Than Survive* by Fr. Frank Freitas (Catholic Register Books)  
*On Earth as it is in Heaven* by Josephine Lombardi (Novalis)

*A Recipe for Faith: Choosing and Using the Best Ingredients*  
by Anne Jamieson (Novalis)

*Seasons of the Heart Prayers & Reflection*  
*Revised and Expanded* by Macrina Wiederkehr (Harper One)

*5-Minute Retreats for Women* by Sue Augustine (Harvest House Publishers)

**More Resources**

I regularly hear from Catholic Women’s League members that they would like more spirituals at their meetings. If your council is resuming fall meetings a good program called a Litany of the League (CWL PRAYS pages 23-24) could be used. It is a beautiful reminder of who we are as an organization.

**Nelson Diocese**

Please welcome Janet O’Flynn the new Chairperson of Spiritual Development for Nelson diocese. Thank you, Janet for taking on this important position.

**What does the Spiritual Development chair encompass? It involves:**

- a) the spiritual growth of members
- b) the study of Catholic teachings
- c) the role of women in the church
- d) evangelization and mission assistance
- e) lay ministries
- f) ecumenism and interfaith encounters

## **Coronavirus**

Although only 50 of us can attend Mass at one time, many have chosen not to attend because of the risk of infection. We can however access Mass through YouTube and Facebook. The following prayer can be said for a spiritual communion.

*My Jesus, I believe that you  
are present in the Most Holy Sacrament.  
I love you above all things,  
and desire to receive You into my soul.  
Since I cannot at this moment  
receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite myself wholly to You.  
Never permit me to be separated from You.  
Amen*

## **Evangelization and Mission Assistance**

“Go therefore and make disciples of all nations”

Evangelization is not an option. It is something every Catholic is called to do.

The latest Catholic Missions in Canada magazine notes that because of the pandemic they have had to cancel its biggest fundraiser, the annual dinner. It would be a wonderful gesture if all councils in our province and territory increased their donations to CMC.

## **Dr. Robert Whalley**

Dr. Whalley, founder of MaterCare International died this summer. May he rest in peace and may his organization continue with its good works.

## **Developing our national theme**

Dr. Donna Orsuto in her talk *Women Together Caring for Our Common Home* mentions the need to pray for our environment.

## **A Prayer for the Proper Use of Creation**

*Almighty God, Creator of all things,  
You made this earth  
with its atmosphere and its myriad living beings  
in a marvellous and mind-boggling fashion  
so that it could give birth and growth to humans.  
You entrusted its environment and its resources to us  
to be used in forging a life  
that would bring us close to you  
and eventually lead us to Your heavenly Kingdom.  
Help us to use these precious resources*

*with wisdom and restraint,  
avoiding waste, pollution, and wanton destruction.  
Make us act responsibly  
so that those who follow us  
will also be able to use the earth in Your service.*  
(from the New St. Joseph People's Prayer Book)

*"Each of us is like a small mirror in which God searches for his reflection"*  
St. John Vianney

Catherine L'Heureux  
Chairperson of Spiritual Development