

TO: CWL Parish Spiritual Chairpersons of Regina Diocese

FROM: Denise Soroka, Regina Diocesan CWL Spiritual Development Chairperson

After spending 4 years as a Regional Chairperson I was honored to be asked to continue on as Spiritual Development Chairperson my role is to communicate Spiritual information that will help our members get closer to GOD with the help of the Holy Spirit.

Our National President Margaret Ann Jacobs has provided us with the theme “Inspired By the HOLY SPIRIT, Women Respond To GOD'S Call” as Mary is the Spouse of the Holy Spirit and Patroness of the CWL we can turn to her as our Intercessor to help us respond to his call. The Holy Spirit inspires us to pray by attending the Holy Eucharist as often as possible, pray daily and be kind to all we meet especially those that need comfort and to love our neighbor as ourselves.

There are many Prayer Services and workshops available on the website that are inspired by the Holy Spirit:

- 1) A prayer for Canada by Louise Minneti
- 2) Gifts of the Holy Spirit
- 3) Lap Quilts Prayer Service
- 4) Building a more vibrant CWL Council
- 5) Inspired by the Holy Spirit, motivated by the Holy Spirit and many more. Please encourage your parish council counterparts to utilize these resources. Two or three councils can join together to bring a workshop to all members and use these as their spiritual exercise.

Our National Spiritual Chairperson Jacqueline Nogier with her subcommittee have provided some excellent resources such as books and websites.

- 1) 33 Days to Morning Glory A do-it -yourself retreat in preparation for Marion Consecration by Father Michael Gaitley this book has 4 spiritual giants who bring their insight on Marion devotion.
- 2) Living With Christ -The Missal can be used to reflect on Daily Feast Days and readings.
- 3) Click to Pray. This website is from the Pope's Worldwide Prayer Network where users can have short prayers and intentions sent three times a day to their phones or computers. Visit clicktopray.org
4. Minute Retreat. This website and app is from Loyola Press. It allows for short breaks to spend a few minutes a day reflecting on Scripture passages. Visit www.loyolapress.com .

Let us utilize these resources inspired by the Holy Spirit to help us respond to God's call and grow closer to Him who is the Light, the Truth and the Way.

Prayer

O Mary, the more we honor you the more we honour Jesus. And the more we honor Jesus, the more we honour the Father. Let me heap praises on you all the day long.

Thanksgiving for all graces and blessings.