

Prince Albert Diocesan Council
Spiritual Development Communique, #10, May 2020
Lorraine Thibeault, Prince Albert Diocesan Spiritual Development Chairperson

“Spiritual growth is the very heart of the League and the essence of its existence. The patroness of the League is the Blessed Virgin Mary under the title of Our Lady of Good Counsel.”

In this communiqué, I will focus on the SPIRITUAL GROWTH OF MEMBERS aspect of our duties as Spiritual Development Chairpersons:

- Facilitate the study of the League theme: This would be a good time to share again the League theme – Care for Our Common Home. Google www.cwl.ca/care-for-our-common-home/ and you will find the Theme Logo, a Theme PowerPoint, an Invitation Handbill/Prayer and League Placemats updated with the theme logo. I encourage you to use the logo when you send out a communiqué or print a prayer service. Once the Covid-19 restrictions are dropped, encourage councils to make use of the League Placemats. They are very colourful and include our Mission Statement, League Prayer, Theme, and the Objects of the League.
- Plan meaningful liturgies and spiritual programs in consultation with the spiritual advisor – recently programs have been celebrated for 12 Hours of Prayer for Palliative Care, the feast of Our Lady of Good Counsel, and Stations of the Cross. Would you please reach out to your parish spiritual development chairpersons and ask what other meaningful liturgies and spiritual programs they have participated in?
- Prepare spiritual programs for all meetings: Have any of you held teleconference or gotomeeting-type meetings since the Covid-19 restrictions were enforced? How have you been in touch with your members?
- Plan special devotions for Advent and Lent: Focusing on Lent, how did your parish hold special devotions such as Stations of the Cross and other Lenten activities?
- Make use of the League *Ceremonies Booklet*. Check out the National website – www.cwl.ca – click on view resources and choose 600-series-manuals, you will find 603 Ceremonies Booklet. I encourage you as parish spiritual advisors and parish presidents to look over the Ceremonies Booklet to see what could be used during these times. For example, our members are still passing on, so the prayer service for a deceased member can be used. You or your president could send out a copy of the service to all members and choose a day and time to use the service. We would be together in spirit.



Are there ceremonies that you have developed or borrowed from another source?
Would you send me a copy (e-mail) so that I could share these amongst the members in our diocese?

- Plan a celebration on:
 - the Feast Day of Mary, April 26, Feast of Our Lady of Good Counsel: did any parish have a special celebration for our feast day
 - May, the month of Mary: we have live-streamed on Facebook and 'gotomeeting' the recitation of the rosary in a variety of locations throughout the province. This might also be a good time for you to share information on the many faces/names of Mary. It is amazing how many names we have for Mary and the origin of those names.
 - October, the month of the Rosary, and other significant occasions:

What other significant occasions has your parish CWL participated in? Do you organize or help in the organization of the name feast of your parish? For example, my parish is Our Lady of Peace. Our parish has a special celebration on January 24 or July 9 (both days are considered the feast day for Our Lady of Peace.) If your parish celebrates its name day, please share the celebration activities with us. If your parish does not, perhaps this is something that you as parish spiritual development chairperson along with your spiritual advisor could organize.

While we are all 'shut-in' to a point these days, what are we doing for those who are our regular sick and shut-in members? Do we include them in our prayers and let them know that they are included. Do we ask them to include us and League intentions in their prayers? I find it so easy to connect with those who have e-mail, but not so easy to stay in touch with those who do not use e-mail. When I think seriously about it though and act on it, it's not that difficult to phone a member or send information and greetings by post. We can also continue to encourage personal prayer, meditation and reading.

Those members who belong to a bible study group, how have you/they adapted to continue bible study?

Although we have missed the following date, members can be encouraged to choose their own date and follow Pope Francis' request for prayer and fasting to end the Covid-19 pandemic. Below is the message shared by National Chairperson of Spiritual Development Shari Guinta on May 5, 2020. She says: "... the Holy Father, Pope Francis has announced that May 14th will be a day of prayer and fasting for an end to the COVID-19 pandemic. His Holiness calls on believers of all religions to pray together on May 14 to ask God to rid the world of the pandemic and asks that the vaccines to be made available to all infected persons." Feel free to choose another day to participate in the prayer and fasting.

Shari suggests the following: "Chairpersons of spiritual development create prayer services for members to use. There are many online vehicles like GoToMeeting™, Zoom, etc. that can be used to contact and offer online workshops and webinars for members. I have participated in several over the last few months, and they were quite good. Chairpersons are invited to investigate this further. It is so important to continue to stay in touch with members and to

preserve the League's profile in the church. Some resources that might be of interest:

- *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 Your Heart: Prayers & Reflections Revised and Expanded* by Macrina Wiederkehr (HarperOne)
- *5-Minute Retreats for Women* by Sue Augustine (Harvest House Publishers)"

In closing, I share with you an 'out-of-the-box' idea that our parish is participating in this Sunday, Pentecost Sunday. We are hosting a **Pandemic Pentecost Potluck** – a virtual potluck.

- Parishioners are colouring a picture of a flame and putting it or several in their living room windows or on their front doors to signify that they are participating in the Pentecost activities.
- Parishioners will cook their favourite potluck meal (or for the more adventuresome, a meal/dish related to Pentecost) and will take a picture of the finished product.
- Parishioners will, as they eat their potluck contribution on Pentecost Sunday, send the following to our pastor: a photo of their meal/dish, the recipe for their dish, and a sharing of what their favourite pastime activity during the pandemic has been.
- For example, I plan to make Holy Spirit Sopa, a Portuguese dish eaten on Pentecost Sunday. I will share the recipe and a photo and say that in my family our favourite pastime during the pandemic has been playing board and card games.
- While our priest is enjoying the meal that he prepared for the potluck, he will be checking his Facebook and e-mail for all the incoming 'sharings' of the parishioners, and he will be sending comments out to all parishioners who join him on Facebook.
- After Pentecost Sunday, we will be making a 2020 Pandemic Pentecost Potluck Recipe Book which will be shared with all participants.
- We hope that once the pandemic is over, we will be able to hold the actual potluck and taste all the great food.

Be sure to check out the Catechism of the Catholic Church and the Internet for some interesting information on Pentecost.

Take care. God bless.