



The Catholic Women's League of Canada  
PRINCE ALBERT DIOCESAN COUNCIL

*National Theme: Care for Our Common Home*



**President: Helen Kayfish**

**Spiritual Advisors: Fr. Dong Doan and Fr. Maurice Fiolleau**

**January 2020**

**Spiritual Development Communiqué #6**

*“For God so loved the world that he gave his only son that whoever believes in him should not perish but have eternal life.” ~ John 3:16*

**PRAY FAST GIVE**

**To:**

- Parish Spiritual Development Chairpersons (for action)
- Prince Albert Diocesan Officers and Chairpersons of Standing Committees (for information)
- Saskatchewan Provincial Spiritual Development Chairperson (for information)
- Parish Presidents (for information if you have a Spiritual Development Chairperson for your council and for action if you do not)
- Provincial Communications Chairperson (for inclusion on website)

**From: Lorraine Thibeault, Prince Albert Diocesan Spiritual Development Chairperson**

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Good Morning, Ladies and Reverend Fathers:

We begin this year with great joy and great plans (resolutions) to be better people – to be more organized, to read more, to pray more, to stay in touch with those we love, to love more, to give more.

As we move towards the season of Lent, we become more introspective, and we look at how we treat others.

Ash Wednesday falls on February 26 this year with Easter on April 12. As Spiritual Development chairpersons, you are asked to encourage the spiritual development of your members. This includes Mass, prayer services, special services such as Week of Prayer for Christian Unity and World Day of Prayer, attendance at workshops, retreats and missions, prayers for those in need, and focusing on the liturgical seasons of the Church year to name a few.

In this communiqué, I refer to a list of some of the Lenten resources that are available at our Diocesan Centre in Prince Albert. Feel free to contact the staff at the Diocesan Centre to

request a book, CD or a DVD. While I cannot recommend a specific book because I haven't used them myself yet, I'm sure that we wouldn't have them in our Resource Centre if they weren't recommended by the Diocese.

Also, there are beautiful Lenten Prayer services on the Internet. Google Lenten Prayer services, and look over the ones available. I usually choose ones that have a Catholic background, but there are also others that share a beautiful message. If you don't know the songs they suggest, choose ones that your members are familiar with.

My prayer for you this Lenten season is reflected in this quote: *"Father, help me to see this holy season of Lent as a time of spiritual renewal, rather than a time of deprivation. Motivate me to reach a new level of experiencing your grace."* ~ Author unknown

Take care. God bless.

Lorraine