



PRINCE ALBERT DIOCESAN COUNCIL
Spiritual Development Communiqué #8, March 2020
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“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.”
(from the CWL Executive Handbook)

It’s cloudy in my hometown today, the wind is blowing, and summer seems a long way off. Everything is quiet in the streets, at our church buildings and at our businesses. The corona virus has changed our world.

I wish to share with you today some ways that we can continue to develop spiritually in the face of the restrictions that have come about due to the corona virus. Be sure to remember your parish members who do not use e-mail. Send them your suggestions by post.



Each time you work on spiritual development activities, be sure to reflect on the words in the Chairperson’s Prayer. “Dear Lord, make me appreciative of the dignity of my standing committee and its many responsibilities. Never permit me to disgrace it by giving way to coldness, unkindness or impatience. Please bear with my faults, looking only to my intention, which is to serve You in the person of each member of the Catholic Women’s League. Increase my faith, bless my efforts and work ‘For God and Canada’. Amen”

First, I encourage you to entreat those without access to the internet to check out their homes for spiritual materials – the bible, prayer books, missalettes, Christian stories, the Catechism of the Catholic Church, etc. and to look over their television channels to find Christian-based programming. If they have Netflix, there are many wonderful movies and series that they can access.

For those who have access to the internet, there are many resources for developing our spiritual life.

1. The Augustine Institute has provided us with access to a 40-day FORMED subscription at no charge. I encourage you and your family to explore your Catholic faith at home through FORMED, the online platform that provides Catholic movies, programs, audio books and talks, all at your fingertips, on your Roku, Apple TV, web browser, or FORMED iOS and Android apps. FORMED is a great way to help you and your entire family understand, live and share the Catholic faith. Just visit <https://formed.org/signup> and enter Faith At Home Prince Albert for instant access to faith-fueling, inspiring and informative stories, teaching and more. Feel free to share this link and information with your friends and family! You can support the spiritual and prayer lives of your members and parishioners during this difficult time. My parish priest shared this message: “For those unfamiliar with the FORMED library, I suspect you will be blown away by the amount of resources that you will discover: Sacramental Preparation resources (marriage, baptism, etc.), Bible Studies, Other Adult Faith Formation Resources, Catholic Movies, Audio Books, Books Online, etc.”

2. Join Pope Francis in prayer <http://www.vatican.va/content/francesco/en/prayers.index.1.html>. You will find messages and prayers associated with the Angelus, apostolic constitutions , apostolic exhortations, apostolic letters, general audiences, encyclicals, homilies, letters, messages, prayers, speeches, daily meditations. When I put in this website address, it said that the site was not available, so I went to the P.A. diocesan website www.padiocese.ca and clicked on their link to the Vatican, and I was taken directly to the above website address. I'm not sure what the glitch is, so if you have trouble getting in using the website address, consider going through our diocesan website link.
3. Check out our [diocesan website](#) for weekly or monthly messages from the bishop, to read homilies and letters, to watch videos, to live stream masses, to find prayer services, and to receive Covid19 updates: www.padiocese.ca
4. This is a good time to use the resources on the National CWL website – Google The Catholic Women's League of Canada - www.cwl.ca. Under Quick Links, click on Prayer Corner where you will find a variety of prayers. Under Resources, click on View Resources. The 700 Series: Prayers and Hymns is an excellent resource for prayers. Take this time of isolation to pray. Choose one prayer or prayer service each day and dwell on the words. Choose more if you have the time. They are sure to revive you and to help continue your spiritual development at a time when we cannot gather as we usually do.
5. Check out your parish websites and Face book pages for links to prayer sites and live streaming of masses.
6. Join a local prayer chain.

I just celebrated mass through live streaming with Bishop Albert Thevenot. In his message, he used the words 'rediscover,' 'revive,' 'remember', and 'reach out.' Let us employ these words like we do the Rs of recycling:

- Let us **Rediscover** the spirit in us.
- Let us **Revive** our strength to cope with how the corona virus has changed our living.
- Let us **Remember** in prayer those who are ill, alone or struggling.
- Let us **Reach out** through Face book, e-mail, letter or phone and through our donations to those in need.

Bishop Albert shared that what we are dealing with as we live with the corona virus pandemic is a "society Lenten season." We must participate in fasting that is not of our choice – fasting from social contact and doing without some of the store items that used to be so easily accessible. We must participate in almsgiving in an extraordinary way – doing things for those who cannot do them for themselves such as shopping, picking up medications, being in contact with isolated individuals. We must continue to pray.

We are experiencing the celebration of Lent in a new way – we attend live-streamed Masses while sitting on our sofas and sometimes while still in our pajamas. Let us be joyful in our new-found celebration of Lent.

Take care. God bless.