



**The Kingston Diocesan Council of
The Catholic Women's League of Canada**

Spiritual Development

Inspired by the Spirit, Women Respond to God's Call

Directive #2

Pages: 2

Date: February 10, 2018

To: Parish Council Spiritual Development Chairs

From: Margie Norwood, Diocesan Spiritual Development Chair

CC: Diocesan Executive, Provincial Spiritual Development Chair

Attachments (3): Sample Prayer Services from Jacqueline Nogier, National Chairperson of Spiritual Development

***"In this life we cannot do great things.
We can only do small things with great Love."***

Mother Teresa

First, I would like to welcome all New Parish Council Standing Committee Chairs. Please know that you are welcome to contact me at any time. If I can help great if I do not know the answer I will get it for you.

Spiritual Growth of Our Members is so very important - We need to get as many women involved in our church as possible: Honour Guard at Funerals, World Day of Prayer, Leading the Rosary before Mass or attending the Masses we have said for Living and deceased Members of the League.

Our role of Women in the Church can be many: Sacristan, Music, Eucharistic Minister, Lector or help with Children's Liturgy. There is a place for everyone and our young are more apt to attend if they know we are counting on them to help.

Books and website suggestions:

- Dynamic Catholic: an organization whose mission is "to re-energize the Catholic Church in America by developing world-class resources that inspire people to rediscover the genius of Catholicism."
- The Pope Video: Features a short video each month
- Prayer Seeds: A Gathering of Blessings, Reflections, and Poems for Spiritual Growth, by Joyce Rupp

These will give you great idea for a prayer service. Jacqueline Nogier wrote: "One of the most daunting tasks that chairpersons of spiritual development sometimes face can be

finding or creating new prayer services. Many organizations post prayer services online. As long as you receive permission to use and reproduce them, you are not breaking any copyright laws." She has also written: *Pray like Children, Find God in Nature* and *Lord of All Hopefulness* (see attached). They are excellent and very inspiring.

Lent begins with Ash Wednesday on February 14th, World Day of Prayer takes place on Friday March 2nd, 12 Hours of Prayer for Palliative Care May 4th.

Provincial President Anne Madden, asks that "...all League members find some way to support this day of prayer. The prayer can take place within a parish church, a house of worship, a home or elsewhere. Participation may include a large congregation, a few friends or solitary prayer at home. It is recommended that parishioners, members of the neighbouring churches and other faith groups be invited to participate. Where possible, it would be ideal to include the Knights of Columbus and any ecclesial movements or associations in your parish or diocese. The twelve hours can be designed around local schedules."

May Our Lady of Good Counsel continue to bless and guide you.

Respectfully submitted.

Pray Like Children

Speaker 1: May we look on the world as little children. May we see with their eyes and find the beauty in God's creation as they do. May we feel free to share our thoughts and feelings in prayer, in song and in the silence of our hearts.

Speaker 2: (Matthew 11:25) "At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants.'"

Speaker 3: May we pray like children. That we find joy in the tiniest things; from the first bite of food in the morning, to seeing a loved one after a short time apart, to the last hug in the evening.

Speaker 1: That we care for those who are hurting; physically or emotionally. That we share in their sorrow as a way to understand what they are experiencing.

Speaker 2: (Matthew 18:2-3) "He called a child, whom he put among them and said, 'Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven.'"

Speaker 3: May we pray like children. That when we see injustice around us we seek to right the wrong. May we give in to the desire to make things right - even if that requires us to move out of our comfort zone.

Speaker 1: That we give forgiveness to those who ask for it. That we take the apologies at face value, stop dwelling on the negative, and move past thinking about those whom have harmed us in the past.

Speaker 2: (Matthew 19:14) "...but Jesus said, 'Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs.'"

Speaker 3: May we pray like children. That we have unending trust in all those we meet. May we greet the world with honesty and love; without fear, without doubt, and without mistrust of the unknown.

Speaker 1: That it will not matter where people came from, what people look like or what they sound like. We will greet each person with the love of Jesus in our hearts and on our faces.

Speaker 2: (Mark 9:37) "Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me."

Speaker 3: (Mark 10:15) "Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it."

*Written by: Jacqueline Nogier
Snow Lake, MB*

Lord of All Hopefulness

Speaker 1:

So often we feel that we are in charge and are the architects of our own lives. It is easy to fall into the trap of believing that we are solely at the helm, celebrating when things go well and falling into despair when things do not go “our way.”

Speaker 2:

We should be celebrating God in all parts of our lives. Celebrating when we experience success and turning to God when we are struggling. He has told us: “do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.” (Isaiah 41:10) Let us think of God at each part of our day; from our first thought in the morning to our last thought when we lay down our heads.

All: sing verse 1

Lord of All Hopefulness - CBWIII, page 497

Speaker 3:

May we be filled with hope and joy each morning we wake and remember to trust that your loving kindness will carry us through the day. May we indeed have, “bliss in our hearts at the break of the day.”

All: sing verse 2

Lord of All Hopefulness - CBWIII, page 497

Speaker 4:

May we be filled with the eagerness and faith required to do our daily tasks to the best of our ability and remember that you used your earthly hands to do good works. May we truly have, “strength in our hearts at the noon of the day.”

All: sing verse 3

Lord of All Hopefulness - CBWIII, page 497

Speaker 5:

May we be filled with kindness and grace in order to greet all we meet throughout the day. May we remember that you met all peoples with love and warmth, no matter the circumstances. May we remember to keep, “your love in our hearts at the eve of the day.”

All: sing verse 4

Lord of All Hopefulness - CBWIII, page 497

Speaker 6:

May we be filled with gentleness and calm as we come to the end of our day and remember that only with you can we experience true fulfillment. May we remember that with you we can accomplish all we are meant to do. May we remember to cultivate and value, “peace in our hearts at the end of the day.”

Speaker 7:

We all lead busy lives and encounter many people as we go through our day. It is when we remember God during all parts of our day: morning, noon, evening, and ending that our days may become more meaningful and God-filled.

Speaker 8:

May we all seek the Lord of hopefulness and joy.

All: Amen

May we all seek the Lord of eagerness and faith.

All: Amen

May we all seek the Lord of kindness and grace.

All: Amen

May we all seek the Lord of gentleness and calm.

All: Amen

Find God In Nature

Speaker 1: (Psalm 148:1-6)

“Praise the Lord! Praise the Lord from the heavens; praise him in the heights! Praise him, all his angels; praise him, all his host!
Praise him, sun and moon; praise him, all you shining stars!
Praise him, you highest heavens; and you waters above the heavens!
Let them praise the name of the Lord, for he commanded and they were created.
He established them for ever and ever; he fixed their bounds, which cannot be passed.”

Speaker 2: God may be found in both the silence or din of nature. So many times we overlook those day to day sounds that are a part of our background. Prayer can happen in that silence or din of nature.

Speaker 3: There are many sounds of summer that pass us by without awareness of them. God has created them for us - let us stop and listen for God

(30 seconds of each)

1. birds singing
2. gentle waves
3. rainstorm passing through

Speaker 4: There are many sounds of winter that pass us by without even being aware of them. God has created this for us- let us stop and listen for God.

(30 seconds of each)

1. walking on the snow
2. the wind in the trees in winter
3. a timber wolf howling

Speaker 1: Let us remember to be aware of the sounds around us, in the quiet and in the clamour that surround our everyday lives. God is found in both the silence and the noise. Let us stop and listen for God.