



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 #3

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To: Parish Council Spiritual Development Chairs

From: Margie Norwood, Diocesan Spiritual Development Chair

CC: Diocesan Executive, Provincial Spiritual Development Chair

***"If we have no peace, it is because we have
forgotten that we belong to each other."***

Saint Mother Teresa of Calcutta

It is with great joy that I tell people I belong to the Catholic Women's League and we should be so proud to stand tall and let the world know we are Catholic Women.

As Jacqueline Nogier says - We hold every faith and cultural background within our borders. Our country is blessed with diversity...It is important as Catholic women to remember that we don't need to be the same as men, but to trust that God wants us to be equal but different. We have the love of God and can radiate that Love to those around us. We need to nurture, heal and become sanctuaries of peace for those around us.

Shari Guinta says - As people of God we are called to prayer. Spiritual activity is alive and well in the League and we have many online and diocesan resources.

Spiritual Growth of Members - We have so much right at our fingertips, Daily Mass, rosary, stations of the cross, novenas, honour guard at funerals, the list goes on and on.

Also, we have the internet, please check out some of these sites listed above. My favorite is thepopevideo.org

Study of Catholic Teachings - there is always our League Magazine which has great info, also many books available from Christian book stores. Shari Guinta suggests "*Shorter Christian Prayer*", which can be recited privately or in a group.

The role of women in the church is endless. We have children's liturgy, Eucharistic Minister, Parish Council, Lectors the list goes on and on. There are many hidden works of love in all our churches.

Father Thomas Rosica stated: Those who possess the virtue of gratitude are truly rich. They not only know they have been blessed, but they continuously remember that all good things come from God.

The Pope Video: Features a short video each month related to the Holy Father's monthly prayer intentions. The initiative was developed by the Pope's Worldwide Prayer Network to help circulate the Holy Father's monthly intentions.

Prayer Seeds: *A Gathering of Blessings, Reflections, and Poems for Spiritual Growth*, by Joyce Rupp, is a new publication that contains about 100 never before seen thematically organized poems and reflections. All works produced by Joyce Rupp may be used if proper credit is given.

The new national theme which will begin in January, chosen by National President Anne-Marie Gorman, is "Caring for our Common Home". You might ask your members to begin sourcing material for prayer services and music on this new theme.

In closing, I use Pope Francis words again: *"Do not be afraid to listen to the Spirit who proposes bold choices; do not delay when your conscience asks you to take risks in following the Master. The Church also wishes to listen to your voice, your sensitivities and your faith; even your doubts and your criticism. Make your voices heard, let it resonate in communities and let it be heard by your shepherds of souls."*

Respectfully submitted.