



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

### **Spiritual Development**

#### ***Care for our Common Home***

#### **Directive #2**

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**Date:** February 15, 2020

**To:** Parish Council Spiritual Development Chairs

**From:** Lyne Tuepah, Diocesan Spiritual Development Chair

**CC:** Diocesan Executive, Provincial Spiritual Development Chair

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***"If you only pray when you're in trouble, you're in trouble."  
TobyMac #Speaklife***

My name is Lyne Tuepah and as your Diocesan Spiritual Development Chair, I'm here to assist you in your responsibilities in any way I can. If you are new to this position – welcome and thank you for accepting this commitment. If you are in your 2<sup>nd</sup> year, we appreciate you too and would like to hear your thoughts on this standing committee.

#### **Spiritual Growth of Members**

*The spiritual dimension sets the League apart from all other women's organizations.*

There are many accountabilities listed in the Executive Handbook for Spiritual Development Standing Committee, specifically under Spiritual Growth of Members. As I prepared to write this directive, one in particular was calling out to me:

➤ *involve sick or shut-in members in prayer for League intentions*

We are all very good at praying at meetings. However, if that's all we do for Spiritual growth, at very least, we are shortchanging ourselves and at best, we are only involving a third of our membership. If we truly believe in the power of prayer, why not ensure everyone is praying by creating a prayer team? We could be intentional about asking members who find they cannot attend meetings due to time constraints, our silent members and especially our ladies who can't get out due to aging or illness. Make a point to visit them personally and ask them to pray for your council, your parish and any other intentions. Give them copies of our newest League prayers such as CWL Prayer for Renewal and Care for our Common Home. Revisit them on occasion to update your prayer requests and thank them for their service. I believe this would go a long way in feelings of inclusion and usefulness; not to mention the great things that prayer can and will bring.

## **Study of Catholic Teachings**

*Faith is a way of life which is characterized by a constant and ongoing conversion and renewal of mind and heart. Members must constantly be in the process of spiritual growth.*

The Lenten season is fast approaching and once again, there are many online resources to assist us in reflection and Catholic teachings. Two of my favourites are:

- Dynamic Catholic's 'Best Lent Ever'. It will provide a message each day during Lent from Matthew Kelly. This year, he will be taking a deeper dive into his book, *Rediscover the Saints*. To receive a daily e-mail, sign up here: <https://dynamiccatholic.com/best-lent-ever>
- Bishop Barron's 2020 Daily Lenten Gospel Reflections. You will be invited to read the daily gospel and a thought provoking reflection. To receive this daily e-mail, sign up here: <https://www.lentreflections.com/>

Whatever you do for Lent this year, I hope it brings you conversion and helps you deepen your personal relationship with our Lord, Jesus.

Respectfully submitted.