



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

### Spiritual Development

***Catholic and Living It!  
Go Make a Difference***

**Directive #3**  
**Date: February 11, 2023**

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**To:** Parish Council Spiritual Development  
**From:** Angela Town, Diocesan Spiritual Development  
**CC:** Parish Presidents, Diocesan Executive, Provincial Spiritual Development

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**Attachments:** Lenten Devotion France Murdaca Feb 2023, Lent Preparing for Lent Bernadette Burgess

***"For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience"***  
(Romans 8:24-25).

Lent begins with Ash Wednesday on February 22<sup>nd</sup>. Are you prepared for your Lenten journey? Two things each of us can do to assist us in how to spend Lent is: pray about it and discern where in our lives do we need to grow and change. To pray about it and ask God to enlighten our minds and hearts to what we should do for Lent. So let us give ourselves time to pray and listen. God may not answer in one day or give an obvious answer. He may quietly shine a light on an area that He wants you to focus on. Trust in Him to guide you. Some suggestions to help you on your Lenten journey:

**[The Hope of Lent: Daily Reflections from Pope Francis](#)** has a Bible reference, words from St. Francis, a reflection, and a prayer for each day of Lent.

40 days of Lenten reflection [www.dailytvmass.com](http://www.dailytvmass.com)

<https://ascensionpress.com/pages/catechisminayear>

Some Diocesan Councils are hosting virtual Lenten reflections, retreats or workshops and are listed on the Ontario Provincial Council website [www.cwl.on.ca](http://www.cwl.on.ca). Share this information with your members. It is a wonderful opportunity to be with sisters in the League from across the province without having to leave your home!

We are blessed to have faith filled, creative sub-committee members on the Provincial council that have created wonderful reflections (attachments) to help you on our Lenten journey too.

Respectfully submitted.