

**Timmins Diocesan Council  
of The Catholic Women's League of Canada  
Spiritual Development Standing Committee**

***Loneliness, Care for our Common Home***

Directive #4

Pages: 1

February 19, 2020

To: Parish Presidents for Spiritual Development Chairpersons  
From: Marie Black, Timmins Diocesan Spiritual Development Chairperson  
bcc: Annette Kelly, Diocesan President; Diocesan Officers; Emma Rose  
Rayburn, Ontario Provincial Spiritual Development Chairperson; Anne  
Plaunt, Life Member Liaison; Sub-committee member, Maggie Mowbray

Attachments: 2 (find below)

Hello, sisters in the League.

I just received a directive from my provincial counterpart. Since Lent begins next week, I immediately needed to forward what I received.

Emma Rose quoted what Provincial President, Colleen Martin, said in the latest newsletter, "May I suggest that, rather than give something up for Lent, we give more of ourselves to each other. Put down your phones. Have a conversation with your parents, your children, your neighbour. Spend time together. Say the Rosary." She has sent a Lenten Calendar that we can use for our Lenten journey as we prepare ourselves for Easter. It can be photocopied and given to your members. The calendar is dedicated to St. Rita, the Patron Saint of Loneliness. I will send you the page that contains a Prayer to St. Rita, a website where you can find information about her and a website that has a Novena to her. Emma Rose also included links to her favorite sites where she finds inspiration.

Anne Plaunt also sent another site that you might be interested in going to and sharing, Dan Kroger, [goodnews@franciscanmedia.org](mailto:goodnews@franciscanmedia.org), Lent with the Saints. For example, the Saint of the Day for February 18 is Blessed John of Fiesole, Patron Saint of Christian Artists.

Wishing you a prayerful and inspirational Lent.

Blessings to all.

*Marie Black*

**The Patron Saint of Loneliness - St. Rita** was a woman from the Middle Ages who became a nun after her husband was murdered. She is considered the patron saint of abused women, loneliness, spousal abuse, sterility, bad marriages, and widows, It is probably because of her association with widows and abused that she assumed patronage of all lonely people. To learn more about St. Rita you make follow this link [https://en.wikipedia.org/wiki/Rita\\_of\\_Cascia](https://en.wikipedia.org/wiki/Rita_of_Cascia)

**\*\*\*Prayer to St. Rita**

Holy Patroness of those in need, Saint Rita, so humble, pure and patient, whose pleadings with thy Divine Spouse are irresistible, obtain for me from thy Crucified Christ my request (mention it here). Be kind to me, for the greater glory of God, and I promise to honor thee and to sing thy praises forever. Oh glorious St. Rita, who didst miraculously participate in the sorrowful Passion of our Lord Jesus Christ, obtain for me the grace to suffer the resignation the troubles of this life, and protect me in all my needs. Amen

**\*March 2 Overcome Chronic Loneliness**

<https://www.ncregister.com/daily-news/overcome-chronic-loneliness-by-befriending-the-saints>

**\*\*March 30 - Novena to St. Rita** <https://www.praymorenovenas.com/st-rita-novena-2/215623>

I've attached some links of my favourite sites that I visit for inspiration;

<https://bustedhalo.com/tag/lent>

[https://www.wordonfire.org/?s=lent&search\\_submit=Go&simple\\_search=true](https://www.wordonfire.org/?s=lent&search_submit=Go&simple_search=true)


<https://dynamiccatholic.com/best-lent-ever>

<https://www.youtube.com/watch?v=qDG51cl9qY> Fr. Mike Schmitz <https://www.youtube.com/watch?v=XmwKpcJkLt8>

Your sister in Christ,

Emma Rose Rayburn

Lenten Calendar – Feb. March & April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
**** See below for reading information	This Lenten Calendar is dedicated to the Patron Saint of Loneliness, St. Rita		<b>26</b> <b>Ash Wednesday</b> Pray at Mass for the sad and lonely	<b>27</b> Bring dinner to someone who lives alone.	<b>28</b> Adopt a CWL member who does not attend meetings and call them	<b>29</b> Pray the Rosary for the sad and lonely
<b>March 1</b> Give thanks for the gifts the Lord has given you	<b>2</b> Please read: Overcome Chronic Loneliness *	<b>3</b> Say hi to everyone you see today	<b>4</b> Pray for a priest today	<b>5</b> Ask someone you know who is lonely to go on an errand	<b>6</b> Volunteer at a shelter or nursing home	<b>7</b> Please recite the Prayer to St. Rita ****
<b>8</b> Pray the Rosary for Pope Francis	<b>9</b> Let someone go ahead of you in line	<b>10</b> Smile, it warms the heart	<b>11</b> Ask someone to go on a walk	<b>12</b> Buy a Tim's Card and give to a homeless person	<b>13</b> Put your cell phone away for the entire day	<b>14</b> Pray the Rosary for the sad and lonely
<b>15</b> Offer your Mass for the intentions of those in need of love	<b>16</b> Bake someone something special, it warms the heart	<b>17</b> Wish everyone a Happy St. Patrick's Day	<b>18</b> Invite people over and watch a movie	<b>19</b> Pray for the end of abortions and euthanasia	<b>20</b> Look beyond age and circumstance to see who is lonely	<b>21</b> Please recite the Prayer to St. Rita ****
<b>22</b> Pray the Rosary for World Peace	<b>23</b> Call someone you have not spoken to lately	<b>24</b> Have a Mass said for the lonely	<b>25</b> Go to SPCA and pet a homeless animal	<b>26</b> Volunteer at school for those who need extra help	<b>27</b> Pray for the Pope	<b>28</b> Pray the Rosary for the sad and Lonely
<b>29</b> Let your Love shine on others	<b>30</b> **Start Novena to St. Rita	<b>31</b> Novena Day 2	<b>April 1</b> Novena Day 3	<b>2</b> Novena Day 4	<b>3</b> Novena Day 5	<b>4</b> Novena Day 6
<b>5</b> Palm Sunday Novena Day 7	<b>6</b> Novena Day 8	<b>7</b> Novena Day 9	<b>8</b> Spend quiet time with God	<b>9</b> <b>Holy Thursday</b> Attend Mass and offer it up for the revitalization of The Catholic Church.	<b>10</b> <b>Good Friday</b> Attend the Passion of Christ	<b>11</b> <b>Holy Saturday</b> Pray to St. Rita For the Light of the World to shine Hope on all those in need
<b>12</b>  <b>HAPPYEASTER</b>						