

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

Directive #9

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February 12, 2021

To: Parish Presidents for Spiritual Development Chairpersons

From: Marie Black, Timmins Diocesan Spiritual Development Chairperson

Bcc: Annette Kelly, Diocesan President; Diocesan Officers; Fr. John Lemire, Diocesan Spiritual Advisor; Emma Rose Rayburn, Provincial Spiritual Development Chairperson; Anne Plaunt, Life Member; Sub-committee Members Anne Plaunt and Maggie Mowbray

"I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you." Phil. 1: 3,4

Week 20 - I Pray for Others, Prayers for the Journey by James FitzPatrick O.M.I.

Hello, ladies.

I sincerely hope that you and your families are staying safe and healthy. What a crazy time we are living in. My family is doing quite well and trying to stay sane. Lol. I know there are many who are lonely, so I pray that all of us are reaching out to alleviate this pain.

Since Lent begins next week, I thought I would send you some ideas for additional spiritual nourishment. I know many of you are busy and don't have the time to spend hours watching and participating in online prayers and study. I also know you probably have your favourite sites or books or prayers and that is just fine. However, I have a few online sites that you might be interested in checking out. Life Member and sub-committee member, Anne Plaunt, has also given input on these.

- Online retreat, Pray More Lenten Retreat at [praymoreretreat.org](http://praymoreretreat.org)  
It starts Wednesday, February 17 the first day of Lent. There will be "six speakers with each giving a few video presentations that will help you be more dedicated to prayer in your everyday life this Lent... onward. You will receive a transcript of their talks with reflective study guides for each."
- Annette Kelly already sent information on a Lenten Retreat by the London Diocese which will be held on Saturday, February 20, 2021.
- Formed – Daily Reflections with Dr. Gray, are a maximum of 5 minutes and are based on the daily readings.
- 3 minute retreats as well as Lenten activities and programs can be found online at [Loyola.press.com](http://Loyola.press.com)

- The website [goodnews@franciscanmedia.org](mailto:goodnews@franciscanmedia.org) is another good source. You will find minute meditations, Celebrate Lent with St. Francis of Assisi which begins on February 17, Lent with the Saints, plus a lot more.
- There will be a St. Michael the Archangel Novena starting on February 19. You can go to [PrayMoreNovenas.com](http://PrayMoreNovenas.com) for this novena plus a number of others.
- The Augustine Institute will be holding a one hour presentation by Tim Gray and Curtis Martin entitled Mardi Gras to prepare your heart for Lent. You can go to [AugustineInstituteMardiGras](http://AugustineInstituteMardiGras).
- For Catholic Mass, news, television, radio and education, you can go to [missionadvancement@ewtn.com](mailto:missionadvancement@ewtn.com)

If you go to any of the above websites, you will find many more resources.

I pray that you and your members have a spiritual Lent.

“Have mercy on me O God, according to your steadfast love...  
Create in me a clean heart, O God, and put a new and right spirit in me.”  
Ps. 51: 1, 10

“Your whole life, Lord, was a preparation for your passion, death and resurrection. I now have these forty days of Lent to prepare myself to stand with you. Help me to live these mysteries with a sense of fervour, gratitude and awe. Amen”

Week 9 the Season of Lent, Prayers for the Journey by James FitzPatrick O.M.I.

Blessings to all.

Marie