



Ontario Provincial Council of The Catholic Women's League of Canada  
Spiritual Development Standing Committee

Directive #5

January 30, 2020

To: Diocesan Spiritual Development Standing Chairpersons

From: Emma Rose Rayburn, Ontario Provincial Council, Spiritual Development Chairperson

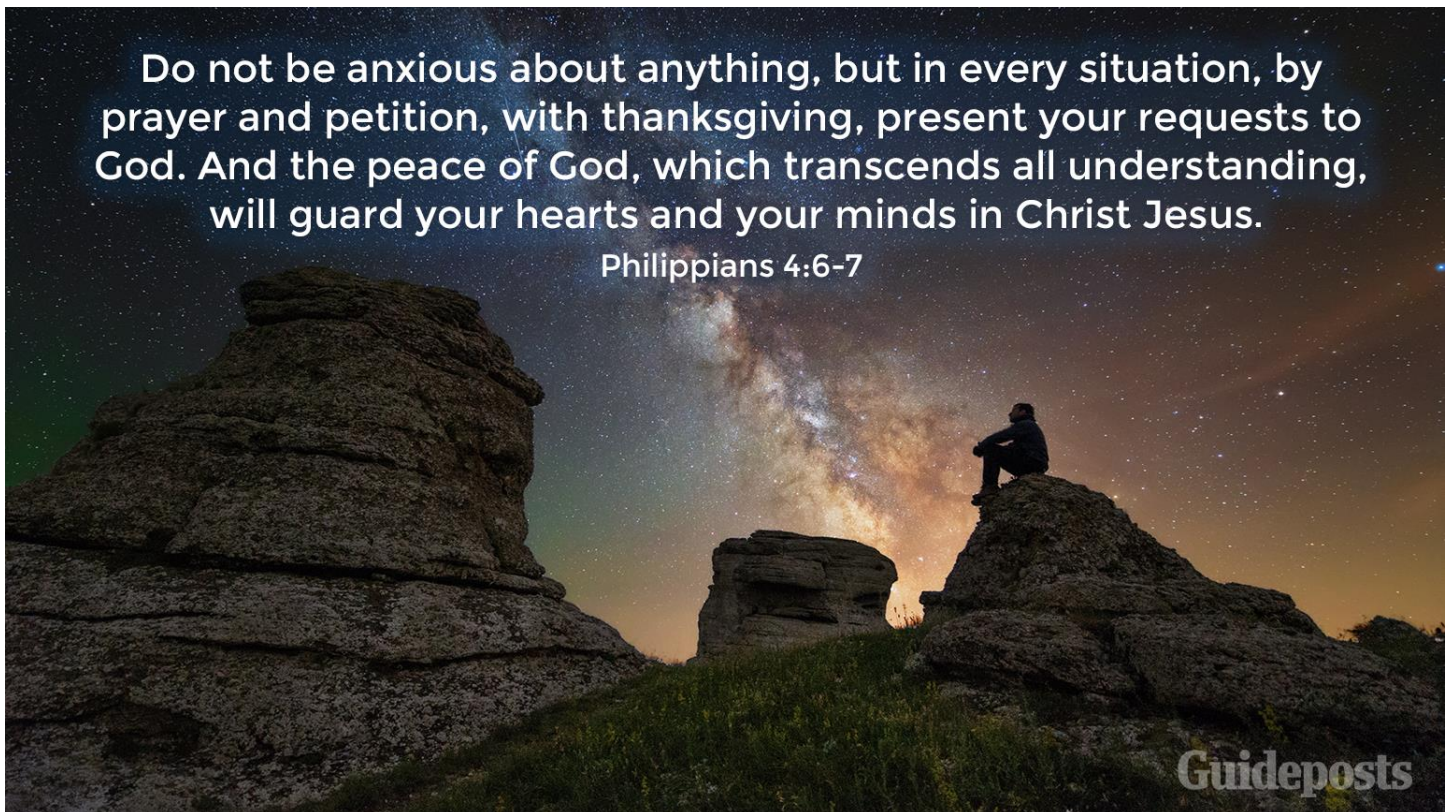
Sub-Committee: Lisa Fillingham, Anne Vincelli

cc: Archbishop Prendergast, Diocesan Presidents, Provincial Officers, Diocesan Spiritual Development Chairpersons, Sub-committee chairperson

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Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7



Guideposts

# POWER OF PRAYER

**Prayer** is an act of worship that glorifies God and reinforces our need for Him. Through living a life of **prayer**, we respond to Christ's work of salvation and communicate with the very source of and purpose for our existence. Which brings me to New Year's resolutions - it's only human at every start of a new year that we make ideas of how we can better ourselves. OH, the list we make! Sometimes we are so excited nothing can burst our enthusiasm and then here we are reaching the end of the first month of the new year and well maybe some of our excitement is wavering - completely normal and common. I stumbled onto this website that has a list of Patron Saints that can help us with our new year resolutions and I thought well I could use all the help I can get - and really who knew there was a patron Saint of procrastinators; St. Expeditus my new best friend.

At the Provincial table we have prayer partners, and at our diocese each council picks a different council and we pray for each other throughout the year, knowing that our sisters in the league are praying with us and for us, gives us strength and encouragement. In the fall I thought it would be a great idea if each month we pray for a Diocese, however there are 13 dioceses (for now) and only 12 months, no problem I figured we could have Alexandria/Cornwall join with Ottawa and share a month which would have been the month of January but because of my procrastination I didn't get this information out on time. But I figured there really isn't any excuse to not start this in February - the month of Love. Prayer is love.

## **1 Thessalonians 3:12-13**

May the Lord make your love increase and overflow for **each other** and for everyone else . . . May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.

Please let us join each other in prayer. Each Diocese has their own struggles, plus they also have lots to celebrate, my wish is that with prayer we can continue to build each other up. Perhaps each Spiritual Chair could reach out to the Diocese of the Month and ask them for their petitions and then together we can storm Heaven with our prayers. I have a special request that each first of the month you could say a prayer for the successful amalgamation of the Dioceses of Alexandria Cornwall and Ottawa - yes I am hoping this will make up for my procrastinating ways.

## **Ecclesiastes 4:9-12**

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.

DIOCESE	MONTH
Alexandria Cornwall & Ottawa	January
Hamilton	February
Hearst-Moosonee	March
Kingston	April
London	May
Pembroke	June
Peterborough	July
Sault Ste Marie	August
St. Catharines	September
Thunder Bay	October
Timmins	November
Toronto	December

If you would like to look up the article I mentioned about the Patron Saints that can help us with our new year resolutions please follow this link;

<https://bustedhalo.com/ministry-resources/7-saints-help-keep-new-years-resolutions>

I also found another great website with 8 (Spiritual) New Year's Resolutions for Catholics if you would like to read more please follow the link;

<https://www.getfed.com/eight-new-years-spiritual-resolutions-6309/>

I especially like #1 and #7 - The CWL is all about Marian Devotion and Madame President has shared with us her love of the rosary and how important it can be in our lives. And well #8 adopt a new Saint buddy has just happened, thou I think I best start talking with Saint Pope John Paul II and ask him to help me get motivated to exercise.

Happy New Year!

Your sister in Christ,

Emma Rose Rayburn

Spiritual Development Chair