



Ontario Provincial Council of The Catholic Women's League of Canada
Spiritual Development Standing Committee
Directive#6

February 18th, 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

Lent is fast approaching and there are many ways to prepare ourselves for the coming of The Lord; as our President Colleen mentioned in our 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." I read someone to say we have 40 days to "Get fit for Christ", maybe that is why they say that if you do something for 30 days it becomes a habit. Let us make our Lenten journey, (our devotions, our sacrifices, and our giving's) a life forming habit that lights the world with the love of Jesus, now and forever.

Please enjoy the Lenten Calendar we have attached, feel free to print it out and put on your fridge to help serve as a guideline of some habits you may practice to help serve our Lord.

"Remember that you are dust, and unto dust you shall return." Genesis 3:19

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

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

*****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://dynamiccatholic.com/best-lent-ever>

<https://www.youtube.com/watch?v=qDG51cl9gY> Fr. Mike Schmitz <https://www.youtube.com/watch?v=XmwKpcJKLt8>

Your sister in Christ,

Emma Rose Rayburn