



THE CATHOLIC WOMEN'S LEAGUE OF CANADA
Ottawa Diocesan Council
Spiritual Development

Care for our Common Home



COMMUNIQUE #1

JUNE 2019

TO: Parish Spiritual Development Standing Committee Chairpersons
From: Janet Warren, Diocesan Spiritual Development Chairperson

Greetings! Peace be with you!!

This Communiqué was due by June 23rd and here I am completing it on July 29th, the Feast of St. Martha. How appropriate! Like Martha it is so easy to be a doer; so much harder to sit quietly at Jesus' feet like Mary. Our celebrant at mass this morning quoted Peter Kreeft in his homily, challenging each of us to be 'Martha in the spirit of Mary.'

Allow me to introduce myself. I am Janet Warren and I am passionately Catholic. I have been married to Ken for 41 years and was graced to be his sponsor 20 years ago when he entered the Catholic Church. We have four children and three grandchildren. I have been a stay-at-home mom all this time raising our family and volunteering in the school and in the church. Presently I direct one of the choirs at Annunciation of the Lord Parish, lead music at daily mass, and host the funeral receptions for the parish and for our CWL council. I joined the CWL in 1995 thanks to the persuasion of Mary MacDonald, a past-president and now in assisted living in Victoria, BC, and to the gentle reminders of Monica Leydon, also a past-president and now deceased. Twelve years later, I stepped into my first executive position, Christian Family Life. That was followed by Spiritual Development Chair and then President for two terms. I now find myself somewhat ready for the challenges of Spiritual Development on the Ottawa Diocesan Executive.

I wish to thank Divina Hogan and Joanne Parenteau of St. John the Apostle Council for their direction and accompaniment of the choir for the celebration of the Feast of Our Lady of Good Counsel on Friday, April 26, 2019 at St. Patrick's, Fallowfield. I was not able to attend, but I received excellent reports. Could we consider building a pool of singers whom we could approach for future events? I would like to pursue this idea during my term as Spiritual Development Chair and create a list of CWL members who would be happy to contribute their musical talents to form a choir for our liturgical events, realizing that not everyone would be available for every event. Please canvass your membership and pass on to me the names and contact information of all who would be interested. The only rehearsals would be immediately before an event.

Do you have dreams for the spiritual enrichment of the members of your council? The guidelines that we have been given for our meetings are that one-third of our time together should have a spiritual focus. If your meeting is two hours, then 40 minutes should be of a spiritual nature. Many times we get so caught up in the action items at our meetings that we fail to spend sufficient time nurturing our faith. Our time together could include a combination of some of the following: a celebration of mass, an extended opening prayer time, a reflection with time for members to share at their tables, a scripture study using *Lectio Divina*, a teaching by your Spiritual Advisor, a devotion in tune with the liturgical calendar such as the Rosary, Stations of the Cross, etc., and a closing prayer with petitions. It is always good to incorporate

some small group discussion of a spiritual nature to help our members learn how to share their faith with each other.

Can a reflection on the Objects of the League stimulate your thought processes? Let's take a moment to review the *Objects of the League*:

1. to achieve individual and collective spiritual development
2. to promote the teachings of the Catholic church
3. to exemplify the Christian ideal in home and family life
4. to protect the sanctity of life
5. to enhance the role of women in church and society
6. to recognize the human dignity of all people everywhere
7. to uphold and defend Christian education and values in the modern world
8. to contribute to the understanding and growth of religious freedom, social justice, peace and harmony

The purpose of these *Objects of the League* is to unite us as Catholic women. How can your program at meetings help your members to grow in holiness, to grow in faith, to grow in the knowledge of the Church's teachings, to build a strong Catholic home life, to defend the sanctity of life, to uphold Catholic values in our world, etc.? How can our theme, *Care of our Common Home* be incorporated into these faith discussions? I leave these thoughts with you.

I will close this first Communiqué with a prayer from the *Psalter Week 1* for Sunday Morning Prayer:

"Lord, 'May our lips praise you; our lives proclaim your goodness; our works give you honour, and our voices celebrate you for ever.' Amen."

Blessings,
Janet Warren