



The Catholic Women's League of Canada
London Diocesan Council



To: All London Diocesan Presidents and Spiritual Development Chairs
CC: London Diocesan Council; OPC Spiritual Development Chair
From: Mary Lappan, Second Vice President
Date: January / February 2021

Directive # 17

"The Lord is my rock, my fortress, and my deliverer." Psalm 17

Happy New Year to all my CWL sisters,

Another year, another lockdown! It is becoming increasingly difficult to stay upbeat but every new year brings an opportunity for new perspectives and hope for a better future. There are several websites that can give you a variety of different prayer ideas to supplement your regular prayer routine such as www.PrayMoreNovenas.com or www.dynamiccatholic.com. By the time you receive this directive the Week of Prayer for Christian Unity (January 16th to January 23rd) will be over but I am sure your prayers will still be heard so please keep this intention in your prayers.

In December Pope Francis declared 2021 as the Year of St. Joseph to commemorate the 150th Anniversary of St. Joseph as the Patron of the Universal Church. You can find special prayers for this year on the internet.

Every year Bell hosts their "Let's Talk" day to support mental health. During this pandemic the focus on mental health has become very important. Please support this initiative financially or by "joining the conversation" on Thursday, January 28th.

Lent begins on Ash Wednesday, February 17th. At this time we don't know if we will be able to attend mass and receive ashes but I am sure that we will be able to deal with whatever restrictions come our way. Many parishes in our Diocese are livestreaming mass. This may be the way we follow the Lenten season this year. Check with your parish or access the website www.mass-online.org/daily-holy-mass-live-online/ for daily masses from all over the world. Our annual Diocesan Lenten retreat is normally held on the Saturday after Ash Wednesday. We are hoping to have some type of virtual retreat that day (February 20th). More info will follow.

Remember to stay positive and stay healthy.

"Even now, says the Lord, return to me with all your heart." Joel 2:12

Blessings,

Mary Lappan



Environment Care