



CATHOLIC
and **LIVING IT!**

The Catholic Women's League of Canada

London Diocesan Council

To: All Parish Presidents, Spiritual Development Chairperson
CC: London Diocesan Council, Wilma Vanderzwaag, OPC Chairperson
From: Joan Lobsinger, Spiritual Development Chairperson
Date January 2023
Directive # 9

"Have we used the past year mostly for ourselves, for our own interests or did we know to spend it for others, too? How much time did we set aside for being with God, in prayer, in silence, in adoration?"

Pope Francis

I hope you had a blessed Christmas and a wonderful start to 2023.

Lent begins on Ash Wednesday, February 22nd and I'm happy to announce the return of our in-person Lenten Retreat on Saturday February 25th from 9:00 a.m. to 2:30 p.m. at St. Michael's London with Fr. Jim Mockler. Cost for lunch is \$15.00 and is payable by cheque or cash on the day of the retreat. If you are paying by cheque, the cheque should be made payable to St. Michael's CWL. Please let your Regional Chair know the number from your council by February 18th.

Here are some resources to assist and enhance your Lenten journey:

Lent Reflection and Repentance <https://www.youtube.com/watch?v=hcnnj3YeId4>

40 Days Reflection into Lent Ash Wednesday <https://www.youtube.com/watch?v=KDt1vTFRLvI>

Be sure to read Cathy Bouchard's article "Holy Listening" on page 15 in the Winter 2023 Canadian League.

Upcoming Feast Days and Events:

January 31st – St. John Bosco

February 2nd – The Presentation of The Lord

February 22nd – The Chair of Saint Peter

February 25th – Diocesan Lenten Retreat, St. Michael's London

March 3rd – World Day of Prayer

Yours in Christ,

Joan