



Nova Scotia Provincial Council

Catholic Women's League of Canada

Spiritual Development Communique #4

Inspired by the Spirit, Women Respond to God's Call

To: Diocesan Counterparts (*For distribution to all parish councils*)
From: Mary ten Brinke, Nova Scotia Provincial Spiritual Development Chairperson
Date: October 3rd, 2017
Copied: Provincial President, Peggy MacNeil and Executive (for information)
National Chairperson, Jacqueline Nogier (for information)
Diocesan Presidents, Liz Doyle and Cleo Windsor

I am now beginning my second year as Spiritual Development Chair for this beautiful province of Nova Scotia. The fall is my favorite season. Giving thanks to God for the bountiful harvest, the rich colors of the leaves and getting ourselves prepared for the weather which will be forth coming. I have heard from many people what a wonderful time they had when they attended the National Convention held this past August in P.E.I., both emotionally and spiritually. Life is so busy! We need to slow ourselves down physically and emotionally so that spiritually we may recharge ourselves.

National Convention: I received an update from the National Convention from our Provincial President, Peggy. Some of the information she gave me:

- prayers and prayer services are available online
- a workshop has been developed on "How to Prepare a Prayer Service"
- encourage support for the National Voluntary Fund
- welcome immigrants to join in our witness to faith
- our biggest challenge is to not lose sight of our identity, especially that of the parish
- communication with our priests is very important
- negativity and complaining lead to pain and suffering not growth

Reminders: I would like to ask both Diocesan Spiritual Dev. Chairs to please "cc" me on all their communiques. This is so I am aware of what is happening in both dioceses and I would be able to promote dates and activities happening throughout the province. I would also like to ask/remind both Diocesan Spiritual Dev. Chairs to work on developing or continuing to add prayers and spiritual reflections to a binder for each chairperson to pass on to the next person filling this position.

Book of Life: Another reminder to get the names of deceased members to National as soon as possible after a death of a member. The end of the year is fast approaching. Any names submitted in January will be in the Book of Life in 2018.

Dates: Just a reminder of events that are upcoming in the near future:

- **October 7th** Feast of Our Lady of the Rosary
- **October 14th** Antigonish Diocesan Fall Conference held at Our Lady of Lourdes, Stellarton
- **October 21st** “A C.W.L. Day” to be held at Holy Family Parish, Amherst
- **November 21st** Halifax/Yarmouth Diocesan C.W.L. Annual Retreat to be held at St. Vincent de Paul Parish, Dartmouth

Please continue to pray for the people of Texas and Florida following the hurricanes, for those who were in Los Vegas and were affected by the terrible shooting . Also pray for those who participated in the Sisters in Spirit Vigil, held Oct 4th which was held to honor the lives of missing and murdered Indigenous Women and Girls. We have so much to be thankful for.

“ A single grateful thought toward heaven is the most complete prayer ... ”

G. Lessing