



**Nova Scotia Provincial Council
Catholic Women's League of Canada
Spiritual Development Communique #1
*Inspired by the Spirit,
Women Respond to God's Call***

To: Diocesan Counterparts
From: Jessie Parkinson
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Copied: Antigonish Diocesan President, Cleo Windsor, Halifax Yarmouth Diocesan President, Janet Terrio, Nova Scotia Provincial Executive (for information), *National Chairperson*

Dear Sisters in the League;

In her first communique following the National Convention in August, 2018 Spiritual Development Chair, Shari Guinta shared with us her use of *Shorter Christian Prayer* as a guide for her daily prayers. *Shorter Christian Prayer* sometimes known as *Morning and Evening Prayer* is taken from the *Liturgy of the Hours* commonly known as *The Breviary*. This shorter edition presents a selection of material for Morning Prayer and Evening Prayer in a format that is easier for the lay person to use than the complete *Christian Prayer* or the four-volume *Liturgy of the Hours*. The book is available online at Amazon.ca for \$20.69, with free shipping for orders over \$35. Members could order as a group and save on the shipping costs.

It is important that councils not lose sight of the need for prayer and reflection at meetings. Good meetings should be 1/3 spiritual, 1/3 business and 1/3 fun and fellowship. There is no need to "reinvent the wheel" when looking for material to use for a Spiritual Program. The Catholic Daughters of America have published a wonderful collection of prayers and Prayer Services at catholicdaughters.org/ToolsOfTheTrade/PrayerServiceSection.pdf. One of my favourites from that collection is this one:

**Our Lady is a seamstress, patiently she bends
Over the world's wastebasket, and mends and mends
Stitching our troubles, darning our cares
Patching our hearts so they won't show the wear
She likes to thread her needle, pick up a dream
Slip on her thimble and sew in a seam
Love and hope sometimes gap, often do not meet
Our Lady has to baste them, putting in a pleat
When life shrinks up with wearing and can't be made to fit
She knows where the tucks are, and lets them out a bit**

**And when it's time for God to come and clip the thread off-NOW
She'll run and catch the end, and help us all somehow
(Loretta Schneider, Vermont)**

There are many resources available online and most Prayer Services can always be adapted to suit. For those fortunate enough to attend the Antigonish Diocesan Fall Conference, you will remember Brenda Johnson's advice to write your own service for a meeting and her heart- warming rendition of "Mary had a Little Lamb" as a theme for a prayer service to Our Lady. All you really need is a reading from the Gospel, some thoughts about that reading, some prayers of the faithful, a hymn and you are all set. Start small. Save the prayers and services that you use in a binder for another day.

Good luck and may God bless you,

Jessie Parkinson