



**Sault Ste. Marie Diocesan Council of
The Catholic Women's League of Canada
Spiritual Development Standing Committee**

Care for our Common Home

Directive

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February 25, 2020

To: Spiritual Development Committee Chairpersons
 From: Patricia Clizia - 1st Vice President / SSM Diocesan Spiritual Development Chairperson
 cc: SSM Diocesan Executive, Parish Presidents, Parish Spiritual Development Chairpersons,
 Provincial Spiritual Development Chairperson

As the season of ordinary time in our church comes to an end, we welcome the season of Lent and the opportunity it presents to us to prepare our hearts and spirits for the coming of the risen Lord at Easter. Traditional observances of fasting, alms giving and prayer continue to be good practices during this time in our liturgical year.

A spiritual renewal is promised us through a well-lived season of Lent - 40 days of love.

As we begin the Lenten journey inspired by love - rather than giving something up – consider taking something up! Perhaps reach out to a family member or friend you may have lost touch with due to a disagreement or unexplained absence. Check in on a neighbour, or acquaintance or co-worker who may be living silently in loneliness. Get active by serving your neighbours-at the soup kitchen, in community or at your workplace by volunteering with helping hands. Share your blessings by donating funds and items to support those in need. Pray more – add a weekday Mass, include a Novena to your prayer repertoire, participate in the Sacrament of Reconciliation, learn about St. Rita and ask for her help, pray a daily rosary.

A few resources have been shared for members and are included below – to inspire us, to help us add prayer to our next 40 days and to bring us to the promise of Easter with hearts full of love.

Your sister in Christ,

Patricia Clizia

Lenten Calendar – Feb. March & April 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|---|
| **** See below for reading information | This Lenten Calendar is dedicated to the Patron Saint of Loneliness, St. Rita | | 26 Ash Wednesday Pray at Mass for the sad and lonely | 27 Bring dinner to someone who lives alone. | 28 Adopt a CWL member who does not attend meetings and call them | 29 Pray the Rosary for the sad and lonely |
| March 1 Give thanks for the gifts the Lord has given you | 2 Please read: Overcome Chronic Loneliness * | 3 Say hi to everyone you see today | 4 Pray for a priest today | 5 Ask someone you know who is lonely to go on an errand | 6 Volunteer at a shelter or nursing home | 7 Please recite the Prayer to St. Rita *** |
| 8 Pray the Rosary for Pope Francis | 9 Let someone go ahead of you in line | 10 Smile, it warms the heart | 11 Ask someone to go on a walk | 12 Buy a Tim's Card and give to a homeless person | 13 Put your cell phone away for the entire day | 14 Pray the Rosary for the sad and lonely |
| 15 Offer your Mass for the intentions of those in need of love | 16 Bake someone something special, it warms the heart | 17 Wish everyone a Happy St. Patrick's Day | 18 Invite people over and watch a movie | 19 Pray for the end of abortions and euthanasia | 20 Look beyond age and circumstance to see who is lonely | 21 Please recite the Prayer to St. Rita *** |
| 22 Pray the Rosary for World Peace | 23 Call someone you have not spoken to lately | 24 Have a Mass said for the lonely | 25 Go to SPCA and pet a homeless animal | 26 Volunteer at school for those who need extra help | 27 Pray for the Pope | 28 Pray the Rosary for the sad and Lonely |
| 29 Let your Love shine on others | 30 **Start Novena to St. Rita | 31 Novena Day 2 | April 1 Novena Day 3 | 2 Novena Day 4 | 3 Novena Day 5 | 4 Novena Day 6 |
| 5 Palm Sunday Novena Day 7 | 6 Novena Day 8 | 7 Novena Day 9 | 8 Spend quiet time with God | 9 Holy Thursday Attend Mass and offer it up for the revitalization of The Catholic Church. | 10 Good Friday Attend the Passion of Christ | 11 Holy Saturday Pray to St. Rita For the Light of the World to shine Hope on all those in need |
| 12 Happy Easter | | | | | | |

The Patron Saint of Loneliness - St. Rita was a woman from the Middle Ages who became a nun after her husband was murdered. She is considered the patron saint of abused women, loneliness, spousal abuse, sterility, bad marriages, and widows, It is probably because of her association with widows and abused that she assumed patronage of all lonely people. To learn more about St. Rita you make follow this link https://en.wikipedia.org/wiki/Rita_of_Cascia

*****Prayer to St. Rita**

Holy Patroness of those in need, Saint Rita, so humble, pure and patient, whose pleadings with thy Divine Spouse are irresistible, obtain for me from thy Crucified Christ my request (mention it here). Be kind to me, for the greater glory of God, and I promise to honor thee and to sing thy praises forever. Oh glorious St. Rita, who didst miraculously participate in the sorrowful Passion of our Lord Jesus Christ, obtain for me the grace to suffer the resignation the troubles of this life, and protect me in all my needs. Amen

***March 2 Overcome Chronic Loneliness**

<https://www.ncregister.com/daily-news/overcome-chronic-loneliness-by-befriending-the-saints>

****March 30 - Novena to St. Rita** <https://www.praymorenovenas.com/st-rita-novena-2/215623>

Here are a few sites you may be interested in following for inspiration:

<https://bustedhalo.com/tag/lent>

https://www.wordonfire.org/?s=lent&search_submit=Go&simple_search=true

<https://dynamiccatholic.com/best-lent-ever>

https://www.youtube.com/watch?v=_qDG51cl9gY Fr. Mike Schmitz

<https://www.youtube.com/watch?v=XmwKpcJKLt8>