



**The Catholic Women's League of Canada
Alberta Mackenzie Provincial Council
Faith / Spiritual Development
Communiqué
DATE: February 12, 2024**



TO: Diocesan Chairpersons of Faith/Spiritual Development
CC: Provincial Executive (for information)
CC: National Chairperson of Faith(for information)
FROM: Suzanne Sherry, ABMK Faith Chair and Janet MacPhee, ABMK Spiritual Development

Lenten Reminders:

Ash Wednesday – the ashes we receive today reminds us of the shortness and preciousness of life, of the great sacrifice that Jesus made for us.

Holy Thursday commemorates the day when Jesus instituted the holy priesthood at the Last Supper.

Good Friday is an annual opportunity for the Church to ponder the mystery of death and the even greater mystery of Christ's conquering of death.

As we celebrate **Holy Saturday**, we reflect on the uncertainty of this time for Jesus' disciples as they waited hesitantly but hopefully for news of his Resurrection.

There are many resources available to help us on our Lenten Journey.

- the first one being attending (in person) or watching (live stream or TV) daily mass.
- Using the Living with Christ missalette to reflect on the readings of the day.
- Taking in a Lenten mission retreat at a parish in your diocese (if able).
- Attending a Friday's Stations of the Cross service (if able).

Upon researching the **Stations of the Cross** there are many different ones to consult:

- Pope Francis's Way of the Cross
- Living with Christ – Sunday Missal – Page 588
- A Physician's Way of the Cross – National CWL - <https://www.cwl.ca/wp-content/uploads/2023/05/A-Physicians-Way-of-the-Cross-Brochure-pdf.pdf>
- Mary's Way of the Cross - https://littlesistersofthepoor.org/wp-content/uploads/2018/02/Mary_Way_of_the_Cross_e.pdf
- Stations of the Cross with Mary, Our Lady of Sorrows - <https://faith.nd.edu/s/1210/faith/interior.aspx?sid=1210&gid=609&pgid=51303>

Your own council (and/or parish) may have also adapted a Way of the Cross that reflects the needs of your council/parish.

The World Day of Prayer will be held on March 1st, 2024. The theme is **"I Beg You ... Bear With One Another In Love"** based on Ephesians 4: 1-3 and it was written by Christian women in Palestine. <https://wicc.org/world-day-of-prayer/how-to-participate/>



Year of Prayer - From Catholic YYC:

This year, the Pope recalled the theme of the upcoming Jubilee Year 2025 and encouraged us to begin our preparation as "Pilgrims of Hope" in a **Year of Prayer**. He said that the Blessed Mother can teach us to "*live each day, each moment, each effort with our inner gaze turned to Jesus. Joys and sorrows, satisfactions and challenges.*

All in the presence and with the grace of Jesus, the Lord. All with gratitude and hope."

As we begin this new year may we experience through the intercession of the Blessed Virgin Mary, the Mother of God, a renewed spirit of prayer.

The Jubilee Prayer

Father in heaven,
may the faith you have given us in your son, Jesus Christ, our brother,
and the flame of charity enkindled in our hearts by the Holy Spirit,
reawaken in us the blessed hope for the coming of your Kingdom.

May your grace transform us into tireless cultivators
of the seeds of the Gospel.

May those seeds transform from within both humanity
and the whole cosmos in the sure expectation
of a new heaven and a new earth, when, with the powers of Evil vanquished,
your glory will shine eternally.

Prayer by Pope Francis for the Jubilee 2025

May the grace of the Jubilee reawaken in us,
Pilgrims of Hope, a yearning for the treasures of heaven.
May that same grace spread the joy and peace of our Redeemer
throughout the earth.
To you our God, eternally blessed, be glory and praise for ever.
Amen.

"Lord, grant that I may Live this day with Love and Laughter"
Janet MacPhee, ABMK Spiritual Development Chair