



**Alberta Mackenzie
Provincial Council
of
The Catholic Women's
League of Canada**

**Mid-Winter Meeting
January 13-15, 2023
Star of the North Retreat Centre
St. Albert AB**

Spiritual Program

**CATHOLIC
and LIVING IT!**

LEAGUE PRAYER

We humbly pray You,
O God our Father, to bless
The Catholic Women's League of Canada
Bless our beloved country,
our homes and families
Send Your Holy Spirit upon us
to give light to our minds
and strength to our wills
that we may know and fulfil
your great law of charity.
Teach us to share with others
at home and abroad,
the good things You have given us.
This we ask through our Lord Jesus Christ
and the intercession of our patroness,
Our Lady of Good Counsel.
Amen

The ANGELUS

Leader: The angel of the Lord declared unto Mary
All: *And she conceived of the Holy Spirit. Hail Mary*
Leader: Behold the handmaid of the Lord
All: *Be it done unto me according to Thy word. Hail Mary*
Leader: And the Word was made flesh
All: *And dwelt among us. Hail Mary*
Leader: Pray for us O Holy Mother of God
All: *That we may be made worthy of the promises of Christ!*

LET US PRAY

ALL: *Pour forth we beseech thee O Lord, your grace into our hearts, that we, to whom the incarnation of your Son, was made know by the message of an angel, may by his passion and cross be brought to the glory of his resurrection, through the same Christ, Our Lord. Amen.*

Meal Prayer

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen

Friday Evening, January 13, 2023

+In the name of the Father and the Son and the Holy Spirit.

Opening Prayer: Psalm 16 – God the Supreme Good

Left:

Preserve me, God, I take refuge in you.

I say to the Lord: "You are my God.

My happiness lies in you alone."

R: *Keep me safe, O God; you are my hope*

Right:

He has put into my heart a marvelous love

For the faithful ones who dwell in his land.

Those who choose other gods increase their sorrows.

Never will I offer their offerings of blood.

Never will I take their name upon my lips.

R: *Keep me safe, O God; you are my hope*

Left:

O Lord, it is you who are my portion and cup;

It is you yourself who are my prize.

The lot marked out for me in my delight":

Welcome indeed the heritage that falls to me!

R: *Keep me safe, O God; you are my hope*

Right:

I will bless the Lord who gives me counsel,

Who even at night directs my heart.

I keep the Lord ever in my sight:

Since he is at my right hand, I shall stand firm.

R: *Keep me safe, O God; you are my hope*

Left:

And so my heart rejoices, my soul is glad;

Even my body shall rest in safety.

For you will not leave my soul among the dead,

Nor let your beloved know decay.

R: *Keep me safe, O God; you are my hope*

Right:

You will show me the path of life,

The fullness of joy in your presence,

At your right hand happiness forever.

R: *Keep me safe, O God; you are my hope*

Spiritual Retreat – Lucie Leduc
Our Service Together for the Common Good

Closing Prayer: (if required)

Prayer for Peace and Hope:

O Lord our God, You are the source of peace.
Inspire all women of the League to live in peace by acting
justly, loving tenderly and walking humbly with You, our God
We pray that You enlighten the eyes of our mind,
so that we may see what hope Your call holds for us.
May we be firm in the hope we profess and always be ready
to give the reason for the hope we have.

Janet:

Glory be to the Father and to the Son and to the Holy Spirit
As it was in the beginning is now and ever shall be, world without end. Amen
+In the name of the Father and the Son and the Holy Spirit.

Saturday, January 14, 2023

Janet:

Good Morning – let us center ourselves for the work that we are to perform today
+In the name of the Father and the Son and the Holy Spirit.
Let us start with a song:
Verse 1 – Lord of all Hopefulness – CBW III 497

Opening Spiritual:

Reading: (Matthew 2.1-2, 7-12) – Father Andrew

After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem and asked, "Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him."

Herod secretly called for the wise men and learned from them the exact time when the star appeared and saying "Go and search carefully for the child. As soon as you find him, report to me, so that I too may go and worship him." After they had heard the king, they went on their way, and the star they had seen when it rose went ahead of them until it stopped over the place where the child was. When they saw the star, they were overjoyed. On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh. And having been warned in a dream not to go back to Herod, they returned to their country by another road.

Father Andrew: Reflection

Psalm 72: The Kingdom of the Messiah (January 2023, Living with Christ, pg61)

Right:

Give the king your justice, O God,
And your righteousness to a king's son.
May he judge your people with righteousness, and your poor with justice.

R: *Lord, every nation on earth will adore you.*

Left:

In his days may righteousness flourish
And peace abound, until the moon is no more.
May he have dominion from sea to sea,
and from the river to the ends of the earth.

R: *Lord, every nation on earth will adore you.*

Right:

May the kings of Tarshish and of the isles render him tribute,
May the kings of Sheba and Seba bring gifts.
May all kings fall down before him,
All nations give him service.

R: *Lord, every nation on earth will adore you.*

Left:

For he delivers the needy one who calls,
The poor and the one who has no helper.
He has pity on the weak and the needy,
And saves the lives of the needy.

R: *Lord, every nation on earth will adore you.*

Intercessions:

Janet:

For all of us gathered here, that we, as the Magi did, put our trust into the star and follow it to our Saviour.

R: *Lord grant us this prayer*

Janet:

For an end to the pandemic.

R: *Lord grant us this prayer*

Janet:

For peace between Russia and Ukraine and in all other areas of the world that are in conflict.

R: *Lord grant us this prayer*

Janet:

Jesus Christ came for all. Let us be open to the face of Christ in others.

R: *Lord grant us this prayer*

Father Andrew: Blessing

All: Glory be to the Father and to the Son and to the Holy Spirit
As it was in the beginning is now and ever shall be, world without end. Amen

All: League Prayer – page 2

Janet M.: As we break for lunch let us include a song:
Verse 2 – Lord of all Hopefulness – CBW III 497

Lunch: Angelus and Meal Prayer – page 2

Reconvening Prayer: Psalm 23 – The Lord, Shepherd and Host

Kathryn:

The Lord is my shepherd, I shall not want,
He makes me lie down in green pastures;
He leads me beside still waters;
He restores my soul.

R: *The Lord is my shepherd; I shall not want*

Lucille:

He leads me in right paths for his name's sake.
Even though I walk through the darkest valley, I fear no evil;
For you are with me;
Your rod and your staff - they comfort me.

R: *The Lord is my shepherd; I shall not want*

Sheila:

You prepare a table before me
In the presence of my enemies;
You anoint my heads with oil;
My cup overflows.

R: *The Lord is my shepherd; I shall not want*

Clover:

Surely goodness and mercy shall follow me
All the days of my life,
And I shall dwell in the House of the Lord
My whole life long.

R: *The Lord is my shepherd; I shall not want*

Saturday Concluding Prayer:

We have had a full and resourceful day. Let us conclude it with song:

Verse 3 and 4 – Lord of all Hopefulness – CBW 497

Saturday MASS – 5:00 PM

Opening Hymn – Come Holy Spirit – CBW III 416 – Verse 1

First Reading: Isaiah 49.3, 5-6

Mary Molloy, Service ABMK Provincial Council

Responsorial Psalm (Psalm 40)

Mary Molloy, Service ABMK Provincial Council

Second Reading: 1 Corinthians 1.1-3

Gloria Lundberg, Communications ABMK Provincial Council

Gospel Acclamation (John 1.14,12)

Jan Myhre, Secretary ABMK Provincial Council

Gospel Reading: John 1.29-34

Prayers of the Faithful:

Denise Blackstock, Social Justice ABMK Provincial Council

For Pope Francis, our Bishops and priests and all leaders of our church. Through their words, may we be strengthened in our faith; let us pray to the Lord –

R: Lord, hear our prayer.

For your chosen servant Pope-Emeritus Benedict XVI, having served as the Vicar of your Son on earth he may be welcomed by Him into eternal glory; let us pray to the Lord

R: Lord, hear our prayer.

For leaders of nations and peoples, from whom is expected prudent, just and wise action; let us pray to the Lord

R: Lord, hear our prayer.

For the elderly among us who are lonely, shut-in or ignored, let us pray to the Lord *R: Lord, hear our prayer.*

For us, God's people gathered here, seeking healing and renewal in this celebration of the Lord's death and resurrection; let us pray to the Lord

R: Lord, hear our prayer.

For the parish, diocesan, provincial and national Catholic Women's League, that, inspired by Mary's witness of faith and her holiness of life, members may always be positive signs of hope; let us pray to the Lord

R: Lord, hear our prayer.

Recessional Hymn: Day is Done – CBW III 661 – Verse 1

Saturday Dinner
Closing Prayer after Socializing (if required)

Janet M:

Glory be to the Father and to the Son and to the Holy Spirit
As it was in the beginning is now and ever shall be, world without end. Amen
Our Lady of Good Counsel – *Pray for us*

+In the name of the Father and the Son and the Holy Spirit.

Sunday, January 15, 2023

Week of Prayer for Christian Unity – January 18 – 25

Do Good; Seek Justice (Isaiah 1.17)

www.weekofprayer.ca

Day 1: *(From: 2023 Week of Prayer for Christian Unity Canadian Resources Biblical Reflections and Prayers for the 8 Days)*

Betsy: Isaiah 1:12-18 *Learn to do good; seek justice, rescue the oppressed, defend the orphan; plead for the widow.*

Silent Reflection

Celine: Luke 10:25-36 *He asked Jesus, "And who is my neighbour?"*

Silent Reflection

Prayers of Intercession *(From: The Order of Worship, 2023 Week of Prayer for Christian Unity)*

Janet With faith and confidence, we come in prayer, before God, who is Father, Son and Holy Spirit:

Creator God, today we live with the consequences of actions that have made life unsustainable for some and overabundant for others. Teach us to know how to use responsibly the resources you have given to us for the benefit of all and the respect of your creation. The groaning creation cries out to you.

All Teach us and show us the way.

Janet Compassionate God, help us repair the harm that we have inflicted upon each other and the divisions we have created among your people. Just as Christ Jesus breathed the Holy Spirit onto the disciples to birth the community of the new creation, send your grace to heal our divisions and gift us with the unity for which Jesus prayed.

All Teach us and show us the way.

Janet Christ, the way, the truth and the life, you embodied justice in your ministry on earth by the good that you did, breaking down the walls that divide and the prejudices that imprison. Open our hearts and minds to recognize that though we are many, we are one in you.

All Teach us and show us the way.

Janet Holy Spirit, you create anew the face of the earth. The summit of the mountains, the thunder of the sky, the rhythm of the lakes speak to us –

All Because we are connected.

Janet The faintness of the stars, the freshness of the morning, the dewdrops on the flower speak to us –

All Because we are connected.

Janet The voices of the poor, the oppressed and the marginalized speak to us –

All Because we are connected.

Janet But above all, our hearts soar to you for we cry out 'Abba, Father' as we say:

All Our Father....

Closing Prayer (at the end of the meeting)

Janet Everlasting God, look upon these faces gathered together in holy community and send them anywhere you would have them go.

Encourage them by your Holy Spirit to continue to tell their stories, to do good, and to seek justice for the sake of your Creation through their actions.

Sustain them that they may be one, so the world may believe that you sent your only Son Jesus for the life of the world.

Mary Hunt The Lord bless you and keep you;
The Lord make his face shine on you and be gracious to you.
The Lord lift up his countenance upon you.
And give you peace. **Amen**



Lord of All Hopefulness



1. Lord of all hope-ful-ness, Lord of all
 2. Lord of all ca-ger-ness, Lord of all
 3. Lord of all kind-li-ness, Lord of all
 4. Lord of all gen-tle-ness, Lord of all



joy, Whose trust, ev-er child-like, no
 faith, Whose strong hands were skilled at the
 grace, Your hands swift to wel-come, your
 calm, Whose voice is con-tent-ment, whose



cares can de-stroy, Be there at our
 plane and the lathe, Be there at our
 arms to em-brace, Be there at our
 pres-ence is balm, Be there at our



wak-ing, and give us, we pray, Your
 la-bors, and give us, we pray, Your
 hom-ing, and give us, we pray, Your
 sleep-ing, and give us, we pray, Your



bliss in our hearts, Lord, at the break of the day.
 strength in our hearts, Lord, at the noon of the day.
 love in our hearts, Lord, at the eve of the day.
 peace in our hearts, Lord, at the end of the day.

Text: Jan Struther, 1901-1953; from *Enlarged Songs of Praise 1931*; by permission of
 Oxford University Press.
 Tune: SLANE, 10 11 11 12; Gaelic

Sunday Final Closing Prayer: Catholic and Living It!

Angelus: Page 2

Meal Prayer: Page 2

Janet M: Our Lady of Good Counsel - *R: Pray for Us*

Catholic and Living It!

Loving Father, open our hearts to
your infinite love for all people,
and to your presence with us
wherever we go in your name.
Lord Jesus, deepen the spiritual
life of the Catholic Women's League.
Strengthen the faith and good
works of our members,
building-up life in the world
by being Catholic and Living It!
May we imitate you with works of your mercy,
welcoming the forgotten,
suffering or vulnerable wherever
we encounter them.
Holy Spirit,
strengthen us to live our faith,
witnessing to life, peace and
social justice daily wherever we are in Canada.
Through the intercession of
Our Lady of Good Counsel,
may we be joyful and responsive to our Christian calling,
by truly being Catholic and Living It!
We make this prayer through Jesus, our Teacher and Messiah,
who lives and reigns with the Father and the
Holy Spirit, forever and ever.

CATHOLIC
and **LIVING IT!**