



The Catholic Women's League of Canada
ALBERTA MACKENZIE PROVINCIAL COUNCIL

CATHOLIC
and **LIVING IT!**

Janet MacPhee, ABMK VP / Spiritual Spiritual Communiqué January 17, 2023

Let Us Honour His Birth:

At the early morning mass on Christmas Day, Fr. Wilbert mentioned in his homily how churches in Europe and other parts of the world will have a permanent display of the Nativity - baby Jesus, Mary, Joseph, animals, shepherds, angels, star, etc. Here we tend to only have it over the Advent / Christmas season, even though it symbolizes one of the most important events of our faith. I would like to encourage all to have a nativity scene/set up permanently in your home – even a card that you may have received. Most of us will have a crucifix (or two or three....) of the crucified Lord in our home to honour His death. Let us honour His birth with a permanent Nativity scene.

Enhancing our Spiritual Life:

As the Catholic Church enters what is termed the Liturgical Year A, the majority of the gospels for the year will be from the Gospels of Matthew. As I (we) search to enhance my (our) spiritual life, I have come across several ideas how to do so:

- 1) Listening to The Bible in a Year (2023) Podcast with Fr. Mike Schmitz -
- 2) Review items on the attached jpeg as to how to enhance my spiritual life – there are approximately 60 plus suggestions – I will see how many I have engaged in over the next year.
- 3) Challenge yourself to memorize a prayer or psalm – my favorite psalm is Psalm 27 – the response when this psalm is used is: “The Lord is my light and my salvation”. I now need to recall other parts of it. Another prayer we may decide to memorize is the theme prayer – Catholic and Living It!
- 4) Make use of the Living with Christ Missalette more!
- 5) Listen to Catechism in a Year Podcast with Fr. Mike Schmitz

Week of Prayer for Christian Unity – January 18-25

Do Good; Seek Justice (Isaiah 1.17)

www.weekofprayer.ca

Click the above link to download the 2023 resources or go to:

<https://www.catholicyc.ca/blog/8-days-of-prayer-for-christian-unity-jan-18-25> or

<https://caedm.ca/eight-days-of-prayer-for-christian-unity-jan-18-25/>

Day 1 (Jan 18) – *Learning to do the right thing*

Day 2 (Jan 19) | *When justice is done . . .*

Day 3 (Jan 20) | *Do justice, love mercy, walk humbly*

Day 4 (Jan 21) | *Look, the tears of the oppressed*

Day 5 (Jan 22) | *Singing the Lord's song as strangers in the land*

Day 6 (Jan 23) | *Just as you did it to one of the least of these...you did it to me*

Day 7 (Jan 24) | *'What is now does not have to be'*

Day 8 (Jan 25) | *The justice that restores communion*

"Attend daily Mass" "increase my hours in Adoration" "15 decade Rosary daily or as time permits"
 "frequent reception of the Eucharist" "more confession" "to not doubt the Holy Spirit is using me"
 "spending more time in Eucharistic Adoration" "listening to the Bible in a Year podcast everyday"
 "that He may increase and I may decrease. Humility is my word for 2023" "spiritual fasting"
 "more time praying/meditating in front of the Blessed Sacrament" "starting the 12 year novena!"
 "sit in silence once or twice a week and listen to the Lord's whisper" "Fiat90 with my women's group"
 "through novenas!" "growing in relationship with the Saints who can intercede for me to Christ!"
 "more time in adoration" "praying more and sharing my prayer time with friends and family"
 "I created a prayer corner in my bedroom! It's where I will study my Bible and pray!" "journaling"
 "memorize the Magnificat" "more spiritual reading"
 "to start praying for others" **WAYS WE ARE** "read the Bible every day"
 "read the Gospel from Mass daily" **GROWING CLOSER TO CHRIST** "attend a spiritual retreat"
 "praying the Liturgy of the Hours" **IN** "stay consistent in prayer"
 "by discerning His Will in my life" **20** **23** "embracing sacred silence daily"
 "fasting from alcohol this year!" "taking time to be more present"
 "spending an hour a day in prayer" "sharing my faith with others"
 "spend quality time with Our Lord" "be more present and pray actively"
 "talk to Him through prayer more" "praying the Rosary everyday"
 "praying the Rosary once a week" "by reading the Bible everyday"
 "becoming Catholic! Starting RCIA in the fall" "wholeheartedly surrender everything to Him"
 "pray more novenas for the people in my life" "by loving others" "replacing phone with Bible"
 "listening to The Catechism In A Year Podcast with Fr. Mike Schmitz!"
 "give more of myself to those who need it, to be a better mom and wife" "deeper prayer" "fasting"
 "set time aside to grow in my relationship with Christ" "bringing the Eucharist to hospital patients"
 "Join the Chaplet for the dying with the Sisters of the Congregation of Our Lady of Mercy"
 "visit the Blessed Sacrament more" "spending more time in Adoration, meditative prayer, and silence!"
 "read more books about the Blessed Mother, because it has always been, 'to Jesus through Mary'"
 "surrendering myself entirely to God's Will" "less worrying, more trust" "let go and let God"
 "reviewing my day in gratitude every night" NOVENA cards "loving those in need around me"

