



The Catholic Women's League of Canada
London Diocesan Council



To: All London Diocesan Presidents and Spiritual Development Chairs
CC: London Diocesan Council; OPC Spiritual Development Chair
From: Mary Lappan, Second Vice President
Date: November 2019

Directive # 9

"It is now the moment for you to wake from sleep." Romans 13:11

Advent already! Didn't we just celebrate Thanksgiving! How can I "prepare the way of the Lord?" It's easy to get distracted by our daily lives, especially at this time of year, but we can be ready to receive the gift of our Lord. Set up an Advent wreath to remind you daily what season we are in. You could even say a short prayer every time you walk by it. Look for a book of daily Advent reflections and set aside some time each day to read the short passages. You may not get to this every day but be as diligent as you can. If you can't find one of these books, perhaps you can add extra prayers to your daily prayer life. No matter what you choose, do whatever you feel you can do. This is also a great time of the year to open your hearts to the lonely. Visiting a nursing home or an elderly relative can bring joy to them as well as yourself.

Does your council host an Advent Tea or retreat? If not, perhaps this is the year to start a new tradition. Both of these activities are a good way to slow down and focus on the Advent season. It is also a great way to remember the shut-ins and nursing home council members, by offering to bring them out to join in your activity. If this is not possible delivering a card with a small gift will lift the spirits of a lonely person. After all they are your sisters.

There are many important feast days in December but two that should not go unnoticed are December 8th, the Feast of the Immaculate Conception and December 12th, the Feast of Our Lady of Guadalupe. December 12th is also the National Day of **Prayer** in Solidarity with Indigenous Peoples. You may also want to encourage your members to participate in the Day of **Prayer** for Christians in the Holy Land on December 29th, the Feast of the Holy Family which was just supported by National office.

The end of the year is quickly approaching. Please ensure your deceased members for 2019 have been reported so they can be included in our Book of Life for 2019.

May you and your families have a safe and blessed Advent and Christmas season.

Blessings,

Mary Lappan



Environment Care