



London Diocesan Council
Of
The Catholic Women's League of Canada

One Heart, One Voice, One Mission

To: All Parish Presidents, Spiritual Development Chairpersons

CC: London Diocesan Council

From: Theresa Ryan, London Diocesan Chairperson, Spiritual Development Chairperson

Date: September 19, 2015

Directive # 7

“Be still and know that I am God.” Psalm 46:10 Imagine considering every moment as a potential time of communion with God. Try being silent with God.

By the time your life is over, you'll have spent six months at stoplights, eight months opening junk mail, a year and a half looking for lost stuff (double that in my case), and a whopping five years standing in various lines.

Why don't you give these moments to God? By giving God your whispering thoughts, the common becomes uncommon. Simple phrases such as “Thank you, Father”... “Be sovereign in this hour, O Lord”... “You are my resting place, Jesus”... can turn a commute into a pilgrimage. You don't have to leave your office or your kitchen. Just pray where you are. Let the kitchen become a cathedral or the classroom a chapel. Give God your whispering thoughts. (Max Lucado).

The best kind of friend is the one with whom you can spend time without having to say anything. You can just share the moment and enjoy each other's company, knowing your relationship is deeper than the spoken word. That kind of silent communication is what takes place between you and Jesus when you participate in Eucharistic Adoration. (from Minute Meditations)

Please keep the Syrian refugees in your prayers. Ask our government to quit dragging their feet on accepting refugees.

Attend the regional day in your area, as we will have Alex Shadenburg give us an update on the Supreme Court decision on Euthansia.

Spend some quiet time with God today!

Theresa

Committee: Spiritual Development

Page 1 of 1

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