



The Catholic Women's League of Canada
London Diocesan Council



To: All London Diocesan Presidents, and Spiritual Development Chairpersons
CC: London Diocesan Council; OPC Spiritual Development Chairperson
From: Mary Lappan, Second Vice President
Date: February 2019

“Return to me with all your heart” Joel 2: 12

Greetings to all my CWL sisters,

Lent will be here very soon. Ash Wednesday is March 6th. To help with your Lenten preparations I am attaching a booklet of daily Lenten reflections sent by the Ontario Provincial Spiritual Development chairperson. These reflections were prepared by Life member Sharon St. Jean. They will also be posted on the OPC website. There are also other websites you can search for other reflections. They are:

www.saltandlighttv.org/blogfeed/fr-anthony
<https://henrinouwen.org/resources/daily-meditation/>

Since the ban on Development and Peace has been lifted you may also want to check out this year's Share Lent program at www.devp.org/en/sharelent2019/materials.

Don't forget our own Diocesan Lenten Retreat on Saturday March 9th in Chatham at the Spirit and Life Centre. Our facilitator is Anne Shore. I know everyone will enjoy her topic of “Come to the Water”. I hope to see many of you there.

Have a blessed Lent.

Blessings,
Mary Lappan

Directive: 5

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