London Diocesan Council
The Catholic Women's League of Canada

To: All Parish Presidents, Spiritual Development Chairpersons

CC: London Diocesan Council

From: Wilhelmina Kole – Diocesan Spiritual Development Chair

Date: January 2017

Directive # 5

"*Martha, Martha, you are worried and distracted by many things; there is need for only one thing. Mary has chosen the better part…." (Luke 10:41-42)*

When Jesus comes to visit Lazarus, Mary and Martha, Martha busies herself trying to serve Jesus and his disciples while Mary sits and listens to what Our Lord is saying. When Martha complains to Jesus that Mary is not helping with the preparations, Jesus gently admonishes Martha, saying that Mary is doing what she should be – listening to him.

In Martha, many of us can see ourselves. We are worried about all that needs to be done, forgetting the most important point – spending time with Our Lord. We need to take time to be with Him. A way to do this is through prayer.

Following are the types of prayers:

- Blessing and Adoration
- Prayer of Petition
- Prayer of Intercession
- Prayer of Thanksgiving
- Prayer of Praise

My focus this year, as Spiritual Development Chair, is Prayer.

In the next several directives, I will explain the types of prayer more fully and give you information to assist you in your "prayer life".

Yours in Christ,
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