



**Hamilton Diocesan Council**  
The Catholic Women's League of Canada

**ONE** HEART  
VOICE  
MISSION

## **Spiritual Development —Directive # 2**

From: Joyce Cotter, Hamilton Diocesan Spiritual Development Chair

To: Parish Spiritual Development Chairs

---

### **Year of Mercy Project**

To celebrate the Year of Mercy, we are asked to study the life of Blessed Francesca de Paula de Jesus. To discuss her virtues and then plan activities to emulate these virtues using the corporal and spiritual works of mercy.

#### Some ideas for activities:

- Hold a day of mercy
- Take a pilgrimage to the Cathedral Basilica in Hamilton to enter through the holy door to gain a plenary indulgence.
- Say the Divine Mercy Chaplet
- Gather stories from members who helped others in corporal works of mercy
- Perform random “Acts of Kindness” towards others
- Hold a clothing/food drive for local food banks or soup kitchens
- Recite the “Jubilee of Mercy Prayer” written by Pope Francis
- Reflect on what it means to be poor, both in reality and in spirit
- Encourage each standing committee to show how their activities are a sign of mercy and love.

#### Project Deadline:

The works of mercy are to continue throughout the Year of Jubilee, however specific projects are to be presented at the Hamilton Diocesan Annual Convention on May 14, and May 15 2016.

Photographs, newspaper articles, documentation can be displayed on a set display board that will be at convention.

Inform your Regional Chair by April 15, 2016 if your council is able to participate in this event.

### **Book of Life:**

It is the Spiritual Development Chair's responsibility to update the Book of Life for their parish every year. This book should be kept at the parish either in the parish office or a designated area for the Catholic Women's League, not in someone's home.

The Organizational chair sends the record of the deceased member to the National CWL office but should also contact the Diocesan Spiritual Development Chair executive with this information. This ensures greater accuracy in recording the deceased members for the Diocesan Book of Life.

### **Preparation of Lent:**

Lent is just around the corner with Ash Wednesday on February 10. I will be sending you weekly reflections from the Provincial sub-committee member Pat Moore to encourage daily prayer and action on corporal and spiritual works of mercy during this Lenten season.

**"The season of Lent is a privileged moment to celebrate and experience God's mercy."**

— Pope Francis, *Misericordiae Vultus*

To prepare for the celebration of the death and resurrection of Jesus we need to purify our mind and our hearts.

*"When we gaze on Jesus lifted up on the cross, we see both ourselves and Jesus more clearly. We wound people with our indifference, our selfishness and our pride. We see ourselves as Pilate – washing our hands of responsibility for those in need. We are the soldiers mistreating people we don't respect. We are the mob, easily swayed by fad or feeling of the moment – rejecting anyone who steps out of line. We are the followers – running away at the first sign of trouble. We are the faithful friends, helpless and disconsolate, immobilized by fear. We see how our own actions have caused the pain that Jesus is experiencing as he Hangs on the cross suffering for our sins. We see a God who became man because he loves us. He looks on us with love and compassion. He promises us forgiveness and eternal life in our repentance. He loves us enough to die for us. Gaze into the face of God with wonder and gratitude. Take courage with what God reveals about yourself and feel his love overpowering your sin and bringing you into the presence of Jesus, your Redeemer." —Stephen Ray, Finding the Fullness of Faith*

Joyce Cotter

Diocesan Spiritual Development Chair