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*The Catholic Women’s League of Canada*

*Edmonton Diocesan Council*

*Spiritual Development Lent Communique February 2021*

Hello my sisters, I’m trying to get this communique out early enough for you to have some time to plan how you might celebrate the season of Lent with you members. The links that I have provided below, give you access to a huge variety of resources for not only adults, but children and families. I’ve included the link to the **Development & Peace** home page but at the time that I’m composing this, the resources for Lent 2021 have not yet been posted. Simply click on *Resources* then, *Share Lent Campaigns*, then *Share Lent 2021* when the resources are posted. Typically, their resources include prayer/liturgy resources such as: Stations of the Cross (both pdf and PowerPoint formats), a Lenten calendar which helps you focus every day on a different activity, youth, videos, Prayer & Reflection and promotion.

The other resources that follow, are from *Loyola Press*. Again, a significant number of resources for pretty much anyone you might want to involve.

* [40 Ideas for 40 Days Resources](https://catechistsjourney.loyolapress.com/resources/40-ideas-for-40-days/?utm_source=cfflist&utm_medium=email&utm_content=202101&utm_campaign=cff)
* [Living Lent Daily](https://www.loyolapress.com/catholic-resources/liturgical-year/lent/living-lent-daily/?utm_source=cfflist&utm_medium=email&utm_content=202101&utm_campaign=cff)
* [Loyola Press - Living Lent 2021 Resources](https://www.loyolapress.com/catholic-resources/liturgical-year/lent/?utm_source=cfflist&utm_medium=email&utm_content=202101&utm_campaign=cff)

Finally, I offer the following pdf document, which would be a wonderful way to participate as a family in a daily activity. You can add your own colours and actions to make this a more personal and meaningful Lenten activity.

Underlying all of these activities, is a recognition that we use these forty days to bring lasting change to our lives – not just for forty days. The activities focus on self, others and care for God’s Creation. I personally thank you for everything you do to further God’s Kingdom here on earth as it is in heaven. Know that every action, no matter how seemingly insignificant is noticed and welcomed.

To conclude, I leave you with a quote from one of the great Doctors of the Church, St. Teresa of Avila:

"We may be misled in many ways by worldly peace. For instance, some people have all they require for their needs, besides a large sum of money shut up in their safe as well, but as they avoid mortal sin, they think they have done their duty. They enjoy their riches and give an occasional alms, never consider that their property is not their own, but that God has entrusted it to them as His stewards for the good of the poor, and that they will have to render a strict account of the time they kept it shut up in their money chests, if the poor have suffered from want on account of their hoards and delay.” (St. Teresa of Avila)

Your sister in Christ,

Sr. Susan Scott

Edmonton Diocesan Spiritual Development Chair

