

**The Catholic Women's League of Canada
Alberta Mackenzie Provincial Council**

SPIRITUAL DEVELOPMENT

January 2019

Communiqué # 6

Care for Our Common Home



TO: Diocesan Chairpersons of Spiritual Development
CC: Provincial Executive (for information)
CC: National Chairperson of Spiritual Development (for information)

FROM: Ruth Boden - Provincial Chairperson of Spiritual Development

It is once again the time we all take to reflect on our past year and to creating resolutions for the upcoming year.

This year I embarked on a free 7 day on line spiritual retreat through the Good Catholic website called I FIRMLY RESOLVE. It was inspiring for me and each day it showed me another tool to use in helping me get my life on the right spiritual track and how to keep it there. It is my plan, with God's help, to keep my resolve throughout the year.

I have listed below **10 Spiritual Resolutions** that can help to guide us through the coming days, weeks and months;

1. Simplify your life

So often our lives get busy and we scramble about trying to accomplish all goals and please everyone, all at the same time. We often hear the saying stop and smell the roses. Why not stop and listen for God's calling? There can be no greater peacefulness.

2. Read one spiritual book per month

3.

4. Attend a weekend retreat

5.

6. Pray a decade of the Rosary daily –

That works out to about 7 minutes of powerful prayer daily. I recommend the morning and just watch for the miracles to come along. They do.

7. Volunteer

Giving of your time will fill your heart with abundance and cultivate a deep sense of gratitude right within you.

8. Keep the Sabbath holy.

9. Go to Confession once a month.

10. Start a prayer journal

This could be filled with spiritual thoughts that inspire you; a gratitude list; a simple prayer; a letter to God; or a quote from a saint or Scripture. The revisit your journal when you find yourself in a spiritual slump for encouragement.

11. Listen more

Discipline yourself to hear God's voice instead of chattering on to Him ad infinitum. In the space that silence affords you, allow God to speak to your heart and respond to Him with love.

12. Give your failures, weaknesses, and sins to God.

There will be times in your calendar year when you are unable to fulfill your spiritual commitments, perhaps due to injury, illness, accident, death, or a to supremely busy periods of life.

The point here is to offer up your discouragement, disappointments, and frustrations to God as a prayer. Instead of completely abandoning your spiritual resolutions when life gets out of sync (be assured it will), surrender your brokenness, your tears, your pain and suffering, even your sins and repeated weaknesses to God.

Resolutions are a good place to start our year and keeping to them is our challenge.

Remember, you can do anything with God's help.

God's Blessing to you all