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M E M O

To: Parish Council Chairpersons of Spiritual Development
CC: Parish, Diocesan and Provincial Presidents and Life Members (on request)
From: Jacqueline Nogier, National Chairperson of Spiritual Development
Date: October 31, 2016

I am so blessed to be able to introduce myself as the national chairperson of spiritual development for 2016-2018. I am excited and awestruck to be able to continue serving the League in this way. I make my home in Snow Lake, Manitoba, a small mining town in the Canadian Shield, 700 kilometres north of Winnipeg. My husband and I both grew up in Snow Lake. We have two teenage sons, ages 18 and 16, and we are both teachers in our small school.

Whether this is a new standing committee for you or you have filled this position many times in the past, always view the world and your place in it with new eyes. You have so much to give to your parishes, families and yourselves. There are many ways to grow spiritually. Continue to explore and experience traditional ways of praying, but also expand your prayer life and come to learn new ways of connecting with the Lord. See with new eyes the deep prayerful traditions that are known and loved. Also be willing to expand your prayer "tool belt" with new, personal traditions.

Expanding Your Prayer "Tool Belt"

- The Catholic church has a rich tradition allowing for a full prayer life. Continue with personally effective ways of praying by:
 - attending the Holy Eucharist
 - praying the rosary with the twenty mysteries that can be reflected upon
 - praying the prayer of the church, the Liturgy of the Hours, in the morning and evening
 - praying the Stations of the Cross as a community or in solitude
- Share with other members. Prayer is often a personal and private conversation with God, but it does not have to be. Take the time to share with others the types of prayer you find most helpful and the things you do to help you through tough times.
- Use social media to expand prayer life. There are many new forms of prayer available online:
 - Pope Francis has a website that will send prayers three times a day at clicktopray.org/
 - Loyola Press, a Jesuit ministry, has a three-minute daily retreat that will be sent to your inbox each morning, once you sign up. The website address is loyolapress.com/our-catholic-faith/prayer/3-minute-retreats

It is important to be willing to try new things, and share with others what works for us. Expanding our "tool belts" can only be a good thing!

Jacqueline Nogier
National Chairperson of Spiritual Development