



DIOCESAN WORKSHOPS AND EVENTS

January 2019

Annual Bible Sunday - The Second Annual Bible Sunday will be observed in Hamilton Diocese on Sunday, February 3, 2019. The focus of this year's observance is "*Listening to God's Word at Mass*". Two special presentations on the Gospel of Luke will be offered by Fr. Michael Patella, O.S.B. St. Michael Parish, Waterloo (2:00 – 3:30 p.m.) and the Cathedral Basilica of Christ the King, Hamilton (7:00 – 8:30 p.m.). Plan to attend one of these presentations which will outline what to listen for during this Year of Luke.

Catechesis Connections: Catechist Formation - The next session for *Catechesis Connections* will take place in Guelph at St. Joseph's Parish. The schedule will be 2 Saturday sessions 9:30 – 3pm March 30th and April 13th 2019. With the help of a new book by Daniella Zsupan-Jerome, "*Evangelization & Catechesis: Echoing the Good News Through the Documents of the Church*", we consider the connection between catechesis and evangelization. Short chapters, great stories and helpful reflection, for anyone who is engaged in sharing their faith at home or in the parish. The cost for this program is \$35 and includes the book. Online registration is available, <https://hamiltondiocese.com/events/catechesis-connections> or contact Monica.

Catechetical Correspondence Courses Programs available for children from Kindergarten through to High School not currently receiving religious instruction. Preparation for First Communion and Confirmation for children not in Catholic Schools also available. Families work through the programs at home. Contact Monica in the Catechesis Office at 905-528-7988, ext. 2238 or check out our website at www.hamiltondiocese.com and click on the Catechesis Office for more information, printable registration forms or to register online.

Seeking the Sacred - is the theme for a new afternoon program for seniors starting Tuesday January 29th 2019 at the chancery office. This program follows the book, *The Soul's Slow Ripening: 12 Celtic Practices for Seeking the Sacred*, by Christine Valters Paintner. Sr. Mary Heather MacKinnon will lead you through 12 practices intended to give practical ways to deepen our relationship with God. Each chapter includes guided spiritual activities such as Lectio Divina, photography, walking, writing and more. The cost for this seven session program is \$35 and includes the book. Space is limited, please register by January 25th 2019 with Monica at mverin@hamiltondiocese.com or by phone, 905 528 7988 ext. 2238.

Are You Separated and/or Divorced? LEARNING TO COPE (Level 1) is a ten week support program offered in both Hamilton and Kitchener starting Tuesday, March 19 and running from 7:00 pm to 9:30 pm. The locations are as follows: In Hamilton: At the Diocesan Chancery Office, 700 King St. W, Hamilton

In Kitchener: St. Francis of Assisi Parish, 49 Blueridge Avenue, Kitchener 519-745-7301

The program is for persons experiencing difficulties as a result of a separation or divorce. For more information, please contact the Family Ministry Office at (905) 528-7988, ext. 2249. Cost: \$35. Have you already completed level 1, 2 or 3? Join the next level and continue the journey toward healing, as well as connect with others experiencing the same change in their lives. Invite others to join you, or pass this on to someone who may need this support. Find out more on line at: www.hamiltondiocese.com under the start date below *Upcoming Events*.

Stress in Your Marriage? Retrouvaille is a program for married couples that feel bored, frustrated or angry in their marriage. This program has helped countless couples experiencing marital difficulty. For confidential information about or to register for the program beginning with a weekend on March 15, 2019, call 905-664-5212 or email hamiltonretrouvaille1@cogeco.ca or visit the website at www.retrouvaille.org.

Healthy Relationships Share Common Skills – Come and Learn More! “Keys to Loving Relationships” is a ten week video-based program that all people (married, dating, or single) can use to develop the skills needed to have a truly meaningful relationship with a spouse, family member or friend. Learn how to become a better “me” in all your relationships! The program is offered in both Kitchener and Hamilton as follows:

In Kitchener: St. Mark’s Parish, 55 Driftwood Drive, Kitchener (519-571-9200)
Tuesday evenings from 7:00 to 9:00 P.M. January 22 - March 19, 2019

In Hamilton: Diocesan Chancery Office, 700 King ST. W., Hamilton
Thursday evenings from 7:00 P.M. to 9:00 P.M. March 21 - May 30, 2019

The cost is \$45.00. For more information or to register, please call the Family Ministry Office at (905) 528-7988 ext. 2249 or register at: www.hamiltondiocese.com under the start date below *Upcoming Events*.

Friday Night Support Group for Persons Separated or Divorced - Would it help you to have people around you to understand what you’re going through? Would you like to hear some ideas that will encourage you and help you to develop new ways of coping with the stresses in your life? The Hamilton Diocesan Support Group meets the 1st and 3rd Friday of each month and they can help! No need to register just come and join us at the Chancery Office at 700 King St. West, Hamilton from 7 – 9 p.m. For more information call the Family Ministry Office at 905-528-7988 ext. 2249. There is NO COST, but great learning, caring and support!

There is Hope after an Abortion - Are you struggling with an abortion decision – either your own, or someone else’s? Do you feel alone, emotional, or angry? Project Rachel is a ministry of healing for any person suffering pain or problems from an abortion experience. This confidential service allows people to work through their feelings and find hope and healing. Please contact us at 905-526-1999 or toll free at 1-888-385-3850.