



## **DIOCESAN WORKSHOPS AND EVENTS**

**June 2019**

**Catechesis of the Good Shepherd – Level 1 Foundations Course Certificate program** is being offered at Sacré Coeur Parish in Georgetown by the Archdiocese of Toronto and Diocese of Hamilton. This course presents the orientation to the key issues fundamental to this ministry with children in early childhood. This course is designed for those who are interested or already involved in caring for the spiritual lives of children. Part A begins Sept. 28 to May 30<sup>th</sup> 2020. If you have questions or are interested in The Catechesis of the Good Shepherd programs and atriums, please call Anne Jamieson, 905-528-7988 ext. 2251 or visit: <https://www.archtoronto.org/catechesis-good-shepherd>. Online registration is available at: <https://hamiltondiocese.com/offices/catechesis/good-shepherd.php>.

**Is your child in Grade 6? Did you know we celebrate the Sacrament of Confirmation in Grade 7 in the Diocese of Hamilton?** Confirmations at our Parish are normally celebrated in the Fall of each year. Because it will come quickly upon us, we want you to be ready in advance. **If your child does not attend Catholic School**, please contact the Parish office as soon as possible so we can assist you. **The Catechetical Correspondence Courses from the Diocese of Hamilton** may be right for you. For more information on the Correspondence Courses, visit the website [www.hamiltondiocese.com](http://www.hamiltondiocese.com) or call Monica Verin at 905-528-7988, ext. 2238.

### **Parenting Tip 113**

As summer approaches life tends to become a little more relaxed. Longer days mean bedtimes become less specific, warmer days mean our food and drink consumption changes and, hopefully, we take full advantage of these lovely days by spending more time with our children. This summer, be specific and plan what you would like to accomplish with your children: more reading together, more time hiking, more family game nights, more time spent preparing and cooking as a family, etc. Time spent together creates confident, healthy children; when we include daily prayer with our family, life is golden! From: Teresa Hartnett, Family Ministry Office, 905-528-7988 ext. 2250.

### **Marriage Tip 93**

It has been established that an attitude of gratitude improves our health, but can it be beneficial for our spouse as well? Praise, sharing traits in your spouse you are thankful for, holding on to criticism and sharing compliments, thanking your spouse for the small (and large) moments you share – these are but a few ways you can show your spouse gratitude. When we take these actions to heart our spouse feels better physically, mentally and emotionally. A win-win for both partners! From: Teresa Hartnett, Family Ministry Office, 905-528-7988 ext. 2250.

**Are you caring for a loved one? Are they in need of palliative care? Do you have questions?** A committee of experts, in various related fields, came together to answer possible questions that are often raised at this difficult time in a person's life. Find the answers to important questions at <https://hamiltondiocese.com/palliative.care>, or for further assistance call Teresa at 905-528-7988 ext. 2250.

### **Healing After an Abortion: It is Possible**

Caring hearts are available to help you deal with the difficult feelings that often come after an abortion. At Project Rachel we offer a confidential service allowing 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.