



DIOCESAN WORKSHOPS AND EVENTS

February 2019

Youth Ministry Training Days - Youth Ministers and youth ministry volunteer teams are invited to join us for our annual Youth Ministry Training Days on **Saturday, February 9** (St. Francis Xavier, Stoney Creek) or **Saturday, April 6** (St. Anthony Daniel, Kitchener). We encourage those working and volunteering in ministry with young people to join us for a day of retreat and professional development. For more information and the registration link, please visit bit.ly/youthtrainingday.

Fourth Annual Diocesan Youth Rally - #RallyUp is coming your way! Registration for the 2019 Diocesan Youth Rally is open. We invite young people in grades 7-12 to join us on **May 25th, 2019** for, "According to Your Word" at Bingemans Conference Centre in Kitchener. Rally Day promises to be another fun-filled, prayerful and impactful day for the young people of our Diocese. For more information and to register please visit: www.hamiltondiocese.com/youthrally.

E-Books – The Bishop Farrell Library & Archives offers a wide selection of eBooks on topics related to the Catholic faith including scripture and bible study, family and relationships, ministry, social justice, and church history. These can be accessed via the Diocese of Hamilton website at <https://hamiltondiocesebfl.overdrive.com/>. The eBook collection provides 24/7 access to our Library resources and can be used by anyone regardless of location. More information can be found online at <https://bflhamiltondiocese.wordpress.com/> or call the Library at 905-528-7988 ext. 2270. All are welcome to benefit from our resources!

Development & Peace documentary – Please join us **February 22nd** for a special screening of the Development & Peace documentary, *After the Storm: Building the Pope Francis Village* with special guest Jess Agustin. Jess is the D&P program officer for the Philippines. He is currently on mission and will return to Canada just in time to give us the latest news on the reconstruction and community building project featured in this film. Reel Justice Film Screening: *After the Storm: Building the Pope Francis Village*, Where: St. Raphael, Burlington. When: February 22, 2019, 7:00 – 9:00 p.m. More information about the film can be found online at: <https://www.devp.org/en/philippines-documentary>.

Diocesan Wedding Anniversary Mass June 9, 2019 - Are you celebrating your 25th, 40th, 50th, 60th, or 60+ Wedding Anniversary in the year 2019? If you are, you are cordially invited to join couples from across the Diocese of Hamilton for a Wedding Anniversary Mass on Sunday, June 9, 2019 at the Cathedral Basilica of Christ the King at 1:30 pm. (Space allows room for Anniversary couples only - those married 60 years or more may bring 1 guest if you require assistance). Please refer to the poster in the church for information on how to register for the celebration, or go to www.hamiltondiocese.com.

Are You Separated and/or Divorced? Has a separation or divorce caused you to feel upset, or like you are on a roller coaster? Would you like to minimize the impact on yourself and feel stronger? LEARNING TO COPE (Level 1) is a ten week support program offered in both Hamilton and Kitchener starting Tuesday, March 19 7:00 pm to 9:30 pm. The locations are as follows: **Hamilton:** Diocesan Chancery Office. **Kitchener:** St. Francis of Assisi Parish. The program is for persons experiencing difficulties as a result of a separation or divorce. For more information, 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, and connect with others experiencing the same change in their lives. Find out more on line at: www.hamiltondiocese.com under the start date below Upcoming Events.

Stress in Your Marriage? There is help! 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 at the Diocesan Chancery Office, Hamilton, and 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, 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.

Parenting Tip 109 - February is the month we celebrate love on Valentine’s Day, but the commercialism of the day can confuse children and make them believe that love is only about giving and/or receiving something. While that may be part of love, true love unfolds every day in the way we treat each other, help each other and care for each other. True love takes work, requires action and seeks to meet the needs of the one we love. Talk to your children, no matter the age, about what real love actually looks like, so they can grow up to give and expect that kind of love in their lives. (Family Ministry Office, 905-528-7988 ext. 2250)

Marriage Tip 89 - Love is a choice, or more importantly, how we love is a choice. We can choose soft, complimentary and caring words, or we can choose harsh, cutting and angry words. Emotions in any relationship can run high at times, but we can control our emotions if we choose. We can take a moment to breathe deeply, ask ourselves if we want to hurt or offend the one we love and decide what the better words and tone to discuss an issue might be. When we choose wisely, we love more fully and our spouse responds in kind. Love is a choice – make wise decisions and your marriage will flourish. (Family Ministry Office, 905-528-7988 ext. 2250)