



DIOCESAN WORKSHOPS AND EVENTS

October 2019

Retrouvaille - Stress in Your Marriage? – Are you feeling bored, disillusioned, frustrated, or angry in your marriage? Are you wondering how to change the situation, or how to communicate with your spouse about it? Retrouvaille is a program designed to help with any problem in a marriage – large or small. Retrouvaille can help- our next weekend program is being held **October 25, 2019**. For confidential information about the program, or to register please call 905-664-5212 or email: Teamrecine@gmail.com or visit www.retrouvaille.org.

“Grief Relief” Has someone you cared about died? Are you grieving the loss of the person’s presence in your life? Are you wondering if these feelings are normal? You are not alone! “Grief Relief” – is a 6 week educational and support series dealing with grief. Being held on **Thursdays – October 24, 31 and November 7, 14, 21, 28, 2019 from 7:00 - 8:30 p.m. at St. Thomas the Apostle Parish - 715 Centre Rd. Waterdown.** Facilitated by Mrs. Debbie Mazzaferro R.N. and Dr. Wendy Hofman. There is no cost to participate. All are welcome to attend all or any sessions you can. To register call 905-528-7988 ext. 2249 or on line at www.hamiltondiocese.com.

Pathways to Growth: Focusing on Healing After Separation and Divorce. Difficult times can be challenging to everyone, but they can also provide us with opportunities to grow and find new supports. Are you separated or divorced? Has life thrown a curve ball at you that you never expected? Are you feeling challenged in your everyday living? **Join us on Tuesday, November 5 from 7 -9 p.m. at St. Michael Parish, Waterloo** to learn pathways to growth during this time. All are welcome. For information contact: 905-528-7988 ext. 2250 or 905-528-7988 ext. 2241. Healing is possible – join us!

Parenting Tip 116 - Helping our children to become less focused on themselves and more interested in their neighbour is an essential role of every parent and caregiver. Children do not often think of others before themselves in the early years of their lives, so from a young age be sure to set clear limits on their behaviour and the “things” they get, so they don’t become entitled; praise them whenever you witness an unselfish act, no matter how small; model unselfish behaviour both within and outside the home by sharing time, goods and talents. Children thrive in relationships, show less anger and aggression and feel good about themselves when they look outward, not inward. Jesus himself taught that next to loving God, loving neighbour is our most important role in this world.

Marriage Tip 96 - It is important every now and then that spouses deliberately consider the needs and/or desires of their partner over their own, even if it may not be their first choice of action. Acknowledging a spouse in this manner, in a variety of different circumstances, tells them that you are listening when they express their feelings/desires, puts their needs above your own and makes them feel both cared for and listened to by the one they love. When both remember to act in this manner, couples feel closer, see less anger in their relationship and experience the satisfying feelings of being cared for.

For Parishes with Fall Confirmation

Some Parishes celebrate Confirmation in the fall. 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 or call 905-528-7988, ext. 2238.

Ministers of the Word Formation Days

All new ministers who have been invited to proclaim the Word of God to their brothers and sisters during the Sunday Eucharist and other liturgical celebrations of the Christian community are invited to participate in one of two workshops. This workshop will also prove beneficial for those who proclaim the Scriptures as catechists.

Saturday, October 5, 2019 9:30 a.m. – 2:30 p.m. St. Anthony Daniel Parish, Kitchener.

Saturday, October 19, 2019 9:30 a.m. – 2:30 p.m. St. Thomas the Apostle Parish, Waterdown.

Ministers of Holy Communion Formation Days

This workshop is for all new extraordinary ministers of Communion who have been invited to exercise this ministry of charity during the celebration of the Sunday Eucharist, or with the sick and elderly in hospitals or homes.

Saturday, November 2, 2019 9:30 a.m. – 2:30 p.m. St. Augustine Parish, Dundas.

Saturday, November 9, 2019 9:30 a.m. – 2:30 p.m. St. Louis Parish, Waterloo.

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.

Registration for Online Faith Formation programs for adults is now available. These programs are offered through the Diocese of Hamilton in partnership with Dayton University in Ohio. Each course costs \$50. Information sessions will take place throughout the Diocese in the coming weeks. To learn more about the Online Learning Portal, please visit the website, <https://www.hamiltondioceselearns.com/> or contact ddayler@hamiltondiocese.com or 905-528-7988 ext. 2226.

Hope Comes Home Conference: The National Youth Ministry Conference is being hosted Friday February 21st-Sunday February 23rd, 2020 in Hamilton. Registration for the Hope Comes Home Conference is now open! Through keynote addresses, workshops and prayerful collaboration with one another, we look forward to unpacking the fruits of the Synod, and finding ways of applying the Apostolic Exhortation- *Christus Vivit* into day-to-day ministerial and Parish life. Saturday evening Mass will be celebrated with His Eminence Cardinal Gerald La Croix, Primate of Canada, and one of the Synod Fathers for the Synod on Youth, Faith and Vocational Discernment. For more information and to register, please visit www.hopecomeshome.com or contact nvaughan@hamiltondiocese.com or 905-528-7988 ext. 2245.

Certificate in Youth Ministry Studies. There are still spaces available for the October start in the online certificate program for Youth Ministry Studies, offered in partnership between the Diocese of Hamilton and Dayton University. We invite anyone working in ministry with youth who is looking for a current and comprehensive learning opportunity to join the cohort. Participants will learn and pray alongside other youth ministers across the Diocese of Hamilton. For more information about the Certificate studies or auditing courses please visit www.hamiltondioceselearns.com or contact cmiles@hamiltondiocese.com.