



## DIOCESAN WORKSHOPS AND EVENTS

September 2019

**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](mailto:Teamrecine@gmail.com) or visit the web site at [www.retrouvaille.org](http://www.retrouvaille.org).

**Feeling the need for support, healing and/or hope after a separation or divorce?**

The Diocesan Levels Programs let you start this new journey with support and tools to remain healthy. LEARNING TO COPE (Level 1) starts Tuesday, September 24 (7:00 pm to 9:00 pm), at the Chancery Office, 700 King St. W, Hamilton and runs for ten weeks. For more information or to register, contact the Family Ministry Office at (905) 528-7988, ext. 2249, or register on line at [www.hamiltondiocese.com](http://www.hamiltondiocese.com). Cost: \$35, but no one is turned away. Past participants are welcome to inquire about further Levels programs (Level 2, 3 & 4).

**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 Kitchener and Hamilton as follows: **In Kitchener:** At St. Mark’s Parish, 55 Driftwood Drive, Kitchener

Tuesday evenings from 7:00 to 9:00 P.M. Sept. 24 – Nov. 26, 2019  
(519-571-9200)

**In Hamilton:** At the Diocesan Chancery Office, 700 King ST. W., Hamilton

Thursday evenings from 7:00 P.M. to 9:00 P.M. Sept. 19 - Nov. 28, 2019

Cost is \$45.00. For information or to register call (905) 528-7988 ext. 2249 or visit [www.hamiltondiocese.com](http://www.hamiltondiocese.com).

**Parenting Tip 115**

September brings cooler weather, shorter days and a reestablishment of order as school and fall programs begin. It’s a perfect time to examine the busy schedule(s) and discern if you are spending enough quality time as a family. Are you eating together, praying together, spending time playing together and yes, even cleaning together? Nothing will have a greater impact on a young developing mind and body than spending time with the people they depend on and love the most, their family. Make it priority number one and fill the schedule in around established family time, not vice versa!

**Marriage Tip 95**

September brings with it the joy of gathering the harvest from plants we have nurtured from the time of their planting. Well looked after plants provide us with food and/or beauty because of the time we have spent watering, feeding, weeding and protecting them. Marriage is like a garden in this respect – the more we nurture our marriage the stronger our love for each other grows. Like a garden we have to feed and water our marriages by spending couple time together, by talking about small and big moments and feelings, by complimenting, helping and protecting our relationship. The harvest of this nurturing is beautiful love that lasts.

**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.

**Hope Comes Home Conference:** The National Youth Ministry Conference is being hosted Friday February 21st-Sunday February 23<sup>rd</sup>, 2020 in Hamilton. Registration 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 celebrate 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](http://www.hopecomeshome.com). If you have any questions please contact Nicole Vaughan, Youth Ministry Coordinator [nvaughan@hamiltondiocese.com](mailto:nvaughan@hamiltondiocese.com) or 905-528-7988 ext.2245.

**The annual youth ministers retreat** will be taking place at Mount Mary Retreat Center, Ancaster, from September 20-22, 2019. We invite all paid, and volunteer Youth Ministers to join us for a weekend of fellowship and retreat before their pastoral year begins. To register visit <http://bit.ly/ymresources> If you have any questions or concerns please contact Christina Mines [cmynes@hamiltondiocese.com](mailto:cmynes@hamiltondiocese.com) or (905) 528-7988 ext. 2239.

**The Annual General Meeting for Youth Ministry** will be taking place at Mount Mary Retreat Center on Sunday September 22, 2019 from 1:00 to 3:00pm The Office of Youth Ministry invites anyone involved in Parish Ministry with young people to join us for our annual general meeting. We look forward to sharing important updates pertaining to youth ministry in the Diocese of Hamilton, updated resources and calendar planning with all of you for the 2020-2021 pastoral year. If you would like to participate in the AGM we kindly ask that you RSVP here: <http://bit.ly/ymresources> or email Nicole Vaughan at [nvaughan@hamiltondiocese.com](mailto:nvaughan@hamiltondiocese.com).

**Certificate in Youth Ministry Studies.** There are still spaces available for the September 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 September cohort. Participants will learn and pray alongside other youth ministers and from across the Diocese of Hamilton. For more information about the Certificate studies or auditing courses please visit [www.hamiltondioceselearns.com](http://www.hamiltondioceselearns.com) or contact Christina Mines at [cmynes@hamiltondiocese.com](mailto:cmynes@hamiltondiocese.com).

**Annual Multicultural Mass:** His Excellency, Bishop Crosby, will preside at the Multicultural Mass on **Sunday, October 6, 2019 at 4:00 p.m.** in the Cathedral Basilica of Christ the King, Hamilton. Representatives of the National Parishes of the Diocese will participate in the liturgy, with a social reception to follow. All are welcome!

#### **DIOCESAN NEWSLETTER**

To be informed about upcoming workshops and events in the Diocese, be sure to sign up for our Diocesan Newsletter available on-line at [www.hamiltondiocese.com](http://www.hamiltondiocese.com) You will receive up-to-date information regularly.