



DIOCESAN WORKSHOPS AND EVENTS

October 2018

MINISTERS OF THE WORD Workshops sponsored by the Liturgy Office take place on Saturday, October 20, 9:30 a.m. – 2:30 p.m. at Blessed Sacrament Parish in Kitchener, and on Saturday, November 3, 9:30 a.m. – 2:30 p.m., St. Paul the Apostle Parish in Burlington. See the Liturgy Office website for more information or call the Liturgy Office at 905-528-7988 ext. 2236.

GATHERED TO SING The Liturgy Office will be hosting a workshop for all parish choir directors and members of parish choirs on Monday, October 29 from 7:00 p.m. to 9:30 p.m., at St. Augustine Parish in Dundas. New music from the forthcoming national hymnal, *Music for Catholic Worship* and other resources will be explored. See the Liturgy Office website for details or call the Liturgy Office at 905-528-7988 ext. 2236.

CATECHESIS CONNECTIONS Are you a catechist? Do you help pass on the faith to others? Join us as we consider the connection between evangelization and catechesis with the help of a new book by Daniella Zsupan-Jerome, *“Evangelization & Catechesis: Echoing the Good News Through the Documents of the Church”*. Short chapters, great stories, helpful reflection! Wednesday evenings Oct. 10, 24, Nov. 7, 14 & 21, 7 – 8:30pm at St. Gregory’s Parish, Cambridge. Cost is \$35, and includes the text. Please register by Oct. 3rd. Online registration available. For information visit www.hamiltondiocese.com or call Monica at 905 528 7988 ext. 2238.

CATECHETICAL CORRESPONDENCE COURSES Programs are 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 is also available. Families work through the programs at home. Contact Monica in the Catechesis Office at 905-528-7988, ext. 2238. Visit www.hamiltondiocese.com and click on the Catechesis Office for more information, printable registration forms or to register online.

THE REEL JUSTICE FILM FESTIVAL The Reel Justice Film Festival is back, starting with a screening of the film *Romero*. Oscar Romero was martyred in 1980 for his passionate stand against social injustice and oppression in his country. He will be canonized on Oct. 14, 2018, the first Salvadoran saint. *Reel Justice* is a partnership between *Development & Peace* and the *Bishop Farrell Library & Archives*, showcasing films with a social justice message. Join us at the Chancery Office, Hamilton on October 19, 2018 from 7:00 – 9:00 p.m.

GRIEF RELIEF 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 six week series dealing with grief, offered on Tuesdays from 7:30 – 9:00 p.m. at St. Patrick Parish, Burlington from Sept. 25 to Oct. 30, or at the Chancery Office, Hamilton from October 23rd to November 27th from 1:00 – 3:30 p.m. Facilitator: Karen Hulley, RP. You are free to attend any or all sessions as you are able. To register call the Family Ministry Office: 905-528-7988 ext. 2249, or go to www.hamiltondiocese.com

DIOCESAN FAMILY FORUM Do you have ideas on how to support families in our Diocese? We want to hear from you! “The family is the community in which, from childhood, one can learn moral values, begin to honor God, and make good use of freedom. Family life is an initiation into life in society. (CCC #2207)” Join us on October 20th. Call Lena at 905-528-7988 ext. 2249, or go to www.hamiltondiocese.com .

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 October 12, 2018, call 905-664-5212 or email hamiltonretrouvaille1@cogeco.ca or visit the website at www.retrouvaille.org.

IMPACT ON YOUNG MINDS – Video Games & Social Media, Healthy or Harmful? How do you keep your children safe in this age of 24 hour connection? All parents, caregivers, and grandparents, even youth themselves, are welcome to attend a presentation on Thursday, Nov. 8th from 7 – 9 p.m. by Brian Janes (registered psychotherapist). This workshop at the Chancery Office, Hamilton, will look at the impact of video games and social media on the developing brain, provide an overview of some of the social dangers present on the web and suggest guidelines and boundaries to help children’s access to screen time remain healthy. To register call Lena at 905-528-7988 ext. 2249, or visit www.hamiltondiocese.com.

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GRANDCHILDREN GROW UP: BEYOND TOYS TO REAL LIFE ISSUES We live in a rapidly changing world where children are experiencing and hearing about issues often beyond what adults know! Let’s talk about some of them, including same-sex attraction, gender identity, healthy sexuality and how to help our grandchildren navigate the “stuff” of their lives. Present or future grandparents, and other interested people are welcome to attend. This presentation will be given by Teresa Hartnett at Holy Rosary Parish, Burlington, on Wednesday, Nov. 7th from 1:30 – 3:30 pm. To register call Lena at 905-528-7988 ext. 2249, or go to www.hamiltondiocese.com

MARRIAGE IS GOOD FOR YOUR HEALTH – PART TWO! Back by popular demand, we are offering another Saturday to share time with your spouse! Take some time for your marriage relationship and spend a day learning about The Seven Principles for Making Marriage Work. This is part two of the program, created by Dr. John Gotman, but if you missed the first session you will still learn lots as we look at the principles in more detail. The enrichment day will be facilitated by Mrs. Teresa Hartnett and Dr. Wendy Hofman on Saturday, Nov. 10th from 10 - 4 p.m. at the Chancery Office, 700 King St. W. The cost for the program is \$50 per couple and includes lunch. Register by calling 905-528-7988 ext. 2249, or on the Diocesan website: www.hamiltondiocese.com

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. 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.

PARENTING TIP 108 Children learn about life and themselves from every interaction they have with others, but the most profound impact comes from family. A study published by Psychology Press titled, Social Understanding and Social Lives, argues that the quality, as well as the quantity of conversations adults have with their children concerning thoughts and feelings, helps children’s social understanding to grow. As parents we have the ability to help our children identify, cope with and manage their thoughts and feelings. We do this by helping them recognize thoughts and feelings as they arise and then by providing them with ways to manage their inner selves. This leads to children healthy in mind, body and spirit - so talk it through, your kids are listening! (From Family Ministry Office, 905-528-7988 ext. 2250)

MARRIAGE TIP 88 The fall harvest is a result of work undertaken throughout the spring and summer. Watering, nourishing, protecting from insects and the weather all contribute to a healthy yield. Why then do we sometimes forget that relationships too need to be cared for? Do we nourish, protect and nurture our spouses? Care for them gently and speak softly? As St. Francis de Sales said, “The worst way of speaking is to speak too much. Therefore speak little and well, speak little and gently, speak little and charitably, speak little and amiably.” A harvest of love can fill every relationship, but it takes commitment and purposeful work to keep our love strong. (From Family Ministry Office, 905-528-7988 ext. 2250)