



DIOCESAN WORKSHOPS AND EVENTS

March 2019

Youth Rally Registration is OPEN! The 2019 Youth Rally will take place on **Saturday, May 25, 2019** at Bingemans Conference Centre in Kitchener. This year's theme, "According to Your Word" will challenge and engage youth in grades 7-12 in a day of Encounter and Prayerful Experience with all seven volumes of the Saint John's Bible, Heritage Edition. The day will consist of Keynote addresses, encounter experiences, Mass with His Excellency Bishop Crosby and so much more! For more information about the day and the full schedule of the day, please visit <http://www.hamiltondiocese.com/youthrally>. To register please contact the parish office.

Diocesan Youth Ministry Training Days: Registration for the annual Youth Ministry Training Days is now open to all Parish Youth Ministers and Ministry Volunteer Teams. These days of retreat and professional development for youth ministry leaders are not to be missed! For more information and to register please visit: bit.ly/youthtrainingday

The Spirit of the Synod: The Office of Youth Ministry is happy to announce its' Spring Workshop for Youth Ministers, Chaplaincy Leaders and/or anyone involved in ministry with youth. "The Spirit of the Synod" will welcome presenter, Father Con O'Mahony, Vicar of Education to help unpack the work of the Synod Fathers at the 2018 Synod on Youth, the Faith and Vocational Discernment. Come and join us for this engaging presentation and opportunity to collaborate as school and parish ministry partners. To register please visit: bit.ly/spiritofthesynod

Parenting Tip 110 - Adults have experienced the growth and ultimate explosion of the internet/social media world, but for children it is the world in which they have grown. While it contributes to learning, we cannot be oblivious to its real dangers. Experts agree that most children have their first view of pornography between the ages of 8 and 11 yrs. of age; they usually stumble on it by accident on the internet. It is recommend that, in order to protect them, children under the age of 16 should not have unsupervised access to the internet - this includes on any computer, tablet, phone, TV, or gaming system. Being naïve about what your children are seeing will hurt them, so protect them. Talk about what is good and what is not and why. Give them the tools they need so that they will not be negatively impacted by the media world. (Family Ministry Office, 905-528-7988 ext. 2250)

Marriage Tip 90 - Time may be one of the most difficult entities to manage! Quality and quantity matter when it comes to any relationship, including marriage. The more time a couple spend together, in close physical proximity, the better the levels of intimacy they share. Plan time together, just the two of you, whether it be an early or late night coffee without the kids, dinner out, or some time away, being together matters! So, take the time to spend time together and you will reap the benefits. (Family Ministry Office, 905-528-7988 ext. 2250)

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 six week educational and support series dealing with grief, offered on **Wednesdays, April 24 to May 29th** at the Chancery Office, Hamilton, from 7:00 – 8:30 p.m. Facilitator: Karen Hulley, RP. Cost is \$35. You are free to attend all sessions, or any one or more as you are able. To register call the Family Ministry Office: 905-528-7988 ext. 2249, or go to www.hamiltondiocese.com.

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 and running from 7:00 pm to 9:30 pm. The locations are as follows:

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

**In Kitchener: St. Francis of Assisi Parish, 49 Blueridge Avenue, Kitchener
(Corner of Queen & Westmount Rd) 519-745-7301**

For more information, please 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. Find out more on line at: www.hamiltondiocese.com under Upcoming Events.

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 **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, 700 King St. W., Hamilton, 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 at 700 King St. West, 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.**