



DIOCESAN WORKSHOPS AND EVENTS

November 2019

Relics of Saint Francois de Laval

On the Feast of Christ the King (November 24, 2019) the Cathedral Basilica will host the relic of Saint Francois de Laval – the first Bishop of Quebec (and indeed of Canada). There will be an opportunity to venerate the relic at each of the Masses on that weekend. The current Archbishop of Quebec, and the Primate of Canada, His Eminence Cardinal Lacroix will preach at all Masses on the weekend. All are welcome!

Have you experienced the death of a child at any time in your life, including before birth or a still birth? Come to the Healing Mass for Those Mourning the Loss of a Child – the Mass will be celebrated on the First Sunday of Advent as a way of providing some healing, as we know the feelings of loss are often more profound during the Christmas season. Join us on **Sunday, December 1st at the 4 P.M. Mass at the Cathedral Basilica of Christ the King**. The Mass is intended for parents, grandparents and other family members who have been impacted by such a loss. Registration is preferred, but not necessary, as it will assist us in knowing how many spaces to reserve and to ensure we have enough of the small memento each family will receive. To register please call Lena at 905-528-7988 ext. 2249, or register on-line at www.hamiltondiocese.com. God is close to those who mourn, come and experience His healing presence.

Pathways to Growth: Focusing on Healing After Separation and Divorce - Difficult times can be challenging for 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, 80 University Ave. West in Waterloo**, where you will learn pathways to growth during this time. All are welcome to join in the evening event and then provide input as to whether you would like to have an ongoing support group available moving forward. For more information contact the presenters: Mrs. Teresa Hartnett (905-528-7988 ext. 2250) or Dr. Wendy Hofman (905-528-7988 ext. 2241). Healing is possible – join us!

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!

Coping with the Holidays...When you have Lost a Loved One - Join us for an afternoon of reflection and strategies for coping at Christmas, facilitated by Dr. Wendy Hofman. The session is being held at the Diocesan Chancery Office, 700 King St. W, in Hamilton on **Sunday, December 1, 2019 from 1:30 – 3:00 pm**. The event is FREE of charge. Please call to reserve a seat 905-528-7988 ext. 2249

Parenting Tip of the Month

The Bible has so many wonderful messages for us, but an excellent example for families is in the Creation Story where we hear that on the seventh day God rested. When do we rest in the family? Do our children see the family as a priority because we make it one, or is family time squeezed in between work, school, sports and/or other activities? These are all wonderful portions of our lives, but when we don't take time to rest and just "be" family, the toll can impact all of us. Teach your children the value of family by making it a priority. God talks to us through the Bible -perhaps he wants you to have the seventh day for rest too?!

Marriage Tip of the Month

Touch is important to every human, but when life is busy we can forget its value. A quick kiss, a touch of the arm or back, a quick or long back scratch are just a few ways that spouses can remain close to each other. Each touch bonds us together and touching when intimacy is not part of the exchange means so much more: it says I love you, you are important and I need you. So hold hands, sit close on the couch and find little and big ways to touch. It will have a profound impact on your connectedness!

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.

Grief Workshop: What to Say When Lost for Words... Grief is a multi-faceted response to the loss of someone close to us. People experience all kinds of difficult and surprising emotions, some of which are hard to control in the initial stages of grief. How can we best support them? Join us for a workshop with Dr. Bill Webster, International Grief Trainer and Counsellor, who will help you to understand the reason behind reactions that grieving people exhibit and provide practical communication skills to assist in the early stages of grief. The workshop is being held on **Tuesday, November 5, 2019** at the Cathedral Basilica of Christ the King (714 King St. West. Hamilton) from 1:30-4:00 P.M. Cost is \$15 per person. For more information check on the website at <https://hamiltondiocese.com/offices/family-ministry/grief-support/training>, or call at 905-528-7988 ext. 2250.

Spirit of the Synod

The Spirit of the Synod professional development opportunity will be hosted on **November 7th from 1:00-3:00 pm** at St. Andrew's Parish in Oakville. Pastors, youth ministers, youth ministry volunteers, chaplaincy leaders, and educators are invited to gather together for a professional development and reflection opportunity. With Fr. Con O'Mahony we will unpack the graces that have come from the Apostolic Exhortation: Christus Vivit and the Synod on Youth, the Faith and Vocational Discernment. Together we will reflect on the necessity of authentic relational ministry and accompaniment in our Parishes and schools. To RSVP visit: <http://bit.ly/ymresources>. For more information contact nmccowell@hamiltondiocese.com or 905-528-7988 ext. 2245.