



DIOCESAN WORKSHOPS AND EVENTS

February 2020

Parenting Tip

Hugs, kisses, spending time together and looking after our children's needs are all ways of letting them know they are loved, but experts are telling us we also need to use words to convey this important message. I love you - three simple words with a powerful impact. Children, especially as they age, need to hear us tell them they are loved, over and over again. So tell them you love them each time you greet them, remind them you love them as they leave, say goodnight and add those three powerful words and your child will know that they are indeed loved!

Marriage Tip

February is often referred to as the month of love, since we celebrate Valentine's Day on Feb. 14th. Real love isn't a fairy tale though – it takes time and effort, good communication and spending time together. This Valentine's Day go big: write each other a love letter, write out a list of the 10 things you most love about your spouse, commit to a date night each month on the 14th to keep the love day alive, look through your wedding album together and remember that moment when you united your love into one. Perhaps most importantly, commit to praying together each day because God is always present to give us strength when we need it!

Unplanned Movie: Hamilton Right to Life and the Diocese of Hamilton are partnering to bring you a complimentary showing of the eye-opening film, UNPLANNED. The film is based on a true story of the youngest Director of Planned Parenthood, Abby Johnson and her journey of transformation. This film viewing will be held at the Nicholas Mancini Centre, 44 Hunt Street, Hamilton, **Wednesday, February 19 at 7 pm.** (Doors open at 6 pm). For further information, call the Hamilton Right to Life office at 905-528-3065 or the Hamilton Diocese Family Ministry office at 905-528-7988 ext 2250. The registration link can be found online at www.hamiltonrighttolife.org. While the movie showing is free, donations to Hamilton Right to Life are accepted and appreciated as we strive to educate people to recognize and affirm the sanctity of human life.

Diocesan Wedding Anniversary Mass June 14, 2020

Are you celebrating your 25th, 40th, 50th, 60th, or 60+ Wedding Anniversary in the year 2020? If you are, you are cordially invited to join couples from across the Diocese of Hamilton for a Wedding Anniversary Mass on Sunday, June 14, 2020 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 back of the church for information on how to register for the celebration, or go to www.hamiltondiocese.com.

Finding Strength after Separation or Divorce

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 Hamilton starting **Tuesday, March 24 from 7:00 pm to 9:00 pm.** at the Diocesan Chancery Office, 700 King St. W, Hamilton. **A newly written level 2 program** will be offered for the first time on the same evening (past participants welcome!) and level 3 and 4 will run at the same time and location on Wednesday evenings. Contact the Family Ministry Office at (905) 528-7988, ext. 2249 or find out more on line at: www.hamiltondiocese.com (look under Upcoming Events). Come on your own or bring a friend and find your strength again!

Stress in Your Marriage? Rediscover Joy in Your Relationship!

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 being offered on the weekend of March 13, 2020, call 905-664-5212 or email: Teamrecine@gmail.com or visit their 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 in Hamilton at the Diocesan Chancery Office, 700 King ST. W., Hamilton on **Thursday evenings from 7:00 P.M. to 9:00 P.M. March 26 – June 4, 2020**. The cost is \$45.00. For more information or to register, call the Family Ministry Office at (905) 528-7988 ext. 2249 or register at: www.hamiltondiocese.com under 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!

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.**

Development & Peace

Caritas Canada invites you to attend one of our upcoming Share Lent Workshops! Come and discover how you can enrich your Lenten experience this year by discovering how you can grow closer to God by growing closer to His Creation and to His People around the world. Our Share Lent campaign this year, ‘For Our Common Home’, invites Canadian Catholics to learn about the crucial importance of the Amazon Rainforest for the survival of humanity, and introduces you to some of our incredible partners and the communities that they serve, who struggle every day to protect this precious piece of Creation. View our campaign resources, including theological and Lenten Liturgical resources for your Parish, on our campaign webpage at: www.devpc.org/lent/resources.

A friendly reminder that SOLIDARITY SUNDAY will take place this year on SUNDAY MARCH 29TH! Your generous donations on this day are instrumental in helping the Catholic Church and Development & Peace’s partners – in the Amazon and beyond – to build a world of justice for all. Thank you! If you have any questions about the campaign, please contact your parish’s Development & Peace representative(s), a member of our Hamilton Diocesan Council, or our Regional Animator (Rebecca Rathbone, rrathbone@devpc.org or (905) 521-5632.