

DIOCESAN WORKSHOPS AND EVENTS

June 2018



Parenting Tip 107

Experts have known for a long time that what children can't express they act out. As parents it is our role to analyze what may be causing poor behaviour and then help our children identify and work through their angst. Once children learn to use their words and express their feelings, life will be calmer in your household and they will gain skills that will help them throughout their lifetime. When your children act up, suppress your anger and help them to understand what is really going on; you will find both of you will be smiling more often

Marriage Tip 87

Expressing gratitude to those we love goes a long way to making them feel appreciated, but as Michele Weiner-Davis (The Divorce Busting Center) pointed out in her recent blog, negativity bias, which scientists refer to as a tendency to be more sensitive to negative stimuli, often causes relationship problems. This bias makes it easy for us to slip into the habit of remarking on anything that is wrong or negative, but forgetting to express the good we experience and feel. We can help overcome this natural bias by being purposeful in our interactions: express appreciation often, say thank you frequently and remember to tell your spouse what you love about your relationship. Doing a frequent check-up is a sure way to ensure you are more positive than negative, which will be reflected in the positive feelings in your marriage.

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)" Home is the setting where an individual's physical, mental, emotional and spiritual growth is supported. Like a garden, a home must be tended, appreciated, nurtured and respected in order to thrive. Families today need more support than ever as they raise the future generation. **Are you willing to add your voice at our gathering this fall to discover ways we can help families?** If yes, call Lena at 905-528-7988 ext. 2249, or e-mail familyministry@hamiltondiocese.com.

It's Time to Talk about Children and Pornography

Children and teens are seeing pornography on a regular basis on the internet, by the age of 18 almost 90%. Learn more about the impact on children and how you can ensure their protection. **Over 18**, is a documentary that looks factually at the issue. To find parishes and dates where you can view it, or to book a showing, go to www.hamiltondiocese.com/offices/family-ministry/pornography-help, or contact Teresa Hartnett at 905-528-7988 ext. 2250.

Are You Separated or Divorced? Living in the Hamilton, Halton, or Brant area? We want to help...

LEARNING TO COPE (Level 1) is a ten week support program starting Tuesday, September 25th (7:00 pm to 9:30 pm), at the Chancery Office, 700 King St. W, Hamilton. The program is for persons experiencing difficulties as a result of a separation or divorce. For more information or to register, please contact the Family Ministry Office at (905) 528-7988, ext. 2249, or register on line at www.hamiltondiocese.com/offices/family-ministry/divorce-separation.php. Cost: \$35. Past participants are welcome to inquire about further Levels programs (Level 2, & 3) starting the same week.

Come Join US to Find the "Keys to Loving Relationships"

"Keys" is a ten week video-based program meant for anyone (married or single) who is looking to develop the skills needed to have the most meaningful relationship you can with a spouse, family member or friend. Learn how to become a better "me" in all your relationships! The program runs in **Hamilton** on Thursday evenings from 7:00 to 9:00 p.m. September 27th – November 29th, at the Chancery Office, 700 King St. W, Hamilton. The program runs in **Kitchener** on Tuesday evenings, September 18th – November 27th, from 7:00 to 9:00 p.m. at St. Mark Parish, 55 Driftwood Dr, Kitchener. Cost \$45.00. For more information or to register, call (905) 528-7988 ext. 2249 or register at www.hamiltondiocese.com (Upcoming Events.)

Are You Separated or Divorced? Living in the Kitchener, Waterloo, Cambridge or Guelph Area? LEVEL 1 - (Learning to Cope), and LEVEL 2 (Accepting the Situation) are self-help programs intended to help separated and divorced persons gain a perspective on their divorce. Topics are meant to offer hope and personal growth and include: the process of divorce, self-image, stress, anger, guilt, loneliness, forgiveness, trust, singleness and children. Course fee: \$35 (Level 1), and \$45 (Level 2). Both Level 1 & 2 will be held Tuesday evenings with the course and social lasting 11 weeks, running from September 18th – November 25th, from 7pm – 9pm at St. Francis of Assisi Parish (Queen & Westmount), Kitchener. Call (905)528-7988 ext. 2249, or St. Francis Parish 519-745-7301 to register, or do so at www.hamiltondiocese.com (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 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. Chancery Office, 700 King St. West, Hamilton from 7:00 – 9:00 p.m. For more information call 905-528-7988 ext. 2249. There is NO COST.

Ordination of Permanent Deacons

On Saturday, June 2nd at the Cathedral Basilica of Christ the King beginning at 11:00 a.m., His Excellency Bishop Crosby will ordain the following men as Permanent Deacons: John Andrade, Leonard Gallant, Bert Tami and Mark Shaw. All are welcome to participate.

Seeing the Word Session on June 7th

You are invited to ignite your spiritual imagination, praying with *The Saint John's Bible*, using the method of *visio divina* ("divine seeing"), to prayerfully reflect upon Scripture. The session running from 1:30-3:30 p.m. will focus on Elisha and the Six Miracles. Anyone interested in attending may contact [Anthony De Feo](#) at the Liturgy Office.

Day of Reflection for Liturgical Ministers

Attention all Ministers of the Word and Ministers of Holy Communion! The Liturgy Office will be hosting a day of reflection on Saturday, June 9th at St. Ann's Parish in Ancaster for those ministers who wish to renew their mandate and refresh their understanding of the ministry. The sessions run: 9:30-11:30 a.m. for Ministers of Holy Communion and 1:00-3:00 for Ministers of the Word. Fr. Ian Duffy is the facilitator. If interested, please see our [website](#) for details and registration, or contact [Anthony De Feo](#) at the Liturgy Office.

Ordination of Transitional Deacons

His Excellency, Bishop Crosby will ordain the following men as transitional deacons: **Vivek Trindade** on Friday, June 29, 2018 at 7:00 p.m. at St. Matthew Parish, Oakville, and **John Schnurr** on Saturday, June 30, 2018 at 7:00 p.m. at Immaculate Conception Parish, Formosa. All are welcome to participate in these celebrations.

Catechetical Correspondence Courses

Programs 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 also available. Families work through the programs at home. Contact Monica in the Catechesis Office at 905-528-7988, ext. 2238 or check out our website at www.hamiltondiocese.com and click on the Catechesis Office for more information, printable registration forms or to register online.

Laudato si

Change Starts with Us! 6 sessions are planned to take place around the Diocese to explore Pope Francis' encyclical *Laudato si – On Care for Our Common Home*. Join us for engaging discussion to develop the ways and attitudes to make a difference in this world. The cost for each day is \$10, (25 & under no charge!) & will run from 9:00 a.m. – 12:00 p.m., a light breakfast will be served. 3 sessions in June are scheduled, June 2nd at Sacred Heart Church in Walkerton, June 9th at St. Matthew Church in Oakville & June 16th at St. Pius X Church in Brantford. Please check the website, www.hamiltondiocese.com for more information & to register online or contact Monica, 905 528 7988 ext. 2238 or by email, mverin@hamiltondiocese.com.