



# Sursum Corda

September 16/17, 2017

Issue 334- 24<sup>th</sup> Sunday in Ordinary Time



St Mary of the Visitation  
Parish  
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Lord's Day Mass – Saturday at 5:00pm,  
Sunday 8:00am, 9:30am, and 11:30am

[Children's Ministry](#)

## Last Weekend - Tremendous !



The “Welcome Mat” was obvious last weekend as we gathered for our **Welcome Back Weekend**. So many spoke of the positive enthusiasm present, and visitors spoke of feeling “at home” in our midst and the sense of family among us - there is no doubt we are better together!

Thank you to a dedicated team who stepped forward to make our Fall Kick - Off “under the tent” a reality and such a success. Over 30 parishioners signed up, first time, during our **Ministries Display** - tremendous!

A returning parishioner expressed amazement at the numbers at Church, and young families with children, in our midst. In fact, our opening weekend for **Children's Ministry** saw us welcome almost 90 children to our programs!

Thank you to our **Catholic Café** for serving “under the tent” after all Masses – with popcorn and special treats - a great way to feel at home.

[Check out these photos from our Facebook page](#)



As we launch our Fall Season, we're returning to the basics, taking a closer look at some of the cornerstone or foundational beliefs of our faith as well as the mission, vision, and strategies to serve our faith that we have developed as a parish. We were never meant to live this life alone. We need each other more now than ever. Better Together gives a practical look at how to build this type of community.

This past Sunday we looked at the power of “One Another” and this week we focus on “For the Good of Other.” If you missed last week – [you can listen here](#)



Ever asked these questions? Maybe Starting Point is for you - sign up by speaking with any of our parish team, registering at our Kiosks or [check out our website and some videos too](#)  
**Starting Point is for you!**



Check out our [Small Groups](#) display in the Parish Centre this weekend - [watch this video!](#) [Join us!](#)



Our **Men's Ministry** launches on Saturday at 7:00am on [this Saturday September 16<sup>th</sup>](#) with Breakfast. We begin a great new program — come join them in our Parish Centre – all Men Welcome!

**Act 2 - Separated and Divorced**  
Life change is never easy, but at a later stage of life it's particularly isolating. Come together with others to realize there is a "second act" and you are not alone. Join us for our [Fall Launch Wine and Cheese](#) -**September 26, 2017- 7:30pm** -St Mary's Parish Centre.

### FAST FACTS

[Check Out “Next Gen”-Youth & Young Adults Events](#)

- [Adult Sports \(Bowling/Volleyball\)](#)
- [Wize Guys](#)

May Our Lady of the Visitation continue to be our inspiration, model and guide

**SYMPOSIUM  
ON  
FAMILY**

Click here for survey and registration



**Family Life!**

Our Diocese of Hamilton is preparing for a Family Symposium to be held on September 23, 2017. We encourage you to Register on Line here.

**Children's Ministry**

Our Children's Ministry is in full throttle this Lord's Day. Kids Zone for Ages 2 & 3 and our full array for those in JK-Grade 4 all at our 9:30am and 11:30am Masses Bring completed registration forms or see the display.

**KIDS KHOIR...READY TO BEGIN**



Our Kids Khoir (*for those in Grades 3-8*) sings at the 9:30 a.m. Mass once per month. New members are always welcome! Practices are held in the Choir Loft every Tuesday from 5:45pm - 6:30pm. Please bring Registration form with you to practice.

**Adoration**

of the  
Blessed Sacrament



Our Perpetual Adoration Chapel is open 24 hours, 7 days a week. Located on the rectory side of our campus with its own entrance, we encourage you to visit and spend time with Our Lord truly present in the Most Blessed Sacrament.

Our parish book of prayers and votive candles are also available for your needs. It truly is a place of prayer always open for you! See our video - consider a visit to our Chapel.



Atrium of the Visitation is a unique opportunity for young children to grow in their faith life! The Atrium of the Visitation is a program for children 3-6 years of age and is inspired by the Catechesis of the Good Shepherd and rooted in the Montessori educational principles. To find out more please attend the Parent Information Meeting: Wednesday, October 4, 2017 at 6:15pm in the Atrium (use Chapel Entrance). Parents may attend with their child.



**Special Friends**

**SPECIAL FRIENDS CALMING KITS**

For children and teens with autism, developmental delays, sensory challenges, or other special needs, the crowds, sounds, smells, and lights of Mass can at times be overwhelming and result in anxiety and upset. Five "Calming Kits" are now available in our Vestry to be used during Masses by our Special Friends who experience distress due to sensory overload. See one of our Hospitality Ministers. Check out detail on our Special Friends Program



Grief is never by choice and is often a painful, confusing and isolating time; without a doubt, one of life's most difficult experiences. Where can we turn for answers to our questions, find support, and understanding. **Join us on September 28, 2017 at 7:00pm** to learn how "Grief Relief" can help. Bring a family member; bring a friend. **"Be not afraid."**

**INTERESTED IN BECOMING CATHOLIC?**

Any adults who have not been baptized and are considering becoming Catholic, or any adults who have already been baptized in other Christian churches and wish to become full members of the Catholic Church, please speak to Father Freitas There is a place for you!

**First Communion Gathering**

Those preparing for First Communion are reminded of our Parent Information Meeting on **Thursday, October 12<sup>th</sup> at 7:00p.m. in the Church.** This meeting is for Parents only – please bring completed registration form.

**Confirmation**

Those preparing for Confirmation are reminded of our Parent Information Meeting on **Thursday, October 5<sup>th</sup> at 7:00p.m. in the Church.** This meeting is for Parents only – please bring completed registration form.

**PLUGGED IN**

**WHO IS IT FOR?** Children/youth from Grades 2-8 seeking the Sacraments of Baptism, First Reconciliation, First Communion or Confirmation who fall under one or more of these circumstances:

- Attending public school, private school, or home schooled
- Not receiving/received religious education
- Are past the usual age to receive a given Sacrament
- Have never been baptized
- Are not Catholic but would like to become Catholic.

**HOW/WHEN DOES IT RUN?** Sundays (October - April) in between 9:30am and 11:30am Mass.

**HOW DO I FIND OUT MORE?**

Attend the **Information Meeting on Tuesday, October 3, 2017 at 7:30pm in the Parish Centre** or contact the parish office.

