



## **BULLETIN ANNOUNCEMENTS**

**September 2020**

### **Catechetical Correspondence Course**

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](http://www.hamiltondiocese.com) and click on the Catechesis Office for more information, printable registration forms or to register online.

### **Parenting Tip of the Month (# 122)**

The COVID-19 pandemic has changed the way we live in very real ways. Children are not immune to the impact that the virus has had and have probably heard more than we realize between media news clips and overhearing adults talking. This is a time to talk to your children and help them understand more fully what is going on in the world. Tell them that they can help themselves and others to be healthy and safe by following the instructions given by their parents, by teachers at school and by other adults who care for them. Remind them that our Catholic faith adheres to the fact that every person has dignity and each of us has to do our part to keep all people as safe as possible. As a family pray daily for all people to remain vigilant in their actions so we can defeat this virus. Empowering our children with concrete information and actions to undertake can prevent the development of very real anxieties from developing.

### **Marriage Tip of the Month (# 102)**

Couple relationships often experience strain during times of stress and the last several months have provided some of the highest stress many couples have faced. It is important to step back and recognize why tensions might be running high and then engage in actions that can release the pent up stress. Try cooking together, walking, biking or hiking together, praying together, or any activity that will bring laughter to the day. It may even mean finding ways to have some time apart, whether that be one person being outside while the other is in, or one person being on one floor of the house, while the other is on another. Time together is wonderful, but too much can be distressing! Remember that you are in this together and together you can find ways to feel connected and beat any feelings of stress.

**Experiencing Stress in Your Marriage? Thinking about Separation or Divorce?** – Is your marriage not what you hoped it would be? Are you, or a relative or friend, heading for a possible divorce? Retrouvaille is designed to help marriages regain their health. The Retrouvaille program is highly successful in saving marriages and in helping them to thrive. For confidential information about, or to register for the program beginning with a weekend on Oct. 23, 2020. Please call 905-664-5212 or email: [Teamrecine@gmail.com](mailto:Teamrecine@gmail.com) or visit the website at [www.retrouvaille.org](http://www.retrouvaille.org).

### **Struggling After an Abortion?**

Either your own, or someone else's? Do you feel alone, emotional, or angry? Project Rachel is available to help. This confidential service allows people to work through their feelings on an individual basis, with a trained counsellor, and find hope and healing. Please contact us at 905-526-1999 or toll free at 1-888-385-3850.