



## **BULLETIN ANNOUNCEMENTS**

### **October 2020**

**PARENTING TIP OF THE MONTH - Parenting Tip 123:** The present pandemic has brought changes that have been stressful for families, but it has also allowed for some positive developments. The pandemic has allowed most people and families more time to relax. Have you taken advantage of the extra time to build family ties? Playing board games or cards, going for walks or hikes, or joining, as a family, to engage with music or art - these are all great ways to relax together! Additional relaxing time also gives us more time to engage as a family in prayer - as we eat together, engage in nighttime bedtime rituals together, or as we take time to offer prayers for our family and those in need. Experiencing these positive times together will help to counteract the stress everyone feels thinking about the safety of those they love.

**MARRIAGE TIP OF THE MONTH - Marriage Tip 103:** Touch is a vital component for every human being; our bodies are created for relationship and touch is an important component of communication. Our touch conveys both caring and love, but also sends a message about closeness. The more intimate the relationship the more touch matters. Loving touch has proven health benefits as well, so reach out and hold your spouse's hand, give their back or shoulder a little rub now and then, give them a hug and/or kiss as you begin and end each day (and maybe just because!) and let them feel your love. Touch fills the others heart and mind with the knowledge that they are loved, which is a great boost to every marriage.

**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?** 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.**

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

**Minister of the Word Workshop:** In light of COVID-19, the Liturgy Office will replace the one-day workshop with a virtual (on-line) workshop in a series of three Monday evenings, to be held October 19<sup>th</sup>, 26<sup>th</sup> and November 2<sup>nd</sup>, from 7 to 9 pm with a thirty-minute break. Participants are asked to attend all three workshops. For more information and to register, please ask interested Ministers of the Word to contact Deacon John Moss at the Liturgy Office. [jmoss@hamiltondiocese.com](mailto:jmoss@hamiltondiocese.com). More information to follow.

**The 2020-2021 Ordo (Liturgical Calendar) and The 2021 Workbook for Lectors, Gospel Readers, and Proclaimers of the Word** are available from the Liturgy Office. To place orders or for more information, please contact [liturgyoffice@hamiltondiocese.com](mailto:liturgyoffice@hamiltondiocese.com).