



BULLETIN ANNOUNCEMENTS

November 2021

The 2021 – 2023 Synod of Bishops brings an invitation from Pope Francis to embark on a journey together. How can you get involved? Offer your thoughts on how we can deepen our communion in the Lord and how all members of the Church can participate more fully in its mission. Visit: <https://hamiltondiocese.com/synod/#about>.

PARENTING TIP OF THE MONTH - Parenting Tip 134 - Our children are healthier and happier when their emotional, physical, intellectual and social needs are looked after. Add to this list one more essential need that requires care - a child's spiritual well-being. A relationship with God is as essential to their welfare as water. The month of November is the month we pray for and remember those who have already died. This is a wonderful month to pray for the deceased and help your children understand that God is always with us and when we seek his help to live as we are called, we too can share in eternity. So, pray together, attend Mass as a family, share readings from the Bible, talk about the awe of God's creation and remind your children that God is always present. His love will guide them and be a source of comfort as they grow.

MARRIAGE TIP OF THE MONTH - Marriage Tip 114 - One of the sad facts of life is that many people are struggling with feelings of loneliness. When it comes to marriage, you are not meant to feel lonely, since marriage is meant to be life-giving, joyful and shared partnership. If loneliness in your marriage is something you are experiencing it is time to talk about it with your spouse. Take action to change the feelings: plan to share on a more intimate level the "stuff" of life; spend time together engaging in some kind of regular activity; be specific about what you need so you will not feel lonely in your marriage. Alleviating loneliness is vital for your mental and emotional health and it will certainly help you to recapture the true joy and meaning of your married relationship.

World Meeting of Families – Hamilton Diocese Speaker Series - On March 19th we entered into the Amoris Laetitia Year of Family. Pope Francis, in calling this special year, reminded us that this is "a great opportunity for Catholics to renew their commitment to family ministry." **Beginning in January of 2022**, the Diocese will be organizing a speaker series with a new topic each month through until June. The presentations will be by zoom to allow for more involvement throughout the Diocese and to avoid any issues that COVID may cause for in person gatherings. We will start with a three part series on Amoris Laetitia in January. Check the Diocesan website for more information about both the year and the Diocesan Speaker Series at www.hamiltondiocese.com.

ReStart: A Separation and Divorce Recovery Program - Feeling the need for support, healing and/or hope after a separation or divorce? The Diocesan ReStart Programs support your journey, providing you with tools to remain healthy. While the program has not been able to run due to COVID restrictions, we will offering an evening session by zoom on Tuesday, Nov. 13th: Coping with Christmas When Divorced or Separated. To register for this event see the dates for future courses, please check the program information online [here](#). For more information contact Teresa at the Family Ministry Office - (905) 528-7988, ext. 2250.

Arise and bear witness: A Young Adult Celebration of Diocesan World Youth Day 2021 - Join the young adults of Hamilton Diocese as we gather together to celebrate the Diocesan Day of Prayer for Young People on the Feast of Christ the King.

- When: Sunday, November 21, 6pm to 8pm
- Where: St. Margaret Mary Parish – 20 Idlewood Ave, Hamilton
- What: Evening Mass with reflection by Msgr. Murray Kroetsch, PH, VG

This is an in-person and virtual event – for more details and registration please go to: <https://bit.ly/DOHyoungadults>.