



BULLETIN ANNOUNCEMENTS

June 2025

YOUTH MINISTRY CERTIFICATION PROGRAM

We are currently accepting enrollment for the Youth Ministry Certification Program, which begins in September 2025. Join us as we explore the Practical strategies for youth ministry and the accompaniment of young people in our diocesan community. To review a full course list and for more information, please visit: www.hamiltondioceselearns.com

FRASSATI LEADERSHIP PROGRAM

Calling all those entering Grade 10 in September 2025! Are you looking to grow in your faith? Do you want to explore what it means to be a Catholic leader? **The Frassati Leadership Program** may be for you. Join us as we reflect on the foundations of Catholic leadership and foster opportunities for you to grow in your own faith and leadership skills. For more information and to register please visit: <https://hamiltondiocese.com/office/pastoral-offices/youth-ministry/frassati/>

DID YOU KNOW...

Children in our parishes benefit from the Catechetical Correspondence Program each year for ongoing religious education and preparation for the Sacraments. We need volunteers to support the program! If you are willing to accompany these children in their learning journey, please reach out to the Office for Evangelization and Catechesis at catechesis@hamiltondiocese.com . To learn more about the Catechetical Correspondence Program, please visit: <https://bit.ly/DOHCCC>

ADULT FAITH FORMATION THROUGH VLCFF

The Diocese of Hamilton is proud to partner with Dayton University's Virtual Learning Community for Adult Faith Formation (VLCFF) to offer certificate programs for ministry and enrichment for adult faith formation. We are currently taking enrollment for the Youth Ministry Certification Program and the Catechist Formation Program for the Diocese of Hamilton, which begins in September 2025. Three and five week e-seminars are also available at a discounted rate for all adults in the Diocese looking to further their learning. For more information about our programs, and how to register, visit us at www.hamiltondioceselearns.com

PARENTING TIP OF THE MONTH #170

Summer is a time to unwind, relax, rejuvenate and enjoy the outdoors. Take the time to engage more often and more fully as a family. Do chores together, cook together, play games, do a puzzle, or hike together. Quality and quantity time spent with our children matters! This is the Jubilee Year of Hope, so do something to engage in and honour the year, perhaps by visiting one or more of our Diocesan Pilgrim Churches. You can find more ideas to celebrate the year on our website at hamiltondiocese.com. And whether you are having a staycation or vacation, remember that Mass and prayer as a family are important! (Family Ministry Office)

MARRIAGE TIP OF THE MONTH #150

Though we may love our spouse, there will be moments when we may disagree or struggle to be loving. These are moments when we must remind ourselves of our commitment to each other and the importance of working things out, instead of ignoring them and moving on. When troubles arise, it is important for each person to commit to taking time to discuss the issue when both people are calm, so your brain is at its maximum capacity to be rational. Research says that starting the conversation gently (no accusing, judging, or sarcasm) and taking responsibility for some part of the problem is the best way to work the situation out and move forward with love that is even stronger. (Family Ministry Office)

ReSTART: MOVING FORWARD

Our 10 week program offers education and support to anyone seeking to heal and move forward after divorce or separation. The sessions will begin again this fall and are held at the Chancery Office at 700 King St. West in person. Cost is \$35 for materials, but no one is turned away. Registration will be on line soon, so look to register at hamiltondiocese.com under Upcoming Events, or contact Sarah at 905-528-7988 ext. 2249, e-mail familyministry@hamiltondiocese.com.

ENHANCING SELF-ESTEEM - This program provides the opportunity to increase your self-awareness and to learn specific skills for building a positive self-esteem, which will assist you to feel stronger in all areas of your life. Issues covered during the course include taking responsibility for your own thoughts and feelings, positive ways to behave assertively and setting realistic goals for your future. The program will be offered once again this fall and is held at the Chancery Office at 700 King St. West Hamilton. Cost is \$35 for materials. Registration will be on line soon so to register go to hamiltondiocese.com and look for the date under Upcoming Events, or contact Sarah at 905-528-7988 ext. 2249, or e-mail familyministry@hamiltondiocese.com.

RESTART: REFRESH, RENEW, REVIVE SUPPORT GROUP – Struggling after divorce or separation? Join us for learning, support and fun on a Friday evenings. Held the 2nd & 3rd Fridays of each month. These get-togethers offer continual support and insights for people as they journey through the divorce/separation process and beyond. For summer sessions or gatherings, register here: <https://sites.google.com/view/hamilton-restart/home>, or contact Sarah at familyministry@hamiltondiocese.com, or 905-528-7988 ext. 2249. We look forward to seeing you!

STRUGGLING AFTER AN ABORTION?

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

YOUNG ADULTS NIGHT IN JUNE

Fr. Mark Morley invites all young adults (ages 20s and 30s) of our diocese to attend an evening of prayer, fellowship and praise music in support of your vocations. The Young Adults Night includes a Holy Hour (6:30pm-7:30 pm), social with food (7:30pm-8:00pm), praise night with vocations testimony (8:00pm-9:00pm), and Compline (9:00pm) on Saturday, June 7th at Immaculate Heart of Mary Church (934 Highway #8, Stoney Creek, Ontario). Sponsored by the Vocations Office of the Diocese of Hamilton: <https://hamiltondiocese.com/vocations/> For more information, please contact: vocations@hamiltondiocese.com

YOUNG ADULTS NIGHT IN JULY

Fr. Mark Morley invites all young adults (ages 20s and 30s) of our diocese to attend an evening of prayer, fellowship and praise music in support of your vocations. The Young Adults Night includes a Holy Hour (6:30pm-7:30 pm), social with food (7:30pm-8:00pm), praise night with vocations testimony (8:00pm-9:00pm), and Compline (9:00pm) on Saturday, July 5th at St. Catherine of Siena Church (620 Rymal Road East, Hamilton, Ontario). Sponsored by the Vocations Office of the Diocese of Hamilton: <https://hamiltondiocese.com/vocations/> For more information, please contact: vocations@hamiltondiocese.com