Ukrainian Catholic Eparchy of Edmonton

Ukrainian Catholic Eparchy of Edmonton Fall 2018

9645—108 Avenue Edmonton, Alberta T5H 1A3 Phone: 780-424-5496 Fax: 780-425-2330 Email: education@edmontoneparchy.com

Office Hours: Monday-Friday 8:30 a.m.-4:30 p.m.

Fall Program Guide 2018



Certificate in Catholic Studies Program

AGE: Adults and youth of all backgrounds and education levels in all countries. DESCRIPTION: A comprehensive selection of courses on various aspects of the Catholic faith. All are offered online, so you can study from home and work around your personal schedule. Each course runs five weeks. Take individual courses, or work toward one or all of the 19 specialized Certificates in Catholic Studies.

Certificates

Certificates in Eastern Christian Traditions Certificate in International Development (ID) Certificates in Scripture Certificate in Social Justice (SJ) Certificate in Youth Evangelization (YE) DATES: Sept. 24, 2018 - Aug 5 2019 LOCATION: Online CONTACT: Register at https://www.newman.edu/CCS

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Coming in 2019!!!

Teach Us to Pray, Eparchial Program

In the Gospel of Luke one of the disciples said to Jesus "Teach us to pray." They had seen Jesus pray often and understood the importance of frequent prayer. We know that prayer must be at the heart of our own journey towards an ever closer relationship with God but it is not always easy. In this series of presentations we will explore various way of praying and will be given practical ways to build a consistent rule of prayer in our lives Sessions will consist of a presentation and will conclude with prayer. Some of the sessions are: Praying the Psalms - Fr. Danylo Kuc Praying the Lord's Prayer (OT4e Ham) - Fr. Mihajlo Planchak Contemplative Prayer/ the Jesus Prayer - Fr. Teodosy Kraychuk What are we praying in the Liturgical prayers? - Fr. Stephen Wojcichowsky Praying with Icons - Fr. Bo Nahachewsky DATES, TIMES AND LOCATION: TBD. See the Winter Program Guide for more

East2West - Unity in Diversity, Ss Peter & Paul, Lethbridge

AGE: Adults, 18+

DESCRIPTION: An annual joint presentation and discussion by the pastor of a nearby Roman Catholic Parish and our Ukrainian Catholic Parish pastor. This will be our 5th East2West evening. Past year's topics have included - Icons and Church Art; Marian Devotions and Celebrations in our respective Catholic traditions; the Eucharist - Mass and Divine Liturgy; the Healing Mysteries/Sacraments (Anointing, Repentance) in our respective traditions. The January 2019 topic has yet to be determined. If you have a topic to suggest send us an email! Following the 60 to 90 minute presentation and discussion our resident K of C Council hosts a social in our hall.

DATES AND TIMES: Monday, Jan. 28, 7:00 – 9:00 pm

LOCATION: Ss Peter & Paul Parish Church and Hall, 643-12B Street N, Lethbridge **CONTACT:** For questions or more info or to suggest a topic for 2019 you can contact our pastor directly: fr.sedgwick@eeparchy.com

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Prayer and Reflection

Prayer and Reflection Nights - Exaltation of the Holy Cross, Edmonton

AGE: All ages

DESCRIPTION: Spend some time in silent reflection with our Lord. DATES & TIMES: - Last Friday of the month, Sept - June, 7:00 - 8:00 pm. LOCATION: Exaltation of the Holy Cross Parish , 9003 – 153 Ave., CONTACT: Website: http://www.ehcucp.ca/ 780 -475-2770

Mothers and Fathers in Prayer, Holy Eucharist, Edmonton

AGES: All ages

DESCRIPTION: Join other parents as we pray together for the intention of our children; whether they be very young or adults. We begin with Divine Liturgy followed by special prayers.

DATES: 1st and 3rd Fridays of the month. Sept. - June LOCATION: Holy Eucharist Parish, 6425 120 Ave, Edmonton CONTACT: Fr. Planchak 780 914-2573

Family Programming

My Family - A Domestic Church, St. Nicholas, Edmonton

AGE: Young Families. This program is geared toward families with children age 12 and younger but all are welcome!

DESCRIPTION: We will explore how parents can bring faith into their homes and build their own "Domestic church". Families will have fun learning and working together to create a vision for themselves as a family of faith. Bring PJs and the kids can get ready for bed before heading home!

DATES AND TIMES: Sept. 22, 5: 00 - 8:00 pm.

LOCATION: 9507 Austin O'Brien Rd. N.W.

COST: \$20.00 per family. Supplies and supper included

CONTACT: Joyanne Rudiak – 780-236-2184 or stnicksyouthyeg@gmail.com

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Surma' Choir, Assumption of the Blessed Virgin Mary, Calgary

AGE: Adult

DESCRIPTION: Surma is a mixed choir disciplined in learning traditional Ukrainian academic choral music for the glory of God. with an extensive repertoire. The director, Mrs. Iryna Kalinovich, is a graduate from the L'viv's State Music College and L'viv's National Music Academy. All are welcome!.

DATES & TIMES: Divine Liturgy every Sunday at 9:00 am and all major feast days and holidays. Rehearsals generally on Sunday after Liturgy and during the week.
 LOCATION: Assumption of the Blessed Virgin Mary, 704-6th St NE Calgary
 CONTACT: Mrs. Iryna Kalinovich (403) 926- 4425

Holy Dormition choir, Assumption of the Blessed Virgin Mary, Calgary AGE: All ages

DESCRIPTION: Dedicated to providing a prayerful accompaniment to the English Divine Liturgy in acapella style, under the direction of Dr. Maria Lizak and Nancy Sawa. **DATES & TIMES:** We sing at Divine Liturgy every Sunday at 11:00 am and on some major feast days and holidays. Rehearsals are on Sundays at 10:00 am before Liturgy **LOCATION:** Meeting Room, Assumption of the Blessed Virgin Mary, 704-6th St NE Calgary

CONTACT: English Choir Director Dr. Maria Lizak (403) 614-4146

English Liturgy Choir - St. Stephen's, Calgary

AGE: Adults

DESCRIPTION: We sing primarily at the 10:30 am Divine Liturgy, and occasions such as carol festivals, banquets, weddings, baptisms, etc.

DATES & TIMES: Sundays at 10:30 am Liturgies. Practices most Wednesday nights at 7:00 pm. Sept. - June. See website calendar for dates. Rehearsals are at 7:00 pm except when there is a mission or holy week service. Then it will take place after.
LOCATION: St. Stephen Protomartyr Church 4903 – 45 St., SW, Calgary
CONTACT: Parish Office:, 403-249-4818, http://www.saintstephencalgary.ca



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Adult Choir, St. Josaphat, Edmonton

DESCRIPTION: This mixed-choir setting is a place to come together to meet new friends and reconnect with old ones. All ages and evels of singing experience are welcome. It provides opportunities to experience growth in your faith, praise God with a song from your heart and honour Him by using the talents he blessed you with! We sing at the 9:30 am Divine Liturgy on the first Sunday of each month and 11:00 am one other Sunday in the month. Occasionally, we sing other services within the parish. A schedule is set in advance and sent out regularly through email.

DATES AND TIMES: Rehearsals, generally, twice a month Sept.16 -June, 7:00 pm **LOCATION:** St. Josaphat Cathedral (Auditorium), 10825 - 97 St, Edmonton **CONTACT:** Choir conductor, Denise Lucyshyn, 780-466-1448.

Trinity Voices Youth Choir, Sts. Peter & Paul, Mundare

AGE: 8-18

DESCRIPTION: Learn to sing the Divine Liturgy and Ukrainian folk songs. We will be singing at other parishes and nursing homes, as well as caroling.
DATES: Rehearsals every Friday and every 4th Friday will be a social night.
TIMES: 6:30 pm -8:00 pm
LOCATION: TBD
CONTACT: Teresa 780-658-2401
ADDITIONAL INFORMATION: Instructors – Joyanne Rudiak and Christina Csernyanski

St. Vladimir Choir, St. Vladimir, Edmonton

AGE: 7- adult DESCRIPTION: New members are encouraged to join! We sing for the weekly Divine liturgy and special occasions. DATES: Sundays TIMES: Meet at 10:00 am. before 10:30 Divine Liturgy LOCATION: St. Vladimir Parish, 12726-119 St. Edmonton CONTACT: Lydia 780-984-4345

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My Family - A Domestic Church, Sts. Peter & Paul, Lethbridge

AGE: Young Families. This program is geared toward families with children age 12 and younger but all are welcome!

DESCRIPTION: We will explore how parents can bring faith into their homes and build their own "Domestic church". Families will have fun learning and working together to create a vision for themselves as a family of faith.Bring PJs and the kids can get ready for bed before heading home!

DATES AND TIMES: Oct. 26, 5: 30 - 8:30 pm.

LOCATION: Sts. Peter & Paul Parish, 639-12B Street N, Lethbridge COST: \$20.00 per family. Supplies and Pizza supper included CONTACT: Parish - 403-328-4753 or email: sspp.parish@gmail.com

Family Faith & Friends Parent Group, Eparchial Program

AGE: Young families DESCRIPTION: Meet with other parents over a cup of coffee and friendship to share faith and parenting tips. Childcare is provided. DATES: 1st and 3rd Thursdays of the month. Oct. 4, 2018- May 2018 TIMES: 9:30– 11:30 am LOCATION: St. Nicholas Parish, 9507 – Austin O'Brien Rd., Edmonton COST: \$1.00 per child, (max. \$4) for childcare per session CONTACT: Joyanne Rudiak – 780-236-2184. ADDITIONAL INFORMATION: This is a drop in program but please call Joyanne each time to let her know that you will be attending so that we can ensure enough childcare.

Mothers And Fathers In Action (M.A.F.I.A.) - St. Stephen, Calgary AGE: Parents with young children

DESCRIPTION: Fun gatherings of young families for spiritual, social, emotional, and catechetical development of both the children and the parents. DATES: Various dates. Check the website or call the parish office LOCATION: St. Stephen Protomartyr Church,4903 – 45 Street, SW, Calgary CONTACT: Parish Office: 403-249-4818, http://www.saintstephencalgary.ca/

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Children and Youth - Sunday Programs

Little Friends of Jesus - Dormition of the Most Holy Mother of God, Edmonton

AGE: 3 - 12

DATES & TIMES: Sept. 9, 16, 30, Oct. 7, 21, Nov. 4, 18, 25, Dec. 2, 9 (Sv. Mykolai Program & Luncheon),and Dec16. First part of the Divine Liturgy. Parents of the youngest students are encouraged to attend. LOCATION: Dormition Parish, 15608 – 104 Ave, Edmonton CONTACT: Christine: 780-438-2625 or Tanya: 780-437-5205

Sunday School - Exaltation of the Holy Cross, Edmonton

AGE: 3-8 with older children as helpers DATES &TIMES: During Divine Liturgy, Sundays, Sept. - June, 11:00 am. Divine Liturgy is at 10:00 am.on the last Sunday of the month LOCATION: 9003 – 153 Ave. Edmonton CONTACT: Office:780-475-2770 or Terenia , 780-720-8991 , http://www.ehcucp.ca/

Sunday School, St. Sophia, Sherwood Park

AGE: 3 - 7yrs DATES & TIMES: 2nd,3rd, and 4th Sundays of the month from Sept.16 - June 23. The 1st Sunday of the month is Fr. Rendy's children's homily. 10:00 am during Liturgy after the Gospel reading

LOCATION: Madonna School Library,15 Main Blvd, Sherwood Park CONTACT: Lisa 780-922-0201 or lisagreg3@hotmail.com

Bozhi Dity (God's Children) - St. Nicholas, Edmonton

AGE: 3-7 yrs. (pre - Solemn Communion).
DATES AND TIMES: Sundays Sept - May, 10:00 am. Beginning of 10:00 am Divine Liturgy for 1/2 an hour. The children join the Divine Liturgy before communion.
LOCATION: 9507 Austin O'Brien Rd. N.W.

CONTACT: Joyanne 780-236-2184 or stnicksyouthyeg@gmail.com



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Iconography

Open Icon Studio, St. Stephen, Calgary AGE: Adults DESCRIPTION: Drop in opportunity. This is not a class but rather a chance to work on your own projects while learning from others DATES: Every second Monday starting Sept 10, 2018 (Except long weekends) TIMES: 10am – early afternoon LOCATION: St. Stephen Protomartyr Church, 4903 – 45 St, SW, Calgary COST: Free – Materials not provided. CONTACT: Fr. Greg via the Parish office, 403-249-4818

<u>Choir</u>

Ukrainian Choir, St. Basil the Great, Edmonton AGE: Youth, Adult DESCRIPTION: Directed by Elizabeth Lesoway Anderson, the choir sings the responses to the Sunday 9:00 A.M. Divine Liturgy DATES AND TIMES: Sept. - June. Practices are held Thursday evenings at 7:30 pm. LOCATION: St. Basil Parish Cultural Centre 10819 – 71 Ave. Edmonton CONTACT: Phyllis Kobitowich 780-476-8265

Adult Choir - Exaltation of the Holy Cross, Edmonton

AGE: 18 and up. DESCRIPTION: Under the direction of Odessa Nguyen. The choir sings once/twice a month at 11:00 am Divine Liturgy. DATES AND TIMES: 1st and 3rd Mondays, 6:30 - 7:30 pm LOCATION: Parish hall, 9003 – 153 Ave. Edmonton CONTACT: Odessa 780-667-4032. Website: http://www.ehcucp.ca/

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Growing in Faith Adult Sessions, Sts Peter and Paul, Lethbridge

AGE: Adults, 18+

DESCRIPTION: We begin at 7:00 p.m. in the church with a celebration of the Divine Liturgy, Moleben, Akathist, or Parastas or during Lent - a Lenten Presanctified service, then we move into our current topic of discussion.

Themes will be:

Sept. - The Rosary in the Ukrainian Catholic Church.

Oct., Nov. - A Christian perspective on suffering and sacrifice.

Jan. - April - Christ Our Pascha, The Catechism of the Ukrainian Catholic Church.

DATE &TIME: Most Wednesday evenings Sept. - April. 7:00 - 9:00 pm, followed by coffee & fellowship at a nearby "Tim's" until 10:00pm.

LOCATION: Sts Peter & Paul Parish Church, 643-12B Street N, Lethbridge COST: Free. Participants have the option of buying a copy of the current book we are reading and discussing (e.g. the catechism). However, sharing books is fine too. CONTACT: Pastor, Fr. Gary Sedgwick; fr.sedgwick@eeparchy.com

Ministry Training

Catechist Workshop, Edmonton Eparchy

AGE: Adult

DESCRIPTION: All those who are working throughout the Edmonton Eparchy, whether teaching children or adults, or those who might like to begin teaching should attend. This will be an evening of professional development, spiritual growth and networking with other catechists.

Themes for the workshop are: Faith and God's call - we will explore how we can help those we encounter, grow in their faith and discernment of God's call for them. Our Blessed Mother, the Theotokos - What does the Church teach about Mary? How and why do we pray to her? Fr. Stephen Wojcichowsky will speak about the recently published Rosary Book

DATES & TIMES: Oct 5, 5:30 - 9:00 pm.

LOCATION: Eparchial Pastoral Office,9645-108 Ave, Edmonton

COST: \$15.00 - Chargeable to your parish

CONTACT: 780-424-5496 or education@edmontoneparchy.com

ADDITIONAL INFORMATION: Those at a distance are welcome to join us online. Please contact us and we can set it up. Register by Sept. 28

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Sunday School, St. Josaphat, Edmonton

AGE: 4 and up

DATES & TIMES:

Pre-school - During the 9:30 am Divine Liturgy. The children leave the Divine Liturgy at the Small Entrance and returning before Communion.

Elementary, Junior High and High School - 10:30 am (immediately after the 9:30 am Divine Liturgy) until 11:30 am. Classes, taught in English, are open to children who attend either English or Ukrainian Divine Liturgy.

First Solemn Communion Classes - Children in Grade Two will follow a program for preparation to receive First Solemn Confession and Communion. See Sacramental Preparation Category on Pg. 11 for details.

LOCATION: St. Josaphat Cathedral, 10825 - 97 St, Edmonton

CONTACT: Parish Office 780-422-3181 or visit www.stjosaphat.ab.ca.Registration forms are at the Church entrances and online.

Monthly Children's Liturgy, St. Josaphat, Edmonton

DESCRIPTION: This takes place on the last Sunday of the month and will highlight the participation of the young people in our Parish; helping with responses, reading the episte and helping with the collection. The homily is directed toward the children and all children are invited to sit at the front with the catechists and are encouraged to participate! **LOCATION:** St. Josaphat Cathedral, 10825 - 97 St, Edmonton

CONTACT: Parish Office at 780 422 3181 or visit www.stjosaphat.ab.ca. Registration forms are at the Church entrances and online.

Bozhi Dity (God's Children)- St. Basil, Edmonton

AGE: 3 - 8 (until they receive their Solemn Holy Communion) DESCRIPTION: A drop in program. English with some Ukrainian . Small snack and drink provided.

DATES: & TIMES: Sunday, Sept - June, 11:00 am. Children join Divine Liturgy at 11:45 am. LOCATION: 7007 109 St. Edmonton. Classroom In the rectory. North doors. CONTACT: Linda: 780-668-8769 lwebsite: www.stbasilschurch.com

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Sunday School - Protection of the Blessed Virgin Mary, St. Paul, AB.

AGE: Children 2-10 years

DESCRIPTION: Catechism lessons including prayer, instruction & activity **DATE:** Every second Sunday Sept. - June - Subject to change **TIME:** Beginning of Divine Liturgy until after the homily. **LOCATION:** P.B.V.M. Church, 5201 - 51 St., St.Paul, AB. **CONTACT:** Corinne Pashko: 780-645-0504

Sunday School Program - St. Olga, Vermilion, AB.

AGE: 6-12

DATES & TIMES: 1st. & 3rd. Sundays of the month, Sept - May, during 8:30 am. Divine Liturgy. Children leave at the homily and return just before Eucharist (about 1/2 hour).
LOCATION: Children's room, St. Olga Parish, 6052 - 52 Ave, Vermilion, AB.
CONTACT: Denise: 780-853-6923.

Sunday School - Dormition Parish, Grande Prairie,

AGE: 4-8

DATES & TIMES: Every Sunday - Sept - June, 10:00 am. Divine Liturgy. After the Gospel the children go to the classroom and rejoin the Divine Liturgy after the 20-minute class. LOCATION: Dormition Parish, 10315 - 114 Ave, Grande Prairie, AB CONTACT: Lynda lyndaatamanchuk@shaw.ca or 780-978-8133

Sunday School - St. Stephen, Calgary

AGE: Children ages 3 to 7 DATES & TIMES: Most Sundays (not long weekends, or school long weekends), 10:30 Liturgy starting at the beginning of the Service LOCATION: St. Stephen Protomartyr Church 4903 – 45 Street, SW, Calgary CONTACT: Wendy Joevenazzo via Parish Office (403) 249-4818

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Ukrainian Catholic Catechumenate Program, St. Josaphat, Edmonton

AGE: 18 and up.

DESCRIPTION: Preparation of candidates who wish to be initiated into the Church through Baptism, Chrismation and Holy Eucharist.

DATES AND TIMES: One on one preparation, to be determined by weekly schedule of candidates.

LOCATION: St. Josaphat Ukrainian Catholic Cathedral, 10825 - 97 St, Edmonton

CONTACT: Fr. Peter Babej at 780-422-3181 or <u>peterbabej@telus.net</u> Also, visit the website at <u>www.stjosaphat.ab.ca</u>.

Advent Women's Retreat, Dormition, Grande Prairie

AGE: Adult women

DESCRIPTION: A day away to pray, reflect, share and prepare our hearts to the mystery of the *Theotokos* and the birth of our Lord and Savior Jesus Christ in an atmosphere of silent reflection.

DATES AND TIMES: Dec.1 9:00 am.-3:30pm. LOCATION: 10315-114 Ave, Grand-Prairie, AB COST: \$30.00 Lunch & refreshments are included CONTACT: Denise Laverdure-Sych: h: 780-513-1175 c: 1-780-646-2134 e-mail: ontheroad2emmaus@gmail.com

Plus Fifty-St. Stephen, Calgary

AGE: Adults over 50 DESCRIPTION: Seniors involved in the social, spiritual and organizational life of the parish. DATES: Last Tuesday of the Month. Sept—June TIMES: 11:00 am LOCATION: St. Stephen Protomartyr Church 4903 – 45 St., SW, Calgary CONTACT: Parish Office: 403-249-4818, http://www.saintstephencalgary.ca/

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St. Josaphat Book Reading Club, St. Josaphat, Edmonton

AGE: 18 and up.

DESCRIPTION: Our first selected book is *Rediscover Jesus* by Matthew Kelly. We will meet weekly for about 30 minutes to discuss sections that we have read. A few preprepared questions will help guide the discussion!

DATES & TIMES: Sept. 16 - June, during the coffee social after the 9:30 AM Divine Liturgy. LOCATION: St. Josaphat Cathedral Auditorium (basement) 10825 - 97 St, Edmonton CONTACT: Lauren Girard at logirard@ualberta.ca.

ADDITIONAL INFORMATION: Book may be purchased at St. Josaphat bookstore after 9:30 am. Liturgy or at the Eparchial Pastoral Centre 9645-108 Ave during the week.

<u>33 Days to Morning Glory, A Retreat of Marian Devotion and Consecration, St.</u> Josaphat, Edmonton

AGE: Teen & Adult

DESCRIPTION: Why Morning Glory? Because consecration to Jesus through the Immaculate Heart of Mary begins a glorious new day. Based on Fr. Michael E. Gaitley's book, 33 Days to Morning Glory, this is a 33-day journey to Marian consecration with St. Louis de Montfort, St. Maximilian Kolbe, Blessed Mother Teresa of Calcutta, and Blessed Pope John Paul II. Fr. Michael weaves their thoughts into a user-friendly, do-it-yourself retreat that will bless even the busiest of people. Join us if you've been thinking about entrusting yourself to Mary for the first time or if you're simply looking to deepen and renew your devotion to her. Each session will include a video and a discussion of the week's meditational readings. We will conclude with a consecration to Jesus through the Immaculate Heart of Mary and a Divine Liturgy on Nov. 21.

DATES AND TIMES: 7 sessions, Oct. 10-Nov. 21, The Feast of the Entry of the Most Holy *Theotokos* into the Temple (know in the West as the Presentation of the Blessed Virgin Mary).

LOCATION: St. Josaphat's Cathedral basement 10825 - 97 St, Edmonton COST: \$10 to \$20 for the book and materials CONTACT: Ed Hecker (780) 483-4707 or Fr. Peter Babej (780) 422-3332

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Sadochok

Sadochok - St. Josaphat, Edmonton

AGE: 19 months to kindergarten

DESCRIPTION: An environment rich in Ukrainian language, culture, religion and fun. Bilingual and immersion classes are offered and an afternoon 4-5 yr. old program.
DATES & TIMES: Bilingual - Tues, Thurs, Immersion - Mon. Wed, Fri. 4-5 yr. program - Mon - Fri., Morning - 8:30 - 11:30 am. Afternoon - 12:30 - 3:45pm.
LOCATION: St. Matthew School, 8735 – 132 Ave.

CONTACT: playschool@sadochok.com., School 780-421-1769

Sadochok, St. Basil, Edmonton

AGE: 3 and 4 years old

DESCRIPTION: High quality education in the Byzantine faith and Ukrainian culture. 4 year olds are encouraged to attend twice per week and 3 year olds may attend once or twice per week. Flexible start dates are available for those turning 3 after Sept. DATES & TIMES: Tuesdays and Thursdays starting September, 9:00am-11:30 am LOCATION: St. Basil's Cultural Centre, 10819 71 Ave, Edmonton CONTACT: stbasils.sadochok@gmail.com, 780-220-2637. Facebook – St. Basil's Sadochok Pre-School

Sacramental Preparation

Baptismal Preparation, St. Josaphat, Edmonton

AGE: 18 and up.

DESCRIPTION: Preparation of parents and godparents for the Christian Initiation of their child into the Church.

DATES & TIMES: To be determined by the weekly schedule of candidates. LOCATION: St. Josaphat Ukrainian Catholic Cathedral, 10825 - 97 St, Edmonton CONTACT: Fr. Peter Babej 780-422-3181 or <u>peterbabej@telus.net</u> or visit www.stjosaphat.ab.ca.

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Baptismal Prep. (Infants & Young Children) - St. Stephen, Calgary

AGE: Adults wanting infants and young children to be baptized. DESCRIPTION: Information for new parents and parents-to-be regarding their duties in raising their child in the Ukrainian Catholic Church. Sessions vary in length according to the parent's background and existing knowledge. DATES & TIMES: By Appointment LOCATION: St. Stephen Protomartyr Church,4903 – 45 St., SW, Calgary

CONTACT: Fr. Greg via Parish Office (403) 249-4818

Solemn Holy Communion & First Confession, St. Basil, Edmonton

AGE: Children 7 and older who have not received their First Solemn Holy Communion (with parent participation)

DATES & TIMES: Sundays, Nov.-18 (registration/class) - April 7, 12:20 - 1:45 pm First Confession April 6, 2019, Solemn Holy Communion April 7, 2019 LOCATION: St. Basil's Cultural Center, 10819 71 Avenue, Edmonton CONTACT: Parish Office, 780-434-8010

Solemn Holy Communion & First Confession, St Sophia, Sherwood Park

AGE: 7+

DATES & TIMES: Fridays, Jan 11-April 5, 6:30-8:00pm,1st Confession April 6, Solemn Holy Communion April 7.

LOCATION: 93 Malvern Drive, Sherwood Park, AB CONTACT: Lisa 780-922-0201,lisagreg3@hotmail.com ,Fr Rendy 780-464-4177

Solemn Holy Communion & First Confession, Assumption, Calgary

AGES: 8-12 DATES AND TIMES: Oct-May, TBA LOCATION: Church Hall, ABVM 704 – 6th St. NE Calgary CONTACT: Fr. Roman 403-230-7013; abvmadmin@shaw.ca, Facebook ADDITIONAL INFORMATION: See: www.abvmcalgary.com to confirm dates and times

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The Shroud of Turin: the most studied artifact in Christendom, St Josaphat, Edmonton AGE: 10 - 110

DESCRIPTION: See an official full size photographic replica on cotton cloth produced under the authority of the Archdiocese of Turin, Italy and gifted to Bishop David. We will examine the most amazing characteristics of the Shroud, many of which can be discerned only because of advances in science and technology. We will trace the most probable journey of the Shroud from the tomb of Christ to Turin, Italy. These important questions will be addressed: What have we learned from science about the authenticity of the cloth? Could it have been elsewhere other than Europe in its history? Are there connections between church prayers or art with the Shroud of Turin? Are there any other religious artifacts that shed light on the Shroud of Turin? If it is real, what does that mean for our faith? **DATES & TIMES:** Sundays, Sept. 23, Oct. 28 and Feb. 24, 2:00 - 4:00 p.m. Come earlier to examine the displays.

LOCATION: St. Josaphat's Church, 10825 - 97 St, Edmonton

CONTACT: Ed Hecker at (780) 483-4707 or e_hecker@telus.net.

ADDITIONAL INFORMATION: Free of charge. Donations can be made to St. Josaphat's Cathedral. Presentations for other groups can also be arranged, either in the Cathedral or in your own venue. Additional presentations may be scheduled at St. Josaphat's Cathedral during the year. Check the church or eparchial website for updates or contact Ed.

Movie Night at the Cathedral, St. Josaphat, Edmonton

AGE: Adults and Teens

DESCRIPTION: Enjoy a movie that helps understand fundamentals of our faith, appearances of the Blessed Mother of God or stories of the saints. Popcorn will be provided. Discussion to follow.

DATES AND TIMES: Wed. Oct. 3, *Our Lady of Fatima*, Wed. Nov. 28, *Our Lady of Guadalupe*, 7:00-9:00 pm.

LOCATION: St. Josaphat's Cathedral basement, 10825 - 97 St, Edmonton COST: Free (Donations may be made to St. Josaphat's Cathedral Parish) CONTACT: Parish Office at 780-422-3181or visit <u>www.stjosaphat.ab.ca</u>.

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Adult Faith Formation

Called to be Holy - Men's Retreat/Conference, Edmonton Eparchy

Being a Christian Man in the World Today

AGE:18 and up

DESCRIPTION Although there are many things in the world that are contrary to the Christian Faith, we can still engage this culture and maintain a Christian outlook. Keynote Speaker Kevin Feehan will share his thoughts on how one can do that. Men of all ages will find something in this conference that will speak to their heart. and encourage them to live their faith in the world today. Sessional presentations are:

Dr. Mona-Lee and Justice Kevin Feehan – Building a Better Marriage, Fr. Teodosy Kraychuk - Living a Daily Spirituality, Hudson Byblow - 1.Wrestling with Singlehood and the Call to Holiness, 2. Keeping Kids Catholic, Fr. Mike Bombak - Black and White: Living Sexual Purity in a World of 50 Shades

DATES: Nov 2, 6:30 - 9:30 pm., Nov. 3, 9:00 am - 4:00pm.

LOCATION: Providence Renewal Centre 3005 119 St NW, Edmonton

COST: Early Bird - Before Oct 5 \$50.00 - commute, \$100.00 - live in..

After Oct 5 - \$60.00 - commute, \$110.00 - live in.

Includes snacks and Saturday breakfast and lunch

CONTACT: Pastoral office: 780-424-5496 or education@edmontoneparchy.com **ADDITIONAL INFORMATION:** Deadline for registrations is Oct 22, 2018.

Living as a Beloved Daughter of God, Faith Sharing, Edmonton Eparchy

AGE: Women 18 +

DESCRIPTION: Eight sessions that are aimed at helping women grow in their relationship with God and with one another while deepening their understanding of the Catholic faith.

DATES AND TIMES: Tuesdays 7:00 - 8:30 pm. Sept. 18 - Nov. 6.

LOCATION: Eparchial Pastoral Office, 9645-108 Ave. Edmonton **COST:** \$12 + GST to cover the cost of the book.

CONTACT: <u>education@edmontoneparchy.com</u> or call 780-424-5496 to register. **ADDITIONAL INFORMATION:** This is meant to be a small group faith sharing experience. Therefore we only have room for a maximum of ten participants. Register early!

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Solemn Holy Communion & First Confession, St. Josaphat, Edmonton

AGE: 7 and up

DESCRIPTION: Two options are offered:

1. Sundays 10:30–11:30 am., Sept. 16 - April (taught in English). These classes run during the same timeframe as the Sunday School classes between the two Liturgies.

2. Saturdays 1:00-3:00 pm Jan. 12, - April 2019 (taught in English).

DATES & TIMES: 1st Solemn Communion & Confession is tentatively set for April 14

LOCATION: St. Josaphat Cathedral, 10825 - 97 St, Edmonton

CONTACT: Parish Office 780-422-3181 or visit www.stjosaphat.ab.ca.Registration forms are at the Church entrances and online.

Solemn Holy Communion & First Confession, St. Stephen, Calgary

AGE: Children 7 & 8 with parent participation DATES & TIMES Sundays Jan-Apr, before the 10:30 am Divine Liturgy LOCATION: St. Stephen Protomartyr Church 4903 – 45 Street, SW, Calgary CONTACT: Parish Office (403) 249-4818

Solemn Holy Communion Preparation, SS Peter and Paul, Lethbridge

AGE: children age 7 and up

DATES & TIMES: Preparation begins after Christmas. TBD by the families involved working with the pastor. Children Presented with a copy of the Icon of Christ the Teacher on the 1st Sunday of Great Lent. Solemn Holy Communion celebration on one of the Sundays in late April or early May.

LOCATION: At home & at Ss Peter & Paul Church, 643-12B Street N, Lethbridge **COST:** Up to \$10 per child (maximum amount)

CONTACT: Parish, 403-328-4753 or by email: sspp.parish@gmail.com

ADDITIONAL INFORMATION: Registration throughout the fall by contacting the parish.

Page 12 Marriage Preparation, St. Josaphat, Edmonton

AGE: 21 and up.

DATES & TIMES: There are two options: weekly sessions with individual couples, or group session over two weekends in February.
 LOCATION: St. Josaphat Cathedral,10825 - 97 St, Edmonton
 COST: No cost

CONTACT: Fr. Peter Babej at 780-422-3181 or peterbabej@telus.net or visit: www.stjosaphat.ab.ca

Marriage Preparation Weekend - St. Stephen, Calgary

AGE: Adult

DATES & TIMES: January 25-, 26, 27, 2019, times TBD LOCATION: St. Stephen Protomartyr Church, 4903 – 45 Street, SW, Calgary

CONTACT: Fr. Greg (403) 249-4818

ADDITIONAL INFORMATION: Couples must contact the parish at least 6 months prior to the proposed wedding date.

<u>Altar Servers, Children of Mary, Myrrh Bearers,</u> <u>Sodality</u>

Children of Mary, St. Basil, Edmonton

AGE: Girls, Grade 1 - Grade 6

DESCRIPTION: Participation in Divine Liturgy (first Sunday of the month). Meet for spiritual and catechetical development and to socialize and do a fun activity including crafts, packing backpacks for Ukraine, caroling, writing pysanky and making paska.

DATES & TIMES: 11:00 am Divine Liturgy 1st Sunday of the month. Meetings 6:30 - 8:00 1st. Friday of the month October - May.

LOCATION: St. Basil's Parish and Cultural Centre, 10819 71 Ave., Edmonton CONTACT: Michelle, 780-466-5827 st.basils@shawbiz.ca

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BIBLE & FAITH STUDY: "with an Eastern Twist", Dormition, Edmonton

AGE: Adult

DESCRIPTION: All are welcome to this enlightening, spiritual and fun look at the Catholic Faith and Scripture; with a distinct Eastern twist. With videos, animated power-points, visual aids, handouts and a boatload of humour, we will explore who we are, who God is, and what we need to do to be fully alive in Christ.

DATES & TIMES: 7:00 pm, on most Wednesdays Oct. 3-June 26
COST: Free, but donations to cover costs welcome.
LOCATION: Dormition Parish, 15608 -104 Ave, Edmonton
CONTACT: Check <u>http://dormition.eeparchy.com</u> for the schedule.

ADDITIONAL INFORMATION: Come to any or all of the classes. Coffee and Tea provided. Feel free to bring a snack to share. Bonus: Come pray with us. at 6:00 pm (before our lesson) we will have a prayer service.

Scripture Study, Dormition, Grande Prairie

AGE: Adult

DESCRIPTION: We will be starting an introduction to the Bible with the Program "Bible Timeline" which includes a DVD and discussion.
DATES: 2nd and 4th Tuesday of the month, Oct – June
TIMES: 7:00 - 8:00 pm
LOCATION: Dormition Parish,10315-114 Ave, Grande Prairie, AB
CONTACT: Fr. Mark : 780-646-1129

Bible Studies, St. Stephen, Calgary

AGE: Adults

DESCRIPTION: Although the classes do go through Scripture in consecutive order, people are welcome to join us even if they can only drop in from time to time. We use the "Bible Adventure" program. This year we will be studying the Book of Revelation. **DATES & TIMES:** Thursdays Sept.20–May 30, 10:00 am.

LOCATION: St. Stephen Protomartyr Church 4903 - 45 St., SW, Calgary CONTACT: Parish Office: 403-249–4818

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Old Testament Bible Study, St. Josaphat, Edmonton

AGE: Ages 18 and up DESCRIPTION: We will continue with the Historical Books of the Old Testament and explore the Old Testament Timeline. DATES AND TIMES: Wednesdays in September, 7:00 PM Sept. 5 – The Prophet Elisha and the End of the Kingdom (2 Kings 1-16); Sept 12 – The Exile to Assyria and Babylon (2 Kings 17-24, Jeremiah 31-34, Dan 1-7, Ezekiel 24); Sept. 19 – Return from Exile (Ezra &Nehemiah); Sept. 26 – Maccabees (Books I and II). LOCATION: St. Josaphat Cathedral Auditorium (Basement),10825 - 97 St, Edmonton

CONTACT: Fr. Peter Babej at 780-422-3181 or peterbabej@telus.net

Scripture Studies; First Corinthians, St. Josaphat, Edmonton

AGE: Adult

DESCRIPTION: The conflicts of the early Christians in Corinth are similar to our struggles today. The message of St. Paul is a much-needed message for our own times. We will explore the key elements that he introduced to a new Church about the nature of grace and the Church as the Body of Christ also introducing them to the most powerful gift of all: the Eucharist. We will learn the importance of Christian unity , explore St. Paul's strategy for successful evangelization, see how to live a Christian life in the midst of a pagan culture, discover why St. Paul sees the Church as the Body of Christ, learn how his letter proves that the sacrifice of Christ is truly made present in the Eucharist and gain a new vision for seeing the body as a temple of the Holy Spirit. Bring your Bible to the sessions. **DATES & TIMES:** Tuesdays, Sept. 25-Dec. 11, 7:00-9:00 pm. **LOCATION:** St. Josaphat's Cathedral basement, 10825 - 97 St, Edmonton **COST:** Free (or a donation may be made to St. Josaphat's Cathedral Parish) **CONTACT:** Don Hucal, (780) 424-3477



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Sodality, St. Basil, Edmonton

AGE: Girls, Grade 6 and Up

DESCRIPTION: Meet once a month to discuss and learn about our faith and how to keep the Virgin Mary as our primary role model. We wear capes and veils on the first Sunday of the month and participate in the Divine Liturgy.

DATES & TIMES: 11:00 am. Divine Liturgy, 1st Sunday of the month and meetings 1st Friday of the month, Oct. - June.

LOCATION: St. Basil Cultural Centre, 10819 71 Ave., Edmonton

CONTACT: Victoria Kostyniuk:, vrkostyniuk@gmail.com

Myrrh Bearers/Altar Servers, Dormition of the Most Holy Mother of God, Grande Prairie

AGE: Boys and Girls Age 6-17 DESCRIPTION: Learn about our faith, become more involved in the life of the parish, share our faith by helping others through social outreach and enjoy spending time with friends. DATES & TIMES: 1st and 2rd Friday of the month. Oct - June, 7:00-9:00 pm. LOCATION: Dormition Parish, 10315-114 Ave, Grande Prairie, AB CONTACT: Fr. Mark: 780-933-4468, 780-646-1129

Altar Boys: Assumption of the Blessed Virgin Mary, Calgary

AGE: 7 and older

DESCRIPTION: Social and Spiritual activities . Parish pays 75% of the cost for parish altar boys to attend Summer Acolyte camps.

DATES & TIMES: Sundays 9:00 am (Ukrainian) and 11:00 am (English) Divine Liturgy and Holy Days at 10:00 am

LOCATION: Assumption of the Blessed Virgin Mary Parish, 704-6th St NE Calgary **CONTACT:** Rectory Office at 403-230-7013; abvmcalgary.com website; Facebook.

Altar Servers, St. Stephen, Calgary

AGE: Boys & Girls who have received their 1st.Solemn Communion DESCRIPTION: Serving at Divine Liturgies and other services. DATES: Meeting times are TBD LOCATION: St. Stephen Protomartyr Church4903 – 45 St., SW, Calgary CONTACT: Parish Office: 403-249-4818, http://www.saintstephencalgary.ca/

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Altar Servers, St. Josaphat, Edmonton

AGE: 8 and up

DESCRIPTION: For boys who have completed their Holy Solemn Confession and Holy Communion. We meet for teaching, training, games, and fellowship. The boys are expected to serve at the Altar every Sunday.

DATES & TIMES: Sunday service at the Altar. Every Sunday. Monthly meetings & outings. LOCATION: St. Josaphat Cathedral, 10825 - 97 St, Edmonton CONTACT: Volodymyr Babiak, klvlodko@gmail.com or 780-604-8095

Altar Boys, St. Basil - Edmonton

AGE: Boys - Grade 2 - Grade 12

DESCRIPTION: Boys serve at Divine Liturgy and other services. Spiritual and catechetical guidance and teaching is provided at the meetings by the parish priest. They socialize and do fun activities together (i.e. sports, caroling, pysanky and making paska). There is also an Eparchial camp that they may attend every summer.
DATES & TIMES: Participation in all Divine Liturgy and other services during the year. Meetings - 1st Friday of the month Sept – June, 6:30 to 8:00pm
LOCATION: St. Basil's Parish and Cultural Center, 10819 71 Ave.
CONTACT: Ken 780-466-5827 st.basils@shawbiz.ca

Children of Mary, St. Josaphat, Edmonton

AGE: 8 and up

DESCRIPTION: Girls who have completed their Holy Solemn Confession and Holy Communion meet once a month, during which there is some teaching, training, games, and fellowship. They are expected to sit together in the front pew of the church, hold candles for the Gospel reading, and assist at the time of Holy Communion.

DATES AND TIMES: Sunday attendance. Monthly meetings and outings. LOCATION: St. Josaphat Ukrainian Catholic Cathedral, 10825 - 97 St, Edmonton CONTACT: Parish Office 780-422-3181 or visit www.stjosaphat.ab.ca.

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Young Adult Pilgrim's Retreat: Climbing the Mountain – Holy Transfiguration Monastery, California

AGE: 18 – 35 yrs.

DESCRIPTION: This pilgrimage to Holy Transfiguration Monastery in California is for young adults looking for a deeper spiritual experience. Strengthen your faith and journey with the Ukrainian Catholic Church through a pilgrimage experience.

Organized by the Edmonton Eparchy (Millie Schietzsch) and the Eparchy of Parma (Fr. Joseph Matlak). During the Christmas Break, visit the monastery on Mt. Tabor for prayer and talks, with excursions to California's Pacific Coast, Redwood Forest, Wine Country and a short stay in San Francisco.

DATES: Dec. 27, 2018–Jan. 3, 2019 COST: TBD CONTACT: Millie at <u>youth@eeparchy.com</u>.

Young Adults, St. Stephen, Calgary

AGE:18 – 35 yrs DESCRIPTION: Gatherings of Young Adults for Spiritual, Social, and Catechetical development. DATE & TIMES: Meetings are to be determined. CONTACT: Parish Office 403-249-4818, http://www.saintstephencalgary.ca/

Scripture Studies

Bible Studies, Holy Eucharist, Edmonton

AGE: Adult

DESCRIPTION: Using the "Bible Timeline" Program which consists of a DVD and discussion, Fr. Planchak will lead us as we explore God's loving word to us in the New Testament

DATE & TIME: Mondays Oct.1- June, 6:00-7:30 pm.

LOCATION: Holy Eucharist Parish Basement 6425 - 120 Ave, Edmonton CONTACT: Fr. Planchak: 780-914-2573

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Youth Group, Dormition, Grande Prairie

AGE: 12-18

DESCRIPTION: Providing youth an opportunity, in a fun and relaxed atmosphere, to grow in friendships, spiritual knowledge, faith and service. **DATES & TIMES:** 4th Friday of the month. Sept - June, 7:00-9:00 pm **LOCATION:** Dormition Parish,10315-114 Ave, Grande Prairie **CONTACT:** Fr. Mark: 780-933-4468, 780-646-1129

Young Adult

Young Adult Social & Movie Night - Holy Eucharist, Edmonton

AGE: 17 to 30

DESCRIPTION: An opportunity to get to know other young adults, watch movies, take part in discussions and ask about our faith. A snack is provided. DATE AND TIMES: 3rd Sunday of the month, Sept. 23 - June, 5:30 PM. LOCATION: Holy Eucharist Basement 6425 120 Ave CONTACT: Fr. Planchak at (780) 914-2573

Beers & Qs with Fr. Julian, St. Nicholas, Edmonton

AGE: 18-35

DESCRIPTION: It's back! Young adults are invited to join Fr. Julian for a question and answer night on topics about the Ukrainian Catholic faith, all with a drink of your choice! DATES & TIMES: Thursday, Nov. 15, 7:00pm LOCATION: Fargo's (5804 Terrace Road NW) CONTACT: Joyanne at stnicksyouthyeg@gmail.com or 780-236-2184, or check the youth website, saintnicksyouth.com for updated info on each event.

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Youth Groups and Activities

Youth Group, St. Vladimir, Edmonton

AGE: 5-17

DESCRIPTION: Participate in fun and dynamic programming, including catechesis, group outings, Altar Servers and Children of Mary, annual Vertep, bake sales, caroling etc. DATES & TIMES 2nd Sunday of the month, Sept - June, after 10:30 Divine Liturgy during coffee LOCATION: St. Vladimir Church Hall, 12726-119 St.

CONTACT: Mariya, 780-988-6038 or Michelle, 780-566-1545

Children's Movie Night - Holy Eucharist, Edmonton

AGE: Elementary School DESCRIPTION: An opportunity to socialize with other children and watch faith-based children's movies. A snack is provided. DATE: 4th Sunday of the month Sept.23 - June TIME: After 10:00 am Liturgy LOCATION: Holy Eucharist Church Basement 6425 120 Ave CONTACT: Fr. Planchak: 780 914-2573 <u>Teen Fall Retreat, Eparchial Program</u> AGE: 13 to 17 DESCRIPTION: Start your school year right! Unyind, recharge, and charge some provi-

DESCRIPTION: Start your school year right! Unwind, recharge, and share some prayers and fun at this year's Eparchial Fall Teen Retreat. Bring a friend and spread the word!
Meals and accommodations are included in the cost. Carpooling is encouraged.
DATES & TIMES: Sept. 21 – 22, Drop-off between 5-7pm on Friday Sept. 21 and pick up 7pm Sept. 22
LOCATION: Camp Oselia (Range Rd. 53 – Hwy 16)
CONTACT: To Register email youth@eeparchy.com or 780-424-5496

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"Woven" Part I, Faith Sharing for Teenage Girls, Edmonton Eparchy

AGE: Teen girls 13-18 yrs.

DESCRIPTION Woven is a workbook and seminar designed to help modem girls see themselves as beloved by God, created in His image, and intended by God to reflect His love to others.through stories, discussion, crafts and activities, this series of 6 sessions will explore what it means to be a young woman living according to the Eastern Christian Faith in the modern world. We will delve into some of the most pressing topics teen girls face today such as identity, social media, friendship, relationships and more! DATES AND TIMES: Saturdays, Nov. 3-Dec. 8, 6:00-8:00pm. LOCATION: St. Basil's Cultural Centre, 10819 71 Ave, Edmonton COST: Free. Cost of the workbook will be covered through an eparchial grant. CONTACT: 780-424-5496 or education@edmontoneparchy.com ADDITIONAL INFORMATION: Register by Oct. 15. This is meant to be a small group so registrations are limited. Register early!

Junior Youth Group, St. Nicholas, Edmonton

AGE: Grades 3-7

DESCRIPTION: Have fun participating in bi-monthly group activities with other kids your age, focusing on exploring faith through games and activities.

DATES & TIMES: Fri. 6:30-8:30pm. Sept. 28, Nov. 23, 2018; Jan. 25, March 22, May 24 LOCATION: St. Nicholas Parish (9507 Austin O'Brien Rd NW), unless otherwise stated. CONTACT: Joyanne at <u>stnicksyouthyeg@gmail.com</u> or 780-236-2184 or check the youth website, <u>saintnicksyouth.com</u> for updated info on each event.

Senior Youth Group, St. Nicholas, Edmonton

AGE: Grades 8-12

DESCRIPTION: Have fun participating in bi-monthly group activities with other teens your age, focusing on exploring faith through games and activities.

DATES & TIMES: Fridays, 6:00-8:30pm. Oct. 12, Dec. 21, Feb. 22, April 26, May 24 LOCATION: St. Nicholas Parish (9507 Austin O'Brien Rd NW), unless otherwise stated. CONTACT: Joyanne at <u>stnicksyouthyeg@gmail.com</u> or 780-236-2184 or check the youth website, <u>saintnicksyouth.com</u> for updated info on each event.

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Children's Overnight Retreat, Edmonton Eparchy, Holy Eucharist, Edmonton AGE: Grades 1 to 6

DESCRIPTION: Make new friends! See friends from summer or previous camps! Prepare for the Nativity of our Lord through prayer, crafts and activities.

DATES & TIMES: Nov 24, 3:30 p.m. — Nov 25 after 11:00 am. Divine Liturgy
COST: \$20. Saturday evening meal, Sunday breakfast and lunch and snacks are included.
LOCATION: Holy Eucharist Parish Hall, 6425 120 Ave NW, Edmonton AB
CONTACT: Millie at youth@eeparchy.com/780-424-5496

ADDITIONAL INFORMATION: Please provide a mat for your child to sleep on, bedding, toiletries, and clothes for overnight.

Catholic Essay Contest, Knights of Columbus, Fr. Hannas Council

AGES: High school - Grades 10 to 12

DESCRIPTION: Catholic Essay contest sponsored by the Knights of Columbus #10519 Father Hannas Council (St. Basil the Great Church). Students are encouraged to write an essay between 500-750 words. All contestants are recognized for their participation in the contest. Participants are required to furnish written parental consent.

DATES: Oct. 1 - Dec. 1, 2018.

CONTACT: Bro. Chris Kyrzyk, <u>commdir.kofc10519@gmail.com</u> for entry forms, contest rules and theme.

"Keep Christ in Christmas" Art Contest, Knights of Columbus, Fr. Hannas Council

AGES: Elementary school - Grades 4 to 6

DESCRIPTION: To promote the true spirit of Christmas in our homes, schools, parishes and communities, the Knights of Columbus Fr. Hannas council (St. Basil the Great Church) sponsors a "Keep Christ in Christmas" art contest. Participants are required to furnish written parental consent.

DATES: Nov. 17, 2018 - Dec. 18, 2018.

CONTACT: Bro. Chris Kyrzyk, <u>commdir.kofc10519@gmail.com</u> for entry forms and contest rules.