

IMPORTANT DATES:

First Monday of each month
The Loss of Spouse Support Group will meet on *Zoom* from 7:00-8:30 p.m. on September 11. We have coffee meet-ups in person as well. If you know anyone who could benefit, please e-mail LossSpouseSupport@gmail.com

Monday, September 11
Friends of Mercy prayer time at 3:00 p.m. on *Zoom* with Cathie and Francine.
Link to be sent out soon.

Thursday, September 21
Parish Coordinators' Meeting on *Zoom* from 10 a.m.-12 p.m.
Other dates: Nov. 16, March 14 and May 16.

Welcome to our new Parish Coordinators: **Vivian Hudson** (St. Edmund of Canterbury) and **Primo Steffan** (St. Kevin).

Connect and Grow
Our *Connect and Grow* evenings will continue this year with three dates scheduled:

- **Monday, October 16**
- **Wednesday, January 17**
- **Thursday, April 18**

All sessions will be held from 7:00-8:30 p.m. on *Zoom*.

Fall Re-Launch

I hope that you have all had a wonderful summer filled with opportunities to renew and refresh your spirit. As we move into the busy-ness of Fall, it is a good reminder that as volunteers, we need to care for others and hold the balance of caring for ourselves as well. When we see the great need of others, especially seniors who are particularly isolated and struggling, it is easy to disregard our own needs. Taking time for what gives us life and peace is critical. One opportunity to recharge our spiritual batteries is to attend our retreat on **September 22nd** (see below). Perhaps a walk in the park or forest suits you. Maybe singing or listening to music calms your spirit. Let us support each other in caring for our spirits as we accompany others and give of ourselves as listeners, volunteers, and friends. **Thank you for all that you do!**

Annual PHC Retreat

We hope you can join us for this day of prayer, reflection and community. **Deadline for registration is September 13.** Opportunity to do SPVM check/ID badge photo (if you have not already done so) at the lunch break.

Carpooling possible.

Basic Formation

We are busy planning new basic formation opportunities to train new volunteers.

Blanca is finishing up a session with 16 new volunteers (in French).

Maria Regina will be doing a formation session in October in the West (in French).

Christiane is doing a training for new visitors in Joliette (in French).

Cathie is looking to do a hybrid intensive training (Friday night/Saturday-over two weekends) in November (in English).

If you are interested in any of these formations or know people in your parish/community who might be good listeners, please fill out the registration form [HERE](#). Are you visiting someone new or know of someone who needs a SASMAD visit? You can register them as a beneficiary on our website [HERE](#).

M† SASMAD
Service d'accompagnement spirituel
des personnes malades ou âgées à domicile
Pastoral Home Care

My Heart is Ready, O God!

Retreat facilitated by Irene Miller

Friday, September 22, 2023
9:30 a.m.- 3:00 p.m.

at **Villa Saint-Martin**
21269 boul. Gouin ouest
(lunch included)

Suggested contribution: \$25

Pastoral Home Care – SASMAD English sector

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