



# Church of the Holy Eucharist

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Dear Friends:

We welcome you to the 2018-2019 year of dynamic faith formation here at Holy Eucharist called LIFT! (Living In Faith Together). Often parents wonder how to pass on the Catholic faith to their children at all stages of their development. In the midst of busy family life, our unique program enables families to develop, nurture and live out their faith together as disciples of Jesus Christ. We also know how important it is for families to connect with other families of faith so we provide opportunities for families to build community at Holy Eucharist.

As parents, you carry the primary responsibility to pass our faith on to our children. As families, we encourage, pray for and support each other. Holy Eucharist aims to offer resources and opportunities through our sessions to help families connect, grow and live out the Catholic faith. We offer parents the opportunity to learn more about their faith through speakers on various topics, and small group discussion.

For children, in addition to our Family Faith Formation and Sacrament Preparation programs, each week we offer our pre-school Kidzone and Children's Word programs at our 5:00 pm, 8:30 am and 10:30 am masses. We also invite our high school youth to serve in our many weekend ministries and participate in youth ministry giving the young people the opportunity to build a faith community of peers.

As a cornerstone to what happens in our homes and small groups, we ask families to make Mass attendance a weekly priority. The Mass and Eucharist are at the forefront of our faith lives. Attending Mass as a family helps to strengthen bonds within a family, to build the greater parish community as well as the global Catholic community.

Holy Eucharist's LIFT! program would not be possible without our wonderful team. We share many gifts and make a great commitment to pass along our faith to the next generation. Consider being part of our ministry team – we have a place for you! If your family is returning this year to our program, we thank you for seeing the value this commitment brings to your family life. If your family is joining us for the first time, we look forward to starting this journey with you.

*Fr. Andrew Jamieson*  
*Pastor*