



In Our Prayers

Fr. Jean-Paul Vantroys, OMI, of Youville Home, who had been feverish and feeling unusually tired for the last few weeks, is being treated for an infection and is slowly recovering.

Please keep him and all others afflicted with various health issues in your prayers.

Community Dinner

On December 20th, the residents of Foyer Lacombe, along with the area Oblates, shared an early Christmas meal at Foyer. Chef Lucie prepared a fantastic traditional French-Canadian Christmas meal for the occasion. Fr. Groleau expressed gratitude on behalf of the Oblates to the volunteers who offer their time and services to help serve these monthly meals at Foyer Lacombe.

Feast Day Celebration

Many thanks to all who participated in our celebration of the Feast of the Immaculate Conception at St. Albert Parish on December 7th. We were graced by the presence of Father Warren Brown, General Councillor for the Oblate Region of Canada/USA. We appreciated the meaningful message of Sandra Prather. And we thank Dan Friedt for animating our singing, our readers Lucie Leduc and Joanne Friedt. Father Ignacy and the parishioners of St. Albert offered us warm hospitality as usual.

Father Alfred Groleau

January Anniversaries

Birthday

Le 16 janvier – le P. Jean-Paul Vantroys

Ordinations

January 3 - Fr. Wladek Karciarz (43 yrs)

January 29 – Fr. Louis-Philippe Roy (69 yrs)

BOC Meetings

Starting in January, STAR BOC gatherings will be held on Thursdays and most often, the 3rd Thursday of each month. The dates will be January 17, February 21, March 21, April 18 and May 16. Gathering start at 7 pm and are at Star of the North Retreat Centre.

Gareth BOC will hold its next gathering on January 30th at 6:30 pm at Gareth Place.

All are welcome!



Star of the North Retreat Centre
3A St. Vital Ave. St. Albert, AB T8N 1K1

Upcoming Programs

Christian Contemplative Prayer Retreat: A Path Towards Intimacy with God

Facilitator: Fr. Kevin McGee

The Christian journey is one of deepening of our relationship with the God who dwells in the depth of our hearts. During this retreat, we will reflect on Sacred Scripture as well as explore some of the writings of Christian mystics and contemplatives who have travelled on this path and remain guides for our own journey. There will be time given to teaching and practicing Centering Prayer.

7 pm Fri Jan 18 to 1 pm Sun Jan 20. Live in: \$250. Commute: \$190

Go Deeper and Find Your Inner Wisdom

Facilitators: Faith Paul and Katherine Mihailedes

Do you find yourself stuck in a place in life you would rather not be? Do you find that you don't have the strategies to obtain your optimal wellness? Join us on the WRAP journey, a self-management program that increases emotion resilience, self-awareness and strategies that are adaptable to all aspects of life. (Wellness Recovery Action Plan) www.copelandcenter.com.

Module #1: Feb 1-2 AND Module #2: March 1-2 (Fri: 6:30 to 9 pm, Sat: 9am to 4 pm)

Live in: \$275 Commute: \$175 (includes both modules)

Healing and Forgiveness in Scripture

Facilitated by Archbishop Sylvain Lavoie, OMI, & Lucie Leduc

The Gospels invite us to experience healing, reach out for reconciliation, and grow God's reign here on earth. Join us for three evenings as we explore the power of scripture to transform our lives.

Wednesdays: Feb 6, Feb 13, Feb 20 7-9pm \$60/series

Companions on a Healing Journey: Recovery Retreat

Facilitated by Archbishop Sylvain Lavoie, OMI and Justin R.

Addiction takes many forms and affects all of us - our families and society - and now reaching crisis proportions. This timely workshop is for anyone interested in learning more about the addictive process, a spirituality of recovery, inner healing and the 12 Step program. It will focus on the importance of fellowship, the power of prayer and the need to befriend our shadow as a way of both preventing and dealing with addiction.

7 pm Fri Feb 15 to 1pm Sun Feb 17 Live in \$250 Commute: \$150

Slow Down! Retreat Days with Sandy Prather

Feeling like you need a time out? Busy lives often leave us feeling tired, lacklustre and spiritually empty. A Slow Down Day is your opportunity to rest your body and refresh your spirit.

Thursdays: February 21, March 21, April 25 9:30 to 3 pm

\$40/retreat day (includes lunch)

Please register by at least one week before program date
780-459-5511/ reception@starofthenorth.ca
See our website for more information: www.starofthenorth.ca