

LOOKING FOR SOMETHING MORE?

STAR OF THE
NORTH
YOUNG ADULT
CONFERENCE

*Honouring 200 Years
of the Oblate
Constitution and Rules*

Star of the North
Retreat Centre

Thursday July 16 -
Sunday July 19, 2026



Join young adults (18–35) from across Alberta for a weekend of faith, connection, and renewal at Star of the North Retreat Centre.

Celebrate the 200th anniversary of the Constitution and Rules of the Missionary Oblates of Mary Immaculate—a living tradition of mission, community, and service in the Church.



WHY THIS CONFERENCE?

FAITH CAN FEEL ISOLATING—
ESPECIALLY AS A YOUNG ADULT

This conference offers a space to gather with others your age who are asking similar questions, seeking purpose, and trying to live their faith in the real world.

You'll encounter:

- Young adults (18–35) from across the region
- People at different stages of their faith journey—wherever you are, you belong
- Honest conversations about faith, life, and the Church

Through prayer, talks, and shared experience, you'll have the opportunity to:

- Deepen your relationship with Christ
- Encounter the missionary spirit of the Oblates
- Engage with bishops, priests, and leaders in meaningful and approachable ways
- Experience pilgrimage and the living faith of our local Church

Participants will:

- Hear stories and teaching from Oblate bishops and priests
- Participate in the Lac Ste. Anne Pilgrimage

This is a moment to reconnect with the heart of the Church's mission and to grow in the capacity to participate in it.



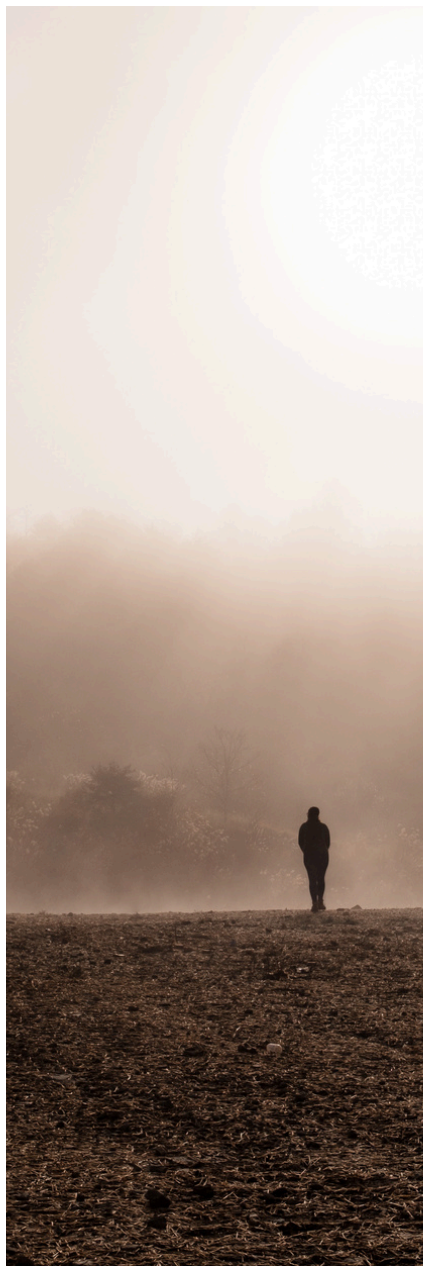
THE MISSIONARY OBLATES OF MARY IMMACULATE

Founded in 1816, the Missionary Oblates of Mary Immaculate are a religious community dedicated to evangelizing the poor and most abandoned.

For 200 years, their Constitution and Rules have guided a way of life rooted in:

- Community
- Mission
- Prayer
- Solidarity with those on the margins

In Western and Northern Canada, the Oblates have played a significant role in shaping the Church's presence and pastoral life. This conference invites young adults to encounter that legacy—and to consider how it continues today.



THE STAR OF THE NORTH RETREAT CENTRE

Star of the North is more than a retreat centre—it is a place of encounter, discernment, and ongoing formation within the life of the Church.

Rooted in the Catholic tradition and shaped by a commitment to listening, prayer, and accompaniment,

Star creates space for people to encounter Christ, one another, and the movement of the Holy Spirit in their lives.

For young adults especially, the Star offers something increasingly rare:

- Space to slow down and reflect
- Opportunities to connect with others who are seeking meaning and direction
- Honest, grounded conversations about faith and life
- A sense of belonging within a community that welcomes you as you are

Star serves the wider Church by forming people who are attentive, grounded, and ready to participate in the life and mission of their parishes and communities.

This conference is a natural extension of that mission—supporting young adults as they grow not only in faith, but in their capacity to contribute to the Church's future.

WHY I WANT TO ATTEND

[Please write 2–4 sentences here
and share with your parish]

Thank you for your prayerful
consideration and for supporting
young adults in their faith
journey.

Name:

Parish:

Contact:





TALK TO YOUR CHURCH!

REQUEST FOR SUPPORT (you can use this template!)

A Request to Our Parish

I am seeking financial support from my parish to attend this conference.

The total cost is: \$200

I am requesting: \$[Total or Partial Support]

Your support is not only an investment in my personal faith—it is an investment in the life and future of our parish.

Are you a Protestant - or a seeker young adult and not sure this conference is for you?

Although this event is run by a Catholic retreat centre, we are very ecumenical and seeker friendly! Our goal is for spiritual folks to get together, talk, and find commonalities... ultimately to work together to change the world! You will find community here!

This experience is not only personal formation—it is preparation for participation in the life of the parish.

Following the conference, I am committed to sharing what I have received. This may include:

1

Offering a short witness or reflection after service

2

Helping create opportunities for young adults to connect and belong

BRINGING IT BACK TO CHURCH



3

Hosting a young adult gathering or faith-sharing evening

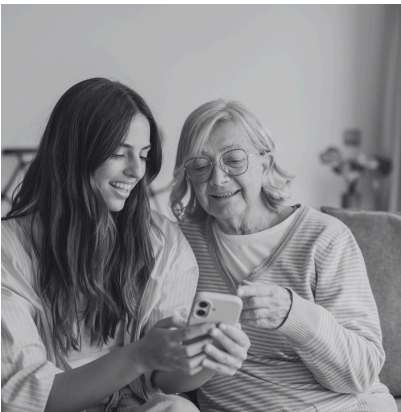
4

Writing a reflection for the parish church bulletin or website

5

Sharing insights on the spirituality and mission of the Oblates

This is an opportunity to strengthen the presence, leadership, and spiritual life of young adults within our parish community.



INVESTING IN YOUNG ADULT FORMATION

Young adults are not only the future of the Church—they are an essential part of its present.

Many are seeking meaningful connection, belonging, and direction, yet often feel disconnected from parish life.

This conference offers a concrete way to respond.

Through participation, young adults will:

- Receive formation grounded in the Church's missionary tradition
- Build relationships across parishes and communities
- Grow in confidence to participate in parish life
- Return equipped to foster connection and engagement among their peers

Potential Diocesan Outcomes:

- Increased young adult engagement and retention
- Strengthened parish leadership pipelines
- Greater connection between young adults and the wider Church
- Ongoing collaboration with Star of the North in formation initiatives

We welcome partnership in supporting young adults from across the diocese to attend.

For more information or to discuss diocesan involvement:

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