

Where to meet other Catholics once you are working

By Sarah Du Broy

Under the patronage of Our Lady of Lourdes and Blessed Pier Giorgio Frassati, *Frassati Catholic Fellowship* provides opportunities for spiritual growth and fellowship among Catholics between 24 and 39 years of age. It is open to people of varying vocations: single, engaged, married, religious, or discerning a religious vocation.

Events follow a simple formula which includes prayer – typically the rosary – and fellowship. The group meets twice a month, usually on Friday evenings at 7 pm. During the summer, meetings are most often held at the Lourdes Grotto in Vanier. The rest of the year, they are usually held at St. Patrick's Basilica in the scavi. Hikes in Gatineau Park are also organized in the summer and in the fall.

Events vary from fun outings to a nearby pub or restaurant, sporting activities such as skating on the canal or soccer, to attending public events such as Mosaika, Greek Fest, and the National Gallery exhibits. The group also encourages participation in diocesan and pro-life events by participating in the 40 Days for Life initiative, attending diocesan ordinations to



Photo taken on Friday, September 28, after a rosary and Mass at St. Theresa's church for the unborn. Courtesy of Norman Escobar

the priesthood, and attending Masses for the intention of the establishment of a pro-life medical centre in Ottawa.

If you'd like to attend their events, please email frassati.fellowship@gmail.com to be added to their distribution list.

CFC Singles for Christ: Proclaiming our God in faith and fellowship

by Renée Ardiente and Melodie Gabriel

CFC Singles for Christ (SFC) rejoiced in the Lord at their 14th annual Canadian conference August 24-26 at Carleton University. More than 300 delegates from across Canada and Bermuda gathered under the theme "Our God," proclaiming God's greatness through liturgy, teaching, and fellowship.

Through talks by dynamic speakers, we gave thanks for God's blessings on our community. We were presented with Mary as a model of discipleship, we were exhorted to pray personally about our individual missions, and we were encouraged to become people of "greatness".

We were blessed to have Archbishop Prendergast, Fr. Geoffrey Kerslake and Fr. Rico Dingal celebrate Mass with us. The weekend included vibrant praise and worship music. Participants also attended workshops that revealed ways to proclaim God's greatness in our personal lives and to the outside world.

We also celebrated our God-given talents through showcases in film, photography and song writing, as well as electrifying band and dance competitions. Saturday's sports events had many exciting moments, all in a spirit of true sportsmanship.

Strengthened in faith and fellowship, SFC Canada stands ready to fulfill God's call to greatness. Like our Blessed Mother, surrendering our lives to Him and bearing Christ to every single man and woman all over the world.

Couples for Christ (CFC) and its family ministries are a private international association of the faithful of pontifical right recognized by the Pontifical Council for the Laity of the Vatican. CFC Singles for Christ is a ministry of passionate professionals living renewed lives in Christ. For more information about SFC Ottawa, contact Boyd and Twilight Beltran by email: ottawasfc2012@gmail.com, or visit www.cfcscfcanada.com.

