



The Roman  
Catholic Diocese  
of  
Prince George

# Wednesday Weekly

June 24, 2026

13<sup>th</sup> Sunday in Ordinary Time | June 28, 2026

*“Whoever finds their life will lose it, and whoever loses their life for my sake will find it.”*

*-Matthew 10.37-42*

## THIS WEEK ON FORMED

How to Get More Out of the Mass (Even When You're Distracted)

In this episode of Practicing Catholic, Dr. Scott Hefelfinger and Taylor Kemp explore how to participate more deeply in the Mass, even during seasons of distraction, dryness, or spiritual fatigue. Drawing from their own experiences as parents and pilgrims in the faith, they discuss why the Mass is not primarily about what we get out of it, but about entering into Christ's sacrifice and allowing the liturgy to form us.

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## New this Week!

### Payroll Deadline

Due to Canada Day being a bank holiday, the deadline for processing payroll will be Monday, June 29, 2026. Please have all timesheets for the period June 14 – June 27, 2026 to Catherine no later than Noon, June 29, 2026.

### Lanterns (Formerly Rainbows)

Lanterns is a peer support group for children, adolescents, and adults who are grieving a death, divorce or any other painful transition in their family. Sessions run for 12 weeks each Thursdays from 6:30-7:30pm, beginning in September at St. Mary's School. There is no cost to participate, and Registration is open on the website. Also; Terry is looking for Facilitators and/or Volunteers, if you are interested in participating, please use the following contact information.

Website: <http://www.lanternspg.com/>

Contact Terry: 250- 562-3477, or 250-562-3209  
or E-mail: [Lanternspg2025@gmail.com](mailto:Lanternspg2025@gmail.com)

### Franciscan Vocations



In celebration of the Jubilee Year of St. Francis, the Franciscan Friars of Canada are sharing a new vocation story series on Youtube, called Rebuild My Church. The series is named after the phrase that the Lord proclaimed to St. Francis in 1205 in Assisi, Italy. What vocation is God calling you into? We pray this series would shed more life on the Franciscan way of life and the men in Canada who have given their

life to following Christ as Franciscan friars.

Series: <https://youtu.be/nf8qr0itfSk?si=Lv1EK1kgsHlOAJAE>

### June 2026 Rachel's Vineyard Update

Thank you to all our friends in the diocese who have supported us in reaching our goal of initiating a local Rachel's Vineyard Healing Program. Our first retreat in Prince George was held in May and it was a success. We now plan to continue these retreats on a yearly basis.

We have been richly blessed by all the gifts that were offered to us either by prayers, financial or volunteer time that so many of you offered.

Please check our website for updates: [www.rachelsvineyardpg.ca](http://www.rachelsvineyardpg.ca)

With prayers & much gratitude  
Adele Stewart & Team

# Cana Family Camp

August 3  
- August 7, 2026

Camp Morice,  
Fort St. James

Tent or Trailer  
Spots Available



\*Campers provide their own meals\*

## Pricing

Cabin: \$240

Tent or Trailer: \$80

For more information, email Fr. Pier at  
ppandolfo@pgdiocese.ca

Register here!



## Family and Social Events

### Cana Family Camp - Registration Open!

Cana Family Camp will take place at Camp Morice from August 3 to August 7, 2026.

For more information, email Fr. Pier at  
ppandolfo@pgdiocese.ca

Register by scanning the QR code on the poster or following the link here:

<https://forms.cloud.microsoft/r/yxq0mNk1BF>

## Prayer and Formation

### This Week on Formed



### How to Get More Out of the Mass (Even When You're Distracted)

In this episode of Practicing Catholic, Dr. Scott Hefelfinger and Taylor Kemp explore how to participate more deeply in the Mass, even during seasons of distraction, dryness, or spiritual fatigue. Drawing from their own experiences as parents and pilgrims in the faith, they discuss why the Mass is not primarily about what we get out of it, but about entering

into Christ's sacrifice and allowing the liturgy to form us.

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The conversation covers practical ways to listen more attentively, the relationship between confession and the Eucharist, the importance of thanksgiving after Mass, and how learning more about the Liturgy can deepen our love for it. Whether you're a lifelong Catholic or a recent convert, this episode offers encouragement to bring your 'five loaves and two fish' to the Lord and trust Him to transform even your imperfect offering.

You can watch this episode here on Formed: <https://app.formed.org/app/videos/4079935>

**Don't have a Formed account?** Follow the steps to sign up for free under your Parish here: <https://help.formed.org/support/solutions/articles/9000210892-how-do-parishioners-sign-up-for-free-under-the-parish->

**Did you know?** Formed has a leadership resource website for those members of a parish who lead or participate in ministry. You can find those resources here: <https://leaders.formed.org/>

## Seminary of Christ the King Vocation Live-In Weekend

There will be a Vocation Live-In on the weekend of July 4-5 at the Seminary of Christ the King in Mission, BC. Anyone wishing to enter the Seminary in the next couple of years is welcome. For more information phone 604-826-8975 or email [rector.minors@sck.ca](mailto:rector.minors@sck.ca)

Please see the attached poster for more details.

## Monthly Days of Adoration for July and August

Emmanuel Hermitage invites you to a Personal Date with Jesus on **Wednesday July 8th** and **Wednesday August 12th, 2026**, at the **Domano Chapel, 6500 Southridge Ave.** Mass will be celebrated at 7:30 AM and the Blessed Sacrament will be exposed from **8:00 AM to 6:00 PM** for a day of silent prayer and adoration.

We will pray for the universal Church and the world, for our Bishop and Priests, and for the people and needs of our Diocese. In particular we will pray for the protection of all human life, for all the sick, for vocations, for Peace in our world, and for the intentions of those participating in the day.

Please, mark your calendar on the **SECOND WEDNESDAY of each month** for *Personal Date with Jesus days*, which we will continue holding at the **Domano Chapel** as weather and circumstances allow.

## Grief to Grace Retreat



Grief to Grace is a program rooted in our Catholic faith. Designed to express the healing ministry of Jesus Christ, it is an integrated healing process of the body, mind, and spirit using the principles of trauma-informed care. It helps those who have endured abuse to find healing for neglect, abandonment, physical, emotional, sexual, clerical, and spiritual abuse, whether in childhood, adolescence, or as an

adult. The next retreat in Canada is **September 22 - 27, 2026 in Kelowna**. For more information please email [griegtogracekelowna@gmail.com](mailto:griegtogracekelowna@gmail.com) or make a confidential call to 250-808-6403. The deadline for the intake process is June 15.

## Diocese of Victoria – Pastoral Care Fall Training Sessions

*“God calls us to touch the lives of our aging, lonely, ill, palliative and dying sisters and brothers with accompaniment, kindness and compassion as the hands and face of Christ. In these sessions, you learn basic tools necessary to accompany those who are in need of the healing ministry of Christ.”* – Most Reverend Gary Gordon, Bishop of Victoria

The valuable and free Pastoral Care Outreach Training series will be offered online this winter. The training is open to spouse caregivers, family members who care for their loved ones, clergy and religious, care aides and others in the health industry, and anyone who is personally drawn to learn basic tools necessary to accompany those who are in need of the healing ministry of Christ.

Nine sessions will be held via Zoom on Saturday mornings from 9:30 – noon, **starting on September 26 and running until November 28, 2026** (with no session on October 10). Missed session can be made-up, and a Certificate of Completion is provided to those who complete all nine sessions. Participants will require a phone number and email address, a computer, tablet or smart phone with speakers, microphone and webcam, a reliable Internet connection, and access to Zoom. **Please register through your parish by September 17, 2026.** For further information, please email [moiraking@shaw.ca](mailto:moiraking@shaw.ca)

## Employment Opportunities

### Catholic Independent Schools of Prince George

Our 8 vibrant Catholic Schools in the communities of Dawson Creek, Prince George, Smithers, Terrace, Kitimat, and Prince Rupert enrol 1621 students. Our enrolment is growing and we have full-time teaching vacancies.

Do you know of a Catholic Educator who may consider applying to work with CISPG? Please, can you spread the word by sharing our [Catholic School Teacher](#)

[Postings](#) with them. As parishioners, we invite you to pray for dynamic Catholic teachers to apply and come be the witnesses our children need for their faith journey.

## Advokate Life and Education Services - Hope for Women Prince George - Client Services Assistant

Looking for work that truly matters? The Hope for Women Pregnancy Centre in Prince George, an initiative of Advokate Life & Education Services Society, is seeking a compassionate and organized **Client Services Assistant**. This flexible, in-person role supports women facing unplanned pregnancies, assists volunteers, and helps keep the centre running smoothly. If you have a heart for women and children and strong administrative skills, we'd love to hear from you.

**Apply:** Email your resume and cover letter to **Janoah Fisher** at [janoah@hopeforwomen.ca](mailto:janoah@hopeforwomen.ca).

**Want to share news in the Wednesday Weekly?** Email [reception@pgdiocese.bc.ca](mailto:reception@pgdiocese.bc.ca) by **NOON** on Tuesday. Late entries will be published in the following week's edition. Please send in Word format.

**To receive all diocesan news directly in your inbox or on your phone,** **EMAIL** [reception@pgdiocese.bc.ca](mailto:reception@pgdiocese.bc.ca) **OR TEXT** "pgd" to 514-900-0130 to join Flocknote.