



The Roman
Catholic Diocese
of
Prince George

Wednesday Weekly

September 16, 2026

25th Sunday in Ordinary Time | September 20, 2026

"Take what belongs to you and go; I choose to give to this last the same as I give to you. Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?"

-Matthew 20.1-16

THIS WEEK ON FORMED

How to Cultivate Silence for a Better Prayer Life

On this episode of Practicing Catholic, hosts Taylor Kemp and Dr. Scott Hefelfinger tackle a challenge almost every praying Catholic knows well: sitting down for prayer only to find that silence is anything but quiet inside. Drawing on a year of listener response to their episodes on prayer, Taylor and Scott turn to the question underneath it — why cultivating real silence is so difficult, and why it's essential to the spiritual life anyway.

Attachments

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New this Week!

Called Together Diocesan Annual Appeal

This weekend marks the start of the active phase of our annual appeal and it will continue for another two weekends after that.

Attached are materials for you to use for your rollout.

Parish goals will be sent out separately as there were some last-minute changes to parish project goals.

Teaching TOB to Tots, 'Tweens, and Teens: Theology of the Body Basics, Sexuality, and a Loving Response to Transgender Issues

Teaching **TOB** to Tots, 'Tweens, and Teens

Theology of the Body Basics, Sexuality, and a Loving Response to Transgender Issues

We invite you to come to hear international speaker and author, Monica Ashour from TOBET, the Theology of the Body Evangelization Team, present this compelling teaching with stories, truth, and real compassion.

Wednesday, October 7,
2026

7:00 - 8:00 PM

Diocesan Pastoral Centre
6500 Southridge Ave.

Join online! Scan here to receive the link



tobet.org

Wednesday, October 7, 2026 from 7:00-8:00pm at The Diocesan Pastoral Center Conference Wing (6500 Southridge Ave.) and online.

We invite you to come to hear international speaker and author, Monica Ashour from TOBET, the Theology of the Body Evangelization Team, present this compelling teaching with stories, truth, and real compassion. Learn more at tobet.org

A link to stream the talk will be released at a later date. If you want to receive the link as soon as it is available, please let us know your email here:

<https://forms.cloud.microsoft/r/c6GUM70ik6>

Family and Social Events

September Swing – September 19th



*"A Time
To Dance"*
Ecclesiastes 3:4

YOU'RE INVITED TO THE

*Third Annual
September Swing*

YOUNG ADULT AND FAMILY DANCE

SEPTEMBER 19TH
DIOCESAN PASTORAL CENTRE
6500 SOUTHRIDGE AVE. PRINCE GEORGE
DOORS OPEN AT 6:00 PM
DANCE FROM 6:30 – 10:30 PM

\$5 PER PERSON
\$15 PER FAMILY
PLEASE BRING A SNACK TO SHARE

ATTIRE: FORMAL

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Prayer and Formation

This Week on Formed



How to Cultivate Silence for a Better Prayer Life

On this episode of Practicing Catholic, hosts Taylor Kemp and Dr. Scott Hefelfinger tackle a challenge almost every praying Catholic knows well: sitting down for prayer only to find that silence is anything but quiet inside.

Drawing on a year of listener response to their episodes on prayer, Taylor and Scott turn to the question underneath it — why cultivating real silence is so difficult, and why it's essential to the spiritual life anyway.

Scott opens with a passage from St. Teresa of Avila's *The Interior Castle*, where she urges the soul entering the 'second dwelling places' to strip away unnecessary business and busyness, not just sin, in order to progress. From there, the conversation turns practical: Taylor and Scott talk through the real sources of 'noise' in their own lives — social media, podcasts, audiobooks, even good and worthy commitments — and how easily these can crowd out the space prayer needs. They discuss concrete habits that have helped them, like resisting the urge to fill a commute with music or podcasts and instead letting the mind settle and process the day, and stress that true silence isn't an empty nothingness but space intentionally filled with communion with God.

The episode closes with each host sharing a personal action item for the week ahead — including a nightly Examen practice with family and a commitment to a silent morning walk — as a practical starting point for anyone hoping to make more room for God in the noise of daily life.

You can watch the video here: <https://app.formed.org/app/videos/4192194>

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/>

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>

Pro-Life

Advokate – 2026 Celebrate Life Gala Church Promo Package

Dear Pastors and Church Leaders,

We are excited to invite you and your congregation to our 2026 Celebrate Life Gala, an evening dedicated to celebrate and champion our life-saving mission!

This year's Gala will be held on:

- Date: Thursday, October 1, 2026
- Time: 7:00 - 9:00 pm (pre-dinner reception at 6:00pm)
- Location: Civic Centre

The Celebrate Life Gala is our largest annual fundraising event, which enables us to continue to create educated communities where families thrive and babies' lives are valued and welcomed. Your partnership is so valuable to the lives we touch and we would love for you to join us.

How your church can help:

Attend the Gala: We encourage you, your leadership, and members of your congregation to join us for an evening of fellowship, inspiration, and support for a vital cause. Tables are



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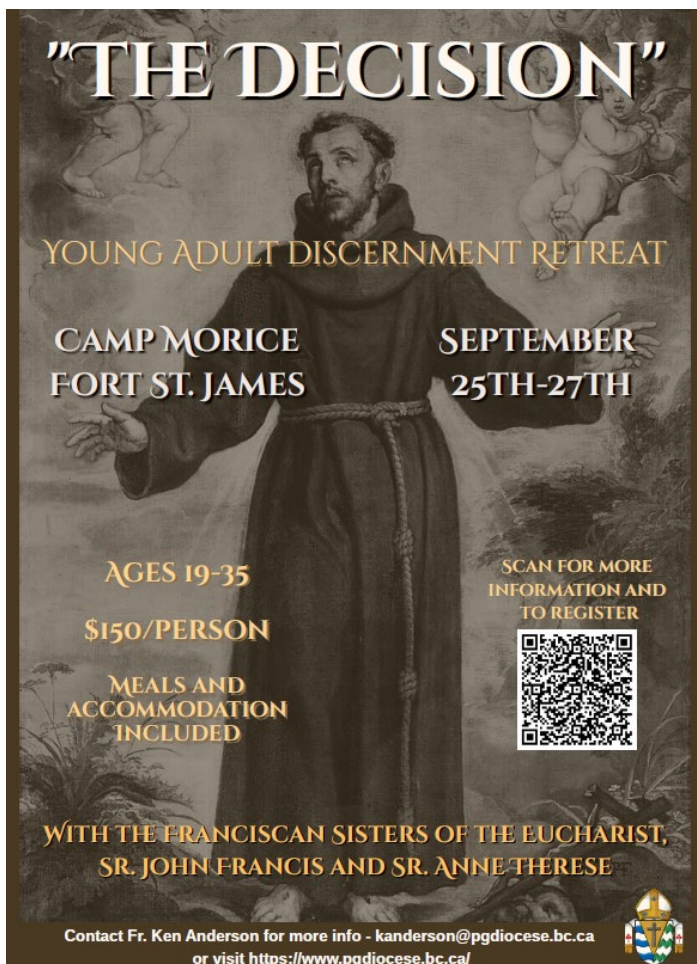
available for purchase and/or free through General Seating and can be reserved at <https://celebratelifegala.ca/prince-george/>

Spread the Word: We kindly ask for your assistance in sharing information about the Gala with your congregation. Please consider including an announcement in your bulletins, newsletters, or during service. Below is a link to our church promo package, where you will find posters, PowerPoint slides, bulletin inserts, social media graphics, and announcements for your convenience.

Your support, whether through attendance or by helping us reach more people, is deeply appreciated and makes a tangible difference.

Promo Package on Google Drive:

https://drive.google.com/drive/folders/1pb9bCMDjis38QQBJ_ORVw4U1jw0SlOVW



Retreats

Young Adult Discernment Retreat September 25th to 27th – Registration Open! Last Call!

A discernment retreat for young adults age 19-35, hosted at Camp Morice on the shores of Stuart Lake. The retreat includes a mix of silence, prayer, fellowship, talks/discussion and access to the Sacraments. This year we will be joined once again by two members of the Franciscan Sisters of the Eucharist. Our theme is "The Decision."

The retreat is an invitation to young people who are seeking to grow deeper in their relationship with God and to discover and respond to His plan for their lives.

The deadline for registration is September 18, 2026.

Registration is now open! Register here: <https://forms.cloud.microsoft/r/4izGDxAMW>

Employment Opportunities

Providence Living - PG Care Aide Opportunity

Providence Living is the Catholic health care organization currently building “The Rivers”, a transformative new care village in Prince George, slated to open in 2028. They are looking to learn more about Care Aides in Prince George and how they can support them to potentially join Providence Living’s amazing team.

Working at The Rivers will offer a unique chance to be part of an innovative, purpose-driven care model. At Providence Living, staff work in close-knit households where relationships, autonomy, and meaningful daily living are prioritized over institutional routines, creating a more rewarding and person-centred work environment.

Employees will have the opportunity to work in a brand-new, modern facility featuring amenities like on-site childcare, collaborative team-based care, and excellent benefits, pension and perks.

Complete the form here if you are interested in this opportunity: [Providence Living – Care Aides in Prince George](#)

St. Vincent de Paul Store Clerk

St. Vincent de Paul is looking for a store clerk to work from 9:00 AM to 5:00 PM, Monday to Friday with alternating Saturdays. Please see the attached poster for more information.

Resumes can be sent to svdppg@shaw.ca

Want to share news in the Wednesday Weekly? Email 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 OR TEXT “pgd” to 514-900-0130 to join Flocknote.