

MEN'S DAY OF REFLECTION

Saturday, January 31, 2026

8:00 am to 3:00 pm

Reflection Leader – Fr. Ronald Angervil

Pastor of St. Julia's Parish, St. Catharines

Theme – The Spiritual Gems of the Our Father

St. Thomas Aquinas Church & Hall

316 Queenston St., St. Catharines, Ontario

\$40.00 – E-Transfer payment to:

hnsniagara@gmail.com

Send registration email to Garret Smits

garretsmits1206@gmail.com or call 905-988-3220

Include your *name, email address & phone number.*

Registration deadline: Jan. 24, 2026

Sponsored by the
Holy Name Society of the
Diocese of St. Catharines



See Schedule on Back



MEN'S DAY OF REFLECTION SCHEDULE

Saturday, January 31, 2026

8:00 am to 3:00 pm

8:00 am to 9:00 am	Arrival & registration
9:00 am to 9:45 am	Holy Mass
9:45 am to 10:05 am	Rosary
10:05 am to 10:30 am	Break, coffee, snacks
10:30 am to 11:00 am	Talk #1
11:00 am to 12:30	Holy Hour, silence, confession Benediction
12:30 pm – 1:30 pm	Lunch
1:30 pm to 2:00 pm	Talk #2
2:00 pm to 2:15 pm	Divine Mercy Chaplet
2:15 pm	Close and Dismissal

See Registration Details on Front

