



Men's Lenten Retreat



God's Call to Joyful Adventure

God calls each man to a greater and more joyful adventure than we can imagine!
Learn how we can open our hearts and minds to an ongoing conversion that transforms our lives.

SATURDAY, MARCH 14 • 7:30AM Check-in and Coffee • 8AM Hot Breakfast Buffet

Location St John Paul II Academy at 18230 24 Ave, Surrey, BC V3Z 9V2, Canada

Registration cost • \$25 Adults, \$10 Students



Deacon Andre Coronado

Deacon Andre was born in the Philippines but migrated to Vancouver at a very young age. He grew up and studied in Surrey and eventually graduated from UBC with a bachelor's degree in political science. He currently works as a marketing and communications professional for a local nonprofit organization. Deacon Andre was ordained in 2024 and has a background in youth and young adult ministry, Ignatian spirituality and discernment, and retreat and spiritual direction.

Register at:



Or at can.givergy.com/sosmensretreat2026



Deacon Tim Kostamo

Tim Kostamo is a father of 4 daughters, husband, surgeon, and deacon. Professionally he specializes in trauma surgery, joint reconstructions, and sports injuries at Burnaby Hospital. As a deacon his ministry is as the Archdiocesan Coordinator for Men's Ministry as well as working with the Catholic Physicians Guild. He grew up a Pentecostal missionary kid with parents serving in Eastern Europe and came to the Catholic Church by way of his lovely Polish wife and a long discernment.

Contact: Bill Debiuk +1 (604) 727 7327

billdebuk@icloud.com

Mario Ylanan

mario.ylanan@gmail.com

Star of the Sea Parish Office

parish@starofthesea.ca