



**Growing in Holiness**

**Come join us!**

**Fall 2024**

**Who?**

Girls aged 3-16, divided into three groups: Periwinkles (3-5), Roses (6-10) & Lilies (11-16). We welcome non-Catholics, however we ask that all participants respect the teachings of the Catholic Church and the guidelines set by the leaders.

**What?**

The goal of this club is to help girls grow in holiness, living the fullness of the Catholic faith! We start our meeting with a visit to Jesus in the Blessed Sacrament and Saint of the Week. Then there is a lesson and activity (often involving art or crafts). We conclude with prayer, snacks, and social time.

**Where?**

Our regular meetings are at Holy Family Chapel (35 Lundys Lane, CFB Kingston).

**When?**

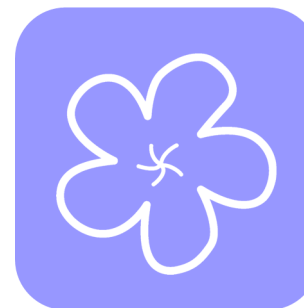
Thursday nights once a month for Roses (3rd Thursday) and Lilies (1st Thursday) from 6:00-7:30pm. We also have occasional weekend activities for Periwinkles. Lilies are also encouraged to help with the Roses meetings, and Roses are encouraged to help with the Periwinkles activities. We also organize family activities with the Companions of St. Michael (Boy's Club). See full schedule on our parent's portal.

**How?**

We ask that all families register in advance so we have emergency contact information. There is no cost to participate, however we will ask families to assist with various needs (ex. bringing snacks, craft supplies, supervision etc.) as they are able.

For more information or to register, email Holly at catholicgirlsclub@gmail.com

*This ministry is run under the Military Ordinariate of Canada, by and for families throughout the region, both military and non-military. For more on safety policies, visit: <https://rcmilord-ordmilcr.com/children-vulnerable-persons>*



**Periwinkles**

Girls ages 3-6  
Occasional Weekend activities  
Under the patronage of Our Lady



**Roses**

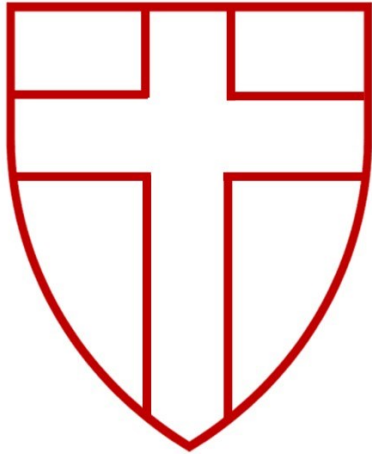
Girls ages 6-10 (Grades 1-5)  
Meeting the 3rd Thursday of the month  
Volunteering with Periwinkles optional  
Under the patronage of St. Thérèse of Lisieux



**Lilies**

Young ladies ages 10-16 (Grades 6-11)  
Meeting the 1st Thursday of the month  
Volunteering with Roses optional  
Under the patronage of St. Kateri Tekakwitha

COMPANIONS OF  
**ST. MICHAEL**



**CATHOLIC BOYS CLUB**

**COME JOIN US!**  
**FALL 2024**

**WHO?**

Boys aged 6-16, divided into two groups:  
Pages (6-10) & Squires (11-16).  
We welcome non-Catholics, however we ask that all participants respect the teachings of the Catholic Church and the guidelines set by the leaders.

**WHAT?**

The goal of this club is to help boys grow in virtue, living the fullness of the Catholic faith! We start our meetings with an opening prayer and short lesson. Then we engage in fun activities (often sports!) to build community. We conclude with prayer.

**WHERE?**

Our regular meetings are at  
Kingston Military Family Resource Centre Gym  
(32 Lundy's Lane, Kingston).

**WHEN?**

We meet twice a month on the first and third Thursday evenings. We also organize family activities in conjunction with the Catholic Girl's Club. See full schedule in the parents' portal.

**HOW?**

We ask that all families register in advance so we have emergency contact information. There is no cost to participate, however we will ask families to assist with various needs (ex. bringing snacks, supplies, supervision etc.) as they are able.

For more information or to register,  
email Darren at [darrenpetras@live.com](mailto:darrenpetras@live.com)

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**UNDER THE PATRONAGE OF  
ST. MICHAEL THE ARCHANGEL**



St. Michael the Archangel,  
defend us in battle,  
be our protection against the wickedness  
and snares of the devil.  
May God rebuke him we humbly pray;  
and do thou,  
O Prince of the Heavenly host,  
by the power of God,  
cast into hell Satan  
and all the evil spirits  
who prowl about the world  
seeking the ruin of souls.  
Amen.