

Prayerful Devotion and Faith Groups

Alliance of the Two Hearts Adoration and Communion of Reparation

Spending time in mediation, prayer, and adoration in the presence of the Blessed Sacrament is an excellent opportunity to experience grace in our lives. Individuals or family adorers are asked to make a monthly one-hour commitment on the First Friday of each month from 12:40-7:00 PM. If you wish to make a monthly one-hour commitment, please contact the office. Contact: Sharon Norton at Assistant@protocathedral.org

The Pier Giorgio Frassati Adoration Chapel

There is perpetual adoration as well in our beautiful adoration chapel. We ask people to sign up or check in before going due to limited space. The chapel is closed during Mass times and when adoration is present in the church on First Friday's. It is open seven days a week. Contact: Tammy Vincent at 360-281-5479 (prefers text)

Lady of Perpetual Help Devotion

Every Wednesday, following our 12:10 pm daily Mass, those present in the church recite and pray to Our Lady of Perpetual Help. This devotion centers on the veneration of the Virgin Mary for continued help and intercession through prayers and novenas. Please consider joining this special group who are devoted to our Lady, the Queen of Peace. Contact: Barbara Stoltzenberg at randall.stoltenberg@comcast.net

Divine Mercy Devotion

Come pray with us this beautiful devotion on the 3rd Friday of every month right after the 12:10 pm daily Mass.

Men's Prayer Group

Men from the parish meet for prayer and fellowship on the third Saturday of the month at 8:00am in the lower hall, beginning with prayer and a discussion on the Sunday readings. This is an ideal opportunity to meet other men in the parish and to share ways in which we can grow in our relationship with Christ and each other, and more fully live our Christian faith in the world. Contact: Bob Schwarz at bob@gr8-dex.com

<u>Pro-Life Marian Prayer Group</u>

All who ask for prayers are in our intention book. We pray for the unborn, our country, and for those who have no one to pray for them. We end with the Pro-Life Rosary and the Divine Chaplet of Mercy. We meet Wednesday's at 10 am in the Lower Hall. Just show up to join this wonderful group. Contact person is Peggy Girard 360-696-2949

Well-Read Mom Small Group

Well-Read Mom accompanies women in the reading of great books and spiritual classics to encourage personal growth, friendship, and meaningful conversations to explore the human condition and reorient us to what is good, beautiful, and true. The group reads one book a month and meets to discuss once a month. Book selections for each year correspond to the themes of a woman's life. We meet the 3rd Thursday of the month from 6:30-7:30 In the Upper room. Contact Becky Hill for more information at <a href="https://discrete.com/hill-beck@hotmail.co

Women of the Upper Room

Women of the Upper Room meet the first Saturday of each month at 9:45 in the Upper room of the Hall. Join us for life-giving, encouraging conversations, and Christ-centered fellowship over a hot beverage and a small treat in a home-like setting. For more information contact Jessica Long soulshineandflowers@gmail.com

West Vancouver Young Adults

We are a Catholic young adult community in Parish Family 45 who offer monthly opportunities for community, prayer, and service. Our events are open to all adults 18-35 years old, and include activities such as game nights, a trip to the grotto, homeless service, and much more. To learn about upcoming events, please contact Brian Stoltenberg at stoltenbergbrian@yahoo.com