



Communitas

Summer 2026

RCDV Catechists' Newsletter



ROMAN CATHOLIC

DIOCESE OF VICTORIA

Office of Faith Formation and Evangelization

At a Glance



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Giving Thanks For Summer

Father, Creator of all, thank You for summer!

*Thank you for the warmth of the sun
and the increased daylight.*

*Thank You for the beauty we see all around us
and for the opportunity to be outside
and enjoy Your creation.*

*Thank You for the increased time we have
to be with our friends and family,
and for the more casual pace of the summer season.*

Draw us closer to You this summer.

*Teach us how we can pray
no matter where we are or what we are doing.*

*Warm our souls with the awareness of Your presence
and light our paths with Your Word and Counsel.*

*As we enjoy Your creation, create in us
a pure heart and a hunger and a thirst for You.*

Amen



Territory Acknowledgement

The Roman Catholic Diocese of Victoria
acknowledges with gratitude
that we work, play, and pray
on the territories and traditional lands
of the Coast Salish, Nuu-chah-nulth, and
Kwakwaka'wakw Peoples.

In the light of this truth, and in humility,
we commit ourselves to continue to work
for reconciliation,
and for respectful relationships
with the Creator
and all creation.



July Liturgical Calendar

<https://www.cccb.ca/wp-content/uploads/2025/02/2025-2026.pdf>

(F) Feast (M) Memorial

3 St. Thomas (F)

5 14th Sunday in Ordinary Time

11 St. Benedict (M)

12 15th Sunday in Ordinary Time

15 St. Bonaventure (M)

19 16th Sunday in Ordinary Time

22 St. Mary Magdalene (F)

25 St. James (F)

26 17th Sunday in Ordinary Time

29 St. Martha, St. Mary, St. Lazarus

31 St Ignatius of Loyola

August Liturgical Calendar



<https://www.cccb.ca/wp-content/uploads/2025/02/2025-2026.pdf>

(F) Feast (M) Memorial (S) Solemnity

- 1** St. Alphonsus Liguori
- 2** 18th Sunday in Ordinary Time
- 4** St. Jean Marie Vianney
- 6** The Transfiguration of the Lord (F)
- 8** St. Dominic (M)
- 9** 19th Sunday in Ordinary Time
- 10** St. Lawrence (F)
- 11** St. Clare (M)
- 14** St. Maximillian Mary Kolbe (M)
- 15** The Assumption of the Blessed Virgin Mary (S)
- 16** 20th Sunday in Ordinary Time
- 20** St. Bernard (M)
- 21** St. Pius X (M)
- 22** The Queenship of the Blessed Virgin Mary (S)
- 23** 21st Sunday in Ordinary Time
- 24** St. Bartholomew (F)
- 27** St. Monica (M)
- 28** St. Augustine (M)
- 29** The Passion of St. John the Baptist (M)



Rest & Reset this Summer

*“Just as our body and mind need rest,
so does our spirit.*

*Rest is not simply about the absence
of noise or distractions.*

*It is a state in which our body is in pause,
and our mind is at peace.*

Rest is essential for our spiritual growth.”

Julieanne Stanz, Loyola Press





Restful Reading

Read, Reflect, Pray, Respond



*Read a bit of text, reflect upon what it means,
pray, and then respond.*

This echoes the ancient practice of lectio divina.

*The goal is to receive the gift of new insights
from God through attentive listening.*



Sleep & Rest

Sleep is essential for physical, mental, and spiritual well-being. Caring for our bodies through proper rest is an important aspect of our spiritual life and moral responsibility.

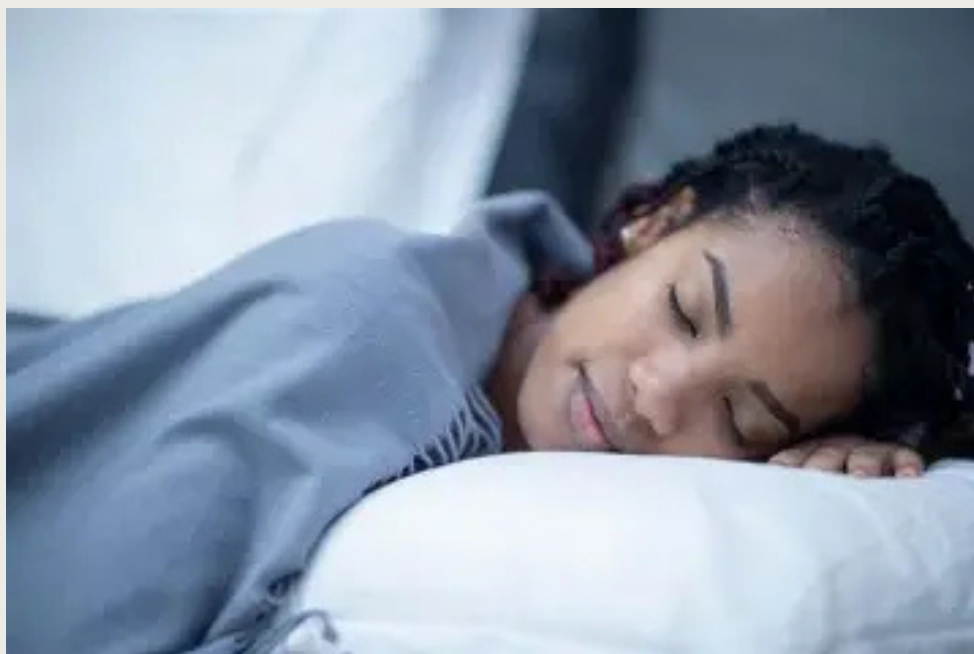
*We are invited to honor God's gift
of rest and renewal.*

Genesis 2:2-3 - God rested on the seventh day

Matthew 11:28 - Come to me, all you who are weary

Psalms 4:8 - I will both lie down and sleep in peace

*Mark 6:31 - Come away to a deserted place all by
yourselves and rest awhile*





Mass

One of the best ways to rest and reset is to attend Mass, particularly Sunday Mass.

*On the first day of the week,
Sunday Mass starts us anew.*



*The source and summit of our Catholic faith,
the Eucharist is the sacrament of all
sacraments! God reaches down to us and
shares his divine life providing us spiritual
nourishment and healing.*



Gardening

Gardening provides rest for our souls by offering a meditative practice that calms the mind and grounds us in the present moment.

The act of tending to plants reduces stress, anxiety, and depression. A sanctuary for the soul, it allows us to retreat from the noise and distractions of the outside world to connect with ourselves on a deeper level. Hands-on time in God's creation also promotes a sense of calm and connectedness.

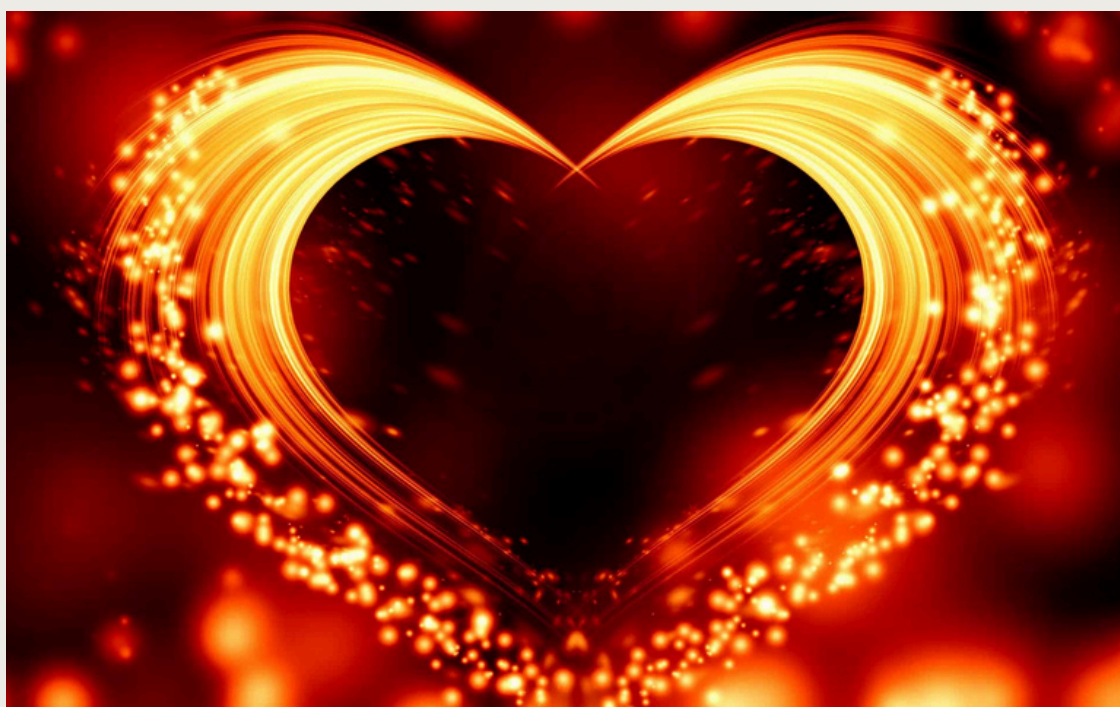




*However you choose to rest and reset this summer,
keep **Psalm 139** close to your heart.*

**Know with certainty that you are
beloved, valued, and important!**

*The Diocese of Victoria is grateful
for your selfless service
in developing and sustaining authentic
relationships with children, youth, young adults,
and families!*





The Holy See

Vatican News



A great addition to our day!

<https://www.vaticannews.va/en.html>

Pope Leo's Encyclical Magnifica Humanitas - Audiobook

<https://www.vaticannews.va/en/pope/news/2026-06/audiobook-of-pope-leo-xiv-s-encyclical-now-available.html>

Text

<https://www.vatican.va/content/leo-xiv/en/encyclicals/documents/20260515-magnifica-humanitas.html>

Radiant Lives



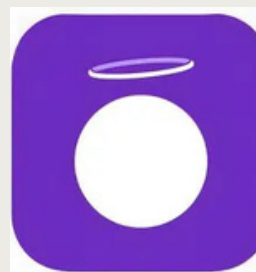
Saint Mary Magdalene

July 22

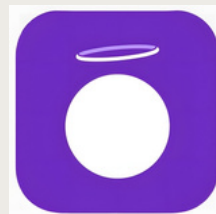
<https://www.youtube.com/watch?v=WDtkyWOfT48&t=1s>



Hallow App
Saints in 7 Days
Mary of Magdala



Hallow App for all RCDV Catechists



Login credentials:

Username: Your email

Password: hallowed

Have you explored any of these favourites?

Saints Alive

Bible in a Year

Catechism in a Year

Abiding Together Podcast

Sr. Miriam

Did you know?

You can customize your experience!

Click the setting icon 2nd from the left at bottom of screen to add background music, choose your guide, change playback speed.

Click the book icon to read along with the text.



Calendar of Events

Aug. 20-23 - Diocese of Victoria Family Camp & Conference, Nanoose Bay

Sept. 26 - Catechists' Fall Retreat, St. Joseph the Worker Parish, Victoria

**Watch for Eventbrite link emailed at the end of August!*

**Oct. 23-24 - National Gathering Catechesis of the Good Shepherd hosted by the Diocese of Victoria
St. Patrick's Parish, Victoria**

Nov. 21 - Diocese of Victoria Faith Day

Jan. 29-31 - Camp Homewood Youth Retreat



Closing Prayer

*Heavenly Father,
In the warmth of summer,
families gather like
the petals of a flower,
forming a beautiful bouquet
of love and togetherness.
We offer our gratitude for these
precious moments.
May our family gatherings be filled
with laughter, love, and shared
memories that last a lifetime.
Amen.*