

SACRED HEART CANOSSIAN COLLEGE
Spiritual Formation Programmes 2009~2010

| MONTH | DATE | ACTIVITIES |
|--------------|------------------------|---------------------------------------|
| 2009Sept | 14 (Mon) | +Catholic Students' Orientation |
| | 15 (Tue) | *School Reopening Mass |
| | <i>23 (Wed)</i> | <i>Sharing Programme</i> |
| | 26 (Sat) | #F.6&7 Retreat |
| | <i>27 (Sun)</i> | +Catholic Family Day |
| Oct | 2(Fri) | <i>Monthly Mass</i> |
| | 12 (Mon) | Religious Group Meeting |
| | 17 (Sat) | #F.5 Retreat |
| | 21 (Wed) | Religious Group Meeting |
| | 30 (Fri) | Religious Group Meeting |
| Nov | 9 (Mon) | Religious Group Meeting |
| | 17 (Tue) | <i>Monthly Mass</i> |
| | 28 (Sat) | #S4 Retreat |
| Dec | 3 (Tue) | Religious Group Meeting |
| | 16 (Wed) | <i>Monthly Mass</i> |
| | 21 (Mon) | *Christmas Celebration |
| 2010 Jan | <i>22-23 (Fri-Sat)</i> | <i>#S2-3 Religious Formation Camp</i> |
| | 25 (Mon) | <i>Monthly Mass</i> |
| Feb | 3 (Wed) | Religious Group Meeting |
| | 19 (Fri) | <i>Pilgrimage</i> |
| | 22 (Mon) | *Thanksgiving Mass |
| | <i>25 (Thur)</i> | <i>Sharing Programme</i> |
| | 27 (Sat) | #S1 Retreat |

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| March | 8 (Mon) | <i>Monthly Mass</i> |
| | 16 (Tue) | Religious Group Meeting |
| | 24 (Thur) | Religious Group Meeting [+Penitential Rite (individual)] |
| | 22/03~26/03 (Mon~Fri) | *Religious Week |
| | 30 (Tue) | Religious Group Meeting *Easter Celebration |
| April | 16 (Fri) | <i>Monthly Mass</i> |
| | 26 (Mon) | Religious Group Meeting |
| May | 3 (Mon) | *Eucharistic Celebration for 150 th Anniversary |
| | 11 (Tue) | Religious Group Meeting |
| | 19 (Wed) | Religious Group Meeting |
| | 28 (Fri) | Religious Group Meeting |
| June | 7 (Mon) | Religious Group Meeting |
| | 25 (Fri) | *Thanksgiving Mass |

Remarks:

- * whole school programmes
- + for Catholics only
- # for particular level of Catholics only
- bold for religious group members only
- italics for both Catholics & religious group members

Venue for meetings:

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| Catechism Class | Small Art Room & Religious Activities Room |
| Legion of Mary | Needlework Room |
| Liturgical Team | Lecture Room |
| S1 Instruction Class | Big Art Room |
| Sacred Heart Apostles | Geography Room |
| Young Canossian Helpers | Activities Room |