

FOOD FOR THOUGHT (AND FOR BODIES) IN PREPARATION FOR LENT

You are invited to a LUNCH & LEARN event on **Sunday February 4th, 2024** in St. Aloysius parish hall, 300 rue de l'Abbé-Murray, Gatineau, after the 11:00 a.m. Mass. Come eat a meal (pot-luck) and learn from professional missionaries Evalina and Eric Filion from Catholic Christian Outreach (CCO). This is how they present their conference:

"A Novena of Lents: Preparing with the Church for the 2000th Anniversary of the Death and Resurrection of Jesus Christ. The year 2033 will mark 2000 years since an event that has shaped the course of human history: the death and resurrection of Jesus Christ. What will this mean for the Church, for you, and for me? Eric and Evalina will share about what CCO is doing to prepare and how you can be a part of this extraordinary moment in history."



Speaker Bios Evalina and Eric Filion were married a year and a half ago and are both professional Catholic missionaries with Catholic Christian Outreach, a Canadian university ministry. Eric is a native of Ottawa where he studied Engineering, Philosophy, and Theology at university. He has lived and worked as a missionary coast to coast: Vancouver, Saskatoon, Kingston, St John's, and Ottawa. He currently serves as a manager in CCO's HR department. Evalina was born and raised in Calgary before studying Biology and Concurrent Education at Queen's University in Kingston. After several years as a missionary on campus, Evalina has taken on a role in CCO's Formation department before going on maternity leave to care for their first child, Eden. Eric and Evalina fell in love through their common passion for canoeing and adventure... but they believe that the greatest adventure is following Jesus.