WALK the TALK

Followers Speaking With Purpose



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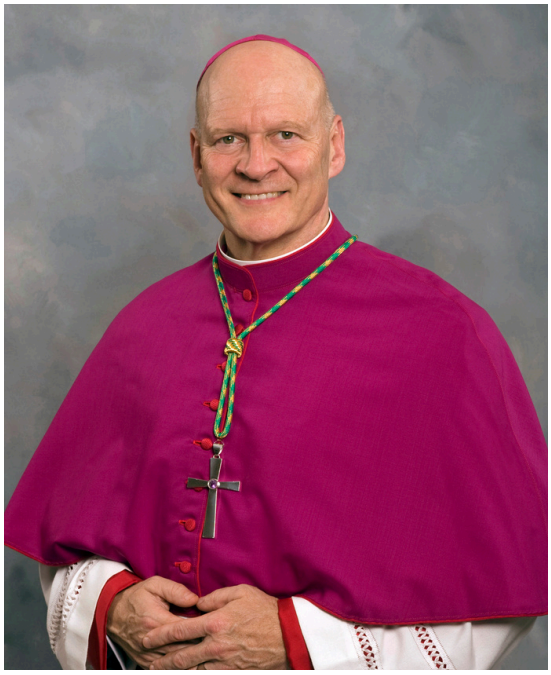
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BISHOP MARK HAGEMOEN

DIOCESE OF SASKATOON



Dear Brothers and Sisters in Christ,

It is my pleasure to introduce and highlight our lay and religious team at the Catholic Pastoral Center. One of the key ways that a diocese supports the mission and pastoral works of our parishes is through its Pastoral Center.

Here in the Diocese of Saskatoon we are served by many competent and dedicated Pastoral and Administrative staff who provide training and service. This supports the pastoral programs and services in our various parishes.

This team also carries out diocesan programs, events, and other initiatives, including the offer to be available to you as 'speakers.' They can assist you with a range of topics and initiatives in your parish and deaneries.

I take this opportunity to thank you for your dedicated pastoral work, and we continue to work together to support the mission of our Lord Jesus Christ in our diocese.

Sincerely in Christ,
+Mark Hagemoen

"Thank you for your dedicated pastoral work, and we continue to work together to support the mission of our Lord Jesus Christ in our diocese."



TO PROCLAIM CHRIST AND GOD'S KINGDOM TODAY

Working out of the Catholic Pastoral Centre, the Diocesan Ministry Team is comprised of coordinators for Hospital Chaplaincy, Prison Ministry, Adult Faith Formation, Evangelization & Catechesis, Mission, Rural Catechesis, Youth & Young Adult, Justice & Peace, and Family Life. We work collaboratively with Bishop Mark and are supported by the Administration team to meet the priorities and goals of the Diocesan Pastoral Plan.

It is our hope and our desire to accompany both urban and rural parishes by offering presentations on topics of faith formation and leadership development. The Ministry Team exists to support parishes to reflect on and implement the goals and priorities of the Pastoral Plan.

WALK the TALK is a handy list of topics that can be accessed by all parishes in the Diocese. To find out more about how you can host a speaker in your parish, please call the speaker directly to schedule a presentation. See page 4 for all contact information.



"Have the same mind and heart as Christ Jesus" (Phil 2:5)

CONTACT INFORMATION

Catholic Pastoral Centre
123 Nelson Road
Saskatoon, SK S7S 1H1
rcdos.ca
306-242-1500

Marilyn Jackson
Director of Ministry Services
306-659-5836
mjackson@rcdos.ca

Dianne Anderson
Prison Ministry Coordinator
306-659-5845
danderson@rcdos.ca

Jacqueline Saretsky
Hospital Chaplaincy Coordinator
306-659-5839
jsaretsky@rcdos.ca

Myron Rogal
Justice & Peace Coordinator
306-659-5841
mrogal@rcdos.ca

John Hickey
Evangelization & Mission Leader
Youth & Young Adult Ministry Coordinator
306-659-5847
jhickey@rcdos.ca

Astrid Alas
Adult Faith Formation Coordinator
306-659-5858
amalas@rcdos.ca

Quin Kleiboer
Rural Catechesis Coordinator
306-659-5857
qkleiboer@rcdos.ca

Sr. Marta Piano
Verbum Dei Missionary
Youth & Young Adult Coordinator
306-659-5843
mpiano@rcdos.ca

Sr. Mirasol Abala
Verbum Dei Missionary
Sts. Benedict & Scholastica Vocation House
306-659-5843
mabala@rcdos.ca

Speakers & Topics



Jackie Saretsky has been working as the Coordinator of Hospital Chaplaincy for the Roman Catholic Diocese of Saskatoon for 10 years. She has a Master's in Theological Studies and a diploma in Catholic Bioethics from the University of St Paul. Jackie has a passion for educating people about the dignity of human life and good end of life care. She has led the Dying Healed workshop and more recently, has facilitated the Horizons of Hope Workshop throughout the province. She is a mother and grandmother and lives in Saskatoon.

Jackie is available to help facilitate the **"HORIZONS OF HOPE"** workshop in your parish. This workshop is a toolkit for Catholic parishes on palliative care and was created by the Canadian Catholic Bishops. It is a workshop designed to help educate parishes about the Christian perspective on the human experience of death and dying, how to discern and make decisions at end of life, and how we can accompany those who are nearing end of life.

JACQUELINE SARETSKY
306-659-5839 jsaretsky@rcdos.ca

Other topics available are: **"END OF LIFE CARE: the Pastoral Response"** and **"SUFFERING"**

Myron Rogal is married with four children and resides in Vonda, SK. Myron has been serving the Roman Catholic Diocese of Saskatoon since 2009. With past positions in vocations and scripture studies, Myron currently coordinates the Office of Justice and Peace and has a passion for the application of the Social Teaching of the Catholic Church within all levels of society. Much of Myron's work is focused on carrying forward Truth and Reconciliation efforts throughout the Diocese.

Most of Myron's time outside of work is spent playing with his kids, volunteering on various boards at local and national levels. Some of Myron's pastimes are reading, traveling, and enjoying the majesty of God's creation around his farm. Myron walks with a deep desire to bring people together with diverging viewpoints.

FROM OVERWHELM TO RELATIONSHIP: being good neighbours with those living in material poverty. Through the lens of Delexi Te and other Church documents, this talk helps connect the mission of the Church with everyday ways to build relationships with and respond to material poverty in your community.



MYRON ROGAL
306-659-5841 mrogal@rcdos.ca

BUILDING A CULTURE OF RELATIONSHIP: moving from blame to responsibility: This talk aims to empower participants to move beyond their own interpretations, past divisions and into the realm of hope. Come learn about concrete steps to move yourself and your community forward through modelling ways of having constructive conversations around the Truth and Reconciliation Commission and other areas of division that may be keeping your community from working together in hope.

Speakers & Topics



MARILYN JACKSON
306-659-5836 mjackson@rcdos.ca

Marilyn is the Director of Ministry Services, also coordinating the Office of Evangelization & Catechesis and Family Life. Marilyn has worked in the Diocese of Keewatin-Le Pas at St. Ann's Parish in Flin Flon. She was also the Executive Director of the Northern Pregnancy Care Centre in Flin Flon and then the Saskatoon Pregnancy Options Centre in Saskatoon, as well as a Facilitator Trainer for Nobody's Perfect Parenting. She comes to us with over 20 years experience in Sacramental Preparation and a passion for training workshops, evangelization and discipleship.

HEARTS UNLOCKED - Have you ever tried sharing your struggles with someone who immediately jumped to solutions before understanding your story? On the dusty road to Emmaus, Jesus could have explained immediately what happened but instead, he chose the longer path of listening first.

Hearts Unlocked is an opportunity to reflect on Luke 24:13-35 as a model for the Art of Listening and to learn practical ways to accompany others in real-life, everyday situations, in our family, parish, and workplace.

THE ROUTE TO PARISH TRANSFORMATION - A workshop designed to guide parish pastoral councils and parish leadership towards building a parish of disciple-makers. With a focus on missional prayer and the first steps of strategic planning, this workshop provides practical tips for parish renewal.

Dianne Anderson has served the Diocese of Saskatoon in the role of Coordinator of Restorative Ministry (Prison Ministry) for 20 years. Dianne provides pastoral outreach at the Saskatoon Correctional Centre, offering support, prayer and healing to inmates, families, and victims. She is also available to work with parishes and volunteers, as part of an ongoing journey toward becoming an accepting, connected community. Dianne also provides grief workshops and other spiritual programming.

YOU GOT BOOKED! is a powerful experiential learning tool that brings the realities of mass incarceration to life. Developed by Mennonite Central Committee, this interactive activity helps participants understand how systemic inequities shape experiences within the criminal legal system, particularly along racial lines.

This isn't just a learning exercise. It's an eye-opening journey that makes abstract statistics deeply personal and creates space for meaningful conversation about equity, accountability, and change. It is for faith communities exploring their role in social change. (Presented by Dianne Anderson, Marilyn Jackson and Heather Peters, Mennonite Central)



DIANNE ANDERSON
306-659-5845 danderson@rcdos.ca

Speakers & Topics

QUIN KLEIBOER

306-659-5857 qkleiboer@rcdos.ca



Quin Kleiboer serves as the Rural Catechesis Coordinator for the Diocese. Raised in rural Saskatchewan, he spent the past decade teaching Catholic Studies in rural Alberta, where he also led faith programs and coordinated RCIA in his parish. Now back in Saskatchewan with his wife and four children, Quin is committed to helping rural parishes strengthen their faith communities and improve their catechesis. As a hobby, he utilizes AI tools to create colouring books and puzzles about the saints.

BEYOND SACRAMENT PREP - pushing catechesis beyond sacrament prep, from events to lifelong formation. Many parishes pour energy into First Communion, Confirmation, and RCIA—but struggle to sustain faith formation before and after the sacraments. This talk explores how a parish can move from event-based programs to a culture of ongoing, lifelong catechesis for children, youth, adults, and families. Drawing on the Directory for Catechesis and examples from rural and urban parishes, this talk will outline practical steps for building year-round pathways of discipleship, forming small teams of lay leaders, and integrating catechesis with liturgy, community life, and mission.

THE FATHER'S HEART, CONVERSION & MISSION - The parable of the Prodigal Son is often taught to children. Yet its spiritual depth can transform adults, families, and entire parishes. This talk invites participants to pray and reflect more deeply on the younger son, the elder son, and above all the merciful heart of the Father. Through Scripture, personal reflection, and connections to the sacraments of Reconciliation and Eucharist, it will explore how receiving the Father's mercy leads to ongoing conversion and sends us on mission to welcome others home.

ASTRID ALAS

306-659-5858 amalas@rcdos.ca



Astrid Alas is the Adult Faith Formation Coordinator for the Diocese of Saskatoon. With a professional background in marketing and graphic design, she is the founder and owner of Regii Marketing & Design, specializing in strategic communication and visual excellence for non-profit organizations.

Astrid began formal art studies at the age of seven and held her first gallery exhibition at ten. Beauty and art are integral to her ministry and form a significant dimension of her pastoral experience. She brings together sacred art, symbolism, aesthetics, and faith formation, recognizing beauty as a path to encounter, contemplation, and evangelization.

EVANGELIZE AND DIALOGUE THROUGH ART AND BEAUTY - Beauty has the capacity to awaken wonder, heal, and create spaces of authentic encounter, especially in a world marked by distraction, polarization, and spiritual hunger.

Participants will reflect on how God reveals Himself through creation, sacred art, symbols, images, and creative expression, and how beauty can become a bridge between faith and daily life.

VISIO DIVINA & SYMBOLISM - Rooted in Visio Divina the sacred practice of praying with images and the rich language of Christian symbolism. Participants are invited into a prayerful encounter with art as a sacred space where God reveals Himself, not primarily through analysis, but through attentive seeing and listening. This experience cultivates an interior sanctuary where art becomes a threshold for prayer, imagination, and discernment. Participants learn to dwell on images, recognizing how the Holy Spirit uses beauty, form, and symbol to illuminate truth and awaken the soul to God's living presence.

Speakers & Topics



J O H N H I C K E Y
306-659-5847 jhickey@rcdos.ca

John Hickey serves the Diocese of Saskatoon as the Coordinator of Evangelization and Mission, and Co-coordinator of Youth & Young Adult Ministry. He spent 15 years building disciples on campus at the University of Saskatchewan through Catholic Christian Outreach and continues to work as a parish consultant to Catholic parishes across North America.

WHO DO YOU SAY THAT I AM? - Our image of God shapes everything: how we pray, how we trust, how we live. Yet many of us carry distorted or incomplete perceptions of who God truly is. These misconceptions can quietly become barriers that keep us at a distance from the One who loves us most.

In this workshop, we will explore some of the most common misunderstandings about God; Where they come from, why they matter, and how they can affect our spiritual lives. More importantly, we will look at practical steps to move beyond these false images so we can begin, renew, or deepen a personal relationship with the living God.

Drawing on Scripture, real-life examples, and the question Jesus asks each of us, “Who do you say that I am?” . This session invites participants to encounter God not as they have imagined Him to be, but as He truly reveals Himself: loving, present, and profoundly interested in their lives.

SEE AND SEIZE - Evangelization is at the heart of the Church’s identity, yet many Catholics feel unprepared or unsure when it comes to sharing their faith. For some, evangelization can seem intimidating. For others, it may feel disconnected from everyday life. The truth is that witnessing to Christ does not require special training, bold personalities, or dramatic moments. It begins with seeing the people God places in front of us and seizing simple opportunities to walk with them.

This workshop introduces the “Thresholds of Conversion” as a helpful framework for understanding how people grow in faith. Together, we will explore how to recognize where someone might be on their spiritual journey and how to respond in ways that are gentle, relational, and natural. Participants will learn practical, attainable steps for sharing their faith in a way that is respectful, unintrusive, and rooted in authentic friendship. “See and Seize” invites every participant to discover that evangelization is not an expert’s task. It is a way of living that anyone can embrace with confidence, joy, and trust in the Holy Spirit.

SEEK FOR ADULTS is a kerygmatic small group experience designed for adults to encounter the Gospel. Through discussions, activities, reflections, witness testimonies, and teachings, participants will get to know a God who is love and be moved to grow deeper in their faith.

Four 90 minute experiential sessions which can be done in a full-day retreat format or 2 hour sessions once a week for four weeks. Please call us to discuss what format would work for your parish. 306-659-5836

Facilitators: Myron Rogal, Marilyn Jackson and Quin Kleiboer

(other trained facilitators are available upon request in both urban and rural parishes, call for more info)

SEEK

Speakers & Topics



SR. MIRASOL ABALA
306-659-5843 mabala@rcdos.ca

Sr. Mirasol Abala has been a member of the Verbum Dei Missionary Community for 25 years and has working in the Diocese of Saskatoon since January 2023. She holds a Bachelor's degree in Sacred Theology (STB). She is part of the vocational team of St. Benedict and St. Scholastica Formation and Discernment House for men and women. She accompanies, pastorally and spiritually, the students of St. Therese Institute of Faith and Mission in Bruno. She also leads retreats and offers pastoral accompaniment.

STEPS TO PRAYING WITH THE WORD OF GOD – An in depth understanding of the different steps of praying with the Word of God so that our prayer can have an impact and influence in our way of living, thinking, feeling and decision – making. Hebrews 4,12 "The Word of God is living and active." Praying with Word of God is a powerful source of change and making a difference in the world we live in.

MEANS OF SPIRITUALITY AND PERSEVERENCE – An opportunity to go deeper in understanding and valuing the different means of spirituality we have in the Church like the Liturgy of the Hours, Prayer, the Holy Eucharist and growing in commitment in the means of perseverance and growth in our Christian life like Sharing of Faith and Examen.

Sr. Marta Piano belongs to the Verbum Dei Missionary Fraternity. Since September 2020, she has been assigned to continue her dedication to the service of the Word of God in the Diocese of Saskatoon. She works as the Youth & Young Adult Co-coordinator of the Diocese of Saskatoon. She is part of the vocational team at St. Benedict and St. Scholastica Formation and Discernment House for men and women. She also teaches at St. Therese Institute of Faith and Mission Bruno, leads retreats, and offers pastoral accompaniment.

VATICAN II AND THE FOUR CONSTITUTIONS - An overview of Vatican II and the four major Constitutions of the Second Vatican Council: Sacrosanctum Concilium, Dei Verbum, Lumen Gentium and Gaudium et Spes. With attention to how each one shapes our identity, mission, and understanding of the Church today. This includes how Vatican II continues to influence our way of being Church, our approach to Scripture, liturgy, community, and engagement with the modern world. Modality: Event of one full day at least.

PAPAL DOCUMENTS - Exploration of key contemporary papal teachings. In particular: Gaudete et Exsultate (on the Universal call to holiness and possible ostacles) and Christus Vivit (for young people). Special focus on how these documents highlight the saints as models of discipleship, joy, and mission for today's Church and how they can inspire, (especially Christus Vivit, young adults in their own journey of holiness and vocational discernment. Modality: One session of 2 hours.



SR. MARTA PIANO
306-659-5843 mpiano@rcdos.ca

Speakers & Topics



LENTEN and ADVENT RETREATS

Facilitated by the Verbum Dei Missionaries:
Sr. Mirasol Abala, Sr. Marta Piano

A silent, guided retreat based on the Word of God to help parishioners to prepare and live these two special liturgical seasons. Retreats consist of one or two brief talks on a specific theme followed by a time of silence for personal prayer and reflection. The retreat may include eucharistic adoration and a safe space for sharing experiences. Retreats close either with the celebration of the Holy Eucharist or praying of the Holy Rosary. Total of 3.5-4 hrs

VERBUM DEI MISSIONARIES
306-659-5843
verbumdeisk.ca@gmail.com

rooted in CHRIST
DIOCESE OF SASKATOON



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Catholic Pastoral Centre
123 Nelson Road
Saskatoon, SK S7S 1H1
rcdos.ca
306-242-1500