



St. George would like to announce the formation of The Catholic Watchmen. The Watchmen is a fellowship and faith formation group for men that meets once a month on Saturday mornings. At each meeting, there will be food served, time to talk and get to know each other, and a presentation/ discussion how we can live out our faith based on the seven disciplines of the Catholic Watchmen. This is a great opportunity to learn about our faith and get to know some of the other men in the parish in a relaxed atmosphere. All men are welcome! **The first meeting is planned for September 29, 2018 at 7am in the Parish Hall.**

### THE CATHOLIC WATCHMEN SEVEN DISCIPLINES

#### DAILY PRACTICES

1. Pray with persistence and with devotion to Jesus, Mary and Joseph
2. Encounter Jesus in Sacred Scripture
3. Strive to be a spiritual father like St. Joseph

#### WEEKLY PRACTICES

4. Engage fully in every Sunday Mass
5. Serve and be a witness to family and community

#### MONTHLY PRACTICES

6. Go to Confession monthly
7. Build fraternity and evangelize men in monthly parish gatherings



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