

THE COVERLINE

Serena Saskatchewan's Newsletter - Autumn 2018 Edition



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President's Message

As we come to the close of another year the Serena Sask Board is preparing for some important decisions regarding the delivery of the NFP message. For some time now we have been aware of the necessity of using the internet for advertising and teaching. Hopefully in the very near future all the necessary components will be in place.

The Run for the Family in September was another enjoyable event even though the weather was more crisp than in past years. Thanks to all the participants, volunteers and donors.

Take note of the details regarding our next event in the new year, 'An Evening in Paris', and plan to attend. Until then, "keep on keeping on" and spreading the good news of Natural Family Planning in your families and amongst your friends.

Sincerely,
Jim and Maureen Mclane



go green 

Email us your full name(s)
at sask@serena.ca with the
subject line 'Serena email list'
to receive your Serena news via email

Highlights from the 2018 Run for the Family

by Annette Bentler

The 7th annual Serena Run for the Family on Saturday, September 15th was another success! We were quite nervous about the weather since rain was in the forecast. Many prayers were offered and answered! It was a little crisp but the perfect temperature for running. We never realized the magnitude of the answered prayers until 2:30 that afternoon when a cold rain fell.

A large group of runners came from Our Lady of Lourdes Parish, many from out of town, and more than ever who discovered the Run randomly (ie. running websites). We received a great mix of ages; it is such a delight when kids bring their siblings, parents, and grandparents! Families enjoy coming out for exercise, fun, food, spectacular autumn scenery, and above all, connecting with other amazing families!

We have had priests come out to the Run in the past but this was the first time we had a bishop! My favorite moment was watching Bishop Mark Hagemoen blazing to the finish line through bubbles blown by cheerleading children. He started to veer off the course, thinking he was done. The bystanders yelled to direct him back to the finish line. Our son, Paul, was on his tail. Discovering that Paul may steal his 4th place title, Bishop burst to the finish line. Everyone cheered as they crossed together.



Results:

5km

Gold: Jerome Montpetit (18:16)
Silver: Mike Halpenny (23:53)
Bronze: Gerald Montpetit (24:08)

3km

Gold: Luc Montpetit (13:25)
Silver: Eli Jalbert (15:18)
Bronze: Charles Robertson (15:25)

1km

Gold: Vanessa Montpetit (4:36)
Silver: Gianna Jalbert (5:07)
Bronze: Elisha Sidloski (5:19)

Thank you to all the volunteers and donors who made this event possible!

If you would like to see more pictures of this year's Run, please email us at sask@serena.ca or visit "Serena Saskatchewan" on Facebook.

If you missed out, come join us next year on September 14th!



Oh
Baby!



Enter your 2018 baby for a chance to win a \$100 gift card!

Submit Mom, Dad, and Baby's name, along with Baby's gender and birthday to sask@serena.ca

Draw will take place after Dec 31st, 2018.

Please include your mailing address to receive a little gift for your new little one!

All draw entries will be celebrated in the 2019 Coverline.

Une Nuit A Paris

A French Banquet and Fundraising Gala

You're invited!

Please join us for a Night in Paris at Our Lady of Lourdes Parish on February 9th, 2019.

Enjoy a silent auction and French cuisine catered by Agar's Corner.

Invite a friend and be entered into the draw for a door prize!*

February 9th, 2019

6:30PM

*Our Lady of Lourdes
1235 12 St E, Saskatoon*

Tickets are free, however a donation would be appreciated.

Your generosity would help cover the cost of the evening as well as raise money for Serena.

*Friend must indicate your name as the invitee on their registration.

How can you help with the Gala?

Financially - cash donation or become an event sponsor.

Donations - silent auction items, wine, or cash.

Join a setup, service, or cleanup crew

To sign up or ask questions, email Serena at sask@serena.ca

Welcome to our new board members

Eric & Chelsea Landry



Eric and Chelsea are high school sweethearts from Moose Jaw. After graduating from the College of Pharmacy and Nutrition, and the College of Nursing, respectively, at the University of Saskatchewan, they were married in the summer of 2011. Their marriage has been abundantly blessed through the use of Serena while growing together as a couple. Over the last 7 years, they have welcomed 3 children, Claire 5 1/2, Luc 3, and Andre 6 months. Eric works as a coordinator of the Medication Assessment Centre at the College of Pharmacy and Nutrition, and Chelsea keeps busy as a homemaker and homeschooler, as well as keeping her hours, as a Registered Nurse, up to date. They are looking forward to the experience of joining the Serena board.



Sian started using birth control at a young age to help regulate her periods and relieve some PMS symptoms. In the last few years, however, she began experiencing issues such as weight gain, low energy, anxiety, and hair loss. She was diagnosed with adrenal fatigue and was told she needed to stop her birth control. She was not yet married and, at the same time, in the early stages of investigating the Catholic faith. She and Josh got engaged and they learned the Serena method of Natural Family Planning. In April of 2018, she was welcomed into the Catholic church and in May she and Josh were married.

Although she started using Serena only because she could no longer be on the pill it has developed into so much more. She has learned to view her fertility as something to be celebrated and not suppressed. Sian learned how much the female cycle is affected by one's health, and since she has changed a few aspects of her lifestyle, her periods have regulated and her PMS symptoms have drastically reduced without the use of hormones. She is a registered nurse and, having gone through her own health issues, has gained a passion for the Serena method. She was hired in Aug 2018 as one of the Serena SK co-coordinators to fill a maternity leave position. Please feel free to contact Sian by emailing sask@serena.ca if you're interested in taking a class or hearing more about her journey to Serena.

Introducing our new co-coordinator

Josh & Sian Wickenhauser

