

# Northbow

EDUCATIONAL FOUNDATION



*Providing activities for personal, professional, social and spiritual growth, tailored to the needs of men in Alberta*

# ABOUT US

Northbow Educational Foundation provides men of all ages with the formation and resources they need to grow and become leaders where they are in the world: in their families, among their friends, in their academic or professional setting and in society at large.

The activities supported by Northbow are offered to working men, and to high school, college and university students. Spiritual activities include monthly evenings of recollection and weekend retreats given by priests of Opus Dei, a Prelature of the Roman Catholic Church. Educational activities include professional development seminars and courses in philosophy and general interest. Many of these activities are provided at Bowmont, a residence for university students.



# BOWMONT

Bowmont is a university residence that helps men acquire the qualities of competent, generous and responsible individuals who understand that professionalism and excellence are best directed to serving our loved ones and society. The parents and educators who make Bowmont a reality are inspired by the message of Saint Josemaría Escrivá, the founder of Opus Dei.

“ *I came to Bowmont looking for a place that would support my pursuit of academic excellence. After a few weeks, Bowmont became a place that I would look forward to returning to each night, where friends and warm home-like atmosphere was present. Bowmont encouraged me to widen my academic and life goals and to work hard to get them.* ”

— **Juan Pablo U., Costa Rica**  
Ph. D (Cancer Research), 2019.





# WHAT WE DO

## *Recollections and Retreats for Men*

Recollections are an opportunity to spend a couple of hours every month in prayer in order to reassess and refocus our life, renew old resolutions, and make new ones.

Four monthly recollections are available:

In Calgary:

- for working men
- for university students & young professionals
- young fathers & newly married men

In Edmonton:

- for working men



## *The Peaks*

The Peaks is a leadership program for young men in high school. It complements the development of its participants and helps them to become good students and virtuous leaders.

The Peaks takes place every Friday from September to April and is hosted at Bowmont. Some of the topics covered in The Peaks include: study skills and goal-setting, friendship, career exploration, how to navigate contemporary ideologies, how to succeed in university, a life of service, among others.





## OTHER INITIATIVES FROM OUR SUPPORTERS

### *Kodiak Father & Son Club*

The Kodiak Father and Son Club is an initiative carried out by men who receive formation from Northbow. The club organizes educational monthly activities and a summer camp for fathers and their sons between the ages of 7 and 13. Spiritual formation is provided for both fathers and sons as part of the club's activities.

### *Family Catechism*

The purpose of Family Catechism is to join families together to carry out the common task of faith formation and to build fraternity. Family Catechism runs every other Saturday. Participants are split into age-specific classes and are taught on matters of the Catholic faith and culture.



## HOW YOU CAN HELP

Help us fulfill our mission of aiding men of all ages grow and become leaders:

You can help us through:

- e-transfer (north.bow.donations@gmail.com); or
- pre-authorized debit ([click here](#));
- credit card payment ([click here](#));
- cheques payable to "Northbow Educational Foundation"

(mail to 2435 - 27th Ave. NW, Calgary, AB T2M 2K1).

Financial contributions of all forms are very much welcome and appreciated. Regular monthly donations are preferred because they help us plan our finances more predictably, but we also welcome one-time donations and interest-free loans.

Northbow is a registered charity. Charitable Registration #83077 02851 RR0001.

If you have any questions or wish to set up a pre-authorized debit or credit card payment, please contact us at 403.288.2588 or [inquiries@northbow.ca](mailto:inquiries@northbow.ca)



[inquiries@northbow.ca](mailto:inquiries@northbow.ca)  
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