

FRIARS STUDENT WRITING CONTEST 2026

NOVEMBER 3, 2025 TO JANUARY 12, 2026

The theme and resources for the Week of Prayer for Christian Unity are prepared and published by Dicastery for Promoting Christian Unity (Vatican) and Commission on Faith and Order of the World Council of Churches.

FOCUS FOR THE 2026 ESSAY:

“The gifts he gave were for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.” (cf. Eph 4:13)

Describe how you are growing in knowledge of Christ and how it inspires and shapes your thoughts, relationships, and outreach.

Conclude your essay by composing a prayer to Jesus to help us reach out to those in need as friends and disciples.

SUBMISSION DEADLINE: MONDAY, JANUARY 12, 2026 BY 2:00 P.M.

**“There is one body and one Spirit,
just as you were called
to the one hope of your calling.”**
EPHESIANS 4:4

CONTEST RULES:

- The theme of the Week of Prayer for Christian Unity is taken from Ephesians 4:1-13 which you are expected to read in its entirety for a full understanding. Your essay should focus specifically on Ephesians 4:13, drawing on the information provided in Day 8 of the resources (see link below).
- Contestants should consult resources of the Week of Prayer for Christian Unity 2026 at <https://bit.ly/WPCU2026> and submit a 450-500-word essay that answers the given focus question.
- Contestants must be 13-19 years of age, and currently enrolled in an Ontario Secondary School or equivalent program.
- The essay must be submitted on or before Monday, January 12, 2026 by 2:00 p.m. Late entries will not be accepted.
- The front page of the essay must include the contestant's full name, email address, phone number, name of school and school board.

SELECTION OF WINNERS:

All submissions will be read by a panel including professional journalists and the Director of the Office of Ecumenical and Interfaith Relations, Archdiocese of Toronto, and judged on overall merit.

CONTACT:

For any enquiries, email ecumenicalandinterfaith@archtoronto.org or call 416-934-3400, ext. 527.

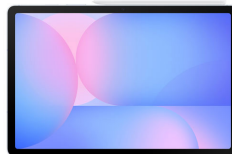
FIRST PRIZE:

Google Pixel 9a 128GB - Obsidian - Unlocked



SECOND PRIZE:

Samsung Galaxy Tab S10 FE 10.9" 128GB Android Tablet



THIRD PRIZE:

Google Pixel Watch 2 (GPS) 40mm



SUBMIT YOUR ESSAY: www.catholicregister.org/writingaward



Office of Ecumenical & Interfaith Relations
Roman Catholic Archdiocese of Toronto



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ATONEMENT

THE CATHOLIC REGISTER