

		THE UPPER ROOM HOME OF PRAYER		WELCOME	
MONTH	DATE	EVENT	TIME (ET)	PRESENTER/FACILITATOR	FEE
SEPTEMBER	9	ZOOM Words For Life (French) Lesson #1	11:00-12:00	Sr. Claudette Desforges CSJ	
	9	ZOOM Words For Life (English) Lesson #1	2:00-3:00	Sr. Rosemary O'Toole CSJ	
	9	ZOOM Words For Life (English) Lesson #1	7:30-8:30	Sr. Rosemary O'Toole CSJ	
	10	ZOOM Adoration Community	7:30-8:00	Dianne Lupinska	
	11	ZOOM Words For Life (English) Lesson #1	7:30-8:30	Sr. Rosemary O'Toole	
	12	ZOOM EMMAUS Community of Pray-ers	10:00-11:00		
	16	Mass and Lunch	11:30 -1:30	Fr. Andrew Spatafora MSF	
	19	ZOOM Little Design Communities Group #1	10:00-11:00	Sr. Rosemary O'Toole and guests	
	19	ZOOM Little Design Communities Group #2	2:00-3:00	Sr. Rosemary O'Toole and guests	
	23	ZOOM Words For Life (French) Lesson #2	11:00-12:00	Sr. Claudette Desforges CSJ	
	23	ZOOM Words For Life (English) Lesson #2	2:00-3:00	Sr. Rosemary O'Toole CSJ	
	23	ZOOM Words For Life (English) Lesson#2	7:30-8:30	Sr. Rosemary O'Toole CSJ	
	24	EMMAUS Community of Pray-ers	10:00-11:30	At Upper Room	
	24	Words For Life (English) Lesson #2	7:30-8:30	Sr. Rosemary O'Toole	
	26	EMMAUS ENRICHMENT EVENT	10:00-12:00	At Upper Room. Host: Karen Lahaise	
	30	ZOOM Spiritual Directors Group Supervision	2:00-4:00	Srs. Rosemary and Kathy O'Keefe	
OCTOBER	7	ZOOM Words For Life (French) Lesson #3	11:00-12:00	Sr. Claudette Desforges CSJ	
	7	ZOOM Words For Life (English) Lesson #3	2:00-3:00	Sr. Rosemary O'Toole CSJ	
	7	ZOOM Words For Life (English) Lesson #3	7:30-8:30	Sr. Rosemary O'Toole CSJ	
	8	ZOOM Words For Life (English) Lesson #3	7:30-8:30	Sr. Rosemary O'Toole CSJ	
	8	ZOOM Adoration Community	7:30-8:00	Dianne Lupinska	
	10	ZOOM EMMAUS Community of Pray-ers	10:00-11:00		
	14	Mass and Lunch	11:30 -1:30	Andrew Spatfora. MSF	
	17	ZOOM Little Design Communities Group #1	10:00-11:00	Sr. Rosemary O'Toole and guests	
	17	ZOOM Little Design Communities Group #2	2:00-3:00	Sr. Rosemary O'Toole and guests	
	21	ZOOM Words For Life (French) Lesson #4	11:00-12:00	Sr. Claudette Desforges CSJ	
	21	ZOOM Words For Life (English) Lesson #4	2:00-3:00	Sr. Rosemary O'Toole CSJ	

	21	ZOOM Words For Life (English) Lesson #4	7:30-8:30	Sr. Rosemary O'Toole CSJ	
	22	Words For Life (English) Lesson #4	7;30-8:30	Sr. Rosemary O'Toole CSJ	
	28	ZOOM Spiritual Directors Group Supervision	2:00-4:00	Srs. Rosemary and Kathy	
	29	EMMAUS Community of Pray-ers	10:00-11:30	At Upper Room	
NOVEMBER	11	ZOOM Words For Life (French) Lesson #5	11:00-12:00	Sr. Claudette Desforges CSJ	
	11	ZOOM Words For Life (English) Lesson #5	2:00-3:00	Sr. Rosemary O'Toole CSJ	
	11	ZOOM Words For Life (English) Lesson #5	7:30-8:30	Sr. Rosemary O'Toole CSJ	
	12	ZOOM Adoration Community	7:30-8:00	Dianne Lupinska	
	12	Words For Life (English) Lesson #5	7:30-8:30	Sr. Rosemary O'Toole	
	14	ZOOM EMMAUS Community of Pray-ers	10:00-11:00		
	18	Mass and Lunch	11:30 -1:30	Andrew Spatfora. MSF	
	21	ZOOM Little Design Communities Group #1	10:00-11:00	Sr. Rosemary O'Toole and guests	
	21	ZOOM Little Design Communities Group #2	2:00-3:00	Sr. Rosemary O'Toole and guests	
	25	ZOOM Words For Life (French) Lesson #6	11:00-12:00	Sr. Claudette Desforges CSJ	
	25	ZOOM Words For Life (English) Lesson #6	2:00-3:00	Sr. Rosemary O'Toole CSJ	
	25	ZOOM Words For Life (English) Lesson #6	7:30-8:30	Sr. Rosemary O'Toole CSJ	
	26	ZOOM Words For Life (English) Lesson #6	7:30-8:30	Sr. Rosemary O'Toole	
	26	EMMAUS Community of Pray-ers	10:00-11:30	At Upper Room	
	28	DAY RETREAT – 8-Fold Path of Spiritual Life	10:00-3:00	Sarah Wayne	75.00
	29	ADVENT Reflection #1 HOPE and PEACE	2:00-4:00	Brethour's in Kanata	
	30	ZOOM ADVENT SERIES ON MARY #1	7:30-8:30	Team of Spiritual Directors	30.00
DECEMBER	3	ZOOM Words For Life (English) #7	7:30-8:30	Sr. Rosemary O'Toole	
	5	EMMAUS SOCIAL	2:00-4:00	At Upper Room. Host: Dianne Lupinska	
	7	ZOOM ADVENT SERIES ON MARY #2	7:30-8:30	Team of Spiritual Directors	
	9	ZOOM Words For Life (French) Lesson #7	11:00-12:00	Sr. Claudette Desforges CSJ	
	9	ZOOM Words For Life (English) Lesson #7	2:00-3:00	Sr. Rosemary O'Toole CSJ	
	9	ZOOM Words For Life (English) Lesson #7	7:30-8:30	Sr. Rosemary O'Toole CSJ	
	10	ZOOM Adoration Community	7:30-8:00	Dianne Lupinska	

	12	ZOOM EMMAUS Community of Pray-ers			
	13	ADVENT Reflection #3 JOY and LOVE	2:00-4:00	Brethour's in Kanata	
	14	ZOOM ADVENT SERIES ON MARY #3	7:30-8:30	Team of Spiritual Directors	
	16	Mass and Lunch	11:30-1:30	Andrew Spatafora MSF	
	17	ZOOM Words For Life (English) #8	7:30-8:30	Sr. Rosemary O'Toole	
	19	ZOOM Little Design Communities Group #1	10:00-11:00	Sr. Rosemary O'Toole CSJ and guests	
	19	ZOOM Little Design Communities Group #2	2:00-3:00	Sr. Rosemary O'Toole CSJ and guests	
	21	ZOOM ADVENT SERIES ON MARY #4	7:30-8:30	Team of Spiritual Directors	
	23	ZOOM Words For Life (French) Lesson #8	11:00-12:00	Sr. Claudette Desforges CSJ	
	23	ZOOM Words For Life (English) Lesson #8	2:00-3:00	Sr. Rosemary O'Toole CSJ	
	23	ZOOM Words For Life (English) Lesson #8	7:30-8:30	Sr. Rosemary O'Toole CSJ	