



**'Little Design Communities Rebirthing'
at Galilee Retreat Centre, Arnprior, Ontario.
June 27-July 6, 2016**

Our 'first in CANADA' Little Design Communities Rebirthing contemplative experience was a wonderfully graced time. We were 17 gathered at table - six CSJ's from Peterborough, Los Angeles CA, El Paso TX and London UK, along with 11 lay people from Ottawa, Kanata, Stittsville, Arnprior and Renfrew.

We gathered each morning for contemplative prayer followed by a couple hours of interactive teaching on The Eucharistic Letter using the new white binder of commentary.

The afternoons were leisurely with time to choose solitude and silence for reflecting on the material or sitting outdoors simply being still. Some afternoons we spent with our 'dear neighbours' visiting the shops downtown or going to the nearby park or walking through the Gillies forest trail on site. On Canada Day afternoon, the Friends of Galilee hosted a Strawberry Shortcake Tea Party and many participants had their family or Little Designers from Ottawa come and join us. It was a joyous afternoon! Father Richard Kelly or Father Roy Boucher presided at Eucharist at 4:00 p.m. on several days.



Some evenings were free or we gathered for celebrations or sharing of hearts in small groups. We all appreciated the peace and the pace of our days together. Over the ten days, we discovered areas of 'letting go and letting be' in our personal lives and celebrated the joys and little transformations that surprised us along the Way.

Galilee Retreat Centre was a wonderful setting for our Little Design Community experience. With its lovely conference room, comfortable bedrooms, delicious homemade meals enjoyed in the screened porch, we soon felt relaxed and 'at home' in this peaceful atmosphere. The staff were friendly, helpful and gracious with their abundant hospitality.

During the group '**State of the House**' meeting on our last day together, we shared our discernment about how we are being called to move forward with this exploration of Little Design communities rebirthing. The group asked for a return to Galilee for enrichment sessions. They also challenged Monica and me to write a companion text for *The Eucharistic Letter* that describes the Little Design way of life in more contemporary language. To this, we said, 'Yes!'



Option 1 Little Design Communities Rebirthing (10 days, 9 nights)

Monday, June 26 – Wednesday, July 5, 2017

(For NEWCOMERS who have never studied The Eucharistic Letter Revisited)

This 10 day contemplative experience is best suited for anyone seeking to understand in more depth the vision and essence of living a Little Design way of life based on the core mystical document, The Eucharistic Letter. More details posted on our website. www.theupperroomhomeofprayer.org
Animators: Monica Hartnett CSJ and Rosemary O'Toole, CSJ

COST: \$990.00

Option 2 Contemplative Retreat (4 days) followed by Little Design Enrichment

Monday, July 10– Sunday, July 16, 2017

(For anyone who has already studied The Eucharistic Letter either in Ottawa, Le Puy or Galilee)

Monday after lunch to Friday after lunch will be for a silent contemplative retreat with spiritual direction available. Friday evening, Saturday and Sunday will be with communal prayer, input sessions and sharing of hearts in small groupings. Persons may come for the whole six days or only for the weekend. Animators: Monica Hartnett CSJ and Rosemary O'Toole, CSJ

COST \$700.00

To REGISTER please contact GALILEE CENTRE at info@galileecentre.com

