



THE UPPER ROOM

A HOME OF PRAYER

A SCHOOL OF PRAYER

A COMMUNITY OF PRAYER

2017-2018

We have lived with this PENTECOST ICON for some 33 years now. It speaks to the core of our contemplatively active ministry. Mary sits among the disciples and welcomes all to come into The Upper Room - be still - be silent - in expectant listening for the voice of the Spirit to be heard. Each of the apostles, in all their uniqueness and diversity, receives a 'scroll' - a message, some word, to be shared with others. The man standing in the darkened doorway represents the waiting world. We today listen for Spirit discernment and then go forth and proclaim some GOOD NEWS. Since 1984, THE UPPER ROOM has been offering retreats, spiritual direction, formation programs and teachings in the Ottawa diocese. Since 2005 we have served in the Gatineau, Pembroke and Cornwall dioceses. We are a non-profit ministry supported by the Sisters of St. Joseph in Canada (Peterborough).

SPIRITUAL DIRECTION

Within a contemplative faith-context, guided by Wisdom, your spiritual director will accompany you in your spiritual quest for wholeness and holiness...

- by offering you a 'listening heart'
- by helping you to understand the journey through your human struggles, that with 'grace' can lead to your transformation.

We offer you tools and library resources - and most of all, offer you encouragement and hope on life's journey. We pray for you daily and desire only your fidelity to God's grace.

We have 24 active spiritual directors and we minister at several locations throughout the city and in the homes of some of our directors. Check our website under LOCATIONS.

People seek out spiritual direction for many reasons but the focus is always on the whole person and his or her journey towards an ever more deepening relationship with God, oneself and others.

*Are you suffering? Are you searching for a deeper meaning to some of life's perplexing situations?
Are you experiencing turmoil, restlessness, aridity in your life of prayer? Is this a dark night?
Are you grieving a loss, discerning a vocation call or making a new life-direction choice?
Are you striving for growth and integration in your relationship with self, others and God?
Are you pondering questions of prayer and faith?
You may just want to sit with someone and share your journey of faith... its blessings and its struggles.*

Suggested Fee: \$30.00 - \$50.00 a visit.
Direction visits are once monthly from September to June.

HOME of PRAYER

MONTHLY EUCHARIST

Monday Evenings at 7:15 p.m. - 8:00 p.m.

September 11
October 16
November 13
December 11
January 15
February 12
March 12
April 9
May 7
June 4

Chaplain: Fr. Andrew Spatafora MSF
Come to our 11 Thornbury entrance.

Have only one desire
throughout your lifetime
to be and to become
the person God wills YOU to be,
in nature, in grace, in glory,
for time and for eternity.

- Jean-Pierre Medaille, SJ
Maxim of Love 10:6

EMMAUS PROGRAM #10

Facilitating the Ministry of Spiritual Direction



We have 12 candidates in the Emmaus Program.

10 Saturdays at The Upper Room Home of Prayer

9:30 a.m. - 3:30 p.m.

Cost \$500.00 for Year TWO

DATES:	September 16	February 10
	October 14	March 10
	November 11	April 7
	December 9	May 5
	January 13	June 2

**Read more information on our website under Emmaus Program..*

Day Retreats for Advent and Lent

November 25, 2017: Mary: A Contemplative Woman

St. Isidore's Parish Hall
9:30-3:30 Lunch served.

Cost: \$15.00 at the door. Includes book.

REGISTER at Office@stisidorekanata.com

March 3, 2018: The Dark Night and Contemplation

St. Isidore's Parish Hall
9:30-3:30 Lunch served.

Cost: \$15.00 at the door. Includes book.

SPIRITUAL RESOURCES: NEW books available for \$5.00 at The Upper Room or amazon.ca

1. Discernment
2. Divine Indwelling
3. Dying Well
4. False Self and True Self
5. The Spirituality of the Paschal Mystery
6. The 8-Fold Path of A Spiritual Life

You might want to do the **Medaille Online Course**. Its' free! Read a lesson every week for 52 weeks. Register at website!

SCHOOL of PRAYER



DAY OF REFLECTION AND CONVERSATION ON 'DYING WELL'

DATE: Saturday, NOVEMBER 18, 2017
 LOCATION: SACRE COEUR PARISH HALL, OTTAWA, ON
 TIME: 10:00 a.m. – 4:30 p.m.
 FEE: \$15.00 - includes new booklet. Bring your own lunch.

TO REGISTER Contact Erin erinmusicmouse@gmail.com

PRESENTER: Sister Rosemary O'Toole CSJ from The Upper Room Home of Prayer



6 books already published...and circulating

September 30	Editing of Mary: A Contemplative Woman
October 21	Final Edit of Mary: A Contemplative Woman
January 20	Contemplation and Dark Night
January 27	Contemplation and Dark Night
April 21	The Spiritual Journey
May 26	The Spiritual Journey
June 16	The Spiritual Journey

Spiritual Directors come to one editing session or as many as you can!

EMMAUS ENRICHMENT for SPIRITUAL DIRECTORS

We will continue with YEAR 3
of our

FUTURE FULL OF HOPE
project creating new booklets with our
core spiritual teachings.

Saturdays

9:30 a.m. - 12:30 p.m.

at 68 CentrepoinTE Dr.

RSVP Sr. Rosemary at
upperroom@sympatico.ca

*Upon request and availability,
some of our spiritual directors can offer
you a day retreat or a workshop
on a specific spirituality theme.*

*We will come to your parish, community,
school or home.
See OUTREACH on our website.*

COMMUNITY of PRAYER



NEWCOMERS to THE LITTLE DESIGN COMMUNITIES

Free downloads on our website or resources to purchase. Consider taking the 10 day experience at Arnprior!

LITTLE DESIGN COMMUNITIES REBIRTHING

Little Design Communities Rebirthing

A contemplative experience ideal for Newcomers. (10 days, 9 nights)

July 2 - July 11, 2018

Cost: \$990.00 Cdn.

and/or

A Guided Contemplative Retreat (5 days, 4 nights)

August 13 – August 17, 2018

Retreat: \$450.00 Cdn.

Location: Galilee Retreat Centre, 398 John St. Arnprior, Ontario.

REGISTER with Galilee Centre at 613-623-4242 or info@galileecentre.com

Check THEUPPERROOM website for 2018 BROCHURE

THE LITTLE DESIGN COMMUNITIES ~ AT-HOME and ONLINE



This fall marks the 19th year that we have been gathering as Little Design Communities throughout the Ottawa area.

Presently we are 65 core members.

The 12 small communities meet regularly for faith sharing in each other's homes.

Your Home Hostess will contact you with your dates for the upcoming year.

* Study for this year is the new BINDER. Copies are available upon request. Cost \$30.00 each.

See our NEW website. Click on the Beams of Love picture. It is now a WORLDWIDE experience online.

Join the exploration and watch the Spirit at work amongst us.

COMMUNAL CELEBRATIONS (Ottawa and Area Regions) Core members and Newcomers mark your calendars now.



CHRISTMAS CELEBRATION

Saturday, December 16, 2018

1:00 p.m. – 4:00 p.m.

68 Centrepointe Drive Gathering Room

Please RSVP to Sr. Rosemary by December 10.

PENTECOST CELEBRATION

FOR THE UPPER ROOM COMMUNITY

**YOU ARE INVITED TO LUNCH
at GALILEE CENTRE, ARNPRIOR.**

Date to be announced!

Cost: \$25.00 a person

PLEASE RSVP to Sr. Rosemary before June 1, 2018