



Betty Ross

# THE UPPER ROOM HOME OF PRAYER - FALL 2024 40<sup>th</sup> ANNIVERSARY

**WELCOME** We are happy to share with you our FALL newsletter with the program offerings and news highlights from The Upper Room community. We are grateful for the past year and our collaboration with [Stillpoint House of Prayer](#) and [Galilee Centre](#). Our spiritual directors have offered programs and assisted with retreat direction as needed. The UPPER ROOM opened its doors to ministry at 58 Primrose Avenue, Ottawa on September 5, 1984. What a year of celebration - yes, 40 years!

68 Centrepointe Drive  
Ottawa, Ontario. K2G 6J5  
613-228-6987

## THE UPPER ROOM

[Visit our website](#)

**SHARING OF HEARTS** Many of you have been following our Little Design Communities and/or our small Future Full of Hope Book Series for the past couple years now. You have made some spiritual friends that possibly some of you would like to connect with from time to time. We will host a [GLOBAL LDC Zoom gathering](#) every two months. Use Zoom link on website. Small informal breakout rooms. No cost. Explore global connections with Little Designers as we circle the world with Love! Newcomers are welcome. The 2<sup>nd</sup> Saturday every two Months: 2:00-3:00 ET  
Saturdays: September 14 and November 9, 2024.

## GALILEE CENTRE

Amprior, Ontario  
[Visit our website](#)

## STILLPOINT

Burnstown, Calabogie, Ontario  
[Visit our website](#)

## ZOOM EMMAUS PROGRAM #11: We welcome ...

12 candidates gather on the 1<sup>st</sup> and 3<sup>rd</sup> Saturday every month  
September 2024 – June 2025  
(10:00 a.m. – 12:00 noon)

Co-hosted: Kathleen O'Keefe, CSJ and Rosemary O'Toole, CSJ  
[See our website for more detailed information.](#)

---

### ALL EMMAUS GRADS come to 'potluck breakfast' at Upper Room

September 28; October 26; November 30 9:30 a.m. - 12 noon

To register, contact  
Sr. Rosemary O'Toole  
[upperroom@sympatico.ca](mailto:upperroom@sympatico.ca)

To make an UPPER ROOM  
payment  
[etransfers@csjcanada.org](mailto:etransfers@csjcanada.org)

To register, contact  
Stillpoint House of Prayer  
[inquiries@stillpoint.ca](mailto:inquiries@stillpoint.ca)

## DAY RETREAT at STILLPOINT - register at Stillpoint

THEME: POTTER'S HANDS

Saturday, October 5 9:30 a.m. - 4:30 p.m.

Facilitator: Clarissa Boyce

COST: \$90.00

---

## THE UPPER ROOM HOSTS ON ZOOM COMMUNAL ADORATION of BLESSED SACRAMENT

EVERY WEDNESDAY EVENING

7:30 - 8:00 p.m.

All are welcome. Zoom link on our website.

To register, contact  
Galilee Centre  
[info@galileecentre.com](mailto:info@galileecentre.com)

## RETREAT AT GALILEE CENTRE – register at Galilee

THEME: CUP OF LIGHT

Friday - Saturday, September 27-28

Facilitator: Author, Karen Lahaise (and Dianne Lupinska)

COST: \$165.00

HOMES: Monique DeBaets:

- offers in-her home and at her Parish - small group sessions.
- Contact [upperroom@sympatico.ca](mailto:upperroom@sympatico.ca) if interested to join.