



THE UPPER ROOM

A HOME OF PRAYER

A SCHOOL OF PRAYER

A COMMUNITY OF PRAYER

2016-2017

We have lived with this PENTECOST ICON for some 32 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 July.

HOME of PRAYER

MONTHLY EUCHARIST

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

September 19
October 17
November 14
December 12
January 16
February 13
March 13
April 10
May 15
June 12

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

EMMAUS PROGRAM #10

Facilitating the Ministry of Spiritual Direction



We have 12 new candidates accepted for 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 One

DATES: September 24 February 11
October 15 March 11
November 19 April 8
December 10 May 6
January 14 June 3

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

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

At-Home Retreat – with the daily Scriptures during ADVENT and LENT

You can purchase small Advent and Lenten Daily Reflection books at The UPPER ROOM for your at-home prayer during these liturgical seasons. Books are printed by Liturgical Press. Authors of the daily Scripture reflections are Bishop Robert Morneau, and Jay Cormier. Cost \$2.00 each

SPIRITUAL RESOURCES: NEW books available for \$5.00 at The Upper Room or [amazon.ca](https://www.amazon.ca)

1. Discernment
2. Divine Indwelling
3. Dying Well
4. False Self and True Self
5. Paschal Mystery

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 12, 2016
 LOCATION: GALILEE RETREAT CENTRE, ARNPRIOR, ON
 TIME: 9:30 a.m. – 3:30 p.m.
 FEE: \$45.00 - includes new booklet and lunch
 TO REGISTER Contact Galilee Centre at 613-623-4242 or info@galileecentre.com
 PRESENTER: Sister Rosemary O'Toole CSJ
 - assisted by spiritual directors from The Upper Room Home of Prayer.



5 books already published...and circulating

October 1	The 8-fold Path of The Spiritual Life
October 29	The 8-fold Path of The Spiritual Life
December 3	Infinitely More-Contemplation and Dark Night
January 21	Infinitely More-Contemplation and Dark Night
February 18	Mary: A Contemplative Woman
March 18	The Spiritual Journey
April 29	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.
(60 pages each)

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



LITTLE DESIGN COMMUNITIES REBIRTHING

OPTION #1: **Little Design Communities Rebirthing**

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

June 26 - July 5, 2017

Cost: \$990.00

OPTION #2: **Contemplative Retreat/ Weekend Enrichment**

July 10 - July 16, 2017

Retreat: \$450.00 and/or Weekend \$265.00

Total cost: \$700.00

Location: Galilee Retreat Centre, Arnprior, Ontario.

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

NEWCOMERS to THE LITTLE DESIGN COMMUNITIES

Free downloads on our website or resources to purchase. Consider taking the 9 nights experience at Arnprior!

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 13 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 17, 2016

1:00 p.m. – 4:00 p.m.

68 CentrepoinTE Drive Gathering Room
Please RSVP to Sr. Rosemary by December 10.



CANADA DAY CELEBRATION - Saturday, JULY 1, 2017

Afternoon Strawberry Shortcake Tea Party
at GALILEE CENTRE, ARNPRIOR. Cost: \$5.00 a person