

HISTORIC DOWNTOWN ARNPRIOR



GALILEE CENTRE



**LITTLE DESIGN COMMUNITIES
REBIRTHING**



Beams of Love, by Mary Southard, csj

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REGISTRATION FORM ... please cut off and return with cheque deposit to Sr. Rosemary.

I would like to participate in The Little Design Communities Rebirthing at Galilee Retreat Centre from June 27-July 6, 2016.

Name

Address.....

.....

.....

Phone.....

Email

To reserve, send deposit fee of \$200.00 Cdn.
Make cheque payable to:

Sister Rosemary O’Toole, CSJ
The Upper Room Home of Prayer.
68 CentrepoinTE Drive,
Ottawa, Ontario, Canada . K2G 6J5

PRIVATE ROOMS WITH SINK



PARK PAVILION ON OTTAWA RIVER



June 27 - July 6, 2016
Galilee Retreat Centre
Arnprior, Ontario

Cost \$980.00

Rosemary O’Toole, csj (Canada)
Monica Hartnett, ssj (Annecy)

CONTACT INFO
www.theupperroomhomeofprayer.org
upperroom@sympatico.ca

INTERACTIVE CONVERSATIONS



CONTEMPLATIVE LIVING



SIMPLE LIFESTYLE



THE EUCHARISTIC LETTER REVISITED

The 'Little Design' Community is a way of life that is a more contemplative expression of our Medaillan charism. It may be the call of seekers today who are looking for a small faith community that is ecclesial and yet without any institutional structures. It can be lived in our own homes.

TODAY, we are 'rebirthing' from our most original vision and mission! If YOU - CSJ women, associates, Little Designers, laity - are feeling called to live more deeply the Gospel way of life described in *The Eucharistic Letter*, plan to join us at Galilee Centre for this 10-day contemplative experience. Srs. Rosemary and Monica will be guiding you through a new commentary (100 pp.) on the prophetic-mystical text of *The Eucharistic Letter* (J.P. Medaille, 1660).

Through deepening our shared vision, our hope is that animators will go forth and witness the emergence of more Little Design communities manifesting a new vitality for our church/world. The rhythm of each day flows in the creativity of Spirit-movement: 8 mornings gather for contemplative prayer and interactive teachings on *The Eucharistic Letter*. 8 afternoons explore the charming historic village of Arnprior to circle the city with Love.

- Our Vision and Mission -

"Our cherished association is to be a body without a body, and if I dare say it, a congregation without a congregation, and perhaps in time, a religious order without being a religious order." (E.L. par.2)

Directions to Galilee Retreat Centre

398 John Street North, Arnprior, ON. K7S 2P6

From East (Ottawa): Take highway 417 West and continue on the 417 until regional road 29. Turn left onto Madawaska Blvd/Regional Road 117. Turn right onto John St N.

From South (Toronto/Carleton Place): Take the Highway 7 (Trans-Canada Highway) until Highway 417 West. Continue on the 417 until regional road 29. Turn left onto Madawaska Blvd/Regional Road 117. Turn right onto John St. N.

From West (Pembroke): Head East on Highway 17. Turn left onto Daniel Street/County Road 2. Turn left onto Madawaska St. Turn right onto John St.

*Galilee Centre is 50 minutes from Ottawa Airport. For information regarding airport or train station pickup please contact Ottawa Shuttle Service for pricing at 613-680-3313 or www.ottawashuttleservice.com/rates.

We encourage flexibility within our days to allow for individual creativity and Spirit expression of Little Design 'rebirthing'. A couple times, following the evening meal, we will have 'sharing of hearts' in small groupings. Most evenings are free.

AFTER FOUR SESSIONS in LE PUY, FRANCE

'Little Design Communities Rebirthing'

is now being offered in CANADA!

For more information, visit our website.

COST of 10 DAYS and 9 NIGHTS

\$980.00 Canadian

Arrive on Monday, June 27 after lunch

Depart after lunch on Wednesday, July 6

Registration deposit now = \$200.00

Upon arrival on June 27, 2016 = \$780.00

Limited to 15-20 persons

Commuters rate - \$550.00 Canadian