



THE UPPER ROOM HOME OF PRAYER

WELCOME We are happy to share with you our Fall newsletter with the program offerings and news highlights from The Upper Room community. We have begun a partnership with [Stillpoint House of Prayer](#) and [Galilee Centre](#). A few of our spiritual directors are on retreat teams at Stillpoint and Galilee and will be called upon as needed. We have eight Emmaus directors available to accept new directees. Most are choosing Zoom visits so that expands our outreach possibilities. Check out our [Medaille Resources](#) for you to use at any of your LDC gatherings.

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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. Email [Rosemary](#) to receive Zoom link. Small informal breakout rooms will be arranged. No cost. Explore global connections with Little Designers as we circle the world with Love! Newcomers are welcome.

The 2nd Saturday every two Months: 1:30 - 2:30 p.m. ET
September 9 November 11 January 13
March 9 May 11 July 13

GALILEE CENTRE
Arnprior, Ontario
[Visit our website](#)

STILLPOINT HOUSE OF PRAYER
Burnstown, Calabogie, Ontario
[Visit our website](#)

ZOOM BOOK SERIES: THE 8-FOLD PATH OF A SPIRITUAL LIFE

Spiritual Directors host these 8 sessions. One MONDAY a month. (7:30-8:30 p.m.)
Purchase book on [amazon](#).

September 4	Prayer – hosted by Sr. Rosemary O’Toole
October 2	Mindfulness – hosted by Henrietta Bruneel
November 6	Spiritual Reading – hosted by Stephanie Emmons
December 4	Self-Discipline – hosted by Barbara Graham

*The next 4 chapters offered in the winter months. **SERIES of 8 COST: \$40.00**

To register, contact
Sr. Rosemary O’Toole
upperroom@sympatico.ca

To make an UPPER ROOM
payment
etransfers@csicanada.org

To register, contact
Stillpoint House of Prayer
inquiries@stillpoint.ca

ADVENT RETREAT at STILLPOINT – small group of 6

THEME: Understanding False Self and True Self
Thursday, December 7 at 4:00 p.m. - Sunday, December 10 at 1:30 p.m.
For persons with disabilities. Facilitator: Henrietta Bruneel

COST: to be announced

ADVENT WORKSHOP at THE UPPER ROOM - small group of 8

THEME: Understanding False Self and True Self
- Creative Journalling -
WEDNESDAYS: Nov. 29, Dec. 6, 13, 20 TIME: 10:00-12:00
Facilitators: Henrietta Bruneel and Dianne Lupinska

COST: \$40.00 + book \$5.00

To register, contact
Galilee Centre
info@galileecentre.com

DAY RETREAT AT GALILEE CENTRE:

MARY: A CONTEMPLATIVE WOMAN
Saturday, October 21, 2023 (9:30-3:30) Lunch served.
Facilitator: Monique DeBaets

COST: \$75.00 (lunch and book)