

THE UPPER ROOM

WINTER 2023

A HOME OF PRAYER

A SCHOOL OF PRAYER

A COMMUNITY OF PRAYER

REGISTER: Sr. Rosemary at upperroom@sympatico.ca

VISIT OUR [WEBSITE](#)



Contemplative Prayer: Adoration of the Blessed Sacrament

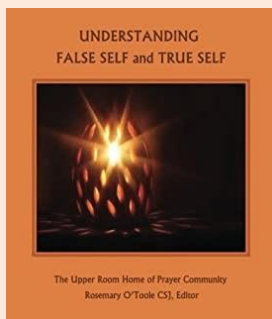
Dates: Every WEDNESDAY evening

Time: 7:30-8:00 p.m.

No fee. No registration. Audio and video off throughout.

Join weekly or when you can.

See the Recurring Zoom link on our website.



LENT SERIES: Zoom Book Series: Understanding False Self and True Self

Hosted by Rosemary O'Toole CSJ

Co-hosts: Betty Ross, Dianne Lupinska, Daryl MacPherson, Karen Lahaise

Dates: 5 MONDAYS: February 27, March 6, 13, 20, 27

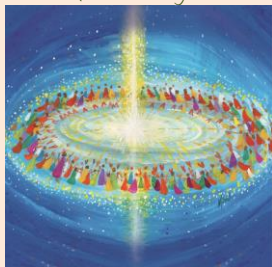
Time: 7:30-8:30 p.m.

Fee: \$20.00 Payment by e-transfer at: etransfers@csjcanada.org

Purchase book on [amazon.ca](https://www.amazon.ca)

TO REGISTER: Email Rosemary at upperroom@sympatico.ca

Beams of Love © Mary Southard



A GLOBAL OUTREACH

Learning all about THE LITTLE DESIGN COMMUNITIES FOR NEWCOMERS AND ANIMATORS

Hosted by Kathleen O'Keefe, CSJ and Rosemary O'Toole, CSJ

Dates: 10 SATURDAYS: January 14 - March 18, 2023.

Time: 1:30-2:30 p.m.

Fee: \$25.00 Payment by e-transfer at: etransfers@csjcanada.org

Purchase BOOK FOUR on [amazon.ca](https://www.amazon.ca)

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HOLY WEEK RETREAT – VIRTUAL

Zoom hosted by Rosemary O'Toole, CSJ and Upper Room spiritual directors

Dates: Monday, April 2- Easter Sunday, April 9, 2023

Time: Daily 20 minute *individual spiritual direction visits*

Fee: \$70.00 CDN. Payment by e-transfer at: etransfers@csjcanada.org

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