



## 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 2<sup>nd</sup> 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](mailto:upperroom@sympatico.ca)

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

To register, contact  
Stillpoint House of Prayer  
[inquiries@stillpoint.ca](mailto: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 AT-HOME VIRTUAL RETREAT - small group of 8

Waiting for the birth of your true self, and living fully alive, are the calls of this Advent At-Home Retreat, using the book “Understanding False Self and True Self.”

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](mailto: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)**