



## THE UPPER ROOM HOME OF PRAYER - WINTER 2024

**WELCOME** We are happy to share with you our WINTER newsletter with the program offerings and news highlights from The Upper Room community. We are grateful for the 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.

68 Centrepointe Drive  
Ottawa, Ontario. K2G 6J5  
613-228-6987

### 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. Use Zoom link on website. Small informal breakout rooms. 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  
January 13      March 9      May 11      July 13

### GALILEE CENTRE

Arnrior, Ontario

[Visit our website](#)

### STILLPOINT

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.)  
Wonderful participation with our 46 registered participants.

January 8    Work – hosted by Sarah Wayne  
February 5    Kindness and Compassion – hosted by Kathleen O’Keefe, CSJ  
March 4    Leisure – hosted by Karen Lahaise  
April 1    Spiritual Friends/Director/Community – hosted by Elizabeth Charbonneau and Sharron Doherty

To register, contact  
Sr. Rosemary O’Toole  
[upperroom@sympatico.ca](mailto:upperroom@sympatico.ca)

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

To register, contact  
Stillpoint House of Prayer  
[inquiries@stillpoint.ca](mailto:inquiries@stillpoint.ca)

### WEEKEND LENTEN RETREAT at STILLPOINT – small group of 6

THEME: Dark Night of the Soul

Thursday, March 7 at 4:00 p.m. - Sunday, March 10 at 1:30 p.m.

For persons with disabilities. Facilitator: Henrietta Bruneel

Book: Contemplation and Dark Night of the Soul    COST: \$

### LENTEN DIRECTED RETREAT – UPPER ROOM - weekly app’t

THEME: Contemplation and Dark Night of the Soul for 6 Mondays or 6 Wednesdays starting Feb. 14 or Feb 19. Spiritual Director: Sr. Rosemary O’Toole. Cost \$60.00

### OVERNIGHT RETREAT at STILLPOINT

THEME: She Made Me Laugh (book reflections and sharing)

Saturday, April 20 at 9:30 a.m. to Sunday, April 21 at 1:30 p.m.

Facilitator: Stephanie Emmons    COST: \$    (Book, meals, overnight stay)

To register, contact  
Galilee Centre  
[info@galileecentre.com](mailto:info@galileecentre.com)

### DAY WORKSHOP AT GALILEE CENTRE:

THEME: ENNEAGRAM - Enrichment for our Emmaus Graduates.

Saturday, April 6, 2024 (9:30-3:30) Lunch served.

Facilitator: Barbara Graham    COST: \$75.00 (lunch and book)