



THE UPPER ROOM HOME OF PRAYER - SPRING 2024 40th ANNIVERSARY

WELCOME We are happy to share with you our SPRING newsletter with the program offerings and news highlights from The Upper Room community. We are grateful for the collaboration with [Stillpoint House of Prayer](#) and [Galilee Centre](#). With joy and gratitude, this Pentecost Sunday, we mark the 40th year of ministry for The Upper Room Home of Prayer.

YOU are invited to join the ZOOM PRAYER VIGIL on Saturday, May 18 at 2:00 p.m.
PENTECOST MASS at St. John the Apostle Parish, Sunday May 19 at 10:30 a.m.

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 2nd Saturday every two Months: 1:30 - 2:30 ET
Saturdays: March 9 and May 11, 2024.

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

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

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

Spiritual Directors have already hosted 6 sessions.

One MONDAY a month. (7:30-8:30 p.m.)

Wonderful participation with our 45 registered participants.

Monday, March 4 Leisure – hosted by Karen Lahaise

Monday, April 1 Spiritual Friends/Director/Community – hosted by
Elizabeth Charbonneau and Sharron Doherty

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

To make an UPPER ROOM
payment
etransfers@csjcanada.org

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

OVERNIGHT RETREAT at STILLPOINT - register at Stillpoint

THEME: [She Made Me Laugh](#): Mother Teresa and the Call to Holiness

Saturday, April 20 at 9:30 a.m. to Sunday, April 21 at 2:00 p.m.

Facilitator: Stephanie Emmons COST: \$200.00 (meals, overnight stay)

CONVERSATION WITH KAREN'S BOOK – register at Upper Room

You are invited to [THE UPPER ROOM](#) for a Saturday afternoon with the author, Karen Lahaise, sharing reflections and blessings received as you read *Cup of Light!*

Saturday, May 4, 2024. Time: 1:00 p.m. – 4:00 p.m.

Limited to 12 participants.

(Book extra cost: available [amazon](#); Indigo/Pinecrest or [Karen](#)) COST: \$20.00

To register, contact
Galilee Centre
info@galileecentre.com

DAY WORKSHOP AT GALILEE CENTRE – register at Galilee

THEME: ENNEAGRAM - Enrichment for our Emmaus Graduates.

Saturday, April 6, 2024 (9:30-3:30) Lunch served. Limited to 12 participants.

Facilitator: Barbara Graham COST: \$90.00 (lunch/Enneagram book)