

- FREE -

You can join some or all of the  
Festival Events

## A GRATITUDE CELEBRATION 25 YEARS

**Little Design Communities**  
**Ottawa and Area**

July 15-17, 2022

Starts Friday at 7:15 p.m.

Ends Sunday at 8:45 p.m.

Register by JUNE 15, 2022

at [upperroom@sympatico.ca](mailto:upperroom@sympatico.ca)

Stay in your own home and set aside a few  
summer days for spirited conversations and  
leisurely reflection.

## HEART-TO-HEART

### CONVERSATIONS ON ZOOM

**Friday Evening:** 7:15 p.m. – 8:45 p.m.

Opening Ritual and Guest Speaker

**Saturday and Sunday:**

10:00 Communal Morning Prayer

10:15 Guest Speaker

10:30 Breakout Rooms

11:00 Pause to Refresh

11:15 Panel Conversation

12:00 Lunch and Personal Reflection

2:00 Video

2:45 Pause to Refresh

3:00 Creative Workshop (2 hours)

5:00 Dinner and Personal Reflection

7:30 Evening Prayer and Ritual

8:30 Closing of Festival

Participants will receive a ZOOM link  
and BOOKLET when they register.



## SUMMER FESTIVAL CHARISM ALIVE

**A VIRTUAL EVENT  
2022**

**July 15 – July 17**

The Upper Room Home of Prayer  
68 CentrepoinTE Dr., Ottawa, Canada.

REGISTER: Rosemary O'Toole, CSJ  
[upperroom@sympatico.ca](mailto:upperroom@sympatico.ca)

## FRIDAY EVENING - JULY 15

### OUR WELCOMING RITUAL

#### Our Community Tree of Hands!

Our hands are a metaphor for life. From the plump, smooth fists we're born with, our hands change as a testimony to the passage of time in our lives. The lines on our palms grow deeper, the skin on the backs thin exposing veins, bones and crevices. Our fingers become bonier with faded prints and misshapen nailbeds. In this way, our hands know the story of our lives. They touched others with tenderness and love; they wiped away tears (both of happiness and sorrow); they cooked, cleaned, dressed, and manipulated all types of technology, electronics and machinery; they expressed applause and delight with clapping; they held our prayers.

As you join this virtual circle, we ask you to bring an object or item that speaks to you at this moment in your life. Consider what draws you to it. Is it how it feels in your hand? How it sounds when it's moved or shaken? How it looks—its colours, shape or the cherished or tragic memory it evokes? Is it a smell that comes to mind? You will raise up this object in your hand as a greeting of community—a reflection of our diversity and uniqueness.

#### GUEST SPEAKER: Margaret Keller, CSJ CHARISM ALIVE

Leaving home at age 13 allowed me to witness Sr. Teresita and Sr. Marie Laprise living the essence of the csj charism in the classroom and daily communal living. I entered the congregation at age 16. In our community-run hospitals, I witnessed the healing expression of the charism as a nurse. The dynamic spirit of the charism lead me to chaplaincy in a maximum security detention center and an all-women's university. Retired from institutional ministry I now live in an apartment where a variety of needs beckon me to respond, and individuals without support, have welcomed me into the blessings and challenges of their lives. Throughout these experiences I have lived the dynamic challenges of community living.

## SATURDAY - JULY 16

### THE LITTLE DESIGN

#### GUEST SPEAKER: Jane De Lisle, SSJ KALEIDOSCOPE OF LITTLE DESIGN

The Kaleidoscope is an apt image for the changing reality of the "Little Design" that has grown into the Family of St. Joseph throughout the world. The ever-changing nature of the Kaleidoscope reflects mirrored light and images of glass. A turn of the lens creates an innovative design using the shapes held within. New patterns emerge, nothing is lost. There is continuity between the origins of the Little Design and our experience now. It is the Little Design that connects us to our beginnings, yet it is ever changing as each generation reflects the needs of society and the Church. God is working in us through the charism and has enabled us to adapt and change to become what it needs to be in every age. This wonder of the Little Design is that the elements are the same, yet the design ever new.

#### PANEL PRESENTATION

Sharing what my Little Design community means to me. *Erin Ryan, Brenda Mercier-Roy, Sharron Doherty, Margaret Gillis*

#### CREATIVE WORKSHOP – Debbie Camelin Writing Spiritual Poetry

Writing poetry is one way of providing clarity around our thoughts and feelings. As spiritual author, John O' Donohue, wrote: "*Poetry is the place where language in its silence is most beautifully articulated.*" Each word, each phrase and each poetic element draws in the reader, prompting them to explore the meaning of what is written—the lessons and wisdom shaped in words. In this way, poetry doesn't need to be obscure or abstruse but rather open and honest. As part of the opening ritual for this Summer Festival, we asked you to bring an item that speaks to you at this time in your life. In this segment of the workshop, we'll explore why this is so by using poetic elements, line and perhaps even rhyme to tell your story.

## SUNDAY - JULY 17

### MAXIMS OF LOVE

#### GUEST SPEAKER: Betty Ross LIVING THE MAXIMS IN THE SEASONS OF MY LIFE

The practice of these MAXIMS is a very slow work of prayer, and a time of silence and listening to the inner promptings of the Holy Spirit whose grace nudges us toward healing and transformation. The MAXIMS call and challenge us into the reality of our daily lives, whatever the circumstances. My spiritual life has been sustained and nourished through the guidance of these wisdom sayings. Through my journals I discovered that my growth and transformation showed a change in direction about every three years or so. Gratefully, I'll share with you those different seasons on my spiritual journey where the spiritual power of the MAXIMS healed and transformed me.

#### PANEL PRESENTATION

Sharing personal stories of being guided by the wisdom of a particular Maxim.

*Theresa Franco, Deborah Steedle, Barbara Graham, Carol Miksik*

#### CREATIVE WORKSHOP – Grace Amirault Art journaling

Bring your own coloured pencils, markers or paints to this session. Print handouts sent to you by email. You will be guided in how to create the "*Seasons of My Life*" by tracing your hand and then colouring it with designs and symbols and colours unique to you and your vocation. A meditative time! Bring your unique HAND creation to our closing ritual.



#### CLOSING RITUAL:

Lift up your HANDS ... yes in a joyous and colourful celebration with meaning. Thanks for the gift of your life and your love!