

2025-2026		THE UPPER ROOM HOME OF PRAYER		SCHEDULE OF EVENTS	
MONTH	DATE	EVENT	TIME	PRESENTER/FACILITATOR/GREETER	FEE
SEPTEMBER	3	Be Still Day Retreat	10:00-3:00	Dianne Lupinska	\$20.00
	3	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	6	Zoom Emmaus Program Lesson #1	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	10	Be Still Day Retreat	10:00-3:00	Marian Brethour/ Rosemary O'Toole	\$20.00
	10	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	13	Little Design Newcomers #1	1:00-3:00	Rosemary, Monique DeBaets/ Karen Lahaise	\$5.00
	17	MASS and Lunch	11:30 -1:30	Andrew Spatafora MSF (Dianne L.)	-
	17	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	20	Zoom Emmaus Program Lesson #2	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	24	Be Still Day Retreat	10:00-3:00	Karen Lahaise	\$20.00
	24	Be Still Zoom Adoration	7:30-8:00 p.m.	Dianne Lupinska	-
	27	Guided Retreat Day: Gratitude	10:00-3:00	Daryl MacPherson (Dianne L/Marian B.)	\$75.00
OCTOBER	1	Be Still Day Retreat	10:00-3:00	Dianne Lupinska	\$20.00
	1	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	4	Zoom Emmaus Program Lesson #3	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	8	Be Still Day Retreat	10:00-3:00	Marian Brethour/Rosemary O'Toole	\$20.00
	8	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	11	Little Design Newcomers #2	1:00-3:00	Rosemary, Monique DeBaets, Karen Lahaise	\$5.00
	15	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	18	Zoom Emmaus Program Lesson #4	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	22	Be Still Day Retreat	10:00-3:00	Rosemary O'Toole	\$20.00
	22	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	25	*Emmaus Grads Discernment	10:00-1:00	Meeting -Sharing-Lunch	-
	29	Be Still Day Retreat	10:00-3:00	Karen Lahaise	\$20.00
	29	Be Still Zoom Adoration	7:30-8:00 p.m.	Dianne Lupinska	-

MONTH	DATE	EVENT	TIME	PRESENTER/FACILITATOR	FEE
NOVEMBER	1	Zoom Emmaus Program Lesson #5	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	5	Be Still Day Retreat	10:00-3:00	Dianne Lupinska	\$20.00
	5	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	8	Little Design Newcomers #3	1:00-3:00	Rosemary, Monique DeBaets, Karen Lahaise	\$5.00
	12	Be Still Day Retreat	10:00-3:00	Marian Brethour/Rosemary O'Toole	\$20.00
	12	Be Still Zoom Adoration	7:30-8:00	Rosemary O'Toole	-
	15	Zoom Emmaus Program Lesson #6	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	19	MASS and Lunch	11:30 -1:30	Andrew MSF (Dianne L.)	-
	19	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	22	Zoom Global Little Design Communities	2:00-3:00 p.m.	Rosemary and co-hosts	-
	26	Be Still Day Retreat	10:00-3:00	Karen Lahaise	\$20.00
	26	Be Still Zoom Adoration	7:30-8:00 p.m.	Dianne Lupinska	-
	29	ADVENT Guided Retreat Day	10:00-3:00	Daryl MacPherson (Dianne L)	\$75.00
DECEMBER					
	3	Be Still Day Retreat	10:00-3:00	Dianne Lupinska	\$20.00
	3	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	6	Zoom Emmaus Program Lesson #7	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	10	ADVENT Retreat Day – Mary book	10:00-3:00	Monique De Baets (Dianne L.)	\$75.00
	10	Be Still Zoom Adoration	7:30-8:00	Rosemary O'Toole	-
	13	Little Design Newcomers #4	1:00-3:00	Rosemary, Monique DeBaets, Karen Lahaise	\$5.00
	17	MASS and Lunch	11:30 -1:30	Andrew MSF (Dianne L.)	-
	17	Be Still Zoom Adoration	7:30-8:00	Dianne Lupinska	
	20	Zoom Emmaus Program Lesson #8	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00

MONTH	DATE	EVENT	TIME	PRESENTER/FACILITATOR	FEE
JANUARY	3	Zoom Emmaus Program Lesson #9	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	7	Be Still Day Retreat	10:00-3:00	Dianne Lupinska	\$20.00
	7	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	10	Little Design Newcomers #5	1:00-3:00	Rosemary, Monique DeBaets, Karen Lahaise	\$5.00
	14	Be Still Day Retreat	10:00-3:00	Marian Brethour /Rosemary O'Toole	\$20.00
	14	Be Still Zoom Adoration	7:30-8:00	Dianne Lupinska	-
	17	Zoom Emmaus Program Lesson #10	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	21	MASS and Lunch	11:30 -1:30	Andrew MSF	-
	21	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	24	*Emmaus Grads Discernment	10:00-1:00	Meeting – Sharing -Lunch	-
	28	Be Still Day Retreat	10:00-3:00	Sherry Baker	\$20.00
	28	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
FEBRUARY					
	4	Be Still Day Retreat	10:00-3:00	Dianne Lupinska	\$20.00
	4	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	7	Zoom Emmaus Program Lesson #11	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	11	Be Still Day Retreat	10:00-3:00	Marian Brethour/Rosemary O'Toole	\$20.00
	11	Be Still Zoom Adoration	7:30-8:00	Rosemary O'Toole	-
	14	Little Design Newcomers #6	1:00-3:00	Rosemary, Monique DeBaets, Karen Lahaise	\$5.00
	18	Be Still Day Retreat – Ash Wednesday	10:00-3:00	Sherry Baker	\$20.00
	18	Be Still Zoom Adoration	7:30-8:00	Rosemary O'Toole	
	21	Zoom Emmaus Program Lesson #12	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	25	MASS and lunch	11:30-1:30	Andrew MSF (Dianne L.)	-
	25	Be Still Zoom Adoration	7:30-8:00 p.m.	Dianne Lupinska	
	28	Enneagram Workshop Part Two	10:00-3:00	Barbara Graham and 10 UR directors *	\$75.00

MONTH	DATE	EVENT	TIME	PRESENTER/FACILITATOR	FEE
MARCH	4	Be Still Day Retreat	10:00-3:00	Dianne Lypinska	\$20.00
	4	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	7	Zoom Emmaus Program Lesson #13	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	11	Be Still Lent Retreat: Paschal Mystery	10:00-3:00	Monique DeBaets	\$75.00
	11	Be Still Zoom Adoration	7:30-8:00	Rosemary O'Toole	-
	14	Little Design Newcomers #7	1:00-3:00	Rosemary, Monique DeBaets, Karen Lahaise	\$5.00
	18	MASS and Lunch	11:30 -1:30	Andrew MSF (Dianne)	-
	18	Be Still Zoom Adoration	7:30-8:00	Rosemary O'Toole	-
At-Home	21	Zoom Emmaus Program Lesson #14	No Zoom mtg	Sr. Kathy and Sr. Rosemary	\$50.00
	25	Be Still Day Retreat	10:00-3:00	Sherry Baker	\$20.00
	25	Be Still Zoom Adoration	7:30-8:00 p.m.	Dianne Lupinska	-
	28	*Emmaus Grads Discernment	10:00-1:00	Meeting – Sharing- Lunch	-
	28	Zoom Global Little Design Communities	2:00-3:00 p.m.	Rosemary and co-hosts	-
APRIL					
	1	Be Still Day Retreat	10:00-3:00	Dianne Lupinska	\$20.00
	1	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	4	Zoom Emmaus Program Lesson #15	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	8	Be Still Day Retreat	10:00-3:00	Marian Brethour/Rosemary O'Toole	\$20.00
	8	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	11	Little Design Newcomers #8	1:00-3:00	Rosemary, Monique DeBaets, Karen Lahaise	\$5.00
	15	MASS and Lunch	11:30-1:30	Andrew MSF (Dianne)	-
	15	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	18	Zoom Emmaus Program Lesson #16	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	22	Be Still Day Retreat	10:00-3:00	Karen Lahaise	\$20.00
	22	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	25	Guided Retreat Day: Beatitudes	10:00-3:00	Daryl MacPherson (Dianne L.)	\$75.00
	29	Be Still Day Retreat	10:00-3:00	Sherry Baker	\$20.00
	29	Be Still Zoom Adoration	7:30-8:00 p.m.	Dianne Lupinska	-

MONTH	DATE	EVENT	TIME	PRESENTER/FACILITATOR	FEE
MAY	2	Zoom Emmaus Program Lesson #17	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	6	Be Still Day Retreat	10:00-3:00	Dianne Lupinska	\$20.00
	6	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	9	Little Design Newcomers #9	1:00-3:00	Rosemary, Monique DeBaets, Karen Lahaise	\$5.00
	13	Be Still Day Retreat	10:00-3:00	Marian Brethour/Rosemary O'Toole	\$20.00
	13	Be Still Zoom Adoration	7:30-8:00	Rosemary O'Toole	-
	16	Zoom Emmaus Program Lesson #18	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	20	MASS and Lunch	11:30 -1:30	Andrew MSF (Dianne L.)	-
	20	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	23	*Emmaus Grads Discernment	10:00-1:00	Meeting- Sharing- Lunch	-
	27	Be Still Day Retreat	10:00-3:00	Sherry Baker	\$20.00
	27	Be Still Zoom Adoration	7:30-8:00 p.m.	Dianne Lupinska	-
	30	Zoom Global Little Design Communities	2:00-3:00 p.m	Rosemary and co-hosts	-
JUNE					
	3	Be Still Day Retreat	10:00-3:00	Dianne Lupinska	\$20.00
	3	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-
	6	Zoom Emmaus Program Lesson #19	10:00-12:00	Sr. Kathy and Sr. Rosemary	\$50.00
	10	Be Still Day Retreat	10:00-3:00	Marian Brethour/Rosemary O'Toole	\$20.00
	10	Be Still Zoom Adoration	7:30-8:00	Rosemary O'Toole	-
	13	Little Design Newcomers #10	1:00-3:00	Rosemary, Monique DeBaets, Karen Lahaise	\$5.00
	17	MASS and Lunch	11:30 -1:30	Andrew MSF (Dianne L.)	-
	17	Be Still Zoom Adoration	7:30-8:00	Dianne Lupinska	-
OTTAWA IN-PERSON	20	Emmaus Program Lesson #20 GRADUATION OF NEW DIRECTORS	10:00-3:00	Sr. Kathy and Sr. Rosemary Hosts for out-of-town guests. June 19-21. Agape Meal at Noon. Diplomas	\$50.00
	21	Welcome to meet and greet directors! GARDEN AND HOME RECEPTION	10:30 Mass 11:30-1:30 UR	All EMMAUS GRADS welcome the NEW GRADS. Mass at Parish Church followed by coffee/Tims breakfast boxes at UR.	-
	24	Be Still Day Retreat	10:00-3:00	Sherry Baker	\$20.00
	24	Be Still Zoom Adoration	7:30-8:00 p.m.	Rosemary O'Toole	-