

# THE UPPER ROOM

FALL 2022

A HOME OF PRAYER

A SCHOOL OF PRAYER

A COMMUNITY OF PRAYER

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

VISIT OUR [WEBSITE](#)



## Contemplative Prayer: Adoration of the Blessed Sacrament

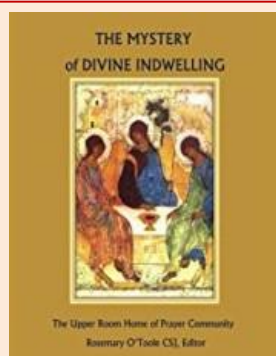
Dates: Every WEDNESDAY evening

Time: 7:30-8:00 p.m.

No fee. No register. Audio and video off throughout.

Join weekly or when you can.

Recurring Zoom link on our website.



## Zoom Book Series: The Mystery Of Divine Indwelling:

Hosted by Daryl MacPherson, Fay Barber

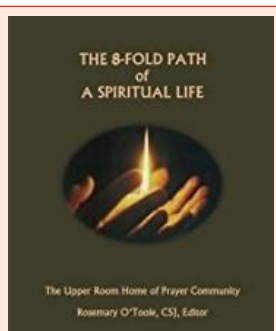
Co-hosts: Betty Ross, Dianne Lupinska, Karen Lahaise,  
Rosemary O'Toole CSJ.

Dates: 5 MONDAYS: September 12, 19, 26, October 3, 10.

Time: 7:30-8:30 p.m.

Fee: \$20.00 Payment by e-transfer at: [etransfers@csjcanada.org](mailto:etransfers@csjcanada.org)

Purchase book on [amazon.ca](https://www.amazon.ca)



## Day Retreat at 68 CentrepoinTE: Mindfulness of the Presence of God

Guided by Sarah Wayne and Karen Lahaise (Limited to 12 participants)

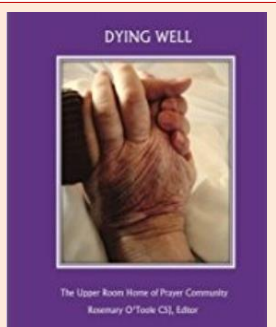
Date: SATURDAY, September 24

Time: 9:30 a.m. - 3:00 p.m.

Fee: \$45.00 includes lunch.

Payment by e-transfer at: [etransfers@csjcanada.org](mailto:etransfers@csjcanada.org)

Purchase book on [amazon.ca](https://www.amazon.ca)



## Zoom Book Series: Dying Well

Hosted by Monique Hebert-DeBaets and Margie Lauzon

Co-hosts: Sharron Doherty, Dianne Lupinska, Sarah Wayne, Rosemary O'Toole

Dates: 5 MONDAYS: November 7, 14, 21, 28, December 5

Time: 7:30-8:30 p.m.

Fee: \$20.00 Payment by e-transfer at: [etransfers@csjcanada.org](mailto:etransfers@csjcanada.org)

Purchase book on [amazon.ca](https://www.amazon.ca)

DYING WELL



The Upper Room Home of Prayer Community  
Rosemary O'Toole, CSJ, Editor

## DYING WELL

An evening ZOOM conversation hosted by the Knights of Columbus of St. John the Apostle Parish. No fee. No need to register. Just join on time.

Date: TUESDAY, NOVEMBER 1, 2022

Time: 7:30 p.m. – 9:00 p.m.

If you wish, purchase book on [amazon.ca](https://www.amazon.ca) or at The Upper Room for \$5.00

Presenter: Rosemary O'Toole, CSJ

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/2724438840?pwd=d1JpeStBeDI4TFMvSkJyRTRER1BvUT09>

**JANUARY – MARCH 2023**

**LEARNING ALL ABOUT  
"THE LITTLE DESIGN"  
FOR  
NEWCOMERS AND ANIMATORS**

10 SATURDAYS ON ZOOM

JANUARY 7 - MARCH 11

Rosemary O'Toole, CSJ

1:30 - 2:30 P.M.

COST \$25.00 CAD by [etransfer](#)

PURCHASE [WORDS FOR LIFE: BOOK FOUR](#) ON AMAZON.