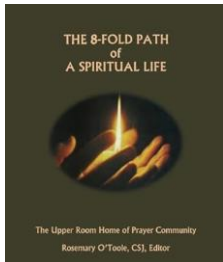


Visit our website: [THE UPPER ROOM - 2026-2027](http://www.upperroom.com)

HOME OF PRAYER

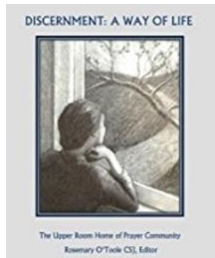
- ❖ **Contemplative Retreats:** 3 Saturdays at Upper Room. Time: 10:00 a.m-3:00 p.m. ET
Fee: \$75.00 includes book and served lunch. Register: upperroom@sympatico.ca



The 8-Fold Path of A Spiritual Life

Saturday, November 28, 2026

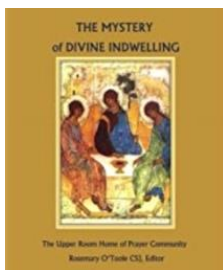
Presenter: Sarah Wayne



Discernment: A Way of Life

Saturday, January 30, 2027

Presenter: Sarah Wayne



The Mystery of Divine Indwelling

Saturday, April 24, 2027

Presenter: Daryl MacPherson



- ❖ **Reflections:** 2 Sundays: 2:00-4:00 p.m.
GATHERING PLACE: 1136 Maritime Way, Kanata.

November 29 **Hope and Peace**

December 13 **Joy and Love**

Hosted by Guy and Marian Brethour upperroom@sympatico.ca

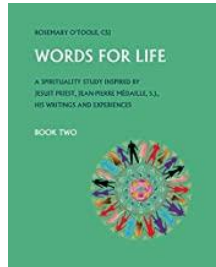
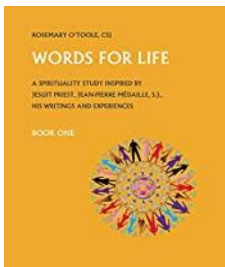
- ❖ **Spiritual Direction:** In-person and Zoom spiritual direction hour visits can be arranged from Monday to Friday during the day or evening. Suggested fee: \$30.00-\$50.00 a session. [Contact Sr. Rosemary](mailto:upperroom@sympatico.ca) to request a spiritual director.



Adoration: Once a month - Thursday evenings - 7:30-8:00 p.m. ET
 Zoom link will be found on our website. All are welcome. Silent contemplative prayer with audio and video off.
[Adoration via YouTube](#) -Our Lady's Chapel (Australia).

SCHOOL OF PRAYER: (Wednesday Zoom series) Purchase [Books on Amazon](#).

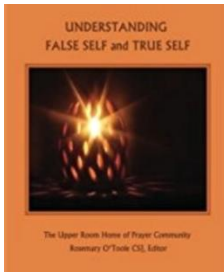
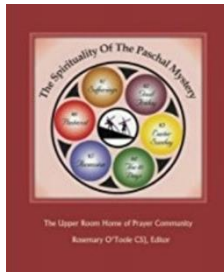
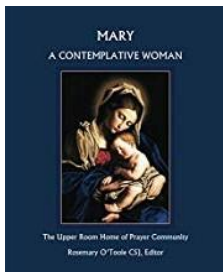
❖ **Words For Life/Paroles Pour La Vie:** Claudette Des Forges and Rosemary O'Toole



11:00 a.m.-12:00 p.m. ET (French sessions) 2x each month
 2:00 p.m.-3:00 p.m. ET (English sessions) 2x each month
 7:30 p.m.-8:30 p.m. ET (English sessions) 2x each month

No Fee. All are welcome. Dates: September 2026 - June 2027

❖ **Future Full of Hope:** 5 Monday Evenings Zoom 7:30-8:30 p.m. ET. Fee: \$30.00 each



Mary: Advent 2026

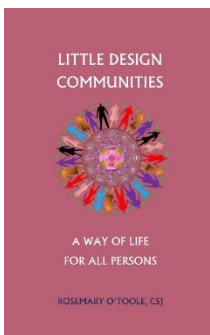
Paschal Mystery: Lent 2027

False Self/True Self: Post-Easter 2027

Purchase [Books on Amazon](#)

Choose one or all these Book Study-Share series.

COMMUNITY OF PRAYER



❖ **Little Design Communities: Study-Share Sessions,** 3rd Saturday every month on ZOOM from September to June. Group #1: 10:00-11:00 a.m. ET

Group #2: 2:00-3:00 p.m. ET

No fee. [Purchase book on amazon](#). Dates: September 2026-June 2027

❖ **Emmaus Community Events:** Once a month meet in person at the Upper Room on Thursdays for prayer. Once a month meet on Saturdays on Zoom for an hour of prayer. See dates and times for Enrichment, Ministry Planning and Social Events listed on our [website](#).