



Betty Ross

## THE UPPER ROOM HOME OF PRAYER - WINTER 2025

**WELCOME** We are happy to share with you our WINTER newsletter with the program offerings and news highlights from The Upper Room community. We are grateful for the past year and our collaboration with [Stillpoint House of Prayer](#) and [Galilee Centre](#). Our spiritual directors continue to offer programs and assist with retreat direction as needed. At Upper Room, we offer spiritual direction daily from Monday to Friday. The UPPER ROOM opened its doors to ministry at 58 Primrose Avenue, Ottawa on September 5, 1984. We enter our 41<sup>st</sup> year with hope and gratitude!

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 2<sup>nd</sup> Saturday every two Months:

Time: 2:00-3:00 ET  
Saturdays: January 11 - March 22 - May 10

### **GALILEE CENTRE**

Arnprior, Ontario  
[Visit our website](#)

### **STILLPOINT**

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

### **LENTEN DAY RETREAT: CUP OF LIGHT - register [Upper Room](#)**

DATE: Saturday, March 8, 2025

TIME: 9:30-3:00

FACILITATOR: Author, Karen Lahaise

COST: \$75.00 – includes coffee/tea, light lunch.

[See our website for more detailed information.](#)

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### **ALL EMMAUS GRADS invite to come to 'potluck breakfast' at Upper Room**

January 25 - February 22 - March 29 (9:30 a.m. - 12 noon)

To register, contact  
Sr. Rosemary O'Toole  
[upperroom@sympatico.ca](mailto:upperroom@sympatico.ca)

To make an UPPER ROOM payment  
[etransfers@csicanada.org](mailto:etransfers@csicanada.org)

To register, contact  
Stillpoint House of Prayer  
[inquiries@stillpoint.ca](mailto:inquiries@stillpoint.ca)

### **DAY RETREAT at STILLPOINT - register at Stillpoint**

THEME: to be announced

DATE: to be announced

TIME:

FACILITATOR: to be announced

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### **THE UPPER ROOM HOSTS ON ZOOM COMMUNAL ADORATION of BLESSED SACRAMENT EVERY WEDNESDAY EVENING**

7:30 - 8:00 p.m.

All are welcome. Zoom link on our website.

To register, contact  
Galilee Centre  
[info@galileecentre.com](mailto:info@galileecentre.com)

### **RETREAT AT GALILEE CENTRE – register at Galilee**

THEME: UNDERSTANDING FALSE SELF AND TRUE SELF

DATE: Saturday, March 29

TIME: 9:30 -3:00

FACILITATOR Daryl MacPherson

COST: \$ 95.00