



Betty Ross

*Upper Room Home of Prayer
Betty Ross 1984*

THE UPPER ROOM HOME OF PRAYER - SPRING 2025

WELCOME We are happy to share with you our SPRING 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. UPPER ROOM opened its doors to ministry at 58 Primrose Avenue, Ottawa on September 5, 1984. We live our 41st year with hope and gratitude!

68 Centrepointhe 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 2nd Saturday every two months:

Time: 2:00-3:00 ET

Join us on Saturday, May 31, 2025

GALILEE CENTRE

Arnprior, Ontario
[Visit our website](#)

STILLPOINT

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

THE UPPER ROOM: GRATITUDE for FRIENDS (filled)

DATE: Saturday, May 10, 2025

TIME: 10:30a.m.- 2:30 p.m.

A few core members are gathering at The Upper Room to share prayer, memories, sharing hearts, and a celebratory meal.

EMMAUS DISCERNMENT GATHERING AT UPPER ROOM

DATE: Saturday, May 24 TIME: 10:00-2:00. FOR ALL GRADS

To register, contact
Sr. Rosemary O'Toole
upperroom@sympatico.ca

To make an UPPER ROOM payment
etransfers@csicanada.org

To register, contact
Stillpoint House of Prayer
inquiries@stillpoint.ca

DAY RETREAT at STILLPOINT - register at Stillpoint

THEME: Easter Card Making Seminar

DATE: April 4-6, 2025

TIME: Arrive Fri.at 4:00 p.m. leave Sun. after breakfast

FACILITATOR: Donna Smith, CSJ

COST: \$250.00

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

RETREAT AT GALILEE CENTRE – register at Galilee

THEME: **Cup of Light**

DATE: May 31- June 1, 2025

TIME: Starts Saturday at 9:30 a.m.

FACILITATOR: Karen Lahaise

COST: \$85.00 ...with option to stay overnight: \$200.00