

THE UPPER ROOM

A HOME OF PRAYER

A SCHOOL OF PRAYER

A COMMUNITY OF PRAYER

2015-2016

We have lived with this PENTECOST ICON for some 31 years now. It speaks to the core of our contemplatively active ministry. Mary sits among the disciples and welcomes all to come into The Upper Room - and be still - be silent - in expectant listening for the voice of the Spirit to be heard. Each of the apostles, in all their uniqueness and diversity, receives a 'scroll' - a message, some word, to be shared with others. The man standing in the darkened doorway represents the waiting world. We today listen for Spirit discernment and then go forth and proclaim some GOOD NEWS. Since 1984, THE UPPER ROOM has been offering retreats, spiritual direction, formation programs and teachings in the Ottawa diocese. Since 2005 we have served in the Gatineau and Cornwall dioceses. We are a non-profit ministry supported by the Sisters of St. Joseph of Peterborough.

SPIRITUAL DIRECTION

Within a contemplative faith-context, guided by Wisdom, your spiritual director will accompany you in your spiritual quest for wholeness and holiness...

- by offering you a 'listening heart'
- by helping you to understand the journey through your human struggles, that with 'grace' can lead to your transformation.

We offer you tools and library resources - and most of all, offer you encouragement and hope on life's journey. We pray for you daily and desire only your fidelity to God's grace.

We have 24 active spiritual directors and we minister at several locations throughout the city and in the homes of some of our directors. Check our website under LOCATIONS.

People seek out spiritual direction for many reasons but the focus is always on the whole person and his or her journey towards an ever more deepening relationship with God, oneself and others.

- Are you suffering? Are you searching for a deeper meaning to some of life's perplexing situations?*
- Are you experiencing turmoil, restlessness, aridity in your life of prayer? Is this a dark night?*
- Are you grieving a loss, discerning a vocation call or making a new life-direction choice?*
- Are you striving for growth and integration in your relationship with self, others and God?*
- Are you pondering questions of prayer and faith?*
- You may just want to sit with someone and share your journey of faith... its blessings and its struggles.*

Fee: \$30.00 - \$50.00 a visit.

Direction visits are once monthly from September to July.

HOME of PRAYER

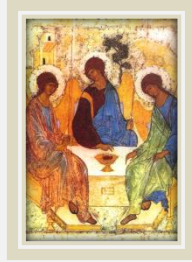
MONTHLY EUCHARIST

Monday Evenings at 7:15 p.m. - 8:00 p.m.

September 21
October 19
November 16
December 14
January 18
February 22
March 14
April 18
May 16
June 20

Chaplain: Fr. Andrew Spatafora MSF
Come to our 11 Thornbury entrance.

FUTURE FULL OF HOPE SERIES



#2 The Mystery of Divine Indwelling

Dates: 5 Thursday mornings or evenings

September 24 October 1 October 8 October 15 October 22

Time 10:00 a.m. - 11:30 a.m. or 7:30 - 9:00 p.m.

Location: Gathering Room, 68 Centrepointe Drive, Ottawa.

Cost \$55.00 (includes the new booklet)

Facilitators: Elizabeth Charbonneau and Sr. Rosemary O'Toole.

To register please email Sr. Rosemary at upperroom@sympatico.ca

ADVENT DAY RETREAT

Mary, A Contemplative Woman

Date: Saturday - to be announced

Time 9:30 a.m. - 2:30 p.m.

Location Parish Hall - to be announced

Facilitator Sr. Rosemary O'Toole CSJ
with spiritual directors from The Upper Room

Fee \$35.00 (includes lunch and reflection book)

Register by emailing Sr. Rosemary at
upperroom@sympatico.ca

LENTEN DAY RETREAT

Contemplation and Dark Night

Date: Saturday - to be announced

Time: 9:30 a.m. - 2:30 p.m.

Location: Parish Hall - to be announced

Facilitator Sr. Rosemary O'Toole CSJ
with spiritual directors from The Upper Room

Fee \$35.00 (includes lunch and reflection book)

Register by emailing Sr. Rosemary at
upperroom@sympatico.ca

At-Home Retreat – with the daily Scriptures during ADVENT and LENT

You can purchase other small Advent and Lenten Daily Reflection books at The UPPER ROOM for your at-home prayer during these liturgical seasons. Books are printed by Liturgical Press. Authors of the daily Scripture reflections are Bishop Robert Morneau, and Jay Cormier.
Cost \$2.00 each

SPIRITUAL RESOURCES

Check our website to view spiritual resources that you can purchase and use for at-home individual or small group study.

We also have an excellent lending library of over 2000 classic and new spiritual authors.

You might want to do the **Medaille Online Course**. Its' free! Read a lesson every week for 52 weeks. Register at website!

SCHOOL of PRAYER



FALL AFTERNOON OF REFLECTION AND CONVERSATION ON 'DYING WELL'

DATE: Saturday - to be announced
 LOCATION: St. Isidore's Parish Hall
 TIME: 1:00 p.m. - 5:00 p.m. (with 5:00 p.m. Memorial Mass with Church community)
 FEE: \$15.00 - includes booklet and refreshments.
 TO REGISTER contact Sr. Rosemary at upperroom@sympatico.ca

PRESENTER: Sister Rosemary O'Toole CSJ
 - assisted by spiritual directors from The Upper Room Home of Prayer.



EMMAUS ENRICHMENT for SPIRITUAL DIRECTORS

We will continue with YEAR 2
 of our
FUTURE FULL OF HOPE
 project
 creating new booklets with our
 core spiritual teachings.
 (50 pages each)

Saturdays
 9:30 a.m. - 12:30 p.m.
 at 68 Centrepointe Dr.

RSVP Sr. Rosemary at
upperroom@sympatico.ca

September 19	Understanding True Self and False Self
October 17	Understanding True Self and False Self
November 21	Mary: A Contemplative Woman
January 23	Infinitely More-Contemplation and Dark Night
February 20	Manifestation of the Heart
April 16	Manifestation of the Heart
May 28	The 8-fold Path of a Spiritual Life

Spiritual Directors come to one editing session or as many as you can!

*Upon request and availability,
 some of our spiritual directors can offer
 you a day retreat or a workshop
 on a specific spirituality theme.*

*We will come to your parish, community,
 school or home.
 See OUTREACH on our website.*

COMMUNITY of PRAYER



LITTLE DESIGN COMMUNITIES REBIRTHING

(Following the same program as in Le Puy)

- Join us for a 10 day contemplative experience - at Galilee Retreat Centre, Arnprior, Ontario

June 27- July 6, 2016

Cost of Program, room and Board - **\$980.00 Cdn.**

Cost for Commuters, program and meals - **\$550.00 Cdn.**

For a complete description [Download the brochure here](#)

For more information please contact Sr. Rosemary at upperroom@sympatico.ca

NEWCOMERS to THE LITTLE DESIGN COMMUNITIES

Free downloads on our website or resources to purchase.

THE LITTLE DESIGN COMMUNITIES ~ AT-HOME and ONLINE



This fall marks the 18th year that we have been gathering as Little Design Communities throughout the Ottawa area.

Presently we are 65 core members.

The 13 small communities meet regularly for faith sharing in each other's homes. Your Home Hostess will contact you with your dates for the upcoming year.

* Study for this year is the new BINDER. Copies are available upon request. Cost \$30.00 each.

See our NEW website. Click on the Beams of Love picture. It is now a WORLDWIDE experience online. Join the exploration and watch the Spirit at work amongst us.

COMMUNAL CELEBRATIONS (Ottawa and Area Regions) Core members and Newcomers mark your calendars now.



CHRISTMAS CELEBRATION

Saturday, December 19, 2015

1:00 p.m. – 4:00 p.m.

68 Centrepointe Drive Gathering Room
Please RSVP to Sr. Rosemary by December 15.



PENTECOST VIGIL CELEBRATION

Saturday, May 14, 2016

1:00 p.m. - 4:00 p.m.

68 Centrepointe Drive Gathering Room
Please RSVP to Sr. Rosemary by May 11