



# THE UPPER ROOM

## LENTEN RETREAT

### The Spirituality of the Paschal Mystery

Wednesday, March 11

10:00 a.m. - 3:00 p.m.

**REGISTRATION FEE:** \$75.00 includes served lunch and small Paschal Mystery book.

**TO REGISTER:** [upperroom@sympatico.ca](mailto:upperroom@sympatico.ca) before March 4, 2026

Payment by cheque, cash or etransfer: [etransfers@csjcanada.org](mailto:etransfers@csjcanada.org)

**PRESENTER:** Monique DeBaets, a Spiritual Director with The Upper Room Home of Prayer.

**PLACE:** The Upper Room Home of Prayer, 68 Centrepointe Drive, Ottawa.

**PARKING:** Hemmingwood Way, side street. Walk back to 68 Centrepointe.