



Original Eucharistic Letter (1660)



Beams of Love by Mary Southard, CSJ



Sr. Rosemary O'Toole & Sr. Monica Hartnett

Little Design Communities Rebirthing June 26 - July 5, 2017

'Little Design' community is a simple, loving Gospel way of life that is a more contemplative expression of our Medaillan charism of "May we all be one." It may be the call of men and women today who are looking for a small faith community that is ecclesial, yet without institutional structures. In the Ottawa area, there are already some 11 Little Design communities gathering in their own homes with three to six persons in each grouping. The Spirit is alive in our midst making all things new! Little Design communities seem to be starting up in other countries as well.

Today, we are **'rebirthing'** from our founder, Jean-Pierre Medaille's most original inspired vision and mission found in The Eucharistic Letter. Being a mystical document it is ever ancient, ever new! In this generation of our diminishment, the Sisters of St. Joseph around the world are deeply committed to passing on our charism and spirituality to the lay faithful. Birthing more of these Little Design Communities is such a hopeful expression of a new vitality manifesting in our church and world. If you are interested in reading more about this Spirit movement, spend some time browsing our website at <http://www.theupperroomhomeofprayer.org/index.php/welcome>



During our days together we shared morning contemplative prayer followed by a couple hours of study and conversation with the new 100 page commentary on The Eucharistic Letter. Through a deepening experience of our shared vision and mission, we hope that we can become **'animators'** who will go forth and establish more Little Design communities in our own local neighbourhoods.

We celebrated Eucharist and lived Eucharist. What a joy to gather for 9 days at the beautiful Galilee Centre in Arnprior, Ontario for an experience of living the Little Design community lifestyle. Such freedom! Such joy!

Holy Spirit, inspire us as we pass on a legacy of 'Love loving through us'...to our families, friends, colleagues and associates.

Back: Sr. Jane DeLisle, (California) Sr. Monica Hartnett, (London, England) Erin Ryan (Ottawa, ON), Sr. Karen Clock (California).
Front: Sr. Nadine McGuinness (California), Sr. Kathleen O'Keefe (London, ON), Sr. Rosemary O'Toole (Ottawa, ON).

Guided Contemplative Retreat and Weekend Little Design Enrichment – July 10-16

What a graced time: 4 days of silent contemplative retreat - Morning Prayer followed by a 15 minute spiritual conference, daily spiritual direction, Eucharist and evening Adoration of the Blessed Sacrament. The weekend of Little Design Enrichment had a reunion flavour with time for celebration, prayer and sharing stories of living Little Design in daily life. Srs. Monica and Rosemary offered guided sessions pondering the NEW companion text of The Eucharistic Letter written in more contemporary language. Sr. Monica shared a new PowerPoint on the Letter also!



New Companion text - 2017



Enjoy this 15 minute VIDEO of our 17 days together at Galilee Centre. Monica and I want to thank all 28 of our participants for your generous and loving receptivity and sharing on the vision and mission of these Little Design communities.

Turn on sound. Open full screen.

Consider joining us next year!

Save the Dates for Summer 2018 at Galilee Centre, Arnprior, Ontario, Canada.

<http://www.galileecentre.com/>

1. Little Design Communities Rebirthing: July 2 - July 11, 2018 Cost \$990.00 Cdn. (\$790.00 US)
2. Guided Contemplative Retreat: August 13 - August 17, 2018 Cost \$450.00 Cdn. (\$360.00 US)

For more information contact Sr. Rosemary O'Toole at upperroom@sympatico.ca