

# Emmaus Grads

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1989-2023

## PSALM 127

**Unless You, O Divine Creator, build the house,  
those who build it labor in vain.**

**Unless You watch over the city,  
the watchers stay awake in vain.**

**For it is in co-operating with You from morn to evening,  
eating the bread of Life and Grace,  
that we rest in peace throughout the night.**

**Reverence the sacred gift of life that nourishes all.**

**Who will grow in wisdom, abandoning themselves into the Chalice of Love?**

**Who will open themselves to the imprint of Love's gifts upon their heart?**

**Unless You, O Divine Spirit, make your home within us,  
we wander through life in vain.**

*- Psalms for Praying: An Invitation to Wholeness by Nan C. Merrill.*

# Emmaus Group #1

★  
Deceased



# Emmaus Group #2



# Emmaus Group #3



# Emmaus Group #4



# Emmaus Group #5



# Emmaus Group #6





# Emmaus Group #7



# Emmaus Group #8



# Emmaus Group #9



# Emmaus Group #10



# The Upper Room (58 Primrose Ave.)



# The Upper Room (68 Centrepointe)



# The Upper Room (Kanata)



# The Upper Room – Orleans



**2197 Nature Trail Crescent, Orleans**



# The Upper Room (Cornwall)



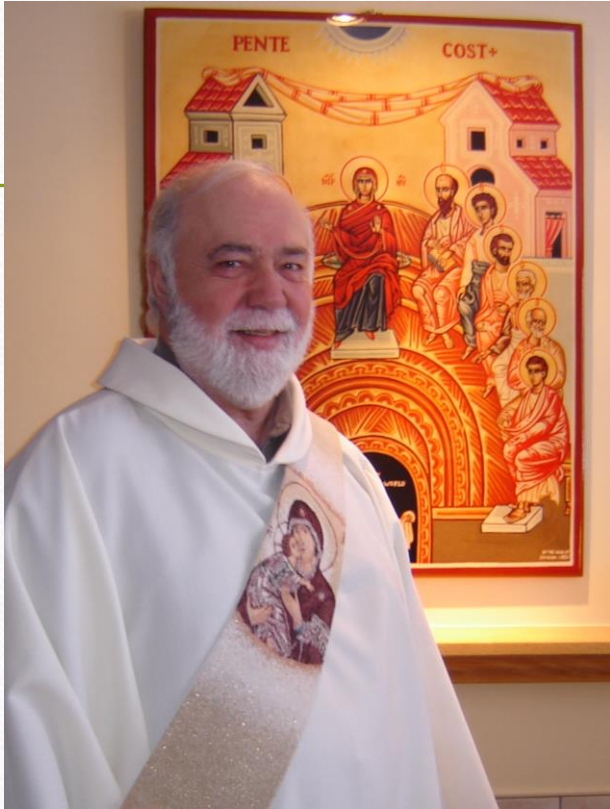
# THE UPPER ROOM - VISITS PRISONS

Mike Paul Roger

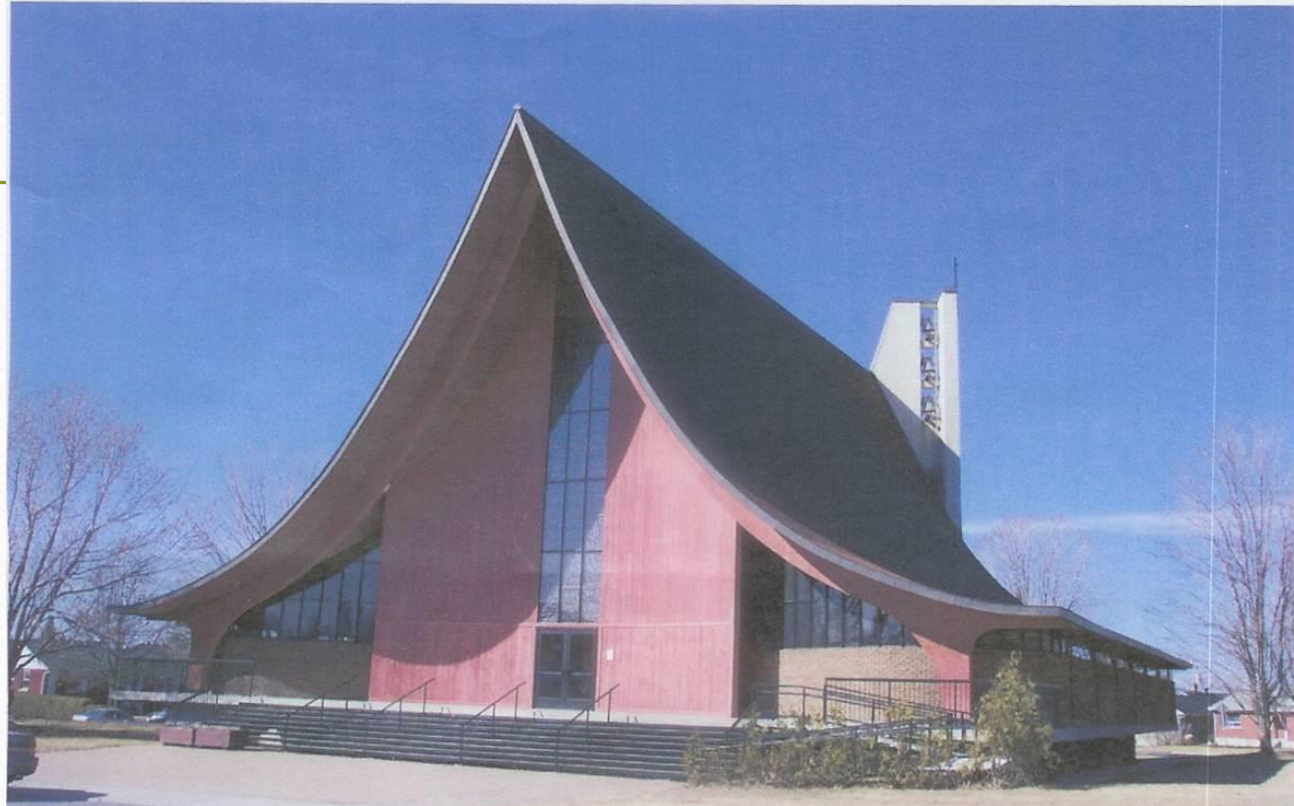
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# THE UPPER ROOM - IN PARISHES



Jean-Paul Tremblay



GATINEAU

# NEW SHOOTS:

Susan, Debbie, Grace, Daryl, Judith

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# A COUNTRY UPPER ROOM - KINBURN



# Emmaus Grads – 20<sup>th</sup> Anniversary



# Christmas Party at Doherty's Penthouse



# Emmaus Workshop at Parish Hall





# Enrichment at CentrepoinTE



# More Enrichment at CentrepoinTE



# ZOOM – November, 2020



## **“WERE NOT OUR HEARTS BURNING”...**

Since 1989...

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THE UPPER ROOM HOME OF PRAYER

has offered 10 Emmaus Programs,  
graduating 88 spiritual directors.

In 2023, we are 14 active spiritual directors. Many others minister ‘informally’ offering listening hearts and leadership.

20 spiritual directors have died. May they rest in peace.

And now what... ?



## ABOUT THE “APOSTOLIC MISSION”...

In our earlier years, thanks to Spirit inspiration, we spread out and expanded by establishing more “Upper Room” designated homes in Kanata, Orleans, Cornwall and Gatineau. Thanks to the generosity of these couples and Shirley in Cornwall, we were able to offer spiritual direction in these various areas as well as in the individual homes of some directors from 2002 to 2013.

In these latter years, all of these designated UPPER ROOM homes have closed, except us here at CentrepoinTE. All our Emmaus companions are serving from their own homes in parishes, hospitals, seniors residences and workplaces. We are immersed in the **‘apostolic mission’** in our neighbourhoods. Our Upper Room mission is grounded interiorly in all the members now. It’s a fire burning, a zeal reaching out in compassion. It’s not so much about The Upper Room, a home, as it is about, building up the community of God’s people wherever we are. EMMAUS is now, through ZOOM portals taking us into the world. We love it!

*Unless You, O Divine Creator, build the house, those who build it labor in vain.*

*Unless You watch over the city, the watchers stay awake in vain (Psalm 127).*



Go, do it! I will be with you!