

EMMAUS
SPIRITUAL DIRECTORS

1989-2026

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



Emmaus Group #11



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)

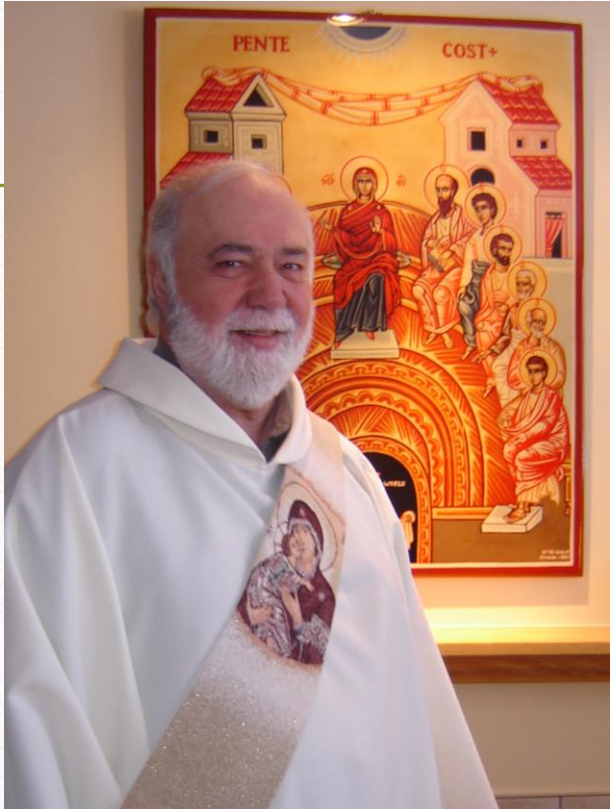


THE UPPER ROOM - VISITS PRISONS

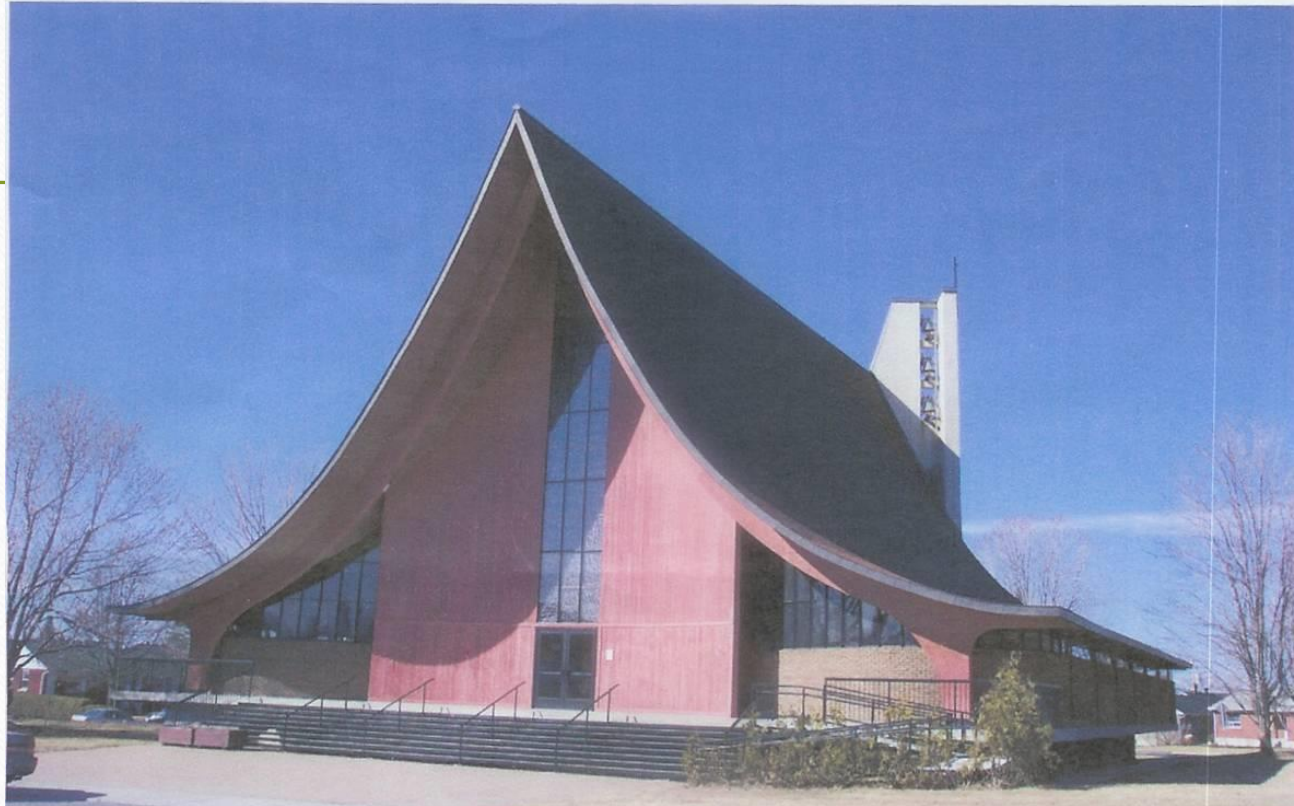
Mike Paul Roger



THE UPPER ROOM - IN PARISHES



Jean-Paul Tremblay



GATINEAU

NEW SHOOTS:

Susan, Debbie, Grace, Daryl, Judith



A COUNTRY UPPER ROOM - KINBURN



Emmaus Grads – 20th Anniversary



Christmas Party at Doherty's Penthouse



Emmaus Workshop at Parish Hall



Enrichment at CentrepoinTE



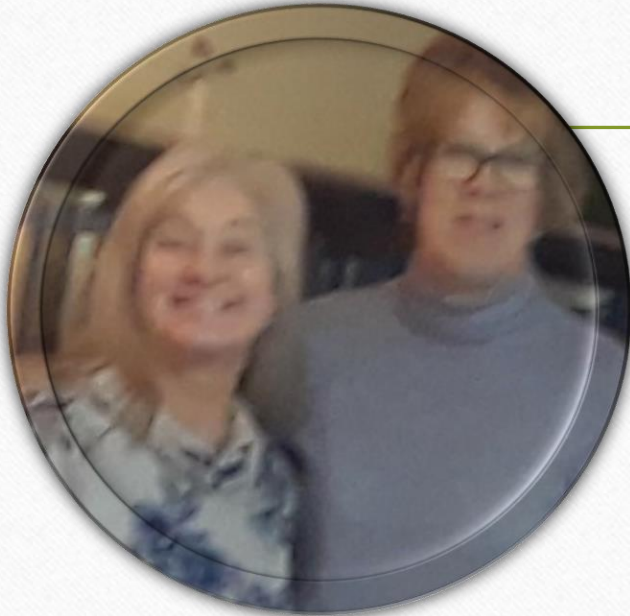
More Enrichment at CentrepoinTE



ZOOM – November 2020



1st Discernment Meeting – Oct 26, 2025



Karen Lahaise and Barbara Graham
chosen as Team Coordinators
working with Sr. Rosemary



2nd Discernment Meeting – January 24, 2026



**Betty Ross received three
prophetic messages from
Father Medaille, SJ**

(At Christmas and Epiphany while
staying at the Upper Room)



3rd Discernment Meeting – May 30, 2026





Emmaus Leadership Teams

- Contemplative Prayers
- Spiritual Direction
- Retreats
- Future Full of Hope

- Medaille Spirituality
- Little Design Communities
- Emmaus Community
- Mentors and Hospitality

“WERE NOT OUR HEARTS BURNING”...

Since 1989...

THE UPPER ROOM HOME OF PRAYER

has offered 11 Emmaus Programs,
graduating 99 spiritual directors.

In 2026, 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.

THE ROAD AHEAD... ?



LET US BE 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!

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



Go, do it! I will be with you!