

SATURDAY PROGRAMS

MEN'S MINISTRY

Interested Men gather to reflect on masculine spirituality themes. Meet on the 4th Saturday of the month **beginning January 26** from 10am to noon. \$5 per session. Coordinator: Gilles Michaud.

AASEA (Atlantic Association of Spiritual Exercises Apostolate) meet monthly. If interested in a spiritual director, contact Leah Michaud at leagil4533@gmail.com



LENTEEN RETREAT



Join Bishop

Grecco for a Lenten retreat on **Saturday, March 9**, from 10 am-3pm. Need to register on or before March 7 or until spaces last. Cost is \$30/\$50 a couple. Participants are asked to bring a lunch.



MANDELA Workshop: Sat. March 16 from 10am- 3pm. A day for relaxation and creativity through using/creating mandelas

to express or awaken spirituality, values and gifts. Led by Sr. Debbie. Cost is \$30 with materials provided.

EARTH HOUR 2019



Come join us for an evening of prayer for our earth on **Saturday, March 30 from 8:00-9:00 pm**. Since this is a **Lights-Off** evening, participants are asked to be seated by 7:55 pm. We gather in solidarity with all nations around the globe who observe Earth Hour in various ways. All are welcome.



SPECIAL MUSICAL EVENING to celebrate **"Earth Day 2019"** on Monday, **April 22** at St. Pius X Church at 7pm. Plan now to join us as we celebrate the marvels and beauties of our common home, the Earth, with songs and music by local entertainers. Free will admission at the door to support our programming.

COSMIC SPIRITUALITY REFLECTION DAY



On **Saturday, May 4**, Sr. Donna Geernaert, a Sister of Charity of Halifax, will offer a reflection day from **9:30- 3:30**
Title: **Telling the Christian Story in an Evolving Universe**. Need to register on or before May 1 or until spaces last. Cost \$30 or \$50 a couple and participants are asked to bring a brown bag lunch.



Men's Retreat Day on Sat. May 25 from 10am-3pm. Leader to be announced. Cost \$30.

We are a scent-free space, so **please do not wear scented products** so others can come and be comfortable. If interested in any of our programs, suggested fees are given but come/give what you can.
Note: If any not-for-profit/spiritual group wishes to use our space for a modest fee, contact us at 902-367-3103 or srgemma@eastlink.ca to book space.



MARTHA SPIRITUALITY CENTRE

SDU Place, Great George St.
Box 1147, Ch'town, PE C1A 7M8

www.csmpei.org/programs

Need to register for all programs

TEL: 1-902-367-3103

srgemma@eastlink.ca

OUR MISSION

We believe that there is an unrealized potential within every human being.

Growth is a process into a deeper awareness of self and one's relationship with God, others and all of creation. Our Spirituality Centre provides the place and the opportunity for reflection on the Word of God and on our lived experiences.

Retreats, workshops, prayer, meditation, study, reflection, as well as topical presentations invite us into this process of growth.

Spirituality Centre Staff

Sr. Gemma Dunn srgemma@eastlink.ca

Sr. Kathleen Bolger kbolger@eastlink.ca

Sr. Debbie Peters dpeters@peimarthas.ca

Sr. Regina McQuaid rmcquaid@cnd-m.org

Gilles/Leah Michaud leagil4533@gmail.com

MONDAY PROGRAMS



CHAIR YOGA AND CHRISTIAN MEDITATION

Enjoy a combined CYCM(Chair Yoga and Christian Meditation) class with Karen Langevin, certified Yoga instructor, and Sr. Kathleen Bolger, a teacher of Christian Meditation. (Wear comfortable clothing and bring a water bottle.)
Mondays of April 1,8,15,29/ May 6, 13. from 10:00-11:30am. (1 hour yoga and 30 min. meditation) Limited to 12 students.
Fee is \$60.

Mini-Retreats for Women

MINI RETREATS

In this New Year we are offering a series of mini-retreat evenings for women led by Lynn DeLong. Themes are as follows:

Feb. 11- God's Love For Me
Feb. 25- The Mysterious Beauty of God
March 11 - Bringing Hope
March 25- Grace of Healing
April 8 Relationship through Prayer

Cost is \$10 for each retreat evening or sign up for the 5 evenings of the series from 7-9pm for \$30. Need to register by January 25.

TUESDAY PROGRAMS



Christian Meditation, the prayer of the heart, opens us to the presence of God in the silence and stillness of the present moment. Come on **Tuesday mornings only**, beginning January 8. Time: **9:30-10:15am**. Evening sessions will be offered **beginning April 2** from **7:15-8:00 pm**. Fee: Donation.



GRIEF VIDEO SERIES Using the videos of Dr. Bill Webster, grief counselor, author and speaker. Sr. Debbie will lead a sharing group on six Tues. afternoons from 2:00-3:30 from Feb.5-March 12. **Topics** include The Problem of Grief, Every Life Tells a Story, Understanding Grief, Understanding What We Lose, Understanding Emotions and Reliving Our Memories. Cost is \$30.

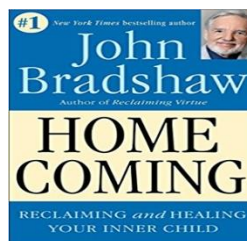
Winter Closure Policy: If schools are closed, we are closed. If schools are on a one hour delay our programs go ahead. If a storm comes up late afternoon, check email /Storm Centre cancelations on CBC.

WEDNESDAY PROGRAMS



EXPLORING CHRISTIAN FAITH DVD SERIES with Richard Rohr

You are invited to five **Wed. sessions** from 7-9 PM on exploring the Christian faith. Themes include Atonement Theology, Eco-Spirituality, Cosmic Christ, Orthodoxy versus Orthopraxy, Mysticism over Moralism. Facilitator: Gilles Michaud. Cost is \$40 for the series, which includes a workbook. Sessions will be held on Wednesdays **March 6, 13, 20, 27 and April 3**. Need to register by Feb.22 so texts can be ordered.



Wednesdays
9:30-11am on May
8, 15, 22, 29, June 5
and 12.

Book Study Group using John Bradshaw's book *The Homecoming: Reclaiming and Championing Your Inner Child*. In this study we will explore the truth of our childhood so we can break away from destructive patterns and find new joy and energy in living. You are invited to join the conversation. Facilitated by Anne Gillis and Heather Carver. Cost \$40 or \$20 if you have a text. Need to register on or before April 24 so texts can be ordered.

THURSDAY PROGRAMS



PRAYING with the SUNDAY GOSPEL

Lectio Divina (divine reading) is a contemplative praying of the Scripture. Join us **every Thurs morning** beginning Jan 10 at 10:45- 11:45 am to reflect on the upcoming Sunday Gospel. We listen to God's presence in the Word and discover God's presence in our own lives. All Christian faiths welcome. Donations accepted.



THURSDAY GUEST

PRESENTERS (open to the public but call to reserve a seat as space is limited. Donations accepted)

1. Arianna Patey- visiting scholar from Nfld to Catholic Studies at UPEI. speaking on **"Pleasure and Pain: The Body of Christ in the Modern World"** Thurs. March 7 at 7pm. Free will offering.

2. Jacinta Gallant, collaborative lawyer in Ch'town, will speak on **Thursday May 30** at 7pm on **"Supporting Families through Separation and Divorce"** Free will offering.