

## SATURDAY PROGRAMS

# MENSMINISTRY

Interested men are invited to gather at **West River United Church Hall** in Cornwall to reflect, listen and share on male spirituality themes in a home group setting. We meet on the **4<sup>th</sup> Saturday** of the month, **January to May** from **10 am to noon**. For additional information, contact Rick Burger at [burgerrick@hotmail.com](mailto:burgerrick@hotmail.com).



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**Listening, Speaking and Growing Together:** You are invited to join us on **Saturday, Feb 18**, from **10 am - 3pm**

for a day of exploring **Spiritual Conversation as a tool that deepens relationship and community with God.** The session, to be held at the Martha Spirituality Centre, will offer some practical ways to use Spiritual Conversation in our daily lives, our church and beyond. Facilitated by Julia Donahoe-MacDougald, Michelle Mahoney and Roseanne Macdonald, members of the P.E.I. Local of the Atlantic Association of the Spiritual Exercises Apostolate. To register, email: [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com) by Feb. 14. Fee is \$25. Tea and coffee will be available, but please bring your own lunch.

## MY TREE OF LIFE



“Planted in love, rooted in love, you will grow just like a tree.” You are invited to participate in an opportunity to draw your “tree of life”!

This one-day workshop will invite you to let the tree represent yourself, reflecting and responding to questions for different parts of the tree, such as the roots, the trunk, the leaves. This workshop is on **Saturday Feb 25** from **10 am to 3 pm** with a one-hour break at noon for lunch. Coffee and tea will be available but please bring your own lunch. Fee is \$30.00. Register with [srdebbiepeters@gmail.com](mailto:srdebbiepeters@gmail.com)

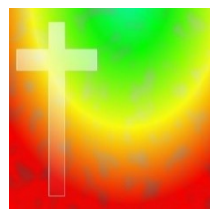


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## Earth Day Concert

Enjoy a celebration of Earth Day on **Saturday April 22, 2023** at **7:00 pm** in the Chapel at **The Mount**. Admittance

fee: Goodwill offering to support Centre programs.



**Retreat Day:** Plan now to make a **Retreat with Beverly Musgrave on the “Spirituality of Aging.”** This Retreat is on **Saturday, April 29**, from **10 am - 3 pm** with

an hour lunch break. Kindly bring your own lunch. Fee is \$30. Register with [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com).



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Welcome to the Martha Spirituality Centre for a hybrid offering of in-person and zoom programming. We are delighted to welcome you and your friends to gather for spiritual learning, spiritual companionship, reflection, prayer and retreats. A reminder that the fees are only a suggestion as we desire everyone who wishes, to participate in our programming. Any proceeds received go to support the on-going operation of the Spirituality Centre for the people of the Island and beyond.

If any group is interested in using the Centre for a spiritual purpose, please contact Sister Joan at [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com) to check availability and make a reservation.

Blessings!



**JAN - APR 2023 PROGRAMS**  
**MARTHA SPIRITUALITY CENTRE**  
SDU Place, Great George St.

## 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.

## Martha Spirituality Centre Team

Rick Burger [burgerrick@hotmail.com](mailto:burgerrick@hotmail.com)  
Sr. Joan Campbell [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com)  
Eileen Clow [eileenclowpei@gmail.com](mailto:eileenclowpei@gmail.com)  
Roseanne MacDonald  
[philrose1987@gmail.com](mailto:philrose1987@gmail.com)  
Gail MacPhee [gailmacphee@gmail.com](mailto:gailmacphee@gmail.com)  
Sr. Debbie Peters [srdebpeters52@gmail.com](mailto:srdebpeters52@gmail.com)

and trusted volunteer program leaders.

## MONDAY PROGRAMS



**Women's Spirituality:** Lynn DeLong "In the book **'Having a Mary Heart in a Martha World,'** with candor & humor, we are invited to cultivate "a Mary heart" without discarding the service-oriented Martha. The author Joanna Weaver wisely & practically models how to balance Mary & Martha qualities in us all. Registrants are responsible to purchase their own book. We will meet by **Zoom Monday** evenings **February 6 & 20, March 6 & 20, and April 3** from **6:30 – 8:30 pm.** (dates subject to change.) Fee \$15. Please register by contacting Lynn DeLong at [lynndelong284@gmail.com](mailto:lynndelong284@gmail.com)

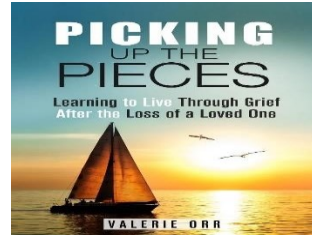
## TUESDAY PROGRAMS



**Christian Meditation,** the prayer of the heart, opens us to

the presence of God in the silence and stillness of the present moment. **Zoom** sessions will be held on **Tuesdays** from **January 10 to April 25** from **7-8 pm.** No fee for this program. To register, contact [karenyogapei@gmail.com](mailto:karenyogapei@gmail.com)

## WEDNESDAY PROGRAM



### Grief Video Series

**PART One** of a Grief Program by Dr. Bill Webster.

Sessions will be facilitated by Sister Debbie Peters **in-person** at the **Spirituality Centre** on **Wednesdays** from **March 1 to March 29.** The sessions will be from **1:30 to 3:00 pm.** Topics include Understanding the Grief Process, Understanding Emotions, and other relevant themes. Fee \$30.

Register with [srdebpeters52@gmail.com](mailto:srdebpeters52@gmail.com)

### Scripture



Dr. Joan Campbell, CSM is offering scripture **Zoom** sessions on the **Passion of Jesus.** Every **Wednesday** from **March 1 to March 29 (6:45 to 8:00 pm).** We will focus on the Way to the Cross in the Gospel of Mark and the passion narratives in all four canonical gospels. Fee \$25. To register contact Sister Joan at [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com)

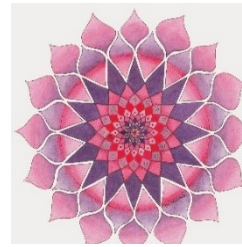
## THURSDAY PROGRAMS



**Lectio Divina** (divine reading) is a contemplative praying of Scripture. We will meet on

**Zoom** every **Thursday,** from **January 19 to April 27** from **10:30-11:45 AM** to listen to and reflect upon the upcoming Sunday Gospel. Contact Sister Joan at [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com) No fee.

**Day of Reflection:** Topic: "Working with Mandalas." This will be a day long session at the **Spirituality Centre** on **Thursday February 16<sup>th</sup>** from **10 am to 3 pm** with an hour lunch break.



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Kindly bring your own lunch. Facilitated by Sister Debbie Peters. Fee is \$30. To register contact [srdebpeters52@gmail.com](mailto:srdebpeters52@gmail.com)

**Indigenous Spirituality:** Come and learn some of the wonderful history culture of the Mi'kmaq of PEI, through the 7 Sacred Teachings and the 7 Directions and the 7



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Generations teachings. Join in the fun and learning with stories, drumming, songs, and poetry! Julie Pellissier-Lush M.S.M.,

is offering two sessions at the **Spirituality Centre** on Thursdays **March 16** and **March 30** from **7:00 to 8:30 pm.** To register contact [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com) Fee: Goodwill offering to support Centre programs.

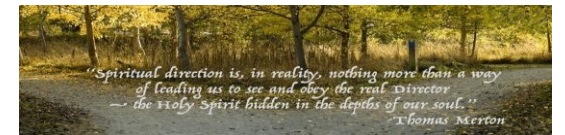
## FRIDAY PROGRAMS



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**Chair Yoga with Christian Meditation** class with Karen Langevin. One 10-week **Zoom** program will be

offered on **Fridays** from **10:00 - 11:15 AM (10 am - 10:40 chair yoga; 10:45 – 11:15 Christian Meditation).** Classes begin on **January 13 & end on March 17.** Fee \$55. This is a beginner chair yoga class that is accessible to everyone. Each class will be recorded and sent to participants who wish to repeat the class or who missed the live class. To register contact [karenyogapei@gmail.com](mailto:karenyogapei@gmail.com)



**Atlantic Association of the Spiritual Exercises Apostolate (AASEA):** If interested in a personal spiritual director, the contact person is Roseanne Macdonald. You can email Roseanne at [philrose1987@gmail.com](mailto:philrose1987@gmail.com)