

FRIDAY PROGRAMS

Meditation and the Brain: A course with Louise Carota in a series of 4 Fridays at 7pm from **Jan. 12- Feb. 2**. Topics include Understanding Stress, Getting to know your Brain, Quantum Reality and Mapping your Inner Space. Donations accepted at each session.

Workshop Day on Friday, April 27 from 9am-3pm entitled “**The Fabric of Our Lives: five cycles of change**” (age, family, education, work and leisure) led by Sinikka Dixon Phd, a retired sociologist now living in St. Catherine’s, PEI. This workshop is based on her recent book with the same title. Cost \$30. Need to register by or before April 24 or until spaces last.

MARCH BREAK WORKSHOPS



Colour Your World Workshops for youth from 10 am -3pm on two days of March Break. **Mon. March 26 for ages 10-12 and Wed. March 28 for ages 13-15.** Led by Sr. Debbie Peters for youth desiring to spend a day in creative activities. There is the artist and the poet within each of us. Come and add extra colour to your life. Cost \$25. All supplies provided. Need to register by/before March 22.

SATURDAY PROGRAMS



Men are invited to gather to reflect on male spiritual themes. Meet on the 4th Saturday of the month **beginning Jan 27** from 10 am to noon. \$5 per session. Coordinated by Gilles Michaud.



LENTEN RETREAT: Join Dr. Beverley Musgrave from Halifax on **Feb. 17** from 10am-3pm for this retreat with the theme of **Sacramentality of the Present Moment**. Cost \$30. Need to register by/ before Feb. 15 or until spaces last.



EARTH HOUR 2018: Come join us from **8:30-9:30 pm on Sat. March 24** when the world is invited to power down for one hour. We offer a candlelight prayer service to recognize Earth Hour around the globe. All welcome. Donations accepted.



WOMEN RENEWED AND ALIVE IN THE SPIRIT RETREAT on **Sat. April 21** from 10 am-3pm with presenter Lynn DeLong. This retreat is open to all interested Christian women. Cost \$30. Need to register by/ before April 19 or until spaces last.



MEN'S RETREAT on **Sat. May 26** from 10 am-3pm. Organized by Gilles Michaud. Retreat leader is to be announced later. Cost \$30. Register by/before May 25.



SUNDAY, APRIL 22 is Earth Day
Come to an Earth Day Musical Evening at St. Pius X Church at 7pm. All welcome to gather to celebrate Earth Day with music and song. Donations accepted to support Spiritual programming.

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We are a **scent-free** gathering place. Please just come as you are. If interested in a program, **suggested fees** are given but feel free to come and give what you can.

JAN- JUNE 2018 PROGRAMS



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 Team

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

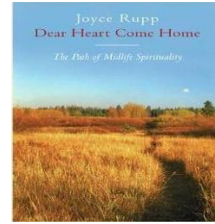


Lunch and Learn: The Grace Series

Join us for tea/coffee and biscuits for **the GRACE SERIES: 7 Mondays** (Jan 15- March 5) from 12:45 - 1:45 . Sessions include Science, Theology and Scripture that inspire and challenge. Titles include Grace of Earth, Grace of Atmosphere, Grace of Oceans, Grace of Fresh Water, Grace of Land, Grace of Plant Life and Animal Life. Cost \$30. Need to register by Jan.13.



Mondays April 9- May 14 10:00-11:30 Enjoy a combined CYCM (Chair Yoga for one hour and Christian Meditation for 30 minutes) class with Karen Langevin, certified Yoga instructor, and Sr. Kathleen Bolger, a teacher of Christian Meditation. (Wear comfortable clothing and bring a water bottle.) Cost is \$50 or \$90 a couple. Limited to 10 participants. Registration until spaces are filled.



WOMEN'S BOOK STUDY: "Dear Heart Come Home- the Path of Mid-Life Spirituality" continues with Part Two beginning Jan. 22. Led by Lynn Delong. Closed Group.

TUESDAY PROGRAMS



CHRISTIAN MEDITATION

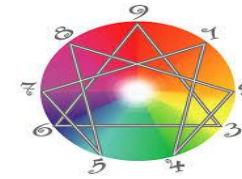
Come into the presence of God in the silence and stillness as we gather on **Tuesdays**, beginning Jan. 9, 2018 from **9:30-10:15am or 7:15-8:00 pm**. Fee: Donation. All Christian faiths welcome. Come and bring a friend.

WEDNESDAY PROGRAMS



Contemplating the Sacred in Everyday Life. This is a time to reflect together on what is sacred, where God is in my life and how do I pray in my busy everyday life. For anyone, of any faith,

who is seeking a deeper connection with God – come. This 4-part Series is offered on Wednesdays from 7-8:30 pm on **Feb. 28, March 14 and 28 and April 11**. Cost \$25. Need to register by Feb. 26. Coordinated by Leah Michaud and Sr. Regina McQuaid.

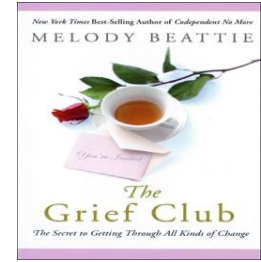


ENNEAGRAM WORKSHOP 2018

The Enneagram is an exploration of the nine systems of personalities. It is an ancient tool for self-knowledge and spiritual guidance for any interested man or woman. It has been said that "if we can look at reality from all nine perspectives, then we can begin to contemplate the world with the eyes of God." This workshop will be offered on a series of Wednesday mornings **9:00-11:30 from Jan. 17-Feb. 21**. Led by Anne Gillis. Cost \$50 per person or \$90 a couple. The cost includes a binder of materials. Need to register by Jan. 12 or until spaces last.

Winter Closure Policy

If schools are closed the Spirituality Centre is closed. If weather worsens in the late afternoon, please check the Winter Storm Watch page on CBC website/ listen to the radio for cancellations/ or check emails.



THE GRIEF CLUB is a book authored by Melody Beattie. This study group will be offered on seven Wednesday mornings from May 2- June 13, 2018 from 9:00-11:30 am. Led by Anne Gillis and Heather Carver. Cost \$40 including the text or \$20 if you have the text.



Ecology/Faith Study on the Care of Creation continues on Wed., January 3 and will meet every 1st and 3rd Wed. at 7pm. Closed Group.

Feature Presentation: Compassion ~the Sacred Heart in Action. **Thursday, May 24 at 7pm.** We welcome **Dr. David Maligney**, a Lutheran pastor, chaplain at QEH 11 in Halifax, an author and speaker to give a public presentation on Compassion. Admission by donation at the door. Need to register to reserve a seat as space is limited.