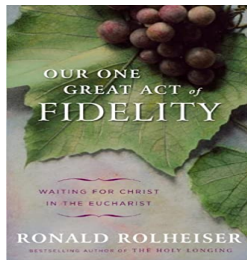


THURSDAY PROGRAMS



Thurs.10:00--
11:15 am

Lectio Divina (divine reading) is a contemplative praying of Scripture. We meet by zoom every **Thursday, September 16 to December 16** to reflect on the upcoming Sunday Gospel. To register and receive Zoom link contact drjoancsm@gmail.com No fee.



Thursdays
from 1:30-
3:00 pm
from Sept.
23-Oct. 28

Join Sr. Debbie Peters in a shared reflection on Ron Rolheiser's signature text on the **Eucharist**- the critical expression of Faith for all Christians. Some have already registered and there are some texts still available. Fee is \$30 including the text. Register with srdebpeters52@gmail.com



AASEA(Atlantic Association of Spiritual Exercises of St. Ignatius) meet on the second Saturday of each month at 10am by Zoom. If interested in a personal spiritual director, contact philrose1987@gmail.com



Join Dr. Joan Campbell, CSM, for the Zoom series "**Prophets and Kin of Jesus.**" Thursdays, Nov. 25 to Dec. 16 from **6:30-7:45 p.m.** We will explore major Advent characters. Fee \$20. Register with drjoancsm@gmail.com

FRIDAY PROGRAMS



Chair Yoga with Christian Meditation class with **Karen Langevin.** Fall season will be from Friday Sept. 24 to Friday Nov. 26 (10 weeks) from 10:00-11:30 a.m. To register and obtain zoom link contact karenyogapei@gmail.com
Fee is \$50 for the entire series.

SATURDAY PROGRAMS



Interested men are invited to gather at **Cornwall United Church hall** to reflect on male spirituality themes, sharing in the context of a "home group." Meet on the 4th Saturday of the month **beginning Sept. 25**

from 10am to noon. Coordinator: Gilles Michaud.

WOMEN'S RETREAT DAY

Returning to the Well: Finding Sources of Gratitude in Challenging Times. Come join other women on Zoom **Saturday, Oct. 2 from 10am-3pm** to reflect on this theme. Facilitated by Anne Walsh from St. John's Nfld. who is an adult faith formator. Register with drjoancsm@gmail.com Fee \$20.



Plan now to make an **Advent Zoom Retreat** on Saturday, Dec. 4 with Sister Debbie Peters.

A Zoom **Advent Retreat with Sr. Debbie** for all who cherish Mary as model, patroness and intercessor. Join this reflection on Mary in our faith journey and in the women who have been models in our lives. Retreat goes from 10 am-3pm with an hour lunch break. Register with srdebpeters52@gmail.com Fee \$20.



There will be a fall retreat for Men. Details available at a later date.. Register with leagil4533@gmail.com

SEPT.-DEC. 2021 PROGRAMS



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

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. Joan Campbell drjoancsm@gmail.com
Sr. Debbie Peters srdebpeters52@gmail.com
Gilles Michaud leagil4533@gmail.com
Roseanne MacDonald philrose1987@gmail.com
Eileen Clow eileenclowpei@gmail.com and trusted volunteer program leaders.

MONDAY PROGRAMS GRIEF VIDEO SERIES-



GRIEF VIDEO SERIES: PART 1

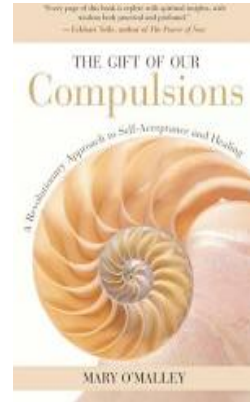
(Dr. Bill Webster) facilitated by Sr.

Debbie Peters by zoom on Mondays from Sept. 20-Oct. 25 from 2:00-3:30 pm. Grief hurts and is inescapable! Some say it is the price we pay for love. Topics include Understanding the Grief Process, Understanding Emotions and other relevant themes. Fee \$10. Register with srdebpeters52@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. Sessions will be held on **Tuesdays from September 21 to December 14 from 7-8 pm** (no Tuesday morning sessions). There is no fee for this program. To register, please contact karenyogapei@gmail.com



“The Gift of our Compulsions “authored by Mary O’Malley & facilitated by **Anne Gillis and Heather Carver** at the home of Anne Gillis. We all have our compulsions; our struggles range from over-worrying & overworking to overeating, alcohol and drug abuse. O’Malley has crafted a new approach through observation, engagement, self-acceptance and forgiveness using researched techniques & inspiration. Fee \$50 with text. Register anne.gillis@gmail.com.

Book study
Tuesday mornings from 9:30-12 noon.
Dates: October 19- November 30

WEDNESDAY PROGRAMS



Video Series: Trinity: the Soul of Creation. There will be a total of 6 sessions starting on October 6, 2021 and every following Wednesday from 1:30 to 3:30 pm. Faciliator will be Gillies Michaud. This is a virtual workshop presented by Richard Rohr, Cynthia Bourgeault & William Paul Young (author of the Shack). You will find in these series a pattern of dynamic relationship in the structure of the atom, families, & in ecosystems. A pattern of mutual giving & receiving called LOVE. We all participate within this dance whether we realize it or not. But when we consciously engage in loving communion, we open ourselves to being transformed at the deepest levels. Participants are to register by contacting Gilles Michaud: leagil4533@gmail.com There will be a \$10 registration fee.



Wednesday Evenings at 7:00 – 8:15 pm via zoom from Oct. 13- Dec. 1.

Martin Rutte is an international speaker, author & consultant who resides on PEI. He is co-author of *Chicken Soup for the Soul at Work* & a leader in the management field of spirituality in the workplace. We are delighted to have him present a Zoom workshop on his recent text ***Project Heaven on Earth***. This book offers us a clear roadmap for both uncovering & realizing our dreams for a better life.

Fee of \$70 for PEI registrants includes an autographed copy of *Project Heaven on Earth*. Course fee in Canada (outside of PEI) is \$90 and includes an autographed book mailed to you. The course fee anywhere outside of Canada is \$110 & includes an autographed book mailed to you.

Register with drjoancsm@gmail.com For more information go to www.ProjectHeavenOnEarth.com and to www.martinrutte.com