

SATURDAY PROGRAMS



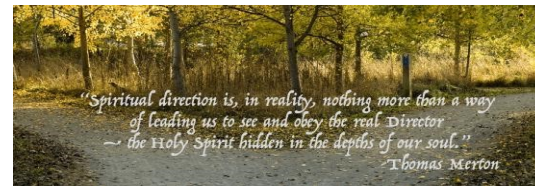
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Day of reflection on Synodality: Pope Francis officially launched the synodal process on October 10, 2021 at the Vatican because he desires to hear the voice of the entire church. Synodality means walking the same road together and is about listening carefully to the Holy Spirit, the “Spirit of Truth” (John 14:17), realizing that everyone has something to learn. On **Saturday, September 16th**, Nancy Murphy and Sister Joan Campbell will facilitate a time of reflection at the **Spirituality Centre** on the biblical roots of the synodal process with time for reflection on our hopes and desires for the Church. Time: **10 am to 3 pm**. Cost \$25. Please bring a bag lunch. To register email Sister Joan at drjoancsm@gmail.com

Indigenous Culture: Emily Spencer, from the Mi'kmaq Family Resource Centre will join us at the **Spirituality Centre** on Saturday, **October 21st** from **2:00 to 4:00 p.m.**, to tell us about the important work of the MFRC and to introduce us to the **art of beading**. In lieu of a Fee, donations to the MFRC will be welcome. To register contact drjoancsm@gmail.com.



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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

If any group is interested in using the Centre for a spiritual purpose, please contact Sister Joan at drjoancsm@gmail.com to check availability and make a reservation.
Blessings!



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.



SEP - DEC 2023 PROGRAMS
MARTHA SPIRITUALITY CENTRE
SDU Place, Great George St.
Telephone: 902-367-3103

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

Sr. Joan Campbell drjoancsm@gmail.com
Eileen Clow eileenclowpei@gmail.com
Roseanne MacDonald
philrose1987@gmail.com
Gail MacPhee gailmacphee@gmail.com
Sr. Debbie Peters srdebpeters52@gmail.com

and trusted volunteer program leaders.

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 **Zoom** on **Tuesdays** from **September 12 to December 12** from **7-8 pm**. No fee for this program. To register, contact karenযোগেই@gmail.com

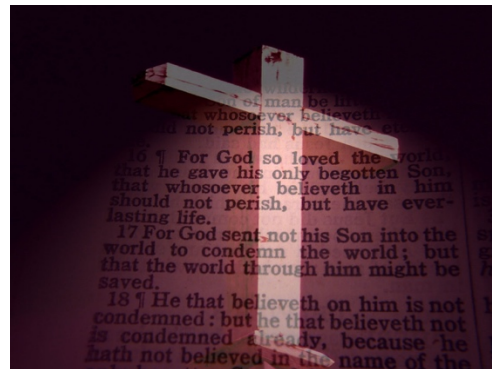


Advent Service of Light: Come join us at the Centre for an evening of Advent prayer and reflection around light, at 7 pm on **Tuesday, December 19th**. We pray for light to permeate our hearts, engender reconciliation, and to heal the earth. All are welcome. Donations are accepted for the Upper Room Hospitality Ministry. To register email Sister Joan at drjoancsm@gmail.com.

WEDNESDAY PROGRAM



Book Study: A Woman's Way through the Twelve Steps by Stephanie Covington, Ph.D, aims to support women's personal growth and healing. The book focuses on women's issues in recovery, using the format of Twelve Steps programs. Facilitated by Sr. Debbie Peters, this weekly book study (1-3 pm) will begin at the Centre on Wednesday, October 11 and conclude on Wednesday, November 15. The fee is \$25.00 plus the cost of the book, which can be purchased at the Bookmark. To register email Sister Debbie at srdebpeters52@gmail.com.



Scripture



Dr. Joan Campbell, CSM is offering **Zoom** sessions on the biblical values associated with each of the four Advent Wreath candles (hope, love, joy, and peace). Each **Wednesday** from **November 8 to November 29 (6:45 to 8:00 pm)**, we will reflect upon one of these themes in light of Scripture. Fee \$25. To register contact Sister Joan at drjoancsm@gmail.com

THURSDAY PROGRAMS



Lectio Divina (divine reading) is a contemplative praying of Scripture. Participants will meet with Sister Joan on **Zoom** every **Thursday**, from **September 14 to November 30** from **10:30-11:45 a.m.** to listen to and reflect upon the upcoming Sunday Gospel. No fee. To register contact Sister Joan at drjoancsm@gmail.com.

FRIDAY PROGRAMS



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Chair Yoga class on **Zoom** with Karen Langevin will be held on **Friday mornings** from **10:00 - 10:45 a.m.** from

September 15 to December 1st (12 week session with option of a half session). The fee will be \$84 for the 12-week session or \$42 for 6-weeks. 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 karenযোগেই@gmail.com

*God is the Light
that illuminates the
darkness
and a spark of
divine light is within
each of us.*

- Pope Francis