

## FRIDAY PROGRAMS



**Chair Yoga with Christian Meditation** class with **Karen Langevin**. One 10-week **Zoom** program will be offered on Fridays from 10:00-11:30 AM during Winter 2022. Classes will commence on Friday, January 7 & end on Friday, March 11. Fee \$50. To register & obtain zoom link contact [karenयोगpei@gmail.com](mailto:karenयोगpei@gmail.com)

## 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 4<sup>th</sup> Saturday of the month **beginning January 22** from 10am to noon. Coordinator: Gilles Michaud.

## Women's Retreat: Saturday April 2

### Theme: Hope



The Season of Lent invites us to live in hope of Jesus' Resurrection & the new life that his unconditional love carries with it. HOPE gives us the courage & strength to “keep on keeping on.” Facilitated by Sr. Debbie Peters, this retreat on the subject of hope will be held in person at the Martha Spirituality Center, Saturday, April 2<sup>nd</sup> from 10am – 3pm with an hour break at noon. Please bring a brown bag lunch. Cost \$30.00. To register email [srdebpeters52@gmail.com](mailto:srdebpeters52@gmail.com)



### EARTH HOUR 2022

**Saturday, March 26: 8:30 to 9:30 PM**

Come Join us for an evening of prayer for our earth on Saturday, March 26.

Since this is a Lights-Off evening, participants are asked to be seated by 8:25 pm. We gather in solidarity with all nations around the globe who observe earth hours in various ways.



### Earth Day Musical Celebration Friday, April 22, 2022

On April 22, there will be a special musical evening to celebrate **Earth Day 2022** at Saint Pius X Church at 7pm. Plan now to join us as we celebrate the marvels and the beauty of our common home, Earth, with songs and music by local entertainers. Free will admission at the door to support our programming.

### Spirituality Centre Team

Sr. Joan Campbell [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com)

Sr. Debbie Peters

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

Gilles Michaud [leagil4533@gmail.com](mailto:leagil4533@gmail.com)

Roseanne Macdonald

[philrose1987@gmail.com](mailto:philrose1987@gmail.com)

Eileen Clow [eileenclowpei@gmail.com](mailto:eileenclowpei@gmail.com)

## January-June 2022

### Programs:



**Martha Spirituality Centre. SDU Place. Great George St. Box 1147. Charlottetown, PEI. C1A 7M8**

Visit us at [www.pei-marthas.ca](http://www.pei-marthas.ca)

**Need to register for all programs?**

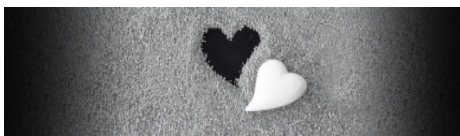
**Email Sister Joan at**

[drjoancsm@gmail.com](mailto:drjoancsm@gmail.com)

### 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.

## MONDAY PROGRAMS



**Grief Matters: PART 1** (Video Series by Dr. Bill Webster). Sessions in person at the Spirituality Centre from Jan 31-Feb 28 (2:00-3:30 pm). Facilitated by Sister Debbie Peters. Topics include Understanding the Grief Process, Understanding our Emotions & other themes. Fee \$20. Register with [srdebpeters52@gmail.com](mailto:srdebpeters52@gmail.com)

Join **Lynn DeLong** on **Zoom** for a **women's book study** on *Walk in a Relaxed Manner: Life Lessons from the Camino* by Joyce Rupp. Five sessions will be held from 6:30 to 8:00 PM on Jan 31, Feb 14 & 28, & March 14 & 28. In this text, "Joyce shares the lessons learned as she & her friend Tom shared the 37-day pilgrimage along the Camino De Santiago in Northern Spain. She was inspired to allow the ups & downs of daily life to be the pilgrimage & adventure it really is & in sharing her story to have these life lessons stir up enthusiasm for our lives as it did for her" (Adapted from the back cover of the book). To register & obtain Zoom link, email [lynndelong284@gmail.com](mailto:lynndelong284@gmail.com).

Participants are asked to purchase their own text. Fee \$20.

## 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 11 to May 31 from 7-8 pm**. No fee for this program. To register, contact [karenyogapei@gmail.com](mailto:karenyogapei@gmail.com)

Christian meditation sessions will also be held in person at the Spirituality Centre **every Tuesday morning in April and May from 9:45-10:30**. To register please email [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com) There is no fee for this program.

## WEDNESDAY PROGRAMS

### *Discernment: Wed. AM*

"Making Choices in Daily Life" will be the topic of a 7-session discernment program Wednesday mornings (10 a.m. - 11:30) from March 2 to April 13. This **Zoom** program will be based on *The Way of Discernment*, a book by author &

professor Dr. Elizabeth Liebert SNJM. The presentations will explore Liebert's practical approach to discerning key decisions in our life. Facilitators will be Gilles Michaud, Leah Michaud, Julia Donahoe-MacDougald & Roseanne Macdonald, members of the P.E.I. Local of the Atlantic Association of the Spiritual Exercises Apostolate (AASEA). Fee is \$20. To register, email [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com)

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

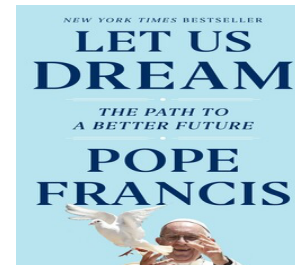
## THURSDAY PROGRAMS



Thurs. 10:30  
--11:45 am

**Lectio Divina** (divine reading) is a contemplative praying of Scripture. We meet by **Zoom** every Thursday, beginning on January 13 from 10:30-11:45 AM to listen to and reflect upon the upcoming Sunday Gospel. To register contact Sister Joan at [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com) No fee.

Thursdays  
1:30-3:00  
pm from  
March 10  
to April 14



Join Sr. Debbie Peters in person at the Spirituality Centre to reflect on *Let Us Dream: The Path to a Better Future* by Pope Francis. In the COVID crisis, Francis saw the world's inequity & the resilience of many that can rescue our planet. Here he explores how to handle upheaval in our lives and the world at large. Fee is \$40 which includes the book. Register with [srdebpeters52@gmail.com](mailto:srdebpeters52@gmail.com)

**Dr. Joan Campbell, CSM** is offering five **Zoom** sessions on the **Parables of Jesus**. Every Thursday from March 10<sup>th</sup> to April 7<sup>th</sup> (6:45 to 8:00 PM), we will study one of the following parables of Jesus: The Sower, the Good Samaritan, the Banquet, the Widow & Judge, & the Prodigal Son. Fee \$25. To register contact Sister Joan at [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com)

**NB:** The Spirituality Centre will remain closed until further notice. Your facilitator will update you regarding in-person sessions.