



## Advent Service of Light

Come join us for an evening of Advent prayer and reflection around light on **Thursday, December 15<sup>th</sup> at 7 pm**. 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.



**Seniors College:** There will be one Senior College offering being hosted at the Centre -on Wednesday afternoon. If interested, you need to register with Seniors College

**Martha Spirituality Centre. SDU**  
**Place. Mailing address: 405-97 Queen St.**  
**Charlottetown, PEI. C1A 4A9**

**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)**

## FRIDAY PROGRAM



**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 and 10:45 – 11:15 Christian Meditation)**.

Classes will commence on **Friday, October 7 & end on Friday, December 9**. 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 and receive the zoom link contact [karenyogapei@gmail.com](mailto:karenyogapei@gmail.com)

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!

## SATURDAY PROGRAMS

### MENSMINISTRY

Interested men are invited to gather at **West River United Church hall** in Cornwall 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 Sept. 17** from 10am to noon. For additional information, contact **Gilles Michaud** at [leagil4533@gmail.com](mailto:leagil4533@gmail.com)



Plan now to make an **Advent Retreat with Sr. Debbie Peters** on Saturday, **November 19<sup>th</sup>** at the Martha Spirituality Centre. This day of reflection on Mary's Magnificat is for all who cherish Mary as model, patroness & intercessor. We shall reflect on the role of Mary in our faith journey & on the impact of women who have been models in our lives. Retreat goes from 10 am- 3pm with an hour lunch break. Kindly bring your own lunch. Register with [srdebpeters52@gmail.com](mailto:srdebpeters52@gmail.com)



## SEPT.-DEC. 2022 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](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)

and trusted volunteer program leaders.



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Welcome back to the Martha Spirituality Centre for a hybrid offering of in-person and zoom programming. Since we have been closed since March of 2020 due to covid, we are delighted to welcome you and your friends to gather once again 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.

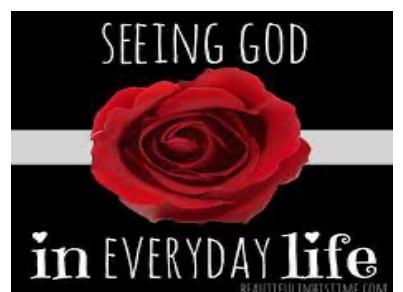
Any proceeds received go to support the on-going operation of the Spirituality Centre for the people of the Island and beyond.

## TUESDAY PROGRAMS



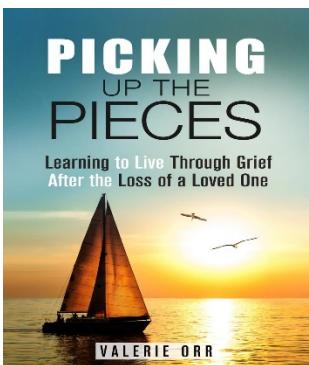
**Christian Meditation**, the prayer of the heart, opens us to the presence of God in the silence and stillness of the present moment. Sessions will be held on **Zoom** on **Tuesdays from September 20th to December 13<sup>th</sup> from 7-8 pm**. No fee for this program. To register, contact [karenyogapei@gmail.com](mailto:karenyogapei@gmail.com)

## WEDNESDAY PROGRAM



'Noticing God with Me in my Daily Life—and Responding' will be the topic of a four-session discernment program Wednesdays 10 am to 12 noon from October 19-November 9 at the Martha Spirituality Centre. Facilitators will be Julia Donahoe-MacDougald, Roseanne Macdonald, Gilles Michaud and Leah Michaud. Fee is \$20. Registration deadline is Friday, October 14. To register, email [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com)

## WEDNESDAY PROGRAM



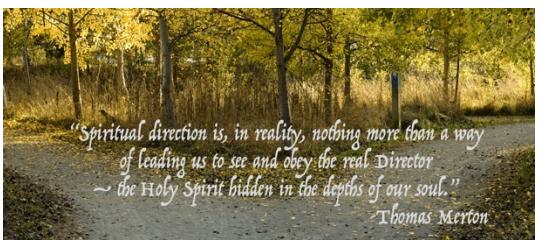
### PICKING UP THE PIECES

Learning to Live Through Grief After the Loss of a Loved One

VALERIE ORR

Spirituality Centre on **Wednesdays** from **October 5<sup>th</sup> to November 30<sup>th</sup> excluding October 29<sup>th</sup>**. The sessions will be from

3:30 to 4:45 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 \$20. Register with [srdebpeters52@gmail.com](mailto:srdebpeters52@gmail.com)



*"Spiritual direction is, in reality, nothing more than a way of leading us to see and obey the real Director ~ the Holy Spirit hidden in the depths of our soul."*

Thomas Merton

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

## THURSDAY PROGRAMS



**Lectio Divina** (divine reading) is a contemplative praying of Scripture. We will meet in person at the Centre every Thursday, beginning on **September 15<sup>th</sup> 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.

## Parables of Jesus



Dr. Joan Campbell, CSM is offering four **Zoom** sessions on the **Parables of Jesus**. Every Thursday from **November 17<sup>th</sup> to December 8<sup>th</sup> (6:45 to 8:00 PM)**. We will study one or more of the following parables: The Mustard Seed, Leaven, & Pearl; the Vineyard Laborers; the Steward; and Lazarus & Dives. Fee \$20. To register contact Sister Joan at [drjoancsm@gmail.com](mailto:drjoancsm@gmail.com)