

THURSDAY PROGRAMS



Thurs.10:45-11:45 am

Lectio Divina (divine reading) is a contemplative praying of Scripture. **Every Thur. morning** by Zoom beginning **January 11** as we gather to reflect on the Sunday Gospel where we listen to God's presence in the Word and discover God's presence in our own lives. To register contact srgemma@eastlink.ca No fee



Dr. Joan Campbell, a Sister of St. Martha and a Scripture scholar just recently retired from The Atlantic School of Theology in Halifax, will offer a Zoom Lenten series of 6 sessions entitled **"Mountain Top Revelations in the Gospel of Matthew"** on Thursday evenings of Feb. 18 and 25, March 4, 11, 18 and 25 from 7:00-8:30 p.m. This program will explore the three key sections of the Gospel of Matthew (the Sermon on the Mount, the Transfiguration, and the Great Commission) - each one describing a mountain-top experience in the life of Jesus and his disciples. Interested participants are asked to register with srgemma@eastlink.ca and pay a registration fee of \$20.

FRIDAY PROGRAMS



CYCM (combined Chair Yoga and ChristianMeditation

A **Zoom CYCM** class with **Karen Langevin**. Winter season will be from January 8- March 12 (10 weeks) from 10:00-10:45 a.m. and the Spring Season will be from March 19- May 21 (10 weeks) at the same time. To register contact karenyogapei@gmail.com . Fee is \$50. per season and \$80 if also registered for the Monday Dance Chair Yoga.

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 Jan. 25** from 10am to noon. Coordinator: Gilles Michaud.



AASEA(Atlantic Association of **Spiritual Exercises of St. Ignatius**) meet on the second Saturday of each month by Zoom 10am. If interested in a personal spiritual director, contact leagil4533@gmail.com

WOMEN'S RETREAT DAY



Come join other women on Zoom Saturday, **May 15** from 9am-noon for a day to reflect on **Embracing Spring with our Creator- a** welcome theme to spring time Resurrection in our lives and in all of creation. Facilitated by Lynn Delong Register with lynndelong284@gmail.com Fee is \$20



A Zoom **Lenten Retreat with Bishop Grecco** will be hosted on Saturday, February 27. Details of time and theme will follow at a later date. To register contact srgemma@eastlink.ca and pay a \$20 fee.



There will be a spring retreat for Men. There will be more details available at a later date regarding time, date and theme. This is an opportunity for men to gather and focus on their spiritual journey. Register at leagil4533@gmail.com

Attention: The Martha Spirituality Centre will be closed until Sept. 2021 due to COVID restrictions regarding spatial distancing. WE look forward IN Hope!

JAN.-JUNE 2021 PROGRAMS



MARTHA SPIRITUALITY CENTRE SDU Place, Great George St. Box 1147, Ch'town, PE C1A 7M8
Need to register for all programs
TEL: 1-902-367-3103
www.peimarthas.com/programs
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
Gilles Michaud leagil4533@gmail.com
Roseanne MacDonald philrose1987@gmail.com
and trusted volunteer program leaders.

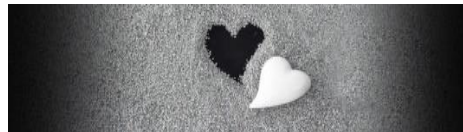
IMPORTANT MESSAGE- all programs for January –June will be by Zoom unless otherwise indicated.

MONDAY PROGRAMS

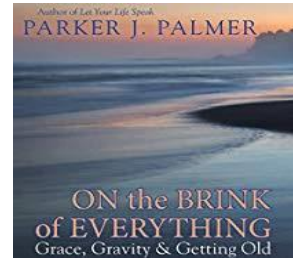


Dance Chair Yoga Winter session on offered by yoga instructor **Karen Langevin** on Monday mornings from Jan. 4- Mar. 8 (10 week program) from 10:00-10:45 a.m. and a **Spring session** of 10 weeks from Mar.15-May 24 (10 weeks) from 10:00-10:45 a.m. Fee is \$50 per session of 10 weeks and \$80 if also registered for the Fri Chair Yoga and Christian Meditation. Register at karenyogapei@gmail.com .

GRIEF VIDEO SERIES-



GRIEF VIDEO SERIES (Dr. Bill Webster) facilitated by **Sr. Debbie Peters** will begin on the Monday afternoons of January 18, 25 and February 1, 8 and 15 from 2:00-3:30 p.m. A healthy grief journey leads a person to a place where choices can be made regarding what to do with the rest of your life and how to make the most of what you have left. Some participants have already registered in Feb. of 2020 and will be contacted. Fee of \$10. Register at dpeters@peimarthas.ca



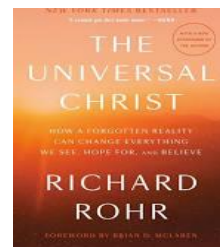
Book study on Sun. Feb. 7 and Mondays of Feb. 22, March 8 and 22 from 6:30-8:00 pm

Zoom Women's book study entitled **“On the Brink of Everything: Grace, Gravity and Getting Old”** by author Parker Palmer and facilitated by **Lynn Delong**. Participants are asked to contact lynndelong284@gmail.com to register, to purchase their own text and pay a \$10. registration fee.

TUESDAY PROGRAMS



Christian Meditation, the prayer of the heart, opens us to the presence of God in the silence and stillness of the present time, will begin on **Tuesday mornings** from 10:00-10:45 from January 5-May 18. There will be no Tuesday evening session and there is no fee. Interested persons are asked to contact karenyogapei@gmail.com who will send them a link to join these sessions.



9 Session Book Study on Tuesdays of Feb. 2 and 16, March 2, 16, 30 and April 13, 27 and May 11 and 25.

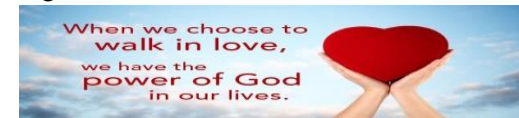
A Zoom book study of the text **“The Universal Christ”** by Richard Rohr on Tuesdays from 1:00-2:30 p.m. This study will be facilitated by a team of Roseanne

MacDonald, Vangie Broderick and Sr. Gemma. Participants are asked to purchase their own text, register with srgemma@eastlink.ca and pay a \$10 fee.

WEDNESDAY PROGRAMS



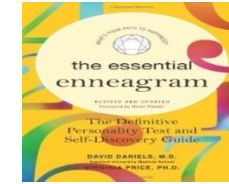
“The Benevolent Universe” advertised for the winter of 2020 will be reoffered on Wed. afternoons of Jan. 27, Feb. 3, 10 and 17 from 2:00-3:30 p.m. **Gilles Michaud** will facilitate presentations by Rob Bell Fr. Richard Rohr and Sr. Ilia Delio who will explore the foundations of the Christian faith. Through Scripture, Science and Human Experience, these teachers show that from the very beginning God has been bringing life from chaos. Original registrants will be contacted and new participants are asked to register with leagil4533@gmail.com . There will be a \$10 registration fee.



POWER OF LOVE SERIES During three Wednesday afternoons of March 3, 10 and 17 from 2:00-3:30 p.m., **Gilles Michaud** will facilitate a special Zoom video series by **Rev. Gilles Mongeau SJ** entitled **“The Power of Love.”** This series will explore the world of the marginalized in our society and in our Church and the need for a healthy pastoral and personal response. This series may be especially helpful for those in the helping professions as well as parents who journey

with their marginalized sons and daughters. Register at leagil4533@gmail.com and pay a registration fee of \$10 for the series.

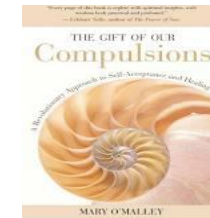
WEDNESDAY BOOK STUDY



Book Study on Wed. mornings from 9:30- noon from Jan. 13-March 3.

Join **Anne Gillis** to study **“The Essential Enneagram”** by David Daniels. The Enneagram is an ancient spiritual tool for teaching discrimination between good and evil, between sin and virtue. It has foundations in all three of the monotheistic religions of Judaism, Christianity and Sufi Islam, because this wisdom is universal, deep and life-changing for all searching peoples. Cost \$50 includes the text. Register by Jan 11th

Anne.gillis@gmail.com



Book study on Wed. mornings from 9:30- noon from April 14-- June 2

“The Gift of our Compulsions” authored by Mary O'Malley and facilitated by **Anne Gillis and Heather Carver**. We all have our compulsions- our struggles range from over-worrying and overworking to overeating and alcohol and drug abuse. O'Malley has crafted a new approach through observation, engagement, self-acceptance and forgiveness using researched techniques and inspiration To register contact anne.gillis@gmail.com ,