FINANCIAL SUPPORT

The FCJ Centre is a non-profit organization. We welcome and appreciate donations of all sizes. Your donation enables the FCJ Centre to continue its mission and ministry. Charitable donations can be sent directly to the FCJ Centre or made online.

For information on estate planning, bequests or deferred gifts, please contact the Director at (403) 228-4215 or email at **director@fcjcentre.ca**. Donations may be eligible for a tax receipt.

Our charitable registration no. is **118913581RR**

Please visit www.fcjcentre.ca/donate

COMPANIONS IN MISSION

In 2002 The Sisters FCJ invited other women and men to accompany them, not as members of the religious order, but as companions who would also live and share the charism (spirituality) as FCJ Companions in Mission (CiM).

Preparation for commitment as a CiM involves a formation program over a period of time. CiMs commit to attending regular meetings, fostering a spirit of companionship and making time in their lives for reflection, prayer and service to others.

Those who want to learn more about the spirituality and charism of the Sisters FCJ and the Companions in Mission are invited to contact Sheila at **sheilalewrenz@yahoo.com** for more information about the Companions in Mission.

FCJ
RETREAT & CONFERENCE CENTRE
A corporate ministry of the Sisters Faithful Companions of Jesus (FCJ) since 1980

PROGRAM REGISTRATION

Please register in advance to reserve a place in your chosen program. Each registration is recommended and guaranteed only with payment. We accept VISA, Mastercard, eTransfer and cheque. We also accept cash from those paying in person. Rates are subject to change. Cancellation fees are applicable. Note that our office hours are 8:00am - 4:00pm, Monday to Friday.

TO REGISTER FOR ANY OF OUR PROGRAMS, PLEASE VISIT FCJCENTRE.CA/EVENTS OR SCAN THE QR CODE BELOW:

BOOK A CONFERENCE OR WORKSHOP

One of Calgary's best kept secrets!
Discover extraordinary spaces for transformation and community-building. Whether you need a place for staff enrichment or rejuvenation, we have a space for you.
(Bookings available for Nonprofit or Charitable Organizations)

BOOK PRIVATE RETREATS

The FCJ Centre offers both Directed and Non-Directed Private Retreats for anyone seeking solitude, rest, and renewal of the spirit. Make arrangements for a day, a week, a month away, or make the Spiritual Exercise of St. Ignatius.

For more information and pricing, please call our Booking Coordinator at **(403) 228-4215, or email coordinator@fcjcentre.ca**

Advance booking is required.

SPIRITUAL DIRECTION

Time spent with a trained, experienced Spiritual Director can be a help to knowing and experiencing God's faithful and unconditional love. You can book a one-time session, have a regular monthly appointment or a directed retreat. There is no fixed charge for Spiritual Direction; we suggest a tax-deductible donation, the equivalent of at least one hour's wage, for each hour of direction, or a donation for each session according to your means. To connect with a Spiritual Director or for information on Spiritual Direction Training Program, please contact **Sr. Ann Marie Walsh, FCJ, at (403) 228-4215, or email samwfcj@aol.com**

SPIRITUAL DIRECTION TRAINING PROGRAM

Spiritual Direction is the process of accompanying people on their spiritual journey, encouraging them to share and reflect on their life-story. The purpose of Spiritual Direction is to help individuals to explore their personal and spiritual experience as they grow closer to God. Although some people may begin direction because of personal difficulties, losses, hurts or spiritual uncertainty, Spiritual Direction is not psychotherapy or counselling.

For more details, visit fcjcentre.ca/sdtp or call (403) 228-4215, or email: **samwfcj@aol.com**

COMMUNITY OUTREACH

Our Community Outreach programs are perfect for schools, parishes/churches, assisted-living facilities, libraries, and other organizations that wish to bring a memorable experience to their community.

For more details, visit fcjcentre.ca or call (403) 228-4215, or email: **outreach@fcjcentre.ca**

FAITH IN ACTION / Laudato Si' Committee

Rooted in the FCJ charism and inspired by the Gospel and Laudato Si', the Faith in Action / Laudato Si' Committee seeks to build right relationships with God, one another, and all creation. Through collaboration, dialogue, and outreach, we promote justice, peace, inclusion, and care for our common home.

To get involved please contact info@fcjcentre.ca or visit https://www.fcjcentre.ca/laudatosimovement.

ALL ARE WELCOME

FCJ Retreat & Conference Centre - an "Oasis" in the Heart of Calgary - welcomes individuals, families, all age groups and offers spiritual renewal through various programs. FCJ Centre strives to provide a space for individuals or groups to step away from the distractions of everyday life and focus on personal growth, prayer, spritual development, health and wellness, community building, or creative pursuits.

SETTING

The FCJ Centre's peaceful grounds on the banks of the Elbow River with close proximity to walking and biking trails lend themselves perfectly to individuals and groups seeking an "Oasis of Peace".

Six outdoor sites: Meditation Garden; Station of the Cross; Lourdes Grotto; Peace Pole; Fire Pit; Labyrinth; and Elbow riverview.

Indoor facilities include: Unique multi-use conference rooms up to 150 guests, meeting and break-out rooms; sleeping accommodations for up to 50 guests; dining rooms; lending library with over 1,500 books; large Chapel and meditation spaces.

OUR SERVICES

- Spiritual Direction
- Spiritual Growth Experience
- Quiet Days of Reflection
- Group Retreats
- Private Directed or Non-Directed Retreats
- Spiritual Direction Training Program (SDTP)
- Peer Support for Spiritual Direction
- Outreach Programs
- Counselling
- Compassionate Care
- Conference Facilities
- Full-catering Services
- Bedroom Accommodation
- Community Garden

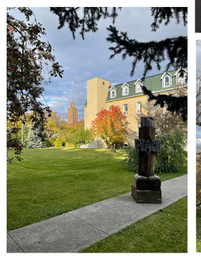
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An Oasis in the heart of Calgary

PROGRAM GUIDE

SEPTEMBER 2026 - FEBRUARY 2027

FCJCENTRE.CA
219 19TH AVE. SW, CALGARY AB
403.228.4215









SEASON OF CREATION

LIVING WATERS:
Faith, stewardship, and the future of our rivers
Organized by Laudato Si Committee
Thursday, September 10, 2026
2:00pm – 4:30pm
Freewill Offering

ENERGY EFFICIENCY WORKSHOP
Organized by Laudato Si Committee in partnership with Green Calgary and Enmax
Tuesday, September 15, 2026
2:00pm – 4:30pm
Freewill Offering

COMPOSTING AS CARE FOR CREATION
Organized by Karuna Compost and Laudato Si Committee
Tuesday, September 29, 2026
2:00pm – 4:30pm
Freewill Offering

CRY OF THE EARTH, CRY OF THE POOR
Listening Gathering for Ecological Discernment
Organized by Laudato Si Committee
Thursday, October 1, 2026
2:00pm – 4:30pm
Freewill Offering

WELLNESS

QIGONG
A wellness program for Seniors
September 8, 14, 21, 28
10:30am-12:00noon
FREE
Funded in part by the Government of Canada's New Horizons for Seniors Program | Canada

ZUMBA GOLD
A wellness program for Seniors
October 5, 19, 26, Nov 2
10:00am-11:30am
FREE
Funded in part by the Government of Canada's New Horizons for Seniors Program | Canada

ATTITUDE OF GRATITUDE
The practice of being grateful
With Pristine Laroza
Thursday, October 8, 2026
6:00pm - 8:00pm
Freewill Offering

RETREAT EXPERIENCE

A PRACTICE OF LISTENING: WHAT WE CARRY
A poetry mini-retreat for young people ages 12–20, led by Calgary Poet Laureate Clara A. B. Joseph
Saturday, October 31, 2026
1:30pm - 4:30pm
$25

ICONOGRAPHY RETREAT - FROM DARKNESS INTO LIGHT
With Mirna Farahat
Saturday, November 14, 2026
9:00am - 4:00pm
$30

DISCOVER THE GIFT
Online Advent Retreat
With Sr. Ann Marie Walsh, fcJ and Lisa Gilead
November 29, December 7,14, 21, 2026
6:30pm – 8:00pm
$90
ONLINE

THE MYSTERY OF SUFFERING
Discovering the Salvific Meaning of Suffering in the Light of Christ's Cross
With Fr Jerry D'Souza

Friday, February 12, 2027
5:30pm-8:30pm
$15

Saturday, February 13, 2027
9:00am-3:00pm
$50 with Lunch

TAKE A PAUSE
A Lenten Reflection Day
With Sr. Ann Marie Walsh, fcJ
Thursday, February 25, 2027
10:00am – 2:00pm
$35 with Lunch

SPIRITUAL GROWTH EXPERIENCE

RESTORED II
Furthering Relationship with God through Art and Perspective
with Katlyn Lim

Wednesday, October 7 and 21: ONLINE
5:30pm - 7:00pm
$15/session

Saturday, October 17, 2026: In-Person
9:30am - 12:00noon
$25

READY, RESET, GROW!
Ending the year free and clear
With Pristine Laroza
Thursday, November 26, 2026
6:00pm – 8:00pm
Freewill Offering

REFLECTIONS ON THE ADVENT SUNDAY GOSPELS
With Sr. Terry Smith, fcJ
Thursday, November 26, December 3, 10, and 17, 2026
7:00pm - 8:00pm
Freewill Offering
ONLINE

WHEN GOD SEEMS FAR AWAY
Meeting God in Loneliness During Advent
With Fr. Wilbert Chin Jon
Monday, December 7, 2026
5:30pm - 8:30pm
$35 with Dinner
$25 without Dinner

BUILDING CONNECTED COMMUNITIES IN A TIME OF POLARIZATION:
Interfaith learnings and calls to relationship
With Elyse Brazel
Thursday, January 28, 2027
2:00pm - 3:30pm
Freewill Offering

MEDITATION AND PRAYER

VISIO DIVINA
Making Art Based on the Meditation of Scripture
with Katlyn Lim
Tuesday, September 1, 2026
12:15pm - 1:15pm
ONLINE
Freewill Offering

WALK THE LABYRINTH
with Sonya
Sunday, September 13 and October 4
2:00pm - 4:00pm
$15

A MOTHER'S LOVE
Reflecting on the Seven Sorrows of Mary
With Pristine Laroza
Tuesday, September 15, 2026
6:00pm-8:00pm
Freewill Offering

BUILDING A SUSTAINABLE PRAYER LIFE USING SMART GOALS
With Sean Kelly
Tuesday, October 20 and Thursday, November 5, 2026
7:00pm - 9:00pm
$18

WORLD CHRISTIAN UNITY PRAYER SERVICE 2027
Week of Prayer for Christian Unity
Tuesday, January 19, 2027
6:00pm-8:00pm
Freewill Offering

SPECIAL EVENT

ANNUAL TEA PARTY
an FCJ Centre Fundraising Event
Sunday, September 20, 2026
2:00pm - 4:30pm

IGNATIAN SPIRITUALITY

SUPPORT FOR THE DAILY EXAMEN
Tool for Spiritual Growth
September 15, 2026 - March 23, 2027
(Second Tuesday of the Month)
7:00-7:45
ONLINE
$12

SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA
19th Annotation 36 Week
Individual Retreat
Contact Sr. Ann Marie Walsh, fcJ at 403.228.4215 or samwfcj@aol.com
Mid Sept 2026 - Mid June 2027

Individual Rate: $160/month ($1,440 for 9 months)
In-person or Online
Starting 3rd week of September

FINDING CHRIST WITHIN:
12 Week Ignatian Retreat in Everyday Life
Contact Lisa Gilead, CiM at 403- 228- 4215 or info@fcjcentre.ca
Mid Sept 2026 - Mid Dec 2026

Individual Rate: $495.00 for 12 weeks
Group Rate: $460.00 for 12 weeks (Individual Rate)

Book is not included

ON-GOING PROGRAMS
(As Requested)

SILENT PRIVATE DIRECTED RETREAT

FULL SPIRITUAL EXERCISE OF ST. IGNATIUS - 30 DAYS

SUMMER WEEKEND SILENT DIRECTED RETREAT

8-DAY SUMMER SILENT RETREAT