

SPIRITUAL DIRECTION

Time spent with a trained, experience Spiritual Director can be a help to knowing and experiencing God's faithful and unconditional love. You can book a one-time session or have a regular monthly appointment. 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 Spritual Direction Training Program, please contact Sr. Ann Marie Walsh FCJ, at (403) 228-4215, or email samwfcj@aol.com

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, spiritual 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; and Labyrinth. Indoor facilities include: Unique multi-use conference and meeting rooms for 2 to 25 guests; sleeping accommodations for up to 48 guests; dining rooms; lending library with over 1,500 books; large Chapel and meditation spaces.

COUNSELLING SERVICES

Counselling is often the first and usually one of the best defense we have against a whole range of psychological issues like depression, grief and anxiety. As we face our own unique struggles on our journey through life, at times the challenges we face can be overwhelming.

The FCJ Centre, through our counselling services, strives to provide a safe compassionate place, where individuals can be heard. Sr. Ger Curran FCJ, our in-house counsellor is there to help and highlight the emotional and intellectual experience of a client which can facilitate change in life for them.

There is no fixed charge for counselling. However, a suggested donation of \$80.00 per hour is recommended, negotiable according to need. This donation supports our ongoing work, and it is tax deductible.

If you would like a brief conversation with a counsellor before making an appointment, please contact the FCJ Centre at (403) 228-4215.

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 Sister FCJ and the Companions in Mission are invited to contact Sheila at sheilalewrenz@yahoo.com for more information about our programs.



COMMUNITY OUTREACH

Our Community Outreach programs are perfect for schools, parishes/churches, assisted-living facilities, librabries, 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: dawna.richardson@fcjcentre.ca

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.

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**

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

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, or a month away.

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

Advance booking is required.



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

PROGRAM GUIDE

JANUARY - AUGUST 2024


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

SPIRITUAL GROWTH EXPERIENCE

BLESSED BE THE NAME OF THE LORD

With Dawna Richardson
January 25, 7:00pm - 8:30pm
Freewill Offering

MIRROR, MIRROR ON THE WALL

Dreamwork on How We Long to See Ourselves
With Sr. Ita Connerly, FCJ
February 15, 7:00pm - 9:15pm
Online: Zoom 
\$30

TRAVELING THE VIA DOLOROSA

A Creative Lent Journey with Jesus through The Landscape of our Troubled World
With Alicia Dykstra
Tuesdays starting February 20 to March 19, 7:00pm – 8:30pm
\$18 per session

WALKING WITH WOMEN IN THE NEW TESTAMENT

- *Martha and Mary*- February 22
- *Women in the Letters of St. Paul* - March 21
- *Mary Magdelene* - April 18

With Dawna Richardson
7:00pm – 8:30pm
Freewill Offering

THE WAY OF THE CROSS

Liliana's Story: A Reflection on the Trafficking of Human Person
March 8, 7:00pm - 8:30pm
Freewill Offering

SPIRITUAL DIRECTION: WHAT IT IS AND HOW IT HELPS

With Sonya
April 9, 7:00pm – 8:30pm
Freewill Offering

EXPERIENCING CREATION'S WISDOM (Public Lecture)

With Yvonne Prowse
August 16, 7:00pm
\$20

EARTH'S SACRED WISDOM IN SPIRITUAL DIRECTION

A Workshop for Spiritual Directors
With Yvonne Prowse
August 24, 9:30am - 3:30pm
\$75 (Lunch included)

YOUNG ADULT PROGRAMMING

With Dawna Richardson
Registration: Free

LENT
March 14, 7:00pm - 9:30pm

GENDER ISSUES
April 4, 7:00pm - 9:30pm

WOMEN IN THE CHURCH
May 9, 7:00pm - 9:30pm

SOCIAL JUSTICE
June 19, 7:00pm - 9:30pm

BLANKET EXERCISE
In Commemoration of National Aboriginal Day
June 19, 7:00pm - 9:30pm

SPECIAL PROGRAM

MARDI GRAS
February 13, 5:00pm - 9:30pm
\$20 (Supper included)

FAITH AND FAMILY

VACATION BIBLE SCHOOL
With Alicia Dykstra and Dawna Richardson
August 27 to 29, 9:00am – 12:15pm
August 30, 9:00am - 1:00pm
Ages 7-11
\$60 per child
\$40 per child (for 3 or more children from 1 family)

SAVE THE DATE:

AUTUMN TEA PARTY
Annual Fundraising Event
September 15th Sunday

THE RETREAT EXPERIENCE

FINDING CHRIST WITHIN:
A 12-week Small Group Ignatian Retreat
With Patricia Harasym
Every Tuesday starting January 9 to March 26,
10:00am - 12:00pm
\$450

WOMEN'S RETREAT DAY
Experiencing Mary Anew
With Patricia Harasym and Sr. Ann Marie Walsh, FCJ
January 25, 9:30am - 2:30pm
\$95

GIFT OF HOPE RETREAT FOR UNEMPLOYED PERSONS
A Time of Transition
With Sr. Ger Curran, FCJ and Ms. Mirna Farahat
January 26, 5:30pm (Supper included) to January 27, 5:00pm
To register, please contact FCJ Centre
Live In: Free (Meals included)

BECOMING WHOLE
Refreshing our Lives and our Surroundings
With Fr. Philip Chircop, SJ
6-day Retreat: May 13, 4:00pm to May 19, 1:00pm
Live In: \$900
Weekend Retreat: May 17, 4:00pm to May 19, 1:00pm
Live In: \$295
Public Lecture: May 18, 7:00pm - 9:00pm
\$25

ENNEAGRAM RETREAT PART 2
Diving a Little Deeper
With Cherie Tetz and Doug Schroeder
January 12, 7:00pm to January 13, 5:00pm
\$195

EXPERIENCING CREATION'S WISDOM
With Yvonne Prowse
5-day Retreat: August 17, 5:30pm to August 23, 1:00pm
\$750 Live In Rate
\$350 Commuter Rate



MEDITATION AND PRAYER

CHRISTIAN MEDITATION MONTHLY:
Silent Presence
With Patricia Harasym
Starting Jan 4, Feb 1, Mar 7, April 4, May 2, June 6
7:00pm - 8:00pm
Freewill Offering

PRAYING OUR LAMENTS
A Lent Practice
With Alicia Dykstra
February 14, 7:00pm – 8:30pm
\$15

PAPER PRAYERS
Collage as Prayer
With Alicia Dykstra
March 13, 7:00pm – 8:30pm
\$18

WALKING WITH TREES
The Emmaus Road Reimagined
With Alicia Dykstra
April 10, 7:00pm - 8:30pm
\$15

WORLD LABYRINTH DAY
With Sonya
May 4, 2:00pm – 4:00pm
\$15


CREATE A FINGER LABYRINTH
Celebrating World Labyrinth Day
With Alicia Dykstra
May 8, 7:00pm – 8:30pm
\$18


WALK THE LABYRINTH
With Sonya
June 2, July 7, August 11, 2:00pm – 4:00pm
\$15 per session

PRAYING WITH EBENEZERS
Create your own prayer rock
With Alicia Dykstra
June 12, 7:00pm – 8:30pm
\$18

IGNATIAN SPIRITUALITY

SUPPORT FOR THE DAILY EXAMEN
Daily Moment with God
With Sr. Ann Marie Walsh, FCJ
Every Tuesday starting January 9 to June 18
7:15pm – 7:45pm
Online: Zoom 
\$10 per session

FOLLOW THE LIGHT OF CHRIST ANEW
Epiphany Ignatian Retreat in Everyday Life
With Patricia Harasym and Sr. Ann Marie Walsh, FCJ
Every Monday starting Jan 8 to Jan 29
7:00pm - 8:30pm
Online: Zoom 
\$90

COME AND MEET JESUS ANEW
Easter Ignatian Retreat in Everyday Life
With Patricia Harasym and Sr. Ann Marie Walsh, FCJ
Every Monday starting April 8 to April 29
Online: Zoom 
\$90

FULL SPIRITUAL EXERCISE OF ST. IGNATIUS
Summer Weekend Silent Direct Retreat
8-Day Summer Silent Directed Retreat
To register, please contact FCJ Centre



REGISTER ONLINE FOR OUR EVENTS AT
403-228-4215

FCJ.EVENTBRITE.CA