



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



**ALL ARE WELCOME**



**OUR SERVICES**



**FCJCENTRE.CA**  
 219 19 AVE. SW,  
 CALGARY AB T2S 0C8  
 403.228.4215

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; 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.

- 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





## 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](mailto:samwfcj@aol.com)



## 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](http://FCJCENTRE.CA/EVENTS) OR SCAN THE QR CODE BELOW:



## 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](mailto:director@fcjcentre.ca). Donations may be eligible for a tax receipt.

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



## 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](http://fcjcentre.ca) or call (403) 228-4215, or email: [outreach@fcjcentre.ca](mailto:outreach@fcjcentre.ca)



## 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](mailto:sheilalewrenz@yahoo.com) for more information about the Companions in Mission.

## 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](mailto:coordinator@fcjcentre.ca)

Advance booking is required.



## SPIRITUAL GROWTH EXPERIENCE

### RENEWED YEAR, RENEWED YOU!

*Embracing All of Creation*

January 9 - 30 (Every Thursday)

5:30pm – 7:00pm

\$18 each session

\$70 for 4 session

### JOURNEYING WITH JESUS THROUGH LENT

With Fr. Julian Studden

February 28

5:30pm - 9:00pm

\$35 (With Supper)

\$25 (Without Supper)

*(an option for an overnight stay, contact FCJ Centre)*

### LIVING THE PASCHAL MYSTERY

With Fr. Jullian Studden

March 1

9:00am - 3:00pm

\$60

### GROWING THROUGH ADVERSITY

*Strength in the Struggle*

With Pristine Laroza

March 25

6:00pm – 7:30pm

\$18

### ALPHA ONLINE

With Pristine Laroza

May 1 to July 10 (Every Thursday)

5:30pm - 7:00pm

Freewill Offering

### ALPHA WEEKEND (IN PERSON)

With Pristine Laroza

June 14 - 15

10:00am - 1:00pm

Freewill Offering

### ATTITUDE OF GRATITUDE

With Pristine Laroza

*The Practice of Being Grateful*

July 31

5:30pm – 7:00pm

\$18

## FAITH AND FAMILY

### VACATION BIBLE SCHOOL

With Pristine Laroza

August 19 to 22

9:00am – 12:00pm

Ages 7-11

\$60 per child

\$40 per child *(for 3 or more children from 1 family)*

## PROGRAM GUIDE

JANUARY - AUGUST 2025

### IGNATIUS SPIRITUALITY


#### SUPPORT FOR THE DAILY EXAMEN

*Daily Moment with God*

With Sr. Ann Marie Walsh, fcJ

January 7 - June 10 (Every Tuesday)

7:00pm – 7:45pm

Online 

\$12

#### FULL SPIRITUAL EXERCISE OF ST. IGNATIUS

33 Day Live-in Retreat experience.

Contact FCJ Centre to apply and schedule.

*Summer Weekend Silent Direct Retreat*

*8-Day Summer Silent Directed Retreat*

To register, please contact FCJ Centre

## RETREAT EXPERIENCE

#### EPIPHANY RETREAT IN DAILY LIFE

*Epiphany Ignatian Retreat in Everyday Life*

With Sr. Ann Marie Walsh, fcJ, Patricia Harasym, and Lisa Gilead

Jan. 6, 13, 20 & 27 (Every Monday)

7:00pm - 8:30pm

Online:

\$90 

#### GIFT OF HOPE RETREAT FOR UNEMPLOYED PERSONS

*A Time of Transition*

With Sr. Ger Curran, FCJ and Ms. Mirna Farahat

TBA

To register, please contact FCJ Centre

Live In: Free (Meals included)

#### WALKING IN HOPE

*Lenten Zoom Retreat*

with Sr. Ann Marie Walsh, FCJ, Lisa Gilead, Patricia Harasym

Monday evenings 7:00pm- 8:30pm.

March 10th, 24th & April 7th, 14th, 28th

Online:

\$100 

## YOUNG-ADULTS EVENTS

#### FEARFULLY AND WONDERFULLY MADE

*Finding your Identity in Christ*

With Pristine Laroza

June 9

5:30pm - 7:00pm

\$18

#### STARTING ON THE RIGHT NOTE

*An Evening of Music and Fellowship*

With Pristine Laroza

August 14

5:30pm - 7:00pm

Freewill Offering

## MEDITATION AND PRAYER

### MANTRA MEDITATION IN THE CHRISTIAN TRADITION

*Centred in Love*

With Patricia Harasym

Jan 9, Feb 6, March 6, April 3, May 1, June 5

7:00pm – 8:00pm

\$18

### WALK THE LABYRINTH ON WORLD LABYRINTH DAY

With Sonya

May 3

2:00pm - 4:00pm

\$15

### WALK THE LABYRINTH

With Sonya

June 1 and August 10

2:00pm - 4:00pm

\$15 each session

## OTHER EVENTS

### INDIGENOUS INTERPRETATION OF CHRIST'S JOURNEY IN THE WILDERNESS

With Rev. Tony Snow (Stoney Nakoda First Nation)

April 3

6:00pm - 7:00pm

Freewill Offering

### WHAT IS SPIRITUAL DIRECTION?

With Sonya

April 29

7:00pm - 9:00pm

Freewill Offering

## SPECIAL PROGRAMS

### Annual Tea Party

*an FCJ Centre Fundraising Event*

September 14, 2:00pm – 4:30pm

**TO REQUEST FOR PRIVATE RETREAT,  
PLEASE CONTACT THE FCJ CENTRE**

## PROGRAMS AND EVENTS

