

## IMPACTING LIVES THROUGH GIVING

Dear Friends of FCJ Christian Life Centre,

*Greetings!*

We strongly believe in the transformative power of what we offer here at the FCJ Christian Life Centre—a quiet, safe, and welcoming space that renews people’s sense of hope in an often-chaotic world. In an increasingly noisy and hectic world, the FCJ Centre is a quiet place and a refuge where people from around the globe come to pray, meditate, and find spiritual support.

The importance of spaces like ours has never been more evident. In May 2023, United States Surgeon General Dr. Vivek Murthy released an advisory highlighting the public health crisis of loneliness, isolation, and disconnection—calling it an epidemic. At a time when many struggle to find meaningful connection, the FCJ Retreat Centre can play a vital role in offering companionship, healing, and a sense of hope and belonging.

Our mission and ministry as a “Centre of Hospitality and Hope” also resonates deeply with Pope Francis’ vision of synodality. He calls us to “*plant dreams, draw forth prophecies and visions, **allow hope to flourish**, inspire trust, bind up wounds, weave together relationships, awaken a dawn of hope...and create a bright resourcefulness that will enlighten minds, warm hearts, give strength to our hands.*” (*Preparatory Document, #32*).

At the FCJ Centre, this vision comes alive as we help people reconnect—with themselves, with others, with creation, and with God in a variety of ways. Whether through personal retreats, spiritual direction, counselling, group retreats, quiet days, meditation evenings, or our walking the labyrinth, we offer a wide range of programs that nurture the soul. We also strive to create a space where individuals can connect, grow, and inspire one another. By hosting conferences and fostering personal development, we hope to contribute to a more compassionate and just world. In turn, what we do transforms lives.

Our devoted staff tirelessly animates the charism of Venerable Marie-Madeleine d’Houët at our Centre. It is this spirit that resonates with the warmth and welcome you find and experience within these sacred walls.

From January to October 2024, we offered 56 programs in online, in-person, and hybrid formats. A total of 1,258 participants registered for these 50+ programs, with some attending multiple events. We are grateful for the contributions of 39 volunteers, who collectively dedicated 442.5 hours to support our committee projects and Centre activities. Additionally, our conference facilities welcomed an average of 414 visitors per month, hosting 145 non-profit organizations and faith groups. Over the past 10 months, we also provided space for 61 private retreatants. Our services included 241 counselling sessions, 318 spiritual direction sessions from part-time spiritual directors, and 237 sessions with our in-house spiritual director. We deeply appreciate the generosity of our donors. Over the past 10 months, 61 donors contributed a total of \$66,658.14. Of this amount, \$30,000 has been designated for our toilet renovation project scheduled for next year, while the remaining funds have supported maintenance expenses and freewill offering programs.

**Looking ahead, our goal for 2025 is to raise approximately \$250,000 in donations to help offset some of our expenses and continue our mission.** This Advent, I extend a heartfelt invitation for you to once again be an integral part of our story. Your contribution, regardless of its size, ensures that the light of the FCJ Centre continues to shine brightly.

With your support, assistance and prayers, we can continue offering programs that guide seekers to find God and deepen their relationships with themselves, God, and others. We want also to invite you to be even more involved in the life of the FCJ Centre — **as a volunteer, by attending one of our programs, sharing your ideas for programs, or by helping to make the Centre and our programs better known to your networks.**

Annual giving is an integral part of our work. Your generosity sustains this vital ministry, allowing us to provide a place of rest, silence, reflection, and growth. It enables us to live out our mission of prayer, Christian education, retreat, and outreach in faithfulness to Christ's call.

Your generous tax-deductible gift of \$25, \$100, \$250, or more to the FCJ Christian Life Centre Annual Appeal will make a difference! Your support directly enhances the exceptional ministry that happens here and helps us serve others with compassion and grace.

There are many other ways to give:

- Consider a one-time donation or an extra month of your regular giving.
- Contribute to our Endowment Fund to sustain the Centre's mission long-term financial health.
- Make a bequest in your will to leave a legacy of hope.
- Offer a memorial gift to honor someone special.

Collectively, we can build a firmer financial foundation to ensure that the life-changing work of the FCJ Centre continues for generations to come. **Your gift will help sustain the Centre as a place where people can experience companionship in their life journey.** We deeply appreciate all you have done and invite you to continue or even increase your support this year if you are able.

Thank you in advance for your generous support!

**Together, we can bring hope and healing  
to all who come through our doors.  
Be the Reason for Hope.**

In Companionship with Christ and one another,

**Whitney Nagasan, MBA**  
Executive Director, FCJ Retreat and Conference Centre



**WAYS TO DONATE**

A. Online via CanadaHelps by scanning the QR code below.



B. By Mail. Please send a cheque payable to **FCJ Christian Life Centre**, to our address 219 - 19th Avenue SW, Calgary, AB T2S 0C8. **Please write under remarks: Annual Giving**. If this is your FIRST TIME donating to FCJ Centre, please include your name, phone number, and email address for tax purposes.

C. In Person at our Office at 219 - 19th Avenue SW, Calgary, AB T2S 0C8. You can visit the FCJ Centre anytime between Monday and Friday, from 9am to 4pm. We accept payments in the form of cash, cheque, and/or debit/credit card.

D. By Interac e-Transfer.

- o Please e-transfer to: [clcf finances@fcjcentre.ca](mailto:clcf finances@fcjcentre.ca)
- o Please don't forget to write under remarks/message: **Annual Giving**. If this is your FIRST TIME donating to FCJ Centre, please include your name, phone number, and email address for tax purposes.

E. By phone, please call us at (403) 228-4215.

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Please designate my gift to:

- Area of Greatest Need
- Maintenance/ Renovation Projects
- Support a Program
- Annual Street Feet: Stuff a Sock Program
- General

A one-time donation of \$ \_\_\_\_\_

Enclosed is a cheque, payable to FCJ Christian Life Centre OR deduct from credit card (info below)

Monthly       Quarterly donation of \$ \_\_\_\_\_ for \_\_\_\_\_ months, beginning with the month of \_\_\_\_\_

Enclosed is a VOID cheque OR deduct from credit card (info below)

Name (as it appears on credit card) \_\_\_\_\_

Full Mailing Address \_\_\_\_\_ City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature \_\_\_\_\_  VISA  Mastercard

Credit Card Number \_\_\_\_\_ Expiry (mm/yy) \_\_\_\_\_ CVV \_\_\_\_\_

To donate online, please visit: <https://www.fcjcentre.ca/donate>