

## 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 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, please contact Sr Ann Marie Walsh fcJ, at (403) 228-4215, or email [samw@aol.com](mailto:samw@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; Stations of the Cross; Lourdes Grotto; Peace Pole; Fire Pit; and Labyrinth. Indoor facilities include: Unique multi-use conference and meeting rooms for 2 to 125 guests; sleeping accommodations for up to 48 guests; dining rooms; lending library with over 1,500 books; large Chapel and meditation spaces.

**(403) 228-4215**

[INFO@FCJCENTRE.CA](mailto:INFO@FCJCENTRE.CA)

[FCJCENTRE.CA](http://FCJCENTRE.CA)

219 19 AVE SW CALGARY AB

## COUNSELLING SERVICES

Counselling is often the first and usually one of the best defenses 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 our 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 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 2000 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 our program.

## 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: [dawna.richardson@fcjcentre.ca](mailto:dawna.richardson@fcjcentre.ca).

## PROGRAM REGISTRATION

Please register in advance to reserve a place in your chosen program. Early 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 8AM-4PM, 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 Executive 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



## OUR SERVICES

- Spiritual Direction
- Spiritual Growth Experiences
- 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 Not for Profit 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.

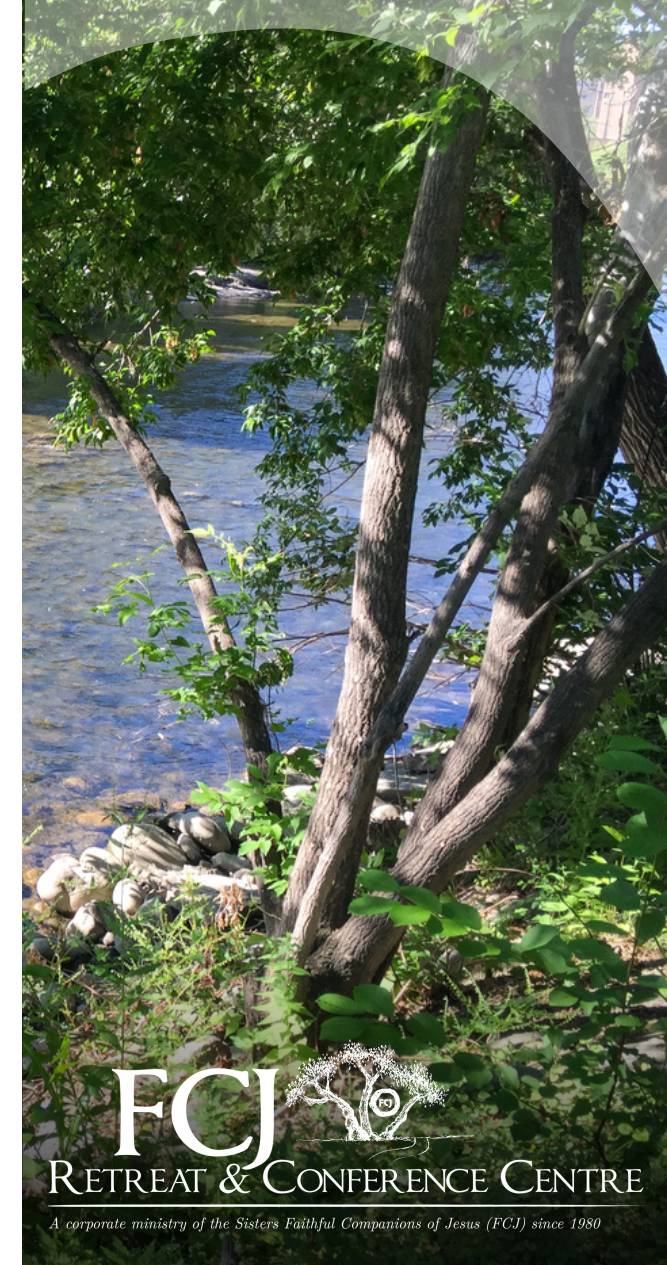
For more information and pricing, please call our *Booking Coordinator* at (403) 228-4215, or email [coordinator@fcjcentre.ca](mailto:coordinator@fcjcentre.ca).

**Advanced booking is required.**

## CONTACT US!



For more information, pricing, registrations or reservations, please contact the FCJ Centre at (403) 228-4215 or email [info@fcjcentre.ca](mailto:info@fcjcentre.ca)  
219 19 Ave SW,  
Calgary, AB, T2S 0C8



**FCJ**  
RETREAT & CONFERENCE CENTRE

A corporate ministry of the Sisters Faithful Companions of Jesus (FCJ) since 1980

## PROGRAM GUIDE

SEPTEMBER - DECEMBER  
FALL 2023

[FCJCENTRE.CA](http://FCJCENTRE.CA)



Register online  
for our events at:

**FCJ.EVENTBRITE.COM**



We are a centre of  
hospitality and hope  
where God can be experienced  
in a changing world.

### DIRECTIONS



**219 19 AVE SW  
CALGARY AB T2S 0C8**



## THE RETREAT EXPERIENCE

**WOMEN'S RETREAT DAY**  
Experiencing Mary Anew  
With Sr. Ann Marie Walsh FCJ and Patricia Harasym  
October 19, 9:30am to 2:30pm  
**\$95**

**HOW CAN WE PRAY?**  
Experience Various Ways of Praying  
With Sr. Ann Marie Walsh FCJ and Patricia Harasym  
November 4, 9:00am to 4:00pm  
**\$130**

**CHRISTIAN MEDITATION - ADVENT SILENT RETREAT**  
Come to Silence  
Patricia Harasym  
December 2, 9:00am to 3:30pm  
**\$100**

**ADVENT TWILIGHT RETREAT**  
The Lord Hears the Cry of the Poor  
With Sr. Ita Connery FCJ  
December 14, 5:30pm to 9:15pm  
**\$45**

## MEDITATION & PRAYER

**CHRISTIAN MEDITATION MONTHLY DROP-IN GROUP**  
Silent Presence  
With Patricia Harasym  
7:00pm to 8:00pm — Sep 7, Oct 5, Nov 2, Dec 7  
**\$18**

**WALK THE LABYRINTH**  
With Sonya  
September 10, 2:00pm to 4:00pm  
**\$18**

**IMAGINATIVE PRAYER**  
With Alicia Dykstra  
7:00pm to 8:30pm — Oct 11  
**\$18**

**TAIZÉ PRAYER**  
Sending light into our world  
With Sr. Ita Connery FCJ  
December 1, 7:00pm to 8:00pm  
**Freewill Offering**

## SPIRITUAL GROWTH EXPERIENCE

**WALKING WITH WOMEN IN THE OLD TESTAMENT**  
Monthly Series  
With Dawna Richardson  
7:00pm to 8:30pm  
• Sep 28 - Sarah and Hagar (Genesis 16-18)  
• Oct 26 - Tamar (Genesis 38)  
• Nov 23 - Ruth (Book of Ruth)  
**Freewill Offering**

**SPIRITUAL DIRECTION**  
What it is and how it helps  
With Sonya  
Sept 19, 7:00pm to 8:30pm  
**Freewill Offering**

**DREAMWORK SERIES**  
ONLINE: Zoom   
With Sr. Ita Connery FCJ  
7:00pm to 9:15pm  
• Sep 28 - The Fountain of Life  
• Oct 19 - Running in Place  
• Nov 16 - The Handless Maiden  
**\$30 per session**

**PRAYING WITH ICONS**  
With Alicia Dykstra  
December 13, 7:00pm to 8:30pm  
**\$18**

## FAITH & FAMILY

**CREATE YOUR OWN ADVENT WREATH**  
With Alicia Dykstra  
November 8, 7:00pm to 8:30pm  
**\$18**

**ADVENT FAMILY FIRESIDE GATHERING**  
With Alicia Dykstra and Dawna Richardson  
December 7, 6:30pm to 8:30pm  
**\$5** (ages 5 & under are free)

## WELLNESS

**TAI CHI AND QIGONG**  
With Andrea Siquera  
12:00pm to 1:00pm — Every Friday starting October 6  
through December 8  
**\$18**

## IGNATIAN SPIRITUALITY

**SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA**  
19th Annotation (online or in-person)  
With Patricia Harasym, Sr Ann Marie Walsh FCJ, Lisa Gilead  
September 19 2023 to June 19 2024  
• Individual **\$125/ month** (\$1,000 for 9 months)  
• Group **\$80/month** (\$700 for 9 months)

**SUPPORT FOR THE DAILY EXAMEN**  
ONLINE: Zoom   
With Sr. Ann Marie Walsh FCJ  
Ongoing Weekly, Tuesdays - starting Sep 12 to Dec 19  
7:15pm to 7:45pm  
**\$10 per session**

**FINDING CHRIST WITHIN**  
A 12-week Small Group Ignatian Retreat  
With Patricia Harasym  
September 26 to December 12 (10am - 12pm)  
**\$450**

**WHY WAIT?**  
A 5-Week Ignatian Retreat in Advent Life  
ONLINE: Zoom   
With Sr. Ann Marie Walsh FCJ and Patricia Harasym  
Nov 20 7:00pm to 8:30pm (also Nov 24, Dec 4, 11, 18)  
**\$100**

**ADVENT INDIVIDUAL DIRECTED RETREAT**  
Live-In Retreat (6-Day or weekend only)  
With Sr. Ann Marie Walsh FCJ  
• Weekend: Dec 1, 7pm to Dec 3, 1pm - **\$270 OR**  
• 6-Day: Dec 1, 7pm to Dec 7, 1pm - **\$650**

**SILENT DIRECTED RETREAT**  
As Requested

## OTHER EVENTS

**AUTUMN TEA PARTY**  
Annual Fundraising Event  
Sept 17, 2:00pm to 4:30pm  
Before Aug 18: **\$35/Person; \$275/Table Of 8**  
After Aug 18: **\$40/Person; \$315/Table Of 8**  
Register at [fcjcentre.ca/teaparty](http://fcjcentre.ca/teaparty)

**MOVIE SCREENING: THE LETTER**  
A message for our Earth based on the Encyclical  
Laudato Si' by Pope Francis  
October 4, 7-9:30pm  
**Free**

