

Season of Creation		Retreat Experience		Spiritual Growth Experience		Meditation and Prayer		Ignatian Spirituality	
LIVING WATERS: <i>Faith, stewardship, and the future of our rivers</i> Organized by Laudato Si Committee Thursday, September 10, 2026 2:00pm – 4:30pm Freewill Offering		A PRACTICE OF LISTENING: WHAT WE CARRY <i>A poetry mini-retreat for young people ages 12–20, led by Calgary Poet Laureate Clara A. B. Joseph</i> Saturday, October 31, 2026 1:30pm - 4:30pm \$25		RESTORED II <i>Furthering Relationship with God through Art and Perspective</i> 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		VISIO DIVINA <i>Making Art Based on the Meditation of Scripture</i> with Katlyn Lim Tuesday, September 1, 2026 12:15pm - 1:15pm ONLINE  Freewill Offering		SUPPORT FOR THE DAILY EXAMEN <i>Tool for Spiritual Growth</i> with Sr. Ann Marie Walsh, fcJ and others September 15, 2026 - March 23, 2027 (Tuesday, Bi-weekly) 7:00-7:45 ONLINE  \$12	
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		ICONOGRAPHY RETREAT - FROM DARKNESS INTO LIGHT With Mirna Farhat Saturday, November 14, 2026 9:00am - 4:00pm \$30		READY, RESET, GROW! <i>Ending the year free and clear</i> With Pristine Laroza Thursday, November 26, 2026 6:00pm – 8:00pm Freewill Offering		WALK THE LABYRINTH with Sonya Sunday, September 13 and October 4 2:00pm - 4:00pm \$15		SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA <i>19th Annotation 36 Week Individual Retreat</i> 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	
COMPOSTING AS CARE FOR CREATION Organized by Karuna Compost and Laudato Si Committee Tuesday, September 29, 2026 2:00pm – 4:30pm Freewill Offering		GIFT OF HOPE RETREAT FOR UNEMPLOYED PERSONS <i>A Time of Transition</i> With Mirna Farahat, Sr Ger, and Suzanne Clease November 27-28, 2026 5:30 PM-4:45 PM FREE		REFLECTIONS ON THE LENTEN SUNDAY GOSPELS With Sr. Terry Smith, fcJ Thursday, November 26, December 3, 10, and 17, 2026 7:00pm - 8:00pm Freewill Offering ONLINE 		A MOTHER'S LOVE <i>Reflecting on the Seven Sorrows of Mary</i> With Pristine Laroza Tuesday, September 15, 2026 6:00pm-8:00pm Freewill Offering		FINDING CHRIST WITHIN: <i>12 Week Ignatian Retreat in Everyday Life</i> 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)	
WELLNESS		DISCOVER THE GIFT <i>Online Advent Retreat</i> With Sr. Ann Marie Walsh, fcJ and Lisa Gilead November 29, December 7,14, 21, 2026 6:30pm – 8:00pm \$90 ONLINE 		WHEN GOD SEEMS FAR AWAY <i>Meeting God in Loneliness During Advent</i> With Fr. Wilbert Chin Jon Monday, December 7, 2026 5:30pm - 8:30pm \$35 with Dinner \$25 without Dinner		BUILDING A SUSTAINABLE PRAYER LIFE USING SMART GOALS With Sean Kelly Tuesday, October 20 and Thursday, November 5, 2026 7:00pm - 9:00pm \$18		ON-GOING PROGRAMS <i>(As Requested)</i>	
QIGONG <i>A wellness program for Seniors</i> September 8, 14, 21, 28 10:30am-12:00noon FREE		THE MYSTERY OF SUFFERING <i>Discovering the Salvific Meaning of Suffering in the Light of Christ's Cross</i> With Fr Jerry D'Souza Friday, February 12, 2027 5:30pm-8:30pm \$15		BUILDING CONNECTED COMMUNITIES IN A TIME OF POLARIZATION: <i>Interfaith learnings and calls to relationship</i> With Elyse Brazel Thursday, January 28, 2027 2:00pm - 3:30pm Freewill Offering		WORLD CHRISTIAN UNITY PRAYER SERVICE 2027 <i>Week of Prayer for Christian Unity</i> Tuesday, January 19, 2027 6:00pm-8:00pm Freewill Offering		SILENT PRIVATE DIRECTED RETREAT	
ZUMBA GOLD <i>A wellness program for Seniors</i> October 5, 19, 26, Nov 2 10:00am-11:30am FREE		Saturday, February 13, 2027 9:00am-3:00pm \$50 with Lunch		THE STAR OF HOPE <i>Christmas Market</i> Sunday, November 15, 2026 11:00am - 5:00pm		FULL SPIRITUAL EXERCISE OF ST. IGNATIUS - 30 DAYS		SUMMER WEEKEND SILENT DIRECTED RETREAT	
ATTITUDE OF GRATITUDE <i>The practice of being grateful</i> With Pristine Laroza Thursday, October 8, 2026 6:00pm - 8:00pm Freewill Offering		TAKE A PAUSE <i>A Lenten Reflection Day</i> With Sr. Ann Marie Walsh, fcJ Thursday, February 25, 2027 10:00am – 2:00pm \$35 with Lunch		LENTEN EVENING TWILIGHT RETREAT With Sr. Ann Marie Walsh, fcj Thursday, March 11, 2027 Supper at 5:30pm 6:30pm - 8:30pm \$35		8-DAY SUMMER SILENT RETREAT			