



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

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

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; 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.

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
- Conference Facilities
- Full-catering Services
- Bedroom Accommodation
- Community Garden





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 here to help 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.



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



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 or call (403) 228-4215, or email: outreach@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.

TO REGISTER FOR ANY OF OUR PROGRAMS, PLEASE VISIT FCJ.CENTRE.CA/EVENTS OR SCAN THE QR CODE BELOW:



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 for more information about the Companions in Mission.



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**



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

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

IGNATIAN 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

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:

GIFT OF HOPE RETREAT FOR UNEMPLOYED PERSONS

A Time of Transition
With Sr. Ger Curran, FCJ and Ms. Mirna Farahat
March 14, 5:00pm (Supper included) to March 15, 5:00pm
To register, please contact FCJ Centre
Live In: Free (Meals included)

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

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

