



FCJ RETREAT & CONFERENCE CENTRE

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

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

ALL ARE WELCOME

OUR SERVICES

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.

- 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

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.





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.



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.EVENTBRITE.CA
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. Donations may be eligible for a tax receipt.

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



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 Spritual 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



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.

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

Alpha Series

Exploring the Foundations of Faith and Life's Big Questions

Every Wednesday starting September 4 to November 13
6:30pm – 8:30pm
Freewill Offering

Quilting a Stained Glass Window of my Life

Letting God's light shine through me

With Sr. Ita Connery, fcJ
Every Monday starting October 21 to November 11
1:00pm – 3:30pm
\$130 (Materials will be provided)

The Catholic Church's Mission in a Polarized World

Public Lecture

With Dr. Peter Baltutis
November 14, 6:30pm – 9:00pm
\$15

SPECIAL PROGRAMS

Annual Tea Party

an FCJ Centre Fundraising Event
September 15, 2:00pm – 4:30pm

Santa Sleigh Stop

Christmas Bazaar at FCJ Centre
December 15, 10:00am – 6:00pm

YOUNG-ADULTS EVENTS

Please stay tuned through our Facebook and Instagram Pages for upcoming programs and events

PROGRAMGUIDE

SEPTEMBER - DECEMBER 2024

IGNATIAN SPIRITUALITY

Support for the Daily Examen

Daily Moment with God
With Sr. Ann Marie Walsh, fcJ
Every Tuesday starting September 10 to December 17
7:00pm – 7:45pm
Online
\$12

Finding God in all Things

With Sr. Terry Smith, fcJ
\$20 per session

- *Through Music*; September 19, 7:00pm – 8:30pm
- *Through Art*; October 17, 7:00pm – 8:30pm
- *Through Nature*; November 7, 7:00pm – 8:30pm
- *In an Ordinary Day*; November 28, 7:00pm – 8:30pm

RETREAT EXPERIENCE

Spiritual Exercises of St. Ignatius of Loyola

19th Annotation 36 Week Individual or Group Retreat
Patricia Harasym, (Group); In-Person
Group Rate: \$100.00/month x 9 months = \$900.00
Every Thursday starting Sept 19 to Dec 12
and Jan 9 to June 19 2025, 1:00pm – 3:00pm

Sr Ann Marie Walsh fcJ and Lisa Gilead, (Individual);
In-person or Online
Individual Rate: \$150.00/month x 9 months = \$1,350.00
Starting 3rd week of September

Finding Christ Within

A 12-week Ignatian Retreat in Daily Life
With Lisa Gilead
4th week of September until 2nd week of December
\$495.00 for 12 weeks
Book is not included

INDIVIDUAL DIRECTED RETREAT AS REQUESTED

MEDITATION AND PRAYER

Mantra Meditation in the Christian Tradition

The Way of Simplicity
With Patricia Harasym
Thursday, September 5, October 3, November 7,
December 5
7:00pm – 8:00pm
\$15

Walk the Labyrinth

With Sonya
September 8, 2:00pm – 4:00pm
\$15

Advent Taize Prayer Evening

Sending the Light of Christ into our world
With Sr. Ita Connery, fcJ
December 6, 7:00pm – 8:00pm
\$18

OTHER EVENTS

Spiritual Direction: What it is and how it helps

With Sonya
September 24, 7:00 – 8:30pm
Freewill Offering

ON-GOING SPIRITUAL DIRECTION - SEE WEBSITE



[FCJ.EVENTBRITE.CA](https://www.fcj.eventbrite.ca)