



# 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





## 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](mailto:samwfcj@aol.com)



## 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](http://FCJ.CENTRE.CA/EVENTS) OR SCAN THE QR CODE BELOW:



## 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: [outreach@fcjcentre.ca](mailto: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](mailto: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](mailto: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](mailto: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

## IGNATIUS 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:   
\$90

### 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

