

In the Marguerite Centre you will have your own bedroom with a



window, single bed, desk, cupboard, chair and a sink. There

are main bathrooms and showers in the same corridor, not far away. Just bring your clothes, toothbrush/toothpaste and a bag lunch to eat upon arrival Friday evening. Towels and bedding are provided.

Meals are provided buffet style in the cafeteria and are eaten together at the specified times.



Sitting areas with comfortable couches and chairs are available throughout. There is also a lounge with comfy couches, chairs, a large table and a small fridge containing some drinks and snacks.

**MARGUERITE  
CENTRE  
PEMBROKE  
1-613-732-9926**

**TITLE**

*Boundaries and Balance:  
Living in Community*

**FACILITATOR**

*Rita Myres M.S.W., R.S.W.  
Group Facilitator  
and Social Worker*

**April 29th, 30th,  
May 1st, 2011**

**OTTAWA WEST  
END  
COMMUNITY  
CHAPLAINCY**



**Spiritual**

**Retreat**

**April 29th—May 1st,  
2011**

# Spiritual Retreat

## Boundaries and Balance: Living in Community

### REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Transportation Required:

Yes \_\_\_\_\_ No \_\_\_\_\_

I can provide transportation: \_\_\_\_\_

For how many? \_\_\_\_\_

Amount Paid: \$ \_\_\_\_\_

**Cost is \$165. Subsidies are available. Please speak to Rob if you require financial assistance. Please make cheques payable to The Ottawa West End Community Chaplaincy.**

Child Care Subsidy Required:

Yes \_\_\_\_\_ No \_\_\_\_\_

### SCHEDULE OF EVENTS

#### FRIDAY

7:15 p.m. Singing

7:30—9 p.m. Session 1

9 p.m. Free time for visiting and snacks

#### SATURDAY

8—9 a.m. **Breakfast**

9:15 a.m. Singing

9:30—11:30 a.m. Session 2

12 noon **Lunch**

1:15 p.m. Singing

1:30—3 p.m. Session 3

3—5 p.m. Options:

- reflection questions
- craft time
- having a nap
- going for a walk
- visiting

5 p.m. **Dinner**

6:30—8 p.m. Movie: "Groundhog Day"

8 p.m. Games and Fun

#### SUNDAY

8—9 a.m. **Breakfast**

9:15 a.m. Singing

9:30-10:30 a.m. Wrap-up session

11 a.m. Worship

12 noon **Lunch**



**Cost: \$165** (speak to Rob if you require financial assistance)

Child Care Subsidies are available. Please call Elizabeth at the office, 613-726-1418.