

St. John's Convent Guest House: A Home for the Heart



*All are welcome in this sacred space, offering gentle hospitality,
comfortable accommodation, retreats and spiritual direction
in an atmosphere of transformative stillness*



*A Monastic Community within the
Anglican Church of Canada*



Rest, Renew, Reflect

In an increasingly noisy and hectic world, St. John's Convent Guest House is a quiet place apart, where people from all over Canada and beyond come to pray, meditate and find spiritual nurture. We can help you reconnect with your self, with others and with God in a variety of ways:

- informal personal retreats
- formal retreats with spiritual direction
- group retreats and quiet days
- spirituality workshops and parish NCD programs
- a labyrinth for walking meditation
- share in the Sisters' daily chapel services

- tours of the convent and presentations on Anglican religious life
- reading and devotional materials
- safe overnight accommodation
- comfortable, well-equipped meeting rooms
- individualized sabbatical programs

All our facilities are wheel-chair accessible and we make every effort to accommodate any special needs our guests may have. While the Sisterhood is an Anglican monastic community, we welcome women and men from all spiritual traditions and those with no religious affiliation.



Food For the Soul

Throughout the year, the Sisterhood offers a program of retreats and quiet days covering a variety of themes. As its name suggests, "Food for the Soul" is designed to feed the hungry spirit, while encouraging growth, healing and wholeness.

Retreats may last two or more days, beginning with Evening Prayer at 5:00 pm on the first day and ending with Holy Eucharist and a midday meal on the last day. We limit the number of participants for retreats, so interested persons should register early. A non-refundable deposit is required for all our retreats.

Quiet Saturdays begin with refreshments at 9:30 am.

The leader begins the day's program at 10:00 am with an address. The rest of the morning is given to personal prayer and reflection. The group joins the Sisters in the chapel at noon for Eucharist, followed either by a silent meal in the refectory or a bag lunch with conversation in the meeting room. A second address is given at 1:30 pm, with more personal time after. The day ends with a closing session at 3:30 pm and departures at 4:00 pm.

Please visit our website for our schedule of upcoming conducted retreats and quiet days:

<http://ssjd.ca/retreats.html>

or contact the Guest House for more information.

Be Our Guest



Many people long for a day (or a few days!) away from the stress of life in our over-crowded, over-noisy, and over-busy culture. Come and enjoy some sacred time apart, alone, with a friend, or a group.

Simply but comfortably furnished, our 32 single rooms and 4 double rooms offer peaceful sanctuary to a maximum of 40 people. Double rooms have ensuite baths. Single rooms share large washroom and shower room facilities on each floor. Silent meals are generally eaten in the Sisters' Refectory; please alert us to any dietary concerns (allergies/vegetarian) you may have, and we'll do our best to accommodate them in our meals.



We maintain a spirit of quiet throughout the Guest House, with space designated for use of cell phones and other conversations. We are also concerned for the health of our guests, so we maintain a smoke-free and alcohol-free environment. (Alcohol may be served at group functions with prior consent of the convent). As far as possible, we limit use of scented products and ask guests not to use colognes or perfumes while in the Guest House.

"As I walk through the doors of the Convent, it is like coming home. That sense of comfort and connectedness never ceases to amaze me. I treasure the silence, am nourished by the worship and rest in the Spirit, which is so obviously present."

– Guest



On retreat, but still need to check your email? We understand. High speed internet is available on the computers in the Convent Library – open to guests. Wireless and cable hookups for laptops are also available.

Feel like a cup of tea or a late night snack? No problem! Individual guests may use our self-catering pantries, available on each floor.





Bring Your Group

Our meeting rooms accommodate groups from 5 to 60 people. Smaller breakout and interview rooms are also available. Groups may provide their own leadership or request a sister to lead a retreat or workshop.

- conferences and annual meetings
- congregational retreats
- parish and diocesan committees
- staff days; study groups; prayer circles
- youth groups; confirmation classes

... why not YOUR next group meeting?

"Thank you Sisters for the silence, for your gift of music, for the loveliness of your spacious grounds, and for the atmosphere of kindness – even your kitchen folks' ideas of what-to-do-with tofu!"

– Guest



"Our congregation's first weekend at the convent was a turn-around moment in the life of our church. The intentional prayer life, comfortable silence, and kind attentiveness of the Sisters served as a model for our own community of how to go beyond doing things together and simply 'being' together. We look forward to making it an annual event!" – Pastor

Location

St. John's Convent is located in a quiet urban area of North Toronto adjacent to 25 acres of parkland that guests are free to enjoy.

We are easily accessible from the airport via major highways, and from downtown Toronto via public transit.

While we have ample parking, we encourage ecological responsibility in the use of public transit and car-pooling when possible.

For information about Retreats, Quiet Days and Fees, please contact us at:

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