



FOOD FOR THE SOUL 2019–2020

The Sisterhood of St. John the Divine

All retreats and quiet days at St. John's Convent take place in the milieu of a contemporary monastic community which has a daily rhythm of prayer. All guests are invited to take part in the daily Eucharist, and those staying overnight may like to join us for the Divine Office (Morning Prayer, Evening Prayer, and Compline).

Quiet Garden Days

June 22, July 13, August 10, September 14, 2019

Inspired by the Quiet Garden Trust in England, these are days to relax, renew, and rest in the beauty of God's outdoors, as well as to enjoy the Sisters' chapel and library. In case of rain, there is plenty of space indoors to wander, sit, dream, and pray. We begin with a brief time of prayer; then a Sister will offer suggestions on how to use the day. The rest of the morning is yours. The Eucharist is celebrated at noon, followed by dinner, and the afternoon is again free, with a brief gathering at 3:30 pm when you will have the option of sharing the fruits of the day followed by a closing time of prayer. **Begins** 9:30 am with a gathering for coffee; **ends** 4:00 pm. **Fee** \$25 if you bring a bag lunch. A hot meal is an additional \$18. (Registration deadline: one week prior to event.)

Compassionate Chair Yoga Alternate Tuesdays, starting September 10, 2019

Come stretch yourself for a 1-hour Compassionate Chair Yoga practice. Join us in a practice of compassion for your body, mind and spirit as each Yoga session is followed by the Eucharist, a silent nourishing dinner, and the opportunity to walk the labyrinth after dinner. Loose, comfortable clothing suitable for the Yoga practice is recommended. **Led by Barb Rosen**, certified Kripalu (Compassionate) Yoga Teacher. **Begins** 10:30 am with the Yoga practice, followed by

Noon Eucharist, and **ends** after dinner approximately 1:15 pm. **Fee**: Recommended donation for each session is \$35 (\$17 for the Yoga practice and \$18 for the dinner: the portion for the Yoga practice will go as an un-receipted donation to the Sisterhood). **Fall dates**: September 10, and 24, October 8 and 22, November 5 and 19, and December 3 and 17. Call the Guest House for the 2020 dates.

Silent Directed Retreat

Tuesday-Thursday, September 10-12, 2019

Our God of love so desires to meet with you in the quiet of your heart. Carve out time to come aside and be still, to let your soul settle into the quiet of our Guest House, to be intimately present to yourself and to God. A trained spiritual guide will meet with you twice during the silence and solitude of your retreat to help you listen for the movement of God in your prayer and life journey. Your spiritual guide can introduce you to ways of prayer and suggest scriptural or other prayer content, and you are welcome to bring your contemplative crafts and journal. We will meet as a group at 6:45 pm on Tuesday evening to open the retreat and again at 3:30 pm on Thursday for a short closing prayer service. **Arrivals and registration** 2:00-4:00 pm Tuesday; **ends** 4:00 pm Thursday. **Fee** \$250; **deposit** \$50 (Registration deadline: September 3, 2019) Limited enrollment—Residential retreatants only.

TWO OPPORTUNITIES TO HEAR MARGARET SILF

Margaret Silf, BA, MA, was born and brought up in Sheffield, England and now lives in Staffordshire. In 2000 she left regular employment to devote herself to creative writing, and accompanying others on their spiritual journey through retreats, workshops and days of reflection. She is the author of several books for contemporary pilgrims searching for a spiritual way in a confusing and turbulent world. Margaret describes herself as a 'boundary dweller', discovering deep spirituality in those both within and beyond the traditional "church". She is passionate about making Christian spirituality accessible and attractive to modern pilgrims and relevant to everyday life in the 21st century.

Born to Fly

Friday-Sunday, September 20-22, 2019

The story of the caterpillar's metamorphosis into the butterfly is a

remarkable model of how an all-consuming garden pest transforms into a creature that brings life to the plants it pollinates and joy to all who encounter it. If this can take place in the humble caterpillar, how much more so for the human family, engaged on a journey of spiritual evolution towards the best that we can become. During this retreat we will explore something of this 'great work', especially in the context of our own troubled and turbulent times, and how we too are in the process of transformation, birthing an inner butterfly, and invited to be co-creators of a different kind of future for humanity. **Arrivals and registration** 2:00-4:00 pm Friday; **ends** 1:30 pm Sunday. **Fee** \$300; deposit \$50. (Registration deadline: September 13, 2019)

Sacred in the City

Tuesday-Thursday, September 24-26, 2019

It's easy to think of our spiritual lives as belonging to special places and special times. For many people it comes as a surprise to find that the "holy" is all around us. Jesus lived out a great deal of his ministry in the midst of ordinary situations and among ordinary people, and taught them and us that that is where the Kingdom of God is to be found. Where do we discover this treasure in our busy 21st century lives? This retreat offers the opportunity to look with fresh eyes at our everyday, urban and suburban life, and to find God's transforming presence precisely there: in our homes, at our places of work, on the move, in the market-place, and in all the places where we gather. **Arrivals and registration** 2:00-4:00 pm Tuesday; **ends** 2:00 pm Thursday. **Fee** \$300; deposit \$50. (Registration deadline: September 17, 2019)

The Soil of Your Soul (A quiet day based on the parable of the sower) Saturday, October 26, 2019

Anyone who has ever turned a shovel, planted a flower or vegetable, weeded a garden, or watered a wilting house plant knows that growing anything is part hard work, part nature, and a lot of hope and mystery. During this quiet day you are invited to explore the soil of your soul. Where in your life are there rocky patches? Where are thorns threatening to overgrow what is good in your life? Where is your fallow ground, your quiet place? Do you believe that you are indeed good soil? Explore these and other themes in this parable as we

consider what God generously sows in our lives and our openness to receiving—or not—all that is offered. **Led by the Rev. Samantha Caravan**, incumbent of All Saints Anglican Church, Peterborough. **Begins** 9:30 am with a gathering for coffee; **ends** 4:00 pm. **Fee** \$32 if you bring a bag lunch (\$25 for Associates and Oblates). A hot meal is an additional \$18. (Registration deadline: October 19, 2019)

The Book of Esther

Friday-Sunday, November 1-3, 2019

The book of Esther is a beautifully written story named after Esther. the young Jewish Queen who risked her life to save Jews from the decree of death orchestrated by the Hitler-like, anti-Semite Haman. In spite of the book's lack of religious language, it speaks powerfully into our modern context. We recognize similarities between our broken world and Esther's world that is ruled by an impulsive, egocentric turant, where God seems hidden, and God's people are sidelined. We will read this dramatic and inspiring book together and explore its historical background, consider how our Christian forebears found food for the soul in Esther, and unpack its life-giving meaning for our lives as individuals and as the church today. Led by Professor Marion **Taylor**, a Professor of Old Testament at Wycliffe College. She has published the award-winning Handbook of Women Biblical Interpreters and a number of other books that feature the writings of forgotten women interpreters of Scripture. Arrivals and registration 2:00-4:00 pm Friday; **ends** 1:30 pm Sunday. **Fee** \$250; deposit \$50. (Registration deadline: October 25, 2019)

Silent Directed Retreat

Tuesday-Thursday, November 12-14, 2019

Our God of love so desires to meet with you in the quiet of your heart. Carve out time to come aside and be still, to let your soul settle into the quiet of our Guest House, to be intimately present to yourself and to God. A trained spiritual guide will meet with you twice during the silence and solitude of your retreat to help you listen for the movement of God in your prayer and life journey. Your spiritual guide can introduce you to ways of prayer and suggest scriptural or other prayer content; you are welcome to bring your contemplative crafts and journal. We will meet as a group at 6:45 pm on Tuesday evening to open the retreat and again at 3:30 pm on Thursday for a short closing prayer

service. **Arrivals and registration** 2:00-4:00 pm Tuesday; **ends** 4:00 pm Thursday. **Fee** \$250; **deposit** \$50. (Registration deadline: November 5, 2019) Limited enrollment—Residential retreatants only.

Great Women of the New Testament

Saturday, November 16, 2019

During this quiet day, you will be led through a reflection on some of the women of the New Testament—Mary and Martha, the Woman at the Well, and Mary and Elizabeth—using *Lectio Divina* and *Visio Divina*. **Led by Dr. Josephine Lombardi** who has worked as a parish minister, university campus minister, high school chaplaincy leader, professor of Religious Education at Brock University, retreat facilitator, faith formation consultant, and program coordinator in the Diocese of Hamilton. Presently, she is Associate Professor of Pastoral and Systematic Theology, Professor of Field Education, and Director of Lay Formation for St. Augustine's Seminary in Scarborough, Ontario. **Begins** 9:30 am with a gathering for coffee; **ends** 4:00 pm. **Fee** \$32 if you bring a bag lunch (\$25 for Associates and Oblates). A hot meal is an additional \$18. (Registration deadline: November 9, 2019)

Advent Quiet Day: Seek Justice, Love Kindness, Walk Humbly with Your God

Saturday, December 7, 2019

"God has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" These words of the prophet Micah capture the heart of Advent as we wait for the coming of the Lord of Life and Light into our world. In this quiet day we will reflect on the ways in which those words capture the ministry of Jesus, and how they can inform our own Christian discipleship. **Led by Sr. Constance Joanna Gefvert, SSJD. Begins** 9:30 am with a gathering for coffee; **ends** 4:00 pm. **Fee** \$32 if you bring a bag lunch (\$25 for Associates and Oblates). A hot meal is an additional \$18. (Registration deadline: November 30, 2019)

Christmas Retreat: Let Heaven and Nature Sing Monday-Thursday, Dec 23-26, 2019

One of the most beloved aspects of Christmas is music. Everyone loves to sing (even those who claim they can't sing!) and in song we express our faith, our praise, and our wonder at the glory of the Incar-

nation. In this joyful retreat **Sr. Constance Joanna Gefvert, SSJD**, will tell stories of some of the most beloved songs of Christmas along with some paintings that express the universal human longing for a Saviour. There will be an opportunity to decorate the Guest House as well as join in the singing and celebrations of Christmas. **Arrivals and registration** 2:00-4:00 pm Monday; **ends** after breakfast Thursday. **Special holiday rate** of \$260 for this three-day retreat; **deposit** \$50. (Registration deadline: December 16, 2019)

New Year's Retreat: Ring out the Old, Bring in the New

Tuesday-Wednesday, Dec 31, 2019-Jan 1, 2020 Sisters of SSJD will lead participants in celebrating all that was good in 2019, letting go of what was not so good, and looking forward to the creative possibilities of 2020. There will be time for personal reflection and group discussion. Consider spending 28 hours at the Convent, celebrating the New Year in an environment of peace and quiet fellowship. Enjoy a candlelight labyrinth walk (weather permitting), festive food, and a new creative way of beginning your year. Arrivals and registration: 9-10 am Tuesday; ends 1:30 pm Wednesday. Fee \$130; deposit \$50. (Registration deadline: December 24, 2019)

The Wisdom of Teresa of Avila: Responding to the Summons of the Second Half of Life

Saturday, January 25, 2020

Too few people know that there is a further journey following the first half of life. As we age and consider retirement or go through transitions, in our work, in our families, in our community, in our health, we want to reach out for guidance and wisdom. Teresa of Avila (1515-1585) a Spanish Carmelite wrote her classic *Interior Castle* at the age of 62 years. This brilliant text is a summary of her experience of God—a map of a spiritual journey—about her relationship with God inclusive of the blessings and distractions encountered in the second half of life. We will reflect on and explore how the seven dwelling places of the Interior Castle can guide us in understanding and navigating our spiritual journey. **Led by Maureen McDonnell, D.Min.**, who currently leads a program in Spirituality and Aging in a Toronto parish. Following her retirement from teaching at Regis College, Toronto, her desire is for all to have the opportunity to deepen and enjoy their spiritual life for service in the world. **Begins** 9:30 am with a gathering

for coffee; **ends** 4:00 pm. **Fee** \$32 if you bring a bag lunch (\$25 for Associates and Oblates). A hot meal is an additional \$18. (Registration deadline: January 18, 2020).

SPECIAL OPPORTUNITY - RETURN OF JOHN BELL

The Spirituality of the Psalms Friday-Sunday, February, 14-16, 2020

For many believers, the psalms comprise an essential part of the liturgy of Holy Communion—a welcome pause between the Old Testament reading and the Epistle. The psalms are much more than this. They are words which nourished the spirituality of Jesus. They abound in insights regarding God's relationship with the natural world, texts that offer us words for prayer when our words fail us, and an inexhaustible mine of poetic imagery with which to ponder life and faith. In this retreat we will read, sing, reflect on, and enjoy the psalms. **Led by John Bell** of the Iona Community, an inspiring speaker and the composer of much well-known and loved contemporary Christian music used in the Iona Community and around the world. **Arrivals and registration** 2:00-4:00 pm Friday; **ends** 1:30 pm Sunday. **Fee** \$300. deposit \$50. (Registration deadline: February 7, 2020)

Lenten Quiet Day: Pilgrim in Canterbury—A Bishop's Reflections on Faith and Unity from the Holy City Saturday, February 29, 2020

Join us as we journey to the Holy City of Canterbury, discovering the rich history of this place, and its significance for us as Anglicans. Canterbury is a historic centre of pilgrimage and prayer, and this day will draw us more deeply into our Anglican spirituality and practice. **Led by the Rt. Rev. Kevin Robertson**, the Area Bishop of York-Scarborough. Before being elected bishop, Kevin Robertson was the incumbent of Christ Church, Deer Park. **Begins** 9:30 am with a gathering for coffee; **ends** 4:00 pm. **Fee** \$32 if you bring a bag lunch (\$25 for Associates and Oblates). A hot meal is an additional \$18. (Registration deadline: February 22, 2020)

Bad Boys and Girls in the Old Testament Friday-Sunday, March 13-15, 2020

One of the reasons that the Old Testament has such appeal is that it contains racy stories of prostitutes, murderers, liars, and conniving

and evil queens and kings. Some biblical bad boys and bad girls were wicked to the core, some were wicked for a time, and others made one mistake that changed the course of history. In our time together we will read the stories of really bad boys and girls like Samson and Delilah, and Jezebel and Ahab. We will also read about those who made terrible mistakes like David and Sarah, and the stories of those who like Tamar and Eve are often painted as bad but who may not really have been that bad. Their stories have much to teach us about ourselves and about God and the Christian life. As we read the stories of Bad Boys and Bad Girls, we will also learn about ancient storytelling techniques and together we can become better readers of Old Testament narratives. Led by Professor Marion Taylor, a Professor of Old Testament at Wycliffe College. She has published the award-winning Handbook of Women Biblical Interpreters and a number of other books that feature the writings of forgotten women interpreters of Scripture. Arrivals and registration 2:00-4:00 pm Friday; ends 1:30 pm Sunday. Fee \$250; deposit \$50. (Registration deadline: March 6, 2020)

Silent Directed Retreat

Tuesday-Thursday, March 24-26, 2020

Our God of love so desires to meet with you in the quiet of your heart. Carve out time to come aside and be still, to let your soul settle into the quiet of our Guest House, to be intimately present to yourself and to God. A trained spiritual guide will meet with you twice during the silence and solitude of your retreat to help you listen for the movement of God in your prayer and life journey. Your spiritual guide can introduce you to ways of prayer and suggest scriptural or other prayer content; you are welcome to bring your contemplative crafts and journal. We will meet as a group at 6:45 pm on Tuesday evening to open the retreat and again at 3:30 pm on Thursday for a short closing prayer service. **Arrivals and registration** 2:00-4:00 pm Tuesday; **ends** 4:00 pm Thursday. **Fee** \$250; **deposit** \$50. (Registration deadline: March 17, 2020) Limited enrollment—Residential retreatants only.

Holy Week Retreat: Centering Prayer—A Whispered Amen

Wednesday-Sunday, April 8-12, 2020

On his path to the Garden of Gethsemane, on the night of his arrest, Jesus left his disciples—his friends—with lasting words of wisdom and promise: "You will know that I am in my Father, and you in me, and I

in you...Abide in me as I abide in you." (John 14:20 and 15:4) During these holy days, we will listen deeply to Christ's wisdom as we follow the path of centering prayer, a prayer that leads us to a quiet place of abiding with Christ and then sends us out with a greater compassion for all creation. Readings, music, and sacred symbols will inspire our reflections. The retreat will be **led by the Rev. Dr. Pauline Head**, retired priest of the Diocese of Niagara and Associate of SSJD. **Arrivals and registration** 2:00-4:00 pm Wednesday; **ends** after dinner Sunday. **Special Holy Week fee** \$360; **deposit** \$50. (Registration deadline: April 1, 2020)

Mindfulness for Christians Saturday, May 2, 2020

Being aware of oneself in the present moment is the secular form of mindfulness that is promoted and practised in the Western world and is regarded as one of the best antidotes to our overly busy, distracted and stressful lives. So far so good. As a follower of Christ, how does one become mindful of oneself in the Eternal Presence of the Giver of Life? That's something slightly different, worth exploring, and putting into practice, provided one desires to live as a mindful Christian. This mindfulness is based on Scripture and Christian tradition, the practice of body and breath awareness. Led by the Rev. Sandor Borbely. currently an Anglican priest in the Diocese of Toronto (formerly trained by the Jesuits). He is passionate about all things that are related to the practical implementation of Christian contemplative spirituality and he likes to share the fruits of his experiential knowledge with anyone who is interested. **Begins** 9:30 am with a gathering for coffee; **ends** 4:00 pm. **Fee** \$32 if you bring a bag lunch (\$25 for Associates and Oblates). A hot meal is an additional \$18. (Registration deadline: April 25, 2020)

Being Stewards of God's Grace: Living the Ordinary and the Extraordinary

Friday-Sunday, May 22-24, 2020

We experience God through both the ordinary and the extraordinary things of life. In fact, it is God's way to be revealed and made known to us through the sacraments, which are ordinary things that become vessels of God's extraordinary grace. During this weekend retreat we will explore how all of God's creation is sacramental, how Jesus Christ comes to us in the sacraments of the Church, and how we, too, are also sacramental—ordinary people who become "out of this world" (and yet still in it), and given extraordinary gifts to be stew-

ards of God's abundant grace. Led by the Rev. Canon David Harrison, who is the rector of the Church of St. Mary Magdalene in Toronto and an Associate of the Sisterhood of St. John the Divine. Arrivals and registration 2:00-4:00 pm Friday; ends 1:30 pm Sunday. Fee \$250; deposit \$50. (Registration deadline: May 15, 2020)

Recognizing God in the City—Photographic Journey Friday-Sunday, June 5-7, 2020

Using what we see with our eyes and capture through the lens of our cameras, we will explore the urban setting of Toronto seeking out images of God. In the city, we encounter God and all that is sacred in so many experiences that we can easily overlook. We will be intentional about looking for and engaging the various ways we encounter the holiness of God as we wander through neighbourhoods like Kensington Market, St. James Cathedral and park, and other parts of the city too. We will engage the urban center spiritually through prayerful photography seeing what we might otherwise pass by in our hurried and hectic lifestyles. Together we will share in the experience of recognizing God and appreciating the blessing of God touching us and speaking to us in the everyday life of the city. Led by the Rev. Canon Mark Kinghan, incumbent of St. Paul's Church, Uxbridge, and an Associate of SSJD. Mark enjoys photography as an integral part of his spirituality and appreciates the opportunity to share the experience with others. **Arrivals and registration** 2:00-4:00 pm Friday; ends 1:30 pm Sunday. Fee \$250; deposit \$50. (Registration deadline: May 29, 2020)

Quiet Garden Days

June 20, July 11, August 8, September 12, 2020 Inspired by the Quiet Garden Trust in England, these are days to relax, renew, and rest in the beauty of God's outdoors, as well as to enjoy the Sisters' chapel and library. In case of rain, there is plenty of space indoors to wander, sit, dream, and pray. We begin with a brief time of prayer; then a Sister will offer suggestions on how to use the day. The rest of the morning is yours. The Eucharist is celebrated at noon, followed by dinner, and the afternoon is again free, with a brief gathering at 3:30 pm when you will have the option of sharing the fruits of the day followed by a closing time of prayer. Begins 9:30 am with a gathering for coffee; ends 4:00 pm. Fee \$25 if you bring a bag lunch. A hot meal is an additional \$18. (Registration deadline: one week prior to event.)

Icon Writing Workshop

Sunday-Friday, June 21-26, 2020

In this workshop, twelve participants will work together over a week to make an Orthodox icon using traditional methods and materials. The workshop provides the experience of making an icon by using the prototype of Christ the Pantocrator created by Symeon for this purpose. Together each participant will experience the beauty, challenge. and wonder that happens in making an icon. In the class, we will: create a drawing without tracing; make paint from earth pigments; paint with egg tempera paint; oil gild with gold leaf; and name the icon. The class includes all the materials and tools needed for completing the icon. Taught by Symeon van Donkelaar, an iconographer, who after completing a traditional apprenticeship in a Greek Orthodox monastery, has been working for the last twenty years to create a contemporary iconographic vision for prayer in Canada. His work is enriched by a love of nature. To make the icon's wooden panel, he first harvests a tree. All of the icon's colours come from the earth around his studio and share in the heritage of the land—its culture, history and spirit. In this way, even the pigments used in an icon can witness the love of God that exists in the soil and rocks of the earth. Symeon paints, exhibits, and teaches regularly in diverse settings across North America. and works as a full-time iconographer in the Conestoga Iconographic Studio outside St. Jacobs, Ontario. Arrivals and registration: 4:00 pm Sunday; ends 8 pm on Friday. Fee: \$350 for the teaching and supplies + \$400 for overnight accommodation and all meals. **Deposit**: \$100. (Registration deadline: June 14, 2020)

Women at a Crossroads July 3-26, 2020 For Women Seeking Direction in Their Lives

This 3-week program, held each summer, is for women who are intentionally committed to seeking God's guidance in living out their baptismal call—in business or professional careers, in homemaking, in lay careers in the church, in ordained ministry, in life in a religious community, or in the many other ways in which we may serve God.

You may be called to participate in this program if you are interested in:

- sharing in an intentional Christian community
- learning how to live a balanced life of prayer, work,

- study, rest and recreation
- engaging in classes and discussions about Christian life and vocation
- · receiving personal guidance in deepening your prayer life

There is no fee for room and board, but participants contribute to the life of the Community by sharing in the Sisters' work. A monetary contribution (tax deductible) may be made to the Sisterhood.

Application deadline: April 1, 2020

For more information e-mail convent@ssjd.ca or phone 416-226-2201 ext. 301.

PREVIEW FOR FALL 2020

Silent Directed Retreat	Tues-Thurs, Sept. 15–17
Genuine Spirituality (Kathleen Norris)	Fri-Sun, Sept. 18–20
Writers' Workshop (Kathleen Norris)	Tue-Thurs, Sept. 22-24
Growth of the Soul (Rev. Max Woolaver)	Fri-Sun, Oct. 16-18
Discover Spiritual Treasures in the World's Religions (Kathy Murtha)	Sat. Oct 31
Heading into Retirement (Murray MacAdam & Heather Bennett)	Fri-Sun, Nov. 13-15
Advent Quiet Day (Bp. Jenny Andison)	Sat. Nov 28
Christmas Retreat (Craig Gustafson)	Wed-Sat, Dec 23-26
New Year's Retreat	Thurs-Fri, Dec 31-Jan 1,

ST. JOHN'S CONVENT AND GUEST HOUSE

2021

We are located in a quiet urban area of north Toronto, easily accessible to the Finch subway station and the Cummer 42 bus, with ample parking for those who drive (though we encourage carpooling when possible). We are adjacent to St. John's Rehab site of Sunnybrook Health Sciences Centre, and Guest House visitors are welcome to

enjoy the 25 acres of parkland surrounding the hospital, as well as other nearby parks and quiet residential walking areas.

Most guest rooms are single, with shared bath or showers, although we have a few twin and double rooms with ensuite baths. All linens are provided, and comfortable sitting rooms, library, and snack areas are available to both overnight and day guests. Most of the Guest House has wireless access. Conversation and the use of cell phones are not permitted in guest rooms, to allow all guests the peace and silence they need for their own retreats. Designated common areas are available for quiet conversation, in addition to the courtyard and grounds. Meals are eaten in the Sisters' refectory, and are usually silent. We are only able to cater for regular, vegetarian or celiac diets. It you need something special, please bring it with you.

Guests are encouraged to join the Sisters in the Chapel of St. John for Morning and Evening Prayer, Compline (Night Prayer), and the daily Eucharist. Both the Chapel of St. John and St. Margaret's chapel in the Guest House are available for private prayer when not in use by a group.

For a map and more information about the Sisterhood of St. John the Divine and the Convent Guest House, contact us or visit our website at www.ssjd.ca.

DESIGN YOUR OWN PROGRAM

Contact the Guest House for information on the following:

- Personal retreats scheduled to suit your own timetable.
- Group retreats, quiet days, and workshops scheduled to suit your church or fellowship group. Bring your own leader or ask for a Sister (if one is available) to lead.
- Personal sabbatical time—contact the Guest House for more information and an application.

PROGRAM FEES

Retreats, Workshops, and Quiet Saturdays: Fees (and deposits where applicable) are listed in the individual descriptions above. Until August 31, 2019, we can accept only cash or cheques. As of September 1, 2019, we can accept debit and credit cards. Deposits

and fees are non-refundable and non-transferable.

Personal Retreats: Standard fee is \$85 per night, including three meals (\$70 for seniors; \$60 for full-time students with ID). If you would like to have individual spiritual direction during your retreat, the cost is \$40 per session.

Bursary Assistance: Financial assistance may be available. Please contact the Guest House Office for further details. The bursary fund is supported by our generous donors.

Spend a Year Living in God's Rhythm

Companions Program

Are you contemplating next steps on your journey? Do you want to experience life in community, learn more about prayer, serve others, and take monastic values out into "the world"? Join the Sisters of Saint John the Divine for an 11-month travel adventure as we follow Jesus on the road of prayer, community, learning, service, and creative enjoyment. We invite women age 21 and up to explore an expression of contemporary monasticism rooted in the Anglican tradition. Companions will develop a rhythm of life including public and private prayer, engage in service to others, and learn to live in intentional community.

In addition they will:

- cultivate an appreciation for countercultural values while growing in peace and freedom
- deepen their rootedness and spiritual intimacy, with God and each other in community
- discover a personal path to spiritual growth and transformation
- discern individual gifts and vocation

Room and board are provided, and Companions, in turn, use their gifts to share in the work of the Sisterhood's ministry. They also have a weekly day off, free time each day, two retreats during the year, and vacation time after New Year's and Easter.

A Love of Prayer

Learn to pray alongside a community steeped in a life of personal prayer as well as the daily rhythm of communal prayer in chapel.

A Commitment to Work

Practice the presence of God while participating in work that supports the Sisterhood's ministry and other forms of service inside and outside the Convent.

A Lifetime of Study

Grow in wisdom and knowledge through spiritual formation courses offered by the Sisterhood with the opportunity for courses at Wycliffe College (Toronto School of Theology); those who are eligible may apply for academic credit.

Program dates: September through July each year (exact dates to be arranged with successful applicants with some flexibility for the ending time).

Application deadline: June 15, 2020 (for September 2020 start)

For more information and application forms e-mail Sister Constance Joanna Gefvert at companions@ssjd.ca, or phone 416-226-2201, ext. 316. See www.ssjd.ca/companions.html.

TO REGISTER FOR ALL "FOOD FOR THE SOUL" EVENTS:

Please fill out a registration form and mail it to St. John's Convent with your deposit by cheque. After August 31st we can accept debit and credit cards. Registration forms can be downloaded from our web site at www.ssjd.ca or can be requested from the Guest House office.



St. John's Convent Guest House

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