



# Contents

	Preface	7	<b>9</b>	Our Lady of the Cape Shrine: A Place for Prayer and Meditation	118
<b>1</b>	Religious Rivalry in Historic and Downtown Montréal	16	<b>10</b>	Notre-Dame de Québec Basilica-Cathedral and the Heritage of the Builders of the Christian Faith in New France	137
<b>2</b>	Mount Royal and Plateau-Mont-Royal: The Spirit of the Mountain	36	<b>11</b>	The Sainte-Anne-de-Beaupré Shrine: Venerating Saint Anne	157
<b>3</b>	Saint Joseph's Oratory of Mount Royal: An Act of Faith	46	<b>12</b>	The Québec City Area: A Heritage of Beauty and Authenticity	172
<b>4</b>	Montréal: The Pôle Maisonneuve District	62	<b>13</b>	Ermitage Saint-Antoine de Lac-Bouchette: Natural Shrine, Spiritual Oasis	188
<b>5</b>	The Many Faiths of Greater Montréal	76	<b>14</b>	Saguenay-Lac-Saint-Jean: Spiritual Heights	208
<b>6</b>	Montérégie and Eastern Townships: Finding Inspiring Communities	86	<b>15</b>	Along the Water in the Bas-Saint-Laurent and Gaspésie Regions	226
<b>7</b>	The Laurentians and Lanaudière: History, Heritage and Spirituality	96		Even More Discoveries	248
<b>8</b>	From Montréal to Trois-Rivières, on Both Riverbanks	110		Index	254