
Sneak peek: Start planning your Five Weeks of Summer 2020... Revised and updated!

Sorrento Centre's Five Weeks of Summer is more engaging than ever in 2020, with returning favourites and new offerings.

- ✓ Want to sing?
- ✓ Want to dig your fingers into farm soil?
- ✓ Want to engage your mind and spirit with sacred words and practices?
- ✓ Want to take a pilgrimage along the beautiful trails of the Shuswap?
- ✓ Want to dance?
- ✓ Want to find healing?
- ✓ Want to express your creative self?
- ✓ Want to create homefulness?
- ✓ Want to embrace Mother Earth?

All this and more on offer from July 5 to Aug 8 – the heart of the summer in one of the most beautiful spots in Canada. Our 24-acre main campus features accommodation from suites to tenting sites, and our 8-acre natural farm is bursting with growth. We have fields and forests, gardens and wetlands, a glorious waterfront with great swimming.

A typical day may include morning worship and contemplation, breakfast, courses from 9.30 to 12.30, lunch, optional activities and events in the afternoon on our campus and in the surrounding region. Every evening there are gatherings, and evening worship and contemplation. Guests can sign up for a five-day course (listed below) or choose rest and relaxation option. Some financial support is available to those who need help.



**Registration begins online in January at www.sorrentocentre.ca
or call our office at [1.866.694.2409](tel:18666942409)**

Week one (July 5 – 11):

Worship leader: to be confirmed



21st century pilgrims: walking on sacred ground

with Phil McIntyre-Paul

Now a 21-year tradition at the Sorrento Centre! Five day-hikes – five little pilgrimages – draw wisdom from naturalists, poets, rascals, and saints as we consider our relationship within the natural world and a viable place within God’s ecology. Phil McIntyre-Paul is the dynamic and visionary leader of the Shuswap Trails Alliance and brings his popular course to the Sorrento Centre for its 21st year!

Eco printing on paper: small journals and cards

with Kathy Kinsella

Explore the amazing way that leaves and botanical bits we gather at Sorrento Centre will be encouraged to transfer their shapes and colours to paper. Eco printing is a wonderfully natural process influenced by natural dyes that are put in the vat with the paper. The beautiful paper that we print will be made into small journals and greeting cards that will provide you with lasting memories of Sorrento Centre! Kathy Kinsella is a gifted Shuswap fibre artist who creates original art quilts and eco print accessories in her home studio.



Waking up, growing up, clearing up and showing up in the second half of life

with Lin Langley, Dianne Westwood & Marv Westwood

We need courage to become whole, fully responsible humans who actively pursue our soul’s deepest longings. In workshop we reflect upon, write about, read and share with others our efforts on this heart and soul journey. Then we articulate and develop steps to take in spiritual, relational, community, creative, professional, or environmental domains to ensure we move ahead intentionally and authentically.

Turbulent 2020s: A theological field guide

with Anna Greenwood-Lee and Christine Conkin

Nobody knows what is coming, but most agree it will be turbulent. Join us as we consider big voices in the theological / religious landscape: Richard Rohr, Christena Cleveland, Brian McLaren, Nadia Bolz Weber, Brene Brown, and Kathryn Tanner. We will struggle and laugh towards theology that sees us through spiritual, political, cultural, and ecological challenges. Anna Greenwood-Lee is rector of St. Laurence Anglican Church, Calgary, and Director of the Wisdom Centre. Christine Conkin has served in three Calgary parishes.



Week two (July 12 – 18):

Worship leader: Rev. Dan Meakes



Creative journaling: cultivating wonder

with Kathie MacDuff

Wonder should not be reserved for the amazing, the awesome or the spectacular. Wonder, when done right, reminds us to stop taking the precious pieces of our lives for granted. Join us as we intentionally “get our wonder on”! Kathie MacDuff is a trained journalist and self-taught artist who has developed a strong following at the Sorrento Centre over the years.

The incredible, shrinking Church: Ministry to aging parishes

with Dan Meakes

Aging congregations and respect for past generations: Growing old for people and for church communities doesn't just mean death. As churches close, new forms of ministry can begin. We are people of the resurrection. We know that death proceeds new life. This is a course designed for small teams from parishes considering their future in a time what we are told is full of decline and death. Dan Meakes is a former parish priest and has served as executive director of the Sorrento Centre. He is a skilled farmer, and during 2019, brought the Sorrento Centre farm back into abundant growth!



All light we cannot see

with Joanna Manning

A Journey into the Mystery of God, the Ground of All Being, in the company of science, mysticism and prophecy. From the great flaring forth, we follow the marvellous trajectory of evolution, guided by Pierre Teilhard de Chardin, Hildegarde of Bingen, Julian of Norwich, Oscar Romero, Dorothy Day and Greta Thunberg. Joanna Manning entered the convent of the Sisters of the Holy Child Jesus and obtained a B.A. (Hons) in medieval history at the University of London, and an M.Div. at Heythrop College. Joanna left the convent and married in 1975. Her stand on the denial of equality for women in the RC church and the sexual abuse of children by priests brought her into conflict with the RC hierarchy, especially with her best-selling book: *Is the Pope Catholic?* (1999). She has published three other books: *Take Back the Truth* (2002) and *The Magdalene Moment* (2006) and *A Trail of Tears* (2019). In 2007, Joanna was received into the Anglican congregation of San Lorenzo and was ordained in 2011.

Move Into Life: Using NeuroMovement® to change your life

with Phoebe MacRae

A Sorrento Centre favourite, Move Into Life is an exploration of our habits and patterns. Habits are essential for our functioning but also can cause pain and suffering. With NeuroMovement® we can change that. We go directly to the place that controls all we do: our amazing brains! This can result in dissolved pain/limitations, optimized capabilities, boosted creativity, regained balance, and access to our empowering internal support system. Whether you are a newcomer, a parent looking to learn more about how NeuroMovement® can help your child, or a previous participant, Move Into Life is for you. Suitable for all ages, abilities, and fitness levels. Canadian Anat Baniel Method® NeuroMovement® Practitioner Phoebe MacRae specializes in holistically strengthening brain/body connections. You can visit her website at www.brilliantmovement.net, for more information.



Week three (July 19 – 25):

Worship leader: To be confirmed



Creative journaling: magic and mystery (or wonder two)

with Kathie MacDuff

We began in mystery and we will end in mystery. In the meantime, magic and mystery abound every day. And wonder walks every step with us if we pay attention. The Little Prince told us that what is essential is invisible. Join us as we explore our connection to the mystery. Kathie MacDuff is a trained journalist and self-taught artist who has developed a strong following at the Sorrento Centre over the years.

Dance your prayers: JourneyDance

with Sheilagh McGlynn

This is a course for everyone: young, old, differently abled, women, men – everyone who wants to explore movement. JourneyDance is an embodied movement practice done to music. Participants do not need dance experience – just a willingness to listen to your body and move the way your body wants. (Dance Your Prayers). Sheilagh McGlynn is a registered psychotherapist, certified JourneyDance facilitator and works with youth and young adults in the Anglican Church of Canada.



Sister Water and the Sultan: Lessons from Francis of Assisi

with Len Desroches

Francis was a friar, deacon and preacher known for his love of nature. He engaged in political and social issues – including a powerful encounter with the Muslim Sultan of Egypt. His thoughts and lessons resonate with the big questions of today: how do we live responsibly and lovingly with the natural world? How do we live lovingly in a world divided by hatred and greed? Len Desroches is a leading Canadian authority on Francis, as well as a peace and environmental activist.

Creating homefulness, building community

with Michael Shapcott

A home is so much more than just four walls and a roof. Yet, most of the conversation about housing and homelessness in Canada ends with the financing and building issues. Homefulness is the best response to homelessness. In 2019, Canada's Parliament incorporated the international right to adequate housing in Canadian law and billions of dollars have been committed. Now it's time to ensure that housing and funding creates good homes in great communities. Faith communities have long played an important role in creating homes and have much to contribute. Michael Shapcott is recognized as one of Canada's leading community-based housing and homelessness experts. He is Executive Director of the Sorrento Centre and president of the South Shuswap Housing Society, created in 2019.



Week four (July 26 – Aug 1):

Worship leaders: Rev. LeAnn Blackert, Lesly Comrie and Michele Walker



A mosaic workshop for the Sorrento Centre

with Marina Papais and Daniel Collett

A mosaic is “a picture or pattern produced by arranging together small colored pieces of hard material, such as stone, tile, or glass.” Great beauty comes from individual diversity. In this workshop participants will work with Marina Papais and Daniel Collett to create a new mosaic that will be part of the enduring legacy of our beloved Centre. Marina Papais and Daniel Collett have, since 2015, been working with others on a major mosaic project in Ashcroft, BC.

Wild Church Sorrento!

with LeAnn Blackert, Lesly Comrie, Michele Walker

The Christian story starts in a garden with humanity in conversation with the Holy One. Somewhere down that luxurious path through the woods, structures began to be built and “church” became walled in. Wild Church is our attempt to return to the natural world to renew that conversation, while learning to see the natural world as our neighbour. In this time of climate catastrophe, Wild Church is a sacred nature-based experience to awaken deep love for self, earth and all living beings for the survival and healing of the planet. A typical morning will include a time for grounding, prayers and readings to help set our intention, and solitary time on the land. After returning we will share our experience and allow time for artistic reflection (journaling, drawing, painting, collaging). LeAnn, Lesly and Michele Walker began this Wild Church adventure two years ago. Their shared love of and deep connection with the sacred in nature led them to this ministry, funded by the Pacific Mountain Region of the United Church of Canada. All three call Kamloops home and can often be found roaming the parks and trails of the area.



Watercolour Flow and Glow

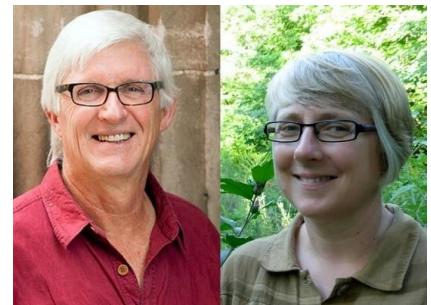
with Karin Huehold

Immerse yourself in the ultimate beauty of watercolour. In this class, we will explore just how magical and wondrous watercolour can be. Using Karin's signature technique of pouring you will create stunning works on a variety of sizes of paper. We'll explore colour choices, paper options, foreground possibilities and much more. Karin Huehold is a well-known Calgary area artist who has taught a multitude of workshops and is well-loved at the Sorrento Centre.

Romans Disarmed: Reading Paul in the Face of Empire

with Brian Walsh and Sylvia Keesmaat

What would happen if we were to read Romans as engaged with the most pressing questions of discipleship both in the first century and our own times? And what if we were to approach those questions through the lenses of some of the most marginalized people in the empire? Perhaps we might see Romans as the book of radical discipleship that it was meant to be.



Sylvia Keesmaat and Brian Walsh live on an off-grid permaculture farm with a fluctuating number of animals and people where they care for a wide variety of animals and plants. They also offer educational programs, retreats, and workshops on resilient living.

Sylvia and Brian are the co-authors of the genre-bending and ground breaking books *Colossians Remixed: Subverting the Empire* and *Romans Disarmed: Resisting Empire, Demanding Justice*.

Sylvia is an adjunct professor at Trinity College, at the University of Toronto, and the Biblical Scholar in Residence at St James Anglican Church in Fenelon Falls. Brian has recently retired after twenty-five years in campus ministry at the University of Toronto, where he pastored the Wine Before Breakfast community.

Week five (Aug 2 - 8):

Worship leaders: Rev. David Taylor and Rev. Andrew Halladay



Sharing bread four: the journey continues

with Suzanne Rumsey

The Primate's World Relief and Development Fund, the international and domestic development agency of the Anglican Church of Canada, has offered this workshop on food security and food justice with both international and domestic perspectives – drawing on local and global examples. The Sorrento Centre's 8-acre natural farm will, once again, form part of the week's activity. Stay tuned for more details.

Suzanne Rumsey is public engagement co-ordinator at PWRDF, a gifted lay theologian and has worked across Canada and globally for several decades.

Celtic Treasures

with Lorie Martin and David Taylor

Come engage in Christian Celtic Spirituality themes through story, chants, and interactive experiences to connect more deeply with our True Essence, the Sacred Earth, and Oneness with God. The course includes time in the classroom, and also around the main campus and natural farm of the Sorrento Centre. Lorie Martin is a spiritual director and contemplative retreat leader. David Taylor is the Rector of the Parish of St. Dunstan in Aldergrove and works with Lorie as the Executive Director of the new Centre for Spiritual Renewal at St. Dunstan's.



Epiphany: a journey of faith and justice

with Michael Coren

Michael Coren was a high-profile broadcaster and author, associated with the Christian right, until he began a journey prompted in part by the marriage equality debate. His book, *Epiphany*, and other writings set out the costs and challenges of this journey. Michael wrote, on his ordination in 2019 to the transitional diaconate in the Anglican Church: "The day I was ordained to join the rebel Jesus, I came into Hamilton's cathedral as one thing, and left as another."

And one more fabulous course – stay tuned for more details shortly!