THE CENTRE FOR
SPIRITUAL
RENEWAL
FALL 2023
Program Guide

THE CENTRE FOR
SPIRITUAL
RENEWAL

All who desire to follow Christ and grow more in the image of God are *welcome*.

All who are on a spiritual journey are *welcome*.

All who are curious are *welcome*.

All who are tired and need rest are *welcome*.

All are welcome.

Welcome

to a bountiful feast of opportunities to gather in community for spiritual growth and renewal through a variety of experiences and locations as we explore and encounter God's loving presence. We meet in person & online, study Christian spirituality and Interfaith, and provide places to engage adults, children & families for lives of contemplation in action. It is our hope that you will be drawn to that which will feed your heart and touch your soul in life-growing ways.

Peace & Presence, Lorie Martin,
Inter-parish Co-ordinator
The Centre for Spiritual Renewal

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Weekly Gatherings

Morning Prayer

Monday – Friday, 8:00 – 8:45 am
On-line - St. Paul's Vancouver

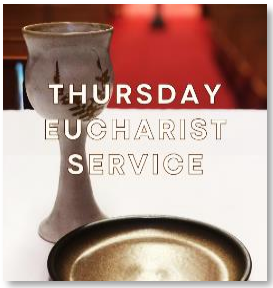
Join Philip Cochrane as he leads this ancient practice of Morning Prayer, including daily Bible readings and their message.

Weekly Eucharist

Thursdays, 11:00 am
At St. Paul's Vancouver

Midweek communion **with Philip Cochrane,** including reflections on the readings from the Bible for the day.

Refreshments are provided for the community after the service, and you are welcome to bring a 'brown bag' lunch.



Communion, Coffee & Conversation

At St. Andrew's Langley*: Thursdays*

9:30 CONTEMPLATIVE PRAYER
10 AM HEALING EUCHARIST
10:30 BIBLE STUDY & SNACKS WITH THE VICAR

Contemplative prayer is self-led in the Vestry. Healing Eucharist takes place in the Fireside room and includes anointing with oil.

Bible study is a very casual conversation where we wonder about the text assigned for the day.

Weekly Bible Study

At St. Andrew's Langley

Tuesdays, Online 7:00 – 8:00 pm

with Andrew Halladay

Centering Prayer

Fridays, 11:30 am – 12:00 pm

In-Person @ St. Dunstan, Aldergrove

Centering Prayer is in person at the church and online via Zoom.

This simple practice is 20 minutes of silence using the pattern of Centering Prayer taught by Thomas Keating & Cynthia Bourgeault.

Facilitated by: Joe Baker, Elaine Chatwin & Jim Hober

Lectio & Labyrinth

Centering Prayer is followed by Lectio Divina at **noon to 12:30** (in person at St. Dunstan and online via zoom). The grass-path labyrinth is open to walk before or after Centering Prayer & Lectio Divina.

Healing Eucharist

Fridays 10 – 10:30 am in the sanctuary
St. Thomas, Chilliwack

Followed by ***Circle of Grace*** spiritual practice sessions.

Circle of Grace

Friday mornings 10:30 – 11:30 am,
St. Thomas, Chilliwack

Follows 10 am Healing Eucharist
Various Spiritual practices and themes are explored throughout the year.
Coffee/tea follows, 11:30 am.

Facilitated by Lorie Martin

Stories of Grace – *A Circle of Grace Study Series*

5 Friday mornings: Sep 8 – Oct 6
10:30 – 11:30 am
at St. Thomas Chilliwack
Follows the 10 am **Healing Eucharist**

Facilitator: Lorie Martin

The stories of our lives tell of God's faithfulness amidst the human journey. Come share in real story, lightly guided meditation practices, and spiritual companion groups.

Coffee/tea, 11:30 am

Donations are gratefully received – Registration not needed.

Monthly Events

Centering Prayer

Dates: September 25, October 30, November 27
In Person at St. Dunstan and Online 7:00-8:30 pm

These meetings are for those already experienced in the practice of Centering Prayer.

Deepen into your Centering Prayer practice and contemplative living. Each gathering includes a 30-minute Centering Prayer Practice, and a focus piece on Centering Prayer and Community. This fall we will focus on teachings by Cynthia Bourgeault on Centering Prayer.

Facilitators:
Katherine Murray & Elaine Chatwin

Fee – by donation
Register for Zoom link.

Monthly Afternoon Retreats

Last Saturday of each month
1 pm – 4:30 pm
St. Andrew's Langley

Facilitator: Andrew Halladay

4:00 – 4:30 is a time of Sung Evening Prayer
(Taizé style)

A Taizé service is composed of simple songs, readings of scripture and reflections, interspersed with silence. It is a contemplative service, lit by candles, and designed to focus on prayer.

Children & Family

Saturday, Oct 14 – **St. Francis Family Eucharist Service**
St. Thomas 4:30 – 6:30 pm

Saturday, Oct 21 & Nov 18
Family Eucharist Services
St. Andrew 4:30 – 6:30 pm

Saturday, Dec. 16 – **Advent Family Eucharist Service**
St. Thomas 4:30 – 6:30 pm

An exciting addition to the life of the Centre: **Spiritual Formation for Children, Youth, and Families**. Saturday afternoon Family Eucharist Services (4:30 – 6:30 pm) provide families with opportunities to connect with other families, learn and practice Anglican liturgy, and share together in a picnic Eucharist.

We enjoy get-to-know-you games and formative and thought-provoking activities, with supper provided. We are seeing that people want a spiritual family and location to belong. Saturday evening family services are an outreach for those wanting spiritual nourishment for their families and an invitation for families to attend church at a time that works well for them.

Retreats, Practice Groups, Studies

Listening Prayer Café

Saturday, September 16, 10 am – 1 pm
St. Thomas Chilliwack – in the Hall

Come experience how you 'hear' God and share conversation in a relaxed cafe-style setting. This opportunity is to taste and see what Listening Prayer is and experience it for yourself. One-on-one sessions are available and other listening prayer opportunities are on the menu.

Coffee, tea, & snacks will be served!

Fee: $5 $10 $20 - Please ***register*** *if you can* or simply drop in.

Facilitated by: Katherine Murray & Lesley Wieler, and the Centre for Spiritual Renewal Listening Prayer Team

Katherine is an experienced retreat and group facilitator, and companion of others on their spiritual journey. She is the trainer of the Listening Prayer teams at the Parish of St. Dunstan and has been offering Listening Prayer sessions for almost 20 years.

Lesley has been experiencing and enjoying Listening Prayer for over 20 years. It is her great joy to lead others into experiencing the presence of Divine Love. Lesley is currently in training to become a Spiritual Director and is the co-leader of the Listening Prayer team at St. Dunstan's.

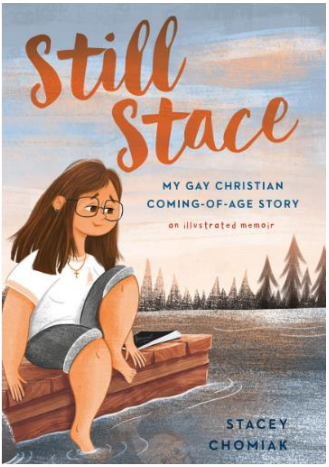
Coffee & Conversation Evening
With local author Stacey Chomiak

Tuesday, September 26
7 – 8:30 pm - ***In Person at St. Thomas Anglican Church***

Join us for an evening with Stacey Chomiak, author of *Still Stace*, who will share some of her journey and parts of her book. This will be followed by some great conversation.

Stacey Chomiak (she/her) is an artist, author, LGBTQ speaker and Art Director in the animation industry.

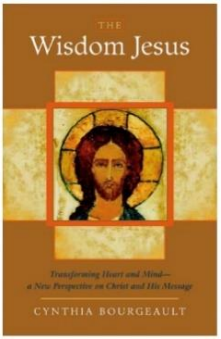
Both "Still Stace: My Gay Christian Coming-of-Age Story" and "Rainbow Boy" were published in 2021. She lives happily nestled with her growing family amid the tall trees in the city of Chilliwack BC.



Stacey identifies as a gay Christian who loves to advocate for the LGBTQ+ community and have conversations around faith and sexuality.

More info on staceychomiak.com.

Register here. A no-charge event. *Donations gratefully accepted.*



A Wisdom School - 14 weeks

Facilitators:
Lorie Martin & Katherine Murray

Thursdays in the fall: 6:30 – 8:30 pm PST
Sept 28, Oct 12, 26, Nov 9, 23, Dec 7

Thursdays in spring/winter: 6:30 – 8:30 pm PST
Jan 11, 25, Feb 8, 22, March 7, 21, April 4, 18

> *"From time immemorial Wisdom Schools have emerged in times of global crisis or on the cusp of great leaps in human consciousness in order to help shepherd our planet through the transition. While there is academic teaching that goes on here, that is not the primary business of a Wisdom school; the primary business is to help anchor human wholeness and to work with the core practices that sustain the transformation of consciousness."* — Cynthia Bourgeault

You are invited to an ONLINE Contemplative Study Group to *"help anchor human wholeness and to work with the core practices that sustain the transformation of consciousness."* Together we will participate in a variety of spiritual practices, learn from each other in conversation through reading *The Wisdom Jesus* by Cynthia Bourgeault, and connect in small companion groups. We will meet every other Thursday evening from 6:30 – 8:30 pm. The meetings will be contemplative in nature with listening as a key component. Persons can register for the Fall only or for both terms. The material will begin in September and flow consecutively until the end of April. There is a maximum number of participants.

Fall Fee: (6 weeks) $90. Scholarships $60 $30
Pay as you are able.

Winter/Spring Fee: (8 weeks) $120. Scholarships $90 $60
Pay as you are able.

One-time payment: $200

A portion of the proceeds will be given to support The Contemplative Society.

Register

Contacts: Lorie Martin, lorie@loriemartin.com
Katherine Murray, katherine.murray22@gmail.com

Mapping the Ground We Stand On

September 30, National Day for Truth and Reconciliation

Time: 10 am – 12 pm, St. Dunstan's Aldergrove

Facilitator: Michael Shapcott

A practical tool for reconciliation from the Primate's World Relief and Development Fund, the development and aid agency of the Anglican Church of Canada. Using a large map of Canada, as well as video and other resources, we will hear stories, seek to understand history and take more steps in the journey of reconciliation between Indigenous people and settlers. The exercise is challenging as well as joyful, a chance to learn and to grow and to celebrate all of our many neighbours. Everyone is welcome. No advance preparation is necessary.

Michael Shapcott is a long-time human rights advocate working at the local, national, and international levels. Ordained to the permanent diaconate in the Diocese of Toronto, Michael is licensed to diaconal ministry in the Diocese of Kootenay, where he serves as Executive Director of the *Sorrento Centre*, an Anglican retreat and conference centre. Michael is Canadian president of the Community of the Cross of Nails, a global reconciliation community based at Coventry Cathedral in England.

Fee: Donations accepted for the **Urban Native Youth Association.**

Please Register

Truth & Reconciliation Meditation Walk

Followed with Taizé-style sung prayers

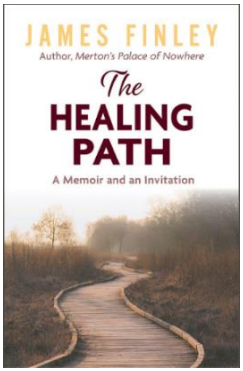
Saturday, September 30, 1:00 pm – 4:30 pm St. Andrew's, Langley BC

Mini-Walk for Reconciliation at The Doubleday Arboretum

Join us for a time of contemplation and prayer about Reconciliation between indigenous peoples and settler peoples in this land we call Canada. We'll begin at the church at 1pm, weather permitting, and will return to the church for Evening Prayer at 4pm.

Facilitator: Andrew Halladay

New Book Launch: **The Healing Path** by James Finley
Saturday, October 7, 10 am – noon, *Online*



This work is a contemplative reflection on the spirituality of healing, the fruit of the author's lifetime in conducting spiritual direction and psychotherapy, drawing on his lessons from Thomas Merton and study of the mystical path. It is not just about his story--it is an invitation to the reader to reflect and resonate with the lessons that apply to their own stories.

Check our website events for updates & online link.

Saturday October 7, 11:30-1:00pm
At St. Dunstan

The first in the series *Feeding Our Spirit*, we are inviting you to an Agape feast. "Agape" is the Greek word for divine love. Throughout scripture God invites people to experience the Holy through tasting and eating. We will share a simple, sacred meal with small tastes of the abundance of creation, companionship with each other, and connecting to God in the midst of us.

Helen Tervo and Elaine Chatwin are the co-creators of the *Feeding Our Spirit* series. **Helen** is a priest at St. Dunstan (see her bio on page 19). **Elaine** is blessed to be part of the vibrant family at the Parish of St. Dunstan's. She has long been drawn to the contemplative and mystical paths of the early church. **Register here**.

'*Sacraments*' Afternoon Retreat + Evening Prayer

October 28 1 pm – 4:30 pm
At St. Andrew's Langley, with Andrew Halladay
4:00 – 4:30 is a time of Sung Evening Prayer (Taizé style)

Andrew Halladay is the Vicar at St Andrew's Church, Langley, and the Archdeacon for Lougheed. He has a special love for bringing people together with music and performance. Andrew is married and is daddy to Nathan and Logan.

ENVISIONING PEACE TOGETHER

Katherine Murray &
Rabbi Dr. Laura Duhan-Kaplan

This interfaith weekend retreat offers opportunities to explore spiritual practices that support an awareness of the divine and transformation of consciousness that can serve peace.

Katherine is a spiritual director and retreat leader with a background in social work, a graduate degree in International Relations, & Theological Studies. Rabbi Duhan-Kaplan is Director of Inter-Religious Studies & Professor of Jewish Studies at Vancouver School of Theology.

Friday-Sunday
October 20 - 22, 2023

$120
plus meals & accommodation

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sorrentocentre.ca
1-866-694-2409

Register here (https://sorrentocentre.ca/register/)

Celtic Treasures

Weekend Retreat at Loon Lake, Maple Ridge

Exploring Celtic Spirituality November 3 – 5
Friday Nov 3, 4 pm to Sunday, Nov 5, 1 pm

Facilitators: David Taylor, Katherine Murray & Lorie Martin

Christian Celtic Spirituality continues to rise from the ancient paths to lead us in the earthy embodied ways of living our authentic faith. Perhaps it began with songs sung while washing the baby, when planting seeds, or with prayers said when bowing at the moon at night.

In this course we will learn and engage the deep wells of Christian Celtic Spirituality to refresh us and be oriented in the essential goodness of all of Creation. We will be recalled to the holy work of listening to the heartbeat of God in quiet, through community, in the sacred utterances of creation, and through spiritual practices. Time will be spent exploring Celtic themes through circle gatherings, Celtic chants, Morning Prayer overlooking the lake, and hands-on art and nature stations. Together we will build a Celtic Cross in nature connecting with the elements and praying for the Earth.

'Let us become aware of God's Presence within and all around.' - J P Newell

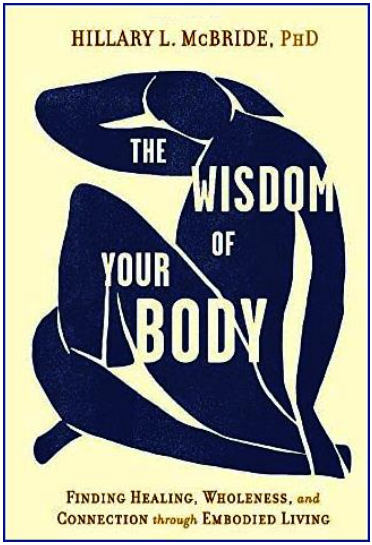
Register

The Wisdom of Your Body

Date: Friday November 17th
7:30 – 9:30 pm - St. Dunstan's Aldergrove

Facilitator Hillary McBride

Description: In this evening event, Psychologist and embodiment expert Dr Hillary McBride will lead us to reflect on embodiment as an essential element of our spiritual practice. Through writing, group dialogue, and free movement exercises, we will remember again how our bodies are a central part of our way of discovering who we are, connecting with others, and expressing our created selves in the world.



Hillary McBride, PhD, is a Registered Psychologist, researcher, podcaster, and author, but underneath all of that she is a human, who loves asking questions about what it means to be human, how we heal and grow, and what it means to be a body. She publishes written works for community and academic audiences about embodiment, trauma, eating disorders, mental health and spirituality; her bestselling book *The Wisdom Of Your Body* was released in 2021. What makes her feel alive is her daughter's laugh, her love for her partner and close friends, asking unanswerable questions, and spending time in or near the ocean.

Fee: Early Bird registration fee: $45.00 register before November 03
After November 03, registration fee $55.00.

Register here.

Dates: November 20-23, 2023
Location: Lake Loon Retreat Centre, Maple Ridge, B.C.

We invite you to join The Contemplative Society board for three days as we learn from, and practice with, Cynthia Bourgeault, Heather Ruce, and each other. With an intention of stabilizing ourselves in compassion, discernment, forbearance, creativity, and spiritual strength and courage, we'll take a deep dive into contemplative solidarity (tonglen, kything) and imaginal practices, as well as centering prayer, lectio divina, chant, movement, and silence.

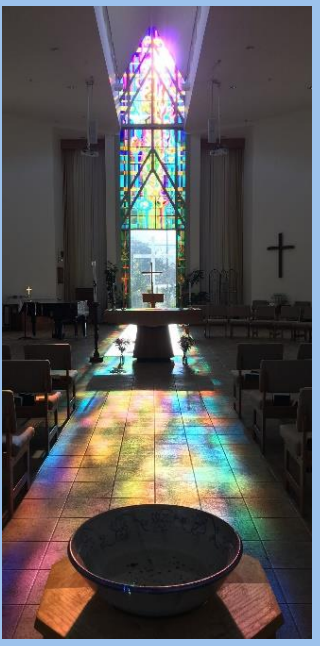
The retreat and practices will be facilitated by TCS board members Therese DesCamp, Lorie Martin, Henri Lock, and Jesse Burson. Heather will be joining us remotely for live teaching, chant, and movement. Cynthia will be joining us remotely to dialogue with retreat members about the questions and observations that emerge from our work together.

Please see **contemplative.org/teachers** for more information about our facilitators, including Heather Ruce.

Details:
Join us in-person at Loon Lake in beautiful Maple Ridge, BC, or online via Zoom. In-person room assignments are based on first-come-first-served registrations. Shared accommodations will be two people to a room until we run out, and then we will offer dorm accommodations (max. four people to a room). A limited number of scholarships are available for both in-person and Zoom participants. For enquiries, please contact: admin@contemplative.org.

To register, please select either the **in-person form** or the **Zoom form**

Advent Retreat



Dates:

Friday December 1: 7:00pm
Zoom Online Session
Saturday December 2:
10am - 1pm, In person,
at St. Dunstan

Advent, a time of waiting and reflection on the birth that is coming, always coincides with the heightened busyness of the "shopping" season. A disorienting time for many of us. This will be a quiet day for us to play with and ponder what is at the heart of the season for us. Through times of silence, times of play with (nonthreatening) creative activities and scripture we will find ways to ground ourselves in the depth of the season so we can move toward Christmas feeling the wonder and awe at its centre. Coffee, tea, and light snacks will be served.

Facilitators: Helen Tervo & April Stanley

Helen is a priest at St. Dunstan's Anglican Church. She has had a rich and varied ministry, including prison and hospital chaplaincy, palliative care, and parish. Advent is her favourite church season.

April is a priest of the Diocese of New Westminster. She has served many parishes and has been a hospital chaplain. April also created the labyrinth at St. Paul's in downtown Vancouver.

Please Register

ADVENT Gatherings:

Nov 30 St. Andrew's **Aft Retreat & Sung Prayers** – Advent.
In-person

Dec 1-2 **Advent Retreat Zoom Session** (Friday) 7 – 10:30 pm
+ *In-person* at St Dunstan (Saturday) 10 am – 1 pm.

Dec 2 **Advent Collage Morning Retreat at St. Thomas**.
In-person

Dec 9 Contemplative Outreach
Taste of Silence Advent Retreat
at St. Dunstan's. *In-person*

Dec. 16 Advent **Family Eucharist Service**
at St. Thomas 4:30 – 6:30 pm

More information about these events to come…

THE CENTRE FOR SPIRITUAL RENEWAL

Registration

Registration links can be found on the *Events* pages of host parishes and in this PDF booklet.

OR:
www.thecentreforspiritualrenewal.org - *Events* page.

Spiritual Care Opportunities

Spiritual Direction

- Sharon Tiessen sharon_r_tiessen@hotmail.com
- Nancy den Boesterd nancy.denboesterd@gmail.com
- Katherine Murray katherine.murray22@gmail.com
- Lisa Ritchie, lmritchie@shaw.ca
- Patricia Braun, patriciabraun90@gmail.com
- For the monthly Peer Supervision Group, contact Lorie Martin lorie@loriemartin.com

Listening Prayer Sessions

– Contact Lesley Wieler lesleyjwieler@gmail.com

Rite of Reconciliation

– Available at each parish.
Contact the parishes directly to arrange (see back page).

The Centre for Spiritual Renewal

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