



ST DUNSTAN'S CENTRE FOR
**SPIRITUAL
RENEWAL**



**JANUARY-APRIL
2020**

In this guide you will find:

| | |
|---|------------|
| Weekly Events | Page 3 |
| Monthly Events | Pages 4-7 |
| Special Events | Pages 8-20 |
| <i>Retreats, Workshops, Labyrinth, etc.</i> | |
| Save the Date | Page 21 |
| Registration Information | Page 23 |

WELCOME

Our winter and spring program is full of opportunities to connect with our life-giving Creator. Please consider how you might be enriched by one of these retreats, study groups and gatherings. Invite a friend, a neighbor, a family member. Encourage those around you to feed their hearts and minds with the gentle, yet invigorating, life of God.

*“The glory of God is a person fully alive”
- St. Irenaeus*

Be awakened to love this season, with Jesus Christ, your Friend and Helper.

Rev'd David Taylor, Executive Director
Rector of the Parish of St. Dunstan's
604.856.5393
dmatthew.taylor@gmail.com



Lorie Martin, Associate Director
Spiritual Director, Retreat leader
604.217.6966
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Inspired and thoughtful worship
Sunday at 10am
with Holy Communion & Healing Prayer



WEEKLY EVENTS

No registration is required for these events.

GROUP CENTERING PRAYER

Wednesday evenings from 6:30pm to 7:00pm

Friday mornings from 11:30am to 12:00pm

(See monthly events for monthly Centering Prayer Group)

Facilitated by **Gene Fraser & Joe Baker**

This simple practice is twenty minutes of silence using the pattern of Centering Prayer taught by Thomas Keating and Cynthia Bourgeault. Please visit centeringprayer.com for more information.

CHRISTIAN FORMATION CLASSES

Wednesday evenings from 7:00pm to 8:00pm

Facilitated by **Rev'd David Taylor**

Our studies alternate between the scriptures and prayer practices. Please visit st-dunstans.ca for more information.

January to February – Liturgy 101. A look at this ancient way of prayer & how it inspires both personal & communal spiritual growth.

Lent – Stories from John. A prayerful study of the long narratives of John's gospel including Nicodemus, the Woman at the Well, the Man born Blind & Lazarus.

April – the Psalms. The songs of the church. How to make them your own.

LECTIO & LABYRINTH

Fridays 12:00pm to 1:00pm

Facilitated by a **variety of leaders**

Lightly guided scripture reflection, sacred solitude, and a deepening of one's faith in community: come walk the labyrinth! You are invited to walk the labyrinth before and after our noontime Scripture reflection. Simply come, or bring an intention to meditate on as you walk.

Lectio Divina (Sacred Reading):

A lightly guided scripture reflection from **12:00pm - 12:30pm**

The Labyrinth: A meditation path for silence and listening - open from **11:30am - 1:30pm** with **Lectio Divina (Sacred Reading)** at noon for half an hour.

MONTHLY EVENTS

Registration information on back page

SPIRITUAL PRACTICE SERIES

Sunday Evenings 7:00pm to 8:30pm

Registration preferred, \$20 per evening, or four sessions for \$60

These monthly gatherings are opportunities to renew your practice of prayer. Each evening we will explore a method of prayer and practice it in a group and as individuals.



January 12

THE ANGLICAN ROSARY

Facilitated by **Joe Baker**

Explore the ancient tradition of using stringed beads in personal prayer by creating your own rosary, writing prayers and practicing this tactile way of personal prayer. An opportunity to make your prayer beads is offered Jan 4th (See

Epiphany Retreat page 10) **Joe** was raised in the Anglican tradition. From an early age he was involved in liturgical worship following the structures of the Anglican Book of Common Prayer. Meditative and contemplative prayer have since become an essential part of his life. He is influenced by Benedictine, Ignatian, Buddhist and Indigenous ways of praying and is interested in supporting others in discovering how they too can grow in prayer in ways that are most fulfilling to them.



February 16th

ANCIENT TREASURES OF CHANTING

Facilitated by **Rev'd David Taylor & Rev'd Andrew Halladay**

Chanting is simply repeating a set of sounds or words in the same order over and over. Chants have a certain rhythm, pace, pattern, and significance. Chanting encourages us to stay in the present moment and creates vibrations in the whole body. It's

good for the lungs and helps with breathing practice. It exercises the vocal chords and the memory. Chanting is accessible to people of all abilities. It is an ancient practice in any number of religious and spiritual traditions. Come join in the song!

MONTHLY EVENTS

Registration information on back page



March 15

CELTIC KNOTWORK

Facilitated by **Belinda Llewellyn**

Come and explore the expression of your spirituality through Celtic design and prayer. Learn about the symbolism of Celtic knotwork and fashion a small piece for yourself. Absolutely no previous drawing experience required. Belinda pursues a path of artistic and spiritual discovery, inspired and informed by her Celtic background.



April 19

SUFI TURNING

Facilitated by **Susan & Anna**

Join us for a taste of sacred turning meditation. Together we will explore the call and acceptance of grace within each breath and in each moment. Through Sufi practices, we will share together in embodied and communal prayer and you may choose to try turning meditation. **Anna Bernhardt**, a dervish and semazen for more than five years, is deeply appreciative of the generosity of Christian and Sufi teachers. **Susan Burns**, first tasted turning in 2002, now a dervish and semazen, grateful to be active in both a Sufi community and in Pacific Spirit United Church.



MONTHLY CENTERING PRAYER GROUP

The last Tuesday in January, February and March. 6:30pm - 8:30pm

Facilitated by: **Gene Fraser**

Each of these two hour meetings will include Centering Prayer, contemplative group listening and a thirty minute video presentations of Father Thomas Keating's DVD called *The Human Condition*. **No charge.**

MONTHLY EVENTS

No registration is required for these events.



SUNG EVENING PRAYERS

September - December Sundays 7:30pm

An hour of sung prayer, stillness, scripture and sacred space, with prayer stations.



Sunday February 23

Sunday March 29

Sunday April 26

Sunday May 31

Sunday June 28

Facilitated by: **Cathy AJ Hardy**

MONTHLY EVENTS

No registration is required for these events.



CONTEMPLATIVE EVENING PRAYER

Last Saturday of each month, 7:00pm

St. Andrews Parish, Langley

"My prayers rise like incense,

my hands like the evening sacrifice"

This contemplative evening prayer service is inspired by the communities of Taizé and Iona. We gather in the entrance to the sanctuary, lit by candles and enveloped in the aroma of incense, around the font. Service includes a blessing of the water, prayer and song, in remembrance of Jesus' resurrection.

You are warmly invited to sing as much or as little as you would like. Listening prayerfully, lighting a candle, sitting quietly, or taking any other posture of prayer you wish are all welcome forms of participation.

Facilitated by: **Rev'd Andrew Halladay and Rev'd David Taylor**

SPECIAL EVENTS

Registration information on back page



EPIPHANY HALF DAY RETREAT

Saturday, January 4th, 9:00am – 12:00pm

“Arise, shine, for the Light of the World has come!” A New Year retreat to deepen your experience of God. You will experience Group Centering Prayer, listening prayer and other forms of embodied prayer. Cost: **\$15 - 20**

Facilitated by: **Gene Fraser with Lorie Martin & Katherine Murray**



This retreat will be a reflection on Epiphany as a celebration of the revelation of Christ’s light in the world and the realization of his divine light in each of us. The retreat will include guided Centering Prayer, visio divina and Listening Prayer.

Gene led our beautiful Epiphany retreat last year and will now lead us further into many discoveries of this season and of Christ, Our Light. Gene is a member of St. Dunstan’s and has been commissioned by Contemplative Outreach International as a Centering Prayer facilitator.

Lorie Martin is a spiritual director and associate director of St. Dunstan’s Centre for Spiritual Renewal. She has a passion for all to experience the steadfast love of God in all of life.

Katherine Murray is a listening prayer trainer and facilitator, and retreat leader who invites us to hear God’s voice and welcome this to impact our hearts and the world.

SPECIAL EVENTS

Registration information on back page



CREATE YOUR OWN ROSARY

Saturday, January 4th, 12:00pm - 1:30pm

Facilitated by: **Joe Baker**

This is the workshop in which you can create your own rosary in advance of the Spiritual Practice Evening on January 12th The Anglican Rosary. Materials are provided. Participants may bring their own materials if they desire. Cost: **\$20.00**

Please contact **Joe Baker** if you have questions about materials or construction at papajoe.sask@gmail.com

INTER-FAITH LABYRINTH WALKS



Sunday, January 12th, 2:00pm - 3:00pm

Sunday, March 8th, 2:00pm - 3:00pm

We open with Interfaith Prayers, walk the labyrinth together, and gather for a meaningful sharing time over tea & coffee. ALL are welcome to come.

These drop-in events require no registration. For more information please contact **Lorie Martin** - loriemartin@telus.net or **Katherine Murray** - katherine.murray22@gmail.com

SPECIAL EVENTS

Registration information on back page



A HEALING ROOM

Saturday, January 18th; Half Day Retreat 9:00am – 12:00pm

This half-day retreat offers three modalities of sacred healing: Earth Medicine, Healing Touch and Listening Prayer for inner healing. Participants will choose two of the three to participate in when registering.

Fee: \$75 per person Scholarships available.



Earth Medicine is a spiritual, healing practice that connects us to Creator through the natural world. During our time together we will explore “medicine” from nature and take a guided journey meditation. **Arlana** has practiced Earth Medicine for many years and completed a Certification Program.

Healing Pathway ministry is grounded in the teachings of Jesus and in the ancient traditions of hands on healing as portrayed in the scriptures. **Audrey** has completed the 4 Phases of Healing Pathway training and is bringing a team of trained facilitators.



Listening Prayer will be a facilitated time of listening for what God is speaking into our pain and suffering. **Katherine** is passionate about Listening Prayer, seeing it as a beautiful way to experience God and transformation. She has facilitated listening prayer for 15 years and is bringing St. Dunstan’s Listening Prayer Teams.

SPECIAL EVENTS

Registration information on back page



BE STILL AND KNOW: LISTENING PRAYER RETREAT

*Friday January 31, 6:30 pm – 8:30 pm, and
Saturday February 1, 9:00 am – 4:00 pm*

Creating space to experience God through directed prayer exercises. In a group setting we will use various methods to enter into guided prayers formalized by the early Christian fathers such as St. Ignatius and St. Benedict, including Lectio Divina and The Prayer of Examen.

You will grow in your ability to discover how God speaks to your heart and have opportunity for personalized expression and group sharing.

Guest Facilitator: **Lorie Martin**

Cost: **\$80.00** non-refundable, includes Saturday morning coffee and lunch
Register: evangelkelowna.com/listeningprayerretreat
Maximum 30 participants. Scholarships available.

Location: Evangel Church Fellowship, Gordon Drive, Kelowna, BC. 250-762-0682

SPECIAL EVENTS

Registration information on back page



RESTING IN GOD'S PRESENCE: A 3-PART PRAYER PRACTICE SERIES

All Saints Parish, 33077 – 2nd Avenue Mission, B.C.

Jan/Feb/March 2020 10:30am - 1:30 pm

JAN 18: CENTERING PRAYER RETREAT MORNING.

Teaching & Practice by **Gene Fraser**

This retreat will offer basic instruction on the method of Centering Prayer and an opportunity for guided practice of this form of silent prayer. The instruction will include a discussion of the role of Centering Prayer in Christian spiritual transformation, based on the teachings of Thomas Keating and Cynthia Bougeault.

Centering Prayer is a foundational Christian meditation practice that enables us to deepen our consent to be with God in silence and show us the value of letting our thoughts go for this time in God's Presence. This Practice brings awareness and healing in God's Presence as we consent to be still and know God.

Gene has been practicing meditation for more than 30 years and has been commissioned by Contemplative Outreach International as a Centering Prayer facilitator.

FEB 22: WELCOMING PRAYER RETREAT MORNING.

Teaching & Practice by **Lorie Martin**

This retreat will also be a Start-Up for the **40-Day Welcoming Prayer Practice Group** (information on page 12). We will be following Thomas Keating's 40-day guidebook (**\$25**)

SPECIAL EVENTS

Registration information on back page



Welcoming Prayer is a companion prayer practice with Centering Prayer. It is an embodied practice of meeting God in the sensations and feelings that arise in everyday life. It is a 'Consent on the Go' that provides a means for moving deeper into trust and intimacy with the living God.

Lorie has found that the Welcoming Prayer has brought a missing piece of how to meet God with our body's reactions of anxiety, fear, pain, etc. by letting go and consenting to the Indwelling Spirit.

MAR 28: LISTENING PRAYER RETREAT MORNING

Teaching & Practice by **Katherine Murray**

This retreat morning is held on one of the Lenten 40-day Welcoming Prayer gatherings. We will enter these morning retreats to learn and deepen into 3 significant prayer practices. They can be taken separately or once a month as a series that will flow together.

Listening Prayer is an opportunity to take time and to make space to be with God and listen in prayer for what God is speaking to our hearts. This retreat will invite us into some exercises to listen to God, test what we hear, and explore if there may be some blocks to hearing God's voice in our lives.

Katherine is passionate about Listening Prayer, seeing it as a beautiful way to experience God and transformation. She has facilitated listening prayer for 15 years.

Each Retreat is **\$20** or participate in **all 3 for \$50. Scholarships available.**

Tea/Coffee and snacks will be provided.

SPECIAL EVENTS

Registration information on back page



ENNEAGRAM RETREAT/WORKSHOP

*Friday, February 7th, 7:00 pm - 9:00pm and
Saturday February 8th; Full Day Retreat, 9:00am - 4:00pm*

Facilitated by: **Rev'd Helen Tervo, Rebecca Horch, Ron & Marilyn Isaak**

The Enneagram, as a way of learning about yourself, is best explored in a circle conversation. Bring your knowledge, questions and discoveries, and an open heart for growth. If you do not know your Enneagram number take an Enneagram test prior to this retreat. You can find a good one at www.9types.com/rheti/index.php for no charge or tests.enneagraminstitute.com for a cost of \$12.00

Fee: \$150 per person. Scholarships available.

SPECIAL EVENTS

Registration information on back page



WORKSHOP: The Enneagram and Parenting

Rebecca says of the enneagram: It has been so helpful in her personal growth. It acts as a guide to help her grow towards a place of fullness so that she can be comfortable and confident in her truest self. Rebecca is a certified enneagram coach with *Your Enneagram Coach*. She has a degree in child and youth care with an extensive background in child, youth and family support. She is a mom of 3 young kids and a wife to her husband of 12 years.



WORKSHOP: Moving to Balance

Rev'd Helen Tervo says of the Enneagram: "The Enneagram has been such a useful tool to explore and investigate the wounds of the past and their effect on my present living. It is astounding how my life and choices have been built on biases and compulsions that form a predictable pattern. Not only that but the Enneagram is a map that enables me to break these patterns and find balance."



WORKSHOP: The Enneagram and Relationships

Ron says of the Enneagram: "The enneagram has enabled me to recognize my unconscious ways of being in this world; to recognize some as unhealthy survival strategies that I am free to let go of and others as wonderful aspects of who I am that give me joy. In relationships with others, at its best, it has given me insight into other people's ways of being that helps me make sense of and to provide space for what's going on in the relationship."

Marilyn says of the Enneagram that she is so thankful for the language that the Enneagram has given her for thinking about who she is and how she got here. It has helped her find healthier, more satisfying ways of relating. Studying the Enneagram in a group setting is a great way to learn about it!

SPECIAL EVENTS

Registration information on back page



WELCOMING PRAYER IN LENT: 40 DAY PRACTICE BEGINS

February 28/ February 29/March 1

We will be following Thomas Keating's 40-day guidebook to learn and practice the Welcoming Prayer Practice. We will meet weekly 7 times to check-in, learn together, and be inspired in this embodied practice of saying YES for everyday life. This 'Consent on the Go' provides a means for moving deeper into trust and intimacy with the living God; learning to let go!

Wednesday Nights In Abbotsford

Feb 12 – April 1 7:00pm – 8:30pm

Facilitator: **Ruth Jackson**

St. Matthew's Parish 2010 Guilford Drive

Sunday Afternoons in Aldergrove/Langley

Feb 23 – April 5 11:30am - 1:00pm.

Facilitators: **Ron and Marilyn Isaak**

St. Dunstan's Parish, 3025 – 264 Street

Saturday Mornings in Mission

Feb 22 – April 4 10:30am – 12:00pm.

Facilitator: **Lorie Martin**

All Saint's Parish 33077 – 2nd Avenue
Practice Groups, no charge.

40-Day Practice Booklets, \$25. Scholarships available

Please Register at st-dunstans.ca



SPECIAL EVENTS

Registration information on back page



LENT MORNING RETREAT

March 7th; Half Day Retreat, 9:00am - 12:00pm

Facilitated by: **Joe Baker**

A morning of the Ignatian spiritual practice of the Examen of Consciousness. This is a 10-20 minute review of each day, increasing our alertness to the presence of God, Jesus, Holy Spirit; especially appropriate during the time of listening and anticipation of Lent. Cost: **\$15 - 20**

We will introduce new resources from the Jesuit community providing multiple forms of the Examen specific to a wide range of spiritual needs, especially useful to those new to this practice of brief daily prayer. We will learn and pray together in a quiet but relaxed time together.

Joe highly values private and group prayer. He follows practices learned from many Christian traditions as well as from other world religions. Joe benefits from a disciplined prayer life but recognizes and respects others whose prayer needs to be less structured.

LENT EVENTS

Shrove Tuesday February 25 • Ash Wednesday February 26 •

Holy Week April 5-12: Palm Sunday April 05, Maundy Thursday

April 09, Good Friday April 10, Holy Saturday April 11,

Easter Sunday April 12.

SPECIAL EVENTS

Registration information on back page



GRACE UPON GRACE:

A 3-DAY HEALING RETREAT EXPERIENCE
FOR LOSS AND SUFFERING

Location: Sorrento Centre, B.C.

March 20th - 22nd; Friday evening, Saturday, Sunday morning

Facilitators: Lorie Martin, Rev'd David Taylor and Katherine Murray

This retreat will offer time to be with the various losses and wounds in our lives. We will experience God's Presence with us and help us process to places of deeper peace and wellness. Coming close to our pain and suffering brings light and lightness in the heavy darkness we may be carrying. There is no fixing grief, grieving is the fixing.

We will have times in community, solitude, nature, music, creative art expressions, the labyrinth, and one on one spiritual care sessions with trained facilitators. Bring an item that represents your loss.

The Sorrento Centre is located in great beauty on the Shuswap Lake. It is a gathering place to learn, restore, and belong. Come and engage your heart, mind and spirit!

Register at www.sorrentocentre.ca

SPECIAL EVENTS

Registration information on back page



WOMEN IN THE EASTER STORY

Wednesday, March 25th, morning and evening

10:00am - 12:00pm, and 7:00pm - 9:00pm

Coordinated by: **Jacqui Pesek**

Facilitated by: **the Women of St. Dunstan's**

This morning gathering is a time to linger with the women we read about in the Easter story: who they are, what they bring to the story, how we can relate to them today. Beautiful music and art accompanies this event. **No Charge.**

SPRING YARD SALE FUNDRAISER

Friday, March 27th, and Saturday,

March 28th; 9:00am - 4:00pm



Share your "Trash and Treasures" to raise funds for scholarships for people to attend Spiritual Renewal Centre retreats and gatherings. Drop off items the week of March 22nd. **All hands invited to help with this community event!**

SPECIAL EVENTS

Registration information on back page



UNITY IN COMMUNITY: ART & INSPIRATION WORKSHOP

Saturday, April 25th; Full Day Retreat, 9:00am - 4:00pm

Facilitated by: local artist **Linda Klippenstein**

Let us love and serve together as an intergenerational, multicultural, and ecumenical, “everyone belongs” community. Together we will create an art mural reflecting unity in community. *(The image above, “Standing Tall” is an example of the kind of work we will do together.)*



We encourage all community members to attend: friends, families, small groups, & service groups. The completed mural will be displayed in a surprise location!

Linda Klippenstein is an artist from Abbotsford whose work has been exhibited and sold locally, nationally and internationally. Linda has also facilitated art workshops to empower women and build connection between people of diverse faith and cultural backgrounds.

www.linda.klippenstein.ca

SAVE THE DATE

MAY

- 09: GATHER:HER EMBODIMENT RETREAT WITH JODI KRAHN
- 22-23: CELTIC SPIRITUALITY RETREAT WITH REV'D DAVID TAYLOR AND LORIE MARTIN

JUNE

- 06: EXPERIENCE LISTENING PRAYER 1/2 DAY RETREAT 9AM-NOON. FACILITATED BY KATHERINE MURRAY & LISTENING PRAYER TEAM.
- 19: CREATIVE JOURNALLING FULL DAY RETREAT WITH KATHIE MACDUFF 9AM-4PM

AUGUST

- 03-07: SORRENTO CENTRE CELTIC SPIRITUALITY RETREAT FACILITATED BY LORIE MARTIN AND REV'D DAVID TAYLOR



SPIRITUAL COMPANIONSHIP

St. Dunstan's Centre for Spiritual Renewal offers opportunities to engage one-on-one or in a group with a trained Spiritual Companion.

THE RITE OF RECONCILIATION is an ancient liturgy to help people in transition, distress or for confession. This is available free of charge by the priest.

HEALING PRAYER is offered each Sunday at the Celebration of the Holy Eucharist. Trained pray-ers offer support with the anointing of oil.

GROUP SPIRITUAL COMPANIONS can be found on page 4 of this program.

INDIVIDUAL SPIRITUAL COMPANIONSHIP is an opportunity for one-on-one personal accompaniment on the spiritual journey. We can connect people with local spiritual directors from a variety of traditions. Each director offers their services at a cost paid directly to the director.

LISTENING PRAYER MINISTRY is a form of prayer where one meets with two prayer facilitators in a quiet setting to listen and invite God's healing presence into a present dilemma or an unhealed memory. Listening Prayer sessions can often be a way to look at past trauma and wounds in a safe way. A friend is welcome to attend with the person needing this practice.

PRAYER CIRCLES are for those needing to be encircled in community for a specific season in one's life (severe illness, discernment, encouragement, strengthening etc.) The person receiving prayer ministry chooses who they would like to be invited to their circle (3-6 people). A liturgy pertinent to the needs of the person (Ministry to the Sick, Ministry at Death, Reconciliation, Thanksgiving for a Child, the Blessing of a Home) is done at a home or in the church. A Prayer Circle may include liturgical prayers, a hymn, scripture, silence, listening to God in community, sharing, anointing with oil and Communion. A Prayer Shawl can be offered to the person who has come for prayer.

To arrange any of these, please connect with The Rev'd David Taylor or Lorie Martin at stdunstanscentre@gmail.com

REGISTRATION

You can sign up for events in three ways:

st-dunstans.ca/what-we-do/the-centre-for-spiritual-renewal

or

st.dunstans@telus.net

or

604.856.5393

CANCELLATION POLICY

Should the Centre not receive enough registrations, it holds the right to cancel a program or event. In such circumstances, all registrants will receive a full refund or be invited to put their registration fee towards another event.

Registration fees are refundable up to a week in advance and are not transferable.

SCHOLARSHIPS

We operate with a pay-what-you-can philosophy and offer scholarships for those who would like to participate in events but are unable to pay the entire registration fee. To apply for a scholarship, please email the Centre at: st.dunstans@telus.net

GIVE A SCHOLARSHIP

If you would like to give a gift to the Centre to help others attend events, please connect with the Director or Associate Director. We welcome gifts of any size, and can offer a tax-deductible receipt for these gifts.



The Parish of St. Dunstan

3025 - 264th St. Langley, B.C.

st-dunstans.ca

st.dunstans@telus.net

a church of the Diocese of New Westminster

The Centre for Spiritual Renewal is a ministry for Christian transformation.
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.