



THE CENTRE AT

*St Dunstan*



**JAN - MAR  
2022**

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## Welcome!

Welcome to the Centre for Spiritual Renewal at the Parish of St. Dunstan. The Centre is what we call our Spiritual Formation program at the Parish. It is meant to nourish our hearts and is a ministry to our neighbours, both Anglican and not. We hope that these offerings will enrich your spiritual journey and be a source of connection to your Creator and those you meet along the way.



The Reverend **David Taylor** is the Rector of the Parish of St. Dunstan. His passion is to re-connect people to the Scripture as well as the depth and breadth of Christian spiritual practice.



The Reverend **Lorie Martin** is the Associate Director of the Centre for Spiritual Renewal. She is currently serving at the Parish of St. Andrew as a transitional Deacon. Lorie is a spiritual director and has a passion for sacred spaces, gathering together, and opening to God's loving presence.

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.



THE CENTRE FOR

**SPIRITUAL  
RENEWAL**



# Weekly Events no registration required



## Sunday Worship 10am

*growing hearts that love*

## Lectio & Labyrinth

Fridays, noon

A meditative Bible Study and time on the grass.



## CENTERING PRAYER



Wednesdays, 6:30pm  
Fridays, 11:30am

A practice of silence following the teachings of Thomas Keating & Cynthia Bourgeault.

## INSPIRE

### Bible Study

Wednesdays  
7pm

January to February  
Paul's First Letter to the Corinthians:  
Bring Us Together in Love, O God.



# Monthly Events some registration required

FEBRUARY 20

MARCH 27

APRIL 24

MAY 29

JUNE 26

7:30PM

with **Cathy Hardy**

## Sung Evening Prayer

# ADVANCED CENTERING PRAYER

**JAN 31 VIA ZOOM**

**FEB 28 IN PERSON**

**MAR 28 IN PERSON**

**7:00 - 8:30 PM**

The intention of these monthly gatherings is to deepen into our Centering Prayer practice and the contemplative life. Each session will include the practice of Centering Prayer along with teachings by Father Thomas Keating.

**Suggested Donation \$20 \$10 \$5**

FACILITATED BY

Katherine Murray, Elaine Chatwin, Christine Kesans



# SpecialEvents registration required

## Listening for the New Year

My heart has heard you say, "Come and talk with Me."  
"Lord, I am coming." Psalm 27:8

Sunday **January 16** 7:00-8:30pm (In Person)  
Tuesday **January 18** 10:00-11:30am (via Zoom)

In this offering you are invited into a sacred pause to connect with God, and to reflect and listen around the coming year. Together we will explore hopes, invitations to surrender, and listen for what God is speaking to our hearts as we enter this new year. "The notion that God is absent is the fundamental illusion of the human condition." - Fr. Thomas Keating

Facilitated by **Katherine Murray**  
Suggested Donation \$20 \$10 \$5

## Compassionate Listening

**SPIRITUAL PRACTICE EVENING**  
SUNDAY, FEBRUARY 6, 7PM



Listening is one of the most precious gifts we can give. Compassionate Listening is a method for conflict resolution used in peace-making. This interactive workshop will look at its 5 core principles and the inner work we need when interacting with others.

Facilitated by **Cathy Merchant** Registration \$20 \$10 \$5

# FOUR GOSPELS MANY RESURRECTIONS

## Invitations to Easter

Online!

**Tuesdays**

January 18

January 25

February 1

February 8

**7:00 – 8:30 pm**

What is Easter? What do we mean when we confess that God raised Jesus from the dead? How do we experience this in our lives? The New Testament tells several stories about Easter. They are not the same stories and each one conveys the resurrection differently and invites us to consider what Easter means for us in various ways. This series invites us to a lively engagement with the many resurrection stories of Matthew, Mark, Luke, and John as well as extracanonical Gospels (The Gospel of Mary; The Gospel of Philip; The Gospel of Truth; etc.) to consider the many ways that early Jesus followers conceived of the resurrection and how they wanted to acclaim that confession to others. Each week we will take up the resurrection stories as they are found in one or more of the Gospels to see the ways they convey the good news of Christian faith.

Registration **\$60 \$30 \$15**  
Students are **free!**



***Harry Maier** is Professor of New Testament and Early Christian Studies at Vancouver School of Theology. He is a member and former ordained minister of the Evangelical Lutheran Church in Canada. He has written over ten books on topics relating to early Christians in their many social worlds. He lives at UBC on the traditional unceded lands of the Musqueam, Squamish and Tsleil-Waututh nations.*



# Enneagram in Conflict

Friday, February 11 7-9pm  
Saturday, February 12 9am-3pm

Facilitated by **Amanda & Dylan Vanz** and **Rebecca Horch**

Join Enneagram professionals as they guide you through navigating conflict through the lens of the Enneagram. Their narrative approach brings the types to life by facilitating panels that will allow you to learn from the lived experience of each type and their conflict styles. By witnessing others share their stories, and participating in small group discussions, you will gain a deeper level of understanding, connection, and transformation.

You will learn how your enneagram type shows up in conflict with self, others, and spirit. How to move from reaction to response and connect to conscious choice with the inner observer. How to cultivate receptivity, open-heartedness, and balance for productive conflict resolution

Registration \$80 \$40 \$20



Lent 2022 registration required

# Welcoming Prayer Practice

40 days of prayer to enrich your Lenten journey

Preparation Meeting 1 Sunday, February 13, 2-3:30pm  
Foundations of Centering Prayer

Preparation Meeting 2 Sunday, February 20, 2-3:30pm  
Practicing Centering Prayer and an introduction to the 40 days.

Three 40 day groups to choose from. Meeting for 6 weeks.

Tuesdays on zoom, 7pm beginning February 22

Wednesdays at St. Dunstons, 7pm beginning February 23

Thursdays at St. Andrew's, 10am beginning February 24

Registration is free. Prayer booklets are available to purchase upon registration.





# Our Facilitators

**Cathy Hardy** is the founder and director of Soul Care Circles & Soul Care Spiritual Direction Training. She is a singer-songwriter, spiritual director, author, retreat facilitator & teacher.

**Katherine Murray** is passionate about connecting with God and spiritual transformation. She loves to create sacred spaces where we can be still and know that God is within and all around. She is a postulant for ordination to the diaconate in the Diocese of New Westminster.

**Elaine Chatwin's** spiritual path became HOME for her heart and soul when she discovered the practice of Centering Prayer about 8 years ago. The contemplative life draws her deeply to God and she is a lover of all that God authors. In particular, she resonates with God's banquet of Beauty and Creation. Life with husband-children-grandchildren-and her dog Sophie keeps her feet firmly on the ground.

**Christine Kesans** is Chapter Coordinator for Contemplative Outreach of Greater Vancouver and is a Commissioned Presenter of the Introduction to Centering Prayer Program. She is a facilitator and organizer of days of silence, workshops, and retreats alongside fellow servant leaders transmitting the contemplative dimension of the gospel. Christine is a wife, mum to two grown sons, a former nurse, and a crisis counselor.

**Cathy Merchant** is the Interfaith Leader of the Living Interfaith Sanctuary in Vancouver, BC. She has been teaching Compassionate Listening since 2009 and uses it daily now in supporting the growth of Interfaith relationships across the Lower Mainland.

**Amanda & Dylan Vanz** are Relationship Coaches & Enneagram Practitioners trained in the Narrative Tradition. They are passionate about teaching others how to foster meaningful relationships within themselves and with others built on awareness, understanding, and compassion. They offer a unique two-on-two approach with couples, and also support individuals and organizations in integrating this powerful system into their everyday lives.

**Rebecca Horch** is a Life Coach & Counsellor as well as a certified Enneagram Coach. She actively utilizes the gifts of the enneagram in her work with clients to help them build resilience, self-compassion, and self-awareness. She specializes in helping youth and families build mutual bonds of love and respect within the family unit, and is passionate about helping others tap into their intuitive gifts and use them in this world.

**Gene Fraser** is a member of St. Dunstan's and has been commissioned by Contemplative Outreach International as a Centering Prayer facilitator. He has practiced various meditation practices for 30 years.

**Ruth Jackson** has practiced the welcoming prayer practice for the last three years and will bring a vast amount of insights, experience, and passion to this Lenten journey. Ruth is a lover of her family, time in nature, and contemplative practices.

# Calendar at-a-glance

## JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Sunday Worship	3	4	5 Centering Prayer Inspire	6	7 Centering Prayer Lectio & Labyrinth	8
9 Sunday Worship	10	11	12 Centering Prayer Inspire	13	14 Centering Prayer Lectio & Labyrinth	15
16 Sunday Worship Listening for the New Year	17	18 Listening for the New Year 4 Gospels	19 Centering Prayer Inspire	20	21 Centering Prayer Lectio & Labyrinth	22
23 Sunday Worship	24	25 4 Gospels	26 Centering Prayer Inspire	27	28 Centering Prayer Lectio & Labyrinth	29
30 Sunday Worship	31 Advanced Centering Prayer					

## FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		4 Gospels	Centering Prayer Inspire		Centering Prayer Lectio & Labyrinth	
6 Sunday Worship Compassionate Listening	7	8 4 Gospels	9 Centering Prayer Inspire	10	11 Centering Prayer Lectio & Labyrinth Enneagram	12 Enneagram
13 Sunday Worship 40 day Lent Prep	14	15	16 Centering Prayer Inspire	17	18 Centering Prayer Lectio & Labyrinth	19
20 Sunday Worship 40 day Lent Prep Sung Evening Prayer	21	22 40 days on Zoom	23 Centering Prayer 40 days at St. Dunstan's	24 40 days at St. Andrew's	25 Centering Prayer Lectio & Labyrinth	26
27 Sunday Worship	28 Advanced Centering Prayer					



# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
			Ash Wednesday Eucharist		Centering Prayer Lectio & Labyrinth	
6 Sunday Worship	7	8 40 days on Zoom	9 40 days at St. Dunstan's	10 40 days at St. Andrew's	11 Centering Prayer Lectio & Labyrinth	12
13 Sunday Worship	14	15 40 days on Zoom	16 40 days at St. Dunstan's	17 40 days at St. Andrew's	18 Centering Prayer Lectio & Labyrinth	19
20 Sunday Worship	21	22 40 days on Zoom	23 40 days at St. Dunstan's	24 40 days at St. Andrew's	25 Centering Prayer Lectio & Labyrinth	26
27 Sunday Worship Sung Evening Prayer	28 Advanced Centering Prayer	29 40 days on Zoom	30 40 days at St. Dunstan's	31 40 days at St. Andrew's		

## Save the Date

### Sorrento Centre this Summer!



Opening Our Hearts to  
Reconciliation  
with Katherine Murray, Dr. Mary Ellen  
Kelm, Kerry Baisley  
July 31-August 6

the Reverend David Taylor will  
be leading worship at the 4  
weeks of Sorrento this Summer.

Register at [sorrentocentre.ca](http://sorrentocentre.ca)

If you are in need of confession, spiritual direction, listening prayer, or healing prayer, please connect with us. We will accompany you on your spiritual journey.

## To register for events, visit [ST-DUNSTANS.CA](http://ST-DUNSTANS.CA)

As we offer an honourarium to our facilitators for their work, registration is **pay-what-you-can**. Consider choosing your registration fee in a way that will help others with theirs.

Let's ensure this is accessible to all.

All events have a \$0 registration option.



A second location for the Centre for Spiritual Renewal has opened at the Parish of St. Andrew in Langley!

Be sure to check out their program by visiting

[STANDREWSLANGLEY.CA](http://STANDREWSLANGLEY.CA)

and looking at their **CURRENT EVENTS**.



the Parish of St. Dunstan