



JAN - MAR 2022 Weekly Events
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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.

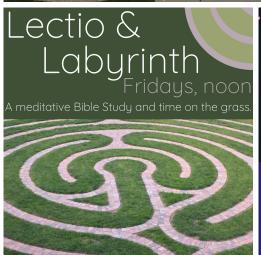
All who are tired and need rest are welcome.

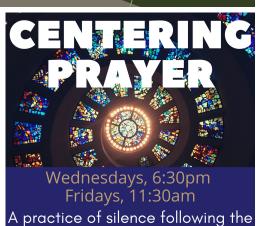
All are welcome.



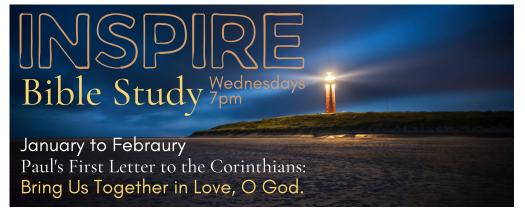
Weekly Events no registration required







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



Monthly Events some registration required



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

Special Events 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

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 ANY 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



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 begining February 22 Wednesdays at St. Dunstans, 7pm beginning February 23 Thursdays at St. Andrew's, 10am beginning February 24

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



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 diagonate 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	6	7	8
			Centering Prayer Inspire		Centering Prayer Lectio & Labyrinth	
9 Sunday Warshin	10	11	12	13	14	15
			Centering Prayer		Centering Prayer Lectio & Labyrinth	
			Inspire			
16	17	18 Listening for the	19	20	21	22
		New Year	Centering Prayer		Centering Prayer	
New Year		4 Gospels	Inspire		Lectio & Labyrinth	
23	24	25	26	27	28	29
			Centering Prayer		Centering Prayer	
		4 Gospels	Inspire		Lectio & Labyrinth	
30	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	7	8	9	10	11	12
Sunday Worship Compassionate Listening		4 Gospels	Centering Prayer Inspire		Centering Prayer Lectio & Labyrinth Enneagram	Enneagram
13 Sunday Worship 40 day Lent Prep	14	15	Centering Prayer Inspire	17	Centering Prayer Lectio & Labyrinth	19
20 Sunday Worship	21	22	23	24	25	26
40 day Lent Prep Sung Evening Prayer		40 days on Zoom	Centering Prayer 40 days at St. Dunstan's	40 days at St. Andrew's	Centering Prayer Lectio & Labyrinth	
27 Sunday Worship	28					
	Advanced Centering Prayer					

MARCH

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

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

As we offer an honourarium to our facilitators for their work, registration is pay-what-you-can. Consider choosing your registraiton 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

and looking at their CURRENT EVENTS.



the Parish of St. Dunstan