



THE CENTRE AT

St Dunstan

FALL

PROGRAM GUIDE



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The Centre at **St. Dunstan**

You are invited to grow in grace through the resources in this guide! This Winter 2025 Guide includes weekly and monthly events, as well as retreats and workshops.



<https://www.st-dunstans.ca>



*for latest
update on events
& registration...*



Welcome Message

Greetings!

What longing do you hold in your heart?

Hear, everyone who thirsts; come to the waters...
~ Isaiah 55.1

As we move from the heat of the summer months through the colourful and moist fall season, may these gatherings and opportunities to grow in grace bring you into the fullness of God's delight in you and creation! Since 2018, the Centre for Spiritual Renewal has become a wellspring of living water for many coming from all walks of life and spiritual traditions through the discovery of Christ-centred spiritual practices.

Come and explore our expanded offerings both at St. Dunstan's and at one of our sister Centres listed in this guide.

Peace & Presence,

Clarence

Clarence Li

Director

The Centre for Spiritual Renewal at
St. Dunstan's





2025 Recurring Events



Centering Prayer @ St. Dunstan's, Aldergrove & Online

Fridays, in person, 11:30am - 12:00pm

Online - Visit Inter-parish Centre webpage for link or [**Find Zoom link here**](#)

Facilitated by: **Joe Baker, Elaine Chatwin or Jim Hober**

A simple practice of twenty minutes of silence using the pattern of Centering Prayer as taught by Thomas Keating & Cynthia Bourgeault.

Lectio Divina @ St. Dunstan's, Aldergrove & Online

Fridays, in person, 12:00pm - 12:30pm

Online - Visit Inter-parish Centre webpage for link or [**Find Zoom link here**](#)

Facilitated by: **Joe Baker, Elaine Chatwin or Jim Hober**

A meditative prayer practice involving reading, reflecting, responding, and resting with Scripture to deepen spiritual connection.

Contemplative Eucharist @ St. Dunstan's, Aldergrove

Fridays, in person, at 12:30pm

Presided by: **Rev. Clarence Li**

Celebrating the Lord's Supper in an intimate and reflective setting with simple chants and space to pray in silence.

Self-guided Labyrinth Walk

The grass-path labyrinth is open to walk, anytime, for a time of meditation or prayer, symbolizing a spiritual journey toward charity, reflection, and inner peace.





2025 Recurring Events



Contemplative Fellowship & Spiritual Practice (monthly)

@ St. Dunstan's, Aldergrove

September 13, October 11, November 8, December 13, in person, 9:30am - noon

(Note: October 11 will be an extended gathering with Contemplative Outreach Greater Vancouver, see p. 9 of guide)

Facilitated by: **Joe Baker & Elaine Chatwin**

A community of spiritual companions. An in-person, lightly guided, contemplative gathering for experienced practitioners and those curious to explore the contemplative side of spiritual practices.

Compline on Zoom

Wednesdays, 9:30pm - 10:00pm

Online on Zoom - Visit Inter-parish

Centre webpage for link or [Find Zoom link here](#)

Facilitated by: **Joe Baker & Elaine Chatwin**

A service of night prayers forming part of the Divine Office, traditionally said before retiring for the night.



A Weekend Retreat Spiritual Senses as Medicine **PRAYING ON THE GO**



Friday, September 12 2025 - Sunday, September 14 2025

5pm - 12:00 pm

Facilitators: Jessica Schaap, David Taylor, Lorie Martin

Loon Lake Retreat Centre, Maple Ridge BC

This retreat will focus on perceiving and understanding God through creation and daily living as we walk, eat, and pray in all of life. We will explore the Spiritual Senses as taught by the church founders as we enter into a variety of spiritual practices such as conscious prayer movement, pilgrimage, mindful eating, imaginal prayer and healing sound to enable a deeper, more holistic engagement with reality. Expressive art stations, labyrinth, and one-on-one spiritual care will be offered as it is available (spiritual direction, listening prayer, healing touch, and sound bowl meditation).

WITH MUCH THANKS TO A DONOR, we are now able to offer this Retreat for \$100 less than originally stated, plus there are more Scholarship funds available if needed.

Register here:

<https://tithe.ly/event-registration/#/9994712>

Shared room

(2 or 3 people) \$475

(includes room, meals, events and materials)

Private room

(8 available) \$575

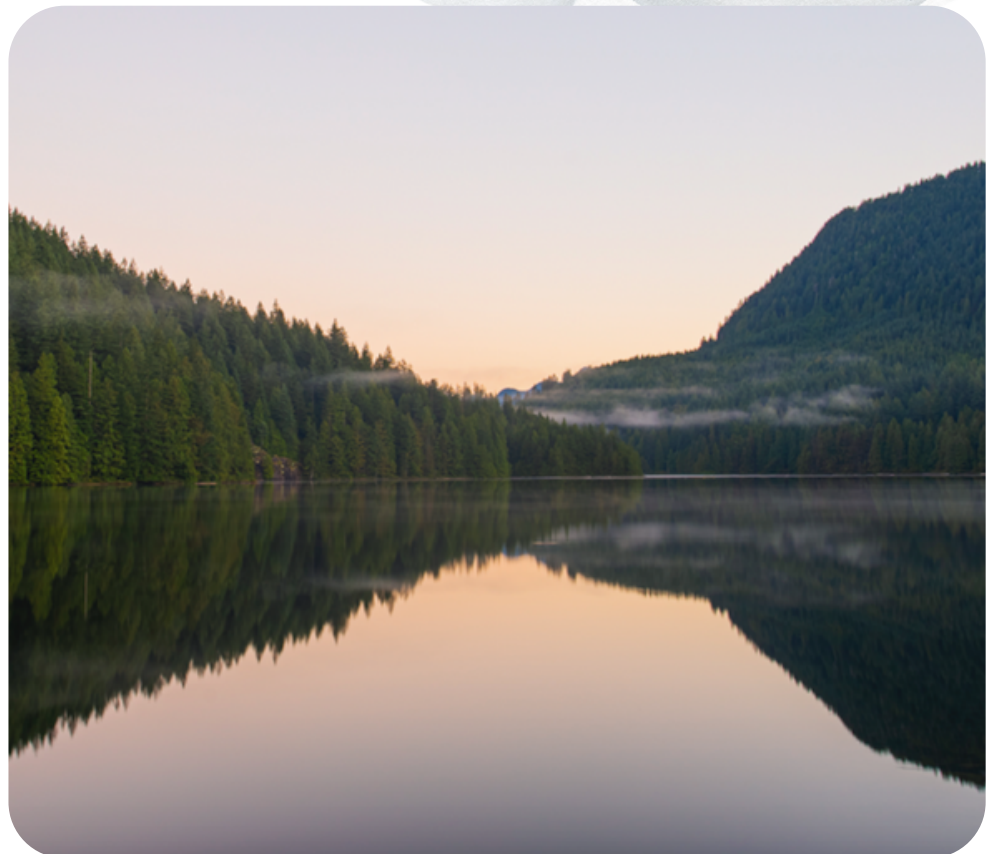
(includes room, meals and materials)

***Day Rate - Saturday only -
\$200.00 (includes 3 meals
plus retreat centre entrance
fee and all activities)***

Scholarships are available:

Request at:

lorie@loriemartin.com



Healing Walk at Yewstone
Gardens



Touched by the Land

Saturday, September 6th 2025

9 am – 1 pm

*(Guided portion 9:30 am – 12 noon with optional additional time to
spend in the gardens)*

Yewstone Gardens, Fraser Valley

Facilitator: Suzanne Robinson and Rev. Clarence Li

[Register here](#)

Join a guided walk on Yewstone Gardens, a 7-acre healing
garden

created by Suzanne Robinson and her husband Mike.

Learn about **Camino Divina** (Path of Divine Encounter), the
plants and trees of the gardens, how to listen to the land
with your whole body, and experience walking on the
sensory labyrinth. Bring a water bottle and good walking
shoes.

Registration Fees:

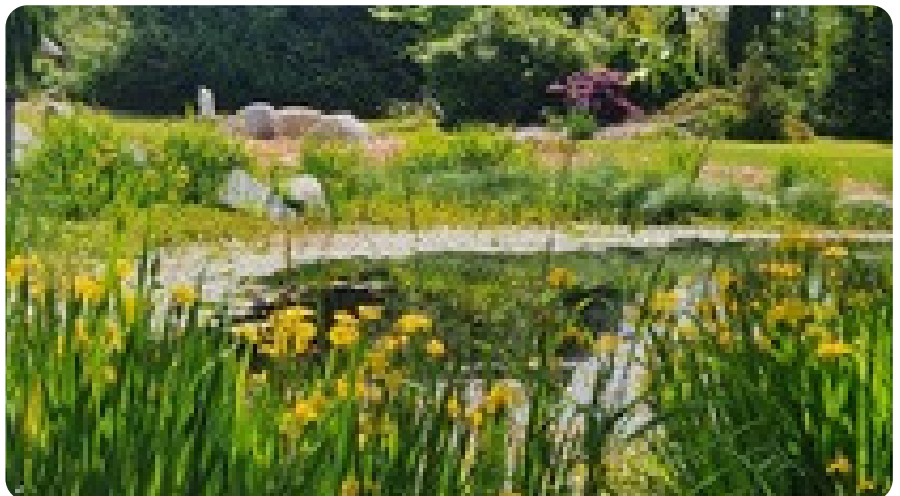
Pay from the heart!

\$0 (barrier free)

\$20 (cover costs)

\$40 (cost + scholarship for
another person)

Scholarships available by
emailing: csr@st-dunstan.ca



A continuing Conversation



Spirituality & Chronic Pain

Saturday, October 4th 2025

10:00am - 12:00pm

In-Person @ St. Dunstan's, Aldergrove

Following our gathering in May, we continue the journey of exploring chronic pain—not as a problem to solve, but as a space to encounter God. There are no easy answers and few comforting clichés. Together, we ask: Where is God in the midst of trouble? This is a time to lament, a time to listen, to console, and be consoled—a space of shared presence and sacred honesty.

You don't need to have attended the earlier session, come as you are right now.

Rev'd Helen Tervo is retired from active Anglican ministry but knows that the spirit continues to call. She has been living with severe arthritic pain for over 5 years. Humour has been God's gift to her.

Registration Fees:

Pay from the heart!

\$0 (barrier free)

\$20 (cover costs)

\$40 (cost + scholarship for another person)

**Scholarships available by emailing:
spiritualrenewal@st-dunstan.ca**



In partnership with Contemplative
Outreach of Greater Vancouver



Taste of Silence Retreat Day



Saturday, October 11, 2025

9:30am - Registration & Connecting with Community

10am - 2:30pm - Retreat / Silence

In-Person @ St. Dunstan's, Aldergrove

Come! Set apart a day to refresh, re-create, and recommit to God-centred living in an atmosphere that encourages inner solitude and inner silence. The opportunity for centering prayer in community is a gift in itself. We often experience more profound silence, within which the Spirit connects us in love.

Program: Centering Prayer in community. Lectio Divina, and Personal retreat time and space. In the afternoon a Liturgy of the Hours (None) - will be offered.

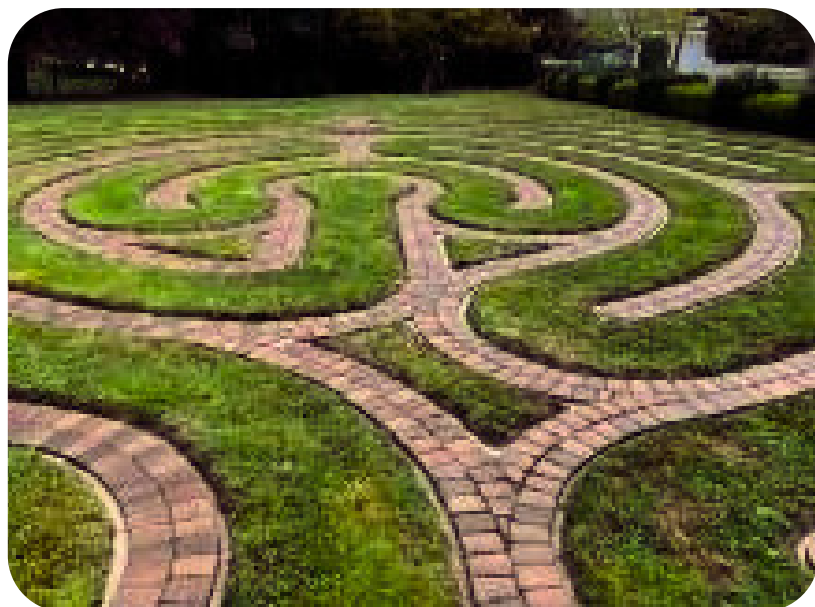
The focus of the day will be on our individual and personal relationship with God. We encourage you to bring along a journal and any other contemplative tools which enrich and inspire you, such as Daily Meditations, Psalms for Praying, other Scripture, and sacred works, beads, etc. The outdoor Labyrinth is also available.

For additional information: Christine Kesans: chris.kesans@gmail.com or Joe Baker: papajoe.sask@gmail.com

Registration Fees:

Suggested Donation: \$5 to \$30

A contribution of any amount, in accordance with your means, is appreciated to help cover costs of facility, snacks and refreshments, and the work of COGV. Donations at the door may be made by cash or cheque.



The Role of Mutuality in Christian Service

Wednesday, October 22, 2025

6:30pm - 8:30pm

St. Dunstons, Aldergrove

Christian service is an essential spiritual practice, modeled after Jesus who served his disciples by washing their feet. Historically, church-based charities have used an approach where recipients are treated as objects of benevolence / pity. This event will reflect on the role of mutuality in Christian service. Come hear Deborah Garcia, co-founder of Eternal Anchor, an organization supporting children and adults with disabilities, in the Baja of Mexico share her story and join a discussion on how we can be more thoughtful in our service to others.

Facilitated by: Clarence Li / Ginny Sawatsky / Deborah Garcia

Deborah Garcia is co-founder and Director of Justice & Equity at Eternal Anchor, an organization supporting children and adults with disabilities, in rural Baja Mexico.

Free community event. Donations are gladly received to support the work of Eternal Anchor and the Centre at St. Dunstan's.





THE CENTRE AT

St Dunstan

with

THE
BRIDGE
CHURCH



Book Launch: The Cross and the Olive Tree

with Shadia Qubti



Saturday, October 25, 2025

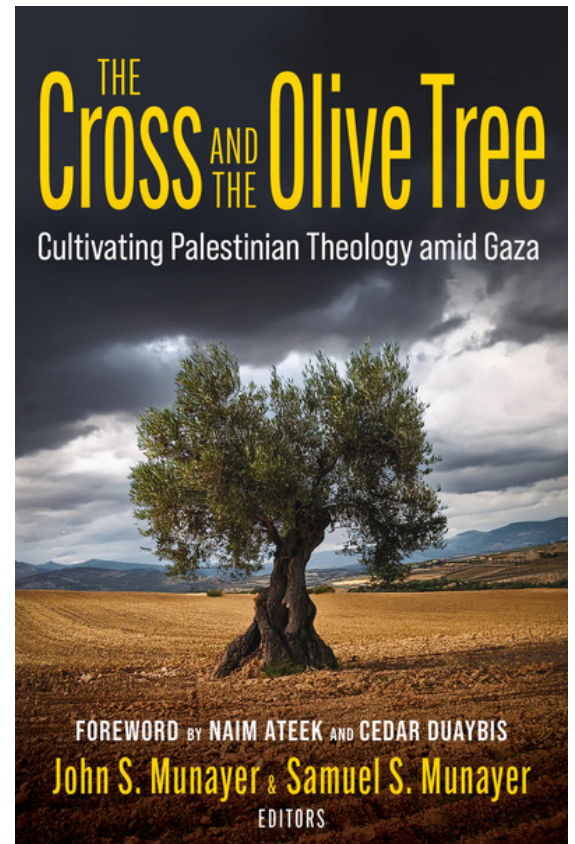
7:00pm - 9:00pm

St. Dunstan's, Aldergrove

Join Shadia Qubti, a Palestinian lived theologian, at the book release of *The Cross and the Olive Tree: Cultivating Palestinian Theology amid Gaza*. Presentation, readings, Q&A, book signing. A Fraser Valley premier.

An admission-by-donation event to support the work of Shadia.

Check the Centre @ St. Dunstan's website for more updated information on the event and Shadia's visit at the Bridge Church in Abbotsford on October 26.



The Contemplative Society
Presents

A Wisdom School on Wisdom Rhythms & Relationships

October 5th - October 9th 2025

Sorrento Retreat Centre, BC

Facilitated by Heather Ruce, this Wisdom School explores insights from various traditions, particularly Christianity, about awakening to a broader reality beyond daily life. Focusing on the Christian Wisdom lineage, participants will learn to perceive the kingdom of heaven and engage with its higher laws. Drawing from thinkers like Cynthia Bourgeault and G.I. Gurdjieff, the program emphasizes deepening presence in our intellectual, emotional, and physical centers. Attendees can join in person or online at the Sorrento Centre, participating in activities like silence, prayer, teachings, and contemplative practices.

For registration see [SORRENTO CENTRE WEBSITE](#)



A Wisdom School on Wisdom Rhythms & Relationships
with Heather Ruce

Contemplative Activism

Exploring Cynthia Bourgeault's Charge to Occupy the Essential Human Post

Saturday, November 29th 2025

10:00am - 12:00pm

Online - Zoom

Register here: <https://www.contemplative.org/>

This online live teaching time with Cynthia embraces the sacred calling to be "Contemplatives with grit!"

As our world and planetary systems reel in the grip of what many sense to be a thickening pandemic of evil, the Wisdom perspective is urgently needed. We believe that only from this broader cosmic and integrative perspective can sufficient leverage be found to work effectively with the escalating disintegration—political, cultural, ecological, spiritual—so apparent in our own times.

Contemplatives of all spiritual pathways are invited to join together for this event. Cynthia will draw from spiritual and psychological sources to show us how to strengthen our inner resources and deepen our commitment. In particular, she will revisit the concept of 'holy obedience' found in the teaching of Quaker mystic Thomas Kelly, who nearly 100 years ago stepped up out of his Quaker conscience to speak truth to power.

We invite you to attend this event together with others in your contemplative community. TCS will be providing a series of reflection questions for small groups to address "in real life" after the Zoom presentation.



The Rev. Dr. Cynthia Bourgeault is a modern-day mystic, Episcopal priest, writer, and internationally known retreat leader. She divides her time between solitude at her seaside hermitage in Maine and tending to a global network of students and practitioners. Her signature contribution to the Christian contemplative reawakening has focused on four main areas: 1) Centering Prayer; 2) The Christian Wisdom Tradition; 3) The Western Esoteric and Fourth Way traditions; 4) The Path of Conscious Love.

\$55 or pay-from-the-heart





Annual Advent Retreat Morning Time with Mary

Saturday, December 6, 2025

9:30am - 12:00 pm

The Parish of St. Dunstan, Aldergrove

Facilitated by **Rev. Lorie Martin**

This retreat morning invites all to participate in the life and heart of Mary through art and image, with the spiritual practice of Visio Divina, and the sacred practice of gazing. The morning will have times of silence, sharing, and creative stations.

"My experience is that time spent with Mary leaves me awake and astonished." – Lorie

Register Here:

Pay from the heart:
\$20 / \$10 / \$0



Who is the Centre?

**Contact:**

20955 Old Yale Rd. Langley BC
Office: 604.534.6514
Parish Admin email:
parishadmin@standrewslangley.ca
standrewslangley.ca
Centre Director: Andrew Halladay



The Centre at St. Andrew grew from the first Centre at the Parish of St. Dunstan's. Our aim is to support people on their spiritual journeys using both the riches of the Christian spiritual tradition and new spiritual practices. The Centre invites all people to come together for intentional time with God to gain insight, growth, and healing, in community and for the world.



The Centre began at St. Dunstan's in 2018 when Rev. David Taylor and Rev. Lorie Martin joined dreams, experience, and energy to develop the Centre for Spiritual Renewal. They gathered the already existing spiritual formation programs in the church and added a beautiful grass-path labyrinth, weekly contemplative practices, occasional workshops, studies, and community retreats. The life of the Centre flourished as many were drawn to this type of spiritual experience.

**Contact:**

3025-264 Street Aldergrove BC
Office: 604.856.5393
spiritualrenewal@st-dunstans.ca
Program Coordinator:
Ginny Sawatsky

Contact:

46048 Gore Avenue, Chilliwack BC
Office: 604.792.8521
stthomaschilliwack@gmail.com
stthomaschilliwack.org
Centre Director: Lorie Martin



The Centre at St. Thomas provides a wide variety of spiritual support and practices to help us on our Christian journey. Contemplative prayer practice groups, retreats, study groups, spiritual direction, and family & children's formation are offered here to parishioners and all Chilliwack and area community members.

Who is the Centre?



Contact:
690 Burrard St, Vancouver, BC
V6C 2L1
Office: 604.682.3848
areeta@thecathedral.ca
stpaulsanglican.bc.ca
Centre Director: Rev. Areeta
Bridgemohan



We envision a Cathedral which is radically inclusive, restlessly inquisitive, intentional, and inspired. This is a place that is called to lead and to serve, in communion and in community, with healing, reconciliation, and love, living out Christian mission. Together, we look to the power of Christ for the transformation of each person, this city, and the world.



All Saints in Mission BC is pleased to be part of the Centre for Spiritual Renewal. Partnerships between Parishes is an important ministry in our fragmented world. We are proud to be able to add our ministries to the ongoing ministry of Spiritual Renewal. Beyond Sunday Morning Worship All Saints has developed ministries of Healing Prayer, Lectio Divina, Labyrinth Prayer Walking, Mid-week Eucharist, Bible Study, and occasional Workshops. It is an eclectic group of ministries designed to engage a wide range of spiritual preferences and practices. Through our partnerships we can all participate in the ongoing Spiritual Renewal of the Church.



Contact:
33077 Second Avenue,
Mission, BC V2V 1J7 Canada
Phone: 604. 826.2814
Email:
allsaints_mission@shaw.ca
Website: allsaintsmission.ca

Contact:
1130 Jervis Street,
Vancouver BC
Office: 604.685.6832
office@stpaulsanglican.bc.ca
stpaulsanglican.bc.ca
Centre Director: Philip Cochrane



St Paul's Anglican Parish is in the midst of launching a brand new partner Centre. This urban Centre is called, "The Centre for Spiritual Re-Imagination." In the heart of Vancouver's West End, St. Paul's offers unique programs and resources to promote spiritual renewal within Vancouver's diverse urban culture. The Online Morning Prayer each day began in the Covid19 Pandemic and has grown to be a favorite practice for many from far and near. Watch for the unfolding of our new program!