



THE CENTRE FOR  
**SPIRITUAL  
RENEWAL**

# WINTER **PROGRAM GUIDE**

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2026



# This program guide includes:

- Spiritual practice groups
- Centering prayer
- Midweek Eucharist
- Retreats
- Workshops
- Sung worship
- Justice awareness
- Bible study
- Lent Events
- Youth and Family
- Bios of facilitators
- Spiritual Direction
- Registration link for Events

# Welcome Messages

## **Greetings!**

Warm greetings for winter,  
With joy the Centre offers a table laden with nourishing spiritual food to feed, tend, and perhaps even revive your soul. During this dark and chilly season you are invited to the warmth of God's compassionate embrace as we turn into 2026, enter into the light of Epiphany, and pilgrimage into the Lenten season. May you partake of these contemplative & community offerings so generously offered by the various locations of the Centre, be filled, rested, and deepen into the bountiful love, kindness, and freedom of God-with-us.

Peace & Presence,



**Lorie Martin**

Director of The Centre Inter-parish Ministries

The Centre for Spiritual Renewal



## **Hello!**

The speed of which Autumn has passed us by is truly astounding. In all of its comfy glory, we now brace ourselves for the crisp winter air, the frost on the grass, the sharp air in our lungs. It's all just so refreshing. New Year, New us.

We hope within the humble little pages of this booklet you'll find answers, questions, and wisdom about the journey the Centre has been on and where we have landed too.

Join us on our perpetual journey, and as a wise adventurer once said:

***Roads go ever ever on  
Under cloud and under star,  
Yet feet that wandering have gone  
Turn at last to home afar.***



**James**

**James Xavier Lam**

Communications | People & Culture

The Centre for Spiritual Renewal



# Winter 2025 + Spiritual Practice Groups



**Circle of Grace** - @ St. Thomas, Chilliwack

Fridays @ 10:00 am

A gathering for teaching, sharing, and spiritual practice. See further pages for more information.

- Jan 9 – 23 (3 Weeks)

**Entering 2026 with Curiosity & Quiet**

- Feb 13 – Mar 13 (6 Weeks)

**Dwelling in the Castle: Discovering Our Authentic Self in God**

**Morning Prayer** - @ The Cathedral, Vancouver

Monday – Friday | 9:30 a.m. | On Zoom

**Rite of Reconciliation (Confession)** - @ The Cathedral, Vancouver

Every 4th Wednesday | 11:00 a.m. – Noon

**Healing Prayers & Anointing** - @ The Cathedral, Vancouver

Wednesdays | Following the 12:15 p.m. Eucharist

**Upper Zoom - a lectio Divina approach to bible study of the upcoming Revised Common**

**Lectionary Sunday readings** - @ The Cathedral, Vancouver

Thursdays | 7-8.30pm | on Zoom

**Contemplative Fellowship & Spiritual Practice** - @ St. Dunstan's, Aldergrove

Second Saturday monthly | 9:30 am - noon

**Lectio Divina & Labyrinth** - @ St. Dunstan's, Aldergrove

Fridays | Noon

**Compline on Zoom** - @ St. Dunstan's Aldergrove

Wednesdays | 9:30 - 10:00 pm

**Online Bible Study** - @ St. Andrew's, Langley

Tuesdays | 7 pm

Facilitated by Venerable Andrew Halladay

**Online Bible Study** - @ All Saints, Mission

Wednesdays | 7 pm | on Zoom

Facilitated by Rev. Paul Bowie

# Winter 2025 + Centering Prayer



## **Centering Prayer - @ St. Thomas, Chilliwack**

Fridays, 9:30 am

A 20-minute meditation as taught by Thomas Keating & Cynthia Bourgeault. Includes awareness, chant, prayer.

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

Fridays, 11:30 am - 12:30 pm

In-Person Also online - Visit Inter-parish Centre webpage for link or [\*\*Find Zoom link here\*\*](#)

## **Centering Prayer @ All Saints, Mission**

Thursday mornings 9:30 am in the Chapel

(includes relaxation routine, Lectio Divina and a 20 minute sit.)

# +

# **Eucharist**

For Sunday Eucharist Services See  
Each Parish Location on Websites

## **Contemplative Eucharist - @ St. Dunstan's, Aldergrove**

Fridays | 12:30 pm

## **Healing Eucharist - @ St. Andrew's, Langley**

Thursdays | 11:00 am

## **Holy Eucharist - @ The Cathedral, Vancouver**

Monday – Friday | 12:15 p.m.

## **Holy Eucharist & Breakfast - @ The Cathedral, Vancouver**

Thursdays | 7:30 a.m.

## **Healing Eucharist - @ St. Thomas, Chilliwack (Not in January)**

Fridays | 11:00 am

Pilgrimage without the Air Travel

# Labyrinth Week



**January 5<sup>th</sup> - 8<sup>th</sup>  
10:00am - 4:00pm**

Christ Church Cathedral, Vancouver

Several times each year, we empty the Cathedral of chairs, making space available for all people to make pilgrimage without going very far from home.

The Labyrinth offers an opportunity to experience the practice of reflective walking, asking where God may be calling you to, and what might you need to release in order to answer this call.

**On Thursday Jan 8th, there will be music of the labyrinth at 4pm.**

For more information, contact [donna@thecathedral.ca](mailto:donna@thecathedral.ca)



# Circle of Grace Entering 2026 with Curiosity & Quiet



**Three Fridays - January 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup> 2026**

**10:00 am - 11:00 am**

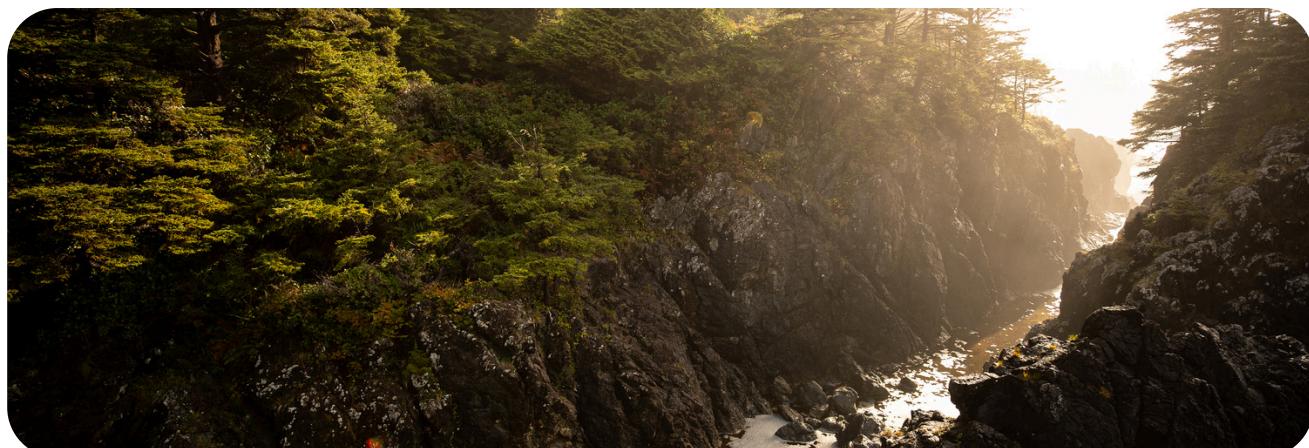
St. Thomas Church

Facilitated by Sharon Tiessen, Joanna Bravo

Enter 2026 by Practicing the Presence of God through hands-on activities and reflections. These three sessions are times of silence and solidarity in spiritual practice with community.

Come as you are, and join us in a serene and supportive environment where you can connect more deeply with your faith and with others. Whether you're seeking personal reflection, spiritual renewal, or a quiet moment in your week, these sessions offer a sacred space to nurture your soul. Bring your questions, your hopes, and your openness to new experiences as we journey together into the New Year with intention and grace.

**Fridays include Centering Prayer at 9:30 AM, open for drop-in participation. Fee by donation.**



# Quiet prayerful rest in the sanctuary **A Winter Pause in Epiphany Light**

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**Four Tuesdays - January 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup> 2026**  
**1:00 pm - 2:00 pm**  
St. Thomas Church

**Come soak in the beauty and presence of God as you would curl up at a  
hearth of warmth.**

A time for Stillness, Silence, & Sanctuary in the sanctuary.  
Epiphany Stations will be available for reflection.

Each station invites you to embark on a sacred inward journey, offering a space for reverent contemplation and renewal. Allow the gentle ambiance to guide your thoughts as you explore the depths of your spirit. Whether you choose to meditate, journal, or simply be, these moments are yours to cherish—an opportunity to connect with the divine in a deeply personal and profound way. Let the tranquility of the sanctuary envelop you, as the light of Epiphany illuminates your path.

**No fee, no registration, Drop in for one or all.**



# Mixed Media Art Journalling

# How to Pray

# Without Words



**Saturday, January 10, 1 – 4pm**

**Wednesdays, January 14/21/28/February 4, 6:00-8:00pm**

*St. Dunstans, Aldergrove*

**Facilitated by: Doris Froese**

When words feel too heavy—or not quite enough—turn to mixed-media art journaling and quiet contemplation. This creative practice offers space to honour your emotions and to listen for the Divine within. Each session includes a short meditation, a simple art technique demonstration, and unhurried time to create through layering and hands-on exploration. No art experience is needed. Bring any favourite supplies if you wish; everything you need will be provided.

**Barrier free**

**\$50 – all supplies included**



**Doris Froese**

**Doris Froese** arrived at St. Dunstan's by way of the outdoor labyrinth and has since joined Friday morning Centering Prayer, Lectio Divina & Contemplative Eucharist. Lover of quiet and inspired to see beauty among us, mixed media art journalling has been a profound awaking of the soul for Doris. Forever grateful that God pursues in intimate and specific ways.



Exploration, Conversation,  
and Reflection



# Bible Book Club

**Restarting on Jan 14th 2026**

**2<sup>nd</sup> Wednesday of the Month**

**7:00 pm - 8:30 pm**

**St. Thomas, Chilliwack BC**

**Facilitator: Amanda Doran**

The focus of this group will be to read chapters of the Bible – Genesis to Revelation – and come together for a time of discovery, conversation & reflection. We will wonder together about what the Bible says through the words on the pages and in-between the lines? We will spend time with each other and the Holy Spirit to receive beautiful words of life.

**Listening to one another is the heart of community – all are welcome.**

**Amanda** is a trained Library Technician and facilitator who is passionate about books, the Bible, and sharing in community. She enjoys gathering to listen and share thoughts and insights to learn and grow.

[Register Here](#)

**NO FEE TO JOIN**



# Understanding Spiritual Trauma and the Process of Healing **Holy Hurt**



**Mondays: January 19 – March 23 2026**

**10:00 am - 11:30 am**

**ONLINE LINK TO COME**

**Facilitated by Spiritual Directors Kellie Brown & Gillian Drader**

We as humans are designed for connection with others, but what happens when the communities we are involved with become a source of pain? Spiritual Trauma is a reality many of us have experienced throughout our lives. Yet healing from our pain also invites us to reimagine what safe, and healthy community could be. Join us as we thoughtfully and gently process the material from Hilary McBride's book, *Holy Hurt*. "These new and healing group experiences happen by paying attention not only to the ideas that we share but also to the way we relate, listen, and invite authenticity". (from Brave Book Conversations group guide by Hilary McBride)

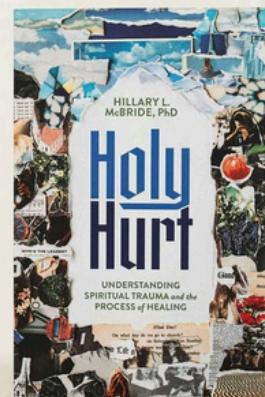
**Each session will begin with a centering exercise, short overview of a key theme from *Holy Hurt* and time to process together in community.**

**All other details and a comprehensive FAQ can be found at the registration link below. Please note, this is not a registered therapy group. The aim is to facilitate safe community that can nurture both individual and collective healing and growth**

[Register Here](#)

**Pay as you are able:**

**\$75, \$60, \$45, \$30,  
\$0**



# Sung Worship EVENSONG



## Sunday evenings

January 25th

**Saturday, February 21st (with the Christ Church Cathedral, Vancouver choir)**

**March 15<sup>th</sup>, April 26<sup>th</sup>, May 24<sup>th</sup>, June 14th**

**7:00 - 8:00 pm**

**With The Rev'd Fr. Matt Koovisk, Officiant  
and Zach Power, Choir Director**



This monthly sung service of Evening Prayer, based on the order found in the Canadian Book of Common Prayer (1962), Evensong is a peaceful and meditative church service in the Anglican tradition. It is rooted in the monastic tradition and invites worshippers to reflect and find spiritual stillness through the beauty of words and choral music.



**Fr. Matt Koovisk** is currently the Rector of St. John's, Sardis. Growing up as a boy chorister at Christ Church Cathedral in Fredericton, New Brunswick, he was introduced to Evensong at an early age, and his love of Evensong (and choral music in general) has stuck with him ever since. Since those formative years, he's participated in all sorts of church music, most notably as the pianist to Devotion in Motion, a youth choir of St. Michael's Cathedral in Kelowna and St. Mary's Church, Richmond. Matt is currently a member of the tenor section of Belle Voci, a chamber choir in the Fraser Valley.

**Zach Power** has been singing in choral evensong services since 2015. He studied the traditions at Christ Church Cathedral in Victoria and is keen to bring that aspect of Anglican tradition to light in Chilliwack. Zach has extensive singing and directing experience as an alumnus of the Canadian National Youth Choir and as a past director of the Northern Lights Chamber Choir (Salmon Arm), Shuswap Youth Choir, and Victoria Arion Male Choir.



# A continuing Conversation **Spirituality & Chronic Pain**



**February 7, 2026**

**10:00 am - 12:00 pm**

**In-Person @ St. Dunstan's, Aldergrove**

**Facilitated by Rev. Helen Tervo & Rev. Clarence Li**

So many of us go through life experiencing pain that limits and interferes with life as we imagine it should be. Coping with chronic pain can be exhausting and isolating. We continue our conversation and support in the many faces of pain – physical, mental, emotional, and of course, spiritual. We will also continue to talk about how we sustain relationships in the presence and limitations of pain.

**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.*



**Pay from the heart!**

**\$0 (barrier free)**

**\$20 (cover costs)**

**\$40 (cost + scholarship for another person)**

**Scholarships available by**

**emailing:**

**spiritualrenewal@st-dunstans.ca**



# Sophia Circle

# **Awakening the Divine**

# **Feminine from Within**

**First Wednesday of the month starting February 4<sup>th</sup> 2026**

**6:30pm – 8:30 pm**

**ONLINE**

**Facilitated by Jodi Krahn - Depth Oriented Psychotherapist and Soul Guide**

You are invited to a nine month women's circle journey to explore and embody the healthy feminine through the ancient archetypes of the: Maiden, Mother, Wisewoman (Crone).

Each session will include an embodiment practice, teachings on divining feminine, expressive art, expressive writing and smaller group sharing to awaken and nurture our psycho -spiritual formation. Themed readings and practices will be shared outside of the circle to cultivate your practices throughout each month.

**Fee: \$180**  
**(\$20/session)**  
**Scholarships available**  
**upon request**

**Email**  
**The Centre for more**  
**information**



# Circle of Grace Dwelling in the Castle: Discovering Our Authentic Self in God



**Six Fridays - Feb 13th - March 27th 2026**

**10:00 am - 11:00 am**

St. Thomas Church

**Facilitated by Gillian Drader**

Join us for a 6-week contemplative journey inspired by Teresa of Ávila's Interior Castle. Each session blends scripture, silence, and gentle spiritual practices to help you awaken to your true identity as God's beloved. Together we'll explore the inner life through prayer, reflection, and quiet conversation—learning to rest in divine love and let compassion flow outward. All are welcome; no prior experience with contemplative prayer is needed.

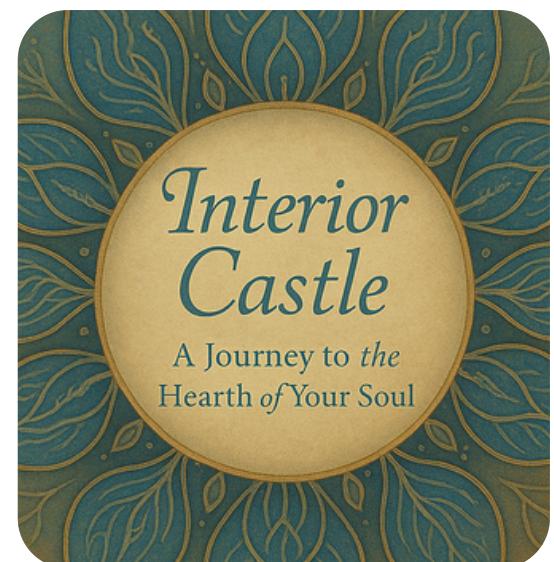
*"The soul is like a castle made of crystal, where God dwells in the center."*  
— Teresa of Ávila

**Fridays include Centering Prayer at 9:30 AM, open for drop-in participation. Fee by donation.**



**Gillian Drader**

Gillian is a counsellor-educator and spiritual director whose work integrates psychology, contemplative practice, and the Christian mystical tradition. She offers a grounded, heart-centred approach to soul formation and healing. Gillian Drader, MA, ACS-RCC, BCIA



# Creating your own Prayer Cards **Holy Play**



**February 21, 2026**

**10:00am – 1:30pm**

*St. Dunstans, Aldergrove*

**Facilitated by: Rev. April Stanley**

In this session, we'll be creating our own prayer cards—or inspiration cards, if you prefer. I'll bring a laminator and a variety of card sizes, from wallet-sized to slightly larger bookmark-style cards.

We'll start by making a small collage, and then we'll laminate it. You can use images, quotes, words, or anything that helps you focus on what matters to you right now—even something as simple as “be kind.” I'll have coloured pencils, crayons, and magazines available, and you're welcome to bring your own materials as well.

**Registration fee:  
\$20 (covering the costs)  
\$40 (cost + scholarship for another person)  
Barrier free**



**April** is a retired parish priest, hospital chaplain, and labyrinth facilitator. She has created many labyrinths including at St. Paul's Anglican Church, Vancouver, Sorrento Centre and at Vancouver School of Theology. Her thesis for her DMin was on creativity as a spiritual practice.

**Rev. April Stanley**



# Shrove Tuesday Offerings



February 17, 2026

5:30pm – 7:30pm

St. Dunstans, Aldergrove

Join us for a Shrove Tuesday celebration with delicious pancakes, community around tables, and a time to connect with God, as we prepare our hearts for the season of Lent.

Whether you're new to the tradition or have celebrated for years, all are welcome to join in!

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Tuesday February 17th 2026

5:30pm

St. Thomas, Chilliwack BC

Join Us for Our 2026 Annual Pancake Dinner!

Come together with our St. Thomas family and friends as we celebrate in the hall with a delightful pancake feast.

Whether you're a pancake-flipping pro or simply eager to lend a hand, your support makes this event truly special. It's a wonderful opportunity to connect with the community, share laughter, and enjoy the delicious tradition of Shrove Tuesday pancakes. **And of course, Irene's GORGEOUS homemade Blueberry Syrup.**



# Ash Wednesday Offerings

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**Wednesday February 18th 2026  
7:00pm**

St. Thomas, Chilliwack BC

## **Facilitated by Rev. Lorie Martin**

Join us on Ash Wednesday for the imposition of Ashes service at St. Thomas in Chilliwack, BC. This solemn and reflective service marks the beginning of the Lenten season, inviting all to come together in a spirit of humility and renewal. The service will include meaningful prayers, hymns, and a time for personal reflection. We welcome everyone in the community to participate, regardless of faith background, as we embark on this journey of introspection and growth.

Our community gathers to support one another in this sacred time, fostering an environment of warmth and understanding. We encourage you to bring friends and family, and to share in the peace and contemplation that Ash Wednesday inspires. Let us begin this Lenten journey together, embracing the chance for transformation and spiritual enrichment.

**Please check The Centre Website for other Parishes Ash Wednesday services as they become available.**



A contemplative approach to our  
changing climate

# Lectio Terra



**Saturday February 28<sup>th</sup>**

**9:00am – 4:00pm**

St. Anselm's, Vancouver

**Facilitated by: Dr. Jason Browne, Rev. Alecia and Rev. Areeta**

Contemplative spirituality embraces a process of sacred reading called Lectio Divina. This “sacred reading” is a way of sitting with scripture or other sacred texts as an anchor for communion with the Divine. Its dimensions entail: Lectio, Meditatio, Oratio, Contemplatio... Reading, meditation, prayer, contemplation. We begin with the words, we move into pondering the text, we grasp words and phrases as seeds of prayer, we watch for longings and prayers that bubble to the surface. And then, we sink into to cool stream of silence that immerses us in the Divine. Silence. Beyond words, but not without them.

**Suggested Donation: \$20**

**For more information, please contact [areeta@thecathedral.ca](mailto:areeta@thecathedral.ca)**



# A Live Seminar with Cynthia Bourgeault

## Thomas Keating and Full Contemplative Engagement

**Saturday, February 28th 2026**

**10:00am - 12:00pm**

Online - Zoom

**Registration to come**

This online live seminar recaps **Cynthia Bourgeault's** recent work on the evolution of Thomas Keating as a modern-day mystic, and explores how his prophetic last words challenge us as contemplatives to step outside our comfort zones into full engagement with the world. Cynthia will explore the implications of Keating's directive to meet the world guided by the truth of silence and science, and filled with creativity and compassion.

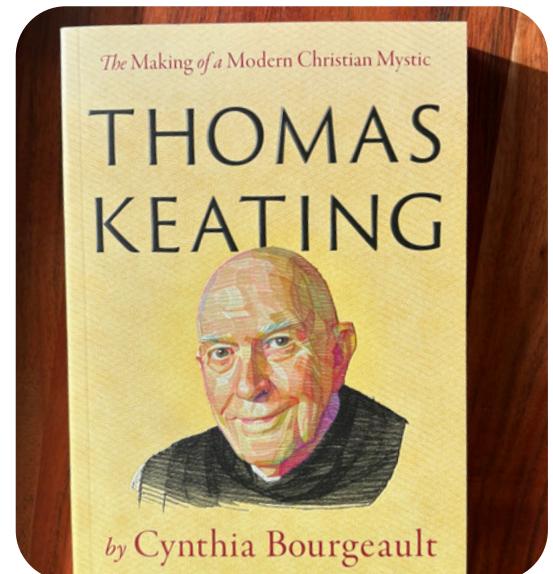
She will consider the invitation to step outside of religious and political boundaries; and what it might mean that we choose to leave ourselves open to the "inspiration from the heart of God." We will build on the evolution of Thomas Keating's thought, and take a further step into the application of his "last words" to the world in which we live. Cynthia will address the necessary and painful kinds of maturation which the contemplative community needs to undergo in order to hold a collective Wisdom presence for the fracturing world in which we live.

**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 ponder "in real life" after the Zoom presentation.**



**Cynthia Bourgeault**

**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.



Men's Retreat Morning

# Renewal in Lent



**Saturday March 7<sup>th</sup> 2026**

**10:00am – 12:00pm**

St. Thomas, Chilliwack

## **Facilitated by: Rev. Lorie Martin**

Attendees will have the opportunity to deepen their understanding and appreciation of this sacred time. Through engaging discussions and reflections, participants will explore the themes of Lenten surrender and renewal. Lorie will guide the group with her compassionate insight.

This retreat is designed to provide a peaceful and contemplative space for personal growth and spiritual connection as we journey towards Easter.

## **This men's retreat morning offers**

- Teaching: What is all the fuss about Lent?**
- Spiritual preparation for Easter: A look at the life of Jesus.**



# LGBTQ+ Coffee and Conversation



**Wednesday March 18<sup>th</sup> 2026**  
**St. Thomas Anglican, Chilliwack**  
**7:00 pm**

St. Thomas, Chilliwack BC

This gathering is a bi-annual event at St Thomas to encourage connecting & conversation. Coffe and Conversation is typically a panel style discussion with people of faith in the LGBTQ+ community.

*For our first talk of the year of 2026 we welcome Lauren Kirkey:*

**Rev. Lauren Kirkey** (she/her) is an Ordained Minister in The United Church of Canada currently serving at South Arm United Church in Richmond, BC. Fun fact: While studying at VST during COVID, Lauren completed a practicum with The Centre for Spiritual Renewal under the leadership of Rev. David Taylor and had the honour of starting The Centre for Spiritual Renewal Podcast (Season 1). She credits her time with The Centre for the spiritual practices that continue to ground her ministry and life to this day. So the people, ever expanding work and impact of The Centre for Spiritual Renewal hold a special place in her heart. Lauren identifies as a woman of trans experience and was recently ordained as the first openly-trans clergy in The United Church of BC/Yukon. In her time with us she will share a bit about her trans journey, being trans and Christian and will open up a few scriptures which are gender-inclusive beyond the binary. And of course, there will be opportunity for questions and fellowship.



**Rev. Lauren Kirkey**

**This is a free event.**  
**Donations are welcome.**  
A relaxed time of sharing stories and hearts to be encouraged.  
Coffee/tea/snacks are provided

[Register Here](#)



# Lenten Book Study

# Read the Bible like

## a Mystic



6 Sessions on Sunday: February 22, March 1, 8, 15, 22, 29

12 – 1 pm

St. Dunstans, Aldergrove

**Group study on Carl McColman's Read the Bible like a Mystic: Contemplative Wisdom and the Word (2025).**

The study will open new horizons of understanding leading to deeper belief. It will also give us language which will empower us to talk to our family and friends about why we have faith and how they can have faith that will assist them through difficult times. The study will give tools that will help eliminate the misuse of the scriptures as a divisive weapon instead of being a book about love.

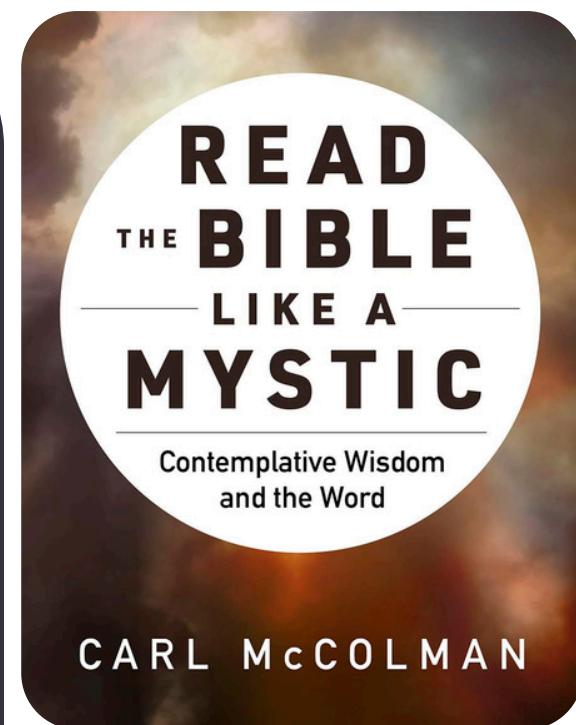
This six-part Lenten study is open to all, whether you have faith or not. It is for those who are reading the Bible for the first time or seasoned study readers. It's a place for learning and for building community in understanding and love.



**Rev. David Price**

**David** is a retired Anglican priest who served in parishes and as contract prison chaplain in the federal system in the Dioceses of Nova Scotia, Ottawa, Calgary and New Westminster.

Currently part of the clergy-in-residence at St. Dunstan's, David is an avid reader who enjoys reading in Christian Mystical Spirituality, Theology, Philosophy and Evolutionary Science. He is married to Erica and lives in Abbotsford.



# Youth & Family Events & Services



## Double Digits - @ St. Thomas, Chilliwack

### Discovering the Divine @ St. Thomas

1st and Third Sunday of the month from 4:30 - 6:30 (Hot Supper Provided)

**In-person @ 46048 Gore Avenue, Chilliwack**

## All-Age - @ St. Thomas, Chilliwack

### **All Age Family Service at St. Thomas**

### **3rd Sunday Monthly @ 10 am**

Participation is key for all to belong, share who they are, and develop skills to bless others. This monthly service involves the children, youth, and all others to enjoy singing, storytelling, and communion together.

## Children's Circle - @ St. Thomas, Chilliwack

Sundays | 10 am

Using a Montessori approach to wonder, we engage with stories, activities, and crafts. Through appropriate language and resources, each child is invited to identify, express, and strengthen their gift of faith. Children's Circle looks at ways to enhance children's authentic experience of God while encouraging their creativity. Children return to the service for the Eucharist with their families.

## Family Church - @ St. Andrew's, Langley

Families, youth, and children of all ages are welcome to participate in this service. The service is filled with get-to-know-you fun games, experience processing into the church with the cross, candles, and bread & juice for a wonderful picnic Eucharist, participate in liturgical-themed activities and supper is included! This is a great opportunity to enjoy and belong in a faith community and invite friends, grandkids, cousins... (Dates will be announced throughout the year.)

**All are welcome to join these wonderful families-in-action!**



# Centre Facilitator Bios

*Find out more about this seasons  
Contributors and Facilitators here*



**Rev. Areeeta Bridgemohan** – Vicar at Christ Church Cathedral. Areeeta is learning and deepening her practice of contemplative spirituality. She and her husband have a toddler, a son, and dog that are teaching a lot about slowing down and being present. In her free time Areeeta loves to practice yoga, hike, read, cook and spend time with loved ones.

My life's work is grounded in Relationship — the sacred interconnectedness of all things, held together in Divine love. I am passionate about deeply listening and paying close attention to the spaces between: the quiet movement of the Divine in relationships with others, with the trees, the animals, and the waters that sustain life. Whether connection arises with another person or through the intuitive language of nature — what philosopher Martin Buber calls "below language" — I believe all relationships offer us a sacred place to encounter the Divine.



**Rev. Lorie Martin** is passionate about creating sacred space and encountering Divine Love through nature, worship, and spiritual practices in solitude and community. Lorie is the priest at St. Thomas Chilliwack, Interparish co-ordinator of the Centre for Spiritual Renewal and on the board of directors of the Contemplative Society.

**Rev. Lauren Kirkey (she/her)** is an Ordained Minister in The United Church of Canada at South Arm United Church in Richmond, BC. During her studies at VST amid COVID, she completed a practicum with The Centre for Spiritual Renewal, where she initiated The Centre for Spiritual Renewal Podcast (Season 1). This experience profoundly influenced her ministry. As the first openly-trans clergy in The United Church of BC/Yukon, she will discuss her trans journey, being trans and Christian, and explore gender-inclusive scriptures, allowing for questions and fellowship.



# Centre Facilitator Bios

*Find out more about this seasons  
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**Doris Froese** arrived at St. Dunstan's by way of the outdoor labyrinth and has since joined Friday morning Centering Prayer, Lectio Divina & Contemplative Eucharist. Lover of quiet and inspired to see beauty among us, mixed media art journalling has been a profound awaking of the soul for Doris. Forever grateful that God pursues in intimate and specific ways.



**Rev. Helen Tervo** 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. She is mindfully horrified by her water consumption.

**Ven. Andrew Halladay** is the Vicar at St Andrew's in Langley and the Archdeacon of Lougheed. As a facilitator, he works with churches in transition to discern and clarify paths forward. An amateur actor and singer, Andrew enjoys drawing on the liturgical and musical tradition to help congregations and individuals embody spiritual practices. Andrew is married to David; has two children, and a very old cat.



**Rev. Paul Bowie** is the rector of All Saints parish in Mission BC. He has a passion for scripture and being in community.

# Centre Facilitator Bios

*Find out more about this seasons Contributors and Facilitators here*



**Rev. David Taylor** is Rector of St Mark Ocean Park. He is also a leader with TWU ONE David has a wonderful story to share and is a remarkable teacher and facilitator of conversation. David is married to Andrew and has two adopted children. David is both Spiritual and Religious. He delights in the personal spiritual journey of the heart and he works to ensure the marginalised are cared for. He is also a composer of worship music and liturgy.

**Jodi Krahn** is a Depth Oriented Psychotherapist and Soul Guide with a background in counselling psychology, theological, studies, somatic therapy, expressive art therapy, EMDR, EFT, spiritual accompaniment and plant medicine integration therapy. Jodi has been facilitating workshops, retreats, women's circles and spiritual formation circles for several decades.



**Ginny Sawatsky** joined St. Dunstan's in the fall of 2023 and quickly became active with the Centre for Spiritual Renewal. She is the executive director of Pathways, an organization supporting adults with developmental disabilities. In 2021, Ginny opened a coffee shop in Mission to further her vision of creating a space where everyone is welcome and finds belonging. Outside of work, she enjoys walking, listening to podcasts, traveling, spending time with loved ones, and supporting global work in Zimbabwe and Mexico.

Contemplative practices have given me a Home and part of this is the Circle of Grace on Friday mornings at Saint Thomas. As a spiritual director and participant I seek to honour how the Light comes in and to each of us. One of these ways is through the push and pull of the creative process and I enjoy sharing how that shows up in our lives. In recent years I've been noticing the many faces and consolidations of the feminine aspect of God and I long for her to be recognized once again.



# Centre Facilitator Bios

*Find out more about this seasons Contributors and Facilitators here*



**Fr. Matt Koovisk** is currently the Rector of St. John's, Sardis. Growing up as a boy chorister at Christ Church Cathedral in Fredericton, New Brunswick, he was introduced to Evensong at an early age, and his love of Evensong (and choral music in general) has stuck with him ever since. Since those formative years, he's participated in all sorts of church music, most notably as the pianist to Devotion in Motion, a youth choir of St. Michael's Cathedral in Kelowna and St. Mary's Church, Richmond. Matt is currently a member of the tenor section of Belle Voci, a chamber choir in the Fraser Valley.

**Zach Power** has been singing in choral evensong services since 2015. He studied the traditions at Christ Church Cathedral in Victoria and is keen to bring that aspect of Anglican tradition to light in Chilliwack. Zach has extensive singing and directing experience as an alumnus of the Canadian National Youth Choir and as a past director of the Northern Lights Chamber Choir (Salmon Arm), Shuswap Youth Choir, and Victoria Arion Male Choir.



**Jason M. Brown** was born and raised in Southern California and studied anthropology and international development as an undergraduate at Brigham Young University. He has lived in Vancouver, BC since 2013 and became a Canadian citizen in 2024. He earned joint master's degrees in forestry and theology from Yale. He completed his PhD in 2017 from the Institute for Resources, Environment and Sustainability (IRES) at the University of British Columbia. As a Lecturer at Simon Fraser University Jason teaches courses in religious studies and ecological humanities for the department of Global Humanities. In 2023, he started an ecological chaplaincy program at Simon Fraser University which seeks to bring contemplative practice to climate anxiety and grief.

**Rev. David** is a retired Anglican priest who served in parishes and as contract prison chaplain in the federal system in the Dioceses of Nova Scotia, Ottawa, Calgary and New Westminster. Currently part of the clergy-in-residence at St. Dunstan's, David is an avid reader who enjoys reading in Christian Mystical Spirituality, Theology, Philosophy and Evolutionary Science. He is married to Erica and lives in Abbotsford.



**James Xavier Lam** is the Children Youth and Family leader at St. Thomas and finds deep joy in writing analytical essays on film and art, reading, writing, and creatively collaborating with his friends. When he's not doing these things, the source of most of his happiness is found in reading to his children, walks by the river, and fighting for social justice both in our local community and globally.

# Centre Facilitator Bios

*Find out more about this seasons Contributors and Facilitators here*



**Amanda Doran** is a trained Library Technician and facilitator who is passionate about books, the Bible, and sharing in community. She enjoys gathering to listen and share thoughts and insights to learn and grow.

**Rev. Clarence Li** is the new Rector of St. Dunstan's since November 2024. Formed in the spirituality of L'Arche, he spent years living and working with people with developmental disabilities. He learned and served parishes in Vancouver's Downtown Eastside and the Sunshine Coast before relocating to Aldergrove recently. He counts himself as a student and ally of all who are marginalized.



**Joanna Bravo** finds joy and healing in helping people and animals to be better in body, mind and spirit. Joanna is a practising Registered Massage Therapist and has a background in Homeopathy and Dental Hygiene. St Thomas, Chilliwack is her place of worship and she is a team member of The Centre of Spiritual Renewal. The Lay Worship Ministry is just beginning! Balance is found in the outdoors, gardening, and with her beloved Old English Sheepdog, Wilson.

**Gillian** is a counsellor-educator and spiritual director whose work integrates psychology, contemplative practice, and the Christian mystical tradition. She offers a grounded, heart-centred approach to soul formation and healing. Gillian Drader, MA, ACS-RCC, BCIA



**Rev. April** is a retired parish priest, hospital chaplain, and labyrinth facilitator. She has created many labyrinths including at St. Paul's Anglican Church, Vancouver, Sorrento Centre and at Vancouver School of Theology. Her thesis for her DMin was on creativity as a spiritual practice.

# Who is the Centre?

Contact:  
20955 Old Yale Rd. Langley BC  
Office: 604.534.6514  
Parish Admin email:  
[parishadmin@standrewslangley.ca](mailto:parishadmin@standrewslangley.ca)  
[standrewslangley.ca](http://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  
[st.dunstans@telus.net](mailto:st.dunstans@telus.net)  
[st-dunstans.ca](http://st-dunstans.ca)  
Centre Associate Director:  
Katherine Murray



Contact:  
46048 Gore Avenue, Chilliwack BC  
Office: 604.792.8521  
[stthomaschilliwack@gmail.com](mailto:stthomaschilliwack@gmail.com)  
[stthomaschilliwack.org](http://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](mailto:areeta@thecathedral.ca)  
[stpaulsanglican.bc.ca](http://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](mailto:allsaints_mission@shaw.ca)  
**Website: [allsaintsmission.ca](http://allsaintsmission.ca)**

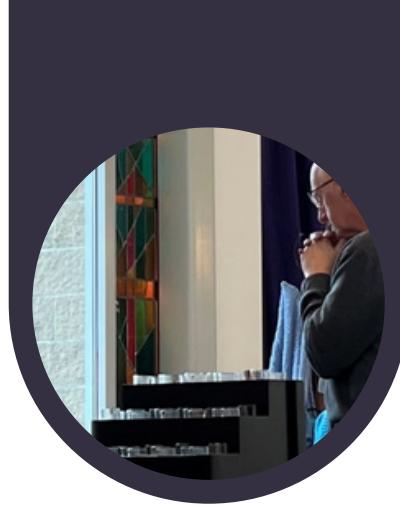
**Contact:**  
**1130 Jervis Street,**  
**Vancouver BC**  
**Office: 604.685.6832**  
[office@stpaulsanglican.bc.ca](mailto:office@stpaulsanglican.bc.ca)  
[stpaulsanglican.bc.ca](http://stpaulsanglican.bc.ca)  
**Centre Director: Philip Cochrane**



  
Centre for Spiritual Re-Imagination

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!

# Nurturing a deepening awareness of God



**The CENTRE FOR SPIRITUAL RENEWAL** extends a warm invitation to gather in person or online for life-giving opportunities to connect and deepen in relationship with God, oneself, and others.

The Centre offers retreats, study, prayer, and practice groups, workshops, conferences, and spiritual direction.

The Centre is about supporting people on their spiritual journey using a variety of spiritual traditions to experience God's love, wisdom, and healing; that we may be a loving engaged presence in community and for the world.

## **What is The Centre for Spiritual Renewal?**

The Centre for Spiritual Renewal is a Christian Formation coalition that began in 2018 at the Anglican Parish of St. Dunstan, Aldergrove, and has now expanded to include St Andrew's Langley, St. Thomas, Chilliwack, St. Paul's, Vancouver, and All Saints, Mission.

The Centre's development was assisted by the Diocese of New Westminster (DONW) Parish Development School and continues to be supported by Parish Development grants as its scope expands. In 2022, the Centre focus broadened to include spiritual formation gatherings for children, youth and families. The Diocese further encouraged the Centre ministry in 2025 by supporting an Inter-parish Co-ordinator and a Communications facilitator to assist parishes in the DONW who want to establish a Centre with their congregation. This initiative is to offer clergy and congregations resources and support to grow this ministry without it being a burden. Each parish has its own distinct Centre and can be connected to the Inter-parish ministry and program.

## **What does The Centre do?**

At the Centre, we have a strong desire to grow in God's grace, to be a place where people come to encounter God's loving presence, and to experience an authentic faith community. We invite all to gather, learn, pray, and practice in ways that are meaningful to each person.



# Integration & Transformation

## How does The Centre work?

Parishes offer weekly, monthly, and occasional events that are either 'Drop-in' or require registration with a suggested fee. Scholarships are provided so all may come. A warm invitation is given to all.

## Who is involved in The Centre?

Trained leaders and specialized facilitators from a variety of walks of life offer a broad spectrum of spiritual practices, studies, and workshops. We highly value local leadership and at times the Centre hosts an event with a high-profile facilitator to encourage our learning and practice. The Centre has a group of advisors who meet regularly to listen together and share from their experience, skill-sets, and wisdom. This has proven to be a very valuable encouragement to the directors of the Centre. The Advisor Team is: Archbishop John Stephens, Rev. Tellison Glover, Rev. Jessica Schapp, Rev. David Taylor, Rev. Dixie Black, Rev. Anne Crosthwait, and the parish priests: Rev. Andrew Halladay, Rev. Paul Bowie, Rev. Clarence Li, and Rev. Lorie Martin.

'Integration & Transformation' are two key words that mark the life and flow of the Centre. Participants are experiencing spiritual vibrancy and a sustaining connection to God which affects all areas of life, faith and family. We have noticed that those who join Centre gatherings from outside the church are drawn in and some return to parish life. Those within a parish are curious, inspired, and drawn to return to practices from their Anglican roots. There is a weaving together of lives integrating into the parish's community life, spiritual growth and renewal to love and serve the world.

**The Intention of the Centre team** and gatherings is reflected in the focus to invite participants to compassionately **listen** to Spirit, self, and others; to **engage** in an open and authentic manner, and to **rest** in the transforming "Presence & Action" of God.



# Spiritual Direction

**Spiritual direction** or spiritual companionship is an ongoing relationship in which a person desirous of being attentive to their spiritual journey regularly meets with a spiritual director/companion (usually once a month) for the purpose of becoming more attuned to the presence of God's spirit in all of life. It is a listening time to explore what matters to us: our joys, struggles, hurts, hopes, fears, and dreams. It is a time to consider our relationship with God, ourselves, and others and discover and drink from the Living Water of the Indwelling Spirit.

The inter-parish team of spiritual companions are available for occasional or ongoing one-on-one sessions to accompany you as you grow in grace. The Centre has a Peer Supervision Group for directors wanting support, learning, and connection.

For more information, contact [Lorie@loriemartin.com](mailto:Lorie@loriemartin.com).

**Meet our trained spiritual directors here. Feel free to contact them to book a session.**

Sharon Tiessen, [sharon\\_r\\_tiessen@hotmail.com](mailto:sharon_r_tiessen@hotmail.com)

Katherine Murray, [katherine.murray22@gmail.com](mailto:katherine.murray22@gmail.com)

Patricia Braun, [patricia.braun90@gmail.com](mailto:patricia.braun90@gmail.com)

Heidy Friesen, [heidyfriesen@gmail.com](mailto:heidyfriesen@gmail.com)

Kellie Brown, [kelliebrown@draderandassociates.com](mailto:kelliebrown@draderandassociates.com)

Gillian Drader, [gillian.drader@draderandassociates.com](mailto:gillian.drader@draderandassociates.com)

**For the monthly Peer Supervision Group, contact Lorie Martin:  
[Lorie@loriemartin.com](mailto:Lorie@loriemartin.com)**

**FIND YOUR EVENT  
REGISTRATION  
PAGES HERE**





THE CENTRE FOR  
**SPIRITUAL  
RENEWAL**

