

The Centre for Spiritual Renewal  
**UPCOMING** *highlights*

April - June 2026 @ St. Dunstan's



• Mondays, April 13, 20, 27, May 4, 6:30pm - 8:30pm

• **Mixed Media Art Journalling**

• How to pray without words

• As a follow-up to our first offering of mixed-media art journalling and quiet contemplation, we will be offering four additional weeks for those who wish to continue working in their current art journals. Each gathering will include a short meditation, a simple technique demonstration, and unhurried time to create. Please bring your own art journal and supplies.

• *Apr*  
• **13**  
• 2026



• Saturday, April 25, 10am - noon

• **Chronic Pain & Spirituality** - A Continuing Conversation

• Facilitated by Rev. Helen Tervo & Rev. Jeanne Forte

• Chronic pain disrupts every aspect of a person's life. We often focus on the physical, in hopes that a cure may be found. In the meantime, we become limited in the things that give us joy. Our time together is an opportunity to explore the cost of chronic pain, to sit with our grief over losses, and to be with each other. We're not looking for cures, only the miracle to carry on. This group welcomes pain bearers, care givers and hope searchers.

• *Apr*  
• **25**  
• 2026



• Saturday, May 23, 2:30pm - 4:30pm

• **Following the Shepherd Pilgrimage - Psalm 23**

• Facilitated by Dede Nicholson

• An invitation to join in a 2-hour (approximate) pilgrimage walk at Aldergrove Regional Park. As pilgrims, this will be a time to set intention, to be curious and become aware of our inner and outer space. It will be an opportunity to seek where and how God might be leading us and listen as we observe the beautiful creation around us and with each other.

• *May*  
• **23**  
• 2026



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• Saturday, June 20, 2026, 9:30am - 3:30pm

• ***Pathways to Peace Retreat*** - Creating Peace within  
• Our Hearts, Our Relationships, Our Community, Our World

• Facilitated by Katherine Murray, with guests  
• Music by David Taylor

• Come join in this retreat day as we explore the  
• ways that make for peace in our hearts and into our  
• lives and world. This facilitated day will include  
• prayer stations, contemplative worship, spiritual  
• practices, and an opportunity to connect in  
• community.

• June  
• 20  
• 2026

## ADDITIONAL WEEKLY / MONTHLY OFFERINGS:

### **COMPLINE - Wednesdays, 9:30 - 10:00pm / on Zoom**

A service of night prayers forming part of the Divine Office, traditionally said before retiring for the night. Facilitated by Joe Baker & Elaine Chatwin

### **CENTERING PRAYER - Fridays, 11:30am - 12:00pm / In-person or on Zoom**

This simple practice is twenty minutes of silence using the pattern of Centering Prayer as taught by Thomas Keating and Cynthia Bourgeault.

Facilitated by Joe Baker, Elaine Chatwin &/or Jim Hober

### **LECTIO DIVINA - Fridays, 12:00pm - 12:30pm / In-person or on Zoom**

Lectio Divina is a meditative prayer practice involving reading, reflecting, responding, and resting with Scripture to deepen spiritual connection.

Facilitated by Joe Baker, Elaine Chatwin &/or Jim Hober

### **CONTEMPLATIVE EUCHARIST - Fridays, 12:30 - 1:00pm / In-person**

Celebrating the Lord's Supper in an intimate and reflective setting, with simple chants.

Led by Rev. Clarence Li.

### **CONTEMPLATIVE FELLOWSHIP & SPIRITUAL PRACTICE - Saturday, April 11 / May 9 / June 13, 9:30am - Noon / In-person**

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

Facilitated by Joe Baker & Elaine Chatwin



visit [www.st-dunstans.ca/](http://www.st-dunstans.ca/)  
[www.thecentreforspiritualrenewal.org](http://www.thecentreforspiritualrenewal.org)

for more information, registration for events & Zoom links



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