
THE CENTRE FOR
SPIRITUAL
RENEWAL
FALL
PROGRAM GUIDE
2026

This program guide includes:

- Spiritual Practice Groups
- Centering Prayer
- Midweek Eucharist
- Retreats
- Workshops
- Sung Worship
- Justice awareness
- Youth and Family
- Bios of facilitators
- Who is the Centre?
- What is a Centre?
- Spiritual Direction
- Develop a Centre
- **Registration link for Events**

Welcome
Messages

Dear Friends,



As summer unfolds into fall, and in the months ahead, fall will shift into winter, so our spiritual lives are invited to transform through the seasons of life as we be still and know God as The Living Presence. With the fall schedules, activities, and commitments returning, may we be mindful to cherish devoted time to re-engage, refresh, and root more deeply and firmly our relationship with God. May these Centre gatherings and practices support and strengthen your longings for the Presence of God, inner wellness and community connecting. Hope to be with you along "The Way."

Come, Holy Spirit, Come,

Lorie

Lorie Martin
Director of The Centre Inter-parish Ministries
The Centre for Spiritual Renewal



Warmest Regards,

James

James Xavier Lam
Communications | People & Culture
The Centre for Spiritual Renewal

Croeso cynnes iawn aton ni

I find myself in these hot final weeks of summer, often wishing it away to embrace the crisp air of Autumn. Summer is very often full of fun and activities, and more recently smoke and a little fear. With Autumn winds, come the clearing of the air and the falling of the rain. Washing away smoke grime and replensihing the grass and roots. 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.

Fall 2026

+ 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.

- September 11th – September 25th (3 Weeks)
  Growing with the Season of Creation
- October 9th – October 30th (4 Weeks)
  Living the In-between with Carrie Chesham
- November 27th - December 18th (4 Weeks)
  Advent: The Holy Practice of Noticing with Cheryl Rostek

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

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

Compline on Zoom - *@ St. Dunstan's Aldergrove*
Wednesdays | 9:30 - 10:00 pm

Contemplative Fellowship & Spiritual Practice – @ St. Dunstan's, Aldergrove
September 19, October 10, November 14 & December 12

Lectio Divina - @ All Saints, Mission
Wednesdays | 9:30 am | Facilitated by Molly Hawkins

Bible Book Club – Reflecting on the Scriptures - @ St. Thomas, Chilliwack
Wednesdays | 7:00 pm | Facilitated by Amanda Doran

Contemplative Prayer - @ St. Anselms, Vancouver
Tuesdays (Starting September 22nd) | 5 p.m. | On Zoom Facilitated by Dr. Tim Cheek

A NEW Weekly Prayer Gathering - @ St. Mary's Kerrisdale
Pray Without Ceasing – 10:00 am Wednesdays



Fall 2026

+ 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

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*
Fridays | 11:00 am

Holy Eucharist - @ All Saints, Mission
Thursdays | 11:00 am

Circle of Grace

Alive in the Season of Creation

THE CENTRE AT St Thomas

Fridays, September 11th, 18th, 25th 2026

10:00 am - 11:30 am

St. Thomas, Chilliwack BC

Facilitated by Lorie Martin and Author Therese DesCamp



3 Fridays focusing on Creation being grounded, having roots, and flourishing as metaphors for the spiritual life.

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

Suggested donation: $10 each or $25 for all sessions

Click Here for more info

A Continuing Conversation

Spirituality & Chronic Pain

THE CENTRE AT St Dunstan



Saturday, September 19th 2026

10:00 am - 12:00 pm.

St. Dunstan's Church, Aldergrove

Facilitated by Rev. Helen Tervo and 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.

$20 Pay from the heart, at the door

Click here to Register

Labyrinth Based Worship

THE CENTRE AT St. Marys

Sundays September 20th, October 18th, November 15th

7pm

St. Mary's Kerrisdale, Vancouver

Facilitated by Rev. Roberta Fraser



A monthly quiet service of short bible readings, prayer, music and a meditation walk on our 11-circuit Chartre style labyrinth. Held on the third Sunday of the month in the St. Mary's gymnasium.

Drop In

Pet Blessing Gathering

THE CENTRE AT St Thomas



Saturday, September 19th 2026

10:00 am - 12:00 pm.

St. Thomas Church, Chilliwack

Facilitated by Joanna Bravo & Ryan Bowie

Bring your pets to receive a prayer of blessing and a special gift or come to enjoy other's pets.

All are welcome!

Bring your dogs and cats, lizards, birds and any other creatures important in your life for this blessing.

We look forward to a time of loving chaos!

NOTE: In honor of current grief of a deceased pet, please bring your special token in remembrance of your pet.

Drop in!

If possible please click here to register or reply at: thecentreforspiritualrenewal@gmail.com for gift planning

Mixed Media Art Journalling

How to Pray without Words

Wednesdays, September 23, 30, October 7, 14, 21, 28
6:00-8:00pm
St. Dunstans, Aldergrove
Facilitated by: Doris Froese, Ginny Sawatsky, Kathi Renaud



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. For those that are new, no art experience is needed & supplies will be included.

Barrier free
$50 – all supplies included

Click here to Register

What we can do about the Climate Crisis

Becoming the Answer



Saturday, September 12th 2026
2:00 pm - 4:00 pm
St. Dunstan's, Aldergrove
Facilitated by The Reverend Emilie Teresa Smith

An afternoon of poetry, reflection, conversation, and sharing on "Becoming the Answer" to the global climate crisis. What changes are needed to shift from "being the problem" to "becoming the answer" that goes beyond "knowing the facts"? Expect a stimulating, engaging, thoughtful, provocative time.

$10 Pay from the heart, at the door

Click Here to Register

Using our bodies to experience scripture

Embodied Bible Study

THE CENTRE AT St. Anselm



Thursdays
Starting September 22nd 2026
4pm
St. Anselm's, Vancouver
Facilitated by Rev. Alecia Greenfield

We walk our bodies through scripture. We take on the roles and characters and notice how we experience scripture when we embody the words. While this is acting adjacent this is not performance! Bring your curiosity and clothes you can move in.

Please email Rev. Alecia to register at rector@stanselms.ca

Coffee & Conversation

PRIDE DOESN'T END HERE

THE CENTRE AT St Thomas

Wednesday September 23rd 2026
7:00 pm - 8:30 pm
St. Thomas, Chilliwack BC



You found us at Pride. Come find us again.

Every generation has its own way of becoming visible, its own freedoms, its own fears, its own language and its own courage.... At St Thomas Anglican Church, Chilliwack, we are making room for those stories. Join us for an evening of listening, laughter and honest conversations as local queers share their journeys.

Questions are welcome. Judgement isn't.

Come as you are; there's a place of sacred community for you.
Love knowing someone a little better!
Suggested Donations: $10, $20, $25

Click here to Register

How we might bring our gifts to the world's needs

Finding our Purpose in Life

THE CENTRE AT St. Anselm



Thursdays

October 1st, 15th, 29th, November 12th, 26th, December 10th

6:00 pm - 8:00 pm

St. Anselm's, Vancouver

Facilitated by Rev. Alecia Greenfield

For University Students

There are two elements of this program.

1. biweekly in person gatherings to reflect on the elements of our life, from money to relationships with guided conversation on provided topic questions
2. exploring a small hopeful action related to each element with a digital check in on weeks we don't meet.

We will continue our discussion over dinner

In the last week we will compile a personal rule of life.

Please email Rev. Alecia to register at rector@stanselms.ca

Death, grief and hope

Faithful Endings

THE CENTRE AT St. Laurence



Wednesdays

7, 14, 21 and 28 October 2026

10:30 am - 12:00 pm

St. Laurence Anglican Church, Coquitlam

Facilitated by Rev. Phillip Cochrane

Most of us carry losses we have never quite known what to do with, and endings we would rather not look at directly. Over four Wednesday mornings we make space to think honestly about death, grief and hope, whether you are grieving now, bracing for what lies ahead, or simply wanting to face these things without pretence. Come to one morning or come to all. Open to anyone, well beyond the parish.

Drop in to any or all sessions.

Spiritual Practice to Hold Collective Liminality

Living the In-between

THE CENTRE AT St Thomas

Saturday, October 3rd
9:30 am - 3:30 pm
St Thomas, Chilliwack
Facilitated by: Carrie Chesham & Herta Klassen



This session focuses on exploring grief, anger, and joy as emotional aspects of collective liminality through teachings, reflection, and conversation. Participants will engage in creative practices like watercolour painting and mandala-making to express feelings beyond words, emphasizing connection and compassion.

Four follow-up sessions will be held at St. Thomas Church on Fridays:
Oct 9, 23, 30, and Nov 6 at 10:00 am

Fee includes lunch, snacks, art supplies:
$125, $100, $75, $50

Pre-registration is necessary so the necessary supplies can be ordered.

Click Here to Register

Follow Up Sessions

Circle of Grace

Living the In-between

Fridays
October 9th, 16th, 23rd, 30th 2026
9:00 am - 11:30 am
St. Thomas, Chilliwack BC
Facilitated by Carrie Chesham

4 Fridays following up on the Living the In-Between workshop with Carrie and Herta on October 3rd.

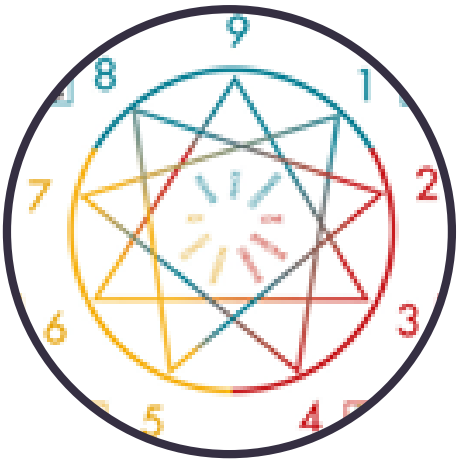
Fridays include Centering Prayer at 9:30 AM, open for drop-in participation.
Suggested Donations: $10, $20, $25

Wholeness and Spiritual Formation

The Enneagram Harmony Triads

THE CENTRE FOR SPIRITUAL RENEWAL

Tuesdays
Oct 6, 13, 20, 27, Nov 3, 10, 17, 24
6:30 pm - 8:30 pm
Online
Facilitated by Daile Unruh-Peters



Throughout the course we will explore how the Harmony Triads invite greater integration of the three centres of intelligence—body, heart, and mind. Teaching will be complemented by guided reflection, conversation, and spiritual formation practices designed specifically for each triad. Each participant will receive a 30-minute individual consultation to review their assessment results, discuss their Harmony Triad profile, and explore questions related to their own spiritual formation, growth, and discernment.

Registration Fee: $100 + Assesment Fees

Click Here to Register

Meditation and Deep Listening Workshop

THE CENTRE AT St Dunstan



Saturday October 17th 2026
10:00 am - 12:00 pm
St. Dunstan's, Aldergrove
Facilitated by Esther Wilson

The session will include an opportunity to practice deep listening with one another and some gentle teaching on welcoming whatever arises into present awareness with compassion rather than resistance. It is often through making space for our thoughts, emotions, and bodily sensations that healing, insight, and transformation can unfold.
No previous experience of meditation is needed. Whether you are seeking greater inner peace or simply a space to pause and reconnect, you are warmly welcome.
Come as you are.

Click Here to Register

Spiritual & Healing Caregivers Retreat

Care for Those Who Care

THE CENTRE FOR SPIRITUAL RENEWAL

Saturday, October 24th 2026

9:30am: Coffee & Connection

10:00 am - 2:00 pm.

See Registration for Location

Facilitated by Lorie Martin, Daile Unrah-Peters, Jacquie Zuidhof, Carrie Chesham, and Gillian Drader



A group of experienced spiritual healing companions will facilitate a time of care and wellness for those who care for others. The retreat will hold times of connecting in collective learning, contemplative practice, expressive art, quiet reflection and community sharing. This is a time to hear from a variety of voices with different training, practice, and experience such as enneagram, listening prayer and compassionate listening; as well as hearing from each other. This will offer collective wisdom to be encouraged and strengthened on the caregiving journey. Lunch is included.

Click Here to Register

All Souls

An Evening to Remember

THE CENTRE AT St. Laurence



Sunday, 1st November 2026

6:00 pm

St. Laurence Church, Coquitlam

Facilitated by Rev. Phillip Cochrane

A gentle evening liturgy of remembrance, with candlelight, the naming of those we have loved and lost, and space to grieve and give thanks together. It is the resting place of the Faithful Endings series, and it is open to anyone carrying a name they would like remembered.

Drop in Event

Experiencing the Tradition of Contemplative Prayer

Formed by Silence

THE CENTRE FOR SPIRITUAL RENEWAL

Saturday, October 24th
9:00 am - 2:00 pm
Online via Zoom

Facilitated by: Nicholas Fournie & Rev. Dr. Therese DesCamp



Formed by Silence is a free online retreat offered by The Contemplative Society. It is designed for seminarians and young faith leaders aged 40-and-under, offering a transformative entry into the Christian Wisdom tradition through contemplative stillness. Rooted in the 14th century mystic text The Cloud of Unknowing, this gathering guides participants from theological study into direct experience via Centering Prayer (an apophatic practice of self emptying silence) and the somatic Welcoming Practice for embodying divine presence in daily life. The retreat unfolds over two live sessions (9:00–11:00 AM & 12:00–2:00 PM PST), extended by a private digital cohort with recordings, a 30-Day Practice Guide, and curated resources.

More than silent prayer, this retreat provides divine therapy for the pressures of ministry formation, renewing hearts through God's compassionate welcome, while fostering genuine connections among emerging leaders who share a passion for Christian Wisdom and spirituality. In a dedicated space for young voices, you'll meet peers navigating similar vocational paths, building relationships that endure beyond the sessions through ongoing online gatherings. Made possible by the bequest of Constance Irene Burns, it's an invitation to rest, encounter mystery, and emerge formed by silence for resilient, authentic leadership.

Register with the Contemplative Society contemplative.org

An Evening Wisdom Retreat

The Sacred Passage Through the Fall Triduum

THE CENTRE FOR SPIRITUAL RENEWAL



Sunday, 1st November 2026
6:00pm - 8:30pm
St Dunstan's, Aldergrove
Facilitated by Heather Ruce

The Paschal Triduum in spring invites us to explore Christ's death and resurrection, reflecting on our own transformation. Similarly, the fall Triduum of Halloween, All Saints, and All Souls encourages us to confront mortality, honor those who have passed, and seek a deeper understanding of life beyond death. Through teaching, reflection, and spiritual practice, we will embrace our shadows, connect with the communion of saints and ancestors, and acknowledge losses. As autumn transitions to winter, these sacred days will serve as a time for letting go, remembering, and deepening our connection to the mysteries of life and death, offering this exploration for the benefit of the world.

Circle of Grace

Advent: The Holy Practice of Noticing

THE CENTRE AT St Thomas

Fridays, November 27th, December 4th, 11th, 18th
9:00 am - 11:30 am
St. Thomas, Chilliwack BC
Facilitated by Cheryl Rostek



Advent: The Holy Practice of Noticing is a four week course centered on "[preparing] Him room." Participants will discover why noticing matters and practice cultivating awareness through guided exercises, self-reflection, collective creativity and more.

"Earth's crammed with heaven, and every common bush afire with God; but only he who sees, takes off his shoes." - Elizabeth Barrett Browning

Fridays include Centering Prayer at 9:30 AM, open for drop-in participation. Suggested Donations: $10, $20, $25

Advent Mini-Retreat/Quiet Day

THE CENTRE AT St. Marys

Saturday November 28th 2026

9:30 am - 2:30 pm.

St. Mary's Kerrisdale, Vancouver

Facilitated by Rev. Roberta Fraser



Quietness and rest are vital for our wellness, but so seldom found in our hectic world. Come join a quiet retreat time as we enter the waiting and wondering of Advent. This is an opportunity to: reflect, journal, explore a creative prayer practice, meditate, walk our Chartres style labyrinth or just rest in silence.

The day includes a simple soup and bread lunch and coffee/tea and simple snacks throughout the event. There is no fee for this day but please let us know if you are coming so we can prepare for your presence.

For more information contact Roberta at
Roberta@stmaryskerrisdale.ca

Scripture, prayer, and honest reflection

Awake to Hope: Morning Prayer in Advent

THE CENTRE AT St. Laurence



Monday to Friday, 30 November to 24 December 2026
(nineteen weekday mornings)

8:00 am

Online

Facilitated by Rev. Phillip Cochrane

Awake to Hope: Morning Prayer in Advent is a four-week series for churchgoers and neighbours alike, offering a gentle space to wake up to reality, prepare the way, rejoice in the middle, and discover God's promise in small, ordinary places.

How the Old Testament Proclaims Good News (and when it Doesn't)

What Really Matters?

THE CENTRE AT St Thomas

Wednesday December 2nd, 2026
6:30 pm Doors Open
7:00-9:00 pm
St. Thomas Anglican, Chilliwack
Facilitated by Dr. Bradley Jersak

Have you ever wondered about how unChristlike the Old Testament can be? Examples of "toxic texts" abound, yet Jesus said, "These Scriptures are about me." How so? Through the example of Sardis of Mileto, we will examine a model of "prefigurement" that opens our eyes to the beauty of the Hebrew Scriptures in their anticipation of Jesus.

Q&A to follow.

Suggested Donations: $10, $20, $25

Click Here to Register



An Advent Retreat of Story and Practice

The Faces of Mary

THE CENTRE FOR SPIRITUAL RENEWAL



Thursday December 10th, 2026
6:30pm - 8:30pm
Online

This evening's Advent retreat focuses on exploring different aspects of Mary through collective experiences, storytelling, and hands-on practices. Participants will reflect on the theme of waiting, akin to winter's hidden activity, as Mary teaches the art of embracing paradox. The retreat aims to cultivate patience and trust during Advent, encouraging resistance to a culture that promotes constant growth.

Save the date!
Details and to register closer to the date:
www.contemplative.org

A Space for Christmas Together

Christmas Music

THE CENTRE AT St Thomas



Friday December 11th, 2026
7:00pm - 8:15pm
Entry at 6:40pm
St. Thomas Anglican, Chilliwack

A Magical Christmas Concert at St Thomas Anglican Church, Chilliwack

Step into the wonder of the Christmas season as St Thomas Anglican opens its beautiful heritage sanctuary for an unforgettable evening of music, storytelling, laughter, and singing for all. The joys and memories will linger long after the final note.

$10 Suggested Donation

Candlelight Service

Longest Night

THE CENTRE AT St Thomas

Thursday, December 17th 2026

6:30 pm - 7:30 pm.

St. Thomas, Chilliwack

Facilitated by Rev. Lorie Martin



If you need comfort this holiday season, please join Longest Night Service on Wed Dec 17. This simple candlelight service provides space for those who mourn a loss or struggle during the holidays. It is a safe quiet space for those who may carry grief or pain rather than a sense of celebration. Maybe bright lights, loud music, and over-activity are too overwhelming and hectic.

Please enter this space quietly and respectfully.

All are welcome.

Labyrinth Walk

Longest Night Service

THE CENTRE AT St. Marys

Sunday, December 20th 2026

7:00pm

St. Mary's Kerrisdale, Vancouver

Facilitated by Rev. Roberta Fraser



We all carry emotional and spiritual 'burdens' of one sort or another – sadness over people we miss, loneliness, illness in ourselves or loved ones, concern over world events, fear for what the future holds for our family members and many other situations can weigh on us. We offer this service at the time when the night is at its longest is a symbol of the fact that while it is dark now, the light is coming. This is an opportunity to acknowledge that God is with us. Our fears and sorrows aren't the whole story! This is a quiet, gentle service of candlelight, prayer and gentle music.

Youth & Family
Spiritual Formation

Double Digits - *@ St. Thomas, Chilliwack*

Discovering the Divine @ St. Thomas
1st and Third Thursday 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.





Music & Worship

LATRIA - *@ St. Thomas, Chilliwack*

Wednesday September 30th | 7:00pm
This midweek service is created to recognize the need to pause to recognize the deep yearning of our hearts to meet with God.
Recording artists Danielle and Drew McTaggart invite us to linger in the presence of God along with other musicians with beautiful music in the candlelit historic building of St. Thomas.

Evensong - *@ St. John's & St. Thomas, Chilliwack*

4th Sunday Monthly | 7pm

This 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.

Evening Prayer with music from the Taizé Community - *@ The Cathedral, Vancouver*

Sundays | 4 pm
Services take place weekly in the Cathedral at 4pm. Lasting about 45 minutes, they offer Evening Prayer with music in a variety of styles. Services follow the lectionary (calendar of scripture readings) of the Anglican Church of Canada. Liturgies (service formats) are based on those of the Book of Alternative Services or the Book of Common Prayer of the Anglican Church of Canada.
We feature the music of the Taizé Community (France) approximately once a month, as listed above.

Special Choral Evensong - *@ The Cathedral, Vancouver*

Thursday August 20th 2026 | 5pm

We are delighted to welcome back the choir of the Canadian Renaissance Music Summer Schools Pacific Course to sing Choral Evensong in the Cathedral.
Directed by course founder Greg Skidmore.
All are welcome to attend. This service is offered in-person only. Livestream will not be available.





Facilitator Bios

Find out more about this seasons Contributors and Facilitators here



Cheryl Rostek is a former pharmacist whose life was upheaved by incurable brain cancer in 2016. Since then spirituality and contemplation have become indispensable in her life. Cheryl now spends her days writing her story into a blog and a forthcoming memoir. When she isn't writing she's spending time with her husband and three young children.
You are invited to follow Cheryl at cherylrostek.com

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.





Gillian Drader 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

Dr. Timothy Cheek is a Professor with the School of Public Policy and Global Affairs and Department of History at UBC. He is also a faithful member of St Anslem's taking a lifetime of teaching and facilitating skills to exploring contemplative prayer practices.



Facilitator Bios

Find out more about this seasons Contributors and Facilitators here



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.

Ryan Bowie has been with St. Thomas since 2024, actively filling various volunteer roles and currently leading the Rental Coordinating team. He is involved in several groups, including the Go Green team, Counting team, Truth & Reconciliation Committee, and Sound & PowerPoint team. A lifelong Anglican and priest's child, Ryan has participated in numerous church events and diocesan activities. He enjoys serving others, connecting with the environment, and sharing laughter.





Jacquie Zuidhof was often encouraged by friends and acquaintances to pursue a ‘listening’ career. As her children moved out to live independently, she acquired her Masters of Arts in Spiritual Formation, after which she settled into inspired guidance and learning in the Art of Spiritual Direction from Soulstream. She has been offering spiritual direction for the last 10 years. Quiet, sacred space in centering prayer and solitude is life-giving preparation for what each day brings.

Facilitator Bios

Find out more about this seasons Contributors and Facilitators here



Revd. Philip Cochrane is the Rector of St. Laurence, Coquitlam, with a multifaceted faith encompassing evangelical, charismatic, Celtic, and contemplative traditions. He believes spirituality should permeate all aspects of life, emphasizing love for God, neighbors, and self through mercy, justice, and humility. His leadership and teaching reflect this perspective, and he focuses on Christian formation and witness in the digital age.



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.

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.





Kellie Brown's life's work centers on the sacred interconnectedness of all things in Divine love. She focuses on deeply listening to the quiet movements of the Divine within relationships, whether with people or nature. Grounded in her Christian faith, she honors all religious traditions' experiences of Divine relationality, recognizing that each offers a valuable perspective. She invites everyone to trust in a Divine Presence that supports their spiritual journey.

Facilitator Bios

Find out more about this seasons Contributors and Facilitators here

Daile Unruh-Peters holds a Master's degree in Christian Ministry, as well as certifications in Spiritual Direction and Supervision from Sustainable Faith.



She is also certified to provide ©iEnneagram Motions of the Soul coaching and workshops. This unique approach to the Enneagram emphasizes achieving transformation and harmony within the head, gut, and heart centers.



Therese DesCamp has a deep longing to encounter the Holy as expressed through the being-ness of creation. She lives this out in the Kootenays through her long-term practice of meditation and prayer, as well as through her life as a spouse, writer, spiritual director, minister and recovering alcoholic. https://widespot.ca/therese-descamp/ Therese is author of Hands Like Roots. Therese is a teacher of Christian contemplative Wisdom working in the lineage of Cynthia Bourgeault and within the active collegial and mentoring network of that lineage.

Drew and Danielle (LATRIA) are musicians who have traveled all over the world playing music, yet find themselves returning to this: worshiping in the fullness of God, which is truly unparalleled. They are eager to share their musical gifts in community and to lift up Jesus, the source of true freedom.



Facilitator Bios

Find out more about this seasons Contributors and Facilitators here



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.

Carrie Chesham is a nurse, spiritual care practitioner, and founder of Transformative Care Collaborative. With over 20 years of experience in various healthcare settings, she explores how individuals and communities navigate uncertainty and loss. Her methods are influenced by non-dual awareness, trauma-informed care, interfaith spirituality, and contemplative practices. Passionate about fostering connection and compassion, Carrie recently earned a Master's in Public and Pastoral Leadership with a focus on spiritual care. She currently resides in Chilliwack on Stó:lō lands.





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 futher 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.

Facilitator Bios

Find out more about this seasons Contributors and Facilitators here



Dr. Bradley Jersak (Principal of St. Stephen's University, NB) is the author of Her Gates Will Never Be Shut: Hope, Hell & the New Jerusalem and A More Christlike God: A More Beautiful Gospel.



Rev. Roberta Fraser has been a priest in the Diocese of New Westminster for over 27 years and is a Veriditas Certified Labyrinth Facilitator.



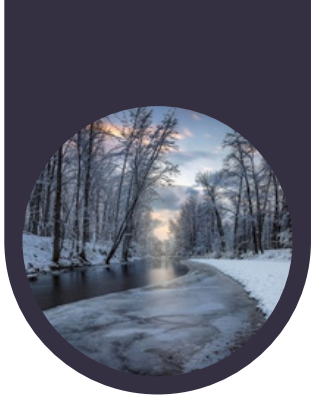
Rev. Alecia Greenfield is completing a Doctor of Ministry in Leadership and Spiritual Formation. She is studying realistic hope in a poly crisis world. This series of events is developed to grow our skills and capacity for hope.



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.



Esther Wilson, grew up in Northern Ireland during The Troubles. At age 34 Esther immigrated to Canada where she was married for ten years For the past decade, Esther worked as a personal skills training facilitator and employment counsellor with Triangle Community Services. Currently, she is in training with Thomas Hubl's Timeless Wisdom focused on the transformation of trauma and spiritual growth. Esther lives in Abbotsford, BC.



Spiritual and Healing Care

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.

Meet our trained spiritual & healing companions:

Patricia Braun, patriciabraun90@gmail.com
Heidy Friesen, heidyfriesen@gmail.com
Kellie Brown, kelliebrownsd@gmail.com
Gillian Drader, gillian.drader@draderandassociates.com
Jacquie Zuidhof, jacqjohn8403@gmail.com
Lesley Wieler, lesleyjwieler@gmail.com

Listening Prayer: This is a form of prayer where one meets with prayer facilitators in a quiet setting to listen with you and invite God's healing presence into your present dilemma or an unhealed memory. Listening prayer is a time where compassion, comfort, and truth come to areas of confusion, pain, and anxiety bringing deep restoration and lasting peace. It is a time of listening to God to deepen connection and relationship
The Ministry of Listening Prayer is available through the Parish of St. Dunstan. **Contact Lesley Wieler lesleyjwieler@gmail.com**

Healing Touch : This is a form of the ancient art of hands-on healing described in the Bible. It is a prayerful practice that works with the energy fields that surround each of us to restore balance in the body's energy system. This practice promotes listening to the body, healing, a deep sense of relaxation, and supports the body's natural ability to heal. Healing Touch complements traditional approaches to healing. Healing Touch is understood as a process to restore balance and wholeness of body, mind and spirit. By intentionally becoming grounded, centered in the Light of Christ and God's healing love, healing can happen.
The Ministry of Healing Touch is available through the Parish of St. Thomas.
Contact Joanna Bravo healthmatters.bravo@gmail.com

If interested in Peer Supervision for Care Givers, please contact: lorie@loriemartin.com

Who is the Centre?

THE CENTRE AT St Dunstan

The Centre began at St. Dunstan's in 2018 when Rev. David Taylor and Rev. Lorie Martin joined dreams, experience, and energy to develope 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, occassional 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
st-dunstans.ca
Centre Associate Director:
Ginny Sawadsky

THE CENTRE AT St Thomas

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.

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



THE CENTRE AT St Anselms

We value the mystical tradition of silence as well as the community experience of worship, and recognize that physical things such as bodies are expressions of the holy. St. Anselm's is a a congregation of all ages and backgrounds, and is fully inclusive. We host community lunches, bible study, and care for the homeless in Point Grey. We have a choir, thoughtful and engaged spiritual events, and we are involved with contemporary issues. This is a place where all of God's children are welcome, regardless of race, gender, or sexual orientation. We are a safe space for LGBTQ+ individuals, their families, and allies.



Contact:
5210 University Blvd, Vancouver, BC
Office: 604.224.1410
office@stanselms.ca
stanselms.ca
Centre Director: Rev. Alecia Greenfield

Who is the Centre?

THE CENTRE AT The Cathedral

Contact:
690 Burrard St, Vancouver, BC V6C 2L1
Office: 604.682.3848
areeta@thecathedral.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.

THE CENTRE AT All Saints

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

CSR
Centre for Spiritual Re-imagination

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 an urban Centre 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!

Who is the Centre?

THE CENTRE AT
St. Marys Kerrisdale

Contact:
2490 West 37th Ave, Vancouver, BC, V6M 1P5
Office: 604.261.4228
office@stmaryskerrisdale.ca
stmaryskerrisdale.ca
Centre Director: Rev. Roberta Fraser



St. Mary's Kerrisdale is a progressive Anglican Church, in the heart of Kerrisdale (Westside of Vancouver). For over 112 years St. Mary's has been a steady presence in the community, as a result, several generations of families have called St. Mary's home. We are a community of communities, people come from all over Greater Vancouver from a variety of postal codes to be a part of St Mary's.

THE CENTRE AT
St. Laurence

St. Laurence is an inclusive Anglican parish in Coquitlam that serves the Tri-Cities and is the newest community to join the Centre for Spiritual Renewal. Our hope is a simple one: to be a place where the curious, the searching, and the tired are truly welcome, and where honest questions about faith and life are met with warmth rather than pressure. The Centre at St. Laurence holds together head, heart, and hands: thoughtful conversation, contemplative practice, and lived care for our neighbours. Through the Centre, we hope to offer opportunities for spiritual renewal across the Tri-Cities and to people in nearby communities such as New Westminster and Burnaby.



Contact:
825 St. Laurence Street, Coquitlam, BC V3J 6G7
Phone: 604-936-5423
Email: renewal@saintlaurence.ca
Website: saintlaurence.ca

THE CENTRE FOR
SPIRITUAL
RENEWAL



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.

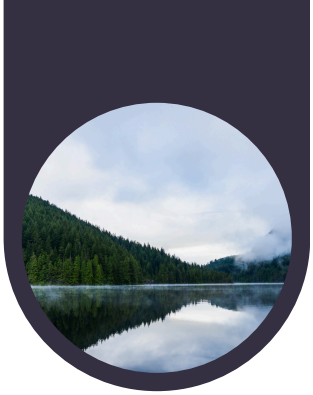
Who is involved in The Centre?
Trained leaders and specialized facilitators from a variety of walks of life offer a broad spectrum of spiritual practices, studies, and workshops. We highly value local leadership and at times the Centre hosts an event with a high-profile facilitator to encourage our learning 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, Gene Fraser and the parish priests:**
Rev. Areeta Bridgemohan, Rev. Paul Bowie, Rev. Clarence Li, and Rev. Lorie Martin, Rev. Roberta Fraser, Rev. Philip Cochrane, Rev. Ron Culmer, and Rev. Alecia Greenfield.

'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.

Develop a Centre



The Diocese is developing the Centre ministry by supporting an Inter-parish Director/Co- ordinator and a Communications Facilitator to assist parishes that want to establish a Centre ministry in their parish. This initiative is to offer clergy and congregations resources and support.

More info:

- The Centre for Spiritual Renewal website
- A more detailed information booklet
- Develop a Centre presentation and workshop is available for those interested in the possibility of connecting or growing a Centre.
- Click on the home page of the DONW website at the praying hands icon

Centre for Spiritual Renewal

Develop a Centre Presentation

THE CENTRE FOR SPIRITUAL RENEWAL



Sunday, October 11th 2026
At Coffee Time after the Service
The Cathedral, Vancouver
Facilitated by Lorie Martin

Interested? Come see, hear, and explore...
Inter-parish Director, Lorie Martin offers a fun inter-active presentation as she shares what the Centre for Spiritual Renewal in the DONW is, why it is important, and how to develop one in your parish.

Drop in Event

We wonder what you dream of for spiritual renewal and collective spirituality for yourself and for your parish.

FIND YOUR EVENT REGISTRATION PAGES HERE

OR VISIT

THECENTREFORSPIRITUALRENEWAL.ORG

REFUNDS ARE GIVEN UPON REQUEST, LESS $20 PROCESSING FEE, UP TO ONE WEEK PRIOR.
IF CANCELLATION COMES IN ON THE WEEK PRIOR TO THE EVENT, HALF THE FEE WILL BE RETURNED UPON REQUEST.

THE CENTRE FOR
SPIRITUAL
RENEWAL

THE CENTRE AT
St Thomas

THE CENTRE AT
St Dunstan

THE CENTRE AT
All Saints

THE CENTRE AT
Christ Church

THE CENTRE AT
St. Anselm

THE CENTRE AT
St. Marys

CSR
Centre for Spiritual Re-imagination

THE CENTRE AT
St. Laurence

Diocese of New Westminster
ANGLICAN CHURCH OF CANADA