



ST DUNSTAN'S CENTRE FOR
**SPIRITUAL
RENEWAL**



**FALL/WINTER
2019**

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WELCOME

Our fall and winter program is full of opportunities to connect with our loving Creator. Please consider how you might be enriched by one of these retreats, study groups and gatherings. Invite a friend, a neighbor, a family member. Encourage those around you to feed their hearts and minds with the gentle, yet invigorating, love of God.

“May the Spirit of Christ be our hope through the day, be our guard through the night, our companion on the way”

- An Irish Blessing attributed to St. Patrick

Be awakened to love this season, with Jesus Christ, your Friend and Helper.

Rev'd David Taylor, Executive Director
Rector of the Parish of St. Dunstan's
604.856.5393
dmatthew.taylor@gmail.com



Lorie Martin, Associate Director
Lorie offers spiritual direction/companionship, inner healing soul work, and contemplative retreat experiences with a passion for all to experience the steadfast love of God in all of life.

604.217.6966
loriemartin@telus.net
loriemartin.com



Inspired and thoughtful worship
Sunday at 10am
with Holy Communion & Healing Prayer



WEEKLY EVENTS

No registration is required for these events.

GROUP CENTERING PRAYER

Wednesday evenings from 6:30pm to 7:00pm

Friday mornings from 11:30am to 12:00pm

Facilitated by **Gene Fraser, Joe Baker, and Lorie Martin**

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

Please visit centeringprayer.com for more information.

CHRISTIAN FORMATION CLASSES

Wednesday evenings from 7:00pm to 8:00pm

Facilitated by **Rev'd David Taylor**

Our studies alternate between the scriptures and prayer practices. Please visit st-dunstans.ca for more information.

September - How to Read Scripture

October - The Foundational Stories of our Hope

November - the Women around Jesus

December - How to Pray

LECTIO & LABYRINTH

Fridays 12:00pm to 1:00pm

Facilitated by **Rev'd David Taylor & Lorie Martin**

Lightly guided scripture reflection, sacred solitude, and a deepening of one's faith in community: come walk the labyrinth! You are invited to walk the labyrinth before and after our noontime Scripture reflection. Simply come, or bring an intention to meditate on as you walk.

Lectio Divina (Sacred Reading):

A lightly guided scripture reflection from 12:00pm - 12:30pm

The Labyrinth:

A meditation path for silence and listening - open from 11:30am - 1:30pm with *Lectio Divina (Sacred Reading)* at noon for half an hour.

MONTHLY EVENTS

No registration is required for these events.



SUNG EVENING PRAYERS

September - December Sundays 7:30pm

An hour of sung prayer, stillness, scripture and sacred space, with prayer stations.



Sunday, September 22nd

Sunday, October 20th

Sunday, November 17th

Sunday, December 22nd

Facilitated by: **Cathy Hardy**

MONTHLY EVENTS

No registration is required for these events.



SPIRITUAL COMPANIONS (GROUP SPIRITUAL DIRECTION)

Information and sign up day: September 15, 11:30am - 1:00pm

No sign up required - Bring a lunch!

We all need to learn to share our story and to listen to the story of others. This helps us live healthy lives of openness and integrity. In this introduction you will learn what a Spiritual Companion Group is, and become connected with a group of 4 or 5 others in which you will be able to authentically share your story, be encouraged on your spiritual journey, and enjoy community life.

You will learn the skills of sharing and listening that are required to hear and respond to the still small voice of God in your own heart and to be able to respond appropriately to the still small voice of God in another's.

Participants will be placed in a small group for a lightly structured time of sharing and will covenant to meet once a month for 6 months (September to February). Meetings will open and close with a brief time of stillness in a spiritual practice and have a time for visiting afterwards. Monthly dates will be determined by the group, or meet Sundays from 11:30am to 1:00pm.

Facilitated by: **Rev'd David Taylor and Lorie Martin**

MONTHLY EVENTS

Registration information on back page

SPIRITUAL PRACTICE SERIES

Sunday Evenings 7:30pm to 9:00pm

Registration preferred, \$20 per evening, or four sessions for \$60

These monthly gatherings are opportunities to renew your practice of prayer. Each evening we will explore a method of prayer and practice it in a group and as individuals.



September 15

OPENING TO SCRIPTURE - LECTIO DIVINA

Facilitated by **Rev'd Sharon Smith**

Lectio Divina is a path of prayer in order to discover an awareness of, and communication with, God. Within this practice, the Scriptures become the landscape in which we meet God and it offers a space in which God and humanity listen to,

and rest with, one another.

On this Holy Cross Sunday, we will be deeply reflecting on and responding to Scripture and a Poem, opening our whole selves up (body, heart and mind) to the gentle direction of the Spirit of Christ.

Sharon is currently the Vicar (Priest in Charge) at St Catherine's Capilano in North Vancouver. Sharon became interested in the practice of Lectio Divina, while working on the Downtown Eastside of Vancouver, as a way to access the heartbeat and lived experience of the Scriptures with groups of people from diverse backgrounds. St Catherine's holds a contemplative service on Wednesday mornings with a strong Lectio component.

MONTHLY EVENTS

Registration information on back page



October 13th

FRANCISCAN SPIRITUALITY

Facilitated by **Rev'd David Taylor**

The Incarnate Love of God, the Mirror of Creation, Nativity Plays, Stigmata, Peacemaking - St. Francis ignited the church with an experiential form of prayer and practice. This evening we will explore the themes and practices of Franciscan spirituality and wonder how they can inform our personal and corporate prayer.



November 10

LINGERING IN THE EUCHARIST

Facilitated by **Rev'd Helen Tervo**

"Remember me." - Jesus

An opportunity to linger in the Eucharistic experience and liturgies, to hold the bread contemplatively, and enter deeply into "communion" with God and each other. This was such a special event last year that we asked Helen to lead it again. Hope you can join in.



December 8

TIME WITH MARY

Facilitated by **Rev'd David Taylor & Lorie Martin**

We will join Mary on our Advent journey. Mary is the Archetype of the followers and carriers of God. Her life models many components of the journey of those who say "Yes." Reflection Stations, Songs of Mary, and lightly guided community connecting. You won't want to miss what is becoming an annual tradition at St. Dunstan's.

SPECIAL EVENTS

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LISTENING TO GOD'S LOVING VOICE

Saturday, September 21; Half Day Retreat 9:00am – 12:00pm



A morning to reconnect with the voice of God in old and new ways.
“Incline your ear, come to me; listen, so that you may live.”
- Isaiah 55:3

Facilitated by: **Katherine Murray**

Katherine is passionate about listening prayer, seeing it as a beautiful way to experience God and transformation. She is the Coordinator of the Listening Prayer ministry at St. Dunstan's where she facilitates and coordinates listening prayer sessions and trains facilitators.

Registration: Suggested donation of \$15 - \$20

INTER-FAITH LABYRINTH WALK

September 22, 2:00pm - 3:00pm



The theme for this walk is Prayers for Peace and Unity. Local inter-faith groups and ALL are welcome to walk the labyrinth together. We open with interfaith prayers, spend time on the labyrinth, and meet over tea/coffee with a meaningful sharing time.

This drop-in event requires no registration

For more information please connect with **Lorie Martin**

SPECIAL EVENTS

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WESTMINSTER ABBEY RETREAT DAY

Friday, October 11, 9:00am – 4:00pm

RULES OF LIFE WITH CONTEMPLATIVE PRAYER PRACTICES

A framework for approaching the spiritual life. Living well in the midst of the polarities of life. Where is God present and active in your life now

“He should first show them in deeds rather than words all that is good and holy.”
— Saint Benedict of Nursia, *The Rule of Saint Benedict*

“Contemplation is radical in that it goes to the root (radix) of all our problems. Contemplation is the heart of the matter because it changes consciousness and thus transforms how we enter into communion with God, with ourselves, with the moment.”

— Richard Rohr

“Contemplation is any way one has of penetrating illusion and touching reality.”
— Parker Palmer

Facilitated by: **Rev'd David Taylor** – The Benedictine Rule of Life

Lorie Martin – Contemplation and Transformation

\$125 per person

Scholarships available. Snacks and drinks provided. Bring a lunch, journal and wear comfortable walking shoes. Camera and umbrella if you like.

SPECIAL EVENTS

Registration information on back page



THE GRAND EMBRACE III

Thursday, October 24 – Saturday October 26

Retreat/Conference/Workshops/Music

An amazing 3 days of spiritual renewal through stories, theological reflection, music, workshops, and one-on-one spiritual care.

The Grand Embrace III retreat is a weekend of hope, healing & transformation. Experience being recalled, remembered, restored and renewed! A retreat-like experience with a limited number of people entering into a community setting as we receive inspiration, sing, interact and open our hearts. Our weekend will include a special evening of Music and Inspiration that is also open to the public. You can register for the full retreat or for the Open to the Public evening only. More info here: <https://grandembrace3.eventbrite.ca>

Retreat Limit: 90 participants TICKETS: \$280.00

Lunches & Refreshments included. Lodging not included. Some scholarship funds available upon request.

Facilitators: **Wm Paul Young, Cathy AJ Hardy, Dr. Brad Jersak, Lorie Martin**



SPECIAL EVENTS

Registration information on back page



CENTERING PRAYER: INTRODUCTORY PROGRAM

Saturday, November 9, 10:00am – 3:00pm

“Centering Prayer is fundamentally two things at the same time: first, the deepening of your personal relationship with Christ; and second, a method of freeing you from obstacles that prevent faith, hope, and love from growing in you. It allows you to become sensitive to the subtle inspirations of the Holy Spirit that lead to intimate relationship.” - Fr. Thomas Keating

The Introduction to Centering Prayer Program offers the opportunity to explore a deep reflective practice of silent prayer based on the rich wisdom teaching of the Christian contemplative tradition. Facilitated by experienced practitioners commissioned by Contemplative Outreach Ltd. (Locally, through Contemplative Outreach of Greater Vancouver), who teach and practice the benefits of Centering Prayer in everyday life.

Follow-up Training: Tuesday, November 12th Tuesday, November 19th, Tuesday, November 26th, Tuesday, December 3rd from 6:00pm to 7:30pm



TICKETS: \$150.00

Includes lunch, snacks, materials, and “Open Mind, Open Heart” by Father Thomas Keating. Full and partial scholarships available. Register online at st-dunstans.ca or at stdunstanscentre@gmail.com

Contact Person: **Gene Fraser**



W.I.L.D. (WOMEN IN LEADERSHIP DAY) RETREAT

Saturday, November 16, 9:00am - 4:00 pm

The theme for this retreat will be “*Whispers of Love: Our inner voices and the Voice of God*”. A quiet day of reflection and encouragement for women who lead. This retreat will be a time of inspiration and self care with lightly guided sharing, personal listening, a one-one-one soul care sessions, art stations, and time on the labyrinth. When we care for our souls, we will impact the world from our deep creative Essence.

Facilitators: **Eden Jersak, Lorie Martin**

Registration: \$100 per person

Scholarships available. Lunch/snacks/materials provided

Eden Jersak lives in Abbotsford and is married to Brad. They have 3 adult sons. She has pastored churches, currently manages their self-publishing company, and travels regularly with Brad for conferences and to speak at world-wide events. Eden is inspired by beauty, thoughtfulness, spacious places, and people’s stories. Recently she is finding her voice, getting comfortable with hearing it, and encouraging others to do the same. Eden has authored, *Rivers from Eden*.

Lorie Martin is a spiritual director and contemplative retreat leader with a passion to create sacred spaces to experience the loving presence of God for personal transformation and to bring hope and healing into our world. Lorie lives in Abbotsford with her husband, Dwight of 41 years. They raised five children and now enjoy their grandchildren, making memories at their cottage, and sipping latte’s with friends. Lorie has compiled 4 books offering prayer and meditation invitations and exercises.



INTER-FAITH LABYRINTH WALK

November 10, 2:00pm - 3:00pm

The theme of this walk is Prayers for Loss and Suffering. Local inter-faith groups and ALL are welcome to walk the labyrinth together. We open with interfaith prayers, spend time on the labyrinth, and meet over tea/coffee with a meaningful sharing time.

This drop-in event requires no registration

For more information please connect with **Lorie Martin**



ADVENT QUIET DAY

Saturday, November 30, 9:00am - 12:00pm

The Christian Calendar begins with the Advent story of a new beginning and the promise of God-With-Us. On this parish retreat we will reflect on Holy scripture, sing songs of the season, and spend time in prayer and practice.

Facilitated by: **Rev’d Helen Tervo & Lorie Martin**

Registration: Suggested donation of \$15 - \$20 *Coffee & tea will be served*

SPIRITUAL COMPANIONSHIP

St. Dunstan's Centre for Spiritual Renewal offers opportunities to engage one-on-one or in a group with a trained Spiritual Companion.

THE RITE OF RECONCILIATION is an ancient liturgy to help people in transition, distress or for confession. This is available free of charge by the priest.

HEALING PRAYER is offered each Sunday at the Celebration of the Holy Eucharist. Trained pray-ers offer support with the anointing of oil.

GROUP SPIRITUAL COMPANIONS can be found on page 4 of this program.

INDIVIDUAL SPIRITUAL COMPANIONSHIP is an opportunity for one-on-one personal accompaniment on the spiritual journey. We can connect people with local spiritual directors from a variety of traditions. Each director offers their services at a cost paid directly to the director.

LISTENING PRAYER MINISTRY is a form of prayer where one meets with two prayer facilitators in a quiet setting to listen and invite God's healing presence into a present dilemma or an unhealed memory. Listening Prayer sessions can often be a way to look at past trauma and wounds in a safe way. A friend is welcome to attend with the person needing this practice.

PRAYER CIRCLES are for those needing to be encircled in community for a specific season in one's life (severe illness, discernment, encouragement, strengthening etc.) The person receiving prayer ministry chooses who they would like to be invited to their circle (3-6 people). A liturgy pertinent to the needs of the person (Ministry to the Sick, Ministry at Death, Reconciliation, Thanksgiving for a Child, the Blessing of a Home) is done at a home or in the church. A Prayer Circle may include liturgical prayers, a hymn, scripture, silence, listening to God in community, sharing, anointing with oil and Communion. A Prayer Shawl can be offered to the person who has come for prayer.

To arrange any of these, please connect with The Rev'd David Taylor or Lorie Martin at stdunstanscentre@gmail.com

REGISTRATION

You can sign up for events in three ways:

st-dunstans.ca/what-we-do/the-centre-for-spiritual-renewal

or

stdunstanscentre@gmail.com

or

604.856.5393

CANCELLATION POLICY

Should the Centre not receive enough registrations, it holds the right to cancel a program or event. In such circumstances, all registrants will receive a full refund or be invited to put their registration fee towards another event.

Registration fees are refundable up to a week in advance and are not transferable.

SCHOLARSHIPS

We operate with a pay-what-you-can philosophy and offer scholarships for those who would like to participate in events but are unable to pay the entire registration fee. To apply for a scholarship, please email the Centre at: centreforspiritualrenewal@gmail.com

GIVE A SCHOLARSHIP

If you would like to give a gift to the Centre to help others attend events, please connect with the Director or Associate Director. We welcome gifts of any size, and can offer a tax-deductible receipt for these gifts.



The Parish of St. Dunstan

3025 - 264th St. Langley, B.C.

st-dunstans.ca

stdunstanscentre@gmail.com

a church of the Diocese of New Westminster

The Centre for Spiritual Renewal is a ministry for Christian transformation.
All who desire to follow Christ and grow more in the image of God are welcome.

All who are on a spiritual journey are welcome.

All who are curious are welcome.

All who are tired and need rest are welcome.

All are welcome.