



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



**APRIL - JUNE  
2020**

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# WELCOME

We have some great opportunities for your heart to connect with in this strange time. I encourage you to look through this online catalogue and consider how your soul can be nurtured. For a while we will be meeting online until we are able once again to connect in person. But God's Spirit is still active & inspiring growth in the human heart. Peace to you.

*"The glory of God is a person fully alive"*  
- St. Irenaeus

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  
Spiritual Director, Retreat leader  
604.217.6966  
loriemartin@telus.net  
loriemartin.com



Inspired and thoughtful worship  
Sunday at 10am

Sunday Services:  
[click here](#)

You can also phone into Sunday Worship by dialing  
778-907-2071 and entering meeting code 919477422



# WEEKLY EVENTS

*No registration is required for these events.*



## CHRISTIAN FORMATION CLASSES

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

To join [click here](#).

Facilitated by **Rev'd David Taylor**

Our studies alternate between the scriptures and prayer practices.

**April and May: A Study of the Acts of the Apostles.**

**Ap 22** The Church: A Study of the Acts of the Apostles

**Ap 29** The Church: how it began (A Study of the Acts of the Apostles) Acts 2

**May 6** The Church: Peter (A Study of the Acts of the Apostles)

**May 13** The Church: Paul (A Study of the Acts of the Apostles)

**May 20** The Church: A Shipwreck (A Study of the Acts of the Apostles)

**May 27** The Church: An unfinished Work (A Study of the Acts of the Apostles)

**June: A study on the third part of the Nicene Creed.**

**June 3** We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father. With the Father and the Son he is worshipped and glorified. He has spoken through the prophets.

**June 10** We believe in the One Holy Catholic and Apostolic Church

**June 17** We Acknowledge One Baptism for the Forgiveness of Sins

**June 24** We look for the Resurrection of the Body & the Life of the World to Come. Amen

# WEEKLY EVENTS

*No registration is required for these events.*



## GROUP CENTERING PRAYER

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

To join [click here](#).

Facilitated by **Joe Baker**

Centering Prayer is a foundational Christian meditation practice that enables us to deepen our consent to be with God in silence and show us the value of letting our thoughts go for this time in God's Presence. This Practice brings awareness and healing in God's Presence as we consent to be still and know God. 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](http://centeringprayer.com) for more information.

# WEEKLY EVENTS

*No registration is required for these events.*



## LECTIO DIVINA

*Fridays 12:00pm to 12:30pm*

To join [click here](#).

Facilitated by **a variety of leaders**

Lightly guided scripture reflection, sacred solitude, and a deepening of one's faith in community. A slow and meditative reading of a scripture or sacred text. A reading made more with the heart than with the mind with no practical aim but simply to allow oneself to be impregnated with the word of God. We are invited to go beyond a rapid study or quick exercise to arrive at a deeper understanding of the unity of our lived experience of our interior attitude and life's daily activities allowing ourselves to be questioned, challenged, and formed through Lectio and all elements and encounters through the day. We listen to God to carry the contemplative practice of the Presence of God into all activities of the day.

# WEEKLY EVENTS

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## TUESDAYS AT TEN: CONTEMPLATION AND COMMUNITY

*Tuesdays 10:00am*

**Registration preferred, no fee**

To join [click here](#).

We will gather, practice a variety of prayer methods, share hearts, and encourage one another. We will meet throughout April, May, and June.

If you have a friend or parishioner that would like to join please pass on this information and the zoom link. All are welcome.

Facilitated by: **Lorie Martin**

**For information contact All Saints Anglican Church 604-826-2814 or Lorie Martin 604-217-6966**

# MONTHLY EVENTS

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## MONTHLY CENTERING PRAYER

*Tuesday May, 5 and Tuesday June 2 7:00pm – 8:30 pm*

To register for May 5, [click here](#).

To register for June 2, [click here](#).

These gatherings will include Centering Prayer, contemplative group listening, Lectio Divina and other spiritual practices. Centering Prayer is a foundational Christian meditation practice that enables us to deepen our consent to be with God in silence and show us the value of letting our thoughts go for this time in God's Presence. This practice brings awareness and healing in God's Presence as we consent to be still and know God.



**Facilitated by: Gene Fraser**

*Gene has been practicing meditation for more than 30 years and has been commissioned by Contemplative Outreach International as a Centering Prayer facilitator.*

# MONTHLY EVENTS

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## SUNG EVENING PRAYERS

*Sundays 7:30pm - 8:30pm*

**No fee. Donations gratefully accepted.**

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

### Themes:

**April 26: Living the Resurrection** [click here](#)

**May 31: Grace** [click here](#)

**June 28: Leaning into the Delight of Love** [click here](#)



Facilitated by: **Cathy AJ Hardy**

# MONTHLY EVENTS

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## CONTEMPLATIVE EVENING PRAYER

*This is a lovely recorded service that you can enjoy any time*

To access order of service, [click here](#).

*“My prayers rise like incense,*

*my hands like the evening sacrifice”*

This contemplative evening prayer service is inspired by the communities of Taizé and Iona. We gather remotely in body but united in spirit with prayer and song, in remembrance of Jesus’ resurrection.

Listening prayerfully, lighting a candle, sitting quietly, or taking any other posture of prayer you wish are all welcome forms of participation.

Facilitated by: **Rev’d Andrew Halladay and Rev’d David Taylor**

# SPECIAL EVENTS

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## LIVING IN THE PRESENT MOMENT: Our choices and response to loss and change in the CoVid-19 crisis.

**May 23 9am - 12pm - a half day retreat**

To join [click here](#).

This retreat morning will provide a time to connect in isolation, explore our many varied losses, and together we will practice stillness, prayer, and Presence. Let us continue to gather for hope and healing.

Please bring an item/s that represent your loss/es.

“In this time of crisis, we must commit to a posture of prayer and heart that opens us to deep trust and connection with God. Only then can we hold the reality of what is happening—both the tragic and the transformative.” Richard Rohr

**Cost: \$50. Scholarships available.**

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

Image by Tessa Holland, “Wait for the Revealing”

# SPECIAL EVENTS

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## CREATIVE JOURNALING CLASSES AT HOME: STORIES

**Saturday, May 9, 2020 10:00 am - 12:00 pm**

**\$40 per Class – Join one or both (See pg. 14)** To join [click here](#).

Our stories can be very healing, and everyone benefits from sharing wisdom. We come to recognize that we are all experts in our own lives, and we all have something to offer. Our words have power, positive power. It helps to think about how the various events in our lives have been part of a journey toward the person we are today and who we hope to become tomorrow.

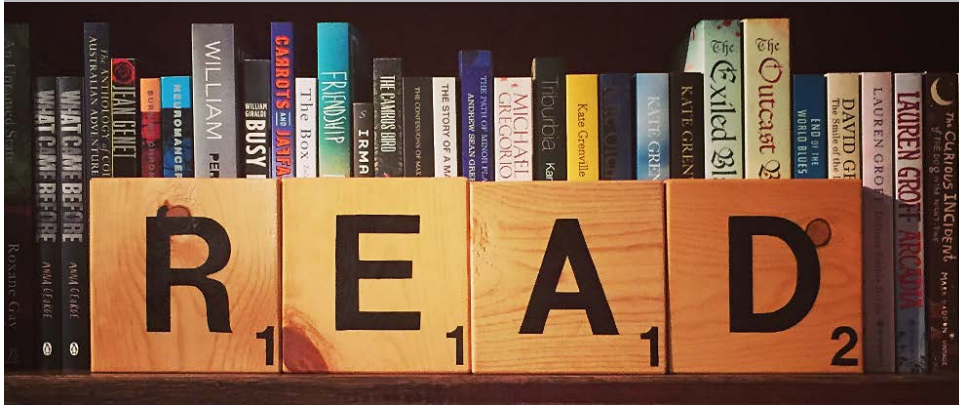
**Materials:** You'll need your journal and/or note paper and a pen or pencil for the first part. Your favourite imagery (whatever you have on hand: drawn, painted, personal photos, printed off from Google, magazine pages, old books, scrapbook paper etc.), a glue stick, scissors and your journal or cardstock. Handouts will be emailed directly to you just before the class

Facilitated by: **Kathie MacDuff**. *Kathie is a writer, artist and instructor who has been teaching for over twenty six years. She has been the keynote speaker and facilitator at many weekend retreats, Ladies Time Out programs, and professional gatherings, has taught at the Sorrento Retreat and Conference Centre in BC for ten years and, for the past eight years, has held weekly classes from her art studio located in the back of the Anglican Church of the Good Shepherd in Calgary.*



# SPECIAL EVENTS

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## BOOK CLUB NIGHT

Sunday, May 10, 7:00pm – 8:30pm

Registration preferred, \$15. Scholarships available. To register [click here](#).

Book clubs are fun and informative gatherings where people chat about books! What could be more fun?! Often book clubs will focus on one book and everyone will discuss the specific book but in this case I would like to suggest that each participant bring a book that they love, has influenced them, or made some kind of impact on their lives to share with the group. Reading can open our minds and facilitate transformation, spiritual shifts, and bring joy into our lives. So let's share and discuss books that have moved us. This book club gathering is open to any and all book lovers.



**Facilitated by Marisa Farr (RCC, MA).**

*Marisa is a registered clinical counsellor by day and an avid book lover at all other times. She is currently part of 2 book clubs and when she is not reading she enjoys hiking, camping, traveling, and connecting with friends.*

# SPECIAL EVENTS

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## BE STILL AND KNOW: GATHER:HER RETREAT

Saturday, June 6 9:00am – 12:00pm

To register [click here](#).

A retreat for those identifying as female.

Facilitated by: **Jodi Krahn**

Come as you are to this embodied transformational women's circle retreat. Here you will be offered a safe container that will invite you to move into wholeness through intentional movement such as dance, and through other modalities such as art, embodied prayer, journaling, and creative expressions. This retreat is a unique opportunity to explore yourself deeply and have fun doing it!



*Jodi is a psychotherapist and life coach for women and the founder of Gather:her women's circles, specializing in guiding women to find and fall in love with their authentic selves. She is passionate about the psycho-spiritual development and transformation of women and finds this happens ideally in women's circles.*

**Cost: \$50. Scholarships available.**

# SPECIAL EVENTS

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## CREATIVE JOURNALING CLASSES AT HOME: IMAGINATION AND THE MAGIC OF WHAT COULD BE

Saturday, June 20, 2020 10:00 am – 12:00 pm

**\$40 per Class – Join one or both (See pg. 11) To Register [click here](#).**

Imagination is a characteristic we tend to take for granted. Imagination is what floats in our dreams, teases our thoughts and escapes onto journal pages, splashing over and into our lives. It delights, provokes wonder and heals the soul!

**Materials:** You'll need your journal and/or note paper and a pen or pencil for the first part. We will be using magazine pages as our 'palette'. We are not after imagery to begin with but are wanting a collection of colour. If you want to prepare ahead of time, tear magazine colours into slightly larger than postage stamp pieces and sort into baggies i.e. a baggie for greens, blues, yellows etc. (or just the colours you like). You'll need a glue stick or any acrylic medium and scissors. Feel free to work in your journal or on cardstock. An outline of a favourite image (i.e. a bird, horse, wolf etc.) that will fit your page would also be helpful but not necessary right away. You can find almost any image online or you can draw your own. Handouts will be emailed directly to you just before the class.

Facilitated by: **Kathie MacDuff**

# SPECIAL EVENTS

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## PODCASTS – TOP PICKS BY THE PEOPLE, FOR THE PEOPLE!

Sunday, June 14, 7:00pm – 8:30pm

**Registration preferred, \$15. Scholarships available.**

To register [click here](#)

Good podcasts are treasures to be shared!

Join us in a Zoom conversation about influential podcast series that are changing our lives. Whether you're new to the podcast world and would like to hear recommendations from others or you've been listening for years and have recommendations to make, we'd love to see you in the room!

Please prepare to share:

- The name of the podcast and podcast hosts
- What it's about
- What is it that you love about it



**Facilitator: Ron Isaak**

*I've been hooked on podcasts since listening to Krista Tippett's *On-Being* a few years ago. With the freedom to listen while I work, I've loved how my world has been expanding simply through listening in on podcast conversations.*



# SPIRITUAL COMPANIONSHIP

To meet the needs of our communities we are reaching out to offer a variety of spiritual care opportunities.

*Virtual or Telephone appointments are available.*

**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. Contact Rev. David Taylor at [st.dunstans@telus.net](mailto:st.dunstans@telus.net)

**HEALING PRAYER** is available. Trained pray-ers offer prayer and support. No fee. Contact Jacqui Pesek [mjpesek56@hotmail.com](mailto:mjpesek56@hotmail.com)

**SPIRITUAL DIRECTION** is an opportunity for one-one personal accompaniment with a trained companion to explore one's relationship with God, self and others on the tender and tenacious journey of faith. We connect people with spiritual directors from a variety of traditions. Scholarships are available. Contact Lorie Martin at [loriemartin@telus.net](mailto:loriemartin@telus.net)

**LISTENING PRAYER MINISTRY** is a form of prayer where one meets to listen and invite God's healing presence into a present dilemma or an unhealed memory. Taking time in stillness and quiet with a trained facilitator to listen to God brings peace and restoration to our lives. No fee. Contact Katherine Murray at [Katherine.murray22@gmail.com](mailto:Katherine.murray22@gmail.com)

**PRAYER CIRCLES** are for those needing to be encircled in community for a specific season in one's life (illness, discernment, encouragement, strengthening, etc.) A person chooses who they want in their circle (3-6 people). A prayer circle may include liturgical prayers, a hymn, scripture, silence, listening to God in community, and sharing.

**GROUP SPIRITUAL COMPANIONS** meet monthly, or as the group decides, for a time of spiritual practice, listening to one another, prayer and sharing. It follows a clear format so all have time to share together in a contemplative circle. Groups will be available to join in September and January.

**For more information or questions contact:**

**Rev. David Taylor 604-856-5393 or Lorie Martin 604-217-6966**

# REGISTRATION

To register go to:

[st-dunstans.ca](http://st-dunstans.ca)

or

[click here](#)

## 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: [st.dunstans@telus.net](mailto:st.dunstans@telus.net)

## 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](http://st-dunstans.ca)

[st.dunstans@telus.net](mailto:st.dunstans@telus.net)

*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.