



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



WELCOME

We are thrilled to be able to offer a program for the spring of 2021. While the past year has been difficult for everyone around the world, it is encouraging to see that many have continued to feed their hearts and minds with the spiritual nourishment provided by the many facilitators of the Centre for Spiritual Renewal. Keep eating! Our hearts are especially hungry at this time. So are the hearts of our friends, families and neighbours. Connect them to this meal! And may the peace of God be with you and those you love, now and for ever. Amen.

“Just as the sun entices forth green growth,
so does love awaken love.”

Hans Urs von Balthasar

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

the Reverend **David Taylor**
Executive Director
Rector of the Parish of St. Dunstan
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the Reverend **Lorie Martin**
Associate Director
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**APR-JUN
2021**

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Inspired and thoughtful worship
Sunday at 10am on Zoom

Visit ST-DUNSTANS.CA to connect



WEEKLY EVENTS until June

CENTERING PRAYER

Wednesdays, 6 :30 pm - 7 pm, on Zoom
Fridays, 11:30am to 12:00pm, on Zoom
(See Monthly Events for Monthly Contemplative Prayer)

Facilitated by **Lesley Wieler, Joe Baker** and others.

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.

BIBLE STUDY

Tuesday evenings at 7pm
Thursday mornings at 10:30am

Facilitated by the Reverends **Andrew Halladay** and **David Taylor** with the Parish of St. Andrew. Check out STANDREWSLANGLEY.CA for more information.

Following the weekly lectionary we employ a Lectio Divina-styled method to wonder about the meaning and implications of Holy Scripture.

LECTIO & LABYRINTH

Fridays 12:00pm to 1:00pm on Zoom

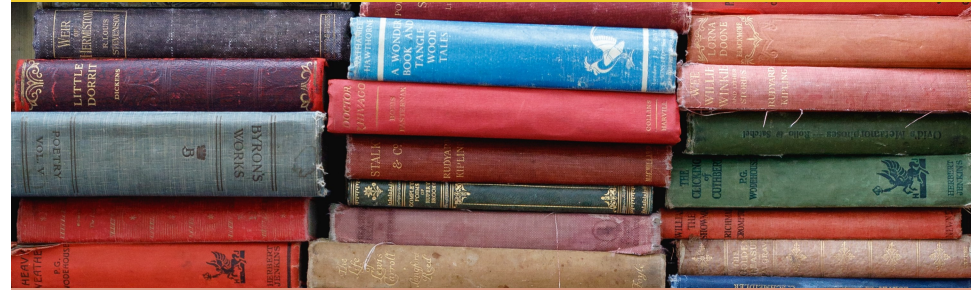
Facilitated by a **variety of leaders**

Lightly guided scripture reflection, sacred solitude, and a deepening of one's faith in community.

The Labyrinth is always open.

ANY DONATION IS APPRECIATED FOR ALL WEEKLY EVENTS

MONTHLY EVENTS



MONDAY BOOK CLUB

April to June Mondays 7:00 - 8 :30pm, Zoom only

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

Join us on Monday evenings once a month for a Book Club with a different theme each month.

April 5, May 3, June 7

Please refer to the website for the monthly themes!

Bring a book, fiction or non-fiction, to share with the group that connects in any way with the theme of the month. A book you love, one that has influenced you, or made some kind of impact on your life. Reading can open our minds and facilitate transformation, spiritual shifts, and bring joy into our lives. So lets share and discuss books that have moved us. This book club gathering is open to any and all book lovers.



Suggested donation: \$10

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.



MONTHLY EVENTS



MONTHLY CONTEMPLATIVE PRAYER

*Tuesdays 7:00 - 8 :30pm on Zoom
April 27, May 25*

Facilitated by: **Katherine Murray** & **Gene Fraser**

Each of these meetings will include a Centering Prayer practice, contemplative group listening, and teaching on Centering Prayer and the contemplative life.

Suggested donation: \$15-\$20



Katherine deeply loves the practice of Centering Prayer as it opens up a way to be present to our union with God. She has been practicing Centering Prayer for six years and is currently in formation with Contemplative Outreach Greater Vancouver to be a commissioned Centering Prayer Presenter.



Gene is a member of St. Dunstan's and has been commissioned by Contemplative Outreach International as a Centering Prayer facilitator. He has practiced various meditation practices for 30 years. Centering Prayer is his favorite!

MONTHLY EVENTS



SUNG EVENING PRAYER

Sunday evenings 7:30 pm - 8 :30 pm, on Zoom

Facilitated by **Cathy AJ Hardy**

April 11, May 16, June 13

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



Cathy is the Founder and Director of Soul Care Circles, Singer-Songwriter, Spiritual Director, Author, Retreat Facilitator & Teacher. Cathy is passionate about creating care for the soul through songs, stories & spaces. Profoundly connected to the land where she lives in Mission BC, and rooted in a deep spirituality, Cathy writes and sings from soul depths. Her lyrics and melodies flow out of the stories of her life. Her many compositions have been described as 'healing, inspiring, hope-filled, honest and courageous'.

Suggested Donation: \$10



SPECIAL EVENTS

SPIRITUAL PRACTICE EVENINGS

Sunday Evenings 7:00pm to 8:30pm on Zoom
Suggested donation of \$20

April 18

SPIRITUAL ENRICHMENT & CONTEMPLATION

with the Reverend **Miranda Sutherland**



We will have a delightful evening chanting liturgy with Reggae Rhythm & Tibet Gong. Come participate or simply be present to this special sacred practice.

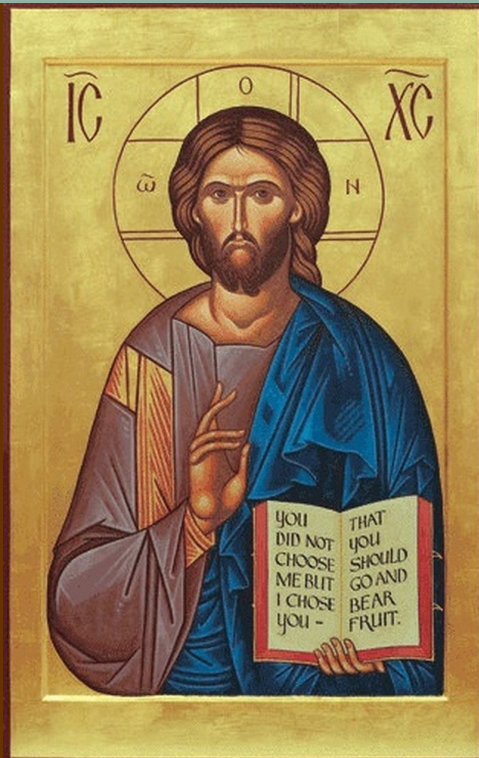
Miranda is the vicar at Holy Spirit Anglican church, Whonock, Maple Ridge, BC. She has prepared an Alpha Omega (Nos Aderemus Deum) chant and will guide us through this evening.

May 2

LINGER WITH AN ICON

with the Reverends **Lorie Martin** & **David Taylor**

Gazing at Icons is a form of prayer that engages with images as windows to the Real Presence of God. In the upcoming 4-week series on Icons by Laurel Dahill, we will be deepening into the astonishing world of Icons. This quiet practice evening is a prayer primer for this course or can simply be an enjoyable spiritual practice evening together.



SPECIAL EVENTS

RECONCILIATION RETREAT

Session 2

Saturday, April 10 10:30am – 12pm

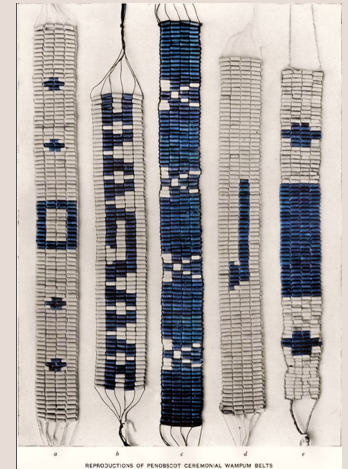
Session 3

Saturday, May 15 10:30am – 12pm

Session 4

Sunday, June 13 7:00pm – 8:30pm

*In honor of National Indigenous Day – Evening Event:
Walking Together in Silent Prayer -*



Facilitated by **Mary-Ellen Kelm** and **Katherine Murray**

Registration: \$50, scholarships available.

This interactive and prayerful workshop will focus on the relationship between the church and Indigenous people in Canada. Our goal is to reconcile ourselves to the truths of that relationship that are complex and sometimes contradictory. Part history lesson, part lesson of the heart, we will explore how we, as Christians, can let go of the struggle to accept these truths, and how we can prayerfully work to open ourselves to new, and renewed, relationships with Indigenous people.



Mary-Ellen is a professor of history at Simon Fraser University. She is the author or editor of five books on settler colonial relationships with Indigenous people in Canada in the 19th and 20th centuries. Born and raised Lutheran, she is currently a member of St. George's Anglican church in Fort Langley.



Katherine holds a Bachelor of Social Work degree and a Masters degree in International Relations. She has been to Palestine as part of a peacemaking delegation with Christian Peacemaker Teams (CPT), and has attended the Jerusalem International School of Reconciliation with the Foundation for Relief and Reconciliation in the Middle East.

SPECIAL EVENTS



CREATIVE JOURNALING: THE WONDERS OF NATURE

Saturday, April 17, 2021; 10 a.m. - noon on Zoom

Facilitated by **Kathie McDuff**

Registration: \$40, scholarships available.

When we allow ourselves to experience nature fully, we are enlightened, restored and invigorated. Somewhere along the way, we've lost contact with this easily accessed source of healing, beauty and mystery. Join us in a written and visual exploration of our relationship to the wonders of nature!

Creative Journaling with Kathie is when a theme is presented and participants use words, images and a variety of mixed media techniques to unearth, explore and record their unique responses, thoughts and emotions. Participants are united in hope, support and camaraderie as they journey towards creativity. A safe and creative space is born where negativity is banished leaving only room for meaningful connection, self-expression and healing.

You will receive a supply list upon registering.



Kathie MacDuff is a self-taught artist, graphic designer and journalist who captures all her artistic passions with her signature program, *Creative Journaling*. For the past 25 years, she has been teaching *Creative Journaling*, watercolour, mixed media and paper arts courses in her Calgary studio and is a regular guest at retreat centres. She is the Expressive Arts Team Lead at Wellspring Calgary. Her vision is to facilitate creative experiences that encourage connections, validate emotions, and nourish the soul.

SPECIAL EVENTS



ICONS: PRAYING WITH OUR EYES

Thursdays of May, 6:30-8pm

May 6, 13, 20 & 27

Facilitated by the Reverend **Laurel Dahill**

Registration: \$40. Scholarships available on request.

Iconography is an ancient writing style that serves as a threshold between the mortal world and the divine realms. These peculiar images have been part of Christian spiritual practice for thousands of years, but are often misunderstood and underutilized as tools for deepening our faith. *ICONS: Praying with Our Eyes* is a 4-part series that explores this art form as both an artistic and spiritual feature of Christianity.

Over four evenings, this survey course will cover the history of these expressions, how to identify the writing style and how to read them, identify symbolic meanings, and contemporary icons. Also included is a virtual peek inside a variety of Orthodox Churches to see how icons are used in liturgical settings.

Each session will include didactic instruction, image sharing, and open discussion of the material. Access to visual presentations will be necessary. Homework assignments (optional) are provided as a way to engage the material at your own pace.



Laurel Dahill earned a Master of Fine Arts degree in 1995. She brings 20-years of experience with visual elements from as small as traditional scrimshaw carving to as large as Disney theme park scenery. Iconography represents a dynamic blend of theology, artistic technique and a unique visual language that connects contemporary readers with ancient writers.

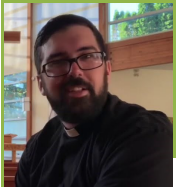
SPECIAL EVENTS

SPIRITUALITY, EVOLUTION & ECOLOGY RETREAT

Saturday, April 24th from 9 to noon

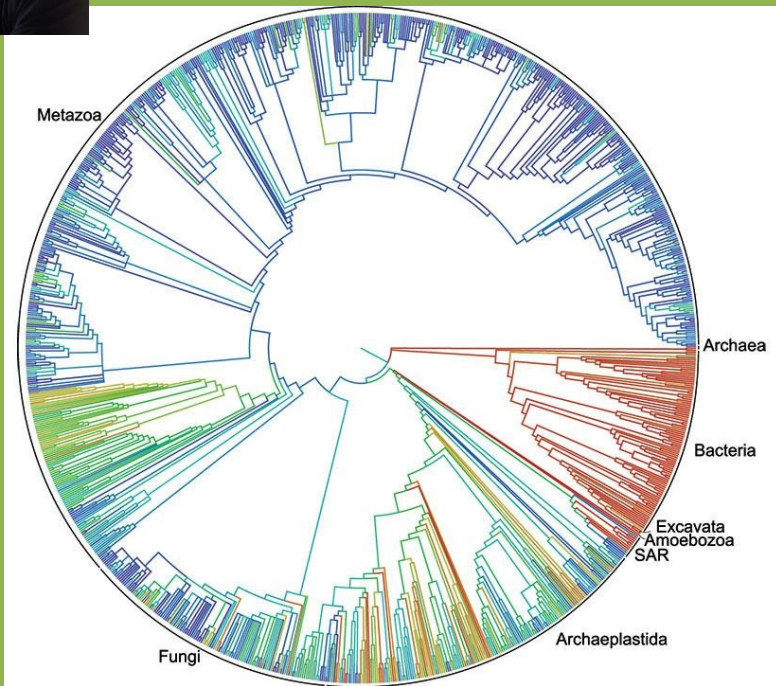
Facilitated by the Reverend **Cameron Gutjahr**.

The world is a wonderful place. Come be entranced by it by participating in the spirituality of evolution and ecology. This 3-hour retreat will offer opportunities to practice wonder and prayer through the lens of science.



Registration \$40

Cameron is a priest at the Parish of St. John in Squamish. His studies include biology and evolution..



The Biological Tree of Life: An Icon of Meditation

SPECIAL EVENTS

FINDING GOD HERE AND NOW

Tuesdays in June

June 1st 6:30—8:30pm, June 8, 15, & 22 7—8:30pm

Facilitated by **Katherine Murray** on Zoom

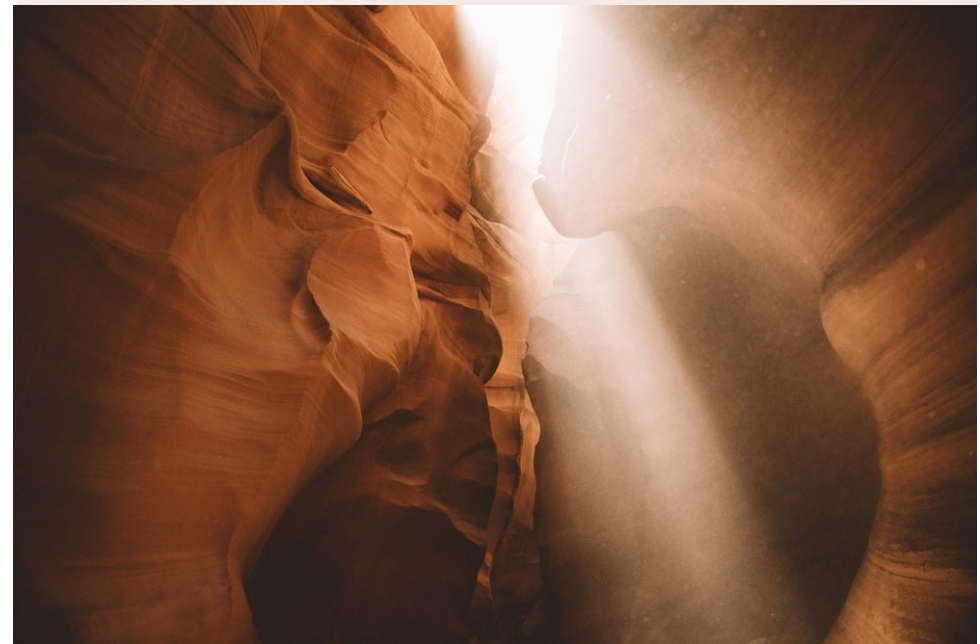
This four session workshop will explore what the scriptures say about God speaking to us, and look at a few saints & historical figures and what they have to tell us about hearing God. Through listening exercises and practice opportunities we will identify the ways we already hear God and explore new ways of listening to God.

In addition we will learn about the Benedictine Life Model and listening to God, cultivate a heart of listening, and learn stewardship of what we hear.



Registration: \$40

Katherine Murray is the facilitator of the Listening Prayer ministry at the Parish of St. Dunstan.



SPECIAL EVENTS



EMBODIED COMPLINE

Saturday, June 5th 7—8pm on Zoom

Facilitated by the Reverend **Amanda Ruston**

The Divine Office of Compline is the traditional prayer to close the day before sleep. This practice evening includes an introduction that will engage all the senses and allow us to enter into prayer with our whole selves: mind, body, and soul. If you want, bring a mat or blanket to sit on, candles, incense - whatever inspires you to create a sacred space to enter into the Opus Dei - the Work of God.

Registration: Suggested Donation of \$20



Amanda Ruston is a lifelong Anglican deeply in love with, and ordained in the Anglican tradition. She is a professed Benedictine, an artist and RYT-200; experienced in teaching various forms of yoga, meditation, and prayer. Amanda's passion for beauty and liturgy, her experience teaching, as well as her identity as an artist and religious, all deeply inform the offering of this relaxing, embodied practice that will help close the evening in a sacred and mindful way.

SPECIAL EVENTS

RECONCILING GOD, CREATION AND HUMANITY

AN IGNATIAN EXAMEN

Thursday, June 10 7 – 8:30pm

Facilitated by **Linda Conroy** on Zoom

Donation \$10 – \$20 Scholarships available.

The Ecological Examen asks you to reflect on your personal relationship with creation, to acknowledge and amend your ways and to promote ecological justice by standing in solidarity with those most impacted by environmental harm. During this offering we will use the Ignatian Eco-Examen (<http://www.ecologicalexamen.org>). This format of the Examen is a way of expanding our awareness of how to both personally and communally “listen” to our responsibility to care for our Common Home.



Linda Conroy, MTh, is a retreat facilitator, spiritual director and founder of Stillpoint at Becksides Spirituality Center. She is an active member of the Multifaith Network for Climate Justice and in July, 2020 engaged in The Climate Reality Leadership Training.



YOGA VIDEOS

YOGA BREATHE AND STRETCH VIDEO CLASSES

Facilitated by **Tiffany Martin**:

Remember to care for your body with unlimited monthly access to a variety of yoga videos. 2 new videos are added weekly such as “30-minute Traditional Hatha - Everyday Joint Opening” and “30-minute Vinyasa - Sun Salutations.” All levels of practitioners are welcome, as Tiffany will be guiding you through variations of the poses so that you can find the edge that works for you.



The video content will be a variety of the following:

- 30 Minute Hatha for Beginners
- 30-45 Minute Hatha Flow / Vinyasa
- 60 Minute Traditional Hatha
- 30 Minute Yin Flow
- 45-60 Minute Restorative Yin

Tiffany is a certified yoga teacher and an ACE (American Council of Exercise) certified personal trainer. She has a passion for fitness and teaches many different styles of yoga. Tiffany enjoys creating a safe relaxing space where we can breathe, stretch, grow and enjoy our practice.

Monthly Membership \$19.99 for unlimited views to 8 videos monthly. (That's only \$2.50 per video with unlimited views.)

Register and e-transfer [HERE](#), PayPal [HERE](#)



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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 transferrable.

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.ca.

GIVE A SCHOLARSHIP

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

The Parish of St. Dunstan

3025-264 Street, Langley

ST-DUNSTANS.CA

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.