



THE CENTRE FOR

SPIRITUAL RENEWAL



**SEPT-DEC
2022**

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Welcome!

We have a wonderful and diverse collection of spiritual practices to explore this fall. From contemplation to pilgrimage, from interfaith dialogue to creative journaling. There is something here for you and your family and friends. This fall, as the season changes around you, take time to nourish your heart. Ground yourself in the love and peace that God gives to us through Christ. And know that you are God's Beloved Child, part of God's Great Family.



*The Reverend **David Taylor** is the Rector of the Parish of St. Dunstan. His passion is to re-connect people to the Scripture as well as the depth and breadth of Christian spiritual practice.*



*The Reverend **Lorie Martin** is the Associate Director of the Centre for Spiritual Renewal. She is currently serving at the Parish of St. Andrew as Curate. Lorie is a spiritual director and has a passion for sacred spaces, gathering together, and opening to God's loving presence.*

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.



THE CENTRE AT

St Dunstan



Sunday Worship

10am

growing hearts in love

Lectio & Labyrinth

Fridays from Noon to 1pm

Contemplation in Community a Morning Retreat

click the titles of events
to take you to the website!

Friday Sept 9 9:30am to 12:30 In Person & Online

A fresh autumn re-start! This morning includes **Centering Prayer**, **Lectio Divina** and **Labyrinth** walking, along with **creative art** expression, and contemplation in community to deepen into our spiritual practices after the summer. Come explore these opportunities for prayerful times in God's presence and being together.

A no-fee retreat

Please register to ensure we have enough supplies and snacks.

Book Club with Marisa

Sept 12, Oct 17, Nov 21, Dec 12

7:00pm to 8:30 on Zoom

click here

A monthly event. Drop in for one or join them all! Bring a book to share and enjoy the great conversation. **Suggested Donation: \$10 \$5 \$0**

A Pilgrim Way

Saturday, September 17
1pm to 7, In Person

 [click here](#)

With the Reverend **Alecia Greenfield**

An introduction to pilgrimage: a walking practice that transforms self-awareness, awareness of the place we live and awareness of God. This particular pilgrimage is 13 Km (approx. 3 hours) and is designed to refurbish our respect for delight in and engagement with creation. We begin with a few light stretches, walk & weave our way on our "camino trail" and end with the Eucharist, dinner, and pilgrimage tales of the travel day.

This event is part of a series with local pilgrimages across the Ecclesial Province of BC and Yukon in the Season of Creation.

We will collect money for the PWDRF fire & flood funds.

Listening Prayer Café

Saturday, September 24
9am to noon

 [click here](#)

With **Katherine Murray & Lesley Wieler**

This opportunity is to taste and see what Listening Prayer is and experience it for yourself. One-on-one sessions are available and other listening experiences are on the menu!

With café-style coffee, tea & snacks.

Experience how you hear from God.

\$10 \$5 \$0 Register or Drop in

click here



Compassionate Listening

as a spiritual practice

An online 10-week series.

With **Cathy Merchant**

Thursdays, September 22 to November 24 7pm to 9



Compassionate Listening is a heart-based conflict resolution method that helps people connect with others and work through interpersonal conflict in a soul-opening way.

In this series, we will learn and engage with the Five Core Practices of Compassionate Listening alongside core teachings from 10 different faith traditions.

This will be an interactive workshop, so please come prepared to both listen and share authentically.

Each week, we will cover a different aspect of Compassionate Listening in conjunction with a different faith tradition. The schedule will be, as follows:

- | | |
|-----------------|--|
| 1. Indigenous | Being with the Self in Presence |
| 2. Judaism | Working with Triggers |
| 3. Buddhism | From Drama to the Empowerment Triangle |
| 4. Christianity | Three-Part Listening |
| 5. Sikhism | Deepening Inquiry |
| 6. Hinduism | The Truth Box |
| 7. Neopaganism | Bridges That Connect |
| 8. Baha'i Faith | Widening Circles |
| 9. Humanism | The Science of Compassion |
| 10. Islam | From Debate to Speaking from the Heart |



Cathy is the Interfaith Leader of the Living Interfaith Sanctuary and the Minister of Community Life at Canadian Memorial United Church, both in Vancouver, BC. She is an ordained Interfaith minister and has been teaching Compassionate Listening in North America and in Israel and Palestine since 2009.

Registration: \$100 \$75 \$50 \$25 \$0

Gathering for Contemplation

 [click here](#)

Online with **Katherine Murray**

4 Tuesdays: October 4, 11, 25, November 1
10am to 11:30 or 7pm to 8:30

Join our contemplative circle for sacred listening and sharing. These gatherings include teaching, contemplation, and guided reflection with an emphasis on the gift of community relationships.

Registration: \$40 \$20 \$0

Centering Prayer

 [click here](#)

October 24 and November 28
7pm to 8:30 Online

With **Katherine Murray & Elaine Chatwin**

Deepen into your Centering Prayer practice, deepen your living contemplatively, and deepen in community. Each gathering includes a 30-minute practice of Centering Prayer, and a focus on Centering Prayer and Community. This Fall we will focus on teachings by contemplative wisdom teacher, Cynthia Bourgeault.

These meetings are for those already experienced in the practice of Centering Prayer and want to go deeper.

Registration: \$20 \$10 \$5 \$0

Mission & Ministry Conference



October 15 9:30am to 4 **Register at vancouver.anglican.ca**

The community of the Diocese of New Westminster is invited to renew connections, revitalize faith, and celebrate the many ministries we share, as we make action plans for ministry in areas of **Housing & Homelessness, Climate Change, and Spiritual Renewal.**

Creative Journaling Kick-start

with **Kathie McDuff**

[click here](#)

Friday, October 21 1pm to 3:30
Saturday, October 22 10am to 12:30

Please join us for one or two days. Each class is a “stand alone” so you can pick and choose. Supplies will be available unless you have your own. Building a habit of creativity is a valued practice in the art world. One thing that helps us kickstart our creativity is simple play. Drop your guard, be free, and create, no judgement, just process. Tap into your imagination and daydream, create something silly or out of the ordinary.

Friday, October 21 What is Creativity?

Saturday, October 22 Creative Bocks

Supply lists can be found at ST-DUNSTANS.CA

Registration: \$40 \$20 \$10 \$0

Journals can be purchased from Kathie for \$20



[click here](#)

Centering Prayer and Mindfulness

Saturday October 29 9am to noon

This is an invitation for those who want to take their centering prayer practice to a deeper level. Gene will teach mindfulness practices that supplement and support centering prayer. This will include in-person instruction on mindful walking meditation. The day will include teaching, plus three periods of centering prayer, alternating with walking meditation.

with
Gene Fraser



\$40 \$20 \$10 \$0

The Journey to *Still Stace*

click here

Wine & Cheese with **Stacey Chomiak**

Saturday, November 5
7pm to 8:30

Join us for an evening with Stacey Chomiak, author of *Still Stace*, who will share some of her journey and parts of her book. This will be followed by some great conversation with Q & A.

No-free Registration to meet this amazing author!



Enneagram Workshop

click here

Subtypes – 3 instinctual patterns of being

Saturday, November 19 9am to 4

with **Rebecca Horch**



Behind our personality lies primal instincts and patterns of how we function in this world at a foundational level. In enneagram terms, we call these patterns “subtypes.” Different from Enneagram type structure, subtypes offer us wisdom on the 3 instinctual, and often unconscious, ways we tend to orient to the environment around us in order to keep ourselves alive and safe. The subtypes: sexual, social, and self preservation are “stacked” in order of innate importance for our basic human needs and values. They are truly the unconscious drivers of much of our decision making in this world.

In this workshop, we will grow a deeper understanding of instinctual subtypes, recognizing how they show up in our every day lives and relationships.

Registration: \$75 \$50 \$25 \$0



Reiki as a Spiritual Practice

click here

Saturday, November 26 10am to 11:30

Come explore Reiki as a path for healing with a level 3 Reiki Master.

Registration: \$20 \$10 \$5 \$0

The End of the World?



November 30, December 7, 14 & 21 7pm

An **Advent** Bible and Spiritual study in an anxious time with the Reverend **David Taylor**.

We will explore the troubling theme of the so-called "end times" in Scripture and how the coming of God in Jesus Christ does indeed shake things up - but never in the way we think or are afraid of.

No-fee registration and drop-in

Time with Mary

Saturday, December 3 9am to noon

[click here](#)

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



We will join Mary, Mother of God, 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." This retreat invites you to reflection stations, songs of Mary, art expression, and lightly guided community connecting. This is an annual tradition at the Parish of St. Dunstan. Drinks & Snacks are included.

Registration: \$40 \$20 \$10 \$0

Cynthia Bourgeault

in BC this September with the Contemplative Society!!

5-Day Retreat September 26 - 29 **In-Person & Online**

This retreat with Cynthia will be held at the
Bethlehem Retreat Centre, Nanaimo.

1 Day Retreat Friday, September 30 in **Victoria.**

Travel Together: contact Lorie Martin lorie@loriemartin.com



Become a member of the Contemplative Society for priority registration at contemplative.org.

Spiritual Care through the Centre

We want to support you in your journey with Christ. If you have a spiritual need, please connect with us in these ways.

the Rite of Reconciliation

Popularly known as Confession, the Rite of Reconciliation is a spiritual practice of sharing with a priest the things in your life that are troubling you. Reconciliation is about getting it all out. Sharing your anxiety, your anger, your energy levels, your whole heart. The priest leads you through a brief liturgy and offers words of comfort and the absolution you need to move forward. Connect with David at **dmatthew.taylor@gmail.com** to schedule an appointment.

Listening Prayer

The practice of Listening Prayer is like a guided meditation where you share your life in the confidence of two others who support you as you connect with God. Listening Prayer is a great practice to deepen into the spiritual healing begun through the Rite of Reconciliation, or can be experienced apart from it. For more information and to make an appointment, connect with Lesley Wieler at **lesleywieler@gmail.com**.

Spiritual Direction

We all need companions on the journey. A spiritual director is someone who walks with you for an extended period of time to continue your inner work of healing. At the Parish, we have access to skilled directors with a breadth of experience. To learn more about how a spiritual director can help you on your journey, please connect with Katherine Murray at **katherine.murray22@gmail.com**.

We're on this spiritual journey together,
with Jesus.

*As the sun entices green grass to grow,
so does love awaken love.*

Hans Urs von Balthasar

click here



Awaken Love

A retreat-styled conference to make your heart sing

Friday, March 3 to Sunday March 5, 2023

Save the date for this incredible retreat-styled conference with guest speakers including **Dr. Bradley Jersak**, author of *A More Christ-Like God* and *Her Gates Will Never Be Shut*, and **Dr. Jason Byassee**, author of *Suprised by Jesus Again*.

A special line-up of speakers, musicians, and spiritual practitioners will lead us in a weekend dedicated to awakening the love of God in our hearts and minds, including an Evening of Sung Prayers with **Cathy Hardy** and Friends.

If you are going through a transformation in your faith journey or looking for new ways to connect with God, this retreat-styled conference is for you.



**Look for registration
this fall!**

To register for events, visit
ST-DUNSTANS.CA

As we offer an honourarium to our facilitators for their work,
registration is pay-what-you-can. Consider choosing your registration
fee in a way that will help others with theirs.

Let's ensure this is accessible to all.

All events have a \$0 registration option.



the Parish of St. Dunstan