



THE CENTRE FOR

**SPIRITUAL  
RENEWAL**

# SPRING/SUMMER PROGRAM GUIDE

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# Welcome Message

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## *Greetings!*

### *What longing do you hold in your heart?*

This is a clue into what God is longing for you. Spending time in contemplative prayer – silence, stillness, solitude, in nature, embodied prayer, community listening circles, and being present to the moment offers the means of discovering your longings and to hear what God wants for you.

With this recognition, we then can align and join what the Spirit is doing in our lives and the world around us – it makes a REAL difference! The Centre offers opportunities to spend meaningful time with God, yourself, and others in prayer, spiritual practice, and community sharing. I hope you can find one or a few places to connect and grow in grace.

Peace & Presence,



**Lorie Martin**

*Inter-parish Co-ordinator*

The Centre for Spiritual Renewal



# HOLY SATURDAY A Meditative Labyrinth Walk

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**Saturday, April 19 2025**

**11:00 am - 12:00 pm**

A joined event with St. John's, Sardis & St. Thomas, Chilliwack

This hour will include a short reflection, and a lightly guided silent labyrinth walk together.

We, like Mary Magdalene, join Jesus at the cross, at the burial... and in the holy waiting all the way to the garden of Easter: an unbroken witness to the power of love that holds all things together. May we linger with Jesus on this Holy Saturday between the Cross and the empty tomb. *Said Matins (Morning Prayer)* is offered at St. John's 10:30 – 11:00 am. if you are interested.

**Drop-in Event. No Fee.**





@ St. Pauls

# Labyrinth Walk - Sound Bath

**Saturday May 3rd**

**12:30 am - 2:30 pm**

1140 Jervis Street, in-person only

Jane's Walk is a movement of free, citizen-led walking conversations inspired by Jane Jacobs.

The festival encourages people to share stories about their neighbourhoods, discover unseen aspects of their communities, and use the art of walking as a way to connect with their neighbours.

This year the St. Paul's Labyrinth team will partner with Jane's walk in order to celebrate International Labyrinth Day which happens on the first Saturday in May.

Thousands of people around the globe participate in World Labyrinth Day as a moving meditation for world peace and a celebration of the labyrinth experience.

By Donation - Email/phone to register:  
**[office@stpaulsanglican.bc.ca](mailto:office@stpaulsanglican.bc.ca) 604-685-6832**



jane's  
walk



**03**  
May 2025

**Labyrinth Walk & Sound Bath**

**12:30 - 2:30pm**

**1140 Jervis Street, Vancouver**

St. Paul's Centre for Spiritual Reimagination



**WorldLabyrinthDay.org**



# LATRIA



# Worship & Communion

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**Wednesday, May 7 2025**

**7:00 - 9:00 pm**

St. Thomas, Chilliwack BC

**Musicians: Danielle and Drew McTaggart**

**Communion: Rev. Lorie Martin**

Looking for a relaxed alternative service to be renewed in spirit and life?

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.

We will share a simple Eucharist - the meal of bread and wine left to us by Jesus. It is our intention to create a space for all to awaken and deepen into The Way of Love.

**Drew and Danielle** 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.

## **Drop-in Event**

*Donations gratefully received.*



# IMAGINAL ACTIVISM

## Exploring Cynthia Bourgeault's Charge to Occupy the Essential Human Post

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Thursday, May 8 2025

6:00 - 8:30 pm

Online - Zoom

Register here: <https://www.contemplative.org/events2/imaginal-activism-heather-ruce/>

As humans, we exist intertidally within this earthly realm and the imaginal realm, also known as the Kingdom of God coarising within the Ray of Creation.

Our task as True Humans, should we choose to accept it, is to responsibly navigate this intracoastal territory as, in the words of Cynthia Bourgeault, "surrendered beings who can exert force." Call it the death of modernity, the Second Axial Age, the emerging Integral Structure of Consciousness, or something else, the disorientations humans are experiencing in an exponentially complex and intense set of outer and inner conditions calls for a reminder of our essential human post. Through practice, teaching, and reflection, this evening retreat will be a time of strengthening our Whole True Human Selves to continue to say yes to this task.



**Heather Ruce** facilitates Wisdom practice circles, groups, retreats, and schools. She offers teaching and guidance in various embodied Wisdom, contemplative and mindfulness practices including Centering Prayer, Christian meditation, sacred chanting, lectio divina, conscious work, Gurdjieff Exercises and Movements in service of seeing through the heart. Her approach is especially informed by her Masters education in family systems therapy and depth psychology and the teachings of Cynthia Bourgeault in the Christian Wisdom Tradition, Deborah Rose Longo in sacred movements, and Steve Hoskinson in the integration of trauma healing and complexity science through his model Organic Intelligence. Find out more about her at [heatherruce.com](http://heatherruce.com)

**\$45 or pay-from-the-heart.**



# A Weekend Retreat Beauty Revives the Soul

**Friday, May 9 2025 - Sunday, May 11 2025**

**5pm- 12:00 pm**

Loon Lake Retreat Centre, Maple Ridge BC

Facilitated by **David Taylor, Jodi Krahn, & Lorie Martin**

Weekends in nature at Loon Lake are always a highlight for the Centre for Spiritual Renewal. Time spent at this exquisite location with song, teaching, and spiritual practice nourishes the soul with re-energizing and sustaining life. This retreat will focus on BEAUTY as we explore and experience how it grounds and revives the soul. We will have time in song, solitude, teaching, circle sharing, one-one-one spiritual care, and a WILD CHURCH experience.

**Register here:**

<https://tithe.ly/event-registration/#/9994712>

## **Shared room**

*(2 or 3 people) \$540 (includes room, meals, events and materials)*

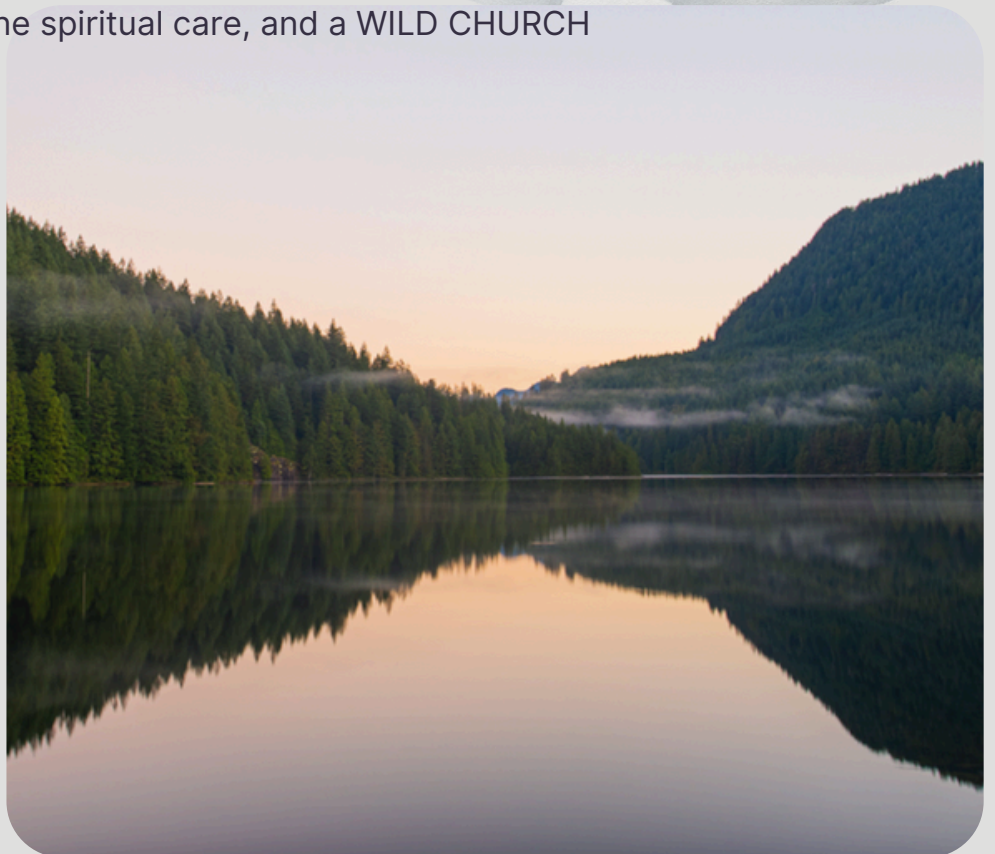
## **Private room**

*(8 available) \$640 (includes room, meals and materials)*

**Scholarships are available:**

**Request at:**

[thecentreforspiritualrenewal@gmail.com](mailto:thecentreforspiritualrenewal@gmail.com)





# “HE DESCENDED TO THE DEAD” Growing in Love Beyond Hellfire Faith

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**Wednesday, May 14 2025**

**6:30 pm**

**St. Thomas, Chilliwack BC**

Many Christians have experienced a faith forged in the fires of fear.

But will our faith look like when perfect love drives out fear?

Join us for an evening of teaching that explores the biblical imagery used for divine judgment and how to read those texts through the lens of Jesus' very good gospel.



**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*.



# Spirituality & Chronic Pain

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**Saturday, May 24 2025**

**10:00 am - 12:00 pm**

In-Person @ St. Dunstan's, Aldergrove

So many of us live with chronic pain that seems to steal our best selves and our relationships, both human and sacred. This gathering will address some of the spiritual issues pain raises and offers some tentative suggestions on finding our way through this rocky trail.

***Rev'd Helen Tervo is retired from active Anglican ministry but knows that the spirit continues to call. She has been living with severe arthritic pain for over 5 years. Humour has been God's gift to her.***



# "The Helpers in my Life" LGBTQ+



## Coffee and Conversation

**Tuesday, June 3rd 2025**

**6:00 pm**

St. Thomas, Chilliwack BC

This gathering is a bi-annual event at St Thomas to encourage connecting & conversation. This event will be a panel discussion with people of faith in the LGBTQ+ community called "The Helpers in my Life" based on Mr. Rogers' quote "Look for the Helpers".

Panelists will include: Stacey Chomiak (Author) and James Xavier Lam (Actor) from Chilliwack.

A relaxed time of sharing stories and hearts to be encouraged. Coffee/tea/snacks are provided.





# TRUST THE MYSTERY Self-Awareness Workshop

**Saturday June 7<sup>th</sup> 2025 - 11 am - 4 pm**

Labyrinth at St. Paul's Church, 1140 Jervis Street, Vancouver, BC, in-person only

**Facilitated by Nina Shoroplova**

"Know Thyself" is inscribed on the Temple of Apollo; it is a Delphic maxim, perhaps written by Plato. How do we do that? By being self-aware, through self-reflection and introspection. Nina Shoroplova's book, *Trust the Mystery: Questions, Quotes, and Quantum Wisdom*, takes us through the process of knowing ourselves better. In the process, we learn more about the spiritual gifts we have received and open ourselves to receive more.

## **Fees/payment details:**

*\$20 for the workshop alone;*

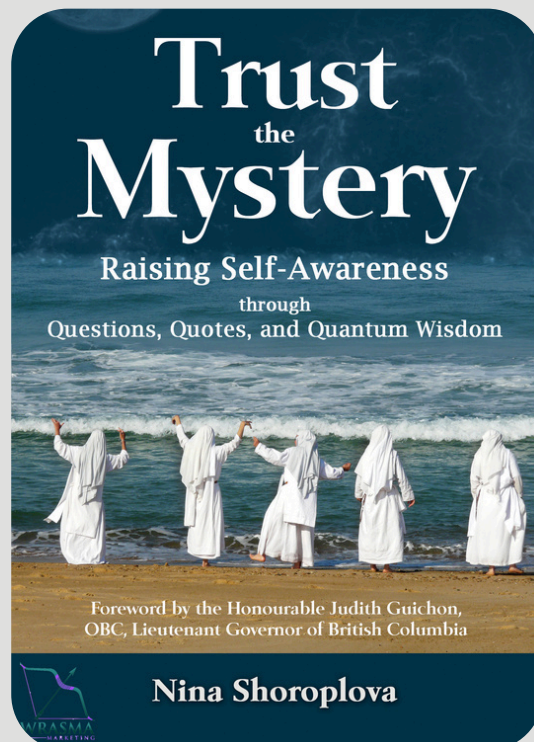
*\$35 for the workshop plus a brand new signed copy of Nina's book, *Trust the Mystery: Questions, Quotes, and Quantum Wisdom*.*

**REGISTER HERE**

**Scholarships Available**



**Nina Shoroplova** is an author, photographer, singer, speaker, and an engaged congregant at St. Paul's Anglican Church. For eleven years a book editor, she is now a Master Gardener, a committee member of the botany section of Nature Vancouver, and a leader of tree-identification walks. Her latest book is *Legacy of Trees: Purposeful Wandering in Vancouver's Stanley Park*. She is in the process of writing her seventh book.



# INDIGENOUS Sunday Service

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**Sunday, June 22 2025**

**9:30 am**

Hosted at All Saints, Mission

Facilitated by **Jody Shaw**, the Aboriginal Counsellor Coordinator along with past recipients of the All Saints Scholarships, the service features smudging before the service, drumming by participants, special Indigenous decorations and Bannock at coffee time afterward.



# Circle of Grace Celtic Spirituality

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**Friday, June 27 2025**

***and Fridays 13, 20, 27 10:00 – 11:00 am***

Hosted at St. Thomas

This series will look at beautiful Celtic prayers and spirituality.

We will start with a guided pilgrim walk and build a Celtic Cross on Sat. June 7th (location TBD) and then meet after for 3 Fridays to deepen into Celtic themes.

- **The Sacredness of the Soul – Original Blessing & the Thorn**
- **Oneness - God in All & St. Brigid**
- **Christ of the Celts**

***Drop-in Event. No Fee.***





# 2025 Recurring Events

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## **Centering Prayer @ St. Dunstan's, Aldergrove & Online**

Fridays, 11:30 am - 12:00 pm

In-Person @ St. Dunstan's, Aldergrove

Also online - Visit Inter-parish Centre webpage for link or [\*\*Find Zoom link here\*\*](#)

Facilitated by: **Joe Baker, Elaine Chatwin and Jim Hober**

(followed by Lectio Divina and Contemplative Eucharist)

*A simple practice of twenty minutes of silence using the pattern of Centering Prayer as taught by Thomas Keating & Cynthia Bourgeault.*

## **Contemplative Eucharist at St. Dunstan's, Aldergrove**

In-Person on Fridays at 12:30 pm

With **Rev. Clarence Li**

*Celebrating the Lord's Supper in an intimate and reflective setting with simple chants and space to pray in silence.*

## **Lectio Divina @ St. Dunstan's, Aldergrove**

In-Person on Fridays, noon - 12:30 pm

Also online - Visit Inter-parish Centre webpage for link or [\*\*Find Zoom link here\*\*](#)

Facilitated by **Joe Baker, Elaine Chatwin and Jim Hober**

*A meditative prayer practice involving reading, reflecting, responding, and resting with Scripture to deepen spiritual connection.*

## **Self-guided Labyrinth Walk**

*The grass-path labyrinth is open to walk, anytime, for a time of meditation or prayer, symbolizing a spiritual journey toward charity, reflection, and inner peace.*

# 2025 Recurring Events

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## **Contemplative Fellowship & Spiritual Practice**

Second Saturday monthly, starting April 12, 9:30 am - noon  
@ St. Dunstan's, Aldergrove

Facilitated by **Joe Baker and Elaine Chatwin**

*A community of spiritual companions. An in-person, lightly guided, contemplative gathering for experienced practitioners and those curious to explore the contemplative side of spiritual practices.*

## **Compline on Zoom**

Wednesdays, 9:30 - 10:00 pm

**Online on Zoom - Visit Inter-parish Centre webpage for link or**  
[Find Zoom link here](#)

Facilitated by **Joe Baker & Elaine Chatwin**

*A service of night prayers forming part of the Divine Office, traditionally said before retiring for the night.*



# 2025

# Recurring Events

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## Online Bible Study

Tuesdays - 7 pm

Facilitated by **Venerable Andrew Halladay**

## Family Church

Saturdays (Seasonally) - See Site for more Details

*This is a monthly event geared towards families with children. We offer games, crafts, storytelling and family prayer stations. We celebrate the Eucharist picnic-style and share a meal.*

## Healing Eucharist

Thursdays - 11:00 am

With **Ven. Andrew Halladay**

*Includes anointing with the holy oil, songs, and prayer.*



## Centering Prayer

Thursday mornings **9:30 am in the Chapel @ All Saints, Mission**

(includes relaxation routine, and a 20 minute sit.)

*Followed with **Lectio Divina** using the following Sunday's Gospel reading.*

*Following Lectio we typically walk the **Labyrinth** after Lectio.*

**Morning Eucharist** follows at 11am.





# 2025 Recurring Events

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## FRIDAY MORNINGS

**Centering Prayer - 9:30 am**

**Circle of Grace - 10:00 am**

Spiritual Practices

May 2, 9, 15, 23

**HEALING & WHOLENESS:** *Exploring and experiencing different modalities of healing.*

**Healing Eucharist - 11:00 am**

*Coffee/Tea/Snacks*

**Drop in - come to one or all. No Fee or Registration.**

**Centering Prayer - 9:30 am**

**Circle of Grace - 10:00 am**

Spiritual Practices

June 7 (Sat), 13, 20, 27

**CELTIC SPIRITUALITY:** *Exploring and experiencing different modalities of healing.*

**Healing Eucharist - 11:00 am**

*Coffee/Tea/Snacks*

**Drop in - come to one or all. No Fee or Registration.**



# JUNE - AUGUST 2025

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## EVENTS:

- **June 28** - ANGLICAN 101 Workshop  
@ St. Thomas Anglican, Chilliwack  
**Theme:** The Via Media – The Middle Way –  
Best thing since sliced bread! Bring your wonderings...  
**Coffee/tea/snacks provided . No Fee.**
- **July 12** - Summer Retreat Day at Cultus Lake with  
Lorie Martin & Gene Fraser
- **July 20 – 26** - Retreat Week at Sorrento Centre –  
Lorie Martin & Herta Klassen  
*Register at Sorrento Centre:*  
<https://sorrentocentre.ca/events/resting-listening-and-making/>
- **August 9** - Retreat Day on Eden Drive Chilliwack

Keep an eye on [thecentreforspiritualrenewal.org](https://thecentreforspiritualrenewal.org)



# SAVE THE DATES

## Fall 2025

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- ***A Weekend Retreat***

***Moving With Prayer Embodied prayer practices in nature, solitude, and community***

**Sept 12 – 14:** Loon Lake Retreat Centre, Maple Ridge BC

*Facilitators: Jessica Schaap, Lorie Martin, and David Taylor*

- Pet Blessing Gathering
- Listening Prayer Training Workshop
- Grief Retreat
- Centering Prayer Mini-Intensive Retreat Day
- And MUCH more...

**Keep an eye on [stthomaschilliwack.org](https://stthomaschilliwack.org)**



# TAKE THIS BREAD COMMUNION IN COMMUNITY

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**FALL 2025 - Wednesdays & Saturdays**  
In-person at St. Dunstan's, Aldergrove  
Facilitated by Paul Guiton & Eileen Nurse

Sharing Communion is one of the core spiritual practices of the Christian faith. But does it hold a deeper meaning? Does it also shape how we live out our faith in the communities where we live and serve? Come and explore these ideas as we study Sara Miles's book *Take This Bread*, an invitation into ways of modelling the gratitude that the Eucharist (Thanksgiving) inspires in us.

**Registration fee: \$20. Book can be purchased at [Indigo.ca](https://www.indigo.ca) or [Amazon.ca](https://www.amazon.ca).**  
[Registration info HERE.](#)

"The most amazing book."  
—ANNE LAMOTT

## take this bread

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**SARA MILES**



**Paul Guiton** is a retired priest, currently residing at St. Dunstan's, Aldergrove. After a secular career in the food industry, as a priest, Paul brings a passion to follow Jesus' instruction to "Feed my sheep". He has led several community Bible studies and has been active in community and food ministries for 15 years.

**Eileen Nurse** is a Deacon serving at St. George's, Fort Langley. Eileen has been an active part of the Anglican Church of Canada for over 30 years, serving the local, diocesan and national levels. She is passionate about engaging in Christ's mission for justice, reconciliation and caring for creation.



# @ St. Pauls Labyrinth Walk

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**Second Saturday of the Month**

**10:30 am - 12:30 pm**

1140 Jervis Street, in-person only

Come walk the Labyrinth every second Saturday of the month for either a silent walk or a walk with Crystal Bowl accompaniment.

By Donation - Email/phone to register:  
**[office@stpaulsanglican.bc.ca](mailto:office@stpaulsanglican.bc.ca) 604-685-6832**

