

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



**SEPT-DEC
2020**

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WELCOME

At this time of global social distancing, we need, more than ever, to find ways to connect and feed our hearts. Please look through this program and discern in your heart how you can find spiritual nourishment. And spread the word! Your friends and neighbours are hungry too!

*“Taste and see that the Lord is Good”
Psalm 34:8*

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

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Rector of the Parish of St. Dunstan's
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Lorie Martin, Associate Director
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Inspired and thoughtful worship
online each Sunday at 10am
Visit st-dunstans.ca to connect
Study & Eucharist in-person
each Wednesday at 7pm



WEEKLY EVENTS

GROUP CENTERING PRAYER

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

Wednesday evenings from 6:30 pm - 7 pm

In person at St Dunstan's

(See monthly events for monthly Centering Prayer Group)

Facilitated by **Katherine Murray, 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.

STUDY & COMMUNION

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

In person & Zoom

Facilitated by **Rev'd David Taylor**

Our studies this fall will include a service of Holy Communion. Together we feast on the Word of God who is the Bread of Heaven.

September - How to Read and Study the Scriptures

October and November - The Intricacies of the Spiritual Life

December - Advent: the Vigil of the Coming of Christ

LECTIO & LABYRINTH

Fridays 12:00pm to 1:00pm; In person & Zoom

Facilitated by a **variety of leaders**

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.

ANY DONATION IS APPRECIATED FOR ALL WEEKLY EVENTS

MONTHLY EVENTS

No registration is required for these events.



MONDAY BOOK CLUB

September - December 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. Suggested donation: **\$10 per person.**

Sept 14 - Liminal space, boundaries, in between times/spaces

Oct 5 - Gratitude

Nov 2 - Dark night of the soul

Dec 7 - Joy

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. **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

No registration is required for these events.



PODCASTS: TOP PICKS BY THE PEOPLE, FOR THE PEOPLE

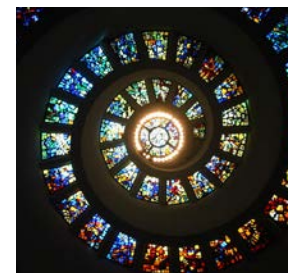
Mondays 7:00 - 8:30pm, Zoom only

Sept 21, Oct 19, and Nov 16

Facilitated by: **Ron Isaak**

Good podcasts are treasures to be shared! If you love listening to podcasts, hearing what others are listening to and eager to share what you're listening to...then join us for a Zoom conversation on the 3rd Monday night of the month. 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 the podcast and podcast hosts • What it's about • What is that you love about it • Suggested donation: **\$10 per person.**

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



MONTHLY CENTERING PRAYER

Tuesdays 7:00 - 8:30pm In Person & Zoom

Sept 29, Oct 27, and Nov 24

Facilitated by: **Katherine Murray**

Each of these two hour meetings will include Centering Prayer, contemplative group listening, and a teaching on centering prayer/contemplative life. Suggested donation: **\$10 per person.**

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.



MONTHLY EVENTS

Registration information on back page

SPIRITUAL PRACTICE SERIES

Sunday Evenings 7:00pm to 8:30pm

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.



October 25th, In Person & Zoom

A WORLD FULL OF WONDER: Spiritual practices from evolution and ecology

Facilitated by Rev'd Cameron Gutjahr

Why are science and religion so often portrayed as being incompatible, or antagonistic, even? In fact, they have much in common; at their best, they are disciplines that encourage curiosity, wonder and delight – spaces that are open for asking questions and exploring connection and relationship. Together, over the course of this evening, we will pray with

phylogenetic trees, meditate with microscopic organisms, and reflect on the relationships that connect us to all living things, and ultimately, to God.

Suggested donation: \$15-\$20 per person.

Cameron joyfully serves as the priest of St. John the Divine Anglican Church in beautiful Squamish, BC. He completed his Master of Divinity at Huron University in London Ontario, after a BSc, with a focus on evolution and ecology, at UBC in Vancouver. Both educational experiences have been foundational to his identity, and have proven to be rich sources of nourishment for his spiritual life.



MONTHLY EVENTS

Registration information on back page



November 22nd, In Person & Zoom

LINGERING IN THE EUCHARIST

Facilitated by Rev'd Helen Tervo

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.

Suggested donation: \$15-\$20 per person.



December 6th, In Person & Zoom

TIME WITH MARY

Facilitated by Rev'd David Taylor

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

Suggested donation: \$15-\$20 per person.



September 13, October 18, November 15, December 13,

In Person at St. Dunstan's

SUNG EVENING PRAYERS

Facilitated by Cathy AJ Hardy

Sunday evenings 7:30 pm - 8:30 pm

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

Suggested Donation: \$10 per person

SPECIAL EVENTS



SPIRITUAL CARE OPPORTUNITIES

Sunday, September 13th, 2:00pm – 4:30pm, In person & Zoom

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

An afternoon exploration of spiritual care opportunities that are offered in our St. Dunstan's community. Come check out:

- Group Spiritual Companions**
- Personal Spiritual Direction**
- Listening Prayer Sessions**
- Rite of Reconciliation with a priest**
- Counselling**
- Coaching**

This meeting will be informative and experiential breaking into groups or one-on-ones.

Any Donation Welcome.

SPECIAL EVENTS



VISION BOARD

Saturday, September 19th, 10:00am – 3:00pm
In person at St. Dunstan's

Facilitated by: **Angela Herd (<https://angelaherd.com>)**

Join us in person or on-line for a 5-hour retreat designed to unite body, mind and spirit with elements of journaling, peaceful music, labyrinth walking, guided imagery and self-discovery. You are invited to bring with you an intention that may reflect a spirit of inspiration, acceptance, self-care, peace, courage, comfort, forgiveness or perhaps supports your personal healing in some way. Walking the labyrinth is an ancient contemplative practice that honors the inner connections between Self and the Divine as well as the community and world. A vision board is a powerful step toward manifesting a life you love and feeds your quest for meaning; you will create a vision board that aligns with your authentic self and amplifies your best life as you see it. All online registered participants will receive a supply list, finger labyrinth download and tips to maximize their online experience

Fee. \$70.00. Scholarships Available.



Angela is a seasoned registered clinical counselor, art therapist, a certified labyrinth facilitator and SoulCollage(R) facilitator. It brings Angela great joy to witness signs of the Divine at work in simple everyday experiences. Angela is committed to provide tools, strategies and resources to support participant wellness, creative connection and transformation.

SPECIAL EVENTS



CENTERING PRAYER INTENSIVE: WALKING

Saturday, October 3rd , 9:00am - 12:00 noon
In person at St Dunstan's

Facilitated by: **Gene Fraser**

This is an invitation for those that already have an established practice of centering prayer and who are interested in taking this prayer practice to a deeper level. Gene will teach mindfulness practices and contemplative habits that supplement and support centering prayer. This will include in-person instruction on mindful walking meditation. Handout material will include the chapter titled Walking Meditation from James Finley's book *Christian Meditation: Experiencing the Presence of God*.



Fee: **\$40 per person. Scholarships Available.**

Gene is a member of St. Dunstan's and has been commissioned by Contemplative Outreach International as a Centering Prayer facilitator.

SPECIAL EVENTS



LISTENING PRAYER TRAINING

November 13 - 6:30pm - 9:00pm
November 14 - 9:00am - 4:00pm
In person & Zoom

Facilitated by: **Katherine Murray, Fiona Calder & Eden Jersak**

Learn or refresh the gift of coming alongside others to help listen to Jesus for clarity, guidance, and healing. This workshop offers:
*Teaching *Life Stories *Demos *Practice

You will be equipped to accompany people in prayer bringing healing and wholeness.



Fee: **\$90 per person. Scholarships Available.**

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.

SPECIAL EVENTS



VITA RETREAT

Nov. 20, 6pm – 9pm and Nov. 21, 9am – 4pm

In person at St. Dunstan's

Facilitated by: **Rev'd Jessica Schaap, Rev'd Dr. Sharon Smith, Rev'd Eric Mason**

The overarching concept of the retreat is an expanded understanding of the spiritual practice of lectio divina. Lectio divina (holy reading) is an ancient, meditative, and devotional way to read scripture. The retreat takes the basic form of lectio and applies it to many things such as art, being in nature, music, cooking, daily tasks, relationships, and conversation – the stuff of daily life.

Participants come away with a sense that prayer can be a continual activity in all aspects of their lives. Life can be lived as a prayer, and God is the one who prays within us. And the depth of conversation and community that grows is remarkable.

Fee: **\$20 per person.**

SPECIAL EVENTS



Jessica works with parishes and people of all ages to offer Christian formation that engages the heart, mind, and practice. She lives in East Vancouver with her husband, daughter, and two cats. Before she was Missioner for Christian formation, she was the rector of St. Paul's in Vancouver.



Rev'd Dr Sharon Smith is currently the Priest-in-Charge at St Catherine's in North Vancouver. Sharon became interested in the practice of praying with Lectio Divina while working on the DTES 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 as the group learns how to pray together.



Rev'd Eric Mason is rector of St. Laurence in Coquitlam. He's been to many places, done many things, and read a lot of books. But he's still learning how to pray. He's OK with that.



SPECIAL EVENTS



NON-VIOLENT COMMUNICATION

Monday, Oct 19 & Monday, Oct 26, 6 pm - 8 pm, Zoom only
Saturday, Oct 31 9 am - noon, in person at St Dunstan's
Registration deadline for this 3-part Workshop is October 4th.

Facilitated by: **Jenna Card** (jenna@heartspring.ca)

Do you want to learn practical skills for creating more authenticity and ease in your relationships; to look beyond challenging behaviours and connect with the humanity in each of us; and to cultivate a calm, joyful centre from which to live life? This 3-session online & in person workshop teaches the fundamentals of Compassionate Communication (Nonviolent Communication or NVC). Together we explore 4 core principles and the 4 part model of NVC with interactive activities allowing opportunity for practice and support. This workshop is appropriate for those who are new to NVC or for those with experience who seek a fresh perspective. You will learn and practice essential techniques for self-connection, empathy for self and others and invaluable communication tools that will benefit you at home, in your workplace and communities.



Fee: **\$150 per person. Scholarships Available.**

Jenna is a Certified Compassionate Communication Trainer (CNVC), and has diverse training and experience in many other areas. She skilfully blends grounded compassion with insightful leadership as she guides both organizations and individuals into more effective, fulfilling relationships and outcomes. Jenna is passionate about guiding others into deeper relational authenticity and personal fulfillment.

SPECIAL EVENTS



CREATIVE JOURNALLING: PREPARING FOR ADVENT

Saturday, November 28th, 10:00am - 12:00pm, Zoom only.

Facilitated by: **Kathie MacDuff**

Join us for this Zoom class as we take time to deepen our understanding of Advent and discover our personal response anew. Sunday, November 29 is First Advent, the start of the New Year in the Christian church. We enter Advent with joy and anticipation and a double focus: evoking the past while remaining alert and watchful of the future. Materials needed:

A journal or 8.5" x 11" white cardstock. Coloured pencils, coloured pens, coloured markers or any other coloured writing instruments. Favourite images to be drawn or collaged. Gesso or white acrylic paint and a brush (only if you have them).

Fee: **\$40 per person. Scholarships Available.**



Kathie Kathie is a writer, artist and instructor who has been teaching for over 26 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



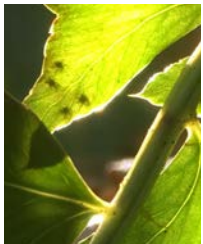
ADVENT QUIET DAY

Saturday, December 5th, 9:00am - 12:00pm
In Person & Zoom

Facilitated by: **Rev'd Helen Tervo**

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

Suggested Donation: **\$15-20 per person.**



Helen is an Anglican priest who had a chaplain's ministry in long term care, prison and palliative care. Since retiring from prison work, she has been an interim priest in a variety of churches. She holds a great interest in spiritual growth and discernment. Helen moves in prayer between traditional Anglican liturgy and the immanent work of the Holy Spirit in relationships and social justice.

SPECIAL EVENTS



A TASTE OF SILENCE

Saturday, December 19th, 10:00am - 3:00pm
In person & Zoom

Facilitated by: **Gene Fraser**

You are invited to set apart a day to refresh, re-create, and recommit to God-centred living in an atmosphere that encourages inner solitude and inner silence. The opportunity for centering prayer in community is a gift. We often experience more profound silence, within which the Spirit connects us in love. The focus of the day will be on our individual and personal relationship with God. We encourage you to bring along a journal and any other contemplative tools which enrich and inspire you, such as Daily Meditations, Psalms for Praying, other Scripture/ sacred works or meditative crafts.

Fee: **\$70 per person. Scholarships Available.**

SEPTEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01	02	03	04	05
			Cen. Prayer 6:30 Study & Communion 7-8 pm			
06	07	08	09	10	11	12
			Cen. Prayer 6:30 Study & Communion 7-8 pm	Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm		
13	14	15	16	17	18	19
Spiritual Care Opportunities 2 – 4:30 pm Sung Prayer 7:30 – 8:30 pm	Book Club 7 – 8:30 pm		Cen. Prayer 6:30 Study & Communion 7-8 pm	Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm		Vision Board 10 am-3 pm
20	21	22	23	24	25	26
	Podcast Night 7 – 8:30 pm		Cen. Prayer 6:30 Study & Communion 7-8 pm	Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm		
27	28	29	30			
		Centering Prayer 7 – 8:30 pm	Cen. Prayer 6:30 Study & Communion 7-8 pm			

NOVEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	01	02	03	04	05	06
				Cen. Prayer 6:30 Study & Communion 7-8 pm		Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm
	Book Club 7 – 8:30 pm					
08	09	10	11	12	13	14
			Cen. Prayer 6:30 Study & Communion 7-8 pm		Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm	Listening Prayer Training 9am-4pm
15	16	17	18	19	20	21
Sung Prayer 7:30 – 8:30 pm	Podcast Night 7 - 8:30 pm		Cen. Prayer 6:30 Study & Communion 7-8 pm		Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm	Vita Retreat 9 am – 4 pm
22	23	24	25	26	27	28
Spiritual Practice *Eucharist* 7 – 8:30 pm		Centering Prayer 7 – 8:30 pm	Cen. Prayer 6:30 Study & Communion 7-8 pm		Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm	Creative Journaling 10 am - noon
29	30					

OCTOBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				01	02	03
					Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm	Contemplative Walking 9 am-noon
04	05	06	07	08	09	10
	Book Club 7 – 8:30 pm		Cen. Prayer 6:30 Study & Communion 7-8 pm	Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm		
11	12	13	14	15	16	17
			Cen. Prayer 6:30 Study & Communion 7-8 pm	Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm		
18	19	20	21	22	23	24
Sung Prayer 7:30 – 8:30 pm	#1 NonViolent Communication 6 – 8 pm Podcast Night 7 - 8:30 pm		Cen. Prayer 6:30 Study & Communion 7-8 pm	Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm		
25	26	27	28	29	30	31
Spiritual Practice *Evolution* 7 – 8:30 pm	#2 NonViolent Communication 6 – 8 pm	Centering Prayer 7 – 8:30 pm	Cen. Prayer 6:30 Study & Communion 7-8 pm	Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm	#3 NonViolent Communication 9 am – noon	

DECEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			01	02	03	04
						Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm
			Cen. Prayer 6:30 Study & Communion 7-8 pm			Advent Quiet Day 9 am - noon
06	07	08	09	10	11	12
Spiritual Practice *Mary* 7 – 8:30 pm	Book Club 7 – 8:30 pm		Cen. Prayer 6:30 Study & Communion 7-8 pm		Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm	
13	14	15	16	17	18	19
			Cen. Prayer 6:30 Study & Communion 7-8 pm		Cen. Prayer 11:30 Lectio & Labyrinth Noon – 1 pm	Taste of Silence 10 am – 3 pm
Sung Prayer 7:30 – 8:30 pm						
20	21	22	23	24	25	26
			Cen. Prayer 6:30 Study & Communion 7-8 pm			
27	28	29	30			

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

st.dunstans@telus.net

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: 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

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.