



# ST DUNSTAN'S CENTRE FOR SPIRITUAL RENEWAL



## JAN-MAR 2021

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## WELCOME

Winter is upon us. It is probably the strangest winter in memory as we continue to live with the implications of the global pandemic. At the Centre for Spiritual Renewal we have been working hard on how best to offer spiritual nourishment during this time. We have a number of opportunities to connect and pray together through the winter months. Please, in all that is going on, remember your heart. Care for it. Love it. Whether online or in-person, we will see you!

“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  
604.856.5393  
dmatthew.taylor@gmail.com



the Reverend **Lorie Martin**  
Associate Director  
604.217.6966  
loriemartin@telus.net  
loriemartin.com



Inspired and thoughtful worship  
Sunday at 10am on Zoom

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



## WEEKLY EVENTS

### CENTERING PRAYER

Wednesdays, 6:30 pm - 7 pm, in person (if possible)

Fridays, 11:30am to 12:00pm, in person & Zoom

(See Monthly Events for monthly Centering Prayer Group)

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](http://centeringprayer.com) for more information.

### CHRISTIAN FORMATION GROUP

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

*In person (when permitted) & Zoom,*

Facilitated by the Reverend **David Taylor**

**The Season after the Epiphany: Difficult Christian Vocabulary.** A study on major theological themes including, Revelation, Trinity, Incarnation, Atonement, the Last Days. What do these words mean? Why are they important?

**Lent: The Old Rugged Cross.** A series of Bible studies on the meaning of the cross.

### LECTIO & LABYRINTH

Fridays 12:00pm to 1:00pm; In person (if possible) & 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

January to April 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.

January 4, February 1, March 1, April 5

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 let's 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 In Person & Zoom  
January 26, February 23 & March 23

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, In Person (if permitted)

Facilitated by **Cathy AJ Hardy**

February 7, March 7, 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 EVENING

Sunday Evening 7:00pm to 8:30pm

January 31

#### A RULE OF LIFE

*adding rhythm to your spirituality*  
with the Reverend **David Taylor**



A Rule of Life is a guideline to help you grow in your spiritual life. Used by monks and nuns, it is a way to help us follow Jesus intentionally and faithfully. On this evening we will explore a few ancient Rules of Life and begin to think how we can bring rhythm into our daily, monthly or yearly Spiritual Life.

**Suggested Donation: \$20**

### VIRTUAL YOGA

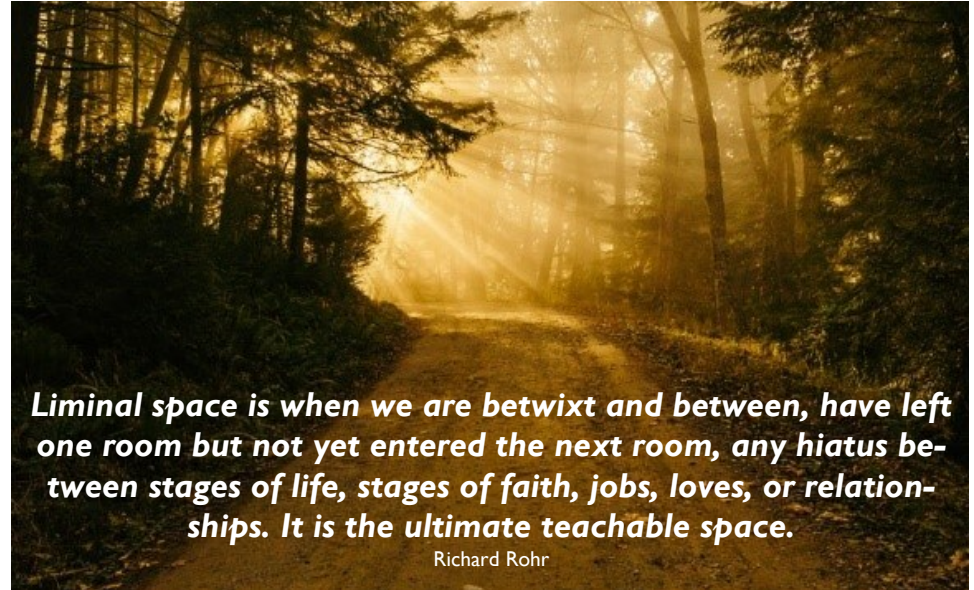
Message Tiffany on Instagram @Warriornationathleticus , or email [warriornationathleticus@gmail.com](mailto:warriornationathleticus@gmail.com)



In this time of isolation and physical distancing we are inviting you to an embodied practice and classes for health and wellness that you can do from home. Come join in and be a part of a safe active community. No prior yoga experience is needed, and simple equipment will work.

**Tiffany** is an ACE (American Council of Exercise) certified personal trainer and a certified yoga teacher. Tiffany has a passion for fitness and teaches many different styles of yoga including: Yin, Hatha, Vinyasa and Bikram. Tiffany's goal is to educate and inspire those who are interested in improving their daily active living and mental health through fitness and yoga. Most importantly, Tiffany enjoys creating a safe space and a fun environment where we can share and grow with our practice together.

## SPECIAL EVENTS



***Liminal space is when we are betwixt and between, have left one room but not yet entered the next room, any hiatus between stages of life, stages of faith, jobs, loves, or relationships. It is the ultimate teachable space.***

Richard Rohr

### LIMINAL SPACE

Tuesdays, January 5 – February 9, 2020, 10:00 am – 11:30 am

Facilitated by: **Katherine Murray**

Whether you are having a personal liminal space experience, supporting another in their liminal space, experiencing the collective Covid-19 pandemic liminal space, or simply curious, come and explore this facilitated offering.

This six-week journey will offer:

- an opportunity to consider how to be in liminal space and how to respond to what is unfolding;
- deeper listening of your own heart and of God through reflection & listening prayer;
- an opportunity to share with and hear from others about their liminal space experience.



**Registration: \$40 Scholarships available**

**Katherine** is passionate about connecting with God and spiritual transformation. For twelve years she has been facilitating retreats, groups, and individual sessions to guide and companion others on their spiritual journey.



## SPECIAL EVENTS

### THE ENNEAGRAM & MOVIES

Thursday Evenings from 7pm to 8pm

Facilitated by **Lesley Wieler** and the Reverend **Helen Tervo**.

Who doesn't love the Enneagram **and** movies? Come join us for an exploration of the connection between the various points on the Enneagram as they relate to movies and movie characters. The hope is that these explorations can open up another powerful and insightful way to look at ourselves and our relationships. It is assumed that participants have a basic understanding of each of the 9 types and the 3 centres.

You can read up on this at [www.enneagraminstitute.com](http://www.enneagraminstitute.com)

#### JANUARY 21: THE GUT CENTRE

**Selma** (Enneagram 8)

**A Beautiful Day in the Neighborhood** (Enneagram 9)

Hermione Granger (**Harry Potter: Goblet of Fire**) (Enneagram 1)

#### FEBRUARY 18: THE HEART CENTRE

**Beautiful Boy** (Enneagram 2)

**Rain Man** (Enneagram 3)

**Judy** (Enneagram 4)

#### MARCH 18: THE HEAD CENTRE

**The Theory of Everything** (Enneagram 5)

**Erin Brockovich** (Enneagram 6)

**Rocketman** (Enneagram 7)

#### APRIL 22 THE SERIES FINALE

## SPECIAL EVENTS



**Lesley** is a teacher by day and a movie-lover by night. She believes the Enneagram is a powerful tool to explore our inner lives and use it for transformation in ourselves and our relationships.



**Helen** is an honorary priest at the Parish of St. Dunstan. She sits on the Centre for Spiritual Renewal Planning Board.

**Each movie is to be watched prior to the gathering.  
The movies can be found on most streaming services.**



## SPECIAL EVENTS



## SPIRITUAL COMPANIONS GROUPS

*Beginning January 10*

Connection and belonging are two vital needs in our lives, especially in a time of pandemic. Please sign up if you would like to be connected to a spiritual companions group. There is a specific format that includes a short spiritual practice and time of safe sharing. Lots of fun too!

Want to join a group?!

Please connect with our coordinator,  
the Reverend **Linda Varin**. At **St.Dunstans@telus.net**.  
Subject: Spiritual Companion Groups



## SPECIAL EVENTS

### 40 DAYS OF WELCOMING PRAYER A LENTEN JOURNEY

Wednesday, February 10 Kick-Start at 7pm

Sunday, February 14 Zoom Workshop on Centering and Welcoming Prayer

Ash Wednesday, February 17th the 40 Days Begin

Facilitated by: **Katherine Murray, Gene Fraser, Lorie Martin and Ruth Jackson.**

**Registration: \$20 for the Teaching Guide and Binder.**

Following Thomas Keating's daily guidebook to learn and practice the Welcoming Prayer, you will meet weekly as a group to check-in, learn, and be inspired in this embodied practice of YES for everyday life. This consent on the go provides a means for moving deeper into trust and intimacy with the living God.



**Katherine** will lead a group on Tuesdays at 10am  
February 16 to March 23

**Gene** will lead a group on Sundays at 2pm.  
February 21 to March 28

**Lorie** will lead a group on Sundays at 7pm  
February 21 to March 28

**Ruth** will lead a group on Wednesdays at 7pm  
February 17 to March 24

### OPEN MIND, OPEN HEART BOOK STUDY

*Wednesday beginning January 6 or Sunday beginning January 3 at 7pm*

Facilitated by: **Ruth Jackson and Lorie Martin**

Study the book by Thomas Keating in preparation for the 40 Days of Welcoming Prayer. **Order a book through the Centre for \$30.**



# SPECIAL EVENTS

## RECONCILIATION RETREAT

### Session 1

*Saturday, March 20 10am – 12pm*

### Session 2

*Saturday, April 10 10am – 11:30am*

### Session 3

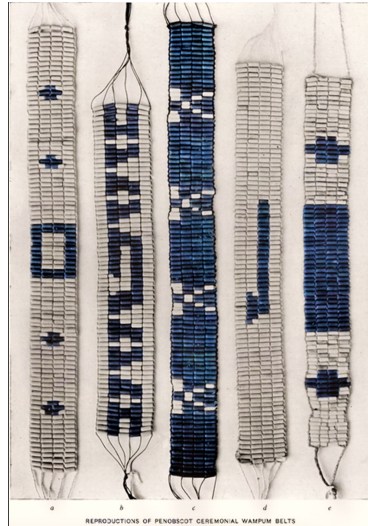
*Saturday, May 15 10am – 11:30pm*

### 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

## WOMEN OF THE EASTER STORY

*March 24 10am and 7pm*

Facilitated by **Jacqui Pesek** and **Katherine Murray**

This event is offered twice, once in the morning and in the evening so all may join in. It is a time to linger with the women we read about in the Easter story: Who they are, what they bring to the story, and how we can relate to them today.



## HOLY WEEK HEADS UP

With the Reverends **Andrew Halladay** and **David Taylor**

**March 28, Palm Sunday, 7pm**

*Spiritual Practice Smorgasbord Evening with Lauren Kirkey.*

**March 29, Holy Monday, 7pm**

*What does the Cross Look Like: **A Sword***



**March 30, Holy Tuesday, 7pm**

*What Does the Cross Look Like: **A Crossroad***

**March 31, Holy Wednesday, 7pm**

*What Does the Cross Look Like: **A Tree***



**April 1, Maundy Thursday, 7pm**

*What Does the Cross Look Like: **A Hug***

**April 2, Good Friday, 10am**

*What Does the Cross Look Like: **Violence***

**April 3, Holy Saturday, 7pm**

*What Does the Cross Look Like: **Defeat?***



# REGISTRATION

View and register for events at  
**ST-DUNSTANS.CA**

## 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](mailto: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.*



**podcasts**  
*for your heart*

Check out our new podcast!  
Subscribe and listen on your favourite podcast provider.  
Search for: Centre for Spiritual Renewal Podcast



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.  
All are welcome.*