



THE CENTRE FOR

SPIRITUAL  
RENEWAL

FALL

**PROGRAM GUIDE**

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2025





# Welcome Message

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## *Greetings!*

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

As we move through the autumn months, may these gatherings and opportunities to grow in grace bring you into the fullness of your longings, into the grace you seek. In the midst of whatever you may be facing, may you be mindful that your truest longings are God's longings in you. May you receive refreshment and renewal in these places and spaces. Invite a friend and make a memory together!

Peace & Presence,



### **Lorie Martin**

Director of The Centre Inter-parish Ministries

The Centre for Spiritual Renewal

### **This program guide includes:**

- Spiritual practice groups
- Centring prayer
- Midweek Eucharist
- Retreats
- Workshops
- Sung worship
- Justice awareness
- Bible study
- Advent
- Youth and Family
- Bios of facilitators
- Spiritual Direction



# Fall 2025 + Spiritual Practice Groups



**Circle of Grace** - @ St. Thomas, Chilliwack

*Fridays @ 10:00 am*

*A gathering for teaching, sharing, and spiritual practice. See further pages for more information.*

- Sept 5 – 26 (5 Weeks)

**It's a Beautiful Earth**

- Oct 24 – Nov 14 (4 Weeks)

**The Unfolding of the Feminine**

- Nov 28 – Dec 19 (4 Weeks)

**Deepening into Advent**

**Morning Prayer** - @ The Cathedral, Vancouver

Monday – Friday | 9:30 a.m. | [On Zoom](#)

**Rite of Reconciliation (Confession)** - @ The Cathedral, Vancouver

Every 4th Wednesday | 11:00 a.m. – Noon

**Healing Prayers & Anointing** - @ The Cathedral, Vancouver

Wednesdays | Following the 12:15 p.m. Eucharist

**Contemplative Fellowship & Spiritual Practice** - @ St. Dunstan's, Aldergrove

Second Saturday monthly | 9:30 am - noon

**Lectio Divina & Labyrinth** - @ St. Dunstan's, Aldergrove

Fridays | Noon

**Compline on Zoom** - @ St. Dunstan's Aldergrove

Wednesdays | 9:30 - 10:00 pm

**Online Bible Study** - @ St. Andrew's, Langley

Tuesdays | 7 pm

Facilitated by Venerable Andrew Halladay



# Fall 2025

## + Centering Prayer

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### **Centering Prayer - @ St. Thomas**

Fridays, 9:30 am

*A 20-minute meditation as taught by Thomas Keating & Cynthia Bourgeault. Includes awareness, chant, prayer.*

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

Fridays, 11:30 am - 12:30 pm

*In-Person Also online - Visit Inter-parish Centre webpage for link or **Find Zoom link here***

### **Centering Prayer @ All Saints, Mission**

Thursday mornings 9:30 am in the Chapel

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

## + Eucharist

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*For Sunday Eucharist Services See  
Each Parish Location on Websites*

### **Contemplative Eucharist - @ St. Dunstan's, Aldergrove**

Fridays | 12:30 pm

### **Eucharist - @ St. Andrew's, Langley**

Sundays | 8am - 10am

### **Healing Eucharist - @ St. Andrew's, Langley**

Thursdays | 11:00 am

### **Holy Eucharist - @ The Cathedral, Vancouver**

Monday – Friday | 12:15 p.m.

### **Holy Eucharist & Breakfast - @ The Cathedral, Vancouver**

Thursdays | 7:30 a.m.

### **Healing Eucharist - @ St. Thomas, Chilliwack**

Fridays | 11:00 am

# Spiritual Senses as Medicine

## **PRA YING ON THE GO**

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**Friday, September 12 2025 - Sunday, September 14 2025**

**5pm- 12:00 pm**

Loon Lake Retreat Centre, Maple Ridge BC

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

This retreat will focus on perceiving and understanding God through creation and daily living as we walk, eat, and pray in all of life. We will explore the Spiritual Senses as taught by the church founders as we enter into a variety of spiritual practices such as conscious prayer movement, pilgrimage, mindful eating, imaginal prayer and healing sound to enable a deeper, more holistic engagement with reality. Expressive art stations, labyrinth, and one-on-one spiritual care will be offered as it is available (spiritual direction, listening prayer, healing touch, and sound bowl meditation).

**WITH MUCH THANKS TO A DONOR, we are now able to offer this Retreat for \$100 less than originally stated, plus there are more Scholarship funds available if needed.**

### **Register here:**

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

#### **Shared room**

(2 or 3 people) \$475

(includes room, meals, events and materials)

#### **Private room**

(8 available) \$575

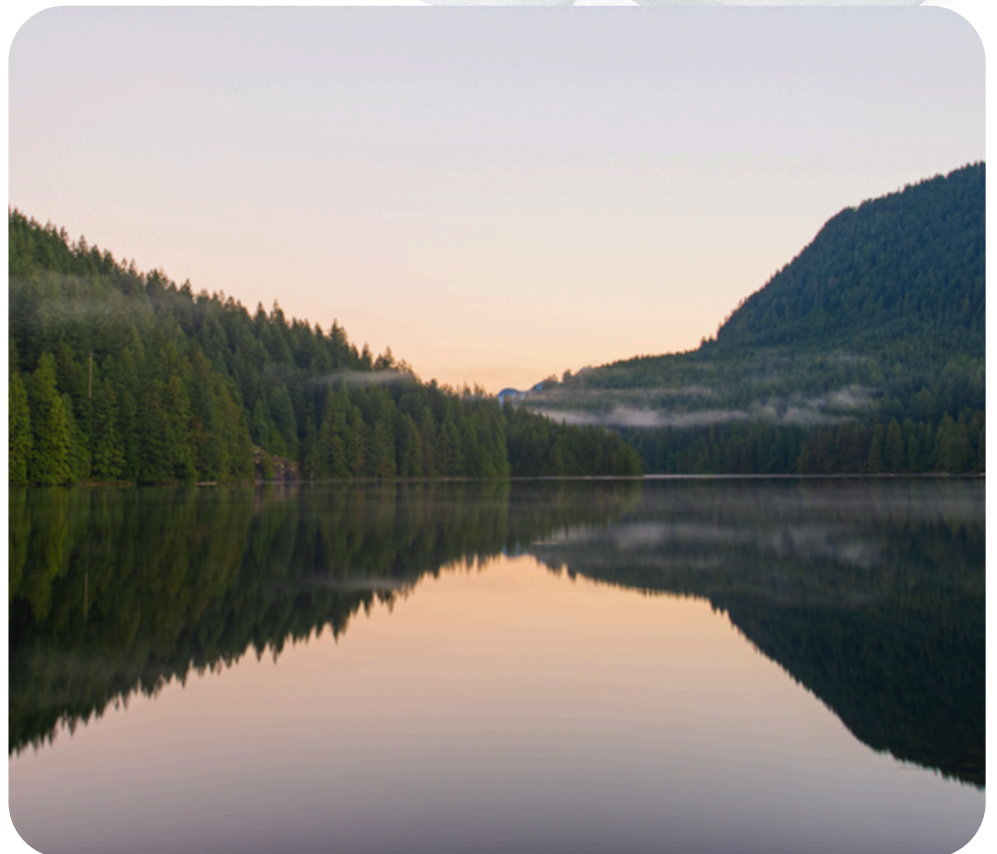
(includes room, meals and materials)

Day Rate - Saturday only -  
\$200.00 (includes 3 meals  
plus retreat centre entrance  
fee and all activities)

**Scholarships are available:**

**Request at:**

[lorie@loriemartin.com](mailto:lorie@loriemartin.com)





# It's a Beautiful Earth

**5 Fridays, September 5th - October 3rd 2025**

**10:00 am - 11:00 am**

*4 Sessions @ St. Thomas Church. 1 Session @ outdoor location in Rosedale*

**Facilitated by Terisha Bailey, Aleesha Jones, Jodi Krahn, and Rev. James Hwang, this series includes:**

- **Week 1: The Beauty of All Created Things** (Terisha Bailey)
  - Focus on the beauty and importance of insects often seen as undesirable.
  - Discussion on their services and roles in creation.
- **Week 2: Caring for the Earth** (Terisha Bailey)
  - Exploration of farm challenges related to pests and environmental effects.
  - Emphasis on managing issues without harmful pesticides and reducing food waste.
- **Week 3: Indigenous Learning, Listening, and Loving the Land** (Aleesha Jones)
  - First Nations perspective on the relationship with land.
  - Discussion on stewardship versus dominance over nature.
- **Week 4: Wild Church** On Location in Rosedale (Jodi Krahn) - **9:30am - 2:30pm**
  - Outdoor engagement with God in nature.
  - Afternoon session focusing on Mother Earth as a sacred presence.
- **Week 5: St. Francis, Patron Saint of Creation** (Rev. James Hwang)
  - Insights from the Franciscan perspective and devotion to St. Francis.

**Fridays include Centering Prayer at 9:30 AM and Healing Eucharist at 11:00 AM, open for drop-in participation. Fee by donation.**



# Ecological Grief

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## and it's fertile depths...

**Sunday, September 14th 2025**

**9:15 am - 10:00 pm**

The Park Room, Christ Church Cathedral Vancouver

Facilitated by **Dr. Jason. M. Brown**

As the climate and extinction crises are deepening, many of us are experiencing a corresponding increase in ecological anxiety and grief. This discussion will explore ways we can stay connected to each other and love the world more deeply, even as we struggle with a sense of loss.

**Jason M. Brown** was born and raised in Southern California and studied anthropology and international development as an undergraduate at Brigham Young University. He has lived in Vancouver, BC since 2013 and became a Canadian citizen in 2024. He earned joint master's degrees in forestry and theology from Yale. He completed his PhD in 2017 from the Institute for Resources, Environment and Sustainability (IRES) at the University of British Columbia. As a Lecturer at Simon Fraser University Jason teaches courses in religious studies and ecological humanities for the department of Global Humanities. In 2023, he started an ecological chaplaincy program at Simon Fraser University which seeks to bring contemplative practice to climate anxiety and grief.





Exploration, Conversation,  
and Reflection



THE CENTRE AT

St Thomas

# Bible Book Club

2<sup>nd</sup> Wednesday of the Month

beginning Sept 10th 2025

7:00 pm - 8:30 pm

**Facilitator: Amanda Doran**

St. Thomas, Chilliwack BC

The focus of this group will be to read chapters of the Bible – Genesis to Revelation – and come together for a time of discovery, conversation & reflection. We will wonder together about what the Bible says through the words on the pages and in-between the lines? We will spend time with each other and the Holy Spirit to receive beautiful words of life.

**Listening to one another is the heart of community – all are welcome.**

***Amanda** is a trained Library Technician and facilitator who is passionate about books, the Bible, and sharing in community. She enjoys gathering to listen and share thoughts and insights to learn and grow.*

[Register Here](#)

**NO FEE TO JOIN**



# Pet Blessing Ceremony

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**Saturday September 20th 2025**

**1:00 pm - 2:00 pm**

St. Thomas, Chilliwack BC

***Bring your pets to receive a prayer of blessing and a special gift or come to enjoy other's pets.***

***For more information, please contact:***

Joanna Bravo [healthmattersbravo@gmail.com](mailto:healthmattersbravo@gmail.com)

All are welcome!

Bring your dogs and cats, lizards, birds and any other creatures important in your life for this blessing.

We look forward to a time of loving chaos!

**NOTE: In honor of current grief of a deceased pet, please bring your special token in remembrance of your pet.**

Drop in! (Reply, if possible, for our pet gift planning :)





# Mini Retreat Series on Mary Magdalene **Apostle, Beloved, and Wise Alchemist**

**Three Saturdays - Online via Zoom**

**September 27<sup>th</sup>, October 25<sup>th</sup>, and November 22<sup>nd</sup> 2025**

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

**Facilitated by Heather Ruce**

**[Register Here](#)**

In this retreat series, we will explore the teachings and themes from Cynthia Bourgeault's book "The Meaning of Mary Magdalene: Discovering the Woman at the Heart of Christianity." Each retreat session will focus on one of the three parts from her book blending a time of teaching, embodied practice, interactive reflection—encouraging you to bring your own questions, intuitions, and self-concept models into creative encounter with Mary Magdalene's legacy—and time for sharing what arises.

**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)



# Sung Worship EVENSONG

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## Sunday evenings

Sept 28<sup>th</sup>, Nov 23<sup>rd</sup>, and Dec 21<sup>st</sup> (@St. Johns)

Oct 19<sup>th</sup> (@St. Thomas)

7:00 - 8:00 pm

With The Rev'd Fr. Matt Koovisk, Officiant  
and Zach Power, Choir Director



This monthly sung service of Evening Prayer, based on the order found in the Canadian Book of Common Prayer (1962), Evensong is a peaceful and meditative church service in the Anglican tradition. It is rooted in the monastic tradition and invites worshippers to reflect and find spiritual stillness through the beauty of words and choral music.



**Fr. Matt Koovisk** is currently the Rector of St. John's, Sardis. Growing up as a boy chorister at Christ Church Cathedral in Fredericton, New Brunswick, he was introduced to Evensong at an early age, and his love of Evensong (and choral music in general) has stuck with him ever since. Since those formative years, he's participated in all sorts of church music, most notably as the pianist to Devotion in Motion, a youth choir of St. Michael's Cathedral in Kelowna and St. Mary's Church, Richmond. Matt is currently a member of the tenor section of Belle Voci, a chamber choir in the Fraser Valley.

**Zach Power** has been singing in choral evensong services since 2015. He studied the traditions at Christ Church Cathedral in Victoria and is keen to bring that aspect of Anglican tradition to light in Chilliwack. Zach has extensive singing and directing experience as an alumnus of the Canadian National Youth Choir and as a past director of the Northern Lights Chamber Choir (Salmon Arm), Shuswap Youth Choir, and Victoria Arion Male Choir.







# A continuing Conversation **Spirituality & Chronic Pain**

**Saturday, October 4th 2025**

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

In-Person @ St. Dunstan's, Aldergrove

[Register Here](#)

## **Facilitated by Rev. Helen Tervo**

Following our gathering in May, we continue the journey of exploring chronic pain—not as a problem to solve, but as a space to encounter God. There are no easy answers and few comforting clichés. Together, we ask: Where is God in the midst of trouble? This is a time to lament, a time to listen, to console, and be consoled—a space of shared presence and sacred honesty. You don't need to have attended the earlier session, come as you are right now.

*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.*



**Pay from the heart!**

**\$0 (barrier free)**

**\$20 (cover costs)**

**\$40 (cost + scholarship for another person)**

**Scholarships available by emailing: [csr@st-dunstan.ca](mailto:csr@st-dunstan.ca)**



Healing Walk at Yewstone  
Gardens



# Touched by the Land

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**Saturday, September 6<sup>th</sup> 2025**

**9 am – 1 pm**

*(Guided portion 9:30 am – 12 noon with optional additional time to  
spend in the gardens)*

Yewstone Gardens, Fraser Valley

**Facilitator: Suzanne Robinson and Rev. Clarence Li**

**[Register here](#)**

Join a guided walk on Yewstone Gardens, a 7-acre healing garden created by Suzanne Robinson and her husband Mike.

Learn about **Camino Divina** (Path of Divine Encounter), the plants and trees of the gardens, how to listen to the land with your whole body, and experience walking on the sensory labyrinth. Bring a water bottle and good walking shoes.

## Registration Fees:

**Pay from the heart!**

**\$0 (barrier free)**

**\$20 (cover costs)**

**\$40 (cost + scholarship for  
another person)**

**Scholarships available by  
emailing: [csr@st-dunstan.ca](mailto:csr@st-dunstan.ca)**





The Contemplative Society  
Presents

# A Wisdom School on Wisdom Rhythms & Relationships

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October 5<sup>th</sup> - October 9th 2025

Sorrento Retreat Centre, BC

**Facilitated by Heather Ruce**, this Wisdom School explores insights from various traditions, particularly Christianity, about awakening to a broader reality beyond daily life. Focusing on the Christian Wisdom lineage, participants will learn to perceive the kingdom of heaven and engage with its higher laws. Drawing from thinkers like Cynthia Bourgeault and G.I. Gurdjieff, the program emphasizes deepening presence in our intellectual, emotional, and physical centers. Attendees can join in person or online at the Sorrento Centre, participating in activities like silence, prayer, teachings, and contemplative practices.

**For registration see [SORRENTO CENTRE WEBSITE](#)**



A Wisdom School on Wisdom Rhythms & Relationships  
with Heather Ruce

In partnership with Contemplative  
Outreach of Greater Vancouver



# Taste of Silence Retreat Day



**Saturday, October 11, 2025**

**9:30am - Registration & Connecting with Community**

**10am - 2:30pm - Retreat / Silence**

**In-Person @ St. Dunstan's, Aldergrove**

Come! 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 in itself. We often experience more profound silence, within which the Spirit connects us in love.

Program: Centering Prayer in community. Lectio Divina, and Personal retreat time and space. In the afternoon a Liturgy of the Hours (None) - will be offered.

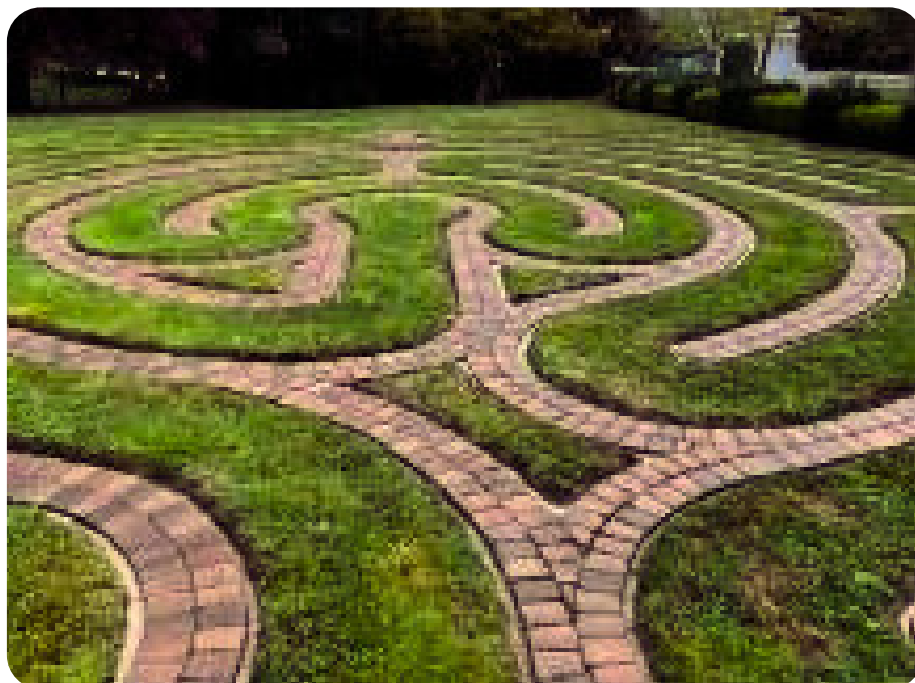
The focus of the day will be on our individual and personal relationship with God. We encourage you to bring along a journal and any other contemplative tools which enrich and inspire you, such as Daily Meditations, Psalms for Praying, other Scripture, and sacred works, beads, etc. The outdoor Labyrinth is also available.

For additional information: Christine Kesans: [chris.kesans@gmail.com](mailto:chris.kesans@gmail.com) or Joe Baker: [papajoe.sask@gmail.com](mailto:papajoe.sask@gmail.com)

## Registration Fees:

**Suggested Donation: \$5 to \$30**  
**[REGISTER HERE](#)**

A contribution of any amount, in accordance with your means, is appreciated to help cover costs of facility, snacks and refreshments, and the work of COGV. Donations at the door may be made by cash or cheque.





# Coming alongside others with prayer and healing **Listening Prayer** **Training Workshop**

**October 17<sup>th</sup> - October 18<sup>th</sup> 2025**

**9:00 am - 4:00 pm**

St. Dunstons, Aldergrove

Facilitated by **Lorie Martin, Eden Jersak, Fiona Calder, and Lesley Wieler**

**This workshop** includes time to learn, practice and observe demonstrations of the practice of **Listening Prayer for Inner Healing** and in all of life. This prayer ministry is for clergy and lay people in the church to come alongside those requesting prayer.

**Listening Prayer** is a form of prayer where one meets with prayer facilitators in a quiet setting to listen and invite God's healing presence into present dilemmas or unhealed memories. It consists of a three-way conversation and deep listening to one's own heart/mind, God's Spirit, and are accompanied by a facilitator or Listening Prayer (LP) team.

**Listening Prayer** is a time where compassion, comfort, and truth come to areas of confusion, pain, and anxiety bringing deep restoration and lasting peace. It is a time of listening to God to deepen connection and relationship.

[Register Here](#)

**Pay as you go:**

**\$150, \$100, \$75, \$50, \$0**



# LATRIA Worship & Communion

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**Wednesday October 22<sup>nd</sup> 2025**

**7:00 - 8:30 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.*





# The Role of Mutuality in Christian Service

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Wednesday, October 22, 2025

6:30 pm - 8:30 pm

St. Dunstons, Aldergrove

**Facilitated by: Clarence Li / Ginny Sawatsky / Deborah Garcia**

Christian service is an essential spiritual practice, modeled after Jesus who served his disciples by washing their feet. Historically, church-based charities have used an approach where recipients are treated as objects of benevolence / pity.

This event will reflect on the role of mutuality in Christian service. Come hear Deborah Garcia, co-founder of Eternal Anchor, an organization supporting children and adults with disabilities, in the Baja of Mexico share her story and join a discussion on how we can be more thoughtful in our service to others.

*Deborah Garcia is co-founder and Director of Justice & Equity at Eternal Anchor, an organization supporting children and adults with disabilities, in rural Baja Mexico.*

**[REGISTER HERE](#)**

**Free community event. Donations are gladly received to support the work of Eternal Anchor and the Centre at St. Dunstan's.**





# Book Launch: The Cross and the Olive Tree

with Shadia Qubti



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**Saturday, October 25, 2025**

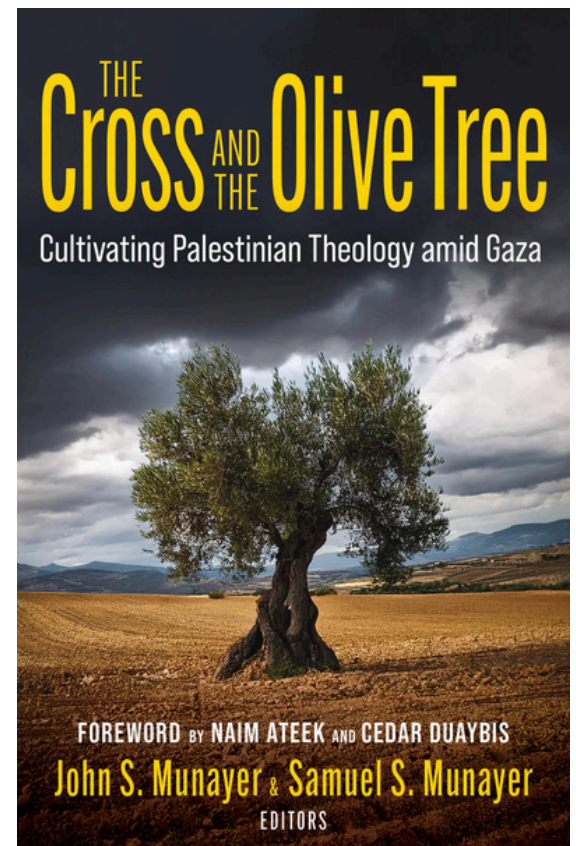
**7:00pm - 9:00pm**

*St. Dunstan's, Aldergrove*

Join Shadia Qubti, a Palestinian lived theologian, at the book release of *The Cross and the Olive Tree: Cultivating Palestinian Theology amid Gaza*. Presentation, readings, Q&A, book signing. A Fraser Valley premier.

An admission-by-donation event to support the work of Shadia.

Check the Centre @ St. Dunstan's website for more updated information on the event and Shadia's visit at the Bridge Church in Abbotsford on October 26.





# Circle of Grace

# The Unfolding of

# the Feminine

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**Fridays, October 24<sup>th</sup> - November 14th 2025**

**10:00 am - 11:00 am**

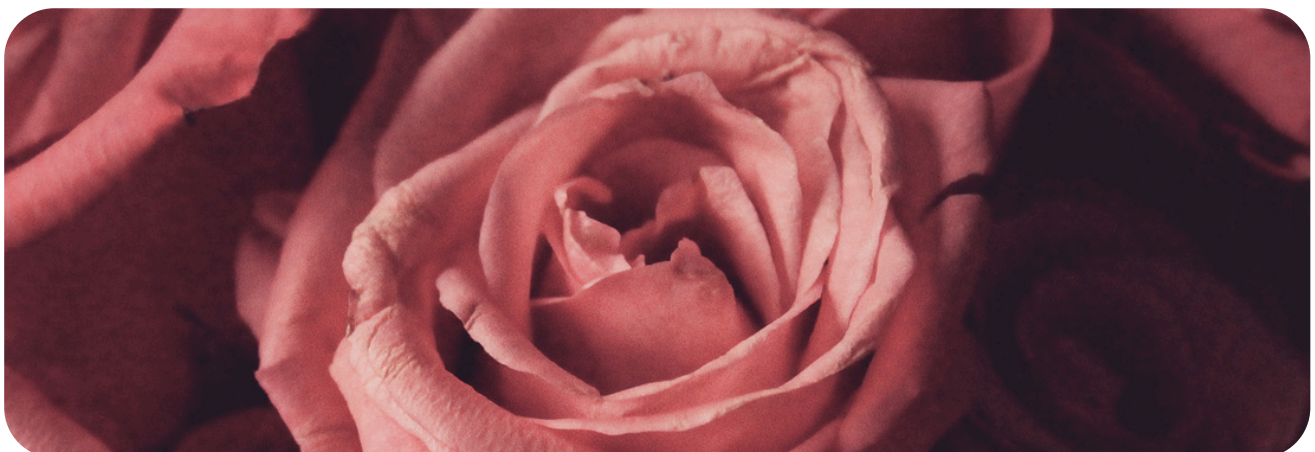
**St. Thomas Church**

**Facilitated by Sharon Tiessen, Joanna Bravo, Lorie Martin**

This 4-week series will look at the value of women and their gifts and contributions in society and in the life of the church. After centuries of patriarchal domination, it is beautiful to witness and experience the unfolding of feminine energy in our work places and in spiritual leadership. Why is this so important? How might the unfolding feminine make a difference in our lives and in the young people emerging in our day?

A contemplative time to learn, reflect, grow, and be blessed!

**Fridays include Centering Prayer at 9:30 AM and Healing Eucharist at 11:00 AM, open for drop-in participation. Fee by donation.**



# Retreat Day Grace in Grief

**Saturday, November 1st 2025**

**9:30 am - 3:30 pm**

Cultus Lake, Chilliwack BC

Facilitated by **Rev. Lorie Martin**

This day will focus on the path of loss and sorrow and how we are not always prepared for the incomprehensible losses that can happen in our lives. This path leads to unexpected discoveries as we open and tend to the sorrow of losing a loved one, a career, a marriage, a pet, or even moving house. In safe loving community, we will listen to our hearts, embrace our grief, and connect deeply with our soul's Source. Thankfully, there is healing, resilience, and beautiful life beyond grief. One-on-one spiritual care is available. Lunch and snacks are provided.

Register Here

**Pay from the heart:**  
**\$90, \$75, \$50, \$25**

**Request at:**

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





# Beyond



# Paul-o-phobia

Wednesday November 19th, 2025

6:30 pm

**[Register Here](#)**

Hosted by St. Thomas &  
Sanctuary Church in Chilliwack

Paul's writings have often been plucked out of context and weaponized, painting him as a patriarchal misogynist or wrathful homophobe.

Such are the perils of a wooden, literal reading of isolated verses. Join us as Bradley Jersak, a pastoral scholar, explains and demonstrates Paul's use of rhetoric and diatribe in a way fully accessible to lay people.



**S**  
SANCTUARY CHURCH

**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*.

**Suggested donation:**  
**\$50 \$30 \$10 \$0**  
**Grateful for all.**





# Circle of Grace What's giving Birth



**Fridays - November 28 - December 19th 2025**

**10:00 – 11:00 am**

Hosted at St. Thomas

***"In a way Winter is the real Spring – the time when the inner things happen"***  
**Edna O'Brien**

This 4 week course will immerse participants as co-travellers with Mary in the bittersweet journey through the dark uncertainty of Advent. Themes of empathy, overcoming roadblocks, surrendering, and rebirth will be explored through story, listening prayer, and creativity.

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



**Cheryl** is a former pharmacist whose life was upheaved by incurable brain cancer in 2016.

Since then spirituality and contemplation have become indispensable in her life. Cheryl now spends her days writing her story into a blog and a forthcoming memoir. When she isn't writing she's spending time with her husband and three young children. You are invited to follow Cheryl at [cherylrostek.com](http://cherylrostek.com)



# Contemplative

# Activism

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

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**Saturday, November 29th 2025**

**1:00pm - 3:00 pm**

Online - Zoom

**Register here: <https://www.contemplative.org/>**

**This online live teaching time with Cynthia embraces the sacred calling to be "Contemplatives with grit!"**

As our world and planetary systems reel in the grip of what many sense to be a thickening pandemic of evil, the Wisdom perspective is urgently needed. We believe that only from this broader cosmic and integrative perspective can sufficient leverage be found to work effectively with the escalating disintegration—political, cultural, ecological, spiritual—so apparent in our own times.

Contemplatives of all spiritual pathways are invited to join together for this event. Cynthia will draw from spiritual and psychological sources to show us how to strengthen our inner resources and deepen our commitment. In particular, she will revisit the concept of 'holy obedience' found in the teaching of Quaker mystic Thomas Kelly, who nearly 100 years ago stepped up out of his Quaker conscience to speak truth to power.

We invite you to attend this event together with others in your contemplative community. TCS will be providing a series of reflection questions for small groups to address "in real life" after the Zoom presentation.



**The Rev. Dr. Cynthia Bourgeault** is a modern-day mystic, Episcopal priest, writer, and internationally known retreat leader. She divides her time between solitude at her seaside hermitage in Maine and tending to a global network of students and practitioners. Her signature contribution to the Christian contemplative reawakening has focused on four main areas: 1) Centering Prayer; 2) The Christian Wisdom Tradition; 3) The Western Esoteric and Fourth Way traditions; 4) The Path of Conscious Love.

**\$60 or pay-from-the-heart.**





# Annual Advent Retreat Morning

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## Time with Mary

**Saturday, December 6th 2025**

**9:30 am - 12:00 pm**

The Parish of St. Dunstan, Aldergrove

Facilitated by **Rev. Lorie Martin**

This retreat morning invites all to participate in the life and heart of Mary through art and image, with the spiritual practice of Visio Divina, and the sacred practice of gazing. The morning will have times of silence, sharing, and creative stations.

***"My experience is that time spent with Mary leaves me awake and astonished." – Lorie***

Register Here

**Pay from the heart:**  
**\$20, \$10, \$0,**

**Request at:**

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





Double Digits & Older



# Youth Gatherings

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**Starting September 18th**

**1<sup>st</sup> & 3<sup>rd</sup> Thursday of the Month**

**4:30 pm - 6:30 pm (Includes Cooked Supper)**

**St. Thomas, Chilliwack BC**

***Are you between 10 and 18? Looking for a space to relax, laugh, learn, and connect with others? Love pizza, cookies, and the occasional can of Root Beer? Double Digits is probably for you!***

Come join James, Lorie, and your mates on the first and third Thursday of every month for an evening of free snacks, dinner, and anything else fun we can rustle up for you.

If you are curious about joining or have any questions reach out to James Lam: Youth and Family Leader, to find out more at: [\*\*james.lam@stthomasanglican.org\*\*](mailto:james.lam@stthomasanglican.org)



**James** is the Children Youth and Family leader at St. Thomas and finds deep joy in writing analytical essays on film and art, reading, writing, and creatively collaborating with his friends. When he's not doing these things, the source of most of his happiness is found in reading to his children, walks by the river, and fighting for social justice both in our local community and globally.



# Youth & Family Events & Services



## **Double Digits - @ St. Thomas, Chilliwack**

### Following Jesus @ St. Thomas

1st and Third Sunday of the month from 4:30 - 6:30 (Hot Supper Provided)

**In-person @ 46048 Gore Avenue, Chilliwack**

## **All-Age - @ St. Thomas, Chilliwack**

### **All Age Family Service at St. Thomas**

#### **3rd Sunday Monthly @ 10 am**

Participation is key for all to belong, share who they are, and develop skills to bless others. This monthly service involves the children, youth, and all others to enjoy singing, storytelling, and communion together.

## **Children's Circle - @ St. Thomas, Chilliwack**

Sundays | 10 am

Using a Montessori approach to wonder, we engage with stories, activities, and crafts. Through appropriate language and resources, each child is invited to identify, express, and strengthen their gift of faith. Children's Circle looks at ways to enhance children's authentic experience of God while encouraging their creativity. Children return to the service for the Eucharist with their families.

## **Family Church - @ St. Andrew's, Langley**

Families, youth, and children of all ages are welcome to participate in this service. The service is filled with get-to-know-you fun games, experience processing into the church with the cross, candles, and bread & juice for a wonderful picnic Eucharist, participate in liturgical-themed activities and supper is included! This is a great opportunity to enjoy and belong in a faith community and invite friends, grandkids, cousins... (Dates will be announced throughout the year.)

**All are welcome to join these wonderful families-in-action!**





# Centre Facilitator Bios

Find out more about this seasons  
Contributors and Facilitators here



**Cheryl** is a former pharmacist whose life was upheaved by incurable brain cancer in 2016. Since then spirituality and contemplation have become indispensable in her life. Cheryl now spends her days writing her story into a blog and a forthcoming memoir. When she isn't writing she's spending time with her husband and three young children. You are invited to follow Cheryl at [cherylrostek.com](http://cherylrostek.com)

**The Rev. Dr. Cynthia Bourgeault** is a modern-day mystic, Episcopal priest, writer, and internationally known retreat leader. She divides her time between solitude at her seaside hermitage in Maine and tending to a global network of students and practitioners. Her signature contribution to the Christian contemplative reawakening has focused on four main areas: 1) Centering Prayer; 2) The Christian Wisdom Tradition; 3) The Western Esoteric and Fourth Way traditions; 4) The Path of Conscious Love.



**Rev. Lorie Martin** is passionate about creating sacred space and encountering Divine Love through nature, worship, and spiritual practices in solitude and community. Lorie is the priest at St. Thomas Chilliwack, Interparish co-ordinator of the Centre for Spiritual Renewal and on the board of directors of the Contemplative Society.

**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*.



**Rev. Clarence Li** is the new Rector of St. Dunstan's since November 2024. Formed in the spirituality of L'Arche, he spent years living and working with people with developmental disabilities. He learned and served parishes in Vancouver's Downtown Eastside and the Sunshine Coast before relocating to Aldergrove recently. He counts himself as a student and ally of all who are marginalized.



# Centre Facilitator Bios

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**Heather Ruce, M. A.** is a Wisdom Spiritual Director and leader guiding Practice Circles, Retreats, and Wisdom Schools. She works within the lineage of teacher Cynthia Bourgeault whom she has been a student of for over a decade. Heather weaves her Masters in Marital & Family Therapy, Somatic training, Organic Intelligence & Spiritual Direction as she guides various Wisdom practices.

**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.



**Rev. Helen Tervo** is a priest at St. Dunstan's Anglican Church. She has had a rich and varied ministry, including prison and hospital chaplaincy, palliative care, and parish. She is mindfully horrified by her water consumption.

**Ven. Andrew Halladay** is the Vicar at St Andrew's in Langley and the Archdeacon of Lougheed. As a facilitator, he works with churches in transition to discern and clarify paths forward. An amateur actor and singer, Andrew enjoys drawing on the liturgical and musical tradition to help congregations and individuals embody spiritual practices. Andrew is married to David; has two children, and a very old cat.



**Rev. Paul Bowie** is the rector of All Saints parish in Mission BC. He has a passion for scripture and being in community.

# Centre Facilitator Bios

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**Rev. David Taylor** is Rector of St Mark Ocean Park. He is also a leader with TWU ONE David has a wonderful story to share and is a remarkable teacher and facilitator of conversation. David is married to Andrew and has two adopted children. David is both Spiritual and Religious. He delights in the personal spiritual journey of the heart and he works to ensure the marginalised are cared for. He is also a composer of worship music and liturgy.

**Jodi Krahn** is a practicing Psychotherapist and Life Coach with a background in counselling psychology, theological, studies, yoga therapy, expressive art therapy, EMDR, EFT and plant medicine integration therapy. Jodi has been facilitating workshops, retreats, women's circles and spiritual formation circles for several decades.



**Ginny Sawatsky** joined St. Dunstan's in the fall of 2023 and quickly became active with the Centre for Spiritual Renewal. She is the executive director of Pathways, an organization supporting adults with developmental disabilities. In 2021, Ginny opened a coffee shop in Mission to further her vision of creating a space where everyone is welcome and finds belonging. Outside of work, she enjoys walking, listening to podcasts, traveling, spending time with loved ones, and supporting global work in Zimbabwe and Mexico.

Contemplative practices have given me a Home and part of this is the Circle of Grace on Friday mornings at Saint Thomas. As a spiritual director and participant I seek to honour how the Light comes in and to each of us. One of these ways is through the push and pull of the creative process and I enjoy sharing how that shows up in our lives. In recent years I've been noticing the many faces and consolidations of the feminine aspect of God and I long for her to be recognized once again.



# Centre Facilitator Bios

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**Fr. Matt Koovisk** is currently the Rector of St. John's, Sardis. Growing up as a boy chorister at Christ Church Cathedral in Fredericton, New Brunswick, he was introduced to Evensong at an early age, and his love of Evensong (and choral music in general) has stuck with him ever since. Since those formative years, he's participated in all sorts of church music, most notably as the pianist to Devotion in Motion, a youth choir of St. Michael's Cathedral in Kelowna and St. Mary's Church, Richmond. Matt is currently a member of the tenor section of Belle Voci, a chamber choir in the Fraser Valley.

**Zach Power** has been singing in choral evensong services since 2015. He studied the traditions at Christ Church Cathedral in Victoria and is keen to bring that aspect of Anglican tradition to light in Chilliwack. Zach has extensive singing and directing experience as an alumnus of the Canadian National Youth Choir and as a past director of the Northern Lights Chamber Choir (Salmon Arm), Shuswap Youth Choir, and Victoria Arion Male Choir.



**Jason M. Brown** was born and raised in Southern California and studied anthropology and international development as an undergraduate at Brigham Young University. He has lived in Vancouver, BC since 2013 and became a Canadian citizen in 2024. He earned joint master's degrees in forestry and theology from Yale. He completed his PhD in 2017 from the Institute for Resources, Environment and Sustainability (IRES) at the University of British Columbia. As a Lecturer at Simon Fraser University Jason teaches courses in religious studies and ecological humanities for the department of Global Humanities. In 2023, he started an ecological chaplaincy program at Simon Fraser University which seeks to bring contemplative practice to climate anxiety and grief.

**Eden Jersak** lives in Abbotsford, and has been a co-pastor at The Bridge Church since January 2021. She enjoys "setting the table" and inviting people to come, and to partake, and to enjoy all that God has for them. She marvels at seeing Jesus in anyone and everyone, and loves hearing God's voice in the most ordinary and extra-ordinary ways. Eden also feels called to expand the table, especially for those on the margins. Eden and her husband, Brad, have three adult children and 3 delightful grandchildren.



**James Xavier Lam** is the Children Youth and Family leader at St. Thomas and finds deep joy in writing analytical essays on film and art, reading, writing, and creatively collaborating with his friends. When he's not doing these things, the source of most of his happiness is found in reading to his children, walks by the river, and fighting for social justice both in our local community and globally.



# Centre Facilitator Bios

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**Amanda Doran** is a trained Library Technician and facilitator who is passionate about books, the Bible, and sharing in community. She enjoys gathering to listen and share thoughts and insights to learn and grow.

**Katherine Murray** is a daughter, sister, aunt and friend. She is passionate about intimacy with God, contemplative life, and participating in actions that work towards peace and justice in our world. Katherine is a spiritual director and an experienced retreat and group leader on adult spiritual formation and spiritual practices. She is a Contemplative Outreach commissioned presenter of Centering Prayer. Katherine is on the steering committee for Peace Train Canada and her advocacy work has taken her to the federal government in Ottawa and to the United Nations. Katherine deeply values the wisdom found in other faith traditions and is the co-host of the multi-faith podcast In Common with Dr. Allyson Jule coming in Fall 2025 through the Peace and Reconciliation Centre of the University of the Fraser Valley.



**Joanna Bravo** finds joy and healing in helping people and animals to be better in body, mind and spirit. Joanna is a practising Registered Massage Therapist and has a background in Homeopathy and Dental Hygiene. St Thomas, Chilliwack is her place of worship and she is a team member of The Centre of Spiritual Renewal. The Lay Worship Ministry is just beginning! Balance is found in the outdoors, gardening, and with her beloved Old English Sheepdog, Wilson.

Gene Fraser is a parishioner at Christ Church Cathedral Vancouver and has practiced Centering Prayer for more than 20 years. He has been commissioned by Contemplative Outreach as a Centering Prayer presenter and has led many workshops and retreats on spiritual practices in contemplative Christianity. Prior to returning to Christianity, Gene practiced in other spiritual traditions and received lay ordination in Zen Buddhism. He has a PhD in Mental Health Law and is committed to balancing contemplative practice with action in social justice programs for disadvantaged members of the community.



**Jessica Schapp** is the Missioner for Christian Formation in the Diocese of New Westminster. She is passionate about spiritual formation and the various ways we learn and deepen into our faith. Jessica has just completed the creation of The Learning Centre on the Diocesan website. She is married and enjoys time with her daughter.

# Who is the Centre?



**Contact:**  
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Centre Director: Andrew Halladay



The Centre at St. Andrew grew from the first Centre at the Parish of St. Dunstan's. Our aim is to support people on their spiritual journeys using both the riches of the Christian spiritual tradition and new spiritual practices. The Centre invites all people to come together for intentional time with God to gain insight, growth, and healing, in community and for the world.



The Centre began at St. Dunstan's in 2018 when Rev. David Taylor and Rev. Lorie Martin joined dreams, experience, and energy to develop the Centre for Spiritual Renewal. They gathered the already existing spiritual formation programs in the church and added a beautiful grass-path labyrinth, weekly contemplative practices, occasional workshops, studies, and community retreats. The life of the Centre flourished as many were drawn to this type of spiritual experience.



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Centre Associate Director:  
Katherine Murray



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[stthomaschilliwack.org](http://stthomaschilliwack.org)  
Centre Director: Lorie Martin



The Centre at St. Thomas provides a wide variety of spiritual support and practices to help us on our Christian journey. Contemplative prayer practice groups, retreats, study groups, spiritual direction, and family & children's formation are offered here to parishioners and all Chilliwack and area community members.



# Who is the Centre?



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Centre Director: Rev. Areeta  
Bridgemohan



We envision a Cathedral which is radically inclusive, restlessly inquisitive, intentional, and inspired. This is a place that is called to lead and to serve, in communion and in community, with healing, reconciliation, and love, living out Christian mission. Together, we look to the power of Christ for the transformation of each person, this city, and the world.



All Saints in Mission BC is pleased to be part of the Centre for Spiritual Renewal. Partnerships between Parishes is an important ministry in our fragmented world. We are proud to be able to add our ministries to the ongoing ministry of Spiritual Renewal. Beyond Sunday Morning Worship All Saints has developed ministries of Healing Prayer, Lectio Divina, Labyrinth Prayer Walking, Mid-week Eucharist, Bible Study, and occasional Workshops. It is an eclectic group of ministries designed to engage a wide range of spiritual preferences and practices. Through our partnerships we can all participate in the ongoing Spiritual Renewal of the Church.



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Centre Director: Philip Cochrane



St Paul's Anglican Parish is in the midst of launching a brand new partner Centre. This urban Centre is called, "The Centre for Spiritual Re-Imagination." In the heart of Vancouver's West End, St. Paul's offers unique programs and resources to promote spiritual renewal within Vancouver's diverse urban culture. The Online Morning Prayer each day began in the Covid19 Pandemic and has grown to be a favorite practice for many from far and near. Watch for the unfolding of our new program!



THE CENTRE FOR  
**SPIRITUAL  
RENEWAL**



the centre at  
*St Andrew*



Centre for Spiritual Re-imagination



THE CENTRE AT  
*St Dunstan*



THE CENTRE AT  
*All Saints*



THE CENTRE AT  
*St Thomas*



THE CENTRE AT  
*Christ Church*