



THE CENTRE FOR

SPIRITUAL  
RENEWAL

SPRING|SUMMER  
**PROGRAM GUIDE**

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2026

## **This program guide includes:**

- Spiritual practice groups
- Centering prayer
- Midweek Eucharist
- Retreats
- Workshops
- Sung worship
- Justice awareness
- Bible study
- Youth and Family
- Bios of facilitators
- Spiritual Direction
- Registration link for Events

# Welcome Messages

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## **Dear Friends,**

With joy I welcome you to the spring/summer Centre program filled with life-growing gatherings to nourish your wellness and fruitfulness in all of life. These events and facilitators have set the table with thoughtful opportunities to engage with the Presence of God, our deepest selves, and others in community connecting. When deepening in spiritual practice we ground in love and flow in unending grace. May these serve you, your communities, and the world with healing love.

Come, Holy Spirit, Come,



### **Lorie Martin**

Director of The Centre Inter-parish Ministries

The Centre for Spiritual Renewal



## **Mawrth a'i wên, a'i wynt yn oer!**

I indulged in a little Welsh farming phrase to open this guide, which translates to: *March with its smile, and its cold wind.*

I find during times of great trial and tribulations that I look for comfy little moments of peace and guidance to make my way through.

We hope within the humble little pages of this booklet you'll find answers, questions, and wisdom about the journey the Centre has been on and where we have landed too.

Warmest Regards,



**James Xavier Lam**

Communications | People & Culture

The Centre for Spiritual Renewal

Join us on our perpetual journey, and as a wise old wizard once said:

***"I wish it need not have happened in my time," said Frodo.***

***"So do I," said Gandalf, "and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us."***

# Spring/Summer 2026

## + Spiritual Practice Groups

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

Fridays @ 10:00 am

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

- April 24<sup>th</sup> – June 5<sup>th</sup> (6 Weeks)

**Spiritual Companionship Groups**

- June 5<sup>th</sup> – June 26<sup>th</sup> (4 Weeks)

**Labyrinth Tour**

**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

**Upper Zoom - a lectio Divina approach to bible study of the upcoming Revised Common**

**Lectionary Sunday readings** - @ The Cathedral, Vancouver

Thursdays | 7-8.30pm | on Zoom

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

Fridays | Noon

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

Wednesdays | 9:30 - 10:00 pm

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

April 11, May 9, June 13

**Lectio Divina** - @ All Saints, Mission

Wednesdays | 9:30 am |

Facilitated by Molly Hawkins

# Spring/Summer 2026 **+ Centering Prayer**



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

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, Lectio Divina and a 20 minute sit.)*

# **+ Eucharist**

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

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

Fridays | 12:30 pm

## **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

## **Healing Eucharist - @ All Saints, Mission**

Thursdays | 11:00 am

Exploration, Conversation,  
and Reflection

# Bible Book Club



THE CENTRE AT

St. Thomas

**3rd Wednesday of the Month**

**7:00 pm - 8:30 pm**

St. Thomas, Chilliwack BC

**Facilitator: Amanda Doran**

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**



The Celebration of the  
Changing Seasons

# Labyrinth Week

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**March 23<sup>rd</sup> - March 26<sup>th</sup>**  
**10:00am – 4:00pm**

Christ Church Cathedral, Vancouver

To usher in Spring, Christ Church Cathedral's labyrinth will be open this month, during the week of Monday, March 23rd to Thursday, March 26th from 10am – 4pm. We invite people of all faiths and spiritual disciplines to experience a time for centering, contemplation, reflection and meditation.

**A special evening event, "Music of the Labyrinth", will take place on Thursday, March 26th, featuring Vancouver musicians Clare Morgan and Laura Kern who, with their harp and crystal singing bowls, will be accompanying "pilgrims" as they journey in the serene setting of Christ Church Cathedral's sanctuary. Music begins at 7:30pm.**

For more information, contact [donna@thecathedral.ca](mailto:donna@thecathedral.ca)



# Encountering the Healing Imagination **Freedom** **and Forgiveness**

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**Saturday April 11<sup>th</sup>**

**1:00 am – 4:00 pm**

**St. Paul's Labrynth and Lower Hall**

**Facilitated by Margaret Trim**

Join us as we explore freedom and forgiveness in ways that invite artistic expression, engage with our senses, find wisdom in Scripture, and explore our stories in a new way.

**Fee: \$20**



Mixed Media Art Journalling

# How to Pray



# Without Words

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**Mondays**

**April 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, May 4<sup>th</sup>**

**6:30-8:30pm**

*St. Dunstons, Aldergrove*

**Facilitated by: Ginny Sawatsky**

As a follow-up to our first offering of mixed-media art journalling and quiet contemplation, we will be offering four additional weeks for those who wish to continue working in their current art journals. Each gathering will include a short meditation, a simple technique demonstration, and unhurried time to create. Please bring your own art journal and supplies.

**Barrier free**

**\$50 – all supplies included**



# Sophia Circle

# Awakening the Divine

# Feminine from Within

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Friday, April 17 9:30 am – 3:30 pm.  
Rosedale, BC

**Facilitated by Jodi Krahn - Depth Oriented Psychotherapist and Soul Guide**

You are invited to a day in the woods to participate in a women's circle to explore and embody the healthy feminine through the ancient archetypes of the: Maiden, Mother, Wisewoman (Crone).

The retreat day will include an embodiment practice, teachings on divining feminine, expressive art and writing with smaller group sharing to awaken and nurture our psycho-spiritual formation.

***Bring a Bag lunch. Directions will be given upon registration.***



**Jodi Krahn**

Fee: Suggested donation of \$40 or pay as you can. Scholarships available so all may attend. Directions will be shared after registration.

[Register Here](#)



# The Spiritual Practice of Evolution and Ecology

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**Saturday April 25th**

**9:30 am – 12:30 pm**

***With a special youth session from 1pm - 3pm***

**St. Thomas, Chilliwack**

**Facilitated by Rev. Cameron Gutjahr**

Why are science and religion so often portrayed as being incompatible with one another, or even antagonistic? This is not the only way. At their best, they have much in common. Both can be disciplines that encourage curiosity, wonder and delight – spaces that are open for asking questions and exploring connection and relationship.

In the Spiritual Practice of Evolution & Ecology we will have a contemplative opportunity to explore how evolution and ecology can enhance and deepen our spiritual lives in a Christian framework.

Come learn about and delight in evolution and ecology, pray with phylogenetic trees, meditate with microscopic organisms, and reflect on the relationships that connect us to all living things, and ultimately, God.



***Rev. Cameron Gutjahr***

Cameron is a priest serving at St. John the Divine Anglican Church in Squamish. He studied biology at UBC before going to do his Master of Divinity at Huron College in London, Ontario.

He loves fungi, playing the ukulele, working with young people and the works of Madeleine L'Engle.



# Circle of Grace Spiritual Companion Groups

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**Runs for 6 weeks on Fridays Starting April 24<sup>th</sup> 2026**

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

St. Thomas Church

## **6-weeks of Spiritual Companion Groups**

Spiritual Companion Groups – Circle of Grace will meet regularly for an opening spiritual practice and then form in smaller circles of 3 – 4 people to enjoy small group connecting.

What are Spiritual Companion Groups? In this life God is our goal, Jesus is our path, and we are Spirit enlivened pilgrims. But we are not on this journey alone. We have been given companions along the way to help, encourage, and listen with us. Spiritual Companions is a small group program to connect with other pilgrims of faith to listen and pray together.

A group can be chosen or given. If you have a group of 4 people who would like to do this together, this can form a group. Or you can join with others looking for a group.

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



# Sung Worship EVENSONG

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## Sunday evenings

April 26<sup>th</sup> , May 24<sup>th</sup> , June 14<sup>th</sup>

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**



THE CENTRE AT

St Dunstan

**April 25<sup>th</sup> 2026**

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

In-Person @ St. Dunstan's, Aldergrove

**Facilitated by Rev. Helen Tervo & Rev. Jeanne Forte**

Chronic pain disrupts every aspect of a person's life. We often focus on the physical, in hopes that a cure may be found. In the meantime, we become limited in the things that give us joy. Our time together is an opportunity to explore the cost of chronic pain, to sit with our grief over losses, and to be with each other. We're not looking for cures, only the miracle to carry on. This group welcomes pain bearers, care givers and hope searchers.

**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:  
[spiritualrenewal@st-dunstans.ca](mailto:spiritualrenewal@st-dunstans.ca)



# My Beloved Creativity & Awe Loon Lake Retreat

Friday, May 15th 2026 - Sunday, May 17th 2026

5pm- 12:00 pm

Loon Lake Retreat Centre, Maple Ridge BC

**Facilitators, Rev. Peter Elliott, Thomas Roach, Rev. Lorie Martin**

The Centre's annual retreat at Loon Lake offers exquisite space to come away and enter a sacred time of silence, nature, spiritual practice, community connecting, learning, and creative expression.

This year we have the joy of a 'dream team' with Peter & Thomas facilitating the retreat circle and responsive creativity. Lorie will lightly guide a variety of spiritual practices. Spiritual direction/companionship is included in the retreat if wanted. The food and meditation paths around the lake are remarkable.

**Max 20 people.**

## **Register online**

### **Shared room**

(2 or 3 people) \$575  
(includes room, meals, events and materials)

### **Private room**

(8 available) \$675  
(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:**

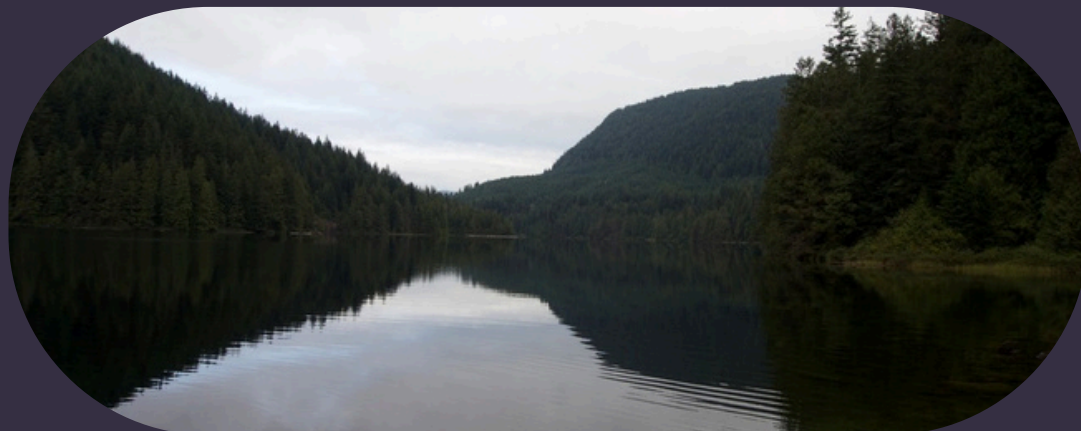
[thecentreforspiritualrenewal@gmail.com](mailto:thecentreforspiritualrenewal@gmail.com)



**The Very Reverend Peter Elliott**



**Thomas Roach**



Being a Stillpoint in a Turning World

Mini Retreat

# Still & Still Moving



Saturday May 16<sup>th</sup> 2026

1:30pm - 3:30pm

Park Room at Christ Church Cathedral

**Facilitated by the Reverends Areeta Bridgemohan and Lorie Martin**

*A mini-retreat offered by the Centre for Spiritual Renewal*

This contemplative afternoon offers time in silence, lightly guided spiritual practice, and community connecting. Finding and being the 'stillpoint' in a world of constant motion is not for the faint of heart, however, it is simply abiding by faith in the unending presence of God where we are ignited with love to be an awakened and active force for the world.

This mini-retreat is a time to "go into your inner room and pray" as we open our minds, hearts, and bodies to breathe, rest, and deepen in inner stillness where the Spirit slips in bringing peace, healing, and transformation.



Rev. Areeta Bridgemohan



Rev. Lorie Martin



**REGISTER HERE!**



# Following The Shepherd Pilgrimage Pilgrimage Walk



**May 23, 2026**  
**2:30pm – 4:30pm**  
*Aldergrove Regional Park*

## **Facilitated by: Dede Nicholson**

*Following The Shepherd Pilgrimage – Psalm 23*

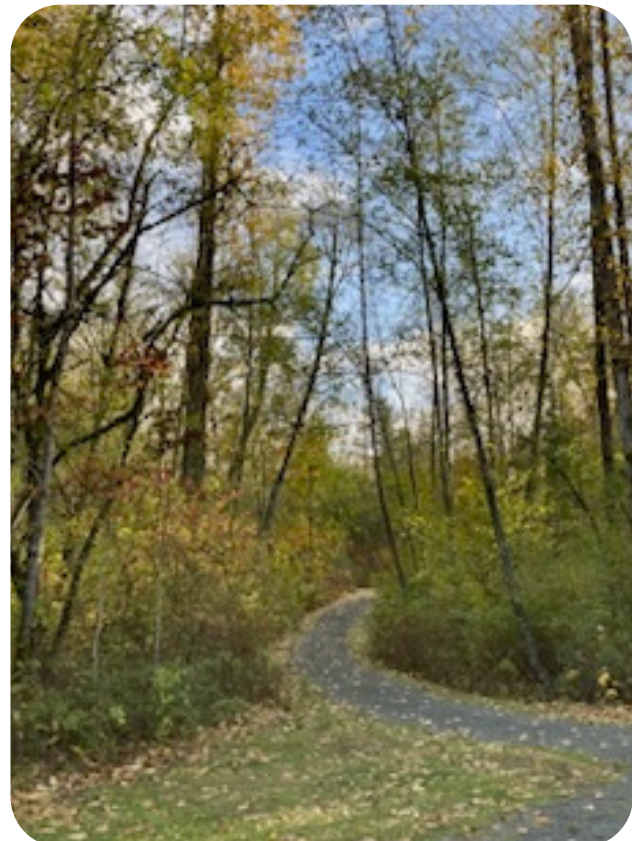
An invitation to join in a 2-hour (approximate) pilgrimage walk at Aldergrove Regional Park. As pilgrims, this will be a time to set intention, to be curious and become aware of our inner and outer space. It will be an opportunity to seek where and how God might be leading us and listen as we observe the beautiful creation around us and with each other.

**By Donation**



***Dede Nicholson***

Dede participated in her first pilgrimage with St Dunstan's Church in Aldergrove in September 2022 and has done several small personal pilgrimages since, each with different themes and locations all within BC. Every pilgrimage for Dede has created a space of more healing and enlightenment that has enriched her relationship with God, herself and the communities around her. She loves to share her passion for pilgrimage with anyone who would like to join her.



# LATRIA

# Worship & Communion

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**Wednesday May 27th 2026**

**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.*



# Circle of Grace Labyrinth Tour

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**Fridays**

**June 5<sup>th</sup> - June 26<sup>th</sup> 2026**

**9:30 am – 12:30 pm.**

**Facilitated by Kylee Cox and Lorie Martin**

These 4 weeks will include visits to different labyrinths in the area, a reflection on a Christian mystic, a labyrinth walk, and share lunch together. Participants can meet at the church and drive together or meet at the location.

***No Fee - Donations Accepted.***

***Locations delivered after Registration***



Creating Peace Within Our Hearts, Our Relationships, Our Community, Our World



THE CENTRE AT

St Dunstan

# Pathways to Peace

June 20<sup>th</sup> 2026

9:30 - 3:30

*St. Dunstan's, Aldergrove*

**Facilitators: Katherine Murray & Guests.**

**With Music from David Taylor**

Come join in this retreat day as we explore the ways that make for peace in our hearts and into our lives and world. This facilitated day will include prayer stations, contemplative worship, spiritual practices, and an opportunity to connect in community.

*Register here:*



*Fee: \$50*

*Scholarships available at link above*



A Simple Summer Quiet Day

# Into Woods



## Water & Wonder

**July 8<sup>th</sup> 2026**  
**9:30am - 3:30pm**  
*Cultus Lake, BC*

**Facilitator: Rev. Lorie Martin and friends**

This day is set aside to rest and refresh our souls. It will include lightly guided meditation, times in solitude and community, a labyrinth walk, creative expressions such as collage and mandalas, and a swim in the lake if one wants!

*Includes lunch, snacks,  
1-on-1 spiritual companionship.*

*Fees: \$25 \$50 \$75 \$100*

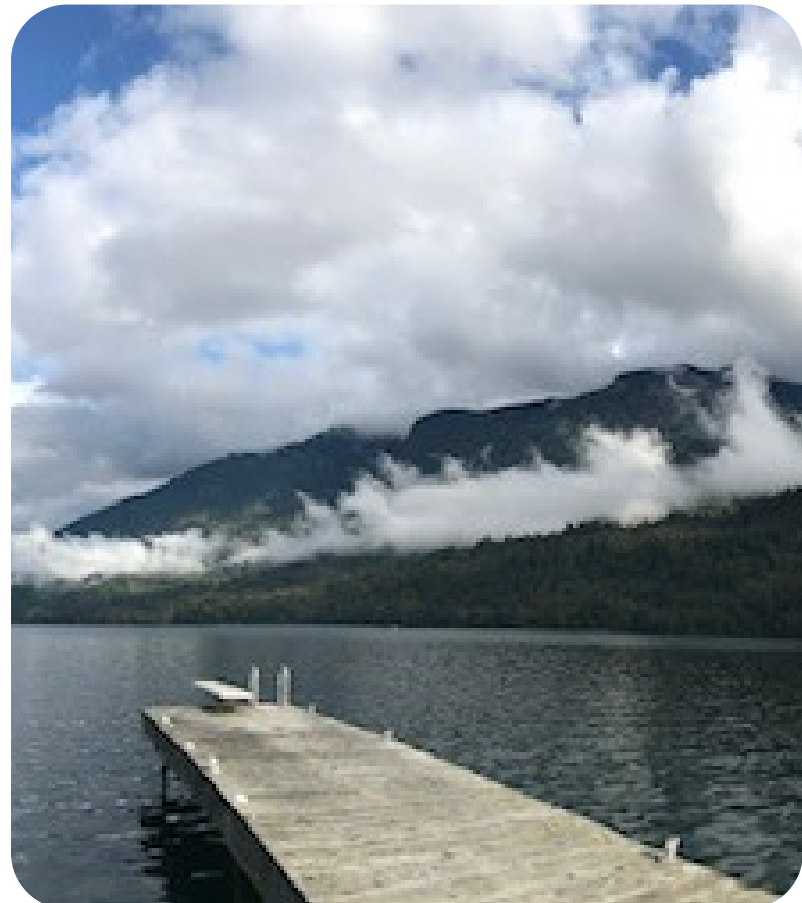
*Directions will be given upon  
registration*

**Scholarships are available, request  
at:**

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



**REGISTER HERE!**



A Day with the Celts



# Celtic Spirituality and Design

Aug 8<sup>th</sup> 2026  
9:30am - 3:30pm  
Chilliwack, BC

**Facilitators: Belinda Llewellyn and Lorie Martin**

A day to explore the connections between spirituality and creativity in the Celtic tradition. Share in the themes of Celtic Spirituality, the gentle rhythms of Celtic prayer, and learn to draw simple Celtic knots.

**(Note – no artistic experience needed!)**



**Belinda Llewellyn**



**Rev. Lorie Martin**

*Includes lunch, snacks, 1-on-1 spiritual companionship.*

*Fees: \$25 \$50 \$75 \$100*

*Directions will be given upon registration*

**Scholarships are available:**  
**Request at:**  
[thecentreforspiritualrenewal@gmail.com](mailto:thecentreforspiritualrenewal@gmail.com)



**REGISTER HERE!**

# Youth & Family Events

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

### **Discovering the Divine @ 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.

## **The Spiritual Practice of Evolution and Ecology - @ St. Thomas, Chilliwack**

Saturday April 25th | 1pm - 3pm

Come learn about and delight in evolution and ecology, pray with phylogenetic trees, meditate with microscopic organisms, and reflect on the relationships that connect us to all living things, and ultimately, God. Join us for this special youth session.



# Youth & Family

# Double Digits



**Spring/Summer Dates: April 2<sup>nd</sup> , Apr 16<sup>th</sup> , May 7<sup>th</sup> , May 21<sup>st</sup> , June 4<sup>th</sup>, June 18<sup>th</sup>**  
**Facilitator: James Xavier Lam**

We're shaking things up, just a little, with our Double Digits Youth Group this Year. Our new time slot is from 4:30 - 6:30 on the 1st and 3rd Thursday of the month. We're so lucky to also be able to provide a full hot dinner (and the occasional cheeky snack) to our Youth with the incredible help of Tina Tisdale, who have graciously offered to cater each session.

**This year for Double Digits, we will also introduce some new Spiritual Practices as well as learning some exciting elements of our faith in new areas, including but not limited to:**

- Saints and Sainthood
- The Bible as a Blueprint (Modern Media Studies)
- The Structure and Ethos of the Anglican Church (Anglican 101)
- Women of the Bible
- Contemporary Theologians 101

If you'd like to join or if you are interested in being confirmed this year, please reach out to James at: [\*\*james.lam@stthomasanglican.org\*\*](mailto:james.lam@stthomasanglican.org).

To specify any dietary requirements and help us make sure there's a plate for you ready!



# Centre Facilitator Bios

*Find out more about this seasons  
Contributors and Facilitators here*



**Rev. Areeta Bridgemohan** – Vicar at Christ Church Cathedral. Areeta is learning and deepening her practice of contemplative spirituality. She and her husband have a toddler, a son, and dog that are teaching a lot about slowing down and being present. In her free time Areeta loves to practice yoga, hike, read, cook and spend time with loved ones.

**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.



**The Very Reverend Peter Elliott** was Dean and Rector of Christ Church Cathedral, Vancouver from 1994 to 2019. He currently works as a leadership coach and spiritual director and teaches spirituality and theology at Vancouver School of Theology. Peter has served as Prolocutor of General Synod, a member of the Anglican Consultative Council, and as Chancellor of Vancouver School of Theology.

For more than twenty years textile artist **Thomas Roach** has been inspired by the power of cloth, particularly when it has connection to sacred or community stories. He believes that because textiles are steeped in metaphor and materiality; are accessible, approachable and always inviting; they are uniquely suited for community engaged art projects. He is a member of the Order of the Diocese of New Westminster and was awarded and the Anglican Church of Canada's Companion of Worship Arts in 2021.



# Centre Facilitator Bios

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*Find out more about this seasons  
Contributors and Facilitators here*



**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.



**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.

**Rev. Cameron Gutjahr** is a priest serving at St. John the Divine Anglican Church in Squamish. He studied biology at UBC before going to do his Master of Divinity at Huron College in London, Ontario. He loves fungi, playing the ukulele, working with young people and the works of Madeleine L'Engle.



**Dede Nicholson** has created a space of more healing and enlightenment that has enriched her relationship with God, herself and the communities around her. She loves to share her passion for pilgrimage with anyone who would like to join her.

# 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.

**Belinda** grew up in the border country of England and Wales; an area of outstanding natural beauty, surrounded by the artistic and spiritual traditions of the Celts and Anglo-Saxons. Fascinated by the intricate patterns of the illuminated manuscripts, and by the artistic expression of spirituality in Celtic and Anglo-Saxon design, Belinda studied at Manchester Polytechnic (formerly the Manchester School of Art), receiving an Honours degree in Design History.



**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.

**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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*Find out more about this seasons  
Contributors and Facilitators here*



**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.

**Jodi Krahn** is a Depth Oriented Psychotherapist and Soul Guide with a background in counselling psychology, theological, studies, somatic therapy, expressive art therapy, EMDR, EFT, spiritual accompaniment 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.

# Centre Facilitator

## Bios

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*Find out more about this seasons  
Contributors and Facilitators here*



**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.



**Margaret Trim** works at Vancouver School of Theology as Coordinator of Academic Records and Admissions. completed her Master of Theological Studies (MATS) at Regent College and her Master of Theology (ThM) at Vancouver School of Theology. She is a member of Parish Council and is delighted to serve, in various ways, in the area of pastoral care.

**Jeanne Forte** served as the incumbent at St. Columba, Tofino from 2022 to 2024. She studied at the Church Divinity School of the Pacific and was ordained in 1999. Forte's career began at Highwood Parish in Alberta, later serving in Benicia, California, before returning to British Columbia. Music has always been a significant part of her life.



# Who is the Centre?



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.



**Contact:**  
46048 Gore Avenue, Chilliwack BC  
Office: 604.792.8521  
[stthomaschilliwack@gmail.com](mailto:stthomaschilliwack@gmail.com)  
[stthomaschilliwack.org](http://stthomaschilliwack.org)  
Centre Director: Lorie Martin



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.



**Contact:**  
3025-264 Street  
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[st-dunstans.ca](http://st-dunstans.ca)  
Centre Associate Director:  
Katherine Murray



COMING THIS FALL

**Contact:**  
5210 University Blvd, Vancouver, BC  
Office: 604.534.6514



# Who is the Centre?



**Contact:**  
690 Burrard St, Vancouver, BC  
V6C 2L1  
Office: 604.682.3848  
[areeta@thecathedral.ca](mailto:areeta@thecathedral.ca)  
[stpaulsanglican.bc.ca](http://stpaulsanglican.bc.ca)  
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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[stpaulsanglican.bc.ca](http://stpaulsanglican.bc.ca)  
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!



# Nurturing a deepening awareness of God

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**The CENTRE FOR SPIRITUAL RENEWAL** extends a warm invitation to gather in person or online for life-giving opportunities to connect and deepen in relationship with God, oneself, and others.

The Centre offers retreats, study, prayer, and practice groups, workshops, conferences, and spiritual direction.

The Centre is about supporting people on their spiritual journey using a variety of spiritual traditions to experience God's love, wisdom, and healing; that we may be a loving engaged presence in community and for the world.

## **What is The Centre for Spiritual Renewal?**

The Centre for Spiritual Renewal is a Christian Formation coalition that began in 2018 at the Anglican Parish of St. Dunstan, Aldergrove, and has now expanded to include St Andrew's Langley, St. Thomas, Chilliwack, St. Paul's, Vancouver, and All Saints, Mission.

The Centre's development was assisted by the Diocese of New Westminster (DONW) Parish Development School and continues to be supported by Parish Development grants as its scope expands. In 2022, the Centre focus broadened to include spiritual formation gatherings for children, youth and families. The Diocese further encouraged the Centre ministry in 2025 by supporting an Inter-parish Co-ordinator and a Communications facilitator to assist parishes in the DONW who want to establish a Centre with their congregation. This initiative is to offer clergy and congregations resources and support to grow this ministry without it being a burden. Each parish has its own distinct Centre and can be connected to the Inter-parish ministry and program.

## **What does The Centre do?**

At the Centre, we have a strong desire to grow in God's grace, to be a place where people come to encounter God's loving presence, and to experience an authentic faith community. We invite all to gather, learn, pray, and practice in ways that are meaningful to each person.



# Integration & Transformation

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## How does The Centre work?

Parishes offer weekly, monthly, and occasional events that are either 'Drop-in' or require registration with a suggested fee. Scholarships are provided so all may come. A warm invitation is given to all.

## Who is involved in The Centre?

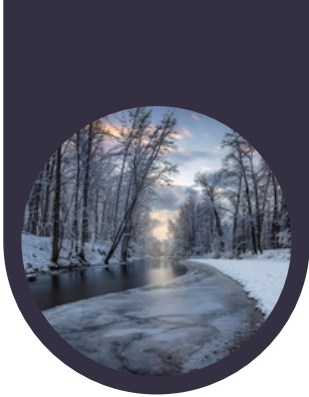
Trained leaders and specialized facilitators from a variety of walks of life offer a broad spectrum of spiritual practices, studies, and workshops. We highly value local leadership and at times the Centre hosts an event with a high-profile facilitator to encourage our learning and practice. The Centre has a group of advisors who meet regularly to listen together and share from their experience, skill-sets, and wisdom. This has proven to be a very valuable encouragement to the directors of the Centre.

The Advisor Team is: **Archbishop John Stephens, Rev. Tellison Glover, Rev. Jessica Schapp, Rev. David Taylor, Rev. Dixie Black, Rev. Anne Crosthwait, Gene Fraser**

**and the parish priests: Rev. Areeta Bridgemohan, Rev. Paul Bowie, Rev. Clarence Li, and Rev. Lorie Martin.**

'**Integration & Transformation**' are two key words that mark the life and flow of the Centre. Participants are experiencing spiritual vibrancy and a sustaining connection to God which affects all areas of life, faith and family. We have noticed that those who join Centre gatherings from outside the church are drawn in and some return to parish life. Those within a parish are curious, inspired, and drawn to return to practices from their Anglican roots. There is a weaving together of lives integrating into the parish's community life, spiritual growth and renewal to love and serve the world.

**The Intention of the Centre team** and gatherings is reflected in the focus to invite participants to compassionately **listen** to Spirit, self, and others; to **engage** in an open and authentic manner, and to **rest** in the transforming "Presence & Action" of God.



# Spiritual Direction

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**Spiritual direction** or spiritual companionship is an ongoing relationship in which a person desirous of being attentive to their spiritual journey regularly meets with a spiritual director/companion (usually once a month) for the purpose of becoming more attuned to the presence of God's spirit in all of life. It is a listening time to explore what matters to us: our joys, struggles, hurts, hopes, fears, and dreams. It is a time to consider our relationship with God, ourselves, and others and discover and drink from the Living Water of the Indwelling Spirit.

The inter-parish team of spiritual companions are available for occasional or ongoing one-on-one sessions to accompany you as you grow in grace. The Centre has a Peer Supervision Group for directors wanting support, learning, and connection.

For more information, contact [Lorie@loriemartin.com](mailto:Lorie@loriemartin.com).

**Meet our trained spiritual directors here. Feel free to contact them to book a session.**

Sharon Tiessen, [sharon\\_r\\_tiessen@hotmail.com](mailto:sharon_r_tiessen@hotmail.com)

Katherine Murray, [katherine.murray22@gmail.com](mailto:katherine.murray22@gmail.com)

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Gillian Drader, [gillian.drader@draderandassociates.com](mailto:gillian.drader@draderandassociates.com)

**For the monthly Peer Supervision Group, contact Lorie Martin:  
[lorie@loriemartin.com](mailto:lorie@loriemartin.com)**

**FIND YOUR EVENT  
REGISTRATION  
PAGES HERE**





THE CENTRE FOR  
**SPIRITUAL  
RENEWAL**



THE CENTRE AT

*St Thomas*



THE CENTRE AT

*St Dunstan*



THE CENTRE AT

*All Saints*



THE CENTRE AT

*Christ Church*



THE CENTRE AT

*St. Anselm*



Centre for Spiritual Re-imagination