



THE CENTRE FOR
SPIRITUAL
RENEWAL



WINTER 2024-2025
Program Guide





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.

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Dear friends,

Our Light has come! In the dark and cold of winter may we be mindful of God's manifest presence within & among us!

I wonder what would be a blessing to your spiritual life as we navigate these tender and tumultuous times. This Winter Program has a variety of online and in-person offerings to light your path with meaningful experiences and engaged community as we grow in grace. Contemplative living grounds and fills us for the work needed in the world; it is not for the faint of heart! Thankfully, the Centre for Spiritual Renewal offers life-growing events and gatherings to strengthen and encourage us as we are 'loved into being'. Hope to see you as we walk in the light!

Peace & Presence,

Lorie



Lorie Martin
Inter-parish Co-ordinator
The Centre for Spiritual Renewal



WAYS TO EXPLORE & REGISTER FOR OUR PROGRAMS & EVENTS:

- Use the event links included in this guide.
- See thecentreforspiritualrenewal.org/events
- Refer to Events on each host parish's website.

CENTERING PRAYER IN COMMUNITY

The simple meditative practice of Centering Prayer is 20 minutes of sitting in silence, using the method as taught by Father Thomas Keating and Cynthia Bourgeault.

You can learn more about Centering Prayer and other contemplative prayer practices under [Resources: Prayer](#) on our Centre website.



[>>>See details for our Centering Prayer Introduction & Refresher workshop coming on January 25, 2025](#)

Weekly Drop-in Centering Prayer Groups:

[Centering Prayer & Lectio Divina at All Saints](#)

Thursdays, 9:30 am – 10:30 am

In-Person @ 33077 Second Avenue, Mission

We practice together in the chapel prior to Thursday Morning Eucharist at 11:00 am, for those who would like to stay for that as well.

[Centering Prayer @ St. Thomas](#)

Fridays, 9:30 am – 10:00 am – NOTE: We're taking a winter pause and re-starting on January 31, 2025.

In-Person @ 46048 Gore Avenue, Chilliwack

You are invited to stay for Circle of Grace at 10am (info below), and/or Healing Eucharist at 11am, followed with refreshments.

[Centering Prayer @ St. Dunstan's & Online](#)

Fridays, 11:30 am – 12:00 pm

In-Person @ 3025 264 St Aldergrove, BC and on Zoom

Followed by Lectio & Labyrinth at noon for those who want to stay (see info below).

MIDWEEK EUCHARIST SERVICES

(Check each parish church for regular Sunday Services)



Midweek Eucharist Services at Centre Locations:

Midweek Communion Service at St. Paul's, Vancouver

In-Person Thursdays @11:00 am

Refreshments are provided for the community after the Thursday service.

Midweek Communion Service at All Saints, Mission

In Person Thursdays @11:00 am

With Rev. Paul Bowie. Centering Prayer and Lectio Divina prior to Communion for those who would like to participate.

Healing Eucharist at St. Andrew's, Langley

In-Person Thursdays @11:00 am

With Ven. Andrew Halladay

Includes anointing with the holy oil and an extended prayer time.

Healing Eucharist at St. Thomas, Chilliwack

In-person Fridays @ 11am - NOTE: winter break until Jan 31 -

[check website for dates.](#)

Join us for this relaxed weekly Eucharist which includes anointing with oil for healing. Followed with refreshments.

MORE PRACTICE & STUDY GROUPS



[Lectio & Labyrinth – In-person & Online with St. Dunstan’s](#)

Fridays at noon – 12:30pm

In-Person @ 3025 264 St Aldergrove, and also online on Zoom

The grass-path labyrinth is open to walk before or after Centering Prayer & Lectio Divina. For details and Zoom info, see [website event post HERE](#).

[Circle of Grace @ St. Thomas](#)

Fridays at 10:00-11:00 am starting Jan 31st

In-Person @ 46048 Gore Avenue, Chilliwack

Various themes will be explored throughout the seasons at Circle of Grace gatherings. For those who would like to stay, St Thomas offers a Healing Eucharist at 11:00 am, followed by refreshments at 11:30 am.

Upcoming Themes for Circle of Grace this Winter :

[We Walk by Faith -5 weeks of Stories & Songs](#)

Fridays Jan 31, Feb 7, 14, 21, 28 @ 10am

This 5-week series will offer time to listen to a guest speaker's story & song, reflect on our own, and be encouraged and transformed by love.

[Register HERE](#).

Also see [The Stages of Discernment – a 40-day Study/Practice in Lent](#) starting March 14

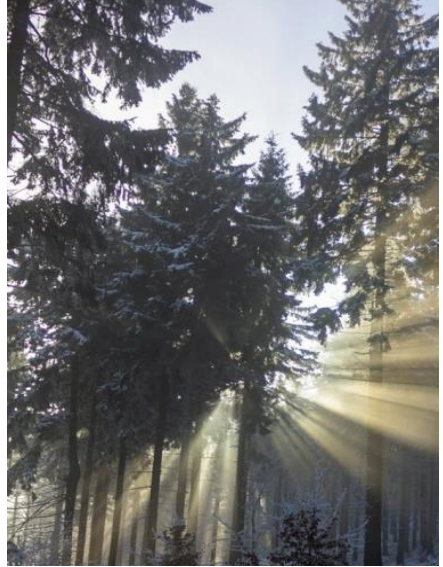
(See more info under PREPARING FOR LENT IN COMMUNITY on page 16 below)

MORE PRACTICE & STUDY GROUPS

Contemplative Fellowship & Spiritual Practice

Monthly on Saturday Jan 11, Feb 8,
and Mar 8 from 9:30am–noon @
3025 264 St Aldergrove

Facilitators Joe Baker and Elaine Chatwin will guide this monthly, in-person, contemplative gathering at the Parish of St. Dunstan's. Suitable for experienced practitioners and those curious to explore contemplative spiritual practices. Our hope is to establish an ongoing community of spiritual companions. [Find reg info our website HERE.](#)



Online Bible Study with Rev. Paul Bowie from All Saints

6-weeks starting Wednesday January 15 from 7:00 – 8:30 pm

All Saints in Mission hosts this thoughtful exploration and conversation. Our study theme starting this January will be 1 Corinthians.

Contact All Saints to request the Zoom link: 604-826-2814.



STARTING 2025 WITH INTENTION

New Year's Day Pilgrimage - a refreshing walk of reflection and renewal

January 1 from 1:00-3:00pm at Mill Lake Park in Abbotsford

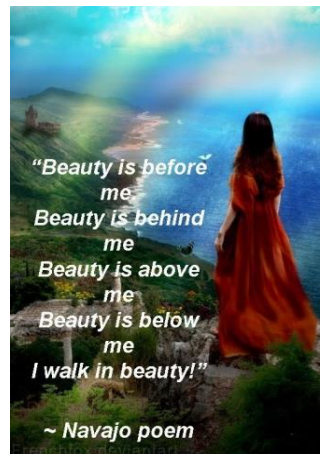
Facilitator Dede Nicholson will help us start the New Year with a refreshing walk of reflection and renewal. This pilgrimage invites you to step away from the noise and center your heart on God. As you walk, take time to pray, meditate on Scripture, and invite God's guidance into the year ahead, creating a purposeful tone for the months to come. No fee, but [please register on our website event post HERE](#).



Walk in Beauty into a New Year - Movement, Art, and Intentions

Online Thurs January 2 from 6:30-8:30pm

Facilitator Jodi Krahn guides us to consciously walk in Beauty into the New Year. Through 5Rhythms we reflect on the last year to attend to what's needing attention, compassion, and integration. Then we will listen deeply to our body and to Spirit to consider what wants to be made manifest, to clarify our prayer for the year ahead, and to walk in Beauty together in 2025. [Details and registration on our website HERE](#).



STARTING 2025 WITH INTENTION

Twelfth Night Celebration - An evening of merrymaking

Sunday January 05 at 7:00pm @ St. Dunstan's 3025 264 St Aldergrove

Rev. Clarence Li will facilitate this light-hearted evening in medieval style, to mark the end of the 12 Days of Christmas and the night before the Epiphany. Featuring food, mulled drinks, readings, storytelling, candlelight labyrinth, dancing around the Christmas Tree (Norwegian tradition), and last-chance carolling like you mean it, to be infused with the joy of the Word Made Flesh among and within us.



Latria Worship & Communion - With music and sacred silence at St. Thomas

Wed January 22, 7-9:00pm - In-person @ 46048 Gore Ave Chilliwack

This relaxed midweek service is created to recognize the need to linger with the deep yearning of our hearts to meet with God. Recording artists Danielle and Drew McTaggart invite us into God's presence with beautiful music and meaningful silence in the candlelit historic building of St. Thomas. Rev Lorie Martin will provide a short reflection and simple Eucharist. Our intention is to create a space for all to awaken and deepen into The Way of Love. Drop-in, no fee. [See our website HERE.](#)

WINTER WORKSHOPS & SERIES

Online Wisdom Practice Book Circle: The Wisdom Way of Knowing

Continuing once each month through to April on Zoom

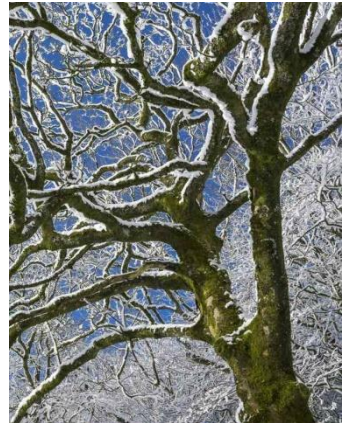
Commencing last Fall, this 8-month Practice and Book Circle draws from *The Wisdom Way of Knowing* by Cynthia Bourgeault. Wisdom Teacher Heather Ruce and Rev. Lorie Martin guide online sessions to nurture inspiration and community connections, and offer a variety of approaches to deepen a felt sense of presence, as well as discussing ways we can be of service in the world. [Full description on our website HERE.](#)

Seasons of Beauty and Grace - Listening to Spirit in Winter

Online Thurs February 6 from 6:30-8:30pm

Facilitator Jodi Krahn will guide this time to listen to Spirit through our bodies, engaging in some simple, restorative postures, and culminating in a laying down centering prayer meditation. Journaling and art will be encouraged to promote inward inquiry.

[Details and registration on our website HERE.](#)



Encountering the Healing Imagination: *Unlocking the Power of Imagination During the Season of Light*

In-person on Sat. January 18 from 1:30 -3:30 pm
@ St. Paul's Hall, 1140 Jervis Street Vancouver

Facilitator Margaret Trim guides us to embark on a transformative journey where we harness the power of imagination through Scripture, the power of light, and personal stories. This prayerful and playful workshop includes teaching, gentle movement, and artistic expression, guiding you toward healing and creativity. [Info and reg on website HERE.](#)

WINTER WORKSHOPS & SERIES

Resting in God - Centering Prayer Introduction & Refresher Workshop

In-person on Saturday January 25 from 9:30am - 12:30pm
@ St. Thomas, 46048 Gore Avenue, Chilliwack

Facilitator Gene Fraser will guide this introduction and refresher covering the basics of Centering Prayer. The morning includes a guided period of practice as well as an opportunity for Q&A. Suitable for new and seasoned practitioners. [Details and registration available HERE.](#)

Moulded by Prayer: A focus on worship and prayer as spiritual formation

In-person Saturday February 8 from 9:30am - 5:00pm
Hosted by Vancouver School of Theology at UBC, Vancouver

A day for clergy and lay people to revitalize their personal prayer life, using pottery and the act of moulding and being moulded as our guiding metaphor. Adopting a retreat-like pace, we will gather for worship and learning, drawing on new resources in a series of focused sessions. [See full details and link to register HERE.](#)

A Morning with Justin Coutts

Online Sat. February 15, 10am - noon

The Contemplative Society will host this online event with Justin Coutts, a contemplative teacher living on Manitoulin Island who hopes to bring people closer to the natural world and their own souls, to live once more in harmony with the wind and waves, the trees and moss, the rocks and stars.

[More details forthcoming HERE.](#)



WINTER WORKSHOPS & SERIES

[Vision Board Workshop - A Transformative Journey of Self-Awareness and Personal Growth - Online](#)

Saturday, February 15 at 11am to 4pm on Zoom

Would you like to experience greater self-awareness? Could you benefit from a shift in consciousness? Does personal transformation sound like a good idea to you? Would you like to feel more resiliency in your life?

[More details soon to be posted on our website HERE.](#)



[How to Read the Bible - Exploring the Lens We See Through - Part 1 of 3-part series](#)

Saturday February 22 from 9:30 am -12:30 pm

In-person @ St. Thomas, 46048 Gore Avenue, Chilliwack

Rev. David Taylor will facilitate Part 1 about the glasses we wear when reading sacred Scriptures, and discovering the 4 Ancient Ways of interpreting the words of our spiritual ancestors. This workshop will be part introspection and part practice, aiming to provide a new appreciation of your own voice in understanding the Word of God.

No fee - [please register HERE.](#)

WINTER WORKSHOPS & SERIES

Bible Study & Lectio Divina Mornings - Part 2 and 3 of Series

Saturdays March 22 and April 12, 9:30am -12:30pm

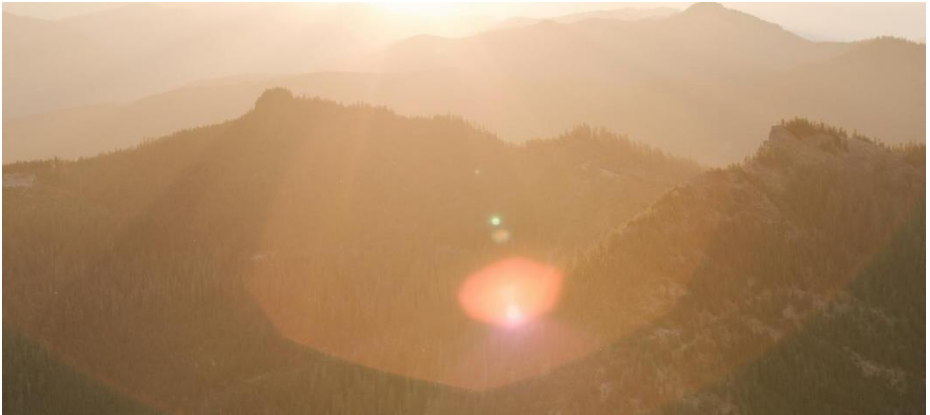
In-person @ St. Thomas, 46048 Gore Avenue, Chilliwack

Rev Lorie Martin will facilitate these two follow-up sessions:

Session 2 – Exploring our BIG Questions

Session 3 – Reading With the Mind & Heart

Drop-in, no fee and no registration required.



The iEnneagram as a Spiritual Formation Tool: *Transforming Self-Understanding Through the Harmony Triad Approach* -

Friday March 14, - 6:30 - 9pm, and Saturday March 20, 10:00am - 4:30pm

In-Person @ St. Paul's, 1140 Jervis St, Vancouver

In this engaging 8-hour course certified iEnneagram Practitioner Daile Unruh-Peters will help us discover how the iEnneagram can be a powerful tool for spiritual formation. This model helps enhance self-understanding and personal growth, engages all three centres of intelligence: body, heart, and mind, and offers a Trinitarian perspective for growth. [More details and registration info on our website HERE.](#)

WORSHIP WITH MUSIC

Labyrinthine Soundscapes - An Evening of Reflective Sound and Healing at St. Paul's

Last Friday monthly from 7-9pm – In-person @ 1140 Jervis St. Vancouver

Experience a rich blend of music, and ambient noise, designed to evoke the spirit of healing. [Find details on website HERE](#)



Monthly Drop-in Evensong at St. John's Sardis

Sundays Feb. 16, Mar 16, April 27, May 25, June 22 from 7:00 - 8:00 pm
In-person at St. John the Baptist, 46908 Higginson Rd. Sardis

Rev. Fr. Matt Koovisk and Choir Director Zach Power guide this peaceful and meditative sung church service rooted in the monastic tradition, inviting worshippers to reflect and find spiritual stillness through the beauty of words and choral music.

PREPARING FOR LENT IN COMMUNITY

Feasting Into Fasting – Stacked in Faith!

March 4, 2025 at 5:30pm - In-Person @ St. Dunstan's, 3025 264 St Aldergrove

Join us for a Shrove Tuesday celebration with delicious pancakes, community around tables, and a time to connect with God, as we prepare our hearts for the season of Lent. Whether you're new to the tradition or have celebrated for years, all are welcome to join in! Facilitators Helen Tervo, Elaine Chatwin, Ginny Sawatsky

Lenten Study Hosted by All Saints

Online starting Wed March 12, 7pm on ZOOM

Our Lenten study at All Saints will be based on Amy-Jill Levine's book *Entering the Passion of Jesus*.

You can check All Saints Mission website for more info [HERE](#).

The Stages of Discernment - 40-day study/practice in Lent – In-person at St. Thomas and Online

Five Fridays for Lent: March 14, 21, 28, April 4 from 10-11am
In-person @ 46048 Gore Avenue, Chilliwack, and on Zoom

Rev. Lorie Martin will guide this study/practice circle utilizing Thomas Keating's teaching booklet on Discernment. Includes short daily readings beginning on Ash Wednesday (March 5) along with a weekly gathering on Fridays (March 14 - Apr 11). Together we will flow through the stages of this discernment process with the invitations to open to the Spirit, discern a question, observe, receive, and walk out the answer that comes. Details to register [on our website HERE](#).



FOR YOUTH & FAMILIES

[Following Jesus - A Learning Group @ St. Thomas](#)

Thursdays Jan 30, Feb 13, Feb 27, Mar 13, Mar 27, Apr 10 at 3:30 -5pm
In-person @ 46048 Gore Avenue, Chilliwack

For students and adults who want to learn more about the Christian Faith. [See info on website HERE.](#)

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.

[See St Thomas Ministries webpage HERE.](#)



2025 RETREATS

[Practicing God's Presence - A Quiet Day Retreat](#)

Saturday, March 8th from 10 am - 4 pm @ Cultus Lake, BC

Facilitators Lorie Martin & Gene Fraser will facilitate this retreat day with an invitation to come away from the hustle and bustle to a quiet place. The day will include centering prayer, walking meditation, and other spiritual practices in solitude and with community. More info coming soon – [check our website HERE](#).

SAVE THE DATES FOR UPCOMING RETREATS:

[Beauty Revives the Soul – A Weekend Retreat](#)

Friday May 9 to Sunday May 11 @ Loon Lake Lodge, Maple Ridge BC

Facilitators David Taylor, Jodi Krahn, & Lorie Martin will guide the weekend time at this exquisite location, offering song, teaching, and spiritual practice to nourish the soul with re-energizing and sustaining life. This retreat will focus on BEAUTY and how beauty grounds and revives the soul. There will be time in solitude, circle sharing, and a WILD CHURCH experience. Details [on our website HERE](#)



[END OF SUMMER -Weekend Retreat at Loon Lake Lodge](#)

September 12 to 14 @ Loon Lake Lodge, Maple Ridge BC

Watch for more details about our retreat theme and teachers as they become available [on our website HERE](#)

2025 RETREATS

SAVE THE DATE FOR A UNIQUE 5-DAY RETREAT
COMING THIS SUMMER:



Resting, Listening, and Making - A journey of contemplation and discovery within

July 21-26, 2025 @ Sorrento Center, BC

This wonder-filled retreat will be a hands-on experience with of a variety of contemplative and creative practices, inspirational teaching on creativity and the faith journey, with lots of time to create a variety of projects. [Find full details on Sorrento Centre website HERE.](#)

*Keep an eye on our website as we
continually add more information,
news updates, resources, and events:
thecentreforspiritualrenewal.org*

FACILITATORS & LEADERS THIS WINTER



Joe Baker is a member of St Dunstan's Anglican Church and supports offerings of the Centre for Spiritual Renewal. As an instructor for centering prayer and praying with beads, Joe is always interested in the varied reasons, opportunities, frequency, and ways we pray.



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



Elaine Chatwin is blessed to be part of the vibrant family at St. Dunstan's Parish. She is drawn to the contemplative and mystical paths of the early church. The teachings of Thomas Keating and Cynthia Bourgeault form the framework of her meditation and study time. Walking, painting, and gardening are pastimes where the Holy Creator sings joy to her.



Justin Coutts is a contemplative teacher living on Manitoulin Island. While his practice is primarily Celtic Christian his religious life has been very diverse, including many years as an apprentice to an Ojibwe elder. He hopes to bring people closer to the natural world and their own souls to live once more in harmony with the wind and waves, the trees and moss, the rocks and stars.



Gene Fraser is a long-time student of Cynthia Bourgeault and has practiced Centering Prayer for more than 25 years, as well as commissioned by Contemplative Outreach of Greater Vancouver as a Centering Prayer presenter. Gene 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.



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.



Jim Hober was first introduced to contemplative practices in 2018. His practice of both deepened through engagement with Contemplative Outreach and with the Center for Action and Contemplation. As a result of learning these spiritual practices, Jim has experienced deeper spiritual growth and healing, as well as positive consciousness changes, and learning to see differently.



Jodi Krhan 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.



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.



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.



Drew and Danielle McTaggart 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.



Dede Nicholson participated in her first pilgrimage with St Dunstan's church in Aldergrove in September 2022. She has done several small personal pilgrimages since. Every pilgrimage has created space for more healing and enlightenment and 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.



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.



Ginny Sawatsky joined St. Dunstan's in fall 2023 and quickly became active with the Centre for Spiritual Renewal, later joining its leadership team. She is the owner and 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.



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.



Margaret Trim completed her MA in Theological Studies at Regent College (2004) and Master of Theology at the VST in 2015. She is a lay preacher within the Anglican Church of Canada and an artist with words, photos, and paint. Her “happy place” is hanging out with the birds in the woods or the water. She is passionate about the relationships between theology, trauma healing, and artistic expression.



Daile Unruh-Peters is a coach, art facilitator and spiritual director who helps people connect with their worth, creativity and soul. She has a MA in Christian Ministry and is a certified Spiritual Director and Supervisor. Daile is also certified as an ©iEnneagram Practitioner and has obtained a Certificate of Achievement for successfully completing The Coaching Workshop for Christian Leaders. Learn more about Daile at daileunruhpeters.com



David Taylor 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. Having a background in the Pentecostal church, David has grown in the Anglican tradition. His passion is to re-connect people to the Scripture and the depth of the spiritual history of Christianity. He is married and the father of two adopted children and makes his home in the Fraser Valley.

TIP: Check out the Calendar option under our EVENTS menu for the chronological view of all our programs and offerings:

The screenshot shows a website interface with a navigation menu. The 'Calendar' button is highlighted with a red circle. Below the menu is a calendar for January 2025. The calendar shows events for January 1st through 4th. The events are:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
			<ul style="list-style-type: none"> 1p New Year's Day Pilgrimage 7p Online Bible Study 9:30p Compline via Zoom 	<ul style="list-style-type: none"> 9:30a Centering Prayer 11a Mid-week Service 6:30p Walk in Beauty 	<ul style="list-style-type: none"> 11:30a Centering Prayer 12p Lectio & Labyrinth 	

SPIRITUAL CARE OPPORTUNITIES



Spiritual Direction is an ongoing spiritual companionship relationship in which a person desirous of being attentive to their spiritual journey regularly meets with a trained 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. [Learn more HERE.](#)

These Spiritual Directors Available to Contact:

Sharon Tiessen: sharon_r_tiessen@hotmail.com

Katherine Murray: katherine.murray22@gmail.com

Lisa Ritchie: soulsinvitation@gmail.com

Patricia Braun: patriciabraun90@gmail.com

Lesley Wieler: lesleywieler@gmail.com

Monthly Peer Supervision Group, contact Lorie Martin: lorie@loriemartin.com

Listening Prayer Sessions

Lesley Wieler: lesleywieler@gmail.com

Rite of Reconciliation & Pastoral Care

Available by emailing each Centre location (click on parish name below):

[St. Andrew's Langley](#)

[St. Dunstan's Aldergrove](#)

[St. Paul's Vancouver](#)

[St. Thomas Chilliwack](#)

[All Saint's Mission](#)

OUR CENTRE LOCATIONS



THE CENTRE AT
St Andrew

20955 Old Yale Rd. Langley BC
604.534.6514
standrewslangley@shaw.ca
STANDREWSLANGLEY.CA



THE CENTRE AT
St Dunstan

3025-264 Street Aldergrove BC
604.856.5393
st.dunstans@telus.net
ST-DUNSTANS.CA



THE CENTRE AT
St Thomas

46048 Gore Avenue,
Chilliwack, BC 604.792.8521
stthomaschilliwack@gmail.com
STTHOMASCHILLIWACK.ORG



Centre for Spiritual Re-imagination
1130 Jervis Street,
Vancouver, BC 604.685.6832
office@stpaulsanglican.bc.ca
STPAULSANGLICAN.BC.CA



THE CENTRE AT
All Saints

33077 Second Avenue,
Mission BC 604.826.2814
allsaints_mission@shaw.ca
ALLSAINTSMISSION.CA