



THE CENTRE FOR

SPIRITUAL
RENEWAL

FALL 2024

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,

Autumn Greetings! In the midst of the joys and challenges in our lives, and in the world, spiritual food and practice feed, anchor, and equip us to trust and experience God's unending presence and faithful guidance. Perhaps your longing for spiritual nourishment and connection with Divine Presence and a faith community can be met at one or more of these gatherings. There are many places and spaces to grow in grace and participate in the world's beauty and healing. A special welcome to All Saints Parish in Mission BC as the fifth location for Centre gatherings!



Peace & Presence,

Lorie

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

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



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 Thomas Keating & Cynthia Bourgeault.



You can learn more about Centering Prayer and other contemplative prayer practices under Resources: Prayer on the Centre website.

Drop-in Weekly Centering Prayer Gatherings:

Wednesdays, 9:30 – 10:00 am

Fridays, 9:30 am – 10:00 am

In-Person @ St. Thomas, Chilliwack

For those who would like to stay on Fridays, the Centering Prayer sit is followed by Circle of Grace at 10am, then Healing Eucharist at 11am, followed with refreshments (see info below).

Fridays, 11:30 am – 12:00 pm

In-Person @ St. Dunstan, Aldergrove

Also Online – [Find Zoom link here](#)

Facilitated by: Joe Baker, Elaine Chatwin, & Jim Hober

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

Thursdays, 9:30 am – 11:00 am

In-Person @ All Saint's, Mission

Come together to 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.

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
Thursdays, 11:00 am

Refreshments are provided for the community after the Thursday service, and everyone is welcome to stay for a 'brown bag' lunch.

Online Morning Prayer: Monday to Thursday @ 8:00 am.
 Find details on [St. Paul's website HERE](#).

Healing Eucharist at St. Andrew's, Langley
In-Person on 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

Fridays, 11:00 – 11:30 am (Most Friday – [check website for dates](#)).

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

MORE ONGOING PRACTICE GROUPS



Lectio & Labyrinth – In-person & Online

Fridays, noon – 1:00 pm

In-Person @ St. Dunstan, Aldergrove and also online on Zoom

The grass-path labyrinth is open to walk before or after Centering Prayer & Lectio Divina. Find full details, including virtual labyrinth instructions and Zoom link [HERE](#).

Circle of Grace

Various themes will be explored throughout the Fall at our Circle of Grace meetings at St. Thomas on Fridays at 10:00 – 11:00 am.

Drop-ins are welcome for this contemplative gathering that includes Lectio Divina and more. For those who would like to stay, St Thomas offers a Healing Eucharist at 11:00 am, followed by refreshments at 11:30 am.



Circle of Grace Fall Themes (all sessions @ St. Thomas, Chilliwack):

Fridays, Sept 6, 13, 20, 27 at 10:00 am:
4 Fridays of Being in the Season of Creation

Fridays, Oct 4 to Nov 2 at 10:00 am:
Lingering in God's Presence

Fridays, Nov 29 to Dec 20 at 10:00 am:
Advent Reflections and Prayers

LEARN WITH OUR LEADERS & SPECIAL GUESTS

Online Bible Study with Rev. Paul Bowie

Wednesdays, 7:00 – 8:30 pm (weekly)

Online, hosted by All Saints, Mission

A lively group of learners gather online weekly for this thought-provoking exploration and conversation with the Reverend Paul Bowie.

September theme is Wisdom.

No fee. Donations accepted.

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

Anglican 101 Workshop

Saturdays, Sept 14, Oct 12, Nov 16, Dec 14, 10:00 am – noon

In-Person @ St. Thomas, Chilliwack

Facilitators: Rev. Lorie Martin and Ryan Bowie

In this series of workshops we will explore some church history, experience the essence and ethos of the Anglican church, discover the seven sacraments, be fascinated by the symbols and seasons, and deepen in understanding of the basic beliefs (Jesus, the Trinity, scriptures, safeguarding creation, etc). Anglican faith is referred to as the *via media* - the middle way.

Drop in. Coffee/tea provided. No fee - donations gratefully accepted.



Encountering the Healing Imagination:

Unlocking the Power of Imagination Through Sacred Stories and Nature

Saturday, September 14, 1:30 - 3:30 pm

@ St. Paul's Hall, 1140 Jervis Street Vancouver

Facilitator: Margaret Trim

Embark on a transformative journey and harness the power of imagination through Scripture, nature, and personal stories. Through teaching, gentle movement, and artistic expression, you'll be guided toward healing and creativity.

Registration fee: \$20 - [Details HERE](#).



Discovering Your Sacred Self: *A Transformative Journey of Self Awareness and Personal Growth* (ONLINE)

Thursdays, Sept 19 to Oct 10, 7:00 - 8:30 pm

Facilitator: Emilie Dierking

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? What are you doing with your one precious and holy life?

St. Paul's Vancouver invites you to participate in a four-part workshop via ZOOM focused on personal growth and transformation. Note: due to the need for individual participation and to maintain the integrity of the group, it is important that you commit to attending all four workshop dates.

Registration fee: \$40 - [Details HERE](#).

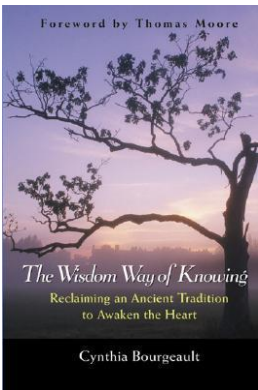
Following Jesus Study Group

Thursdays, Sept 26, Oct 10 & 26, Nov 7 & 21, Dec 5 & 19
3:30 - 5:00 pm @ St. Thomas, Chilliwack

This gathering is for youth and adults who want to learn more about the Christian Faith journey. For those interested it will be preparation for Confirmation in April 2025. [Registration info HERE.](#)

Wisdom Practice Book Circle: *The Wisdom Way of Knowing* – Monthly online group with Heather Ruce

Thursdays once per month: Sept 26, Oct 17, Nov 14, Dec 12, Jan 9, Feb 13, Mar 13, Apr 10, at 6:30 - 8:00 pm PT – Meeting on Zoom



This 8-month Practice and Book Circle is for anyone who wants to cultivate a deeper connection with the Wisdom lineage and practices, utilizing the book [The Wisdom Way of Knowing by Cynthia Bourgeault](#). Wisdom Teacher Heather Ruce will guide the 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. Co-facilitated by Lorie Martin.

[Full details and registration link HERE.](#)

Drum Circle Workshops

Saturdays Oct 5 & 19 & Nov 2, 10:30 am - noon
@ St. Thomas, Chilliwack
Facilitated by Anya McRae (Drums provided)

Each session includes rhythmical breathing, rhythms creation, unison, meditative sound scape, rhythm games, new rhythms, and unison drumming. [Full details and registration link HERE.](#)



The Spiritual Practice of Listening Prayer:

Listening to the voice of the one who calls you Beloved

Saturday Oct 5, 1:00 – 4:00 pm @ @ St. Paul's Hall, Vancouver

Facilitator Katherine Murray will introduce participants to Listening Prayer, a spiritual practice of becoming quiet to listen for what God is speaking or making known to our hearts. In this offering you are invited into a sacred pause to connect with God; to explore the ways we hear from God and be intentional to listen for what God is making known through facilitated meditations and reflections.

[Find details to register HERE.](#)

Contemplative Fellowship & Spiritual Practice

Second Saturday monthly starting Oct 12, 9:30 am – noon

@ St. Dunstan's, Aldergrove

Facilitated by Joe Baker and Elaine Chatwin

An in-person, contemplative gathering at St. Dunstan's, will meet the second Saturday of each month from 9:30am to noon. Suitable for experienced practitioners and those curious to explore the contemplative side of spiritual practices. The morning will be lightly guided with a focus on practice time, and a hope to establish an ongoing community of spiritual companions. No fee. [Registration details and link HERE.](#)



Introduction to the Enneagram - Online

Wed. October 16, 7:00 – 8:30 pm on Zoom

Facilitators Helen Tervo and Lesley Wieler will provide a basic introduction to the Enneagram as a valuable tool for spiritual formation. An overview of the 9 Types and 3

Spaces of the Enneagram and process for initial discernment to your Enneagram type will be discussed.

[Full details and registration info HERE.](#)



The iEnneagram as a Spiritual Formation Tool
*Transforming Self-Understanding Through the Harmony
Triad Approach – Offered two times.*

Friday Oct 18, 6:30 - 9:00 pm and Saturday Oct 19, 10:00 am - 4:30 pm

In-Person @ St. Paul's, Vancouver

[Details and registration information HERE.](#)

Friday Oct 25, 6:30 - 9:00 pm and Saturday Oct 26, 10:00 am - 4:30 pm

In-Person @ St. Dunstan's, Aldergrove

[Details and registration information HERE.](#)

Facilitated by Daile Unruh-Peters, certified iEnneagram Practitioner

Discover how the iEnneagram – also known as the Harmony Triad approach – can be a powerful tool for spiritual formation in this engaging 8-hour course spanning Friday evening and Saturday. 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 and transformation.

Feeding Our Spirit: *All You Who Are Thirsty* – with Guest Speaker Alvin Kube

Friday Nov 7, 7:00 – 8:30 pm
@ St. Dunstan's, Aldergrove

In the beginning, the spirit moved over the waters. Since time immemorial water is known to be the essence of life. In our time we debate whether water is a human

right or a commodity. Through his background and extensive experience with Aboriginal organizations and cultural healing Alvin Kube will help us explore our relationship to water: our need and our privilege.



[Full details and registration link HERE.](#)



Shadia Qubti on Justice, Peace & Reconciliation

A collaborative event between The Centre at St. Dunstan's and The Bridge Church Abbotsford

Saturday Nov 09, 7:00-8:30 pm

@ St. Dunstan's, Aldergrove

And Sunday Nov 10, 10:30 am-noon

@ The Bridge Church, Abbotsford

Shadia is a Palestinian from Nazareth, and a Christian. She has worked for over 15 years in policy initiatives and peacebuilding for local and international organizations, working with both Palestinians and Israelis. As a Palestinian Christian she is particularly focused on amplifying the voices and perspectives of women and other minorities. We will hear her story and explore what can support us to be spiritually formed as people who will work towards justice, peace and reconciliation.

[Full details and registration link HERE.](#)

RETREATS & CONTEMPLATIVE DAYS



Three Centered Presence & Transformation of Consciousness - *A Wisdom School with Heather Ruce* September 8 - 12 - Online or in-person @ Sorrento Center, BC

Participants will be invited to deepen into the experience of the 'wisdom way of knowing' through a daily rhythm with periods of silence, centering prayer, teaching, conscious conversation, Gurdjieff Exercises and Movements, chanting, mindful work, lectio divina, and contemplative free time.

[REGISTER with Sorrento Centre HERE.](#)

Pilgrim Journey: *Sabbath Among the Trees*

Saturday, Sept 21, 1:00 - 3:00 pm
Meet @ Aldergrove Regional Park

Facilitator Dede Nicholson will guide this opportunity to walk together amongst the trees as we pause, listen, and receive what God may have for us as we seek rest for our souls.

[Details and registration HERE.](#)



Everyday Reconciliation Retreat with Sung Evening Prayer – *A Truth and Reconciliation Gathering* Saturday, Sept 28, 1:30 - 4:30 pm @ St. Andrew's, Langley

Join us as Rev. Andrew Halladay will facilitate an exploration of the Anglican understanding Reconciliation, including individual & communal confession, as we wonder and pray about Kweqeneq, the traditional shared lands of the Kwantlen, Katzie, and Semiahmoo First Nations.



Truth and Reconciliation Gathering Sunday Sept 29, 10:00 - 11:00 am @ St. Thomas, Chilliwack

Drop in for a morning to honor Indigenous spirituality with drumming and a focus on reconciliation in this special Sunday morning Eucharist service. Wearing orange shirts are encouraged.

Advent Wreath Workshop: *Praying with Candles* Saturday, November 30, 10:00 am - noon @ All Saint's, Mission

The traditional Advent wreath is a symbol of the journey of waiting and wondering, pausing and preparing for The Holy Day of Christmas. Come and make one for your home.

[Details HERE.](#)



Advent Quiet Day Retreat

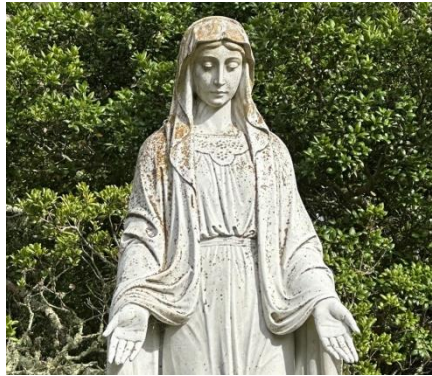
Saturday, November 30, 1:30 am - 4:30 pm
@ St. Andrew's Langley

Rev Andrew Halladay will facilitate this Advent Quiet Day at St. Andrew's with the theme of 'Journeying to Joy' as we reflect on the Advent spiritual journeys of John the Baptist and of Mary, Jesus' mother. The retreat will close with sung evening prayer. [Details to attend HERE.](#)

Time with Mary - Advent Retreat

Saturday, Dec 7, 9:00 am - noon
@ St. Dunstan's, Aldergrove
Facilitated by Rev. Lorie Martin

This retreat morning will be a time set aside as we enter Advent, to linger in the radiant and refreshing fragrance of Mary, The God Bearer (Theotokos). We see her



contemplative stance in the Gospels where she ponders the mysteries and treasures of God in her heart. Together we will deepen our love for Mary, or fall in love with her for the first time, and be awed and awakened by her humility and boldness in our own lives. Lightly guided meditation, art expressions, and community connecting are components of this retreat. [Full details and registration link HERE](#)

A Listening Prayer Practice Workshop

“Some things are better caught than taught”

Watch for date and details to be posted for this workshop coming in 2025

Location to be determined

Facilitated by Rev. Lorie Martin

We will refresh our learning, practice in small groups, and be equipped as effective facilitators. NOTE: Some training and experience in Listening Prayer is required. [Information will be forthcoming here.](#)

WORSHIP WITH MUSIC

Labyrinthine Soundscapes at St. Paul's Hall, Vancouver

These events offer a meditative space to connect with the sounds around us, fostering a sense of peace, healing, and gratitude.

An Evening of Reflective Sound and Healing

Friday, September 27, 7:00 – 9:00 pm. [Details for this date HERE.](#)

A Thanksgiving Evening of Reflective Sound and Gratitude

Friday, October 25, 7:00 - 9:00 pm. [Details for this date HERE.](#)



Latria: A Collective Worship Night

Wednesday October 23, 7:00 pm

In-person @ St. Thomas, Chilliwack

Musicians: Danielle and Drew McTaggart

Communion: Rev. Lorie Martin

Drop-in for this relaxed midweek service, created to recognize the need to linger with the deep yearning of our hearts to meet with God. Recording artists Danielle and Drew McTaggart will invite us to linger in God's presence with beautiful music and moments in meaningful silence in the candlelit historic building of St. Thomas. There will be a short reflection and a simple Eucharist, with our intention to create a space for all to awaken and deepen into The Way of Love. [Details HERE.](#)

FAMILY & SOCIAL EVENTS

Family Church at St. Thomas

***Season of Creation:* Saturday, September 21, 4:30 – 6:30 pm**

***Pet Blessing:* Friday, October 4, 4:00 – 5:00 pm**

In-person @ St. Thomas, Chilliwack

Please email Rev. Lorie Martin know if you plan to attend the Family Church gathering on any of these dates: lorie@loriemartin.com.

Pet Blessings:

St. Thomas

Sunday, October 4, 4:00 pm

@ St. Thomas, Chilliwack

St. Andrew's

Sunday, October 6, 10:00 - 11:00 am

@ St. Andrew's Langley



Bring your dogs and cats, lizards, birds and any other creatures important in your life for our St Francis Day pet blessing. We look forward to a morning of loving chaos! Drop in. No fee.

Family Eucharist at St. Andrew's

Saturday, October 19, 4:30 - 6:30 pm

@ St. Andrew's, Langley

The theme for this family Eucharist will be **All Saints, All Souls & Halloween**. We'll have prayer stations for children & youth, a spooky bible story, picnic Eucharist & pizza. This is a child-centred service, but youth, parents & grandparents are most welcome. [Find details for attending HERE.](#)

**LGBT+ Coffee &
Conversation Evening**
Tuesday, November 12, 7:00 pm
@ St. Thomas, Chilliwack

Facilitated by Rev. Andrew
Halladay

[More details to follow - see HERE](#)



LGBT+ Christmas Dinner
December 21 - Time to be confirmed

Amanda Doran and the St. Thomas team will facilitate this gathering to enjoy a Family style Christmas dinner!

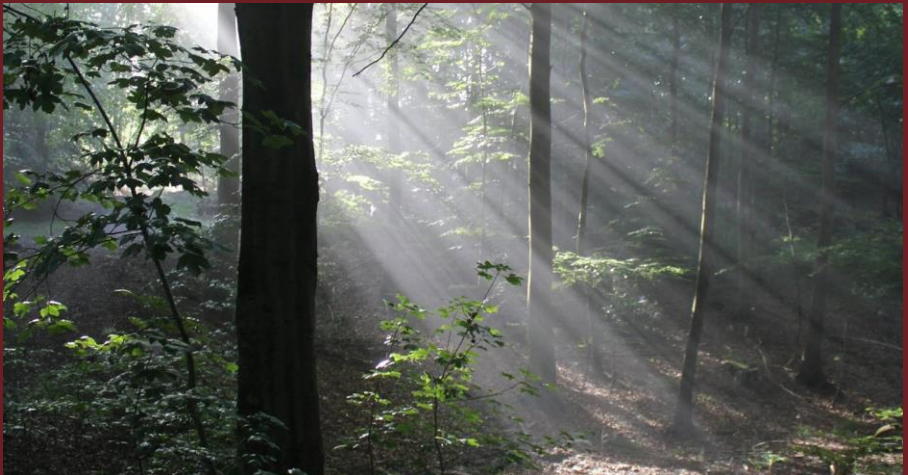
Check our [EVENT listings](#) or St. Thomas website for more info as the date nears.

SAVE THE DATE: New Year's Day Pilgrimage

Wednesday, January 1, 2025

1:00 - 3:00 pm

Location and more details to come...



OUR FACILITATORS & LEADERS



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.



Amanda Doran shares "I have been an ally and advocate for nearly 25 years. I first became active in the LGBTQ+ community when I trained as a volunteer at the pride association at SFU "Out On Campus" so that students would have an inclusive safe space on campus. My focus has been around creating safe and inclusive spaces for 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.



Alvin Kube is a member of the Saulteau First Nation. He is a retired employee of the Ministry of Public Safety, Correctional Service of Canada of 25 years. Coupled with his Bachelor of Arts in Sociology, his primary experience was gained through the development, management, and implementation of Aboriginal programs within the federal penal system and positive outcomes through the rehabilitation of Aboriginal offenders.



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.



Anya McRae is a certified Drum Circle Facilitator from affiliated program of California State University. She is a Chilliwack Academy of Music and Cultural Centre drum circle facilitator and a professional pianist, teacher and harpist. Her recent endeavour is studying to become a Practitioner of Harp Therapy. Anya is a lifetime explorer of music and the outdoors, led by a strong desire for self expression and meaningful life journeys.



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.



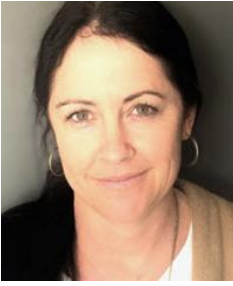
Katherine Murray is passionate about spiritual formation, transformation, and practices that deepen our awareness of the Divine. She is most at home in the contemplative Christian tradition, loves the mystics, and deeply values the Wisdom offered by other faith traditions. Katherine is a spiritual director and retreat leader with a background in social work and graduate degree in International Relations and Theological Studies.



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, each with different themes and locations all within BC. 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.



Shadia Qubti is a Palestinian Christian from Nazareth, who has worked for over 15 years in policy initiatives and peacebuilding in both local and international organization, working with both Palestinians and Israelis. She is particularly focused on amplifying the voices and perspectives of women and other minorities in various ways, one of which was in the [Women Behind the Wall podcast](#).



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 and training in Somatic Experiencing, Organic Intelligence & Spiritual Direction as she guides various Wisdom practices. Find out more at heatherruce.com.



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.



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



Lesley Wieler is currently studying to become a chaplain and spiritual director. Her training as a spiritual director includes using the Enneagram as a tool for self-awareness and transformation. When she doesn't have her nose in books, she loves to hike, spend time with friends and travel. Lesley is a Warden at the Parish of St. Dunstan's and is on the leadership team for the Centre at St. Dunstan's.

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

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stthomaschilliwack@gmail.com
STTHOMASCHILLIWACK.ORG



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