

Centre for Spiritual Growth January to June 2020 Programs

A hospitable place to explore and experience spiritual growth through spiritual direction, experiential workshops, day retreats on various themes, and space for quiet reflection.



St. James' Anglican Church
58 Peter St. North, Orillia, L3V 6J6
(705) 325-2742
office@stjamesorillia.com

Co-ordinator: **Wendy Passmore**

Wendy's education includes a BA in Religious Studies from the University of Toronto and an MA in Ministry and Spirituality from Regis College, University of Toronto with training in both the Ignatian and Franciscan Spiritual Disciplines. Wendy's extensive work includes: Co-ordination of a storefront ministry, oversight of various community projects, leadership role in a Retreat Centre Ministry which included spiritual direction for individuals and groups and facilitation of day and overnight retreats for all ages.



Advisory Group: **The Rev. Canon Elizabeth Morley**

Elizabeth is a retired Anglican Priest who served many parishes in the Toronto Diocese. She trained with the Haden Institute in spiritual direction and among other gifts is known for her mediation abilities in challenging parishes. Her insights and passion are a gift to this venture.



Faye Oei

Faye served as a lawyer in the UK for twenty years and in the Virgin Islands for some four years. Faye has been on a spiritual quest throughout and brings to this ministry a more global/universal perspective of how to reach out to those who are seeking a spiritual path. Faye's keen mind is a lovely asset to have on board.



**Taize Prayer –Last Tuesday of each month
7:00 to 8:00 p.m. January 28, February 25;
March 31; April 28; May 26.**

About Taize: In 1944 a young Swiss Lutheran named Roger Shutz founded a community of prayer in Taize France. His motivation came from seeing the devastation of war and the atrocities against his Jewish brothers and sisters. People of all traditions have found their way to Taize ever since to pray and to seek reconciliation. Taize has always attracted youth from around the globe who seek a better path of peace and understanding. The prayer involves chants, candlelight, silence and intercessory prayer for the suffering in the world. Facilitated by the Rev. Carol Hardie and Anna Trubashnik.



**Spiritual Meditation by Candlelight
Second Tuesday of each month 7:00 to 7:45 p.m.
January 14; February 11; March 10; April 14;
May 12; June 9.**

Are you seeking to connect with the Divine in a group setting through prayer and meditation perhaps with hopes of finding a deeper sense of the divine within? Feel welcome to come to this joyful alternative gathering to experience community through facilitated silence, guided meditations, music and more. Facilitated by the Centre for Spiritual Growth team.

**An at home retreat in daily life
Using the book “The Ignatian Adventure”**

by Kevin O’Brien this experience will take individuals through a daily prayer time with meditations on the life of Jesus with a weekly meeting with a Spiritual Guide, The Rev. Carol Hardie (please contact ammacar@rogers.com)



SATURDAY MORNING WORKSHOP

Soul Collage by Kim Davis

**Saturday March 7, 2020
9:30 a.m. to 12:30 p.m.**



3-hour Saturday morning- Soul Collage is an easy, creative process that helps you connect with various parts of your inner knowing. No artistic talent is needed – cutting and pasting is all that’s required. For anyone interested in looking within for your own knowing, Soul Collage is an excellent method for self-exploration. The Soul Collage process is rich and deep, yet it is simple and fun! It will inspire you in ways that at times appear magical – yet all the answers are coming from you. It’s a way to give expression to your inner voice: through images, collage-making, and conversation. Using intuition and imagination and simple materials, this accessible process allows for an easy, artful self-expression. Explore the fascinating parts of YOU! Free will offering – coffee and snacks provided

Free will offering

Please register at the Church Office

RETREAT DAY—The Soil of your Soul

**Saturday April 18, 2020
9:30 a.m. to 3:00 p.m.**



Using the parable of the sower, we will look at the 4 soil types and offer reflections that might help us see where we are. Are there hurts that need healing or a hardness of heart that needs softening? Or parts of ourselves undiscovered that need exploring?

Facilitators: Wendy Passmore and Faye Oei

Free Will Offering – please bring a bag lunch coffee, tea, snacks provided

Please register at the Church Office

ENNEAGRAM WORKSHOP

Saturday March 28, 2020
9:30 a.m. to 4:00 p.m.

Facilitated by:



Sue Guttenstein,
PhD., Registered Psychotherapists and Certified Enneagram
Teacher in the Narrative Enneagram.

Cynthia Stevens:
M.Div., B.Ed., Certified Enneagram Professional and Teacher
in the Narrative Enneagram, Certified Spiritual Direction
Supervisor, Certified Spiritual Director

We will look more closely at how the structure and patterns of our type show up in our habits of thought, in our automatic emotional responses and in our bodies. Specifically, we will also look at how these affect our relationships and how we can come to see people as they truly are. Please come with an awareness of your type structure. Also bring your wonderings about how your structure shows up in relationships. If there is a challenging relationship in your life, and you know the type of the person you are trying to relate to, there will be some opportunities to do something called guided interactions – a deeply held interaction between you and a person of that type. These have proven to be very effective for understanding what goes on in the relationship.

Suggested Fee: \$65.00 includes lunch

Please register at the Church Office



RETREAT DAY

Finding Hope in Despair

Saturday February 22, 2020
9:30 a.m. – 3:00 p.m.

Facilitated by:
Wendy Passmore and Faye Oei



This retreat day will invite us to reflect on Joseph's journey from being the favoured son of Jacob, to being in prison, to being the second in command in Egypt. How does his life's journey speak to our own? How do his trials and tribulations speak to our own struggles, the way we cope with them and the lessons for us from those challenging times.

Free will offering: Bring your own lunch.
Coffee, tea provided.

Please register at the Church Office

MYSTICS SERIES

3 part series Friday Mornings
10 to 11:30 a.m.

Studying such mystics as Dante Allegare.

Friday January 24

Friday January 31

Friday February 7



Come and be inspired by these Christian mystics!
A DVD series. We will watch the DVD, usually 30-40 minutes in length, and then share our thoughts and insights. All welcome!

Registration Fee Options

1. Mail cheque to:
St James' Anglican Church
Box 272
58 Peter St N, Orillia, ON L3V 6J6
Attn: Centre for Spiritual Growth
2. Phone: Church Office 705-325-2742
3. Email: office@stjamesorillia.com

Registration

Name: _____

Phone: _____

Email: _____

Program Registering for: _____

Fee Enclosed: \$ _____



The Centre for Spiritual Growth is a venture of St James' Anglican Church. Our hope is that many who seek a deeper spiritual life will be helped through its presence in Central Ontario. All are invited to participate in the programs or to come to the quiet space for spiritual renewal and refreshment. We hope to develop a library of books, CD's and DVD's that will be available to help one's spiritual journey and quest.

Spiritual Direction is an invitation to meet one on one with a trained Spiritual Director to discern God's activity and presence in your daily life. There are opportunities for training in this specialized ministry at Regis College, Tyndale College and through the Hayden Institute at the Carmelite Centre in Niagara Falls. Wendy Passmore and Elizabeth Morley have both received this training and will be available to offer this ministry through the Centre.



"Most of us were taught that God would love us if and when we change. In fact, God loves you so that you can change. What empowers change, what makes you desirous of change is the experience of love. It is that inherent experience of love that becomes the engine of change."

—Richard Rohr