

Centre for Spiritual Growth Winter-Spring 2019 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
spiritualgrowthcentre@stjamesorillia.org

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**

Liz is a retired Anglican Priest who served many parishes in the Toronto Diocese. Liz trained with the Haden Institute in spiritual direction and among other gifts is known for her mediation abilities in challenging parishes. Liz's insights and passion will be a gift to this new venture.



Faye Oei

Faye's 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.



Franciscan Retreat in Daily Life

(How Francis continues to inspire)

Six Thursday mornings

10:00 to 11:30 a.m.

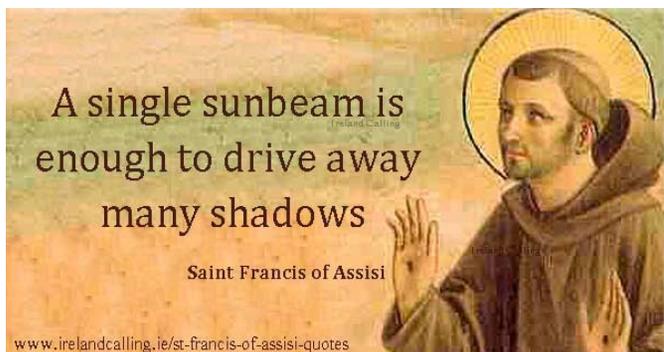
January 17 to February 21, 2019

Facilitated by Wendy Passmore and Canon Liz Morley

Participants will have an introductory session on Franciscan Spirituality and then be given material to read, pray and meditate with. Individuals will meet weekly one on one with either Wendy Passmore or Canon Elizabeth (Liz) Morley (trained spiritual directors) to share thoughts, experiences and insights of the week's theme. If during the day is not possible then evenings or weekends can be accommodated.

Francis of Assisi's message continues to have great importance in today's world.

Suggested fee: \$75.00 or whatever you can give - includes: materials, and weekly meeting with a spiritual director.



RETREAT DAY

How to be a Peaceful Presence in a Chaotic World

Saturday February 9, 2019

9:30 a.m. – 3:00 p.m.



Facilitator: Wendy Passmore

This day will offer participants ways to centre oneself in God by exploring different prayer traditions as well as exploring strategies to move from fear to faith. The day will include: reflection, quiet time and small group sharing.

Suggested fee: \$25.00 includes lunch

MOVIE NIGHT

Brother Sun, Sister Moon
The story of Francis of Assisi

Friday February 22, 2019

7:00 p.m.



All Welcome! Come and bring your popcorn.

LENT RETREAT DAY

Prepare Ye the Way

Saturday March 30, 2019

9:30 a.m. – 3:00 p.m.



Facilitators:

Canon Elizabeth (Liz) Morley, Wendy Passmore, Faye Oei

This day will offer participants an opportunity to prayerfully explore how we might want to open our hearts and lives to new possibilities. What has been dead in me that needs to come to life?

The day will include inspirational reflections, quiet time and small group sharing.

Suggested fee: \$30.00 includes lunch

ENNEAGRAM WORKSHOP 2

Back by popular demand we will host a follow up day exploring the Enneagram types and relationships. If you missed the first session you are still welcome.

Saturday April 6, 2019
9:15 a.m. to 3:00 p.m.

Facilitated by Cynthia Stevens, and Sue Guttenstein
Cynthia and Sue are sought out and trained Enneagram presenters, offering workshops and seminars throughout North America, including seminaries.

Defenses of the Enneagram types

Why learn about this particular topic? Our defense mechanism is the “enforcer” keeping us type going on automatic, and off our screen of awareness. Explore the way you (unconsciously) protect yourself when you are triggered by fear or stress and create an idealized version of yourself to present to others.

When we learn about our defense mechanism and work with it, our type structure loosens, we have more choice and the true gifts of our type can be expressed more freely. In nine different ways, we are invited to pay attention to something that is largely undercover and automatic.

Suggested Fee: \$55.00 includes lunch



RETREAT DAY

The Hidden Legacy of Jesus Silence and Solitude

Saturday May 25, 2019
9:30 a.m. – 3:00 p.m.

Facilitated by: Sr. Brenda Peddigrew,
RSM, PHD. Sisters of Mercy community

Sr. Brenda travels globally offering retreats and workshops to Religious communities and lay conferences. This retreat will highlight the many scripture texts that refer to Jesus' commitment to regular solitude, and within that, to silence. The link between his practices and our own will be explored.

Suggested fee: \$30.00 includes lunch

WOMEN MYSTICS 3 part series

Friday April 5
10 – 11:30 a.m. - Hildegard of Bingham



Friday April 12
10 – 11:30 a.m. – Teresa of Avila



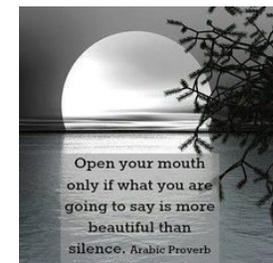
Friday April 19
10 – 11:30 a.m. – Clare of Assisi



This series will offer insights on these women and their spiritual life through DVD.

A discussion and meditation will follow each DVD presentation. How do these women speak to or inspire us?

Facilitated by the Centre for Spiritual Growth Team



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. Email Wendy Passmore at
wendy.passmore@sympatico.ca

Registration

Name: _____

Phone: _____

Email: _____

Program Registering for: _____

Fee Enclosed: \$ _____



The Centre for Spiritual Growth is a new 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.

