



# PROVIDENCE RENEWAL CENTRE

## PROGRAMS FALL 2020

Register at [www.providencerenewal.ca](http://www.providencerenewal.ca)  
or call 780-701-1854

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### CENTERING PRAYER

Silence is an opportunity to acknowledge God's presence and to grow in awareness of the movements of the Spirit within our lives. Join us on Wednesdays at 6:30 pm via Zoom for 20-minutes of Centering Prayer followed by learning and fellowship.

**Wednesdays via Zoom @6:30 pm (drop-in) Sept to June No Charge**  
**Event #14001**

For Zoom Access, email: [retreats@providencerenewal.ca](mailto:retreats@providencerenewal.ca) by Tuesday at 1 pm, use subject line CENTERING PRAYER

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### MID-DAY SILENCE

Take a mid-week, mid-day break to replenish your body and soul with silence. Join us via Zoom on Wednesdays beginning Sept 9th as we share a reflective passage and savour 20 minutes of silence. Everyone welcome.

**Wednesdays 12:05-12:30 pm (drop-in) Wednesdays Sept 9th – Dec 23<sup>rd</sup> No Charge**  
**Event #14119**

For Zoom access, email: [retreats@providencerenewal.ca](mailto:retreats@providencerenewal.ca) by Tuesday at 1 pm, use subject line MID-DAY SILENCE

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### THE SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA: A RETREAT IN THE REAL WORLD

*Faith Nostbakken via Zoom*

A Retreat in the Real World, the 19<sup>th</sup> Annotation of the Ignatian Exercises, encourages a closer relationship with God by praying through the life, death, and resurrection of Jesus. Participants spend an hour daily in personal prayer, keep a journal of their prayer experiences, share their prayer journey with a spiritual director every two weeks, and gather monthly for continued learning. The group meeting is usually the second Tuesday of the month from **6:30 to 9:00pm**.

2020: Sept 22 (orientation), Sept 29, Oct 13, Nov 10, Dec 8

2021: Jan 19, Feb 9, Mar 9, Apr 13, May 11 and May 18 (farewell)

**September 22, 2020 to May 18, 2021 (6:30-9:00 pm)**

**Registration: \$990.00/payable by semester** includes spiritual direction and group meetings.

**Event #13982 Register by September 15 – Limited space**

**Faith Nostbakken**, PhD, is an experienced spiritual director rostered at the Providence Renewal Centre. She is an ordained deacon and ecumenical officer of the Evangelical Lutheran Church in Canada and a graduate of Newman Theological College (MTS). Faith completed the training program to guide the Spiritual Exercises at Loyola House, Guelph, ON, and has been accompanying individuals and groups through the Spiritual Exercises since 2015.

## **PONDERING the POWER of POETRY**

**Antoinette Voûte Roeder on site at Providence Renewal Centre**

This retreat will comprise two evenings: *Spiritual Poetry in Various Religious Traditions*, which will look at and sample poetry from different faith traditions, and *The Hidden Spirituality of Poetry*. Expect some lively discussion around the area of spirituality and its universality.

On the second evening, we will look at poems that have an underlying spirituality, that may not be traceable to any particular tradition, but have a pervasive sense of Something Else. We hope to inspire some writing by participants on both evenings.

**Mondays: September 28 and October 5**

**Registration: \$60.00 for the two-evening series held at Providence Renewal Centre**

**Event #14024 Register by September 22**

**Antoinette Voûte Roeder** has facilitated retreats on contemplative prayer, mystics and mysticism, feminist spirituality, and poetry. Her poetry has been published in various journals, magazines, anthologies, and newspapers. In addition, she has five volumes of poems published. Antoinette is passionate about people, poetry, the Sacred, and the plight of our Earth. Antoinette's work, *THE SPACE BETWEEN*, has been selected for inclusion in the Capital City Press Collection, which was unveiled at the opening of the new Stanley A. Milner Library in February.

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## **GROWING IN COMPASSION**

**Linda Maclsaac via Zoom**

In her book *Boundless Compassion*, Joyce Rupp invites us to enter into a transformational process for developing and deepening compassion for others, for ourselves, and for the world. In the comfort of your home, read and reflect on the *first two chapters* of daily meditations before we gather on ZOOM to share conversations and prayer on October 1. We will continue to meet on the first Thursday evening of the next two months to share our experiences and thoughts around this powerful process for developing our compassionate consciousness and skills.

**Thursdays: October 1, November 5, December 3 (7:00 to 9:00 pm)**

**\$50.00/person (book not included, needs to be started before 1<sup>st</sup> gathering.)**

**Event #13637 Register by: September 23**

**Linda Maclsaac** has been in retreat centre ministry for twenty years. She has a Master of Spirituality degree and is a trained Spiritual Director. Linda loves reading, spending time in nature, and being with her family, especially her new grandson. She is on the Programming Team at Providence Renewal Centre.

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## **SPIRITUAL BOOK CLUB**

**1<sup>st</sup> Tuesday of the month (7:00 pm to 9:00 pm) via Zoom until further notice**

Join us as we use our eyes of faith to see inspiration in the writing of a variety of authors. We will begin in October meeting via Zoom. Members are responsible for purchasing their own books.

This season's dates and titles:

Oct 6 – *Accidental Saints* by Nadia Bolz-Weber

Nov 3 – *Presence and Encounter* by David G. Benner

Dec 1 – *Between Heaven and Mirth* by James Martin, SJ

Jan 5 – *Still Green and Growing* by Archbishop Emeritus Sylvain Lavoie, omi

Feb 2 – *The Four Loves* by C.S. Lewis

Mar 2 – *Holy Envy: Finding God in the Faith of Others* by Barbara Brown Taylor

Apr 6 – *Wrestling with God* by Ron Rolheiser, omi

May 4 – *The Hidden Life of Trees* by Peter Wohlleben

June 1 – *Living a Life that Matters* by Harold S. Kushner

**Registration: \$45.00 Event #14000**

## WAYFINDING: A COURAGE & RENEWAL© EXPERIENCE

*Dan Hines via Zoom*

We are all wayfinders. Finding our way and navigating our lives relies on our inner resource of courage. Navigational knowledge is especially needed when facing a time of profound uncertainty, as we are in this pandemic, far off any known map of our lives. It is also true when we are in a time of any personal or professional transition: as a time of grief, a restless longing for change, a new challenging role, retirement, health difficulties, the reality of aging, or the end of a relationship. Courage is honouring what is true. Courage is following the guidance of the quiet voice of inner knowing. One can say courage naturally arises as we more fully realize who we are, as our most wholehearted selves. In a Circle of Trust®, we will renew our capacity for greater courage in an inclusive, safe, and disciplined space of 'solitude in community'. We will explore leadership using the practices of storytelling, evocative readings, visual images, inner reflection, guided meditations, and facilitated discussions.

**Friday, October 23 (7 pm- 9 pm), and Saturday, October 24 (9 am-5 pm)**

**Registration: \$160.00**

**Event #12774**

**Dan Hines** is *Courage & Renewal®* Facilitator mentored by Parker J. Palmer and *the Center for Courage & Renewal*. He is a political activist, change agent, Anglican priest, speaker, consultant for intentional communities and leadership coach for business, educational, and religious organizations. [danhines.ca](http://danhines.ca)

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## THROUGH MARY'S EYES

*Rooney-Punyi Theatre via Zoom*

Enter into Advent in a special way by joining in on Zoom for a powerful and prayerful presentation of live music, reader's theatre, and a power point presentation of beautiful art exploring moments in the life of Mary.

- Be led through the life of Christ as seen through the eyes of his mother.
- Meet a young Mary who is frightened of what others will say, after she has said "Yes" to God.
- Follow her story as a hard-working mother, who loses her child Jesus, and then finds him in the temple.
- Experience the tearful passion and joyful resurrection as seen through Mary's eyes. Music effortlessly bridges these three parts together as you make the journey through the life of Mary and her son Jesus. Back by popular demand, we gather online with Maureen Rooney and Paul Punyi who will be available after the presentation to share in conversation and prayer.

**Thursday December 10 (7:00 pm – 8:30 pm)**

**\$20.00**

**Event # 14003 Register by December 4.**

**Maureen Rooney and Paul Punyi** are a husband-&-wife team who have acted professionally since 1979 with some of Canada's finest theatres and in film & TV. They have led retreats nationally and are presently touring schools with performing arts residencies, and with a repertoire of more than 20 shows including the popular "*Interview History*" and "*Saints Come Marching In*" programs. They are recipients of the St. Albert 2013 Mayor's Lifetime Achievement in the Arts.

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## **DREAMS: GUIDANCE THROUGH UNCERTAIN TIMES**

*Kathy Sperling via Zoom*

When our outer life is unpredictable or has experienced upheaval, God invites us to look inside for insight. During the Covid pandemic many people have experienced significant increases in dream frequency and intensity. If we are willing to be open and curious and pay attention, dream work can offer a deeper connection to God and the Wisdom from within. Come learn practical ways to explore this powerful doorway to spiritual insight and wholeness.

**Tuesday November 17, (7:00 pm to 9:00 pm)**

**\$20.00**

**Event # 14008**

**Kathy Sperling** is a wisdom seeker, a listener for truth and a lover of wholehearted living. She is a Spiritual Director and graduate of the Haden Institute Dream Training Program (NC) who helps people live true to themselves by embracing the mystery and wonder of inner life work.

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## **“The WORD is made flesh”: Let us WATCH, LISTEN, WONDER”**

*Sr. Mary Clare Stack, UJ (on site at PRC)*

Take a day for silence and stillness to listen with the “ears of your heart” to our God, Word of Love. Through prayerful pondering, we will listen, watch, wait, wonder at the miracle of God’s love manifested in Jesus, who “pitches His Tent among us”. Our hearts will be especially attentive to the most vulnerable among us- a lesson which COVID 19 has taught us all. We will write, our “Magnificat”- a song of joy and thanksgiving for the marvels our God has done for us! Be sure to bring your Bible. This retreat will be on site at Providence Renewal Centre, unless COVID circumstances require that it be moved to Zoom.

**Saturday, November 28 (9:30 am - 4:00 pm)**

**\$85.00**

**Event #12776 Register by November 23**

**Sr. Mary Clare Stack, UJ:** “Our loving God, has abundantly blessed me in my family, my congregation, and through the rich web of relationships fashioned over many years. As an Ursuline of Jesus, my life is “rooted and grounded in the Word of God”. This retreat is a sacred moment to share these blessings.”