Message from the Director

I always love the New Year! One of my annual practices is to look back at the year past and celebrate with gratitude all the wonderful things that took place. In celebration of these things, I take the time to do up a picture book that visually captures all the blessings of the past year. I also take time to reflect on what might have gone better and replay in my mind how I would have wanted that circumstance to go. As I close the chapter on the year past, I turn my gaze to the New Year with wonderment. God blesses us each year with the celebration of Jesus’ birth and the opportunity to embrace “all things new” with the birth of the New Year. This is an opportunity for each one of us to really take time to let go of the past and focus, with renewed gratitude, on the present and future. What a fabulous blessing we are each given by God in Revelation 21:5, “And the One seated on the throne said, ‘Behold, I make all things new’. Then He said, ‘Write this down, for these words are faithful and true’.” With these faithful words by your side, what bold and courageous things are you going to do this year to celebrate God’s new blessings in your life? Perhaps one of those blessings is an opportunity to take some time for you? For contemplation? For wellness? For renewed spiritual practice? Embrace God’s blessing upon you to embrace all things new.

Catharine King
Executive Director
cking@providencerenewal.ca

PRC PROGRAM TEAM

Debbie Doornbos, Program Director
Kathy Budgell, Program Assistant
Carol Sebastian, Spiritual Nourishment

Cover by Bro. Louis Andreas, O.M.I.
PROGRAMS AT A GLANCE

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1 Yoga with Julie (evenings) continues .......................................................... 13
8 Contemplative Prayer (2nd & 4th Wednesdays) continues ................................ 6
16 A Quiet Day Away ....................................................................................... 7
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19 Fr. Robbie McDougall Musical Concert ...................................................... 8
23 The Way – A Lenten Pilgrimage (3 weeks) .................................................. 9
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28 Tending the Soil of Your Soul continues .................................................... 7

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SPIRITUAL FORMATION

Is the gentle nudge of the Spirit encouraging you to be more intentional about your spiritual life—about your life of prayer, your relationship with others, and with God? Is your heart yearning for more intimacy with the Divine? Come and fill this desire – this yearning in your heart – with our spiritual formation programs.

SPIRITUAL DIRECTION FORMATION PROGRAM

PRESENCE: Called in Love, Sent to Serve is a spiritual formation program for those who feel they may have a call to the ministry of spiritual direction. This part-time, ecumenical program is both a learning opportunity and a discernment program. For two years (10 months each year), you will study and grow with other seekers and a team of professional facilitators who will journey with you.

Choose the first year only or continue to year two as part of the discernment process. Completion of both years results in a Certificate of Completion of the Presence Program. Credits from St. Stephen’s College are available for those who complete the two-year program.

SPIRITUAL DIRECTION

SPIRITUAL DIRECTION is a relationship of trust between two people; a person who desires to reflect on and discover where God is in their daily life and a trained and experienced spiritual director who listens and accompanies them on this journey. Together, in a safe space, the seeker can become more aware of God’s presence and movement/action in their prayer and in their daily life.

Providence Renewal Centre has a roster of trained and experienced spiritual directors. You can arrange a meeting with one of the spiritual directors by visiting our website: www.providencerenewal.ca/Services/Spiritual Direction.

“When you search for me, you will find me; if you seek me with all your heart…”
Jer. 29:13

For more information contact:
Debbie Doornbos, Program Director, 780-701-1853
FOLLOWING SACRED PATHWAYS is a three or six-month personal spiritual formation program intended to help you grow in self-awareness and to deepen your encounter with the Divine. Within the context of community, it will provide ‘space’ for you to hear the gentle voice of the Spirit as you listen deeply and compassionately to one another and continue your individual journey of faith.

Each of the following programs will include time of community prayer and faith sharing in addition to the retreat schedule. In June, we meet Friday evening prior to the Saturday workshop. In July, we meet mid-week during the retreat. In August, we meet after the retreat.

“The journey of a thousand miles begins with a single step.” Lao Tzu

Join us THIS SUMMER for these Following Sacred Pathway programs:

PRAYING ON THE MOVE!
Friday, June 9 (7:00 pm) and Saturday, June 10 (3:00 pm)
(More information, page 10)

MAKING JESUS’ PRAYER FOR UNITY OUR OWN
Friday, July 21 (7:00 pm) to Thursday, July 27 (1:00 pm)
(More information, page 11)

JOURNEY TOWARD AN UNDIVIDED LIFE: A Circle of Trust® Program
Friday, August 25 (7:00 pm) to Sunday, August 27 (3:00 pm)
(More information, page 12)

$1,050.00 (inclusive of meals and accommodations)
To register call Kathy Budgell 780-701-1854 or email retreats@providencerenewal.ca.

Coming Soon! HEALING THE HEALERS Workshop Series
Richard Groves, Sacred Art of Living Centre for Spiritual Formation
Watch for more details!
SPIRITUAL NOURISHMENT

CENTERING PRAYER SUPPORT CIRCLE
Wednesdays, March – June
7:00 pm to 8:30 pm (Drop in)
Kevin Carr/Geri Devlin

Enrich your practice and understanding of Centering Prayer as taught by Fr. Thomas Keating. The evening includes Centering Prayer for 20 minutes, viewing teaching videos from various contemplative organizations followed by sharing and cookies.

CONTEMPLATIVE PRAYER
2nd and 4th Wednesdays, March – June
7:00 pm to 8:15 pm (Drop in)
Antoinette Voûte Roeder

Contemplative prayer attunes one to the silence within, the silence that met Elijah outside the mountain cave (1 Kings 19:12). Praying without words or images, breath guides us to an ever-greater awareness of God’s Spirit-Breath vitalizing every moment of our lives. Each evening includes spiritual readings, sitting in silent prayer, and group sharing, within the context of a small community. All are welcome.

Antoinette Voûte Roeder, M.Mus., is a poet and spiritual director. She has offered retreat days on Thomas Merton and other mystics, as well as on prayer, spirituality, and poetry. She has been published in anthologies, journals, and magazines and has four volumes of poetry in print.

SPIRITUAL BOOK CLUB
Mondays
March 27, April 24, May 29, June 12
7:00 pm to 9:00 pm

Do you love to read and to share insight with other readers? If so, join us as we use our eyes of faith to see inspiration in the writing of a variety of authors. Books are provided at a discounted rate. Registration is required.

$15.00 January through June
SPIRITUAL NOURISHMENT

TENDING THE SOIL OF YOUR SOUL
Tuesdays
January 31, February 28, March 28, April 25
7:00 pm to 9:00 pm
Debbie Doornbos and Carol Sebastian

Yearning to grow spiritually and share the journey with other seekers? Experience a monastic way of tending the soul ... silence, scripture, meditation, and journaling ... as we pray through Macrina Wiederkehr’s book *The Song of the Seed*. In January, meet to do the “groundwork” of preparing the soil of our souls, planting the seed (Word of God) and tending its growth. Following this, in the comfort of your home, work through ten reflections per month. Share the harvest of your at-home retreat time with fellow retreatants at monthly gatherings.

$60.00 includes the book *The Song of the Seed*

Debbie Doornbos, B.Th., enjoys journeying with others in all the ups and downs of daily life. Helping people work through life transitions, pilgrimages, and being in nature are among her passions. She enjoys facilitating groups and spending time with family, friends, and her new grandchild.

Carol Sebastian is a life-long learner with a passion for volunteering. Carol has worked in Campus Ministry, communications, and senior outreach. She volunteers at Common Ground Café in Sherwood Park and Ten Thousand Villages in Edmonton.

“...in the chapel of your heart you will become a gift to be given.” Macrina Wiederkehr

A QUIET DAY AWAY
Thursday, March 16, Wednesday, April 26, Wednesday, May 24
9:45 am to 3:30 pm
PRC Program Team

Step away from your daily routine to be re-energized and rest in God’s presence. The day begins and ends in guided prayer inviting you to open the door of your heart to the Divine. The in-between hours are yours. A single bedroom is provided for your use. Ask for details about extending your stay. Liturgy in the Main Chapel at 9:00 am – optional.

$40.00 per session includes buffet lunch
Spiritual direction can be arranged in advance for an additional fee.

“...for You I wait all day long...” Ps 25:5
JOURNEY TO EASTER

LENT: A Journey of Hope, Renewal and Joy
Friday, March 17 (7:00 pm) to Sunday, March 19 (1:00 pm)
Fr. Robbie McDougall

During the season of Lent, we are invited to ponder and reflect upon the aspects of Hope that allow for a spiritual deepening in our relationship with Jesus the resurrected One, and all those on our path. Lent is a time of cleansing and healing. It is a time to Renew ourselves in the Joy of the Lord. How have you experienced hope in your life? What are your hopes in life at this time? In what ways could renewal in the Lord assist you in life? What could hope, renewal, and joy bring to you that would assist you in deepening your relationship with Christ and in your service/ministry to others?

“Create for me a pure heart, O God! Renew a resolute spirit within me!” Ps 51:10

Fr. Robbie McDougall, BTh, M.A. (Th) is a bilingual facilitator, retreat and workshop facilitator, singer, musician, composer, music publisher and producer from the Archdiocese of St. Boniface, Manitoba.

MUSICAL CONCERT
Sunday, March 19
3:00 pm to 4:00 pm
Main Chapel
Fr. Robbie McDougall
Free will donation
Proceeds to support the ministries of the Sisters of Providence.

THE PROVIDENCE LABYRINTH
Give yourself the gift of slowing down by walking our labyrinth. Labyrinth walking is for people of all faith traditions. It can help us focus our thoughts and inspire prayer and contemplation. The labyrinth, when we walk intentionally and in the present moment, is the most beautiful prayer. It quiets our busy mind and inspires creative thinking. As we walk slowly to the center of the labyrinth, we can move interiorly into our own inner center where God waits in silence. Walking the labyrinth mindfully invites body awareness, experience of nature, and soul revival. As a courtesy, please check in at the front desk before walking the labyrinth.
THE WAY – A Lenten Pilgrimage
Thursdays, March 23, 30, and April 6
1:30 pm to 3:30 pm
Debbie Doornbos

“I am the way, and the truth, and the life,” says Jesus (John 14:6). What does this mean for us today? As our Lenten journey continues we will explore one aspect of this profound statement each week. Doing so will help us open ourselves to a deeper understanding of what it means to walk in the way of Jesus. Debbie will bring her experience of pilgrimage to the Holy Land and the Camino into each session.

$40.00 for 3 weeks

Debbie Doornbos, B.Th., enjoys journeying with others in all the ups and downs of daily life. Helping people work through life transitions, making pilgrimages, small Christian communities, and being in nature are among her passions. She enjoys hiking, travelling, and spending time outdoors. Debbie and her husband John have three sons and one grandson.

GOD’S MERCY CELEBRATED AND LIVED: The Paschal Mystery
Holy Week Retreat
Sunday, April 9 (7:00 pm) to Sunday, April 16 (8:00 am)
Fr. Charles Pottie-Pâté, SJ

Re-enact the central mystery of our faith, Christ’s death/resurrection/ascension, through the liturgies of Holy Week. Discover God’s mercy celebrated and lived through the readings and prayers, the symbolic rites, and the gestures of this Great/Holy Week. Daily reflections will take their inspiration from the scriptures of the week. The Liturgy of the Hours and Eucharist provide the framework for daily personal and communal prayer in preparation for and celebration of the Triduum.

Full Week: Suite: $675.00 Single: $550.00 Commute: $375.00
Triduum*: Suite: $310.00 Single: $270.00 Commute: $165.00
*Triduum fee includes 3 nights’ accommodation and all meals Thursday lunch to Easter breakfast
Day Commute: $60.00 per day includes each day’s sessions plus lunch and supper

Charles Pottie-Pâté, SJ is originally from Nova Scotia with Acadian roots. He entered the Society of Jesus in 1959 and has been a Jesuit for 57 years. He plays the piano and organ and has been involved in liturgical music ministry. He enjoys swimming, hiking, theatre, and music.
TAPPING INTO WHOLENESS: SELF-CARE and THE RESILIENT SPIRIT
Friday, May 12 (7:00 pm) to Saturday, May 13 (4:00 pm)
Margaret Clark and Joanne Olson

Every life has its ups and downs. Why do some people appear to “bounce back” when others get stuck in pain or struggle? This retreat will offer participants an opportunity to explore “resilience” as both a human ability and a spiritual gift. Developing resilience is a personal journey that one does not need to take alone. It flourishes when ordinary people who live with real experiences of pain and struggle come together in optimism, support, and self-care. Making connections between inner resources of the human spirit and outer expressions of resilience can strengthen one’s courage for continuing life’s journey.

$100.00 includes buffet lunch

Margaret Clark has served others through adult education, spiritual direction, professional chaplaincy, and faith community ministry. She is committed to reflective living, hospitable solitude, and promoting health in times of transition. Through her degrees in sociology and theology, as well as her varied life experiences, she is rooted in spiritual beliefs that are open to all faith traditions.

Joanne Olson has dedicated her career to promoting the health, well-being, and learning of others in her roles as a university professor, community health nurse, and faith community nurse. She is committed to promoting self-care as a way to effectively care for others and rebound ourselves in times of challenge.

PRAYING ON THE MOVE
Saturday, June 10
10:00 am to 3:00 pm
Debbie Doornbos

If you are an active or busy person you may find it a challenge to sit still and pray. Come engage your heart, mind and body and discover how you can pray without ceasing while on the move! Praying with the labyrinth, praying in nature, praying with the body, and praying without words will be part of this time together. Take the first step; make the first move! Find a pathway that leads you into a deeper relationship with yourself, with others, and with God.

$60.00 includes buffet lunch

Debbie Doornbos, B.Th., enjoys journeying with others in all the ups and downs of daily life. Helping people work through life transitions, making pilgrimages, small Christian communities, and being in nature are among her passions. She enjoys hiking, travelling, and spending time outdoors. Debbie and her husband John have three sons and one grandson.
CENTERING PRAYER SUMMER RETREAT  
Intensive, Advanced, and Post-Intensive Centering Prayer  
Sunday, July 9 (4:00 pm)  
to Sunday, July 16 (3:00 pm)  
Susan Storey/Fr. Raymond Sevigny  

This summer enhance your experience of Centering Prayer. Intensive, Advanced, and Post-Intensive Centering Prayer retreats run concurrently and are for those who have taken the introductory workshop and are faithful to the practice of Centering Prayer.

Suite: $675.00   Single: $550.00

Susan Storey is the coordinator of a Centering Prayer group in Edmonton, and an experienced retreat leader and spiritual director. She has been a priest in the Anglican Church of Canada since 1988, and holds a Doctorate in Theology from Trinity College/University of Toronto.

MAKING JESUS’ PRAYER FOR UNITY OUR OWN  
Friday, July 21 (7:00 pm)  
to Thursday, July 27 (1:00 pm)  
Thomas Ryan, CSP  

This year, as we mark the 500th Anniversary of the Protestant Reformation, Fr. Tom Ryan invites us to make Jesus’ prayer for unity “that all may be one” (John 17:20-26) our own. We will

- Explore how we might weave the richness of Christian diversity into a tapestry of Christian unity,
- Celebrate the agreement shared on the basic truths of the Gospel, discovered through 50 years of dialogue,
- Heal deep-seated memories through silent reflection, embodied prayer, and creative ideas for healing wounds in the body of Christ in our local context.

This retreat will provide fresh historical insight and perspectives, better appreciation for each other’s traditions and practices, and concrete action proposals for the way forward as we plant Jesus’ prayer for the unity of his followers within our own hearts.

Suite: $675.00   Single: $550.00   Commute: $375.00

Thomas Ryan, CSP, directed the Montreal-based Canadian Centre for Ecumenism for 14 years and co-founded Unitas, an ecumenical center for spirituality. He currently directs the Paulist North American Office for Ecumenical and Interfaith Relations in Boston. He is the author of 15 books covering a range of topics on the spiritual life.
INTEGRATING GOD’S LOVE THROUGH CREATIVE EXPRESSION  
Sunday, August 13 (7:00 pm) to Friday, August 18 (1:00 pm)  
Gerry Wiesner, OMI and Gisele Bauche

This retreat will offer reflective input, creative expression, silence, prayer, and Eucharist, with availability for spiritual direction and/or individual engagement in creative activities each day. Creative expression can be a rich prayer practice that can move us past words into silence and a deeper awareness of God’s love for us, offering spiritual integration for a more whole and holy life.

**Suite:** $675.00  
**Single:** $550.00  
**Commute:** $375.00

Bishop Emeritus of Prince George Gerry Wiesner was ordained in 1963. His ministry has included seminary formation, lay formation, parish missions, retreats, teaching, and leadership. While serving the diocese of Prince George as bishop he was on several commissions of the Canadian Conference of Catholic Bishops including the Executive of the Conference with a two-year term as president.

Gisele Bauche is an adult educator, spiritual director, and professional artist. She has been writing icons for more than fifteen years. Her works are published and displayed in churches across western Canada. She offers workshops and retreats in art, scripture, and spirituality. Gisele holds degrees in education and theology.

**JOURNEY TOWARD AN UNDIVIDED LIFE**  
A Circle of Trust® Program  
Friday, August 25 (7:00 pm) to Sunday, August 27 (1:00 pm)  
Dan Hines

This program, based on the Circle of Trust® approach developed by the Center for Courage & Renewal and by writer and activist Parker J. Palmer, offers a reflective space in the presence of a supportive community to engage questions of importance. It is an opportunity to deepen our understanding of the relationship between who we are and what we do. Join us in creating a shared process of exploring the intersection of our inner passion and our sense of purpose that gives meaning to our lives, relationships, and vocations. For more information about the process: [www.couragerenewal.org](http://www.couragerenewal.org).

**Suite:** $270.00  
**Single:** $230.00  
**Commute:** $185.00

Dan Hines is a leadership consultant and Courage & Renewal® facilitator mentored by writer and activist Parker J. Palmer. His professional experience includes managing a zoo and serving as a priest in the Anglican Church of Canada. He co-founded the RareBirds Housing Co-operative, an intentional community in Kamloops, BC. [www.danhines.ca](http://www.danhines.ca).
INTRODUCING!

HOLY YOGA

Thursdays, April 20 to May 18
1:30 pm to 3:00 pm
Karen Deimert

Holy Yoga is Christ-centered yoga. Breath work and physical poses help to strengthen your body, while scripture readings and Christian music, in the quiet spaces of practice, create an openness to God. This is a gentle-intermediate class, suitable for all ages and abilities. Find peace as we move, breathe, and meditate on God’s word. Please wear comfortable clothing and bring a yoga/exercise mat.

“Let everything that has breath praise the Lord.” Ps 150:6

$75.00 for 5 weeks

Karen Deimert, a certified yoga instructor since 2009, has been learning for over 20 years from her own broken body the truth of the mind-body-spirit connection. In 2014, she received certification as a Holy Yoga instructor. She is excited to share her love for yoga, her faith and personal insights inviting others to join the healing journey. For more information, go to www.soulmattersyoga.com.

YOGA WITH JULIE

Wednesdays, April 5 to May 17
6:30 pm to 8:00 pm
Julie Jeong

The mindful movements of traditional hatha yoga invite the integration of mind, body, and spirit. Join us within a peaceful Christian environment to relax your body, become more fully aware of your breath, and open your whole being to God. Please wear comfortable clothing and bring a yoga/exercise mat.

$90.00 for 7 weeks

Julie Jeong is a certified senior yoga instructor with the Yoga Association of Alberta. She has been teaching yoga at Providence Renewal Centre since 1995. Julie uses breath as a guide to be in the moment with body/mind. She has done workshops for Hatha Yoga, Sound, Chanting, and Breath Awareness. Since 2005, she has taught “Breath Awareness Meditation” as part of the Teacher Training Program at the “Yoga for Today” studio.
SILENT DIRECTED RETREAT
Sunday, July 9 (begins w/supper 5:30 pm)  
to Friday, July 14 (1:00 pm), or Sunday, July 16 (1:00 pm)  
PRC Spiritual Directors  

This silent directed retreat will offer you an opportunity to meet with a spiritual director each day, walk the labyrinth, enjoy the outdoors, and have ample time to reflect, pray, and spend time in the loving embrace of God. Step away from your routine to refresh your spirit and restore your soul. Savour the sounds and silence of summer.

Five-Day Retreat: Suite: $525.00  Single: $475.00  
Eight-Day Retreat: Suite: $675.00  Single: $550.00

“Behold, I make all things new.”  Rev 21:5

OUR BOOK STORE

Our book store offers a unique selection of materials to nourish your mind and spirit. Our books – some of which are written by our presenters – relate directly or indirectly to the programs and retreats we offer at Providence Renewal Centre.

PRIVATE RETREATS AND SABBATICALS

Consider a private retreat or sabbatical in Sacred Space, our private retreat area. Sacred Space has five bedrooms with private bathrooms, a shared quiet reflection/prayer room, kitchen, and laundry facilities. For day retreats, we have five parlors. Trained spiritual directors are available upon request (additional fee applies).

Day Retreat: $35.00/day (parlor)*  
One (1) to two (2) nights private retreat accommodation: $80.00/night*  
Three (3) to six (6) nights private retreat accommodation: $70.00/night*  
Seven (7) to thirty (30) nights private retreat accommodation: $60.00/night*  
*Meals available at an additional fee

To book a private retreat or a parlor for day use, please call Cressy, 780-430-9491 ext. 0 or email csilveira@providencerenewal.ca. A minimum three days’ advance notice is required to book a private retreat.

SABBATICALS (one month or longer):
$1,800.00/month (includes accommodation and meals) payable the first of each month.

For information on SABBATICALS call Debbie Doornbos, 780-701-1853 or email ddoornbos@providencerenewal.ca.
PROGRAM AND RETREAT REGISTRATION

PRE-REGISTRATION IS REQUIRED FOR ALL OUR PROGRAMS

- **Register EARLY!** Registration deadline is **10 days prior** to the start of the event. Programs may reach capacity or be cancelled due to low registration, book ahead.

- **Full payment is encouraged at the time of registration and must be made 10 days before the start of the event.** A **non-refundable deposit** applies to all registrations as follows:
  a. Day or evening programs: $15.00
  b. Scheduled weekend retreats: $50.00
  c. Scheduled weeklong retreats: $100.00
  d. Booked private retreat: $15.00
  e. Sabbatical: $100.00

HOW TO REGISTER
Program/retreat registration can be made in the following ways:

**By phone:** Call Kathy Budgell, Program Assistant, 780-701-1854

**By email:** retreats@providencerenewal.ca

**On-line:** www.providencerenewal.ca

Please note that registration via the website is only considered final once contact and payment has been made with Kathy Budgell, Program Assistant, 780-701-1854.

PAYMENT OPTIONS
We accept VISA, MasterCard, cheque, cash, and debit.

If cost is a hindrance to your attendance at one of our programs or retreats, please contact Debbie Doornbos, Program Director, ddoornbos@providencerenewal.ca.

CANCELLATION POLICY
Providence Renewal Centre reserves the right to cancel any of our programs/retreats. If a program or event is cancelled, a full refund, including the deposit amount, will be issued.

A minimum of **three full days** (72 hours) notice before a scheduled event is required to issue a refund, should a registrant have to cancel (non-refundable deposits apply as listed above). Cancellations made less than three full days (72 hours) before a scheduled program or retreat are not eligible for refunds. Program and retreat fees are not transferable.
RENT MEETING OR CONFERENCE SPACE
We have several meeting rooms to accommodate groups of various sizes for your conference, seminar, staff meeting, or gathering. Our rates include flipcharts, TVs, DVD players, parking, coffee, and tea. LCD projectors are available for a fee. To see our rates and to view videos and floor plans of our facility, visit our website: www.providencerenewal.ca. For more information or to book an event email facility@providencerenewal.ca or call 780-701-1858.

HELP US GO GREEN
We invite you to help us be more environmentally friendly by opting to receive this brochure via email. To make this change email retreats@providencerenewal.ca.

Please share this brochure with others who may be interested! If you would like to have your name removed from the mailing list, please send an email indicating your preference to retreats@providencerenewal.ca.

3005 119 Street NW
Edmonton AB T6J 5R5
Phone: 780-430-9491
Please visit our website at www.providencerenewal.ca

If any of the information in the following address is incorrect, please call Kathy at 780-701-1854.