

Spiritual Direction is available through the Centre for Spiritual Growth.

You might come to spiritual direction for a variety of reasons, including

- to identify and trust your own experiences of God.
- to integrate spirituality into your daily life.
- to discern and make different choices.
- to share your hopes, struggles and losses.
- to develop sensitivity for justice and concern for the poor.

The privilege and responsibility of a spiritual director is to journey with you as you deepen your relationship with God. The journey takes place in the context of confidential one-on-one or group sessions. What is shared in spiritual direction is held in absolute confidence. Most often meetings occur once a month at an agreed location, unless one requires more frequent appointments when in crises, or when engaged in the spiritual exercises. The sessions are normally one hour in duration with an hourly fee (sliding scale)

Within each of us lies the desire to find meaning beyond the moment...to discover our true selves... to grow closer to God and to one another. A spiritual director can help you satisfy that longing.

Spiritual Directors through the Centre: The Rev Daniel Brereton, Wendy Passmore, The Rev. Bob Shantz.

The Centre for Spiritual Growth Ministry Team

The Rev Daniel Brereton - Incumbent St John's Dixie

Wendy Passmore- Retreat and Spiritual Director

The Rev Margaret Rodrigues - Honorary Assistant at St John's West Toronto



The Centre for Spiritual Growth Mississauga Programs January to June 2020

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



St Johns Dixie Anglican Church

719 Dundas St. E, Mississauga

Ontario L4Y 2B5

905-277-0462 church@stjohnsdixie.com

Meditation by Candlelight

The first Tuesday of every month

Feb. 4, March 3, April 7, May 5, June 2

7 - 7.45 pm - quiet reflection through
silence and guided meditation



The Mystics DVD series

Saturday mornings from 10 to 11.30 am

Saturday Feb. 1 - Hildegard of Bingen

Saturday March 7 - Teresa of Avila

Saturday April 4 - Julian of Norwich

Saturday May 2 - Thomas Merton

Discussion to follow after viewing DVD

Lenten Healing Retreat

Saturday March 21: 9.30 am - 3 pm

An opportunity to reflect on the gospel
stories of healing and how they can
inform our own journey towards healing
and wholeness.

Facilitated by the Rev Daniel Brereton
and Spiritual Director Wendy Passmore

Free will offering (bag lunch) Please register
through the church office **905-277-0462**

Retreat Day - Rediscovering the Jesus of the Gospels

Saturday April 25: 9.30 - 3 pm

This day will help us reflect on the Jesus
we think we know and who Jesus really is:
perhaps the hidden legacy of the Jesus
of the Gospels.

Facilitated by: The Rev. Daniel Brereton
and Spiritual Director Wendy Passmore
Free Will Offering -(bag lunch) Please register
through the church office **905-277-0462**

Introduction to the Enneagram

Saturday May 16: 9 am - 4 pm

This introductory day will give participants the
opportunity to consider and work with their own
Enneagram type structure, its positive gifts and
strengths and its problem areas. Understanding
our type gives us a lens for self-reflection.

In relationships, work, family life it is so valuable
for us to do this sacred work of self-awareness,
so that we can be fully present to ourselves and
others. **Facilitators: Sue Guttenstein and**

Cynthia Stevens: <http://insidejourneyenneagram.com>

Suggested fee: 65.00 (bag lunch) Please register
through the church office **905-277-0462**