

# Food for the Soul - St John's House, Victoria, BC

Check out our Retreats, Quiet Days, Workshops  
and other events 2010 - 2011

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*For information or to register, unless otherwise indicated, contact St. John's House at  
250-920-7787 or by email: [bchouse@ssjd.ca](mailto:bchouse@ssjd.ca)*

*The Sisters are also available to lead retreats, quiet days, speak about the Religious Life, and to  
preach, at the invitation of the Parish, or other Diocesan groups.*

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**2010**

## **Individually Directed Retreats**

St. John's House, 3937 St. Peter's Road, Victoria

This is an opportunity to be accompanied individually as a way to deepen your prayer life, to explore particular issues or needs in your relationship with God, and to grow in sensitivity to the movements of the Spirit of God within you. You may choose a time that is convenient to you and to the household at St John's House - mid-week, a weekend or several days. You will have an individual guide for your retreat who will meet with you daily and help you discern and trust the movement of the Holy Spirit in your life. The scriptural model for this kind of retreat is Mary's visit to her cousin Elizabeth who recognized that Mary was carrying within her the Son of God. Each of us carries the God-seed within us. This kind of retreat is an opportunity to allow that God-seed to grow and flourish in our lives and to grow in sensitivity to the movements of the Spirit of God within.

Suggested cost: \$75 per 24 hours period which includes your room, three meals, and a personal guide for your retreat.

Please call 250-920-7787 to enquire or for information

## **Quiet Garden Days**

Saturday

**September 18, 2010**

10 am - 3 pm

St. John's House, 3937 St. Peter's Road, Victoria

This is a day to relax, renew, and rest in the beauty of God's outdoors, as well as to enjoy the Sisters' chapel and library at St. John's House, Victoria. In case of rain, there is comfortable space indoors to sit, dream, and pray. We begin with a brief time of prayer, and a Sister will offer suggestions on how to use the day. The rest of the morning is yours. The Eucharist is celebrated at noon, followed by lunch. The afternoon is again free, with a brief gathering at 3 pm when we will have a closing time of prayer, and the option of sharing the fruits of the day.

Suggested Contribution of \$25

Bring a bag lunch, tea/coffee will be provided

Please call 250-920-7787 to register. Registrations due by September 13

### **Nourishing your Inner Monk**

A Day Apart with the Sisters

Saturday

**October 2, 2010**

9 am - 5 pm

St. John's House, 3937 St. Peter's Road, Victoria

Enter into the rhythm of our community life for a day. This is an opportunity to experience the balance of prayer, work and study in the context of a monastic community at St John's House in Victoria. Reflections will be on the Rule of St Benedict as a contemporary tool for 21<sup>st</sup> century Christians struggling to find balance in their lives. The day begins at 9 am with Morning Prayer. There will be a time for reading, rest, prayer, work projects, shared reflections and some community time.

The day ends at 5 pm after Evening Prayer.

Suggested contribution of \$30 includes lunch.

Please call to register 250-920-7787. Registrations are due by September 27<sup>th</sup> Numbers are limited.

### **The Labyrinth**

Saturday

**October 16, 2010**

Holy Trinity North Saanich, 1319 Mills Road, North Saanich

The Prayer Labyrinth is one of the oldest contemplative and transformational tools known and thought of as a symbolic pilgrimage towards God. Come and experience this creative and simple form of prayer.

Suggested contribution of \$25

Bring a bag lunch, tea/coffee will be provided

Please call 250-920-7787 to register. Registrations due by October 11<sup>th</sup>.

### **Finding God or being Found by God**

A Weekend Silent Retreat

5 pm Friday to 2 pm Sunday,

**October 29 – Oct 31, 2010**

St. John's House, 3937 St. Peter's Road, Victoria

This retreat will reflect on "finding God or being found by God ... in all the places we never thought to look.

Cost: \$150 which includes accommodation, meals, and a dedicated retreat leader.

Please call 250-920-7787 to register. Registrations are due by October 25<sup>th</sup>. Numbers are limited.

### **Gardeners Needed!**

A Garden Work party at St. John's House!

Saturday

**November 6, 2010**

10 am - 3 pm

St. John's House, 3937 St. Peter's Road, Victoria

Come and help the Sisters put the garden to bed for the winter! This is a time of fellowship and fun, as well as a good work out! We will also share Eucharist together, then soup and a bun for lunch! Please call 250-920-7787 by November 1<sup>st</sup> if coming. Thank you

### **Afternoon Tea at St John's House**

Associates, Oblates and friends of the Sisterhood of St John the Divine  
Sunday

**November 7, 2010**

2 pm to 4 pm.

St. John's House, 3937 St. Peter's Road, Victoria

It is the Sunday nearest the anniversary of the consecration of our Chapel of St John. Join us for an afternoon tea party, share news and 'catch up' on each other. Please call 250-920-7787, if attending.

### **An Altar Linen Workshop**

Come and See and Experience!

Friday

**November 12, 2010**

10 am - 3 pm

St. John's House, 3937 St. Peter's Road, Victoria, BC

In September 2008 the white embroidery department of the Sisterhood of St John the Divine moved with Sister Jocelyn to St John's House here in Victoria. This is an opportunity to share in the skill and experience of Sister Jocelyn's work. Learn about the care, use and making of altar linens. This workshop will include some good tips on hands on care of linens. The day includes a Eucharist at noon.

Suggested contribution: \$25

Bring a bag lunch; tea/coffee will be provided

Please call 250-920-7787 to register. Registrations are due by November 8<sup>th</sup>

### **Praying with Icons**

A day of reflection with the Sisters

Saturday

**November 20, 2010**

10 am - 3 pm

St. John's House, 3937 St. Peter's Road, Victoria

Icons are thought of as windows to heaven (windows to the Eternal) and used to draw us deeper into our time with God. Through the imagery of the Icon we come to understand more fully our own images of God. Join us as we explore this ancient form of Christian prayer. The day includes a Eucharist at noon.

Suggested contribution of \$25.

Bring a bag lunch; tea and coffee provided

Please call 250-920-7787 to register. Registrations due by November 15<sup>th</sup>

### **Advent: The Great Advent-ure!**

A Wednesday Evening Advent Series

**December 1, 8, 15, 22, 2010**

7 pm - 8:30 pm

St. John's House, 3937 St. Peter's Road, Victoria, BC

How do I listen to God? How do I prepare to encounter Christ? How do I recognize glimmers of the Kingdom of God? How do I recognize the face of Jesus in my neighbour? These Wednesdays are an opportunity to explore the themes of waiting and listening to God, using Nooma video discussion starters by Rob Bell. Each evening will end with a short service of Compline.

Suggested contribution for each evening: \$10. Come for one evening or all four evenings.

Please call 250-920-7787 to register. Registration are due by November 29<sup>th</sup>

### **Circle of Quiet - Praying with beads for Advent**

Advent Quiet day and workshop at St. John's House, Victoria, for men and women

Saturday

**December 4<sup>th</sup>, 2010**

10 am - 3 pm

St. John's House, 3937 St. Peter's Road, Victoria, BC

The Anglican Rosary has been gaining new popularity as a tool for prayer. Learn to pray with the Anglican Rosary. Share in quiet reflections for Advent. Opportunity to make your own rosary.

We will provide cord, plastic and wooden beads, crosses and instructions.

Suggested contribution \$35 ( includes \$10 for the materials needed)

Bring a bag lunch; tea / coffee will be provided.

Please call 250-920-7787 to register. Registrations are due by November 29<sup>th</sup>. Numbers are limited to 10.

### **Feast of St John in Christmas Tide**

The Sisterhood of St. John the Divine's Patronal Festival

Monday

**December 27<sup>th</sup>, 2010**

10 am Eucharist followed by a coffee party

St. John's House, 3937 St. Peter's Road, Victoria

An invitation to celebrate with the Sisters, a time of fellowship for Associates, Oblates and Friends of the Community. Come and join in the celebrations with us.

Please call 250-920-7787, if attending.

## **2011**

### **"Swirl, Sniff, Savor, and Sip"**

A weekend silent retreat.

**January 14-16, 2011**

5:00 pm Friday - 2 pm Sunday

St. John's House, BC 3937 St. Peter's Road, Victoria

The weekend's reflections offer an opportunity that might help us patiently learn the language of how each person swirls, sniffs, savors and sips his or her way into a relationship with God.

Cost: \$150 which includes accommodation, meals, and a dedicated retreat leader.

Please call 250-920-7787 to register. Registrations are due by January 10<sup>th</sup>. Numbers are limited.

### **Monks and Nuns in the Anglican Church?**

A gathering about vocation and the Monastic Life

Saturday

**February 5, 2011**

**10 am - 2:30 pm Saturday**

Location to be decided

Wednesday February 9<sup>th</sup> 2011 we remember our Reverend Mother Hannah, the Founder of our Community. Come and join the Sisters, Associates, Oblates and friends of the Community in celebration of her life, and learn about the Monastic life in the Anglican Church. There will be displays, brochures to take away and an entertaining presentation entitled "Vocational discernment and possible Job Description of a Nun". The day begins at 10 am, with a Eucharist at 12 noon, followed by a pot luck lunch. If you plan to come, please call 250-920-7787 - and bring something to share at the pot luck lunch. Tea and coffee will be provided.

### **"Hearing Each Other, Healing the Earth"**

A Quiet Day

Saturday

**February 19, 2011**

10 am - 3 pm

St. John's House, 3937 St. Peter's Road, Victoria

When we can hear each other in compassion, responsibility, respect, humility and a strong sense of dependence on God, and when we begin to live on the earth with these same values, perhaps together we will show the next generation, the impoverished of the world, and the international community what faith can do to mend a broken world.

Suggested contribution of \$25

Bring a bag lunch; tea and coffee will be provided

Please call 250-920-7787 to register. Registrations due by February 14<sup>th</sup>

**"We are a Resurrection People and Alleluia is our Song"**

A Quiet Day

Saturday

**March 12, 2011**

10 AM - 3 PM

St. John's House, 3937 St. Peter's Road, Victoria, BC

As we begin Lent this is an opportunity to plumb the depths of our everyday life. Reflections rooted in the conviction that God is good, and that all of life - including doubt, death, conflict, wealth ... our 'peak' experiences and our dark and hurting experiences - can become life-giving.

What is our understanding of Alleluia and what understanding do we have about a life of Alleluia?

Suggested contribution \$25

Please bring a bag lunch - tea / coffee will be provided.

Registrations are due by March 7<sup>th</sup>. Please phone 250-920-7787 for further information or to register

**The Gardens in Scripture and In our Spiritual Life**

A Wednesday evening series during Lent

**March 16, 23, 30, April 6, 13, 2011**

7 pm - 8:30 pm

St. John's House, 3937 St. Peter's Road, Victoria BC

This series will focus on the various gardens in Scripture and in our own life as we journey through Lent towards Easter. Each evening will end with a short service of Compline (the monastic late evening prayer)

Suggested contribution for each evening: \$10. Come for one evening or all five evenings

Registrations due March 14<sup>th</sup>. Please phone 250-920-7787 for further information or to register

**"Homecoming - a Contemplative Silent Retreat in Lent"**

A weekend silent retreat.

**April 8-10, 2011**

5:00 pm Friday - 2:00 pm Sunday

St. John's House, BC 3937 St. Peter's Road, Victoria

Homecoming is a long journey of coming home to where God first encounters us with the embrace of unconditional love. How do we begin to choose to reclaim our larger story of graced engagement with life, with creation and with God and in doing so come home to our human story?

Cost: \$150 which includes accommodation, meals, and a dedicated retreat leader.

Please call 250-920-7787 to register. Registrations are due by April 4<sup>th</sup>. Numbers are limited.

**A Garden Work party at St John's House!**

A Saturday of Work and Fun

**April 24<sup>th</sup>, 2011**

10 am - 3 pm.

St. John's House, 3937 St. Peter's Road, Victoria, BC

Come and help prepare the garden for planting at St John's House! This is a time of fellowship and fun, as well as a good work out!

At noon: Share Eucharist together, then soup and a bun for lunch!

Please call 250-920-7787 if coming. Thank you!

### **Feast of St John in Eastertide**

The Sisterhood of St. John the Divine's Patronal Festival

Friday

**May 6, 2011**

10 am Eucharist followed by a coffee party

St. John's House, 3937 St. Peter's Road, Victoria

An invitation to celebrate with the Sisters, a time of fellowship for Associates, Oblates and Friends of the Community. Come and join in the celebrations with us.

Please call 250-920-7787, if attending.

### **"A Circle of Quiet" Praying with Beads - using the Anglican Rosary**

A Saturday Workshop and Quiet Day

**May 14, 2011**

10 am - 3 pm

St. John's House, 3937 St. Peter's Road, Victoria

The Anglican Rosary has been gaining new popularity as a tool for prayer. Learn to pray with the Anglican Rosary and to make your own. We will provide cord, plastic and wooden beads, crosses and instructions.

Suggested contribution \$35 (includes \$10 for the materials needed)

Bring a bag lunch, tea/coffee will be provided

Please call 250-920-7787 to register. Registrations are due by May 2<sup>nd</sup>. Numbers are limited 10

### **Quiet Garden Days**

Saturdays

**May 28, June 25 - 2011**

10 am - 3 pm

St. John's House, 3937 St. Peter's Road, Victoria

This is a day to relax, renew, and rest in the beauty of God's outdoors, as well as to enjoy the Sister's chapel and library at St John's House, Victoria. In case of rain, there is comfortable space indoors to sit, dream, and pray. We begin with a brief time of prayer, and a Sister will offer suggestions on how to use the day. The rest of the morning is yours. The Eucharist is celebrated at noon, followed by lunch (please bring a bag lunch). The afternoon is again free, with a brief gathering at 3 pm when we will have a closing time of prayer, and the option of sharing the fruits of the day.

Suggested Contribution of \$25

Bring a bag lunch, tea/coffee will be provided

Please call 250-920-7787 to register. Registrations due by May 23, June 20

### **The Labyrinth**

Saturday

**July 9, 2011**

10 am - 3 pm

Place to be announced

The Prayer Labyrinth is one of the oldest contemplative and transformational tools known and thought of as a symbolic form of pilgrimage towards God. Come and experience this creative and simple form of prayer.

Suggested contribution of \$25,

Bring a bag lunch, tea/coffee will be provided

Please call 250-920-7787 to register. Registrations due by July 4<sup>th</sup>