

Food for the Soul

St John's House, Victoria, BC

Check out our Retreats, Quiet Days, Workshops and other events
for 2009 - 2010 !!!

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

2009

September 20 (Sunday) Associates of the Sisterhood of St John the Divine - Afternoon Tea at St John's House.

An information and social time for Associates and Oblates. Join us to welcome Sister Patricia Marion, a Novice in our Community, who joined our household and ministry September 9th; to hear recent news of the "Gathering" event at the Convent and SSJD Community news; share in Sister Doreen's recent trip to Great Britain; and 'catch up' on each other. Please call if attending, thank you.

Time: 2 pm - 4 pm.

Place: St John's House, 3937 St Peter's Road, Victoria, BC

October 3 (Saturday) A Day Apart with the Sisters "Nourishing your Inner Monk"

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 21st 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.

Place: St. John's House, Victoria

Cost: \$30 and includes lunch.

Registrations are due by September 28th Numbers are limited.

October 17 (Saturday) Praying with Icons

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 will begin at 10 am and includes a Eucharist at noon. The day concludes at 3 pm.

Place: St John's House, 3937 St Peter's Road, Victoria

Time: 10 am - 3 pm

Cost: \$25 please bring a bag lunch, tea and coffee provided

Registrations due: October 12th

October 23 - 25 (Friday - Sunday) Woman's Weekend at Camp Columbia:

Our Road to Emmaus: "Jesus was made known to them in the breaking of the bread."

The Luke 24: 13 - 35 story of the Road to Emmaus is so vivid and poignant. Why on that seven mile journey did they not recognize Jesus? What on our journey blinds us from recognizing the presence of God? How can we grow to recognize God's presence in our lives?

Time: Friday evening through Sunday lunch.

Place: Camp Columbia, Thetis Island

Cost: \$120. A non-refundable \$50 deposit is required.

Register through the Camp Columbia. For further information email shannon@campcolumbia.com or birish@shaw.ca Deadline for registration October 16, 2009

October 30 - Nov 1 (Friday - Sunday) A Silent Retreat at the Malahat Retreat House: Jesus - this child is contradiction's sign

This retreat will reflect on Michael Talbot's song "Go In Peace" (Canticle of Simeon) "this child is contradiction's sign ...". One way to grow into deeper truth is through paradox, through mystery. Paradox is an apparent contradiction that leads to a deeper truth. For example we do the greatest ministry through silence and stillness; you learn the deepest knowledge when you 'unknow' what you think you know; if you want to learn who you are, lose your very self.

Time: Friday 4:30 through Sunday lunch

Place: Malahat Park Retreat - 801 TransCanada Highway, Malahat - enjoy the walking trails and meditation sites while taking in the endless views overlooking the Finlayson Arm, the Olympics, and the San Juan Islands.

Cost: \$150 which includes accommodation, meals, and a dedicated retreat leader.
Registrations are due by October 26th. Numbers are limited.

November 7 (Saturday) Gardeners Needed! A Work party at St John's House!

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!

Time: 10 am - 3 pm. At noon: Share Eucharist together, then soup and a bun for lunch!

Registrations are due by November 2nd. There is no cost for this day long event.

November 12 (Thursday) An Altar Linen Workshop

Come and See and Experience! 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.

Time: 10 am - 3 pm

Place: St John's House, 3937 St Peter's Road, Victoria, BC

Cost: \$25 Please bring a bag lunch - tea/coffee will be provided

Registrations are due by November 9th

November 21 (Saturday) "Made in the Image of our Creator God

A time of fellowship, prayer and quiet in which to discover and exercise your own creativity using art, clay, embroidery, photography, and music. There is that creative spark in everyone - this is an opportunity discover those sacred spaces and places of creativity in ourselves and in the world around us. The day will begin at 10 am and includes a Eucharist at noon. The day concludes at 3 pm.

Place: St John's House, 3937 St Peter's Road, Victoria

Time: 10 am - 3 pm

Cost: \$25 please bring a bag lunch, tea and coffee provided

Registrations due: November 16th

November 28 (Saturday) Advent Quiet Day at St Peter's Church, Campbell River for men and women

This is an opportunity to come apart for a quiet Saturday of reflection as we seek to deepen our relationship with God, and prepare for the coming of the celebration of Christmas. All churches and interested persons in the region welcome.

Time: 10 am - 3 pm. Please bring a bag lunch - tea/coffee will be provided.

Registrations are due by November 23rd. Please phone St Peter's Church 250-286-1613 for further information or to register

December 2, 9, 16, 23 An Advent Series : Angels and Announcements

How do we listen to God? Advent, a time of waiting in the midst of a busy season preparing for Christmas. These Wednesdays are an opportunity to explore the themes of waiting and listening to God through the Advent stories in the Bible. Each evening will end with a short service of Compline (the monastic late evening prayer)

Time: 7 pm - 8:30 pm.

Place: St. John's House, Victoria.

Cost for each evening is \$10. Come for one evening or all four evenings.

Registration due: November 27th

December 5 (Saturday) Advent Quiet Day at St Luke's Church, Victoria for men and women

This is an opportunity to come apart for a quiet Saturday of reflection as we seek to deepen our relationship with God, and prepare for the coming of the celebration of Christmas. All churches and interested persons in the region welcome.

Time: 10 am - 3 pm. Please bring a bag lunch - tea/coffee will be provided.

Registrations are due by November 30th. Please phone St Luke's Church 250-477-6741 for further information or to register

December 4 - 6 A Handful of Light - Advent Joy in the North Island parish

A time of fellowship, pot luck suppers, quiet reflections, music and celebration in the North Island parishes of St John Gualbert, Port McNeill and St Columba, Port Hardy as we explore a variety of themes from the Nativity Story, illustrating with music, talks and poetry, as well as offering space for silent reflection.

Please contact the Church office (St John Gualbert 250-956-3533) (St Columba 250-949-6247) for further information

December 12 (Saturday) A Handful of Light - Advent Joy Through Music & Meditation

A quiet time apart with the Community at St John's House. This is an opportunity to spend a quiet day woven with Advent music and with reflections as we get ready for Christmas. We will explore a variety of themes from the Nativity Story, illustrating with music, talks and poetry, as well as offering space of silent reflection.

Time: 10am – 3pm. Please bring a bag lunch - tea / coffee will be provided.

Place: St. John's House, 3837 St Peter's Road, Victoria.

Cost: \$25

Registrations are due by December 7th.

December 27th (Sunday afternoon) Patronal Festival of the Sisterhood of St John the Divine

Afternoon tea for Priest Associates, Associates, Oblates and friends at St John's house 2 pm - 4 pm

Please call if attending, thank you

2010

January 16 - 18 (Weekend: Friday – Sunday) “Prayer in the Scrap Yards of our Hearts: Being Contemplative in the Midst of Chaos”

A silent retreat. If we look for signs in the heavens, we may easily overlook God's presence in our day-to-day life. Margaret Silf, author of many books, writes: "There is more prayer in the scrap yards of our hearts than we imagine." The weekend's reflections might help us grow closer to God in personal prayer. In our time together we will go to the scrap yards, and there reflect on a couple of foundation stones for a life of personal prayer; explore some particular ways of praying; experience praying the word; uncover some stumbling blocks that cause prayer to fall apart; and reflect on a few means of encouragement to deepening our prayer life.

Time: Friday 4:30 through Sunday lunch

Place: Malahat Park Retreat - 801 TransCanada Highway, Malahat - enjoy the walking trails and meditation sites while taking in the endless views overlooking the Finlayson Arm, the Olympics, and the San Juan Islands.

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

Registrations are due by January 11th. Numbers are limited.

January 23 (Saturday) “St Mary Magdalene” A Quiet Saturday at St John's House, Victoria

She has been cast in the shadow of all the hype her name received after the Da Vinci Code was released. Known as the Apostle of the Resurrection, whose life and love call us and challenge us to a deeper life with God, we invite you to a time of prayer, reflection, refreshment and renewal. Who is Mary Magdalene and who is she for you? The day begins with morning prayer at 10 am, includes a Eucharist at noon, and concludes at 3 pm.

Place: St John's House, 3937 St Peter's Road, Victoria

Time: 10 am - 3 pm

Cost: \$25 please bring a bag lunch, tea and coffee will be provided

Registrations due by January 18th

February 20 (Saturday) A Lenten Quiet Day at St. Peter's Lakehill, Victoria

This is an opportunity to come apart for a quiet Saturday of addresses and reflection as we seek to deepen our relationship with God during Lent in preparation for the celebration of Easter. All churches and interested persons in the region welcome.

Time: 10 am - 3 pm. Please bring a bag lunch - tea / coffee will be provided.

Registrations are due by February 15th. Please phone St. Peter's at 250-384-7757 for further information or to register

February 24, March 3, 10, 17, 24 (Wednesdays in Lent) A series based on “Consider the lilies of the field”

How St Luke's Gospel could save the planet. The reality of climate change, and the challenge it presents to sustainable living is perhaps the key issue facing humanity at present. This series will touch on a variety of topics including eco-crisis, sustainable living, and the future of the planet. What kind of footprint are we leaving? These Wednesdays are an opportunity to explore these themes together. Each evening will end with a short service of Compline (the monastic late evening prayer)

Time: 7 pm - 8:30 pm.

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

Cost for each evening is \$10. Come for one evening or all four evenings.

Registrations due: February 19th

February 27 (Saturday) A Lenten Quiet Day at St. Paul's Nanaimo

This is an opportunity to come apart for a quiet Saturday of addresses and reflection as we seek to deepen our relationship with God during Lent in preparation for the celebration of Easter. All churches and interested persons in the region welcome.

Time: 10 am - 3 pm. Please bring a bag lunch - tea / coffee will be provided.

Registrations are due by February 22nd. Please phone St. Paul's Church 250-753-2523 for further information or to register

April 12 (Saturday) A Garden Work party at St John's House!

Come and help the Sisters prepare the garden to for planting! This is a time of fellowship and fun, as well as a good work out!

Time: 10 am - 3 pm. At noon: Share Eucharist together, then soup and a bun for lunch!

Registrations are due by April 5th. There is no cost for this day long event.

April 24 “A Circle of Quiet” Praying with Beads - using the Anglican Rosary

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.

Place: St John's House, Victoria

Time: 10 am - 3 pm

Cost: \$35 (includes \$10 for the materials needed) Please bring a bag lunch, tea / coffee will be provided

Registrations are due by April 19th

Numbers are limited to 10

May 6 Thursday - Patronal Festival of the Sisterhood of St John the Divine

An invitation to celebrate with the Sisters. Eucharist at 10 am for Priest Associates, Associates, Oblates and friends at St John's house, followed by a coffee party. Call if attending please.

June 12 (Saturday) - 7th Anniversary of Blessing of St John's House

An invitation to celebrate with the Sisters. Eucharist at 10 am for Priest Associates, Associates, Oblates and friends at St John's house, followed by a coffee party. Call if attending please.

June 26, August 7, September 18 (Saturdays) Quiet Garden Days

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.

Place: St John's House, 3937 St Peter's Road, Victoria

Cost: \$25, please bring a bag lunch, tea / coffee will be provided

Registrations due by June 21st, August 2nd, Sept. 13th

July 10 (Saturday) The Labyrinth

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.

Place: St John's House, 3937 St Peter's Road, Victoria

Cost: \$25, please bring a bag lunch, tea / coffee will be provided

Registrations due by July 5th

July 24 (Saturday) A Day with the King (Elvis) for the Kingdom of God!

Come and enter into the depths of Elvis - enjoy music and reflections - as we explore the Gospel values of the Kingdom. The day will begin at 10 am, includes a Eucharist and lunch at noon, and concludes at 3 pm.

Place: St John's House, Victoria BC

Time: 10 am – 3 pm.

Cost: \$25 Please bring a bag lunch - tea/coffee will be provided.

Registrations are due by July 19th.

October 2 (Saturday) A Day Apart with the Sisters “Nourishing your Inner Monk”

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 21st century Christians struggling to find balance in their lives. This day begins at 9 am with morning prayer. There will be time for reading, rest, shared reflections and prayer, work projects and some community time. The day ends with evening prayer at 4:30 pm.

Place: St John's House Victoria

Cost: \$30 and includes lunch.

Registrations are due by September 27th

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

July 22, 2009