



Five Weeks of Summer:

The heart of summer at the Sorrento Centre

Return to the Sorrento Centre!

Visit us for the first time!

July 11 to Aug. 13, 2021



Check out our fun-filled, spirit-filled summer programming!

See the details and register on-line at www.sorrentocentre.ca

**Call our office seven days a week from 9 am to 4 pm Pacific:
Toll-free: 1-866-694-2409 // Local: 250-675-2421**

COVID-19 pandemic and the Sorrento Centre

We are committed to the health and well-being of our guests, staff and neighbours. We meet and exceed public health and WorkSafeBC guidelines. We closed during the first wave of COVID-19 from March to June of 2020. We safely re-opened from July to November of 2020 with our “safe, slow, small” plan. We closed to in-person events in November of 2020 for the pandemic’s second wave.

We plan to re-open this summer and will follow public health rules. We are accepting registrations and have a cap on weekly registrations. We have a wait list once we reach the cap and will add more spaces as health rules permit. If public health rules require us to remain closed, we offer a full refund.

For the latest on our pandemic plans, check out our website at www.sorrentocentre.ca

Check out our on-line programming at www.sorrentocentre.ca

Week one: July 11-16 – Outdoor spirituality & activity



Phil McIntyre-Paul: 21st century pilgrims - walking on sacred ground.

Now a 21-year tradition at Sorrento Centre! Four day hikes—four little pilgrimages—draw wisdom from naturalists, poets, rascals, and saints as we consider our relationship within the natural world and a viable place within God’s ecology. Each day’s hike explores a new location in the Shuswap and is framed along the trail in the simple form of contemplative prayer, reflection, and sharing that has come to mark the 21st Century Pilgrims series. Phil is the Executive Director of the Shuswap Trail Alliance, a former program associate with the Canadian Adventure and Education Centre, a former instructor with Thompson Rivers University’s Tourism Management faculty, and creator of "Living on a Paddle and a Prayer: Wilderness Journeys”.

Wild Church Sorrento with Rev. LeAnn Blackert, Lesly Comrie, Michele Walker

Wild Church is a sacred nature-based experience to awaken deep love for self, earth and all living beings. It is a new expression of church where Mystery is experienced, not explained. Our programming and worship each day will follow the four directions. Our goal is for participants to experience the Wisdom of the Creator through creation using all senses, to learn to love the land and its occupants as neighbours, and to help change the perspective from “this land belongs to us” to “we belong with this land.” Rev LeAnn Blackert is in ministry with Wild Church plants in Kamloops, Sorrento and the Okanagan. Originally ordained in the United Church of Christ/USA, love and a call nudged LeAnn over the border and into ministry with the United Church of Canada.



Week two: July 18 – 23 – Creative self-expression

Creative Journaling with Kathie MacDuff



A theme is presented and participants use words, images and a variety of mixed media to unearth, explore and record their responses, thoughts and emotions. Participants are united in hope, support and camaraderie as they journey towards creativity. A safe and creative space is born where negativity is banished leaving only room for meaningful connection, self-expression and healing. Kathie MacDuff is an artist, graphic designer and journalist who captures her artistic passions with her signature program, Creative Journaling. For 25 years, she has been teaching this course as well as courses in watercolour, mixed media and paper arts.

Blessings Upon Blessings with Jeff Stockton

A brilliant new offering: Come for four days of playful, soulful, and uplifting creativity. Together, we will find and savour those moments that take our breath away - and celebrate the Blessings that surround us and sing to us. In the oral traditions of the Celts, few things were considered to be as powerful as a Blessing. Together, we will create with the magic of song (you do not have to be a singer), story (you do not have to like public speaking), and profound artistic (you do not have to be an artist) connection with the Land. Together, we will write with fire; paint on the winds; sing with the waters and plant our Dreams in the earth. Jeff Stockton is a harpist, singer and storyteller with a focus on Celtic heritage and spirituality. For over two decades, Jeff has taught and performed nationally and internationally.



Week three: July 25-30 – Family worship and fun

Watercolour - Inside and Out with Karin Huehold

Let's get those creative juices flowing with some watercolour fun! Karin will share lots of inspiration, practical information, fun exercises and many creative tips on how to paint just about anywhere, anytime inside or out! Gather and record your own personal experiences and impressions in a simple, easy, enjoyable and artful fashion using ink and wonderful watercolor with room for journaling too! The art studio will serve as our base and weather permitting we will be working outdoors as much as possible. Constructive, instructive critique time will also be enjoyed. Karin Huehold has painted professionally for over 30 years. Her genuine love and appreciation of watercolour is evident in her art.



Divine Dancing with Sheilagh McGlynn



A brilliant new offering: Come and explore a week of embodied movement through the practice of JourneyDance. We will dance to seek our inner wisdom, connect in community, connect with the earth, and with the Source that created us into being. No dance experience is required, just an openness to move in your own unique way. JourneyDance is not about learning steps, it's about revealing, recovering, and re-discovering your natural intuitive movement. Activate your imagination and utilize diverse forms of freestyle improvisational dance, yoga, ritual, theater, and transformation to a soundtrack of inspiring world music, creating a barefoot ecstatic celebration of the human spirit. Sheilagh McGlynn has been leading JourneyDance sessions and workshops for 12 years.

Week 4 (August 1-6): Family worship and fun

Introduction to Weaving: Craft as Contemplation with Alison Hurlburt



A brilliant new offering: We use woven cloth every single day, but we rarely have a chance to reflect on how it is made, let alone try our hands at weaving some ourselves! This course lets you dip your toes in the world of weaving. Absolutely no prior weaving experience is required. Whether you've never touched yarn or you're a lifelong knitter looking to branch out into a new craft, you will be able to enjoy this course. We will be using tabletop rigid heddle looms, which are quick to set up and easy to weave on. Even better, they are portable enough to take to your cabana or tent, or to weave on under a tree in the summer sunshine. Alison Hurlburt is a handweaver, weaving instructor, and busy mom from Edmonton who only feels truly relaxed while weaving!

How to read the Bible and not kill people with Rev'd David Taylor

Come learn the art of reading the Bible. Discover the 4 ancient ways our spiritual ancestors read it. Uncover and try on new lenses to help you make sense of it. This interactive and accessible course will be foundational for your spiritual practice. It will empower you to read the Bible with openness and generosity. And it will give insight to the many ways people read it, both healing ways and harmful ways. David Taylor has grown in the Anglican tradition having a background in the pentecostal church. David is both Spiritual and Religious. He delights in the personal spiritual journey of the heart and he works to ensure the marginalised are cared for. He is also a composer of worship music and liturgy.



Week 5: August 8-13 – Coming back to Centre

Abiding in God's Presence with Lorie Martin and Katherine Murray



Throughout this week you are invited to experience God with time to listen, be still, journal, reflect and mediate in community and in nature. Together we will learn to be aware of God's Presence in the ordinary and extraordinary moments of life. These practices and encounters bring inner awareness, hope, healing, and transformation as we learn to rest in God. Each day will include workshop style learning and lightly guided spiritual practices. We will also explore the benefits of a contemplative life and how to practically live this out. Practices will

include Centering Prayer, Welcoming Prayer Practice, labyrinth, creative art and nature experiences. Lorie lives near Chilliwack at Lindell Beach in the woods and near the water. She is the Associate Director of St. Dunstan's Centre for Spiritual Renewal in Aldergrove/Langley. Katherine Martin is passionate about listening prayer, seeing it as a beautiful way to experience God and transformation. She is the Coordinator of the Listening Prayer ministry at St. Dunstan's.

Birding and the Holy Spirit with Rev'd Jessica Schaap

A brilliant new offering: What if we took seriously the story that the Holy Spirit took the form of a bird at Jesus' baptism? What is it about birdlife that might give us insight into the character and nature of the third person of the Trinity? And of our relationship to this Spirit? We will reflect together on how birds image the presence and action of God in scripture and the visual tradition of Christianity. We will also learn how biblical concerns for the poor, the stranger, and those who mother may be illuminated by and applied to birds. And we will go birdwatching. Jessica Schaap has been an avid amateur birder for about 14 years. Jessica has been an ordained Anglican priest in the diocese of New Westminster for over 12 years.



Come to the Sorrento Centre in the summer of 2021...

Nourish your body, mind and soul. Enjoy our 24-acre main campus on the shores of the beautiful Shuswap. Visit our 8-acre natural farm. Meet old friends, make new friends!

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