

Spiritual Formation in Advent 2025

Rev. Denise invites you to a series of sessions of Spiritual formation this Advent. Marvellous and knowledgeable facilitators will provide sessions of self-discovery and spiritual enrichment based upon the spiritual disciplines and practises they are most familiar with and excited to share with you. We will share a light supper together each evening. R.S.V.P. Rev. Denise at incumbent@holytrinityns.org

Tuesday, December 2nd 5-7pm: Introduction to the Enneagram

Facilitator, Barb Baillie looks forward to introducing you to a powerful and insightful tool called the Enneagram. "At its core, the Enneagram helps us to see ourselves at a deeper, more objective level and can be of invaluable assistance on our path to self-knowledge."

Wednesday, December 3rd 12:30-4:30pm: Labyrinth Workshop and SoulCollage@

Facilitator, Rev. Gyllian Davies is excited to lead you through a day of spiritual enrichment. She will provide instruction and guidance for walking the Labyrinth and creating a Soul Collage.

Tuesday, December 9th 5-7pm: Benedictine Spirituality and Practice

Prior Fr. Martin-Joseph Brokenleg of the St. Aidan Community in Victoria and Fr. Jack Rose will lead us in a discovery of the rich spirituality and practices of the Order of St. Benedict for lay people.

Tuesday, December 16th 5-7pm: Contemplating Religious Icons

Fr. Bill Tarter will present the Icon of St. Symeon and guide us through a contemplative exercise to discover the benefits of praying with religious icons.