

For those who yearn for intimacy & encounter with God,
SoulStream offers a course in

Living from the Heart

Abbotsford, B.C.
2026-2027

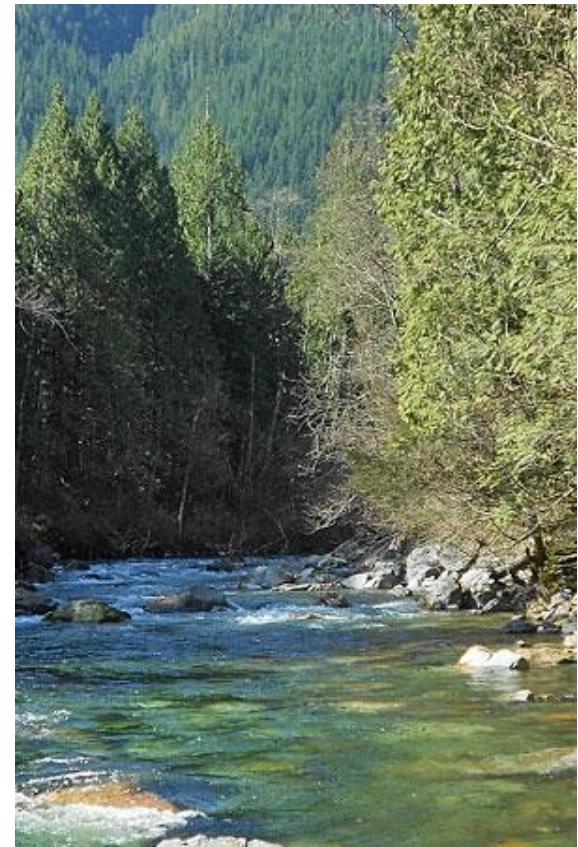
Living from the Heart offers a learning community that invites participants to deepen their experience of intimacy with God, self and others. Biblically speaking, the heart is the very core of life out of which intellect, emotions, and intentions flow. Opening to God's heart of love with our whole heart, especially in our most broken places, brings a healing integration within and provides the courage to offer our lives in loving compassion to the world around us.

Learning & Teaching Approaches:

A variety of collaborative learning and teaching approaches are used including: mini-presentations; short, structured written personal reflections on assigned reading; demonstrations; small group discussion and activities. Participants will be invited to engage their imaginations with the use of textures, colours, music, poetry, prayers and plain old fun! Between teaching times, we encourage mutual support among participants through community gatherings. The small team of facilitators will provide feedback on reflection papers and offer what they teach honestly and vulnerably, sharing experiences from their own lives.

Course Content:

- **The Way of the Heart** opens us to encounter God personally, integrates body, soul, mind, and spirit, and helps us live out of who we truly are in Christ.
- **Spiritual Awareness and Receptivity:** We explore ways to become more open to respond to God's presence in all of life and identify what inhibits our receptivity.
- **Spiritual Transformation:** We gain a deep sensitivity to the dimensions of spiritual transformation into Jesus' image, coming to freedom in our deepest truth in God, dealing with the masks we hide behind, and cultivating spiritual practices that support our life in God.
- **Contemplative Prayer and Discernment:** We come to understand that prayer is responsiveness to the active, living presence of the Holy Spirit; learn ancient contemplative practices; and discover how prayer is integrated into all of life and deepens our ability to discern God's will.
- **Contemplative Living:** As Jesus' friends, we are called to love our neighbour, care for the earth, and seek justice. With joy, we discover that our response to the world becomes a natural outflow of contemplative prayer and practice.



Course Requirements:

- Full participation in both weekends & all Saturdays
- Full participation in all SoulCare Group meetings
- Reading and reflective book responses
- Receiving regular spiritual direction
- A 24-hour personal silent retreat

Completion of this course may be used for credit in some theological colleges in Canada and is also a prerequisite for SoulStream's Art of Spiritual Direction course.

Little Flower Monastery at Carmel Hill, Deroche, B.C.

**Format and Location:**

Living from the Heart is offered through two weekend retreats held at the beginning and end of the course. Six full-day Saturday sessions will be held at Highland Community Church in Abbotsford.

Dates:

Oct 2-4, 2026 Little Flower Monastery, Deroche
Oct 24, 2026
Nov 28, 2026
Jan 9, 2027
Feb 6, 2027
Mar 6, 2027
April 10, 2027
April 23 – 25, 2027 Rivendell Retreat Centre, Bowen Island

Weekend retreats:

7 pm Friday to 3:30 pm Sunday

Saturdays:

9 am to 4:45 pm

Course Facilitators:

Audrey Hoehn, Brent Unrau and Esther Hizsa



Rivendell Retreat Center, Bowen Island, B.C.

Course Fees:

- Tuition: \$1,450.00
- Application fee: \$75
- Accommodations: \$925 includes shared accommodations and meals for weekends at Little Flower Monastery and Rivendell as well as day use in Abbotsford. (You will need to bring your own bagged lunch on the six individual Saturdays.)
- All books, travel, cost of personal spiritual direction (10 sessions) and lunch on Saturday gatherings in Abbotsford are not included.

Options for fitting this into your life financially can be discussed with our course administrator.

Registration Deadline: August 15, 2026

Please note: A minimum of 12 participants is needed for the course to proceed.

Application forms are available on SoulStream's web site:

<https://www.soulstream.org/living-from-the-heart-course/#apply>

To hear the experiences of past participants go to:

<https://www.soulstream.org/living-from-the-heart-course/#testimonials>

Questions? Contact Helen Spilsbury, SoulStream administrator 778-201-4492 soulstream1@gmail.com