Each pathway invites us deeper—
into God's presence,
into community,
and into the sacred journey of life.



St. Michael & All Angels
Episcopal Church
2304 Periwinkle Way, Sanibel FL
saintmichaels-sanibel.org
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The journey awaits you.

For more information and contacts for each program: visit our website saintmichaels-sanibel.org/spiritual-pathways



Doreen Bolhuis
Spiritual Pathways Coordinator
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"Spiritual Pathways offers us places of love and peace. A place of community where people can seek God together in our unique callings. I invite you to join us to journey in faith and deepening connections with God's immeasurable love."

Doreen has a B.S. in Education, Master's Degree in Ministry and is a Certified Business Coach. After 40 years as a small business owner, Doreen retired to Sanibel in 2019 with her husband Mark. They have two daughters and son-in-laws, and 6 grandchildren. Doreen is a life-long athlete who enjoys many sports. She plays the cello, & percussion in the BIGArts community band, and sings in their Chorus and St. Michaels Choir.

Spiritual Pathways

Practices for Embracing the Journey @ St. Michael's



Vision

Experiencing God's love together to grow in faith and hope, discover inner peace, and live with purpose.

Mission

Through prayer, service, learning, care, and worship, we offer pathways that awaken the heart, engage the body, and deepen connection with God's love as we walk together on life's journey of sacred discovery.

Pathways

We offer six transformational pathways to appeal to each person's unique journey. Within each pathway there are a variety of opportunities to explore. Many will weave between several of the pathways on their journey.

Action Pathway:
Renewing the body
Reflective Pathway:
Awakening the spirit
Inner Pathway:
Soothing the heart
Learning Pathway:
Expanding the mind
Worship Pathway:
Nourishing the soul
Service Pathway:
Reaching out to the world

Come walk the path with us.

Action pathway: Renewing the body

Sacred Strolls -Walking with God in nature

Yoga: Spirit in Motion
- Embracing balance of body, mind and spirit

Threads of Grace: Prayer Shawl Ministry
- Handmade shawls that wrap others in God's love

Bread and Blessing
- Outreach and fellowship around food

Parish Nurse- Caring for body and spirit

Reflective Pathway: Awakening the spirit

Gather at the Table- Where food and faith meet

Body, Mind & Spirit- Programs & reflections on promoting physical, mental and spiritual health

Wisdom on the Page- Discovering God's presence in story & reflection; includes book studies

Pathways Newsletter- Stories, practices and insights for your journey

Time to Reflect: Retreats & Spiritual Direction
- Opportunities for self-reflection & spiritual awakening

Inner Pathway: Soothing the heart

Sanctuary of Peace: Meditation Room
– A quiet space for prayer, healing & renewal

Prayer/Praise/Meditation Wall
– Lifting up prayers, praises and hope together

Beyond the Broken Heart: Grief Ministry
- Walking together through grief to hope

Circle of Prayer: Prayer Chain
- Hearts linked together in faithful intercession

Gifts of Care: Card Ministry- A simple gesture that brightens spirits and shares love

Learning Pathway: Expanding the mind

Living the Word: Weekly Bible Study
- Where Scripture meets daily life

Children, Youth & Family Faith Formation
-Teaching children/youth to live in God's love

Interfaith Shared Scholar Program
- Expanding spiritual understanding and interfaith dialogue

Men's Fellowship & Episcopal Church Women
- Programs & discussions on various topics

Sacred Connections: Spirituality Online
- Opportunities to nurture your spirit online

Worship Pathway: Nourishing the soul

Joyful Worship- Celebrating God's presence through prayer, scripture, music & community

Sacred Gatherings
– Worship experiences beyond Sundays that are throughout the year.

Music for the Soul
-Bringing people together through music

Communion Visitors
- Carrying Christ's presence beyond our walls

The Episcopal Journey -An introduction to Episcopal worship, tradition, sacraments, and community life.

Service Pathway: Reaching out to the world

Angels on the Go: Responding with Love
– Quick acts of love and care

Serving Beyond our Doors
– Outreach with FISH, CHR, All Souls Unhoused Ministry, Community Cooperative Cafe, Gladiolus Food Pantry, MIsion Peniel and Pine Manor Community Center

Voices for Justice: Advocating Together
- Advocating for dignity and fairness

Global Companions: Extending Christ's hands
– International relief efforts & mission trips