

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
239-472-2173

The journey
awaits you.

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



Doreen Bolhuis
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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:

Outreach 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

Table of Blessings Meal Ministry

– Sharing God's care through nourishing meals

Parish Nurse – Caring for body and spirit



Reflective Pathway: Awakening the spirit

Gather at the Table – Where food and faith meet

Spiritual Growth in Later Life – Monthly reflection group on sacred aging, held in Fort Myers

Wisdom on the Page: Book Group – Discovering God's presence in story & reflection

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 Support Group

– Walking together through grief to hope

Circle of Prayer: Prayer Chain

– Hearts linked together in faithful intercession

Gifts of Care: Card & Flower Ministry – Simple gestures that brighten spirits and share love



Learning Pathway: Expanding the mind

Living the Word: Weekly Bible Study

– Where Scripture meets daily life

Children & Family Faith Formation

– Teaching children to live in God's love.

Interfaith Shared Scholar Program

– Expanding spiritual understanding and interfaith dialogue

Men's Fellowship

– Strength for the journey

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

Special Seasonal Services

– Unique ways to gather together

Voices & Instruments of Praise

– Where every voice & musical gift has a place

Communion Visitors

– Carrying Christ's presence beyond our walls

Compline – Night prayer for peace and rest



Service Pathway: Outreach to the world

Angels on the Go: Responding with Love

– Quick acts of love and care

Island Partners: Strengthening Community

– Strengthening neighbors through support

Beyond Our Shores: Serving with Compassion

– Distributions, sharing meals and hope with others

Voices for Justice: Advocating Together

– Advocating for dignity and fairness

Global Companions: Extending Christ's hands

– Supporting relief efforts worldwide