



Sister Albina Labonte has a strong belief that people come to a deeper understanding of God's actions through the telling of their story in the presence of someone who listen reverently and with gentleness, where one can grow in a deeper awareness of self and God in all of life. She is fluent in both English and French and accompanies persons in Prince Albert.

albinam@hotmail.com
306-960-2169



Dianne Mantyka accompanies those on their path of becoming all they are created to be in relationship to God, self, nature, and others. She believes God's love and mercy is always making all things new - in the midst of our ups and downs, such as transition, uncertainty, darkness - as we attentively surrender to Christ's redemption being revealed. Her experience connects her with a variety of backgrounds.

dimantyka@sasktel.net
306-931-7118



Kim Morrison journeys with women seeking healthy and loving relationships with God, themselves and others. Come as you are to resolve past trauma, difficult relationships and anxiety. Live life as it was meant to be. Also available for Al-Anon, Codependency Anonymous and 5th steps.

Kmo1@live.ca
306-230-9893
www.anew.ca



Marie-Louise Ternier-Gommers has been shaped by the strength and gifts of various Christian traditions. Steeped in Scripture, prayer and worship, she walks gently with seekers to assist them in connecting with their own loveliness in and before God through the relationships and events of daily life. Marie-Louise is available to meet with persons in both Humboldt and Saskatoon.

Marlise_14@sasktel.net
306-682-1475
www.prairiencounters.wix.com/home

"When someone is truly and deeply listening to me I am filled with gratitude. I am grateful that we have slowed down enough to share, and that I have been given the respect of being listened to." M. W.

"The doors that seemed shut for many years opened, and I could see light in the unspoken places in my life." E. A.

"Spiritual direction allows me to hear what I mean and therefore choose the next step forward on my journey." M. R.

"I feel as though I am being 'listened into wholeness.' I figure out what I am really thinking; I obtain new perspectives on life's issues; I feel validated and affirmed; I find peace and contentment in my soul." A. H.

"When someone deeply listens to me I share feelings, ideas, experiences that I didn't even know were present. I feel valued and worth someone's time and attention." A.M. L.

"When someone listens to me I feel heard, I feel validated, and most of all I feel nurtured and cared for." T. P.



Queen's House Retreat & Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9
For more information please call
306-242-1916

email:
spiritualdirection@queenshouse.org

You may also be interested in a personal retreat or one of the retreats being offered at Queen's House. Please visit:
www.queenshouse.org



Spiritual Direction at Queen's House



Queen's House Retreat & Renewal Centre

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A Home Away from Home

Spiritual Direction

A Spiritual Director is someone who listens and has discerned a call to accompany others, especially those who are experiencing challenges, with finding meaning and wholeness in life. A Spiritual Director has personally experienced being accompanied, has heard and responded to a call to become involved with spiritual direction, and has pursued appropriate training.

The Spiritual Directors at Queen's House are representative of the wider ecumenical community and together bring a richness of wisdom and experience to provide a compassionate guiding presence to anyone seeking meaning in the complexities of life today.

This brochure gives a brief introduction to Queen's House team of Spiritual Directors. Additional information about each one is provided on our website. If you would like to meet with any one of these Spiritual Directors you may contact them personally.

If you are new to Spiritual Direction and have any questions about Spiritual Direction, you may contact our coordinator, Sister Adeline Behm - 306-242-1916 X 228; email: spiritualdirection@queenshouse.org

A suggested offering for a Spiritual Director is a sliding scale from \$25 to \$75 per session.



Sister Adeline M. Behm is a life-long seeker through the pathways of darkness. She provides a contemplative space conducive for conversation with those caught up in long painful struggles; as mentor for those who have been for many years on a spiritual path and those who desire to do a 5th-step and follow up. She coordinates spiritual direction through Queen's House.

spiritualdirection@queenshouse.org
306-242-1916 ext 228



Deb Arndt offers hospitable space on the journey for those desiring a deepened awareness of God's love and presence in all of life's brokenness and beauty, leading to a greater inner freedom and loving engagement with the world. Together we listen to the

Spirit's invitation and movement, opening us to receive mercy, grace and truth.

ldarndt@shaw.ca
306-341-1663



Gisele Bauche offers a listening presence for those seeking to grow in awareness of God's presence in their lives and for those experiencing loss and grief or facing life's transitions. She can assist in your healing and wholeness through creative expressions.

gbauche@sasktel.net
306-380-3577
www.spiritualityandart.ca



Sarah Donnelly is particularly interested in accompanying those who are facing transitions in their faith journey or experiencing loss in their lives. Centering prayer, using the Enneagram and MBTI, and a passionate interest in exploring first half/second half life issues, desert experiences and "dark nights" shape the ministry she offers.

info@sarahdonnelly.ca
306-717-3707
www.sarahdonnelly.ca



Mona Goodman has been guided all her life by the passage: BE STILL AND KNOW THAT I AM GOD, Psalm 46:10. Image of God, grief and trauma, and the art of healing are the many pathways to God within. Come and journey this sacred path.

mmgood@sasktel.net
306-381-6456



Rev. Heather Hedlin provides a warm, open and accepting presence while listening together with you for the Spirit's guiding. You are invited to explore a deeper spiritual connection with your

God in life's every moment, and to find, strength, healing and growth from past major experiences of life, family of origin issues, complex relationships and life's transitions.

heather.hedlin@gmail.com
306-291-6832



Kathy Hitchings offers attentive contemplative listening with an ear to God's voice for those seeking spiritual guidance and growth. She is most pleased to welcome you into an experience of gentle care and support to pursue God's dream for you, to seek

healing of grief and trauma or to risk the journey into greater self-knowledge and wholeness as God's Beloved.

hitchingskb@gmail.com
306-329-4484



Sister Marijka Konderewicz has been a mentor and spiritual companion to those who seek to find God in all things. She welcomes those who desire spiritual growth and healing. She is available to listen to and to walk with those who desire to journey

towards the mystery of God's merciful love.

mary.konderewicz@yahoo.ca
306-652-1718 or 306-653-1897



Linda Labelle is well versed in a variety of spiritualities including Ignatian, Thomistic, Franciscan and Carmelite. She is passionate about helping others to grow in intimacy with God through Sacred Scripture, discernment, contemplative prayer, healing prayer, mysticism and personal sacred storytelling and writing.

2012outoftheashes@gmail.com

306-202-9321