



Dianne Mantyka was born and raised in Saskatoon in a Dutch Immigrant Community. She received her Biological Sciences Diploma from SIAS, leading to work in research and animal

health and to 18 years living in Vancouver. From there she did 3 years of missions in Mexico, followed by 19 years of campus ministry and part-time theological studies. She returned to Saskatoon and continued in campus ministry. Having received her Master of Divinity degree from Regent College and her Spiritual Direction training from Queen's House, she transitioned into Spiritual Direction ministry.

Her formation includes Clinical Pastoral Education, Inner Healing Prayer Ministry, as well as Ignatian Spirituality, Centering Prayer, ecumenical enrichment and aboriginal awareness.

Dianne loves to accompany those looking to grow in loving relationships with God, self, others and nature. Dianne believes spiritual formation occurs by being attentive to God in all aspects of life - for her as a wife, care-giver, step-mom, Oma, and lover of people and pets, nature and books, learning and empowering.

Dianne serves at Queen's House as co-director for the Spiritual Direction Formation Program and for a Spiritual Director Peer Mentor and Support Group, as part of the Programming Team and Spiritual Director Team, and by offering Silent Directed Retreats.

Dianne hopes her love for praying with Scripture, and appreciation for its influence on her own Sacred Journey, will be contagious as she offers these Ignatian Spiritual Exercises in daily life (19th Annotation).

dimantyka@sasktel.net; 306-514-2193



Queen's House A Home Away from Home

Queen's House Spiritual Directors

For a roster of spiritual directors available to accompany you on your journey please visit queenshouse.org/spiritualdirection or contact Sr. Adeline Behm, 306-242-1916

Spiritual Direction is the process of accompanying someone on their spiritual journey.

The **Spiritual Director** is a dedicated traveler of the interior pathways who has skills to accompany another person's searching through life's ups and downs. The Director listens, encourages, supports and assists the person to pay attention to their life and to God.

The **Art of Spiritual Direction** lies in uncovering the obvious in our lives and in realizing that every day events are the means by which God reaches us, accompanies us, and transforms us.

**"Come away to a deserted place
and rest for a while ..." (Mark 6:31)**

Detailed program listings: www.queenshouse.org

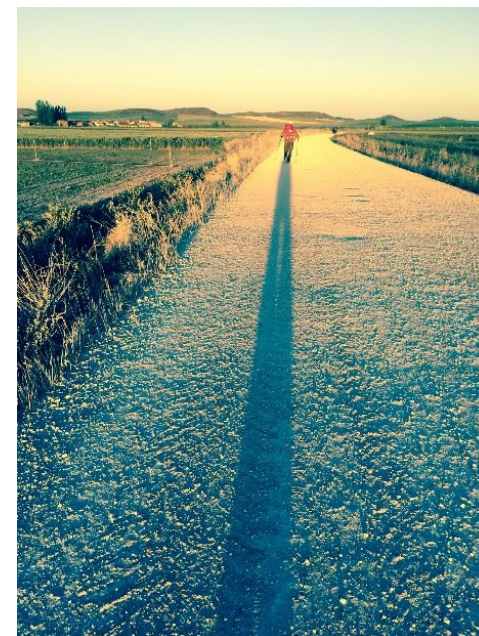
Find us and "like us" on Facebook to be notified about upcoming programs

THE SPIRITUAL EXERCISES IN DAILY LIFE

Sacred Journey

Ignatian 19th Annotation

**October 1, 2017 -
April 29, 2018**



Dianne Mantyka, M. Div.

**Queen's House
Retreat & Renewal Centre**



A Home Away from Home

THE SPIRITUAL EXERCISES IN DAILY LIFE

Sacred Journey

This Spiritual Formation Retreat in Daily Life could be for you, if you desire to:

- deepen your prayer life and relationship with God.
- grow in contemplative prayer and listening to God through scripture.
- become acquainted with the life of Jesus and to follow in His Way.

This Retreat in Daily Life calls for a commitment to:

- daily prayer for 1 – 1 ½ hours
- daily journaling; sharing from your journal
- meeting with a Spiritual Director biweekly (cost not included in program)
- group Spiritual Direction, sharing and input (see schedule)

SCHEDULE

All gatherings will take place on Sundays

1. **Oct. 1** Orientation 2:00-9:00 p.m. with supper. Assigning prayers for weeks 1 & 2
SUNDAY EVENINGS 6:30 – 9:00 p.m.
2. **Oct. 15** Touch-in; assign prayers for week 3
3. **Oct. 22** Principle & Foundation; assigning prayers for weeks 4 & 5
4. **Nov. 5** Rules for Discernment; assigning prayers for weeks 6, 7 & 8
5. **Nov 26** Summary; Jesus' Ministry and Incarnation. Assigning prayers for weeks 9, 9A, 10
BREAK except for Spiritual Direction
6. **Jan. 21** Ignatian Parables; prayers wks 11&12
7. **Feb. 4** The Two Standards; prayers wks 13&14
8. **Feb. 18** Three Kinds of People, assigning prayers for weeks 15 & 16
9. **Mar. 4** Three Kinds of Humility; assigning prayers for weeks 17 & 18
10. **Mar. 18** Crucifixion/Easter; assigning prayers for weeks 19, 20, & 21
11. **Apr. 8** Living with the Resurrected Lord; assigning prayers for weeks 22, 23, & 24
12. **Apr. 29** – Wrap-up; Celebration (4 – 9 pm)

THE SPIRITUAL EXERCISES IN DAILY LIFE

Sacred Journey

Ignatian 19th Annotation

Sacred Journey is a profound transformative retreat experience in daily life. It is organized in four movements around Creation and one's own life story, God's unconditional love, and the life, death and resurrection of Jesus. This journey with the Lord helps the retreatant grow in spiritual freedom and the ability to find intimacy with God in everyday life.

SPIRITUAL EXERCISES IN DAILY LIFE

SACRED JOURNEY

Ignatian 19th Annotation

October 1, 2017 - April 29, 2018

Deadline to apply for program: Tuesday September 5

Cost: \$495

plus the cost of bi-weekly Spiritual Direction

For further information please contact

Dianne Mantyka

dimantyka@sasktel.net; 306-514-2193

NOTE: This program qualifies as a prerequisite for the Queen's House Spiritual Formation Program 2019-2020

A Prayer of St. Ignatius of Loyola

Take Lord, and receive all my liberty,
my memory, my understanding,
and my entire will, all that I have and possess.
You have given all to me.
To You, O Lord, I return it.
All is Yours.
Dispose of it wholly according to Your will.
Give me Your love and Your grace,
for this is sufficient for me.

THE SPIRITUAL EXERCISES IN DAILY LIFE

Sacred Journey

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Registration Form

Name: _____

Address: _____

City/Province: _____

Postal Code: _____

Phone: _____

Email: _____

Circle age group: 18-30 / 31-45 / 46+

Gender: _____

Religious Affiliation: _____

Occupation: _____

Seeing a Spiritual Director: y / n

Email to Dianne Mantyka: dimantyka@sasktel.net

Upcoming Related Event

SPIRITUAL DIRECTION FORMATION PROGRAM

January 2019 - July 2020

One weekend a month,

usually Friday evening - Saturday evening

Co-directors: Bishop Gerry Wiesner OMI,
Gisele Bauche, Dianne Mantyka

This program equips mature adult Christians for the ministry of Spiritual Direction, mentoring, and prayerful companionship of leaders and laity in parishes, congregations and ministries.

Application deadline: April 30, 2018

For further information watch for a brochure; details will be posted on the Queen's House website and Facebook page, or contact Dianne Mantyka at 306-514-2193, dimantyka@sasktel.net