

THE SPIRITUAL EXERCISES IN DAILY LIFE

Sacred Journey

Ignatian 19th Annotation

with Dianne Mantyka

Date and Time: October 1, 2017 – April 29, 2018

See below for schedule details

Cost: \$495 plus the cost of bi-weekly Spiritual Direction

Detail: **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.

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; assigning prayers for weeks 11&12
7. **Feb. 4** The Two Standards; assigning prayers for weeks 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 (4:00 – 9:00 p.m.)

To register for this series please fill out the following form and email it to **Dianne Mantyka: dimantyka@sasktel.net**

Deadline to apply for program: Tuesday Sept. 5

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

Presenter: Dianne Mantyka was born and raised in Saskatoon in a Dutch Immigrant Community. She received her Biological Sciences Diploma from SIAST, 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).

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