

SPIRITUAL FORMATION SATURDAYS 2016-2017

9:00 a.m. - 4:00 p.m. \$40

- SEPT 17 **Creative Arts as Spiritual Expression**
Gisele Bauche
- OCT 15 **Dreams: Listening to Holy Unconscious**
Dr. James Schmeiser
- NOV 19 **Spiritual Emergencies**
Dr. Nancy Reeves
- DEC 10 **Spirituality/Psychology: Intimacy/Sexuality**
Dr. Bill Nelson
- JAN 20-22 – Sr. Maureen Conroy, R.S.M.
20th **Experiencing God's Healing Presence:
The Healing Power of Spiritual Experience**
21st **Slow Down, Breathe, Be Free:
Relieving Stress with Meditation and Prayer**
22nd **Growing in the Ministry of Supervision:
Growing in Self-Awareness and Freedom**
- FEB 18 **Twelve Step Spirituality**
Brad Bodnarchuk, Addictions Counselor
- MAR 18 **Ignatian Spirituality**
Linda Labelle M.Div.
- APR 8 **Ecumenism: Opening Spiritual Doors**
Bishop Don Bolan, RC Diocese of Saskatoon
- MAY 13 **First Nations Spirituality**
Bp. Sylain Lavoie, OMI & Harry Lafond, MEd.
- JUNE 17 **Social Justice and Spirituality**
Bob McKeon

QUEEN'S HOUSE SPIRITUAL DIRECTORS

You can arrange to have a Spiritual Director on an ongoing basis. See the roster at 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.



Queen's House *A Home Away from Home*

Ecumenical Encounter & Prayer
Silent Retreats & Spiritual Direction
Contemplation & Meditation
Healing Retreats & Workshops
Biblical Learning & Engagement
Reflections on the Seasons of the Church Year
12-Steps Retreats & Gatherings
Solitude and Private Refuge
Yoga & Holistic Practices
Art & Iconography
First Nations Spirituality & Encounter
Fellowship, Celebration, Worship
Spiritual Direction Formation

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

Detailed program listings: www.queenshouse.org

To register call 306-242-1916 or
email receptionist@queenshouse.org

SPIRITUAL RETREAT IN DAILY LIFE

Inner Peace in Divine Love

FIVE EVENINGS, 6:30 - 9:30 p.m.
2 Sundays: Sept. 18, Oct. 16
3 Thursdays: Sept. 22, 29, Oct. 6



Dianne Mantyka, M. Div.

Queen's House Retreat & Renewal Centre

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A Home Away from Home



Dianne Mantyka was born and raised in Saskatoon in a Dutch Immigrant community, receiving her Biological Sciences Diploma from SIAST. After working in research and animal

health, moving to Vancouver for 18 years where she transitioned to 3 years of missions in Mexico, then 19 years of campus ministry and part-time theological studies, she moved back to Saskatoon and continued 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. Dianne loves to accompany those on their path towards loving relationships with God, self, others and nature. Her formation includes Clinical Pastoral Education, Inner Healing Prayer Ministry, as well as Ignatian Spirituality, Centering Prayer, ecumenical enrichment and aboriginal awareness. 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 prayerfully being with Scripture and appreciation for its influence on her life journey will be contagious as she offers this retreat.

dimantyka@sasktel.net
306-931-7118

SPIRITUAL RETREAT IN DAILY LIFE

Inner Peace in Divine Love

The purpose of this four week retreat in daily life is to remember, experience and express God's love. This retreat gives opportunity for a long conversation with Jesus, and for becoming aware of loving action between you and the Trinity.

You will be guided to praying daily with chosen texts that will provide meaningful progression and movements through the weeks. These scriptures will introduce you to different images of God's love, invite you to a variety of Divine relationships, and will allow you to taste the extraordinary richness of knowing and loving God.

You will be introduced to:

- a variety of prayer methods and Examen Prayers
- living out the exercises in daily life
- basic discernment of spirits
- spiritual conversation - through prayer, journaling, and group spiritual direction.

This retreat is based on St. Ignatius of Loyola's First Spiritual Exercises, known as the Eighteenth Annotation, adapted by Michael Hansen, S.J.

FIVE EVENINGS, 6:30 - 9:30 p.m.
2 Sundays: Sept. 18, Oct. 16
3 Thursdays: Sept. 22, 29, Oct. 6
\$225
Supper 5:30pm - \$14.00/evening *(if available - confirm with receptionist two days prior to session)*
Limited to 8 participants
Please register by September 2

SPIRITUAL RETREAT IN DAILY LIFE

Inner Peace in Divine Love

Cost \$225

Supper 5:30pm - \$14.00/evening
(if available - confirm with receptionist two days prior to session)

Limited to 8 participants

Deadline to register: Friday September 2

[Registration Form](#)

Name: _____

Address: _____

City/Province: _____

Postal Code: _____

Phone: _____

Email: _____

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

Gender: _____

Religious Affiliation: _____

Occupation: _____

To register please send this form to
Queen's House Retreat & Renewal Centre
 601 Taylor Street W, Saskatoon SK S7M 0C9
306-242-1916; Fax: 306-653-5941
 email: receptionist@queenshouse.org
 For details on all programs:
www.queenshouse.org