

SPIRITUAL FORMATION DAYS

January - June 2017

9:00 a.m. - 4:00 p.m.

JAN 20-22 – Sr. Maureen Conroy, R.S.M.

20th **The Healing Power of Spiritual Experience:
The Gifts of Savouring and Spiritual
Direction**

21st **Slow Down, Breathe, Be Free!
Relieving Stress with Meditation and Prayer**

22nd **Supervision: Growing in Self-Awareness and
Freedom - A Contemplative Approach**

FEB 18 **Twelve Step Spirituality**
Brad Bodnarchuk, Addictions Counselor

MAR 18 **Ignatian Spirituality**
Linda Labelle M.Div.

APR 8 **Ecumenism: Opening Spiritual Doors**
Archbishop Don Bolen, RC Diocese of Regina

MAY 13 **First Nations Spirituality**
Bp. Sylain Lavoie, OMI & Harry Lafond, MEd.

JUNE 17 **Social Justice and Spirituality**
Bob McKeon

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



Queen's House

A sacred place to stimulate your mind
and nourish your spirit through:

- ◆ 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

MAKE YOURSELVES AT HOME WITH US

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

Spirituality & Psychology in Sexuality & Intimacy

Saturday December 10
9:00 a.m. - 4:00 p.m.



Rev. Wilburn Nelson, Ph.D.

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

—
A Home Away from Home

Spirituality & Psychology in Sexuality & Intimacy

This workshop will focus on the relationship of spirituality and psychology to sexuality and intimacy within a Christian perspective. It will draw extensively on the work of psychologist David Schnarch, Constructing the Sexual Crucible, the writing of Fr. Ron Rolheiser and other theologians, and research on the effect of the brain on sex, sexuality and intimacy. Attention also will be given to individual and Christian attitudes, values and beliefs and how these factors effect who we are as sexual and spiritual beings. There will be ample opportunity for group discussion.



Rev. Wilburn (Bill) Nelson, Ph.D. was Professor of Pastoral Theology at the Lutheran Theological Seminary, Saskatoon, for 25 years. Upon retiring from teaching, Bill opened a full-time practice in individual, marital and family therapy, and clinical supervision of therapists for 10 years. He is a Clinical Fellow with the American Association for Marriage and Family Therapy, a Clinical Fellow with the Registry of Marriage and Family Therapists in Canada, and a Diplomate in the American Association of Pastoral Counselors. Bill is one of two Canadians on the International Advisory Committee of the Journal of Spirituality and Mental Health, and has led a number of Progoff Intensive Journal Workshops in Saskatchewan, Alberta and Manitoba.

Spirituality & Psychology in Sexuality & Intimacy

Saturday December 10

9:00 a.m. - 4:00 p.m.

\$40 - includes lunch

To register please call

306-242-1916

or email:

receptionist@queenshouse.org

You are also warmly invited to attend

Exploring the Ministry of Spiritual Direction with Sr. Maureen Conroy, RSM, D. Min.

Friday January 20, 9:00am - 4:00pm \$55

**The Healing Power of Spiritual Experience:
The Gifts of Savouring and Spiritual
Direction**

Saturday January 21, 9:00am - 4:00pm \$55

**Slow Down, Breathe, Be Free!
Relieving Stress with Meditation and Prayer**

Sunday January 22, 9:00am - 4:00pm \$75

**Supervision: Growing in Self-Awareness
and Freedom - A Contemplative
Approach**

Maureen Conroy, RSM, D.Min., is Co-director of the Upper Room Spiritual Center, Neptune, New Jersey. Her ministries include spiritual direction, the training of spiritual directors, giving directed retreats, and offering workshops on spiritual direction, discernment, supervision and Holistic Spirituality. Maureen also educates spiritual directors at Creighton University, Nebraska. Maureen has offered workshops on spirituality and spiritual direction in the US, Canada, Australia and Ireland.

Maureen's educational background includes a Masters of Divinity, a Doctor of Ministry, and two Certificates in Spiritual Direction. She is the author of numerous articles and five books, including The Discerning Heart (Loyola Press) and Looking Into the Well: Supervision of Spiritual Directors (Loyola Press).