

SATURDAY MARCH 24

Meditation: Light in a Time of Darkness

Facilitator: Sister Rita Stang, sms

Please note: While participants are encouraged to attend this retreat in its entirety, 9:30 a.m. - 4:00 p.m., you may attend the morning session only. When you register please let the receptionist know if you are attending the full day retreat, or only the morning session.

You are invited to participate in this day to meditate with others, whether you are new to, or already practicing, a form of meditation.

The retreat day will have some structured times of brief presentations, and several opportunities to meditate in a group. We will review the practice of Christian Meditation based on the teachings of two Benedictine monks: John Main and Laurence Freeman. Fr. John came to Montreal 40 years ago from England and re-introduced meditation as a form of contemplative prayer accessible to all. Fr. Laurence is the current Director of the World Community of Christian Meditation.

Participants from other traditions of Meditation are welcome, and will find time and space to meditate as they prefer. Built into the program are periods of personal silent times for all, which is an important aspect of a Meditation retreat.

Teachers of Meditation generally emphasize that we do not meditate looking for "results" from the practice.

At the same time, those who have developed this discipline of prayer believe that the time they spend in prayer is beneficial for their own transformation as well as having a positive influence on the world in which we live. The "energy" that flows out from meditators can change hearts as well as our environments into less cynical, more hope-filled ones. As one retreatant phrased it recently in a Meditation Newsletter, "it was a time of coming together to discern what was being called forth in each of us and to join in the work of healing our world."



Rita Stang, sms Rita is a Sister of Mission Service, retired and living in Saskatoon again, after spending many years in the Dioceses of Calgary, Kamloops and Nelson as a Pastoral Assistant. During those years she was also involved in retreat and spiritual direction ministry. For more than six years Rita was a staff member of Queen's House. She still journeys with a few persons who are seeking a deeper awareness of the presence of God in all aspects of daily life. Her background includes a Social Work degree, counseling, theology, and a program in Spiritual Direction at the Institute for Spiritual Leadership in Chicago. In recent months she has been accompanying a Community member in visits to the Saskatoon Correctional Centre.

\$20.00 - morning session

\$40 - morning and afternoon sessions:
bringing your own lunch

\$50 - full day retreat and lunch at QH

UPCOMING PROGRAMS FOR YOUR CONSIDERATION

And So We Wait...Our Spiritual Journey of Transformation - A Retreat for Women

Friday May 18, 7pm - Sunday May 20, 1pm

Facilitator: Sarah Donnelly

Iconography Retreat: Five Days of Creativity and Prayer

Monday May 28 - Friday June 1, 9:00am - 4:00pm

Facilitators: Anna Mycyk,
assisted by Gisele Bauche

Transitions: Your Journey of Transformation through Grief and Loss

Thursday June 7, 7pm - Sunday June 10, 1pm
repeated

Thursday October 25, 7pm - Sunday October 28, 1pm

Facilitator: Sarah Donnelly

Silent Directed Retreat: "Come away with me..."

Friday June 29, 4pm - Thursday July 5, 2:30pm

Facilitators: Dianne Mantyka and
Bishop Gerry Wiesner, OMI

Summer Stillness Retreat with Fr. Ron Rolheiser OMI

Rising Up: From Living by Goodwill and Dogged Willpower to Drawing upon the Resurrection and Grace

Monday July 9, 7-9pm

Insane for the Light: Spirituality for our Wisdom Years

Tuesday July 10, 9am - Thursday July 12, 1pm

To register for all programs:

Call: 306-242-1916

Email: receptionist@queenshouse.org

For more details visit: www.queenshouse.org

Together through Lent

AN ECUMENICAL JOURNEY

**Four Saturday mornings
9:30 a.m. - 12:00 p.m.
February 24, March 3, 10, 24***

Come to one or several sessions

**March 24 has an optional afternoon session*

Lent.

a season of spiritual preparation

**Rev. Ann Salmon
Peter Oliver
Rev. Marie-Louise Ternier
Sr. Rita Stang, sms**

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

A Home Away from Home

Together through Lent

AN ECUMENICAL JOURNEY

Come to one or several sessions

You are warmly invited to participate in this four-week Lenten series as we enter into some of the themes of Lent, and how they intersect with our own lives. This unique series features several educators in our community from a variety of Christian denominations. Come for one or several sessions – you are most welcome!

Four Saturday mornings

9:30 a.m. - 12:00 p.m.

February 24, March 3, 10, 24*

*March 24 has an optional afternoon session

Come to one or several sessions

\$20.00 - program

\$13.00 - optional lunch, or bring your

own bagged lunch.

To register please call

306-242-1916

or email:

receptionist@queenshouse.org

As we need a minimum number of registrants to offer these programs please register if you plan on attending. If you are a last-minute participant please call Queen's House to confirm that the program is being offered. Thank you!

SATURDAY FEBRUARY 24

A Journey Through Lent: Songs of the Cross

Facilitator: Rev. Ann Salmon

During our journey through Lent the Cross looms large in our life and in our worship. In this session we will consider:

- The Cross and Discipleship
- Adoration of the Cross
- Mary and the Cross
- The Cross Triumphant

Each section will include the consideration of the cross through scripture reflection and hymn singing. Let's come together to enjoy "*Singing our Lenten Journey: Hymns and Songs for Lent.*"



Rev. Ann Salmon graduated from Yale Divinity School and the Yale Institute of Sacred Music in 1985. She was ordained as a Lutheran pastor in 1988 in the ELCA and spent the first

20 years of ministry serving urban and suburban Lutheran congregations in the northeastern part of the United States. Ann was called to Canada in 2008 as part of an Anglican/Lutheran mission development team to start an Anglican/Lutheran congregation in Ottawa. In 2012, Ann was called to rural Alberta to serve a three-point parish in Edson and Peers (one Lutheran church and two Anglican churches). Ann completed her Doctor of Ministry degree in 2017 at the Saskatoon Theological Union and is currently teaching at the Lutheran Theological Seminary, Saskatoon, where she is Director of Internships, Dean of Chapel and Assistant Professor of pastoral theology and leadership for mission, teaching liturgy, Christian education, and pastoral care.

SATURDAY MARCH 3

The In-Breaking of The Kingdom of God

Facilitator: Peter Oliver

Faith is often presented in relation to what we do and Jesus is frequently proclaimed as someone who did things. This approach to faith shapes our understanding of the "kingdom of God" but there is another way of encountering the mystery of the kingdom. This session will explore the "the kingdom of God" as an in-breaking reality, something that both Jesus and faithful Christians encounter and receive. Mark's gospel will be central to this presentation.



Peter Oliver is the eldest son of a nurse and a farmer, the husband of Madeline, the father of Theodore, Louis and Vincent. At the moment, he is an unemployed poet; previous to that he spent 12 years working as a chaplain in the federal and provincial correctional systems. Most recently, he has become an unexpected member of the community of cancer survivors.

He is a graduate of the Masters of Divinity program at Newman Theological college and spent a number of years journeying with the Oblates of Mary Immaculate in formation for the priesthood.

He says of his home, "Our days are spent in the company of poets, musicians, artists, mad scientists and ministers. We are a creative lot, merry much of the time, cantankerous some of the time and not much good at getting the dishes done almost all of the time."

SATURDAY MARCH 10

Fasting and Feasting

Facilitator: Rev. Marie-Louise Ternier

With only one letter difference, what do these words have in common? How can fasting (from what and when and how) impact our feasting?

This Lenten season is about so much more than depriving ourselves of the things that bind us. Come and explore with us a spirituality of fasting that will increase our feasting.



Rev. Marie-Louise Ternier, an Anglican priest, serves the Anglican and Lutheran parishes in Watrous. A member of the Queen's House Programming Team and spiritual director, she has been offering workshops and retreats for many years. An avid and published writer,

Marie-Louise is passionate about adult faith formation, ecumenical ministry, and baking bread.

Marie-Louise blogs at <http://graceatsixty.wordpress.com>

