

An Introduction to the Enneagram

with Sarah Donnelly, M.Div.

Date: Saturday October 13, 9:30 a.m. – 3:30 p.m.

Cost: \$65 – includes lunch

Detail: The enneagram is a very old typology or old map that describes nine different character types. But that is only the beginning. Beyond the description of characteristics, gifts and shadow, the enneagram contains an inner dynamic that invites us to examine our lives honestly, and intentionally live into our full potential. The enneagram is more than an entertaining game for learning about oneself. It is concerned with change, with what the religious traditions call conversion or repentance. It confronts us with the compulsions and laws under which we live - usually without being aware of them - and it aims to invite us to go beyond them, to take steps into the domain of freedom.

Richard Rohr and Andreas Ebert, *Discovering the Enneagram: An Ancient Tool for a New Spiritual Journey*, (1990)

This workshop will give participants the opportunity to learn more about the enneagram, and discover where we find ourselves in this typology. Our goal: to become more aware of both our gifts and weaknesses, so that we can take responsibility for our lives and live into the “abundant life” that waits for us.

These four-word sets of traits are mere highlights and do not represent the full spectrum of each type:

Type One is principled, purposeful, self-controlled, and perfectionistic.

Type Two is generous, demonstrative, people-pleasing, and possessive.

Type Three is adaptable, excelling, driven, and image-conscious.

Type Four is expressive, dramatic, self-absorbed, and temperamental.

Type Five is perceptive, innovative, secretive, and isolated.

Type Six is engaging, responsible, anxious, and suspicious.

Type Seven is spontaneous, versatile, acquisitive, and scattered.

Type Eight is self-confident, decisive, willful, and confrontational.

Type Nine is receptive, reassuring, complacent, and resigned.

Sarah Donnelly was raised in southern Ontario and has lived in Calgary, Cowichan Bay (Vancouver Island) and now Saskatoon. Sarah received her M.Div. from St. Peter’s Seminary (University of Western Ontario) and her spiritual direction training from The Haden Institute: Spiritual Direction in the Jungian, Mystical, Christian Tradition. A deep interest in the enneagram has blessed her life and ministry for many years. Working ecumenically, Sarah offers retreats, workshops, spiritual direction, and grief support groups. In addition to being self-employed, Sarah is the part-time Pastoral Assistant at St. John’s Cathedral and a member of the Programming Team at Queen’s House.

To register: please call Queen’s House, 306-242-1916 or email receptionist@queenshouse.org