

## SPIRITUAL FORMATION DAYS

September 2019 - June 2020

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

*Come to one or several sessions!*

- SEPT 21 **Art as Spiritual Expression**  
Gisele Bauche
- OCT 19 **Dreams: Listening to the Holy Unconscious**  
James Schmeiser
- NOV 16 **Spirituality/Psychology: Intimacy/Sexuality**  
Bill Nelson
- DEC 14 **Spiritual Formation through Grief and Loss**  
Sarah Donnelly
- JAN 25 **BioSpiritual Focusing**  
Esther Stenberg
- FEB 8 **Twelve Step Spirituality/Codependency**  
Kim Morrison
- MAR 14 **First Nations Spirituality**  
Bishop Sylvain Lavoie OMI and Harry Lafond
- APR 18 **Ecumenism: Opening Spiritual Doors**  
Archbishop Don Bolen
- MAY 23 **Ignatian Spirituality**  
Dianne Mantyka
- JUNE 13 **Social Justice and Spirituality**  
Rev. Claire Ewert Fisher

### Queen's House Retreat & Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

To register please call **306-242-1916** or  
email: [receptionist@queenshouse.org](mailto:receptionist@queenshouse.org)

For details on all programs:  
[www.queenshouse.org](http://www.queenshouse.org)



### QUEEN'S HOUSE SPIRITUAL DIRECTORS

To arrange to have a Spiritual Director on an ongoing basis, see the roster of available spiritual directors at [queenshouse.org/spiritualdirection](http://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.

### QUEENS HOUSE RETREAT & RENEWAL CENTRE

- ◆ Spiritual Direction & Silent Retreats
- ◆ Contemplation, Meditation, Prayer
- ◆ Spiritual Direction Formation & Support
- ◆ Ecumenical Encounter & Prayer
- ◆ Biblical Learning & Engagement
- ◆ Healing Retreats & Workshops
- ◆ 12-Steps Retreats & Gatherings
- ◆ Yoga & Holistic Practices
- ◆ Solitude & Hospitality
- ◆ Art & Iconography
- ◆ Fellowship, Celebration, Worship
- ◆ First Nations Spirituality & Encounter
- ◆ Spiritual Tools, Practices & Disciplines
- ◆ Seasonal Reflections with Liturgical Calendar

# Art as Spiritual Expression

Saturday September 21  
9:00 a.m. - 4:00 p.m.



Gisele Bauche

Queen's House  
Retreat & Renewal Centre

—  
*A Home Away from Home*

# Art as Spiritual Expression

**Art is about imprinting God's work into  
the human soul.**

This workshop will help you to explore and claim your creative spirit, offering input, guidance and a 'hands-on' experience of the creative process.

All creative activity nurtures and enriches the soul, opening our spirit to a contemplative space with God.

At the end of this day, you will take home a creative art piece.

Come celebrate your creative self!

*Artwork in this brochure created by  
Gisele Bauche*



## **ART AS SPIRITUAL EXPRESSION**

**Saturday September 21**

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

Cost \$50 - includes lunch

\$40 - bring your own lunch

*This program is subsidized by the generous support of  
one of our donors - limited bursaries available*

Register with Queen's House

306-242-1916 or

receptionist@queenshouse.org



**Gisele Bauche** is a professional artist and iconographer. Her art is featured in Augsburg Fortress, Novalis Publications and in the Catholic Extension Society's Calendar

of Canada. Her art is exhibited across western Canada in churches and organizations. Gisele facilitates art workshops in a variety of mediums and offers retreats in Art and Healing and The Spiritual Path to Higher Creativity. She is the author of the book, "Giving Glory to God: Reflections of an Artist." Gisele holds degrees in education, theology, and art, and leads retreats in Scripture, prayer, and spirituality. She is a spiritual director, a member of the programming team at Queen's House, and one of the team leaders of the Spiritual Direction Formation Program at Queen's House. Gisele's website can be found at: <http://spiritualityandart.ca>

***Nourish Your Body - Nurture Your Spirit  
at Queen's House***