

# Journaling and Writing As Spiritual Practice

with Shelly Manley-Tannis, MA, MDiv, Jubilee Associate

**Date and Time:** Tuesday evenings, 7:00 - 9:00 p.m.  
October 8, 15, 22, 29  
*repeated*  
Wednesday mornings, 10:00 a.m. - 12:00 p.m.  
October 9, 16, 23, 30

**Cost:** \$120 / 4 sessions  
*A minimum of 10 participants are needed for both groups in order to offer these programs.*

**Registration deadline: October 1.**

Please bring your own journal(s); fee includes all other creative materials, such as collage, and other activities

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

**Detail:** In this four-week series we will begin by exploring our experiences of writing and journal-keeping as spiritual practice. We will reflect on how the many ways of journaling can be life-giving and consider how the habits we develop can help us connect with Spirit and with our selves.

We will also put some of our discussions into practice with a different writing/creative exercise each week, followed by a short time of sharing something from our work or experience, as participants choose.

During each session we will make space to allow for silence and contemplative time in ways that would be inclusive to seekers and followers of many paths. These four weeks are for anyone of any tradition interested in journaling and other forms of writing, from beginners to published authors.

**Presenter: Shelly Manley-Tannis MA, MDiv, Jubilee Associate**

I enjoy working with seekers – one on one and in small groups. I love story-telling, writing, music, collage, up-cycling, reading, all things Celtic, walking with my partner Richard and our dogs, and I experience a deep connection with nature.

My training in spiritual direction began in 2004 with the Prairie Jubilee Program and I have led many retreats and workshops – from guided, silent retreats and working with the Enneagram, to Spirituality and Joy, Self-Care and Journeying through Grief.

I was ordained in the United Church of Canada in 2001 and continue in part-time ministry, currently with Delisle-Vanscoy United Church. My roots are in the Protestant Christian Tradition with a deep respect for other paths and desire to work for reconciliation and to build inter-faith relationships. I have continued my own learning and education through work with Expressive Arts Therapy (Winnipeg Holistic Expressive Arts Therapy: WHEAT), the Center for Courage and Renewal, and Enneagram and Archetype work.

Creativity and how art, music and writing can help us connect with ourselves and Spirit have always been a part of my own practice and journeying with others. There are so many ways to experience Joy and Beauty in this world and I feel called to help others see it!

*Each of us is doomed and privileged  
to be an inner artist who carries  
and shapes a unique world  
~ John O'Donohue*