



## 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. When walking with my

partner, Richard, and our two dogs, 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: guided, silent retreats, working with the Enneagram, 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. I deeply respect other paths and desire to work toward and build inter-faith relationships. I have continued my own education through work with Expressive Arts Therapy (Winnipeg Holistic Expressive Arts Therapy: WHEAT), the Center for Courage and Renewal, and Enneagram and Archetype work.

In my own practice, creativity through art, music and writing has played a central role in my journey and in my accompanying others in their journeys.

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*

## Queen's House

A retreat centre founded 60 years ago by the Oblates of Mary Immaculate.

A sacred place - welcoming all people - to nourish your mind and nurture your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Spiritual Exploration & Engagement
- ◆ Reflections on the Seasons of the Church Year
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship

**NOURISH** | **NURTURE**  
YOUR MIND | YOUR SPIRIT

Explore your expanding home  
at Queen's House

## Journaling & Writing As Spiritual Practice

**Tuesday evenings**

**October 8, 15, 22, 29**

*repeated*

**Wednesday mornings**

**October 9, 16, 23, 30**



**Shelly Manley-Tannis**

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

*Nourish Your Mind - Nurture Your Spirit*

## Journaling & Writing As Spiritual Practice

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.

**Queen's House Retreat & Renewal Centre**  
601 Taylor Street W, Saskatoon SK S7M 0C9

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

**Tuesday evenings**  
**October 8, 15, 22, 29**  
**7:00 - 9:00 p.m.**

*repeated*

**Wednesday mornings**  
**October 9, 16, 23, 30**  
**10:00 a.m. - 12:00 p.m.**

A minimum of 10 participants are needed for both groups in order to offer these programs.  
Registration deadline: **October 1.**

Cost: \$120.00 / 4 sessions

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](mailto:receptionist@queenshouse.org)**



WHERE DOES THE TEMPLE BEGIN,  
WHERE DOES IT END?

There are things you can't reach. But  
you can reach out to them, and all day long.

The wind, the bird flying away. The idea of  
God.

And it can keep you as busy as anything else,  
and happier.

The snake slides away; the fish jumps,  
like a little lily, out of the water and back in;  
the goldfinches sing  
from the unreachable top of the tree.

I look; morning to night I am never done  
with looking.

Looking I mean not just standing around, but  
standing around  
as though with your arms open.

And thinking: maybe something will come,  
some  
shining coil of wind,  
or a few leaves from any old tree -  
they are all in this too.

And now I will tell you the truth.  
Everything in the world  
comes.

At least, closer.

And, cordially.

Like the nibbling, tinsel-eyed fish;  
the unlooping snake.  
Like goldfinches, little dolls of gold  
fluttering around the corner of the sky

of God, the blue air.

*Why I Wake Early: New Poems* by Mary Oliver  
(2004, Beacon Press)