

You are warmly invited to consider participating in a

FOUR DAY SILENT GUIDED RETREAT

"Come away with me by yourselves to a quiet place and rest awhile." Mark 6:31

Come to this peaceful riverside setting in the days leading up to the seasons of Advent and Christmas to restore, realign and strengthen your soul. Throughout this time in silence and solitude you will have opportunity to meet daily with a spiritual director and to spend time praying with scripture. Taking time for this retreat is a means to help you encounter God, become aware of the Spirit, and to live out more freely Christ's presence in your life.

Monday November 25, 4:00 p.m. -

Thursday November 28, 1:00 p.m.

\$525 (live-in only) - includes lodging, meals, spiritual direction and facilitation.

To register please contact

Dianne Mantyka

dimantyka@sasktel.net • 306-514-2193

Registration deadline: November 18

A non-refundable deposit of \$100 is required when registering, to be refunded if

Queen's House cancels this retreat.

Please call 306-242-1916

or visit Queen's House for payment:

601 Taylor Street West, Saskatoon SK

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

Psychology, Spirituality, Sexuality and Intimacy

Saturday November 16

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



Rev. Wilburn Nelson, Ph.D.

Queen's House
Retreat & Renewal Centre

Nourish Your Mind - Nurture Your Spirit

Psychology, Spirituality, Sexuality and Intimacy

This interactive workshop explores the complex and complimentary relationship between certain aspects of psychology, and the insights and depth of spirituality, sexuality and intimacy in our lives.

Saturday November 16

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

To register please call

306-242-1916

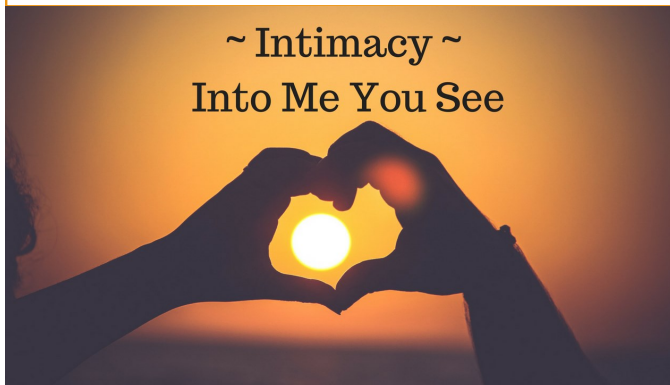
or email:

receptionist@queenshouse.org



Wilburn (Bill) Nelson, Ph.D. is an ordained Lutheran minister. Bill was Professor of Pastoral Theology at the Lutheran Theological Seminary, Saskatoon, for 25 years. He continues to maintain a small private practice in individual, marital and family therapy, and spiritual direction. Bill is a Clinical Fellow in the American Association for Marriage and Family Therapy (AAMFT), and a member of the Canadian Association for Marriage and Family Therapy. He retired a number of years ago as an Approved Supervisor, American Association for Marriage and Family Therapy. Bill also has a passion for art. A limited selection of his art can be seen on www.nelsonart.ca.

~ Intimacy ~
Into Me You See



SPIRITUAL FORMATION DAYS

November 2019 - June 2020

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

Come to one or several sessions!

NOV 16 **Psychology, Spirituality, Sexuality and Intimacy**

Rev. Dr. 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**

For details on all programs:

www.queenshouse.org