

## UPCOMING PROGRAMMING AT QUEEN'S HOUSE

### EXPLORING THE GOSPEL OF MATTHEW

with Adam Wright, Ph.D.

First Wednesday of the month, 1:00 - 2:30 p.m.

**February 5: "An Introduction to Matthew's World"**

*Optional: Come for lunch and stay for a Celebration of the Eucharist - in the spirit of Oblate hospitality all are warmly welcome!*

### UNDERSTANDING 12-STEP SPIRITUALITY AND CODEPENDENCY

with Kim Morrison, Ph.D.

Saturday February 8, 9:00 a.m. - 4:00 p.m.

### YOUR JOURNEY THROUGH LENT WITH ART

with Sr. Felicitas Drobig OSU

Five Tuesday mornings in March, 10:00 a.m. - 12:00 p.m.

### EXPLORING INDIGENOUS SPIRITUALITY

with Bishop Sylvain Lavoie OMI and Dr. Harry Lafond

Saturday March 14, 9:00 a.m. - 4:00 p.m.

### SILENT GUIDED RETREAT

with Dianne Mantyka, M. Div. and other spiritual directors from the community

Monday March 30, 4:00 p.m. - Thursday April 2, 1:00 p.m.

### EXPLORING ECUMENISM

with Bishop Don Bolen

Saturday April 18, 9:00 a.m. - 4:00 p.m.

### PRAYING WITH ART

with Sr. Felicitas Drobig OSU.

April 21, 6:30 p.m., repeated April 22, 1:00 p.m.

### 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

A sacred place 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

## The Five Love Languages

A ST. VALENTINE'S DAY WORKSHOP

Friday February 14

5:30 p.m. supper *(optional)*

6:30 - 9:00 p.m. workshop



Sarah Donnelly, M.Div.



**QUEEN'S HOUSE**  
RETREAT AND RENEWAL CENTRE  
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

**THE FIVE LOVE LANGUAGES:  
A ST. VALENTINE'S DAY WORKSHOP**

In his bestseller book *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* Dr. Gary Chapman suggests that the many ways in which we express our love and appreciation to our spouses, family members and dear friends comes down to five basic "languages." And conflict or hurt feelings can arise when we continue to use our own "love language" rather than that of our loved one. In this lighthearted and informative workshop you will have the opportunity to learn the unique way in which you give and receive affection, and that of your loved one, so that communication between you is more fruitful and life-giving. An excellent workshop for those preparing for marriage, those who have been married for decades, and for family members or dear friends. It is strongly recommended that you attend this workshop with a companion.



**Friday February 14**

**5:30 p.m. supper** *(optional)*

**6:30 - 9:00 p.m. workshop**

\$25 - workshop/person

\$15 – supper/person

*(add \$5.00 to enjoy wine with your meal)*

*Ten or more participants are needed in order to provide supper - please call ahead to ensure that supper is being offered. Thank you!*

To register please call

**306-242-1916**

or email:

**receptionist@queenshouse.org**

Registration deadline:

**Monday February 10**



**Sarah Donnelly** was born and raised in southern Ontario, receiving her undergraduate degree from the University of Waterloo, her Masters of Divinity

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*. Sarah has been offering retreats and workshops since 1994. Her areas of interest include the deepening of our spiritual life and journey, our relationships with those we love, and the often lonely path of grief and loss. Sarah also offers the listening ministry of spiritual direction and grief support retreats. She is the Programming Director at Queen's House and part-time Pastoral Assistant at St. John's Anglican Cathedral. You are welcome to visit her website: [www.sarahdonnelly.ca](http://www.sarahdonnelly.ca)

**As we need a minimum number of registrants to offer this program please register if you plan on attending. If you are a last-minute participant please call Queen's House to confirm that the program is being offered. Thank you!**