



Brad Bodnarchuk

Addictions

Counselor B.A., BT.H.,
M.TH., CD.P, BCC

Brad is a Hazelton-Trained, and educated counselor who believes deeply in treating every person with respect, love and compassion. His own recovery journey gives him tremendous insight into how those afflicted with the disease of addiction needs to be cared for. Brad also believes that the whole family is impacted by the disease of alcoholism and addiction and offers support and strategies of recovery for the entire family. Brad's spiritual insights and practices are in valuable assets for those seeking to renew their lives with spiritual principles as their guideposts.

Brad has been facilitating retreats at Queen's House over the last 25 years.



Brian Bauche

Brian is a respected teacher and school administrator who served Greater Saskatoon Catholic Schools for 30 years. He has worked for the last five years with the Roman Catholic Diocese of Prince Albert providing spiritual retreats in his role with Youth/Family Ministry. He has been involved with 12 Step Programs for over 30 years now, providing 12 Step Retreats at Queen's House, Men's Retreats at the P.A Penitentiary, and volunteering with 12 step work at Calder and the Saskatchewan Correctional Institute Bravo Unit. His personal story is woven into his talks and presentations, providing a unique perspective to living the principles of 12 step programs, one day at a time in our personal lives.

Spiritual Days A Twelve Step Retreat

LETTING GO AND LETTING GOD

**Friday March 27, 7:00 p.m. -
Sunday March 29, lunch**



Brad Bodnarchuk

Brian Bauche



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

Spiritual Days A Twelve Step Retreat

LETTING GO AND LETTING GOD

Let Go and Let God Retreat: Have you heard this phrase before? What does it mean to let go? Let go of what, exactly? And how is this going to be helpful to you and your love ones suffering from addiction dependency? Take a big breath now, we have answers for you or possible solutions. Do you feel out of control? Are you grasping for certainty, guarantees? Do you feel responsible for people you love? Let go and let God is a very, very popular expression in the world of recovery. And let's be clear that in this community we never do judgment, so if you are religious or not, you're welcome to come and participate in this retreat. This retreat will be for all of us who've grown up in a world in which there were some quiet rules given to us:

The first rule was **we don't talk.**

The second rule is **we don't feel.**

The third rule is **we don't trust.**

And the Keystone of this design, this structure of disaster, is that **we never ask for help.**

All are most welcome

A Retreat for Women and Men

Letting Go and Letting God

A Retreat for Women and Men

**Friday March 27, 7:00 p.m. -
Sunday March 29, lunch**

Cost: \$190

*(commuter rate - includes program, lunch and
supper Saturday and lunch Sunday.*

Add a dayroom to rest for \$30/day.

Add breakfast for \$9.50/day)

Enrich your retreat by staying at the
retreat centre - program, accommodations
and all meals Saturday breakfast to

Sunday lunch: \$315

A minimum of 11 participants are needed
to offer this program.

Registration deadline: **March 20.**

To register please call

306-242-1916

or email:

receptionist@queenshouse.org

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

For details on all programs:
www.queenshouse.org

Friday, March 27th

7:00 p.m. - Registration – settle in
8:00 p.m. - Welcome, Orientation,
Introduction

A. Session One: – **The Twelve Steps
and Principals / Principals for Living** –
Brad

9:15 p.m. - Prayer and Meditation

Saturday, March 28th

8:00 a.m. – Breakfast

9:00 a.m. – Meditation & Prayer – Brad

9:30 a.m.

B. Session Two: **Acceptance is the
Answer** – Brian

10:15 a.m. – Quiet Time Meditation
and Reflection

11:15 a.m. – Open sharing

12:00 Noon – Lunch

1:30 p.m.

C. Session Three: **Mutuality - It's
Through our Shared Weakness that we
are the Strongest** - Brad

2:30 p.m. – Individual Sharing

5:30 p.m. – Supper

7:00 p.m.

D. Session Four: **Step Three – Faith
and Trust** – Brian

8:15 p.m. – Open Meeting – followed
by fellowship

Sunday, March 29th

8:00 a.m. – Breakfast

9:00 a.m. – Prayer and Meditation

9:30 a.m.

E. Session Five: **Grace in our Woundedness**
– Brad

10:30 a.m. – Liturgy of Gratitude

12:00 Noon – Lunch and departure