

Journaling & Writing as Spiritual Practice

with Shelly Manley-Tannis

Date and Time: Wednesday mornings, March 11, 18, 25 & April 1
10:00 a.m. - 12:00 p.m.

Cost: \$120/ 4 sessions

A minimum of 8 participants are needed to offer this program.

Registration deadline: **March 4, 2020**

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.

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

Presenter: **Shelly Manley-Tannis MA, M.Div., 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 and beginning in March with Mayfair United Church. I am also a member of the planning team for the Contemplative Arts Festival of

Saskatoon. 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.