



**Dianne Mantyka** accompanies those on their path of becoming all they are created to be in relationship to God, self, nature, and others. She believes God's love and mercy is always making all things new - in the midst of our ups and downs, such as transition, uncertainty, darkness - as we attentively surrender to Christ's redemption being revealed. Her experience connects her with a variety of backgrounds. Dianne also provides supervision for spiritual directors.  
[dimantyka@sasktel.net](mailto:dimantyka@sasktel.net) • 306-514-2193



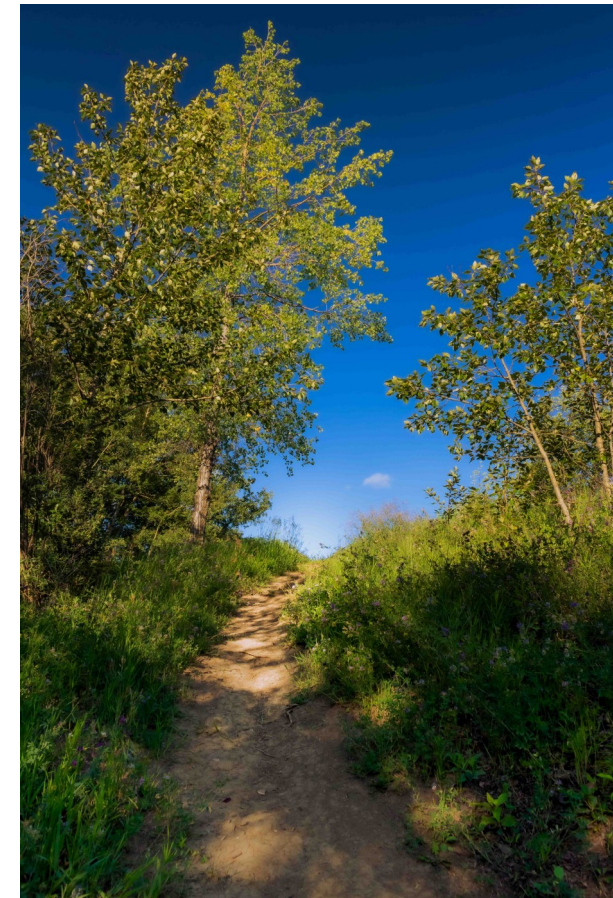
**Sister Emma Rousseau** feels called to "listen others into" discovering their personal call to life. She offers a contemplative setting in which a person can explore new ways to pray and find God in all circumstances. She is familiar with dream work, focusing and Enneagram as tools for self-knowledge and spiritual direction. She is fluent in English and French.  
[erousseau03@gmail.com](mailto:erousseau03@gmail.com)  
 306-260-1970



**The Rev. Marie-Louise Ternier** is an Anglican priest who has been shaped by the strength and gifts of various Christian traditions. Steeped in Scripture, prayer and worship, she walks gently with seekers to assist them in connecting with their own loveliness in and before God through the relationships and events of daily life. Marie-Louise is available to meet with persons in Humboldt, Saskatoon and Watrous.  
[marlise\\_14@sasktel.net](mailto:marlise_14@sasktel.net) • 306-231-6574  
[www.prairiencounters.wix.com/home](http://www.prairiencounters.wix.com/home)

# Spiritual Direction

SUPPORT FOR YOUR SPIRITUAL JOURNEY



Taken on the grounds of Queen's House



**The Rev. Dr. Trish McCarthy** is a seasoned ordained priest and seminary professor, who journeys with people who are discerning God's grace and direction. Trish works well with people from varied ethnic backgrounds including First Nations people. She has a heart for pastors, leads Clergy Peer Group Spiritual Direction, and provides supervision for spiritual directors.  
[tmccarthy@sasktel.net](mailto:tmccarthy@sasktel.net) • 306-370-8378



**Sharon Powell** believes that God always speaks to us through our life experiences but sometimes we don't recognize the God anonymous moments. Sharon provides an encouraging and peaceful space for those seeking to recognize the movements of God in their life. Sharon will especially walk with those experiencing codependency issues, marriage breakup or those affected by addictions and she is available for 5th-steps.  
[sharonpowell@sasktel.net](mailto:sharonpowell@sasktel.net)  
 306-664-6505



**Brian Zimmer** offers spiritual direction to help people discern what really matters to them in their lives, and to discern how attitudes, responses and decisions they make in response to their life's circumstances, affects their spiritual journey. He offers attentive, reflective, non-prescriptive, practical opportunities for a person to develop and grow in their personal spiritual life.  
[zimmerbrian55@hotmail.com](mailto:zimmerbrian55@hotmail.com)  
 306-227-0171



**Sr. Bernadette O'Reilly** is a recent arrival to Saskatoon following many years of living and working with the Indigenous community in Winnipeg. Spiritual direction has been integral to her own spiritual journey, and a sacred part of her ministry. Trained in Ignatian spirituality, she sees spiritual direction as a way to assist the discernment of spirits that move within us and heed to God's invitation to choose life.  
[boreilly9@aol.com](mailto:boreilly9@aol.com) • 306-321-5384



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

For more information please call  
 306-242-1916 x 228  
 or email:  
[spiritualdirection@queenshouse.org](mailto:spiritualdirection@queenshouse.org)

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

## What is a Spiritual Director?

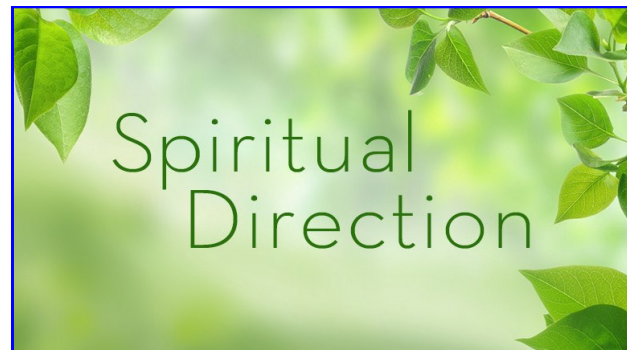
A Spiritual Director is someone who listens and has discerned a call to accompany others - especially those who are experiencing challenges - with finding meaning and wholeness in life. A Spiritual Director has personally experienced being accompanied by their own spiritual director, and has pursued appropriate training in this listening ministry.

The Spiritual Directors at Queen's House are representative of the wider ecumenical community and together bring a richness of wisdom and experience to provide a compassionate guiding presence to anyone seeking meaning in the complexities of life today.

This brochure gives a brief introduction to Queen's House Team of Spiritual Directors. Additional information about each one is provided on our website. If you would like to meet with any one of these Spiritual Directors you may contact them personally.

If you are new to Spiritual Direction and have any questions about Spiritual Direction, you may contact our coordinator, Sister Adeline Behm - 306-242-1916 X 228; email: [spiritualdirection@queenshouse.org](mailto:spiritualdirection@queenshouse.org)

A suggested offering for a Spiritual Director is a sliding scale from \$25 to \$80 per session.



**Sister Adeline M. Behm** is a life-long seeker through the pathways of darkness. She provides a contemplative space conducive for conversation with those caught up in long painful struggles; as mentor for those who have been for many years on a spiritual path and those who desire to do a 5th-step and follow up. She coordinates spiritual direction through Queen's House.

[spiritualdirection@queenshouse.org](mailto:spiritualdirection@queenshouse.org)  
**306-242-1916 ext 228**



**Deb Arndt** offers hospitable space on the journey for those desiring a deepened awareness of God's love and presence in all of life's brokenness and beauty, leading to a greater inner freedom and loving engagement with the world. Together we listen to the

Spirit's invitation and movement, opening us to receive mercy, grace and truth.  
[ldarndt@shaw.ca](mailto:ldarndt@shaw.ca) • **306-341-1663**



**Gisele Bauche** offers a listening presence for those seeking to grow in awareness of God's presence in their lives and for those experiencing loss and grief or facing life's transitions. She can assist in your healing and wholeness through creative expressions.

[gbauche@sasktel.net](mailto:gbauche@sasktel.net) • **306-380-3577**  
[www.spiritualityandart.ca](http://www.spiritualityandart.ca)



**Jan Clarke** offers a place of spaciousness and freedom for those seeking meaning in their lives and the world. Each path is sacred. Each journey, whatever it entails, deserves attention through listening, reflection and conversation. An accompaniment for healing journeys;

work and ministry dynamics, recovery and contemplative activism.  
[janclarke111@gmail.com](mailto:janclarke111@gmail.com) • **306-244-0690**



**Sarah Donnelly** is particularly interested in accompanying those who are facing transitions in their faith journey or experiencing loss and grief in their lives. Centering prayer, using the Enneagram and MBTI, and a passionate interest in exploring first half/second half life issues, desert

experiences and "dark nights" shape the ministry she offers.  
[info@sarahdonnelly.ca](mailto:info@sarahdonnelly.ca) • **306-717-3707**  
[www.sarahdonnelly.ca](http://www.sarahdonnelly.ca)



**Thomas Friesen** seeks to hold a warm and invitational space where you can enter as you are, with all that life is made up of. Through gentle listening and presence he desires to pay attention to how God may be moving in your life - in both joys and sorrows, the exceptional and

the everyday. In companionship, discovering the threads of God that have been sewn deep into your soul.  
[thomasfriesen@gmail.com](mailto:thomasfriesen@gmail.com) • **306-202-6234**



**Eileen Klaassen** has a gentle and a peaceful presence in the accompaniment of others on their spiritual journey. She believes in the healing power of telling one's story in order to grow in awareness of the Creator's involvement in our lives. In her love of discovering the uniqueness of each person, she brings this awareness to those she is accompanying.

[e.klaassen@yahoo.ca](mailto:e.klaassen@yahoo.ca) • **306-249-4327**



**Sister Marijka Konderewicz** has been a mentor and spiritual companion to those who seek to find God in all things. She welcomes those who desire spiritual growth and healing. She is available to listen to and to walk with those who desire to journey towards the mystery of God's merciful love.

[m.konderewicz@gmail.com](mailto:m.konderewicz@gmail.com)  
**306-652-1718 or 306-653-1897**



**Linda Labelle** is well versed in a variety of spiritualities including Ignatian, Thomistic, Franciscan and Carmelite. She is passionate about helping others to grow in intimacy with God through Sacred Scripture, discernment, contemplative prayer, healing prayer, mysticism and personal sacred storytelling and writing.

[2012outoftheashes@gmail.com](mailto:2012outoftheashes@gmail.com)  
**306-202-9321**