

A Sacred Journey

THE SPIRITUAL EXERCISES IN DAILY LIFE - IGNATIAN 19TH ANNOTATION

with Dianne Mantyka
and additional Spiritual Directors

A unique spiritual journey offered on Zoom

Dates and Times: Sunday evenings 7:00 - 9:30 p.m. CST by Zoom
Except first evening - begins 6:30 p.m.

1. Sept 27 - Orientation. Assign prayers for week 1
2. Oct 4 - Intro: Listening Groups. Assign prayers for weeks 2, 3
3. Oct 18 - Principle & Foundation. Assign prayers for weeks 4, 5
4. Nov 1 - Rules for Discernment. Assign prayers for weeks 6, 7
5. Nov 15 - Our Graced History. Fifth Discernment Rule. Assign prayers for week 8
6. Nov 22 - Summary. Intro to Incarnation and Jesus' Ministry. Assign prayers for weeks 9, 9A, and 10

BREAK except for Spiritual Direction sessions

7. Jan 17 - Ignatian Parables. Assign prayers for weeks 11, 12
8. Jan 31 - The Two Standards. Assign prayers for weeks 13, 14
9. Feb 14 - Three Kinds of People. Assign prayers for weeks 15, 16
10. Feb 28 - Three Kinds of Humility. Assign prayers for weeks 17, 18, 18A Decision-making
11. Mar 21 - Crucifixion/Easter. Assign prayers for weeks 19, 20, 21
(week Easter break)

12. Apr 18 - Living with our Resurrected Lord. Assign prayers for weeks 22, 23

13. May 2 - Our lives as pilgrimage. Assign prayers for week 24
(week break to keep Mother's Day open)

14. May 16 - Wrap-up; Celebrating our Journey

Cost: \$400 plus the cost of 15 bi-weekly Spiritual Direction sessions (suggested fee \$40-75/hr)

For further information, registration and payment details please contact:

Dianne Mantyka
dimantyka@sasktel.net

Application deadline (form available below): Monday August 31

NOTE: This program qualifies as a prerequisite for the Queen's House Spiritual Direction Formation Program

Detail: A Sacred Journey

A Sacred Journey is a transformative retreat experience within daily life that will inform and guide you in the midst of current realities - concerning God's design, God's unconditional love, and your own life story connecting with the life, death and resurrection of Jesus. This journey will help you grow in discernment and intimacy with God in everyday life.

This Spiritual Retreat in Daily Life is for you, if you desire to:

- Deepen your prayer life and your relationship with God.
- Grow in contemplative prayer and encounter God through scripture.
- Become acquainted with Jesus and follow in Christ's way.

This Journey calls for a commitment to:

- Daily prayer /journaling of 1 – 1 ½ hours
- Group Spiritual Direction, sharing and input on Zoom
- Meet with a Spiritual Director biweekly (suggested fee \$40 – 75 for sessions; 15 sessions of spiritual direction required over the course of this program)

Presenter: Dianne Mantyka

Dianne Mantyka grew up in Saskatoon in a Dutch Immigrant Community. She received her Biological Sciences Diploma from SIAST, leading to work in research and animal health, and to living in Vancouver for 18 years.

From there she served for 3 years with missions in Mexico, followed by 19 years of campus ministry and part-time theological studies. Upon return to Saskatoon, she continued with campus ministry. Having received her Master of Divinity degree from Regent College and her Spiritual Direction Formation training from Queen's House, she transitioned into Spiritual Direction, Formation and Retreat ministry.

Her formation includes Clinical Pastoral Education, Inner Healing Prayer Counseling training, as well as Ignatian Spirituality, Centering Prayer, ecumenical and cross-cultural enrichment, and currently as part of Transforming Community with the Transforming Center.

Dianne loves accompanying those who desire to grow in love and freedom with God, self, others, and nature. She sees spiritual formation occurring by being attentive to God in all of life - for her as a wife, caregiver, stepmom, and Oma. Sources of joy include friendship, family, her canine companion, life-long learning and empowering, beauty and nature.

Dianne serves at Queen's House as co-director of the Spiritual Direction Formation Program, co-leader of a Spiritual Director Mentor and Support Group, a Spiritual Director Supervisor, on the Programming Team and Spiritual Director Team, and leading Silent Directed Retreats.

Dianne hopes that praying with Scripture, and appreciation for its influence on her own Sacred Journey, will influence others' experience of the Ignatian Spiritual Exercises in Daily Life.

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APPLICATION FORM

To apply, please respond to these questions in a Word document, and email to **dimantyka@sasktel.net**

by August 31

Name	
Address	
City, Province, Postal Code	
Email address	
Cell phone / Home phone #	
Birthday – month/day/year	
Gender Identity	
Church/Religious Affiliation	
Occupation	
Educational background	
Work experience	
Ministry background	
Your reasons for wishing to participate in this program	
Did anyone recommend that you take this program?	
What retreats, spiritual renewal or personal growth programs have you participated in?	
Are you currently seeing a spiritual director? Have you in the past?	
Are you able to meet the commitments of:	<ul style="list-style-type: none">• Daily prayer/journaling 1-1.5 hours• Group spiritual direction• Sharing and input on Zoom• Meet on the scheduled Sunday evenings• Meet with a spiritual director bi-weekly <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 20px;">Yes / No</div>

Email to Dianne Mantyka: dimantyka@sasktel.net

Application deadline: Monday August 31, 2020