



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 her 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, care-giver, step-mom, 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.



www.queenshouse.org

Queen's House Spiritual Directors

You will be accompanied through 'A Sacred Journey' by a skilled spiritual director who has experience with the Ignatian Spiritual Exercises.

Spiritual Direction is the process of accompanying someone on their spiritual journey.

The **Spiritual Director** is a dedicated traveler of the interior pathways who has skills to accompany another person's searching through life's ups and downs. The Director listens, encourages, supports and assists the person to pay attention to their life and to God.

The **Art of Spiritual Direction** lies in uncovering the obvious in our lives and in realizing that every day events are the means by which God reaches us, accompanies us, and transforms us.

Then their eyes were opened and they recognized Him... They asked one another, "Were not our hearts burning within us as He spoke with us on the road and opened the Scriptures to us?" - Luke 24:31, 32

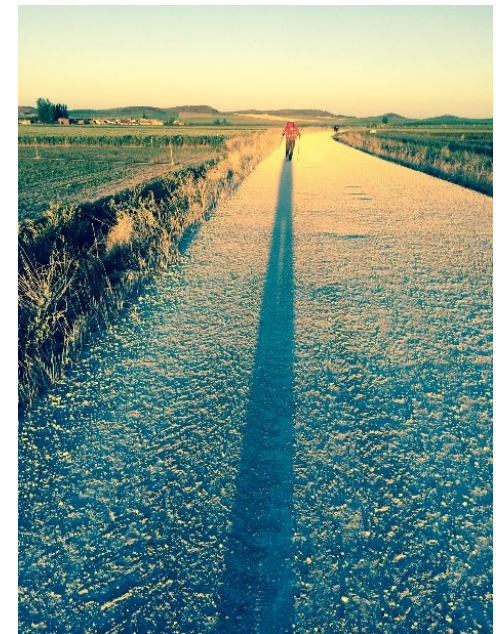
THE SPIRITUAL EXERCISES IN DAILY LIFE

A Sacred Journey

IGNATIAN 19TH ANNOTATION

**September 27, 2020 -
May 16, 2021**

A unique spiritual journey offered
on Zoom



Dianne Mantyka, M. Div.



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

THE SPIRITUAL EXERCISES IN DAILY LIFE

A Sacred Journey

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 - see schedule below
- Meet with a Spiritual Director biweekly (suggest \$40 - 75/1 hr session; 15 sessions)

SCHEDULE

Sunday evenings 7:00 - 9:30 p.m. CST by Zoom
First evening only begins 6:30 p.m.

1. **Sept 27** Orientation. Assign prayers week 1
2. **Oct 4** Intro: Listening Groups. Assign week 2, 3
3. **Oct 18** Principle & Foundation. Assign wks 4, 5
4. **Nov 1** Rules for Discernment. Assign wks 6, 7
5. **Nov 15** Our Graced History. Fifth Discernment Rule. Assign prayers week 8
6. **Nov 22** Summary. Intro to Incarnation and Jesus' Ministry. Assign prayers weeks 9, 9A, 10
BREAK except for *Spiritual Direction*
7. **Jan 17** Ignatian Parables. Assign wks 11, 12
8. **Jan 31** The Two Standards. Assign wks 13, 14
9. **Feb 14** Three Kinds of People. Assign wks 15, 16
10. **Feb 28** Three Kinds of Humility. Assign prayers weeks 17, 18, 18A Decision-making
11. **Mar 21** Crucifixion/Easter. Assign prayers weeks 19, 20, 21
(one week Easter break)
12. **Apr 18** Living with our Resurrected Lord. Assign prayers weeks 22, 23
13. **May 2** Our lives as pilgrimage. Assign wk 24
(one week break to keep Mother's Day open)
14. **May 16** Wrap-up; Celebrating our Journey

THE SPIRITUAL EXERCISES IN DAILY LIFE

A Sacred Journey

IGNATIAN 19TH ANNOTATION

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.

SPIRITUAL EXERCISES IN DAILY LIFE

A SACRED JOURNEY

Ignatian 19th Annotation

September 27, 2020 – May 16, 2021

Deadline to apply for program: Monday August 31

Cost: \$400

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

For further information and payment
please contact

Dianne Mantyka

dimantyka@sasktel.net; 306-514-2193

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

AN IGNATIAN PRATER —timely for today

**Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.**

**You have given all to me.
To you, Lord, I return it.**

**Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.**

THE SPIRITUAL EXERCISES IN DAILY LIFE

A Sacred Journey

IGNATIAN 19TH ANNOTATION

Cost \$400

plus the cost of bi-weekly Spiritual Direction
(\$40 - 75 as able, 15 sessions)

To apply, please copy and respond to these questions in a Word document, and email to dimantyka@sasktel.net
by Monday August 31, 2020

Application Form

Name: _____

Address: _____

City, Province: _____

Postal Code: _____

Cell Phone: _____

Email: _____

Birthdate: day ____ month ____ year ____

Gender Identity: _____

Church/Religious Affiliation: _____

Occupation: _____

Education background: _____

Work experience: _____

Ministry background: _____

Your reasons for wishing to participate in this program: _____

Did anyone recommend that you to take this program? _____

Retreats, spiritual renewal or growth programs you have participated in: _____

Are you seeing a Spiritual Director: y / n

Are you able to meet the commitments as outlined above the schedule; y / n

Are you able to participate by Zoom : y / n

Email to Dianne Mantyka: dimantyka@sasktel.net

Application deadline: Monday August 31, 2020