



Simon Lasair is an award-winning researcher and nationally known teacher on spirituality and spiritual health. He is a Certified Spiritual Care Practitioner

(Professional Chaplain) with the Canadian Association for Spiritual Care, and currently works as the Pastoral Associate at Emmanuel Anglican Church. In addition to facilitating retreats and workshops, he has also worked in health care and academia. When not working, Simon enjoys reading, watching films, baking bread, and spending time with his wife Bronwyn and children Beth and Alex.



Jean Epp-Gauthier, B. Ed., is a former visual arts and EAL (English as an Additional Language) teacher at the Francophone high school in Saskatoon. For a number of years, Jean

has had a keen interest in mandala-making as a journey in self-exploration, self-acceptance and healing, not to mention a moment of fun and relaxation in a sometimes troubled and hectic world. Over the years, she has led mandala workshops with students, teachers, seniors, cancer survivors and friends.



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- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship



Spiritual Health A PATH TOWARD FLOURISHING

**Thursday evenings,
November 5, 12, 19, 26
January 14, 21, 28**

7:00 - 9:00 p.m.

AN ONLINE EVENT



Simon Lasair



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Spiritual Health

A PATH TOWARD FLOURISHING

Did you know people with good spiritual health often live longer, have more fulfilling relationships, have less overall health problems, and generally greater life satisfaction than others? It's true! In recent decades, researchers have discovered what many have known for millennia: good spiritual health contributes to good overall health—and who wouldn't want that? But what is spiritual health, and how do we build it?

The short answer: spiritual health is knowing how to work with our personal experiences so that even when life gets hard (as it always does) we can be transformed by them for the better. How do we prepare ourselves to be transformed? Again, the short answer: we walk a path toward flourishing.

Many religious and spiritual traditions believe 'flourishing' is a significant goal in building spiritual health. In this seven part workshop series, participants will travel a six-step path that will lead toward an experience of 'flourishing'. Through meditation, stories and reflections, small group discussions, and creative expression, participants will learn how to move through life in a spiritually healthy way, building spiritual health within themselves.

Course Outline

Nov. 5: **Awareness**—the foundation of spiritual health

Nov. 12: **Openness**—Integrating awareness into every day

Nov. 19: **Freedom**—Withholding judgement from ourselves and others

Nov. 26: **Wisdom**—Making choices with integrity

Winter Break

Jan. 14: Review of previous sessions - what has remained with us over the holidays?

Jan. 21: **Contentment**—Our guide in life

Jan. 28: **Flourishing**—Living into an abundant life and offering this to others

At the end of each session Jean Epp-Gauthier will lead participants in 30 minutes of creative expression – an opportunity for participants to integrate the concepts just discussed into our personal lives. Participants are invited to have the following materials at hand for these integrative opportunities: Mixed media paper (any heavier weighted art paper will work), soft pastels or crayons, a dinner plate to use as a circular template, pencil, and eraser.

**Thursday Evenings,
November 5, 12, 19, 26
January 14, 21, 28**

7:00 - 9:00 p.m. CST

Cost: \$70 for seven sessions

Recordings of each session will be available to anyone who can't attend all seven sessions.

An online event offered through Zoom

A minimum of 12 participants are needed to offer this program.

Maximum number of participants: 30

Registration deadline: **November 2.**

Registration Details

There are two registration options:

- Visit our website: http://www.queenshouse.org/?page_id=4399
Participants can now register and pay online!

OR

- Call Queen's House and register over the phone: 306-242-1916. As our staffing is minimal, please leave a message and we will be in touch ASAP.

This event sponsored by:

