

# Spiritual Health

## A PATH TOWARD FLOURISHING

with Simon Lasair

Creative Expression Guide: Jean Epp-Gauthier

*An online seven-part series using Zoom*

**Dates and Times:** Thursday evenings, November 5, 12, 19, 26  
January 14, 21, 28  
7:00 – 9:00 p.m. Central Standard Time

**Cost:** \$70.00 for 7 sessions  
A minimum of 12 participants are needed to offer these programs.  
Registration deadline: **November 2**

*Cost is per person - if additional people are joining you in participating in this Zoom event, we invite them to make a donation to the retreat centre.*

**Registration Details:** There are two registration options:

- Visit our website: [http://www.queenshouse.org/?page\\_id=4399](http://www.queenshouse.org/?page_id=4399)  
*Participants can now register and pay online!*
- 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.

**Detail:** 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 would not 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.

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.

### 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

**Presenter: 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.

This series is co-sponsored by Queen’s House Retreat and Renewal Centre and Emmanuel Anglican Church-The Refinery Arts & Spirit Centre