



Ana Gheysen

Ana Gheysen is a spiritually-integrated psychotherapist, an end-of-life doula, and a spiritual care practitioner at the Hospice at Glengarda in Saskatoon SK.

Ana's experience in religious communities and among spiritual seekers has given her a wide lens for appreciating the spiritual life as it manifests in all places and among all people.

Come to be silent, to pray, to read, to walk, and to enjoy someone else's cooking! You are warmly invited to "Nourish Your Mind and Nurture Your Spirit" at Queen's House in late October.

Queen's House Retreat & Renewal Centre
601 Taylor Street W, Saskatoon SK S7M 0C9
www.queenshouse.org
306-242-1916 x226



Enrich your retreat by meeting with one of our spiritual directors

A Spiritual Director is someone who listens and has discerned a call to accompany others - especially those who are experiencing life change or challenges - with finding meaning in their lives. 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.

It is our plan to have a spiritual director available to meet with you while you are enjoying your silent retreat, if requested. Sign-up sheets will be posted on the door of the Spiritual Direction Room - Room 22. A suggested payment of \$30+ per session is given directly to the spiritual director. Sessions usually are one hour in length.



Falling into Silence

ENJOY SOME TIME OF SILENCE AND STILLNESS

COME FOR ONE OR MORE DAYS FOR A GENTLY GUIDED RETREAT



Join us for any length of time from

Thursday October 28, 7:00 p.m.
- Sunday October 31, 1:00 p.m.



Falling into Silence

ENJOY SOME TIME OF SILENCE AND STILLNESS

In an environment of silence, we are able to cultivate a stillness in which to explore the inner landscape. During this retreat, we would like to offer you various forms of support for this important spiritual work. The extended weekend will be facilitated by Ana Gheysen, psychotherapist, an end-of-life doula, and a spiritual care practitioner.

Each morning and evening, you have the option to gather with other retreatants in the Prairie Lounge to listen to audio recording of a Guided Meditation for 30 minutes. Mid-morning and mid-evening, videos of Wisdom Talks offered by spiritual teachers will offer instruction and inspiration. In the afternoon, you will have free time to enjoy rest and renewal.

The Stillness Chapel will be available for individual lectio divina, meditation, and silent prayer. Add beauty to your retreat by enjoying walks on our grounds and along the South Saskatchewan River on the Meewasin Trail.

Breakfast, lunch and dinner will be enjoyed in silence in the dining room. During lunch, Ana will read from *Taking Flight, A Book of Story Meditations* by Anthony de Mello, S.J. In addition, a selection of books on the spiritual life and sacred texts will be available for you to borrow for lectio divina and inspiration.

All bedrooms will have assigned full bathroom facilities. Seating in the dining room, Prairie Lounge and Stillness Chapel will accommodate safe distancing.

We ask that all participants in this retreat be fully vaccinated.

Come for one or more days and learn from the spiritual teachers of our time: Cynthia Bourgeault, Brother Wayne Teasdale, Fr. Adam Bucko, Richard Rohr, James Finley, Thomas Merton, Ken Wilber, Meggan Watterson, Brother David Steindl-Rast, and Mirabai Starr.

SAMPLE SCHEDULE FOR ONE DAY DURING THIS RETREAT:

8:00 a.m.	Breakfast
9:00 a.m.	Guided Meditation Audio/Video
9:30 a.m.	Free time
10:00 a.m.	Wisdom Talk Video
11:00 a.m.	Free time
12:00 p.m.	Lunch
1:00 p.m.	Free time
5:30 p.m.	Dinner
6:30 p.m.	Video on Contemplative Life Part 1
7:30 p.m.	Free time
8:00 p.m.	Video on Contemplative Life Part 2
9:00 p.m.	Guided Meditation Audio
9:30 p.m.	Final Bell

**Thursday October 28, 7:00 p.m. -
Sunday October 31, 1:00 p.m.**

Accommodations:

- monastic-style small bedrooms with single bed, sink, toilet, desk, and assigned shower/bathtub nearby: \$60/night
- day rooms (small bedrooms) with private sink and toilet: \$20/day

Meals

- Breakfast: \$10.00
- Lunch: \$14.00
- Supper: \$16.00

Retreat fee: \$85/day

Discounted rate of \$525 for those who live-in for the complete retreat

Registration Details

**Please pay an initial fee of \$85,
and we will be in touch to assist you
in creating your own retreat**

There are two ways to register for this retreat:

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

OR

- Call Queen's House and register over the phone: 306-242-1916 x226. As our staffing is minimal, please leave a message and Ana will be in touch ASAP.