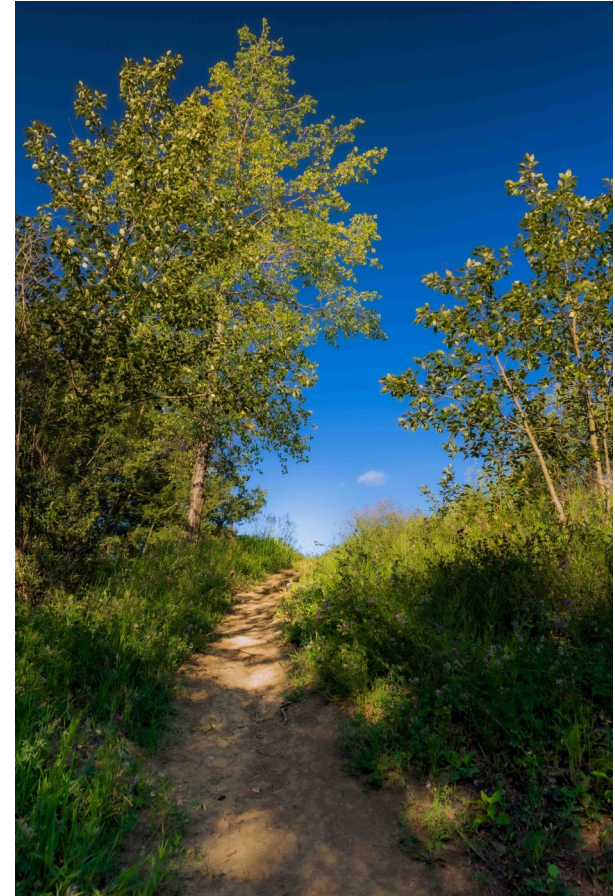


# Spiritual Direction

**SUPPORT FOR YOUR  
SPIRITUAL JOURNEY**



*Taken on the grounds of Queen's House  
Photo: Grant Martin*



## What is a Spiritual Director?

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

This brochure gives a brief introduction to Queen's House Team of Spiritual Directors. Additional information about each one is provided on our website. If you would like to meet with any one of these Spiritual Directors you may contact them personally.

Spiritual Direction can be offered in person or on zoom. If you would like to meet in-person at Queen's House, please check with a spiritual director to inquire about that option.

If you are new to Spiritual Direction and have any questions, please contact Sr. Adeline (top of next page). A suggested offering for a Spiritual Director is a sliding scale from \$25 to \$80 per session, and payment is made directly to the director.



**Sister Adeline M. Behm** is a life-long seeker through the pathways of darkness. She provides a contemplative space conducive for conversation with those caught up in long painful struggles; as mentor for those who have been for many years on a spiritual path and those who desire to do a 5th-step and follow up. She coordinates spiritual direction through Queen's House.

**spiritualdirection@queenshouse.org • 306-242-1916 x228**



**Deb Arndt** offers hospitable space on the journey for those desiring a deepened awareness of God's love and presence in all of life's brokenness and beauty, leading to a greater inner freedom and loving engagement with the world. Together we listen to the Spirit's invitation and movement, opening us to receive mercy, grace and truth.

**ldarndt@shaw.ca • 306-341-1663**



**Gisele Bauche** offers a safe, compassionate, listening presence for those seeking a deeper intimacy with God, to hear the Spirit's guidance within themselves and to integrate life's experiences, discernments, struggles, joys and sorrows, nurturing growth to be more fully alive in God. As an artist, Gisele sees creating as a heart-centered place which connects us to our spirituality and God's movement within our lives.

**gbauche@sasktel.net • 306-380-3577**  
**www.spiritualityandart.ca**



**Karen Block** brings wealth of cross cultural living to spiritual direction. She offers a safe place of hospitality, to explore the journey of life by paying attention to the gift of presence - God's, ourselves and all creation. She believes one of our greatest challenges is learning to "let" God love us by learning to let that love transform us. As an artist, Karen invites discovery and expression of this journey through various art forms.

**klb.spiritualdirector@gmail.com**  
**www.karenblock.com • 306-491-7215**



**Jan Clarke** offers a place of spaciousness and freedom for those seeking meaning in their lives and the world. Each path is sacred. Each journey, whatever it entails, deserves attention through listening, reflection and conversation. An accompaniment for healing journeys; work and ministry dynamics, recovery and contemplative activism.

**janclarke111@gmail.com • 306-244-0690**



**Eileen Klaassen** has a gentle and a peaceful presence in the accompaniment of others on their spiritual journey. She believes in the healing power of telling one's story in order to grow in awareness of the Creator's involvement in our lives. In her love of discovering the uniqueness of each person, she brings this awareness to those she is accompanying.

**emklaassen52@gmail.com • 306-850-5823**



**Sarah Donnelly** is particularly interested in accompanying those who are facing transitions in their faith journey or experiencing loss and grief in their lives. Meditative practices, using the Enneagram and MBTI, and a passionate interest in exploring first half/second half life issues, desert experiences and "dark nights" shape the ministry she offers.

**info@sarahdonnelly.ca • 306-717-3707**  
**www.sarahdonnelly.ca**



**Sister Marijka Konderewicz** has been a mentor and spiritual companion to those who seek to find God in all things. She welcomes those who desire spiritual growth and healing. She is available to listen to and to walk with those who desire to journey towards the mystery of God's merciful love.

**m.konderewicz@gmail.com**  
**306-652-1718 or 306-653-1897**



**Thomas Friesen** seeks to hold a warm and invitational space where you can enter as you are, with all that life is made up of. Through gentle listening and presence he desires to pay attention to how God may be moving in your life – in both joys and sorrows, the exceptional and the everyday. In companionship, discovering the threads of God that have been sewn deep into your soul.

**thomasfriesen@gmail.com • 306-202-6234**  
**www.thomasfriesen.com**



**Linda Labelle** is well versed in a variety of spiritualities including Ignatian, Thomistic, Franciscan and Carmelite. She is passionate about helping others to grow in intimacy with God through Sacred Scripture, discernment, contemplative prayer, healing prayer, mysticism and personal sacred storytelling and writing.

**2012outofftheashes@gmail.com**  
**306-202-9321**



**Lynn Gow** provides a safe emotional space and supportive presence to accompany others as they explore their own inner wisdom around questions such as 'Who Am I?' and 'What Is My Purpose?' Supporting the process of looking inward and connecting with the sacred helps provide the clarity and energy to move forward. Lynn often supports those through 12 step recovery and codependency and women navigating life transitions.

**gow.lynn@gmail.com • 306-371-6392**



**Dianne Mantyka** accompanies those on their path of becoming all they are created to be in relationship to God, self, nature, and others. She believes God's love and mercy is always making all things new - in the midst of our ups and downs, such as transition, uncertainty, darkness - as we attentively surrender to Christ's redemption being revealed. Her experience connects her with a variety of backgrounds.

Dianne also provides supervision for spiritual directors.  
**dimantyka@sasktel.net • 306-514-2193**



**The Rev. Dr. Trish McCarthy** is a seasoned ordained priest and seminary professor, who journeys with people who are discerning God's grace and direction. Trish works well with people from varied ethnic backgrounds including First Nations people. She has a heart for pastors, leads Clergy Peer Group Spiritual Direction, and provides supervision for spiritual directors.

**tmccarthy@sasktel.net • 306-370-8378**



**Gloria Mitchell** has spent her career working with individuals moving through life transitions. She is practiced in the 'listening' of people's life stories, recognizing the potential for growing self awareness through reminiscing of events of joy, and loss. Sharing these reflections in a sacred and safe place often renders enlightenment through conversation, and contemplation towards finding God's presence, and grace in the everyday.

**gm7.mitchell@gmail.com • 306-713-1707**



**Sr. Bernadette O'Reilly** is a recent arrival to Saskatoon following many years of living and working with the Indigenous community in Winnipeg. Spiritual direction has been integral to her own spiritual journey, and a sacred part of her ministry. Trained in Ignatian spirituality, she sees spiritual direction as a way to assist the discernment of spirits that move within us and heed to God's invitation to choose life.

**boreilly9@aol.com • 306-321-5384**



**Sharon Powell** believes that God always speaks to us through our life experiences but sometimes we don't recognize the God anonymous moments. Sharon provides an encouraging and peaceful space for those seeking to recognize the movements of God in their life. Sharon will especially walk with those experiencing codependency issues, marriage breakup or those affected by addictions and she is available for 5th-steps.

**sharonpowell@sasktel.net • 306-291-3061**



**Diane Waldbillig** offers spiritual companionship to seekers of any faith, race, or gender, who are looking for a closer walk with the God of their understanding. People who are grieving loss of a loved one, health, youth or hope are welcome - including those who want something more in their lives. Trained in End-of-Life companionship, offering a safe place to plan for a peaceful dying process and support for loved ones. God-centred Yoga therapy is an optional addition for healing of body, mind and spirit, creating a space for God's unconditional love and forgiveness.

**waldbilligdiane@gmail.com • 306-370-6682**



**Brian Zimmer** offers spiritual direction to help people discern what really matters to them in their lives, and to discern how attitudes, responses and decisions they make in response to their life's circumstances, affects their spiritual journey. He offers attentive, reflective, non-prescriptive, practical opportunities for a person to develop and grow in their personal spiritual life.

**zimmerbrian5@hotmail.com • 306-227-0171**

**Queen's House  
Retreat & Renewal Centre**  
601 Taylor Street West, Saskatoon SK S7M 0C9

For more information please call  
306-242-1916 x 228  
or email:  
spiritualdirection@queenshouse.org