



Nancy Phillips is a Spiritual Director, Retired Nurse, Grandmother and Retreat Director who finds solace in green spaces. She is a graduate of the *Shekinah Program of Spiritual Direction*

and graduate of the *Forest Dwelling Program*, Oblate School of Theology, San Antonio, studying the Spirituality of Aging. Nancy is currently the Program Coordinator of *Growing in Wisdom: Seeking Deeper Generativity* and lives in Winnipeg MB.

Sarah Donnelly is a spiritual director, retreat facilitator, and is the Director of Programming at Queen's House Retreat & Renewal Centre in Saskatoon SK. She is a graduate of St. Peter's Seminary (M.Div.) in London ON; *The Haden Institute: Spiritual Direction in the Jungian Mystical Christian Tradition*; and the *Forest Dwelling Program*, Oblate School of Theology, San Antonio, studying the Spirituality of Aging. Sarah is a member of the Admin Team for the *Growing in Wisdom* program.



Queen's House Retreat and Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

To see a complete list of all upcoming programs please visit: www.queenshouse.org



A sacred place to nourish your mind and nurture your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Spiritual Exploration & Engagement
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ Indigenous Spirituality & Encounter
- ◆ Community, Celebration, Worship



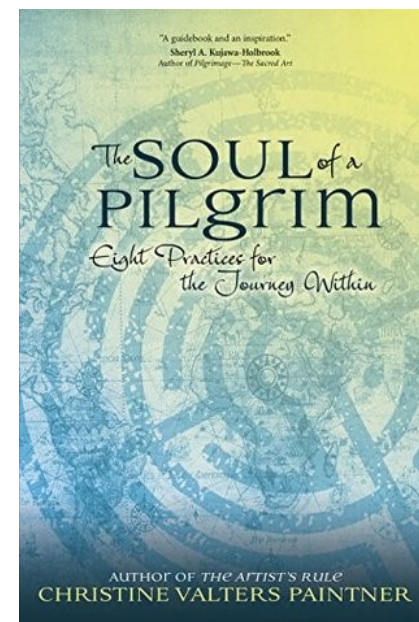
Photo by Grant Martin - taken on the grounds of Queen's House

The Soul of a Pilgrim

EIGHT PRACTICES FOR THE JOURNEY WITHIN

A BOOK STUDY OFFERED ON ZOOM

**Eight Wednesday evenings,
March 23 - June 29
5:00 - 7:00 p.m. CST/MDT**



Nancy Phillips & Sarah Donnelly



The Soul of a Pilgrim

EIGHT PRACTICES FOR THE JOURNEY WITHIN

Join with other seekers as we slowly appreciate the wisdom found in Christine Valters Paintner's book, The Soul of a Pilgrim: Eight Practices for the Journey Within. (2015)

**To journey without being changed is to be a nomad.
To change without journeying is to be a chameleon.
To journey and be transformed by the journey
is to be a pilgrim.**

Mark Nepo, The Exquisite Risk

In the introduction to this book, the author writes, "The Hebrew and Christian Scriptures are filled with journeys...Journeys are movements from one place to another, often to a place that is unfamiliar, foreign, and strange...The journey to become a pilgrim means becoming a stranger in the service of transformation. A pilgrimage is an intentional journey into this experience of unknowing and discomfort for the sake of stripping away preconceived expectations. We grow closer to God beyond our own imagination and ideas..." p. 1-2

Whether our journey - our pilgrimage in our own daily lives - is chosen or imposed by struggle, suffering or loss, you are warmly invited to share this pilgrimage with other travellers in this eight-part series.

This series will be offered twice a month, March 23 - June 29:

March 23 - The Practice of Hearing the Call and Responding

April 6 - The Practice of Packing Lightly

April 20 - The Practice of Crossing the Threshold

May 4 - The Practice of Making the Way By Walking

May 18 - The Practice of Being Uncomfortable

June 1 - The Practice of Beginning Again

June 15 - The Practice of Embracing the Unknown

June 29 - The Practice of Coming Home

Christine Valters Paintner, author and abbess of the online retreat centre Abbey of the Arts, takes readers on an inner pilgrimage to discover the hidden presence of God. Scripture stories of great biblical journeys and Paintner's unique and creative practices of prayer, writing, and photography accompany the pilgrim through the eight stages of the journey - from hearing the call to coming home - all the while cultivating attentiveness to the divine.

Please source your own copy of this book, and read a chapter prior to each gathering.

Eight Wednesday evenings

March 23 - June 29

4:00 - 6:00 p.m. PDT

5:00 - 7:00 p.m. CST/MDT

6:00 - 8:00 p.m. CDT

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

Offered on Zoom

Cost: \$80 for the general public

No cost to participants in the *Growing in Wisdom* Program

Registration deadline: **March 21**.

All sessions will be recorded and sent to those who have registered for this series.

Registration Details

There are two registration options:

- Visit our website: <https://www.queenshouse.org/programs/>

Participants can register and pay online

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