



**Dianne Mantyka** loves to accompany those seeking freedom to be all they are created to be in relation to self, God, others, and creation. She is a retreat facilitator, spiritual director, and

supervisor of spiritual directors, and has co-directed the past 3 cohorts of the QH Spiritual Director Formation Program. She has served as an elder circle leader and workshop facilitator for the *Growing in Wisdom* program.

As a lifelong learner, her ecumenical background and formation includes Biological Sciences and Animal Health, mission work in Mexico, cross-cultural campus ministry, inner healing prayer ministry, contemplative prayer, CPE, Ignatian spirituality, Boundless Compassion, Transforming Community with the Transforming Center, an MDiv through Regent College and a DMin through Kairos with SFS.

Dianne's spirituality is lived out in the context of being a wife, caregiver, stepmom, and Oma. She finds joy in nature, her canine companion, capturing beauty with her camera, community, solitude, and friendship. Dianne believes God is always making all things new as we attentively surrender to Christ's love and compassionate presence. Her diverse background allows her to connect with a variety of people.

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

For details on all programs:  
[www.queenshouse.org](http://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
- ◆ Community, Celebration, Worship



# Remaining Grounded in Times of Chaos

A RETREAT OFFERED  
AT QUEEN'S HOUSE

**Saturday April 6**  
**1:00 - 4:00 p.m.**

*Optional: 9:00 a.m. - 5:30 p.m. or  
Saturday morning to Sunday morning*



**Dianne Mantyka**



**QUEEN'S HOUSE**  
RETREAT AND RENEWAL CENTRE  
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

# Remaining Grounded in Times of Chaos

A RETREAT OFFERED AT QUEEN'S HOUSE

You are invited to this mini-retreat as a place for reflection in a time when there is so much uncertainty in our lives.

This will be a silent meditation retreat, providing you with an opportunity to discover, practice, and deepen your own preferred way of praying. There will be several short presentations, followed by a time of meditating together, as well as some free time.

The word "meditation" has many different meanings in our culture. The teachings of Jesus and Paul offer some profound insights for finding our own source of inner direction.



In this retreat we will be speaking about Christian practices, while respecting other forms of meditation. You may be familiar with Centering Prayer (Thomas Keating O.C.S.O) and Christian Meditation (John Main OSB), and are already drawing from other traditions as well. Our prayer is that you will come away with a renewed sense of hope in yourself, and in our future.

## Additional options:

This afternoon retreat can be expanded into enjoying a full day at Queen's House. Each retreatant will be given a dayroom (small bedroom) to enjoy, from 9:00 a.m. to 5:30 p.m. on April 6.

You may also want to enrich your retreat by staying at Queen's House on Friday April 5, Saturday April 6, or both nights. Contact Sarah, 306-242-1916 x226 to make these arrangements.

Please see the next panel for various options and retreat fees.

# REMAINING GROUNDED IN TIMES OF CHAOS

**Saturday April 6**

**1:00 - 4:00 p.m.**

*Optional: 9:00 a.m. - 5:30 p.m. or  
Saturday morning to Sunday morning or  
Friday morning to Sunday morning*

**Commuter:** \$50 - retreat and a day room (small bedroom).

**Commuter Plus:** \$65 - retreat, lunch, and dayroom

*You are welcome to stay and enjoy your day room, 9:00 a.m. - 5:30 p.m.*

## **Bed and breakfast plus retreat:**

Small bedroom - \$120  
*(extra night B&B - add \$72)*

Medium-size bedroom - \$140  
*(extra night B&B - add \$92)*

Large-size bedroom - \$160  
*(extra night B&B - add \$112)*

Registration deadline: April 3

## **Registration Details**

There are two options to consider when registering for this series:

- Visit our website: <https://www.queenshouse.org/programs/>  
**Participants can register and pay online**
- OR
- Call Queen's House and register over the phone: 306-242-1916 x226