

What's happening at Queen's House Retreat and Renewal Centre in March and April?

Queen's House – Your Home Away from Home

Queen's House is a gathering place and oasis in an ever changing world.

We are nestled in a quiet corner of Saskatoon on the bank of the South Saskatchewan River.

601 Taylor Street West, Saskatoon, SK S7M 0C9

306-242-1916

Email: receptionist@queenshouse.org • Website: www.queenshouse.org

The following are only a sample of the exciting programs at Queen's House. For a full list of programs visit www.queenshouse.org

To register for programs please call 306-242-1916

Together through Lent: An Ecumenical Journey. Five Saturday mornings with speakers from the ecumenical Christian community. Come for one or several sessions! **9:30 a.m. – 12:00 p.m. March 4, 11, 18, 25, April 1.** \$20.00 /session; \$12.00/optional lunch. You are warmly invited to participate in this five-week Lenten series as we enter into some of the unique themes of Lent, and how they intersect with our own lives. This series features several educators in our community from a variety of Christian denominations.

SATURDAY MARCH 4 - Walking the Lenten Journey: Through Crucial Conversations Towards Reconciliation. Facilitator: Marie-Louise Ternier-Gommers

Family strife and racism, reconciliation with First Nations and same-sex marriage, understanding Islam and integrating new immigrants, assisted suicide and abortion — all subjects that can spark controversial and polarizing disputes. Unresolved divisions and disputes, conflicting worldviews and moral standards risk leaving relationships permanently impaired or ended. Each time that happens our capacity to love unconditionally suffers. As persons of faith we are called to grow into ambassadors of reconciliation, choosing listening before judging, sharing before walking away, receiving before dismissing, and loving before condemning. How to do this is the subject of this presentation.

SATURDAY MARCH 11 - Journeying through Lent with Dementia. Facilitator: Rev. Marilyn Fowlie-Neufeld

This presentation will explore the spirituality of dementia for those living with dementia and for their caregivers and spiritual care providers. In a world that tends to de-value those with physical and cognitive disabilities the message of the cross tells us that all God's children - regardless of ability – are precious and loved. How do we communicate this to and with those dealing with dementia? This workshop will provide both reflection and ideas on how to do that.

SATURDAY MARCH 18 - Lent: A Very Human Journey. Facilitator: Rev. Deborah Walker

This presentation will explore the many meanings of "pilgrimage." In the fall of 2016 Deb walked the Camino de Santiago de Compostela (The Way of St James). The Way of St. James was one of the most important Christian pilgrimages during the Middle Ages, and its popularity has only increased in recent decades. In this workshop Deb will be sharing personal reflections from her journal as she walked this sacred journey.

SATURDAY MARCH 25 - Journey to Jerusalem: The Labyrinth as Pilgrimage. Facilitator: The Rev. Gyllian Davies

As Jesus turned his face towards Jerusalem he taught and healed, using metaphor to clarify his radical world-changing message, and physical acts to transform people's illness into wholeness. The labyrinth offers itself to us as a catalyst for insight and transformation in both these realms. Through embracing its path as pilgrims and seekers we too will turn our faces towards Jerusalem, to discover, in these physical and metaphorical realms, who God is calling us to become this Lent of 2017.

SATURDAY APRIL 1 - Called to be "Agents of HOPE." Facilitators: Fr. Mike Dechant OMI and Brendan Bitz

How do we live as "agents of hope" in a world filled with chaos, turmoil and brokenness? How do we live Gospel values of love and forgiveness and healing? How do we live in a way that can make a difference? What's the truth when there are so many conflicting voices? Jesus has an answer for us when he says: "I am the way the truth and the life!" Maybe "together" we can learn and understand what that might mean for me and for you. Let's talk!

A Quiet Day for Prayer and Reflection - Second Wednesday of each month, with Gisele Bauche. **March 8, April 12. 9:30 a.m. to 3:30 p.m.** \$25.00 per session which includes lunch. A day room for rest can be acquired for an additional \$5.00. Come spend "time away" in quiet reflection, input, sharing, prayer and contemplation.

Women In Ministry Friday Luncheons - Facilitators: Marie-Louise Ternier-Gommers and Rev. Amanda Currie
Fridays, March 10, April 7, 12:00 – 1:30p.m. Cost: Lunch \$10. This invitation goes out to all women who are employed in professional ecclesial ministry; retired from an employed ministry position; and/or studying for professional ecclesial ministry. The main purpose for the lunches is to create an informal relational space where women working professionally in ministry (lay and ordained, pastoral work, congregational work, chaplaincy, retreat work) can connect across denominational lines and form networks of friendship and communication.

Silent Directed Retreat: "Be still and know" with Dianne Mantyka M. Div. and Bishop Gerry Wiesner, OMI. **Sunday March 12, 6:30 p.m. – Tuesday March 14, 1:00 p.m.** \$345 – live-in only: includes lodging, meals, spiritual direction, and facilitation. Take time to draw away, to be still, and to encounter God - who loves you, and is for you, with you, within you. These days will provide you with opportunities to be in silence, to pray with the scriptures, to reflect, rest, and to meet with a spiritual director. Come to this peaceful setting to be refreshed in God's presence. Become renewed for all that life holds for you.

Ignatian Spirituality with Linda Labelle. **Saturday March 18, 9:00 a.m. – 4:00 p.m.** \$40.00 - includes lunch. We will begin our day by meeting Ignatius of Loyola (1491-1556), the soldier, the sinner, the mystic, the priest. We will look at his conversion and development of one of the most profound ways of discerning God's will ever written. As we journey with Ignatius, we will explore his mystical experiences and his reflective Spirituality. We will pray together, experience the Awareness Examen and Scripture Prayer, work through a discernment exercise, as well as explore the Spiritual Exercises. Ignatian Spirituality offers us a vision of living life. "Our only desire and our one choice should be this: I want and I choose what better leads to God's deepening life in me". It also offers us a vision of work whereby our lives are reordered. "We are to choose – to freely unite ourselves with God to be as one, active in the world. And finally, it offers us a vision of love. "Love ought to show itself in deeds over and above words" and "In love, one always wants to give to the other."

Tension and Trauma Release Exercises with Marie Graw and Jackie Maloney. **Saturday March 18, 10:00 a.m. – 5:00 p.m.** \$125 - \$110 if booked before March 10. Book a dayroom with a bed for \$5. Enjoy lunch for \$12. What is TRE®? • Tension and Trauma Release Exercise is a series of exercises designed to release stress, tension and trauma in our system • safely activates a natural reflex mechanism of shaking or vibrating that releases deeply-held muscular tension • helps regulate our autonomic nervous system, and can restore harmony and balance • is an innovative, physical approach to letting go of the tensions we accumulate through life's ups and downs • is effective with the full spectrum of stress - from daily stress to PTSD • is adaptable for all body types, fitness levels, and mobility challenges • is designed to be taught professionally and then used independently by individuals and groups. Additional TRE Information can be found at traumaprevention.com.

Exploring the Soul Energies of the Enneagram Centres with Rick McCorrister. **Saturday March 25: THINKING CENTRE - 5, 6, 7 (HEAD); Saturday Apr. 29: FEELING CENTRE - 2, 3, 4 (HEART).** (First session took place on Saturday Feb. 25: ACTION CENTRE - 8, 9, 1 (GUT). Attend one or several sessions, **9:30 a.m. – 3:30 p.m.** \$95.00 per session - includes lunch. Attend all three sessions for \$260. The Enneagram is an ancient symbol for spiritual transformation and growth and offers us the opportunity to cultivate deepening awareness, conscious choice, and wholeness in our lives. In the past few decades Western psychological understandings have been integrated into the teachings of the Enneagram. On the surface the Enneagram depicts nine personalities that we individually manifest as we learn to live into this world. At a deeper level it depicts nine manifestations (or energies) of the Divine Essence within us - the Divine Image in which we are made - and it is at this level that the symbol becomes a map to the soul. In this series we will explore how these divine energies connect us to our soul, how to listen to the soul and to live from that deeper place. We will do this exploration by focusing on each of the three centres: Gut/Action Centre, Head/Thinking Centre, and Heart/Feeling Centre.

The Book of Exodus with Fr. Paul Fchet OMI. **First Wednesday of each month, 10:00 a.m.—12:00 p.m. March 1, April 5.** \$15/session; \$25 including lunch. During this year we will continue with experiential listening to and reflections on passages in the section the "Narrative of Liberation" (Exodus 4-15). Participants are welcome to attend one or several sessions.

Ecumenism: Opening Spiritual Doors with Archbishop Don Bolen. **Saturday April 8, 9:00 a.m. – 4:00 p.m.** \$40 - includes lunch. *"I have given them the glory that you gave me, that they may be one as we are one— I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me."* John 17:22-23 NIV. Jesus prayed that his disciples, present and future, would be one. But we live in a context where Christian communities are divided. Spiritual directors may find themselves ministering to people of other Christian communities than their own, and ministering to people who are in an inter-church marriage. The presentation will focus on the work of reconciliation among Christian communities touching on dialogue, common prayer, and joint mission even amidst our current divisions.

Easter Triduum Community Weekend: A JOURNEY FOR THOSE SEEKING A DEEPER EXPERIENCE OF EASTER. **Thursday April 13, 7:00 p.m. - Sunday April 16, 1:00 p.m.** Costs: minimum donation to Queen's House of \$150 (regardless of family size), a monetary contribution towards the food, and a donation for the crafts plus participation in the various tasks that make this weekend happen.

For 30+ years groups of families have gathered at Queen's House to celebrate the Easter Triduum together. Families with children live in at Queen's House, or commute, for an experience of Christian community. Everyone is expected to help out with the various tasks that help to make this weekend so memorable, be they activities in the chapel, in the children's playroom or in the kitchen, as there are no staff from Queen's House on duty this weekend. Together the families plan the Triduum liturgies, offer music ministry (please bring your own instruments), prepare the meals in the kitchen and clean up, assist the children with Easter crafts, enjoy fun activities such as the infamous annual egg drop, pretzel making and egg colouring, and engage in common prayer and celebration. Fr. Bill Stang, OMI, has generously agreed again to be present to this unique community in his role as confessor, chaplain and priest for this weekend of faith exploration and celebration.

Centering Prayer - Monday evenings, 7:00 – 8:30 p.m. Cost: by donation. Join others in this ancient form of Christian meditation. Offered every Monday, September to June, except on stat holidays.

Spiritual Direction - Have you considered inviting a spiritual director to journey with you as a trusted companion? The spiritual director is a dedicated traveller of the interior pathways and has the skills to accompany another person who is experiencing the joys and challenges of life. The director listens, encourages, supports and assists the seeker in paying attention to their life. Queen's House has a number of trained spiritual directors who come from the ecumenical Christian community and offer a wide variety of interests and experience. To learn more about these spiritual directors please visit the website. If you are new to spiritual direction or have any questions about this listening ministry please contact our coordinator, Sr. Adeline, 306-242-1916 x228. A suggested offering for spiritual direction is a sliding fee scale of \$25—\$75 a session.

ONGOING EVENTS AT QUEEN'S HOUSE INCLUDE:

CENTERING PRAYER: Monday evenings, 7pm • **TAIZE PRAYER FOR CHRISTIAN UNITY** Second Tuesday of the month, 8pm • **PERSONAL DAY(S) OF PRIVATE PRAYER:** Book anytime • **QUEEN'S HOUSE WEEKLY CELEBRATION OF HOLY EUCHARIST:** Wednesdays, 2:30pm (call to confirm time – all are warmly welcome!) • **24 HOUR EUCHARISTIC ADORATION:** Fourth Monday of the month, 12:00pm – Tuesday 12:00pm

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