

Jerry and Donna Kristian met during the formation and founding of a post-secondary Catholic school of faith and mission in Bruno, Saskatchewan. Married in 2008 they have since become partners in the implementation and facilitation of the *triumph* program. Together they are the parents of five and the grand parents of eleven. When not working or spoiling their grand-children they enjoy travelling and meeting the people and cultures of the world.



Jerry was born in Prud'Homme, SK. After leaving high school Jerry embarked on a two-year trip hitch-hiking around the world. He owned and operated various food operations throughout western Canada, as well as apartment units, a hotel, and heavy equipment business in Saskatoon. One of the founders of St. Therese Institute of Faith and Mission, he held the roles of Board Chair and Executive Director of the Institute. In 1978, he experienced a renewed relationship with God and a call to service in the intercessory prayer and healing ministry. With a profound love of God's people, he remains faithful to this call.



Donna was born in Loon Lake SK, Her love of the Church and preparation for ministry led her to study theology. In addition to having served as the Director of Healing and Growth at St. Therese Institute, her thirty years of ministerial experience includes parish and diocesan ministry, as well as teaching introduction courses in Old and New Testament studies, and Ignatian Discernment. She has a BA in Christianity and Culture from St. Michael's College, University of Toronto and a Masters Degree in Ministry and Spirituality from Regis College; Toronto School of Theology; University of Toronto.

Queen's House

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
- ◆ Reflections on the Seasons of the Church Year
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship

NOURISH | **NURTURE**
YOUR MIND | YOUR SPIRIT

Explore your expanding home
at **Queen's House**

Triumph: Freedom through Healing

**Friday July 31, 6:00 p.m. -
Saturday August 8, 3:00 p.m.**



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



Knowingly or unknowingly all of us carry hurtful experiences from the past into the present that can negatively affect our day to day relationships with one's self, with others; at home, at work, and most especially with God.

Inspired by the spirituality of St. Ignatius of Loyola and St. Therese of Lisieux, *Triumph* is a facilitated nine-day program designed to bring healing and spiritual growth to the wounded places of our being.

We invite you to come and encounter God on this gentle, powerful and life changing journey of inner healing and transformation ... a journey leading more deeply into a fulfilled, peaceful, Christ-centered life filled with joy.

Triumph Outreach

You can also invite us to come to you to provide a *Triumph* Retreat for your parish, group, ministry or retreat center. For more information call 1-306-221-3092 or contact us at www.triumphretreat.com.



A gentle and powerful program that produces life-long, lasting transformation

Who is 'Triumph' for? 'Triumph' is for everyone!

'Triumph' is for me, for you, for your friends, for your family, for priests and religious and other ministers, for Christians of any faith tradition or denomination (for that matter, people of any faith tradition, Christian or not), for people who are at any point on their faith-walk -- 'on fire' or 'lukewarm' or completely 'cold'! And if you're not covered in this list, then 'Triumph' is for you too!

We are all made for a relationship with God. Rediscovering our identity as His children brings meaning, purpose and fulfilment to every area of our lives. His healing mercy and love are for everyone!

**Visit the Triumph' website at
www.triumphretreat.com**

Triumph: Freedom through Healing Retreat

**Friday July 31, 6:00 p.m. -
Saturday August 8, 3:00 p.m.**

Cost: \$1,595 (payable in full to Queen's House by the Monday following the start of the program).

This fee includes program registration, meals, facility and a small bedroom

- Upgrade to a medium bedroom (if available) for an additional \$90 for the retreat.
- Upgrade to a large bedroom (if available) for an additional \$180 for the retreat.

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

To register please call **306-242-1916** or email: receptionist@queenshouse.org

What will 'Triumph' do for me? 'Triumph' will:

- Reveal more profoundly the TRUTH of who God is and who you are!
- Help you to acknowledge and accept responsibility for the hurts and difficulties experienced in your life, and rediscover the joy of living.
- Encourage you in making life giving choices.
- Assist you in recognizing personal woundedness and understanding the need for God's healing work in your life, and in the healing work of forgiveness.
- Help identify and break generational patterns and begin to restore family.
- Encourage and support personal conversion and the freedom for deeper personal relationship with God, self and others.
- Bring feelings and emotions into balance and order, that they may serve as signposts in discernment and recognizing God's guidance in your life.
- Satisfy the ache and hunger within with what you are truly longing for.
- Equip you with the tools to continually discover the power of God's healing in day to day living.
- You will learn to love yourself. As a result, you'll experience better effectiveness at work, better marital relationships and a more fruitful family life.

