



Marg Janick-Grayston was raised by a loving family on a farm in Roland, MB, where she discovered a connection with nature and spirituality. Over the years she felt inspired to take training in areas pertaining to spiritual, physical, mental and emotional well-being. As a Recreational Therapist for 21 years she worked holistically with people in Rehab Centers, Mental Health and Long Term Care Facilities, and Developmental Classrooms. During that career she witnessed people's amazing resilience, deep yearning to belong, and the importance of truly listening to people's stories with compassion and empathy. With a deepening interest in accompanying people spiritually she then obtained a M.Div. in Theology and training in Spiritual Direction. For the next 21 years Marg served as a United Church clergy in rural Saskatchewan communities, and as a Program Director at Calling Lakes Centre all of which she holds dear to her heart. After obtaining certificates in energy work and Expressive Arts Therapy she was inspired, in 2014, to create Free Flow Wellness which she now puts her heart and soul into as she draws upon all of the skills she has honed over a life time. She is grateful for the continuous support of family, friends, and a guiding Spirit throughout life.

W: www.freeflowwellness.ca
E: marg@freeflowwellness.ca



Free Flow Wellness is a donation based service created by Marg Janick-Grayston. Her prevailing intention is to accompany, support, and inspire individuals on a path towards spiritual, physical, mental, and emotional well being, and facilitate reflective processes in small groups where transforming insights take place. Marg offers a number of services through Free Flow Wellness including: Spiritual Mentoring, On-line and In-Person Retreats, Energy Work, Expressive Arts Therapy Processes, and Consulting. She offers a person-centered, invitational accompaniment and facilitation process tailored to people's unique needs. She trusts her intuition in flowing freely from one modality to another as she invites people into breath awareness, guided imagery, expressive art therapy processes, energy work and spiritual reflection. Marg is a strong believer that inviting people to engage in a variety of modalities greatly assists them in freeing stress, flowing towards inner wisdom, and enhancing wellness.



Mission Statement:

As a retreat and renewal centre, we offer sacred space for self-reflection, encounter with others, and spiritual exploration.
Nourish your mind. Nurture your spirit.

Queen's House Retreat & Renewal Centre
www.queenshouse.org
Saskatoon SK
306-242-1916

An Advent Journey of the Heart

A RETREAT OFFERED ON ZOOM

Four Monday afternoons

November 22, 29

December 6, 13

1:30 - 4:30 p.m. CST

and confirmation in the defense of the gospel. For God is my witness, how I long for all of you with the passion of Christ Jesus. ⁹ And this is my prayer, that your love may overflow more and more with knowledge and full insight ¹⁰ to help you to determine what is best, so that in the day of Christ you may be found spotless, blameless and without blemish. ¹¹ If I leave you in this world, I will send you my



Marg Janick-Grayston



An Advent Journey of the Heart

An Online Retreat Series over four Mondays via Zoom

November 22, 29

December 6 & 13

1:30 – 4:30 p.m. CST

Advent can be a true journey of the heart and this year is no exception. The scripture readings take us on an emotional journey from one week to the next as they invite us to explore our heavy hearts, our capacity for love and compassion, what direction we need to take to flourish, and those things for which we might offer grateful praise to the Divine. Each week we will explore the particular theme that arises from the heart of an advent scripture passage and reflect on it. We will begin our time together by reflecting on a song, poem, image, video and/or meditative practice that ties in with the chosen theme of the day. Then we will delve into the depths of our own hearts as we take time to explore this theme further on our own through suggested creative expressions that may include such options as journaling, collaging, imagery, painting, poetry, praying, or whatever direction you feel inspired to take. We will then have time to share in a small group, and finally come together with everyone as we draw the day to a close.

The following passages and themes of reflection for this Advent Journey of the Heart will include:

Monday, November 22 - Luke 21:25-36

From Heavy Hearts to Hope-Filled Spirits

Monday, November 29 - Philippians 1:3-11

Infusing our Spirit with Love and Compassion

Monday, December 6 - Luke 3:9-17

Flourishing Towards Joy

Monday, December 13 - Luke 1:39-49

Grateful Praise

"A loving heart awakens the spirit of possibility and engagement with others."

— John O'Donohue,
To Bless the Space Between Us

I look forward to engaging with others for this Advent journey of the heart that will awaken the spirit of possibility.

Marg Janick-Grayston

Leadership: **Marg Janick-Grayston**; M Div., Retreat Leader, Spiritual Mentor, Expressive Arts Educator, and Creator of Free Flow Wellness

Supplies:

For your time of creative expression, you may wish to have the following handy: a journal, pen, paper, magazines, scissors, glue, markers, crayons or paint, scraps of material, clay.

This retreat series is co-sponsored by Marg Janick-Grayston, Free Flow Wellness, and Queen's House Retreat and Renewal Centre.

Registration Details

Number of Participants: Maximum 12

Registration Deadline: November 15, 2021

Email: marg@freeflowwellness.ca
to hold a spot

Facilitation Donation:
This is a donation based service so any amount will be gratefully received.
A suggested range is \$120-\$150 for the complete series.

Your facilitation donation can be sent via e-transfer to
marg@freeflowwellness.ca
or via mail to Marg Janick-Grayston,
RR2, Site 2, Box 44, Canora, SK. S0A 0L0
at the time of registration.

Cancelation Policy: If leadership cancels the retreat, a full refund will be offered. If a participant cancels by November 15, a full refund will be offered. If a participant cancels after November 15, a full refund minus \$30 for administration will be refunded.