



**Dianne Mantyka** is a spiritual director, retreat leader and supervisor for spiritual directors. She has co-led the QH Spiritual Direction Formation Program, and offers the Ignatian Exercises and silent directed retreats.

Dianne loves accompanying those who desire to grow in love and freedom with God, self, others and nature. She sees spiritual formation occurring by being attentive to God in all of life - for her as a wife, caregiver, stepmom, Oma, friend, in family and community. Sources of joy include her canine companion, life-long learning and empowering, creativity and nature. Her ecumenical and multi-cultural experience allows her to connect with those from a variety of backgrounds.

Dianne grew up in Saskatoon in a Dutch Immigrant Community. She studied Biological Sciences through SIAST, leading to employment in animal health and research and 18 years living in Vancouver. From there she served with missions in Mexico, followed with 19 years of campus ministry and part-time theological studies. Marriage brought her back to Saskatoon where she continued campus ministry. Having received her Master of Divinity from Regent College and her Spiritual Direction Formation training from Queen's House, she transitioned into Spiritual Direction, Formation and Retreat ministry. Her formation and learning continued with Clinical Pastoral Education, Inner Healing Prayer Counseling, Ignatian Spirituality, Centering Prayer, Joyce Rupp's Boundless Compassion, Transforming Community with the Transforming Center and a Doctor of Ministry with Kairos University through SFS.

Dianne hopes Sacred Rhythms will help participants cultivate the valuable practice of establishing spiritual rhythms for daily life.

## Sacred Rhythms

### ARRANGING OUR LIVES FOR SPIRITUAL TRANSFORMATION

Written by Ruth Haley Barton

*"The choice to establish your own sacred rhythms is the most important choice you can make with your life.*

*Spiritual disciplines open us to God's transforming love and the changes that only God can bring to our lives. Picking up on the monastic tradition of creating a 'rule of life' that allows for regular space for the practice of the spiritual disciplines, this book takes you more deeply into understanding seven key disciplines along with practical*

*Ideas for weaving them into everyday life., each chapter includes exercises to help you begin the practices individually and in a group context. The final chapter puts it all together in a way that will help you arrange your life for spiritual transformation."*

**Ruth Haley Barton** is the author of Sacred Journey. Ruth has written a number of books including: Silence and Solitude, Strengthening the Soul of your Leadership, Equal to the Task, and Discerning God's Will Together. Ruth is founder and CEO of *The Transforming Center* in Wheaton, Illinois, dedicated to strengthening and caring for souls of pastors and leaders.

[www.transformingcenter.org](http://www.transformingcenter.org)

These ten gatherings will be facilitated by **Dianne Mantyka**, who participated in Transforming Community's Transforming Community 15. This group will use Barton's book for this series to develop spiritual practices for daily living. Gatherings will take place on Sunday evenings in a home in the Briarwood area of Saskatoon.

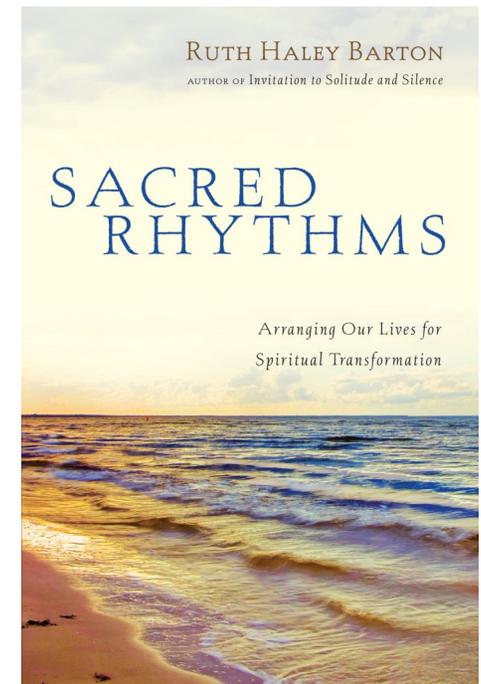
## Sacred Rhythms

### ARRANGING OUR LIVES FOR SPIRITUAL TRANSFORMATION

**Ten Sunday Evenings**

**October 30, 2022 -**

**May 28, 2023**



**Dianne Mantyka, D. Min.**



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

## Sacred Rhythms

### YOUR COMMITMENT

- Ten gatherings every 3 to 4 weeks that include input, group interaction, litanies and reflections.
- Read relevant chapter of Ruth Haley Barton's book Sacred Rhythms prior to each gathering.
- Meet with a Spiritual Director monthly between sessions.
- Daily prayer /journaling/practices.

### WHERE

A home gathering space in the Briarwood area of Saskatoon

### SCHEDULE

Sunday evenings 7:00 - 9:00 p.m.  
First evening begins at 6:30 p.m.

1. Oct. 30 - **Longing For More:** An Invitation to Spiritual Transformation (Naming Deepest Desire)
2. Nov. 20 - **Solitude:** Creating Space For God
3. Dec. 11 - **Lectio Divina:** Encountering God Through Scripture
4. Jan. 22 - **Prayer:** Deepening Our Intimacy with God
5. Feb. 12 - **Honoring Our Body:** Flesh and Blood Holistic Spirituality
6. Mar. 5 - **Self-Awareness:** Bringing My Whole Self Before God (The Examinations of Conscience and Consciousness)
7. Mar. 26 - **Discernment:** Recognizing and Responding to God's Presence
8. Apr. 23 - Rhythms of Rest and Work: Establishing Rhythms of Sabbath Renewal
9. May 14 - **Cultivating a Rhythm for Spiritual Transformation:** Crafting a 'Rule of Life'
10. May 28 - **Wrap-up:** Celebrating our Journey and Continuing on our Way

## Sacred Rhythms

This workshop is for you if you desire:

- To form spiritual rhythms that arrange your life for spiritual transformation.
- Contemplative practices that cultivate a holistic way of life-body, soul, mind, spirit.
- Experiencing solitude and silence, rest and renewal, meditation and contemplation, community and connection, energized intentional activity

## SACRED RHYTHMS

### ESTABLISHING SPIRITUAL PRACTICES FOR DAILY LIVING

**October 30, 2022 – May 28, 2023**

Deadline to apply for program: October 17

COST: \$285 plus

- ⇒ cost of Sacred Rhythms by Ruth Haley Barton (available on Amazon.ca)
- ⇒ monthly Spiritual Direction. To seek out a spiritual director visit [www.queenshouse.org/spiritual-direction/](http://www.queenshouse.org/spiritual-direction/)
- ⇒ binder for notes/handouts and a journal

For further information contact

**Dianne Mantyka**

**[dimantyka@sasktel.net](mailto:dimantyka@sasktel.net); 306-514-2193**

*One can begin one's quest by attending to the desires of the heart, both personal and communal. The Spirit is revealed in our genuine hopes for ourselves and for our world. How brightly burns the flame of desire for a love affair with God, other people, the world? ... to desire and seek God is a choice that is always available to us.*

*Elizabeth Dryer*

## Sacred Rhythms

ARRANGING OUR LIVES FOR  
SPIRITUAL TRANSFORMATION

### LOCATION

Home gathering space in Briarwood area of Saskatoon

**TO APPLY** please respond to these questions in a Word document; email to **[dimantyka@sasktel.net](mailto:dimantyka@sasktel.net)** by **Monday October 17**

### Sacred Rhythms Application Form

Name:

Address:

City, Province and Postal Code:

Cell Phone:

Email:

Age:

Gender identity:

Faith tradition; church affiliation:

Occupation:

Education:

Work Experience:

Ministry Experience:

Reasons for participating in this program:

**Please email your response to the above to Dianne Mantyka: [dimantyka@sasktel.net](mailto:dimantyka@sasktel.net) by October 17.**