



Ana Gheysen is a spiritually-integrated psychotherapist focused on grief and bereavement, end-of-life doula, and a spiritual care practitioner at the Hospice at Glengarda in Saskatoon, SK.

Ana's experience in religious communities and among spiritual seekers has given her a wide lens for appreciating the spiritual life as it manifests in all places and among all people.

As a former ESL teacher, yoga instructor and meditation guide, she is a skilled facilitator who can provide a compassionate, warm space for treading difficult terrain. She is adept at leading small groups through learning, opening the floor for discussion and then supporting each person as they integrate what they have learned.

www.anagheysen.com

Queen's House Retreat and Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

To see a complete list of all upcoming programs please visit: 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
- ◆ Indigenous Spirituality & Encounter
- ◆ Community, Celebration, Worship



Photo by Grant Martin - taken on the grounds of Queen's House

Rediscovering the Art of Dying

HOW JESUS' EXPERIENCE AND OUR STORIES REVEAL A NEW VISION OF COMPASSIONATE CARE

A BI-WEEKLY ZOOM SERIES

**Six Tuesday evenings,
January 24 - April 4
7:00 - 8:30 p.m. CST**

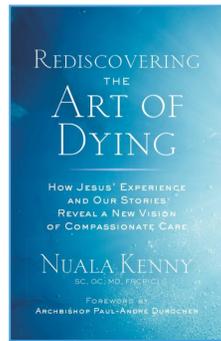


Ana Gheysen, CCC-Q



Rediscovering the Art of Dying

Join seekers from across the country for a six-session series offered bi-weekly on zoom as we begin a new year and journey through the season of Lent. Ana Gheysen will be your guide through the incredibly moving book by Nuala Kenny, Rediscovering the Art of Dying: How Jesus' Experience and Our Stories Reveal a New Vision of Compassionate Care. (2017)



We will journey together with Jesus from the Garden of Gethsemane to the Resurrection through presentations, small group discussions and time for individual journaling and personal reflection.

Death and dying are difficult topics to face. This series provides a sacred container for us so that this process feels a little more doable. As we work through the book, we will confront our own mortality, our ideas about the meaning of suffering, fears about what the end of life is like, questions about hospice and palliative care, and the role of ritual after death.

Each presentation is a step on the journey:

Presentation One - January 24

- The Temptation to Avoid Suffering: Jesus in Gethsemane

Presentation Two - February 7

- Freedom of Choice: Jesus is Captured and Arrested
- Loss of Dignity: Jesus is Stripped and Mocked

Presentation Three - February 21

- Identity Loss in Illness and Cognitive Decline: Jesus Takes up His Cross

Presentation Four - March 7

- The Dimensions of Suffering: Jesus Falls Three Times
- Palliative Care: Simon of Cyrene Helps Jesus Carry His Cross

Presentation Five - March 21

- The Art of Dying: Jesus is Crucified
- Faithful to the End: Jesus Dies

Presentation Six - April 4

- Rituals and the Ministry of Consolation: Jesus is Buried
- Do Not Be Afraid: Jesus Rises from the Dead

Six Tuesday evenings:

January 24

March 7

February 7

March 21

February 21

April 4

Please source your own copy of the book. While it is not necessary to read the whole book in advance, you may choose to do in order to be able to enter more fully into this series.

Six Tuesday evenings

January 24 - April 4

7:00 - 8:30 p.m. CST

Offered bi-weekly on Zoom

Cost: \$125 for six sessions

Recordings of each session will be sent to all participants bi-weekly

A minimum of 8 participants are needed to offer this series.

Registration deadline: **January 18.**

If you have questions about the series, email Ana Gheysen: anagheysen@gmail.com
Website: www.anagheysen.com

Registration Details

There are two registration options:

- Visit our website: <https://www.queenshouse.org/programs/>

Participants can register and pay online

- Call Queen's House and register over the phone: 306-242-1916 x226. As our staffing is limited, please leave a message and we will be in touch ASAP.