



Sarah Donnelly, M.Div.

was born and raised in southern Ontario, receiving her undergraduate degree from the *University of Waterloo*, her Masters of Divinity from *St. Peter's Seminary (University of Western Ontario)* and her

spiritual direction training from *The Haden Institute: Spiritual Direction in the Jungian, Mystical, Christian Tradition*. Sarah has been offering retreats and workshops since 1994 in Alberta, on Vancouver Island, and now in Saskatoon. Her areas of interest include the deepening of our spiritual life and journey, our relationships with those we love, and the often lonely path of grief and loss. Working within ecumenical and interfaith circles is a great gift and privilege for Sarah.

Sarah is the Program Director at Queen's House, the Program Administrator for the *Growing in Wisdom: Seeking Deeper Generativity* two-year program, and offers the listening and accompanying ministry of Spiritual Direction.



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
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship



The Five Love Languages

A ST. VALENTINE'S DAY DINNER & WORKSHOP

Tuesday February 14

5:30 p.m. supper

6:30 - 9:00 p.m. workshop



Sarah Donnelly

Queen's House Retreat & Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

For details on all programs:

www.queenshouse.org



QUEEN'S HOUSE

RETREAT AND RENEWAL CENTRE
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

The Five Love Languages

A ST. VALENTINE'S DAY DINNER & WORKSHOP

In his bestseller book The Five Love Languages: How to Express Heartfelt Commitment to Your Mate Dr. Gary Chapman suggests that the many ways in which we express our love and appreciation to our spouses, family members, dear friends, and even work colleagues comes down to five basic "languages." And conflict or hurt feelings can arise when we continue to use our own "love language" rather than that of our loved one. In this light-hearted and informative workshop you will have the opportunity to learn the unique way in which you give and receive affection, and that of your loved one, so that communication between you is more fruitful and life-giving.

An excellent workshop for those preparing for marriage, those who have been married for decades, and for family members or dear friends. Please attend this supper and workshop with a companion.

This event is limited to 12 couples/pairs. Each couple/pair will be seated at their own table to encourage personal conversation. The registration fee of \$60 is for two people.



Tuesday February 14

5:30 p.m. supper

6:30 - 9:00 p.m. workshop

Cost: \$60 - covers two people

A workshop offered at Queen's House - limited to 12 couples/pairs of people

Registration deadline: **February 13**

Registration Details

There are two options to consider when registering for this workshop:

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

Participants can register and pay online

OR

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