

SILENT GUIDED RETREAT: June 9 - 11, 2023

Live-in at retreat centre (*recommended*): \$445

Commuter fee: \$325

Registration Form

Registration deadline: Friday June 2

Name: _____

Address: _____

City/Province: _____

Postal Code: _____

Cell Phone: _____

Email: _____

Gender Identity: _____

Age: 18-30__ 31-45__ 46-64__ 65+__

Religious Affiliation: _____

Occupation: _____

Dietary or special needs: _____

First Silent Directed Retreat? Y/N _____

Have experienced seeing a spiritual director?

Y/N _____

To register please send this form to

Dianne Mantyka

c/o Queen's House Retreat & Renewal Centre

601 Taylor Street West

Saskatoon SK S7M 0C9

Or scan and email to:

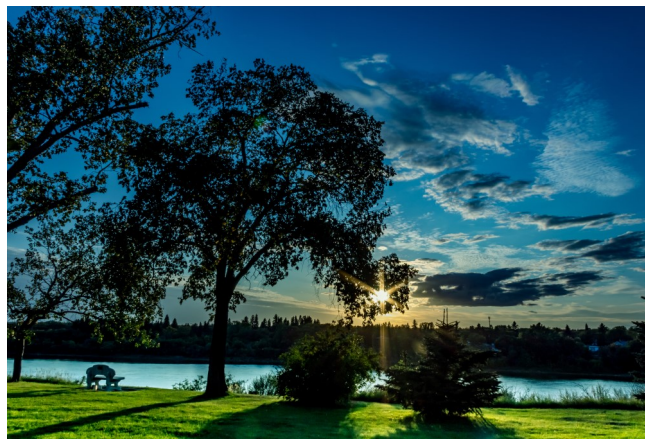
dimantyka@sasktel.net



Spiritual Direction is the process of accompanying someone on their spiritual journey.

The **Spiritual Director** is a dedicated traveler of the interior pathways who has skills to accompany another person's searching through life's ups and downs. The Director listens, encourages, supports and assists the person to pay attention to their life and to God.

The **Art of Spiritual Direction** lies in uncovering the obvious in our lives and in realizing that every day events are the means by which God reaches us, accompanies us, and transforms us.



Silent Guided Retreat

"Be still and know..."

Friday June 9, 6:30 p.m. -

Sunday June 11, 1:00 p.m.



Dianne Mantyka, D. Min.



SILENT GUIDED RETREAT

"Be still and know..."

Take time to draw away, to be still and to encounter God - who loves you, and is for, with, and within you.

This weekend will provide you with opportunities to be in silence, to pray with scriptures, to reflect, rest, and to meet with a spiritual director.

Come to this peaceful setting to be refreshed in God's presence. Become renewed for all that life holds for you.

Friday June 9, 6:30 p.m. -

Sunday June 11, 1:00 p.m.

Live-in fees (recommended)

\$445 - small bedroom

\$485 - medium-size bedroom with full bathroom

\$525 - large-size bedroom with full bathroom

Commuter fee

\$325

Fees include meals (Saturday breakfast to Sunday lunch), spiritual direction and retreat facilitation.

Suggestions to Bring:

- Comfortable indoor and outdoor wear
- Shawl or sweater
- Slippers, walking shoes
- Journal writing/colouring supplies
- Bible/spiritual reflection reading

To Leave Behind:

- 'To-do' list
- Technology



Dianne Mantyka is a Spiritual Director and was a participant and then co-director of the Spiritual Direction Formation Program at Queen's House. She holds an MDiv with a Spiritual Theology concentration

from Regent College, a DMin with SFS, CPE training, and has experience in inner healing prayer ministry and a variety of prayer forms. She has participated in *Transforming Community* with the *Transforming Center*. Dianne's background includes biology, missions, and campus ministry. She is a wife, caregiver, stepmom, Oma, and finds joy in people and pets, nature and books, learning and empowering. Her diverse experience allows her to connect with people from a variety of backgrounds.

Dianne values taking time for retreat and silence to encounter Christ's presence.

dimantyka@sasktel.net

Need assistance in registering?

Please call 306-242-1916 x226

"The art of being on a retreat is the art of being where you are."

- Henri Nouwen

"Faith comes by hearing, and hearing by the Word."

- Romans 10:17



Schedule

Friday

6:30 p.m.

Prairie Lounge:
Welcome, Orientation
Silence Begins

7:30-8:30

First Spiritual Direction
appointment

Saturday

8:00 a.m.

Breakfast

9:00 - 12:00

Spiritual Direction appoint-
ment and retreat time

12:00 p.m.

Lunch and retreat time

4:00

Group Spiritual Direction

5:30

Supper

Sunday

8:00 a.m.

Breakfast

9:00 - 11:00

Spiritual Direction appoint-
ment wrap-up and retreat
time

11:00

Group Wrap-up and closure
Break Silence

12:00 p.m.

Lunch together

"It is always an act of faith to trust silence.Silence is what surrounds everything. When you can train yourself to reverence the silence around things, you first begin to see things in themselves and for themselves. This 'divine' silence is before, after, and between all events for those who see respectfully.

When our interior silence can actually feel and value the silence that surrounds everything else, we have entered the house of wisdom ...the very heart of prayer." - Richard Rohr OFM