



**Julie Bergen** is a CASC certified Spiritual Care Practitioner and Supervisor - Educator with experience in the

provision of spiritual care in acute care and long-term care settings. Currently, Julie facilitates the Clinical Psychospiritual Education program at St. Paul's Hospital in Saskatoon, SK.

Julie is ordained with Mennonite Church Saskatchewan. She enjoys the meditative experience of knitting, and devours books in her spare time. She and her partner, Matthew, parent their daughter, Nora, and son, Emmett.



**QUEEN'S HOUSE**

RETREAT AND RENEWAL CENTRE

NOURISH YOUR MIND - NURTURE YOUR SPIRIT

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



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

# Soul Listening

A DAY OF LEARNING AND RENEWAL

**Friday November 17**  
**9:00 a.m. - 4:00 p.m.**

A Workshop for Caregivers, Spiritual Care Visitors, and those who are discerning this ministry of presence. Offered at Queen's House and on Zoom.



**Julie Bergen**

**Queen's House Retreat & Renewal Centre**  
601 Taylor Street W, Saskatoon SK S7M 0C9

For details on all programs:  
[www.queenshouse.org](http://www.queenshouse.org)



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# Soul Listening

## A DAY OF LEARNING AND RENEWAL

Join other caregivers as we step away for a day to focus on listening to ourselves and others. We will learn active listening skills and contemplate how listening becomes *soul listening*. We will practice this together as we in turn offer a listening presence and receive the gift of soul listening.



This inter-faith program is for:

- anyone seeking to further develop their supportive presence with those they encounter
- those who wish to volunteer in their faith -group or in the wider community
- those already volunteering in their faith-group or in the wider community
- those who are caregivers within their own families or circle of friends.

This interactive training will provide skills, discussion, and small-group interaction as we practice active listening, attend to feelings, and focus on providing a compassionate presence to others.

**A workshop offered at Queen's House and on Zoom.**

*Joining on Zoom?*

*Please note the start time in your own time zone:*

PACIFIC STANDARD TIME (BC) - 7AM  
MOUNTAIN STANDARD TIME (AB) - 8AM  
CENTRAL STANDARD TIME (SK & MB) - 9AM  
EASTERN STANDARD TIME (ON & QC) - 10AM  
ATLANTIC STANDARD TIME - 11AM  
NST (NFLD) - 11:30AM

**Friday November 17**  
**9:00 a.m. - 4:00 p.m.**

Cost: \$80 - at Queen's House, includes lunch  
Cost: \$60 - on Zoom

Registration deadline: **November 15**

### **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

A recording of this presentation will be available to anyone registered. Cost is per person or couple/ family member - if more than two people are participating in this Zoom event, we invite you to make a donation to the retreat centre.