



Dianne Mantyka loves to accompany those seeking freedom to be all they are created to be in relation to self, God, others, and creation. She is a retreat facilitator, spiritual director, and supervisor of spiritual directors through Queen's

House, and has co-directed the past 3 cohorts of the QH Spiritual Director Formation Program. She has served as an elder circle leader for the Growing in Wisdom program.

As a lifelong seeker and learner, her ecumenical background and formation includes Biological Sciences and Animal Health, mission work in Mexico, cross-cultural campus ministry, inner healing prayer ministry, contemplative prayer, CPE, Ignatian spirituality, Boundless Compassion, Transforming Community with the Transforming Center, an MDiv through Regent College and a DMin through Kairos with SFS.

Dianne grew up as in Saskatoon's Dutch immigrant community. After 18 years in BC she was drawn back to Saskatoon through marriage to her first boyfriend 25 years after first dating. Her spirituality is lived out in the context of being a wife, caregiver, stepmom, and Oma. She finds joy in nature and the outdoors, her canine companion, capturing beauty with her camera, community, solitude, and friendship.

Dianne believes God is always making all things new as we attentively surrender to Christ's loving and compassionate presence. Her diverse background allows her to connect with a variety of people.

Sacred Journey served as Dianne's ministry service project towards her DMin, with Fr. Ron Rolheiser, OMI as a mentor. Sacred Journey offers an ecumenical experience of the Ignatian Spiritual Exercises. Teachings and optional resources that are drawn from current spiritual psychology and writers, are integrated along the way.

Dianne hopes her own formation through praying with scripture and appreciation for its influence on her sacred journey, will enhance your experience of the Ignatian Spiritual Exercises in Daily Life.



www.queenshouse.org

Queen's House Spiritual Directors

You will be accompanied through 'Sacred Journey' by a skilled spiritual director who has experience with the Ignatian Spiritual Exercises. A list of available spiritual directors will be provided.

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's presence.

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.

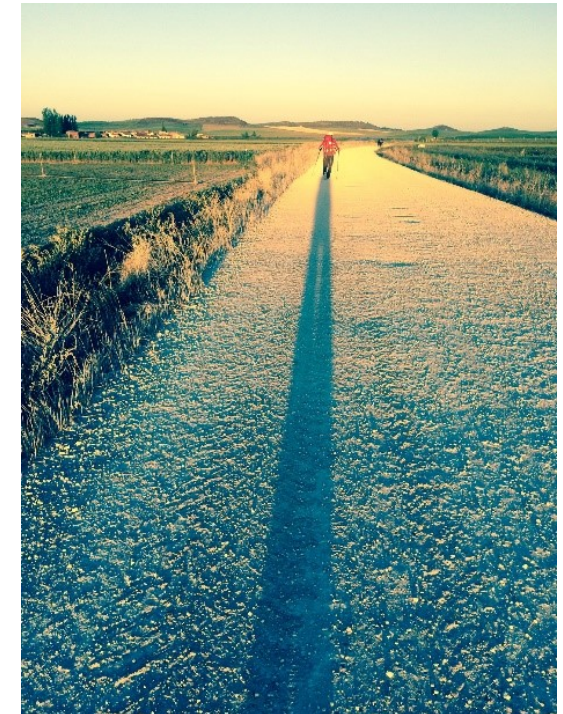
Then their eyes were opened and they recognized Him... They asked one another, "Were not our hearts burning within us as He spoke with us on the road and opened the Scriptures to us?" - Luke 24:31, 32

THE SPIRITUAL EXERCISES IN DAILY LIFE

Sacred Journey

IGNATIAN 19TH ANNOTATION

**November 19, 2023 -
June 16, 2024**



Dianne Mantyka, DMin



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

THE SPIRITUAL EXERCISES IN DAILY LIFE

Sacred Journey

This Spiritual Retreat in Daily Life is for you, if you desire to:

- Deepen your prayer life and your relationship with God
- Grow in contemplative prayer
- Encounter God through scripture
- Become acquainted with Jesus and follow in Christ's way

This Journey calls for a commitment to:

- At least 1 hour daily of prayer/scripture/journaling
- Fourteen Sunday evening in-person gatherings that include group spiritual direction, deep listening, input, sharing. See schedule below for dates
- Meet with a Spiritual Director once before, between gatherings and once at end, for 15 sessions

LOCATION

Gathering space in Dianne's home in Briarwood area of Saskatoon

SCHEDULE

Sunday evenings 7:00 - 9:00 p.m.

Except first evening which begins 6:30 p.m.

1. **Nov. 19** Orientation. Assign prayers week 1
2. **Nov. 26** Intro: Listening Groups. Assign weeks 2, 3
3. **Dec. 10** Principle & Foundation. Assign weeks 4, 5
Two Week Break except for Spiritual Direction
4. **Jan. 7** Rules for Discernment. Assign weeks 6, 7
5. **Jan. 21** Our Graced History. Fifth Discernment Rule. Assign week 8
6. **Jan. 28** Summary. Intro to Incarnation and Jesus' Ministry. Assign weeks 9, 10, 11
7. **Feb. 18** Ignatian Parables. Assign weeks 12, 13
8. **Mar. 3** The Two Standards. Assign weeks 14, 16
9. **Mar. 17** Three Kinds of People. Assign weeks 16, 17
One Week Break except for Spiritual Direction
10. **Apr. 7** Three Kinds of Humility. Assign weeks 18, 19, 20
Decision-making
11. **Apr. 28** Crucifixion/Easter. Assign weeks 21, 22, 23
12. **May 19** Living with our Resurrected Lord. Assign weeks 24, 25
13. **June 2** Our lives as pilgrimage. Assign week 26
One Week Break
14. **June 16** Wrap-up; Celebrating our Journey

THE SPIRITUAL EXERCISES IN DAILY LIFE

Sacred Journey

IGNATIAN 19TH ANNOTATION

A Sacred Journey is a transformative retreat experience within daily life that will inform and guide you in the midst of current realities - concerning God's design, God's unconditional love, and your own life story connecting with the life, death and resurrection of Jesus. This journey will help you grow in discernment and intimacy with God in everyday life.

SPIRITUAL EXERCISES IN DAILY LIFE

A SACRED JOURNEY

Ignatian 19th Annotation

November 19, 2023 - June 16, 2024

Application Deadline: Monday October 23

9 to 15 participants will be welcomed into this program

Cost: \$575

plus the cost of 15 Spiritual Direction sessions as set with your spiritual director
(suggested fee \$40-75/hr)

For further information please contact

Dianne Mantyka

dimantyka@sasktel.net; 306-514-2193

AN IGNATIAN PRAYER

**Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.**

**You have given all to me.
To you, Lord, I return it.**

**Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.**

THE SPIRITUAL EXERCISES IN DAILY LIFE

Sacred Journey

IGNATIAN 19TH ANNOTATION

Cost \$575

plus the cost of spiritual direction, 15 sessions

To apply, please copy and respond to these questions in a Word document, and email to

dimantyka@sasktel.net

by Monday October 23, 2023

Application Form

Name: _____

Address: _____

City, Province: _____

Postal Code: _____

Cell Phone: _____

Email: _____

Birthdate: day ____ month ____ year ____

Gender Identity: _____

Church/Religious Affiliation: _____

Occupation: _____

Education background: _____

Work background: _____

Ministry background: _____

Your reasons for wishing to participate in this program: _____

Did anyone recommend that you to take this program? _____

Retreats, spiritual renewal or growth programs you have participated in: _____

Are you seeing a Spiritual Director: y / n

Are you able to meet the commitments as described in this brochure on the panel with the schedule; y / n

Signature and date: _____