

QUEEN'S HOUSE RETREAT & RENEWAL CENTRE PROGRAMMING INFORMATION FOR CHURCH BULLETINS

601 Taylor Street W, Saskatoon, SK S7M 0C9

Phone: 306-242-1916 • Email: programming@queenshouse.org • Website: www.queenshouse.org

**** For Sunday, September 25, 2022**

Summary:

QUEEN'S HOUSE RETREAT AND RENEWAL CENTRE welcomes you! Our programming combines in-person and online events using Zoom. Please visit our webpage for a list of all upcoming programs and to register for all programs: <https://www.queenshouse.org/programs/> ***Nourish Your Mind and Nurture Your Spirit at Queen's House!*** For inquiries/additional information contact Sarah Donnelly, Programming Director: 306-242-1916 x226.

Current COVID-19 Guidance: Masks are encouraged but not mandated for our indoor common spaces. Physical distancing and hand sanitizing remain considerations. Monitor your personal health - if you feel ill, please stay home. We are encouraged that our guests and visitors have completed COVID-19 vaccinations. All our staff are fully Covid vaccinated. We are a scent-free facility. Thank you for helping us to keep everyone as healthy as possible.

Additional information:

- **CENTERING PRAYER** – all are welcome to gather in-person at Queen's House or virtually on Zoom on **Monday evenings, 7:00 – 8:15 p.m.** This drop-in gathering includes a 20-minute sit, additional insights regarding contemplation and centering prayer from the great teachers will be part of every evening in the form of video clips, and a time for small group sharing. Register online to receive the Zoom invitation/let us know that you will be coming in person. Call 306-242-1916 x222 for further information. There is no fee to attend these gatherings. Donations to support the ministry of Queen's House can be made here: <https://www.queenshouse.org/donate-today/>
- **DID JESUS PRACTICES WHAT HE PREACHED? A CHRIST-CENTERED LOOK AT THE BEATITUDES** – **Wednesdays, October 5, 12 & 19, 2:00 – 4:00 p.m., repeated 7:00 – 9:00 p.m.** Facilitator: Sr. Teresita Kambeitz OSU. Offered on Zoom. In Matthew 5:1-10, Jesus presents lofty teachings on "detoxing the heart" (Valerie Mason-John) and living freely from within as God's Beloved. Reflecting on some actions of Jesus, we will consider ways in which he put the Beatitudes into practice, and discover opportunities to follow his example in our own lives. Fee: \$90. Registration deadline: **October 3.**
- **KNIGHTS OF COLUMBUS BROTHERS' KEEPERS BREAKFASTS** - **Tuesday October 11.** Second Tuesday morning of each month, 7:00 - 8:00 a.m. Please contact Brendan Bitz for additional details and to register your attendance: 306-242-1916 x225.

SPIRITUAL DIRECTION: If you are interested in having a mentor and companion to accompany you on your spiritual journey contact Sr. Adeline Behm: 306-242-1916 x228 / email spiritualdirection@queenshouse.org or visit our website <https://www.queenshouse.org/spiritual-direction/> to see a list of our affiliated spiritual directors. In-person and online meetings are available.

CURRENT FUNDRAISER:

It's Curtains for Queen's House! *(Please take this literally...not figuratively!)*

It's time to freshen up our bedrooms at Queen's House with new curtains! You can help by donating toward the \$100/room budget. Visit our donation page <https://www.queenshouse.org/donate-today/> and select "Curtains" in the drop-down menu, or send us a cheque marked "Curtains" to Queen's House Retreat & Renewal Centre, 601 Taylor Street West, Saskatoon SK S7M 0C9. It's Curtains for Queen's House - join in the fun!

- NEAR DEATH EXPERIENCES: HOPE, HYPOXIA AND HYPOTHESES – Saturday October 15, 10:00 a.m. – 1:00 p.m.**
 Facilitator: Rev. David Maginley, spiritual care counsellor at QEII Health Sciences Centre in Halifax, Nova Scotia, pastor, author, and four-time cancer survivor. Offered on Zoom. The hope offered in all religions, and held by humanity through the ages, is that we are so much more than mortal. Explore the surprisingly common accounts of those who slip across to the other side and return. Recent studies indicate NDEs are experienced by at least half of patients at the end of life, and 1 in 10 patients who have faced a health crisis. When supported by health care providers and family, these events offer the ultimate opportunity to grow in love and evolve consciousness. Learn how best to integrate this life changing experience, and the physiological, psychological, and spiritual aftereffects of the phenomena. Examine biological and psychological perspectives, explore ethnographic variations throughout history, and implications of the latest scientific insights on consciousness. As a palliative care chaplain, Rev. David Maginley hears accounts every month, and all indicate that the homework of life is universal - we are to evolve into love itself. Fee: \$60. Registration deadline: **October 13.**
- ICONOGRAPHY RETREAT: FIVE DAYS OF CREATIVITY & PRAYER – Monday October 17 – Friday October 21, 9:00 a.m. – 4:30 p.m.** Facilitators: Anna Mycyk and Gisele Bauche. Offered at Queen’s House – limited to 10 participants. An icon is like a window into eternity. This retreat will introduce participants into the ancient Christian tradition of icon-writing. During this five-day retreat, through prayer and contemplation, you will learn the technique of writing an icon. Using a gesso wood panel board, egg tempera, natural pigments and gilding with gold leaf, you will write your own icon. The Icon with ‘Mother of Tenderness’ will be written at this retreat. This retreat will include daily prayer, demonstrations, theological reflections, and group sharing. Participants will also receive individual instruction with the retreat leaders. It is not necessary for participants to come with a background in art or theology - all are most welcome. Fee: \$675 (includes lunches) plus the cost of a wood panel board (\$110-130). Living at the retreat centre also available – call 306-242-1916 x226 for more information. Registration deadline: **October 11.**
- BEREAVED CAREGIVERS: LIVING THROUGH LOSS** - a support group held at Queen’s House - please contact Brenda Gibbs, facilitator, prior to registering: 306-227-7323. Caregivers have often experienced years of anticipatory grief caused by the cumulative losses that occurs when a family is expecting a death. Now the vigil is over, and the final grief can be intense. No one grieves the same and there is no single recipe or formula to grief work. All that is needed is a commitment to do the work and grow in your grief. With grief in your heart, you will never be the same again, yet there is hope in finding meaning and reinvesting in your future. **Six Wednesday afternoons, 2:00 - 3:30 p.m. October 26 - November 30.** Fee: \$150, with a minimum of 5 and maximum of 7 participants. Registration deadline: **October 24.**
- SACRED RHYTHMS: ARRANGING OUR LIVES FOR SPIRITUAL TRANSFORMATION** – Ten Sunday evenings every 3-4 weeks, October 30, 2022 – May 28, 2023. Facilitator: Dianne Mantyka, D. Min. Gatherings include input, group interaction, litanies, reflections, reading the relevant chapter of Ruth Haley Barton’s book Sacred Rhythms prior to each gathering, meeting with a Spiritual Director monthly between sessions, and daily prayer/journaling/practices. This group will meet at a home in the Briarwood area of Saskatoon. This workshop is for you if you desire to form spiritual rhythms that arrange your life for spiritual transformation; contemplative practices that cultivate a holistic way of life-body, soul, mind, spirit; experiencing solitude and silence, rest and renewal, meditation and contemplation, community and connection, and energized intentional activity. Fee: \$285, plus monthly Spiritual Direction appointments with a spiritual director of your choice, the book Sacred Rhythms by Ruth Haley Barton, a binder for notes and a journal. To register contact Dianne at dimantyka@sasktel.net.
 Registration deadline: **October 17**

- **TRANSITIONS: YOUR JOURNEY OF TRANSFORMATION THROUGH GRIEF AND LOSS** - an in-person retreat with Sarah Donnelly. Welcoming those who have experienced a wide range of losses including the death or anticipated death of spouse, partner, child, family member or loved one; the loss of good health in themselves or someone they love; and the ending or deep wounding of a marriage, significant relationship or friendship. **Thursday November 3, 7:00 p.m. - Sunday November 6, 1:00 p.m.** Cost: \$525 - program, bedroom, and all meals. Maximum of 9 participants - register by calling Sarah at 306-717-3707 by **October 31**.