

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

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**\*\* For Sunday, January 31, 2021**

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### *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: [http://www.queenshouse.org/?page\\_id=4399](http://www.queenshouse.org/?page_id=4399) ***Nourish Your Mind and Nurture Your Spirit at Queen's House!*** For inquiries/additional information contact Sarah Donnelly, Programming Director: 306-242-1916 x226.

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### *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.** Fr. Paul Fchet, OMI will provide leadership and guidance for these gatherings, and additional insights regarding contemplation and centering prayer from the great teachers will be part of every evening. No fee – donations to Queen's House welcome. Register online to receive the Zoom invitation/let us know that you will be coming in person. This group does not meet on holiday Mondays – next gathering **Monday February 1**. Registration deadline: **February 1, 12pm**. Call 306-242-1916 for further information.
- **RESTART: BUILDING SEPARATION & DIVORCE RESILIENCE** - with Madeline Oliver, **Wednesday evenings, 7:00 - 8:30 p.m.** An online program using Zoom - come to one or several sessions. This offering uses a discussion format and draws on the tools in the book *Rebuilding: When Your Relationship Ends*. Themes that will be discussed include: Denial, Fear, Adaptation, Loneliness and Friendship. Participants must contact Madeline to register - call or text 306-361-9318 or email [pmolivebranch@gmail.com](mailto:pmolivebranch@gmail.com). Cost: \$20/session.
- **THE STORY OF RUTH: TWELVE MOMENTS IN EVERY WOMAN'S LIFE - A CREATIVE STUDY FOR WOMEN** with Gisele Bauche. Offered on Zoom, **six Tuesday evenings, January 26 - March 2, 7:00 - 9:00 p.m.** Explore the book *The Story of Ruth*, written by Sr. Joan Chittister, OSB. Through readings, self-reflection, sharing and creative expression we will seek to better understand the ancient story of Ruth, and how as women today we are still able to connect to this story. We will journey from Loss through Independence to Fulfillment - a spiritual coming home to our true self. Cost: \$90/6 sessions. Registrations still being accepted for sessions 2-6 - call 306-242-1916x226.
- **BEREAVED CAREGIVERS: LIVING THROUGH LOSS** with Brenda Gibbs. **Wednesday afternoons, 1:00 - 3:00 p.m. beginning February 3.** An online support group using Zoom - come to one or several gatherings. 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. Participants must contact Brenda to register - call or text 306-227-7323 or email [brenda.gibbs@sasktel.net](mailto:brenda.gibbs@sasktel.net) Cost: \$10/session.

- **WOMEN IN MINISTRY** - This invitation goes out to all women, lay and ordained, who are employed in professional ministry (parish/congregational, chaplaincy, diocesan, educational, retreat facilitation, spiritual direction), those who are retired from an employed ministry position, and those studying for professional ecclesial ministry. The main purpose for these lunches is to create an informal relational space where women working professionally in ministry can connect across denominational lines and form networks of friendship, communication, and support. No fee – donations to Queen’s House welcome. Zoom gathering on **Friday February 5, 12 – 1:30 p.m.** Registration deadline: **February 4.**
- **T’AI CHI CHIH: A MINDFULNESS MOVING MEDITATION** with Donna Aldous. Two in-person classes being offered at Queen’s House Retreat and Renewal Centre, following all COVID-19 health and safety provincial protocols – come to one or both classes. **Friday February 5, 6:30 – 9:30 p.m.** and **Saturday February 13, 9:00 a.m. – 12:00 p.m.** T’ai Chi Chih is a mindfulness moving meditation. The set of 19 movements and one pose is soft, flowing and easy to learn. Benefits may include peace of mind, improved health and simply, joy. TCC practice allows the essential energy, or Chi, that moves within us all to circulate and balance. That in turn improves our health and sense of well-being. TCC is not a martial art - it is completely non-violent. T’ai Chi Chih does not require a particular level of physical fitness or coordination. The very old and very young alike can learn it. Cost: \$60.00 per class. A minimum of 6 and maximum of 8 participants are needed to offer this program. Registration deadline for February 5 class: **February 1.** Registration deadline for February 13 class: **February 8.**
- **KNIGHTS OF COLUMBUS BROTHERS’ KEEPERS BREAKFASTS** - Second Tuesday morning of each month beginning at 7:00 a.m. with breakfast at 8:00 a.m. **Tuesday February 9.** Please note that men of all denominations are welcome. Suggested donation of \$10 / gathering. To check on availability of meals being served at this time of pandemic, call Brendan, 306-242-1916 x225.
- **SYNOD FOR THE AMAZON: New Paths for the Church in Latin America and Canada** - a Zoom event featuring Archbishop Murray Chatlain OMI, Mauricio Lopez and Sr. Mariangel Marco Teja. You are invited to begin your Lenten reflection by joining people from across Canada in participating in an online webinar which will center on the themes of the Synod: ecological justice and Indigenous rights. This webinar will expose participants to what happened at the Synod from the point of view of Latin America, as well as what this means for the faith lives of Canadian Christians. Connections will be made to current issues of structural racism, “decolonializing” the church, and international solidarity today. **Tuesday February 16, 6:30 - 8:30 p.m.** \$20 - general public. Free admission to students and those unwaged. Registration deadline: **February 15.**
- **FOUNDATIONS OF SPIRITUAL COMPANIONSHIP: An Introductory Training Program for Those Wanting to be a Compassionate Presence with Others** - a Zoom gathering Julie Bergen, 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 Pastoral Education program at St. Paul’s Hospital in Saskatoon, SK. This four-session program provides an opportunity to develop your skills in listening and spiritual companionship. Learn how to walk alongside others on their journey, supporting them through your listening presence. This inter-faith program is for those who wish to volunteer in the community, provide care within their faith-group, or further develop their supportive presence with those they encounter. 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. Zoom gatherings on **Thursday evenings, March 4, 11, 18, 25, 6:30 - 8:30 p.m.** Cost: \$80/4 sessions. A minimum of 9 participants are needed to offer this program - registration deadline: **March 1.**

- **A THEOLOGY AND SPIRITUALITY OF SEXUALITY: Understanding the Complex Fire Within** - a Zoom event with Fr. Ron Rolheiser OMI. Sex is too often seen as setting itself against spirituality. Sex seems too earthy to be connected to spirit. Evidence suggests that more people struggle religiously with the issue of sexuality than with any area in their lives. What is sexuality? Why is it so powerful? Does it come from God or does it set us against God? Why has the church never produced healthy, robust spirituality of sex? This retreat will attempt to articulate a healthy anthropology, theology, and spirituality of sex. **Friday March 12, 6:00-8:00 p.m., Saturday March 13, 8:15 a.m. - 3:30 p.m., Sunday March 14, 8:15-10:30 a.m.** \$100 per screen. A recording of this retreat will be available to anyone who cannot join live. Registration deadline: **March 11.**

**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](mailto:spiritualdirection@queenshouse.org) or visit our website [http://www.queenshouse.org/?page\\_id=463](http://www.queenshouse.org/?page_id=463) to see a list of our affiliated spiritual directors. In-person and online meetings are available.

**Do You Need a Place to Stay or Meet in 2021? Consider Queen's House!** To inquire about booking space at Queen's House, contact our Bookings Coordinator: 306-242-1925 / email [bookings@queenshouse.org](mailto:bookings@queenshouse.org). We will be following all safety protocols when we are able to re-open to the public. We miss you, and hope to see you soon!