

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

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**** For Sunday, January 28, 2024**

Summary:

QUEEN'S HOUSE RETREAT AND RENEWAL CENTRE welcomes you! Our ecumenical 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.

Monitor your personal health - if you feel ill, please stay home. All our staff are fully COVID vaccinated. We are a scent-free, strawberry and pineapple-free facility due to a severe allergy. Thank you for helping us to keep everyone as healthy as possible.

Additional information:

Registration deadline: February 1

GROWING IN WISDOM: SEEKING DEEPER GENERATIVITY

Two Years of Learning and Exploring for Those Seeking a Spirituality for their Wisdom Years

February 2024 - November 2025

Growing in Wisdom: Seeking Deeper Generativity is an ecumenical program, rooted in the *Forest Dwelling Program* created by Fr. Ron Rolheiser OMI, grounded in the mystical Christian Tradition, open to learning from other interfaith and spiritual traditions, and designed for those seeking to engage in their maturing years with wisdom and grace. It is a program that welcomes participants who have the time, interest, and energy to engage in a dynamic two-year adventure of learning and exploration. This is a time in which we can begin to look back on the life we have lived and find openness to new or previously undeveloped inner vistas. It is a time to begin to come to terms with our own mortality and the grace we find in facing this part of our lives with wisdom and gratitude. This two-year program, offered on zoom to welcome people from across Canada and beyond, is a dynamic interplay between and among each participant, the Growing in Wisdom Community, and Divine Mystery, assisting in the inner transformation of participants as the journey unfolds. ***Growing in Wisdom: Seeking Deeper Generativity*** invites you to explore how you might commit yourself to giving both your life and your death to the world, in a way in which both are the ultimate gift and blessing that you give to others. Fr. Ron Rolheiser and other educators offer presentations during each intensive.

For all information and the program application form, visit our website: www.growinginwisdom.ca

- **SOUL LISTENING: A DAY OF LEARNING AND RENEWAL - Friday February 2, 9:00 a.m. - 4:00 p.m.** Offered in-person at Queen's House, and on zoom. Facilitator: Julie Bergen. 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.
In-person registration: [Soul Listening: A Day of Learning and Renewal - at Queen's House \(retreatportal.com\)](http://retreatportal.com)
Zoom registration: [Soul Listening: A Day of Learning and Renewal - on Zoom \(retreatportal.com\)](http://retreatportal.com)

- **KNIGHTS OF COLUMBUS BROTHERS' KEEPERS BREAKFASTS** - Tuesday February 13. 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.
- **TAIZÉ PRAYER** – Second Wednesday of the month: **February 14, 7:00 – 8:00 p.m.** (Taizé will not be offered in December). Members of our L'Arche Community provide the leadership for the Taizé Prayer Service. Meditative singing is one of the most essential elements of worship in Taizé. Short songs, repeating again and again, give it a meditative character. No registration – come when you can.
- **T'AI CHI CHIH: A MINDFULNESS MOVING MEDITATION** - Saturday February 17, 1:00 - 4:00 p.m. Facilitator: Donna Aldous. 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. Minimum of 6 and maximum of 10 participants. Registration deadline: **February 14.**
To register: https://qh.retreatportal.com/events/f?p=101:2:11645365529825::::PROGRAM_ID:12559
- **JESUS SAID TO THEM, 'FOLLOW ME.' THE WAY OF JESUS AND HOW HE EMPOWERS PEOPLE TO FOLLOW IT** - Five Wednesdays, February 21 to March 20, 2:00 - 4:00 p.m. CST. Classes offered at Queen's House and on Zoom. Instructor: Don Schweitzer, PhD. These five sessions will examine the way of Jesus and how he empowers people to follow him. It will first look at the notion of "following Jesus," what the parameters and principles of this are, and what this might mean in Canada today. It will look at how Jesus empowers and guides people to follow him through examining traditional theories of atonement.

February 21: The Way of Jesus - This session looks at the ethical teaching, examples, and practices of Jesus. It moves back and forth between the gospels and the present, looking at ways in which people have tried to follow Jesus then, now, and in between.

February 28: The Moral Influence Theory of Atonement - This session begins by looking at what atonement means, and then examines the moral influence theory of atonement and its strengths and weaknesses. It looks at the type of sin or evil that the moral influence theory of atonement addresses, where it locates this, how it addresses it.

March 6: Jesus as a Source of Ultimate Hope - This session examines the Christus Victor theory of atonement. It looks at its origins, the images used to express it, the kind of sin or evil it addresses, and who tends to use it. It examines the danger of dualism as a weakness of this theory, and the hope it inspires as one of its strengths.

March 13: Substitutionary Atonement - Substitutionary atonement is what many people think of when they hear the word 'atonement.' This understanding of Jesus' saving significance has been widely criticized in recent decades. This session will examine its origins, its understanding of how Jesus saves, and how theologians have tried to re-think this theory of atonement in spatial terms.

March 20: Jesus as the Centre of History - This session looks at how Jesus gives people orientation in life. It examines how this orientation is developed, why people might need this. It will also examine the Franciscan innovation in Christology, the idea that creation is oriented to the coming of Jesus, and some implications of this. Registration deadline: **February 19**

At Queen's House: https://qh.retreatportal.com/events/f?p=101:2:11645365529825::::PROGRAM_ID:12532
On Zoom: https://qh.retreatportal.com/events/f?p=101:2:11645365529825::::PROGRAM_ID:12658

- **THE GRACE OF LENT: A LENTEN RETREAT AT QUEEN'S HOUSE** - Friday February 23, 6:30 - 9:30 p.m. and Saturday February 24, 9:30 a.m. - 4:00 p.m. Facilitators: Gisele Bauche and Dianne Mantyka. Lent is a time to participate in Jesus' grace-filled interior journey. In this soul nurturing Lenten Retreat, you will be enriched with prayer, silence, and solitude. You will experience contemplative reflections on scripture and pauses in centering prayer, interspersed with input, music, and litanies to enhance your retreat experience so that your friendship with Jesus may be deepened. Registration deadline: **February 19**. Commuter and live-in options available.
To register: https://qh.retreatportal.com/events/?p=101:2:11645365529825:::PROGRAM_ID:13123
- **WHO AM I? AN INTRODUCTION: NAVIGATING A PATH TO SELF-DISCOVERY** - Saturday March 9, 9:00 a.m. - 12:00 p.m. Facilitator: Lynn Gow. Offered on Zoom. 'Who Am I?' is a time to stop, reflect and look inside yourself with a new lens. In a time of significant change, knowing ourselves and our core values helps to focus us on where we need to spend our energy to become the people we were created to be. 'Who Am I?' will provide you with a framework to use in your journey of self-discovery and give you tools to help you grow in a deeper awareness and understanding of the path that's right for you. 'Who Am I?' is also a pre-requisite for follow-up retreats including 'Going Deeper: Healing the Heart', an in-person retreat at Queen's House April 26/27, 2024. Consider giving yourself the gift of this time to focus on yourself and your journey. Experience curiosity about yourself, who you are, and what you are meant to be doing. Registration deadline: March 4.
On Zoom: <https://qh.retreatportal.com/calendar/event?programid=13351>
- **FEATHERED FRIENDS - AN INTRODUCTORY WORKSHOP: PAINTING WITH PASTELS** - Tuesday March 12, 1:00 - 4:00 p.m. Facilitator: Judy Kasdorf. Class offered at Queen's House. In this class you will be introduced to pastels and the techniques and tools involved. No drawing or painting experience is needed! It will be a relaxing time to explore your creativity as we paint friendly little chickadees. The materials (including soft and hard pastels, pastel pencils and Panpastels) will be provided for your use during class. Registration deadline: March 11.
At Queen's House: <https://qh.retreatportal.com/calendar/event?programid=13240>
- **THE SHADOW AND THE MYSTERY OF EVIL** - Thursday March 21, 7:00 - 9:00 p.m. and Friday March 22, 10:00 a.m. - 4:00 p.m. Facilitator: Donald Bisson FMS. Spiritual Directors encounter directees struggling with their personal shadow in recovery, conversions, and relationships. The currents of collective shadow also enter the director's room through politics, religious divisions, and projections. The reality of evil is thrown in our face on the internet and news hourly, debilitating our hope. This workshop supports our encounter with these realities as spiritual directors, and our need for supervision. This workshop will be applicable for clergy, therapists, chaplains, and any in positions of spiritual influence and leadership. The value and reasons for seeing a spiritual director will be explored. This presentation is available at Queen's House and on Zoom. Br. Don will be joining us on Zoom from New York City. Participate on Zoom from Queen's House: <https://qh.retreatportal.com/calendar/event?programid=13354>
Participate on Zoom from your home: <https://qh.retreatportal.com/calendar/event?programid=13239>
- **WHAT HAPPENS IN THE OLD TESTAMENT? OLD TESTAMENT, NEW INSIGHT: A JOURNEY THROUGH THE HEBREW SCRIPTURES** - Saturday March 23, 10:30 a.m. - 3:30 p.m. Facilitators: Deb Rolfes and Darcie Lich. Offered at Queen's House. Have you ever tried reading through the Old Testament, only to find yourself stalled at Leviticus? Or wondering what's the difference between the Exodus and the Exile? What are all those prophets complaining about? And why does God seem so angry all the time? Join Deb and Darcie on a trip through the Old Testament! Supported by key passages and hymns based on familiar readings, come and explore the history of Israel as it is told in sacred scripture, and trace the evolving understanding of who God is and what it means to be the people of God. Discover and embrace a way of reading the Old Testament that allows us to interpret the "difficult" passages in a way that affirms both the merciful and loving nature of God and the joy of knowing that God acts in history to bring salvation to all creation. Registration deadline: March 20.
At Queen's House: <https://qh.retreatportal.com/calendar/event?programid=13264>

- **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.** **Please note: Centering Prayer will not be offered on December 25 or January 1.** 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. <https://www.queenshouse.org/programs/> 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/>
- **SPIRITUAL DIRECTION:** If you are interested in having a mentor and companion to accompany you on your spiritual journey contact Sr. Adeline Behm - 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.