

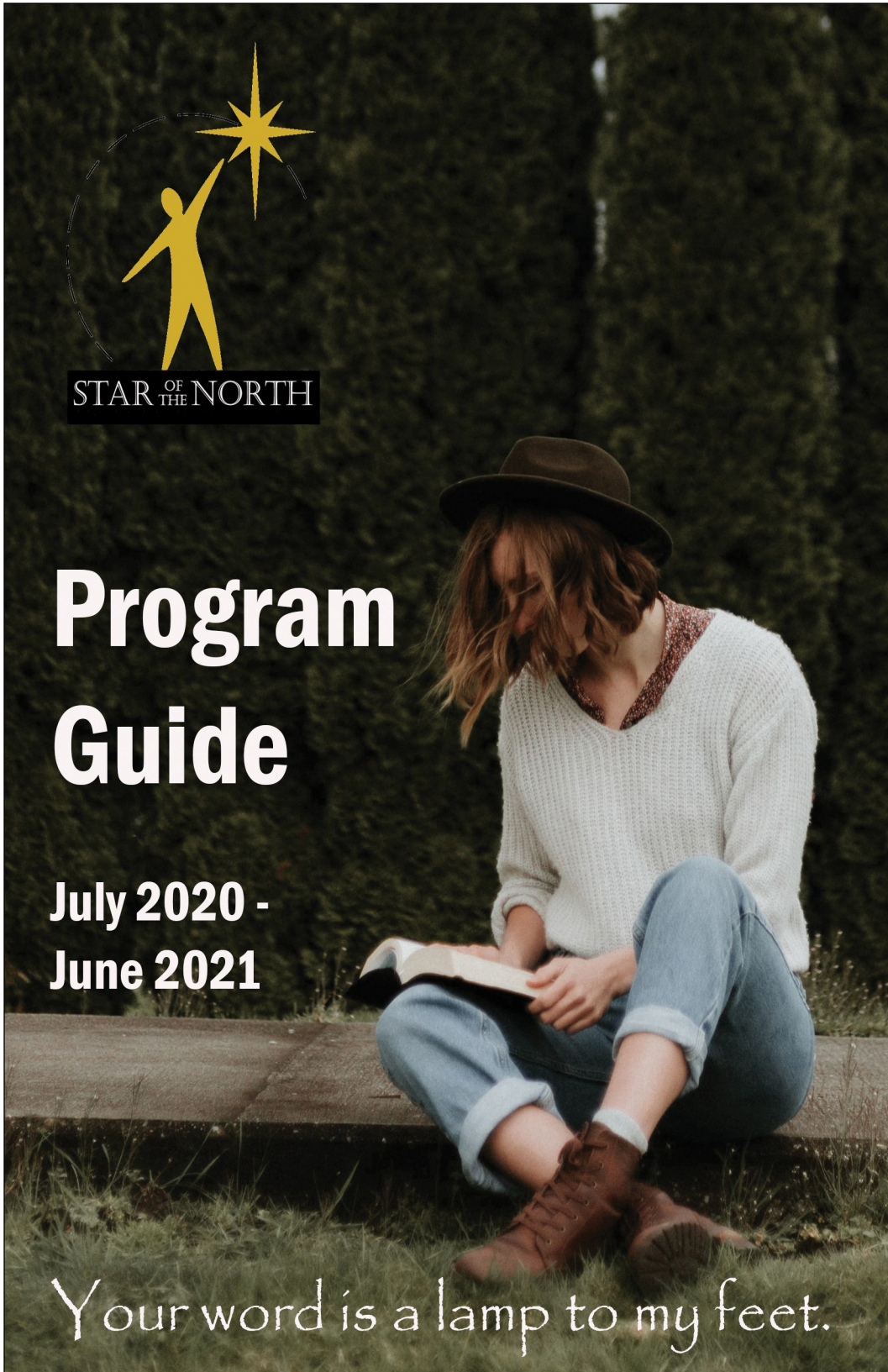


STAR OF THE NORTH

Program Guide

July 2020 -
June 2021

Your word is a lamp to my feet.





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**Full information on all retreats is available on our website,
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(Click on the links in this Program Guide to go directly to our website.)

Register for all programs either on the website or by phoning 780-459-5511.

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Program Registration

Please register at least one week in advance of the start of the program.

Register online by phoning 780-459-5511 or at www.starofthenorth.ca.

VISA, MasterCard, debit, cheque and cash are all accepted. Please pay at the time of registration.

(Subsidies are available. Contact us for more information.)

Cancellations: No refunds will be provided for cancellations within seven days of the program start date.

However, the Star reserves the right to cancel any program or retreat. When a program is cancelled by the Star, your full fee will be refunded.

Book Star of the North for your next workshop, board meeting or gathering.

Comfortable, affordable and welcoming spaces to host your event.

In challenging times, the Star casts a wider light



The Star is shifting course, letting the Spirit lead us to better serve the community in these challenging times. We are going live online and recording on-site to offer retreats that can be accessed from the comfort of home anywhere in Canada and beyond. As we transition through what may be a long recovery from the pandemic, we will reach out to more people and carry out our vision to nurture Spirit and transform the world.

In times of uncertainty, fear, anxiety and overwhelming change, we will work to provide opportunities to experience the healing, transforming, hopeful and loving presence of God.

In this brochure, look for our partnership with Richard Groves and Debbie Doornbos of the Sacred Art of Living and Dying Centre in Bend, Oregon. Richard has chosen Star as a home in Canada for his two-year, adult spiritual formation apprenticeship, the Anamcara Project. This apprenticeship and other workshops and courses through the Sacred Art of Living Centre have mentored and formed more than 22,000 people internationally over twenty-five years.

Look, too, for opportunities to grow in Christ through retreat days with Scripture. Rediscover a vocabulary of faith, and slow down to rest in Holy Mystery along the way.

Let yourself as a Christ-bearer be open to wonder and the liberating power of our God to heal divisions and wounds as we journey to Break New Ground together.

Reconnect with God's glory and splendour in the natural world, especially in things we don't necessarily understand. Discover ways to integrate the rapid pace of change with a multitude of series and retreats that will help us find spiritual balance and extraordinary grace in the ordinary day-to-day of our lives.

Make time for personal and professional growth to mine and release the gold of God's wisdom and presence within you. We welcome you, from wherever you are, with a wide embrace.

Lucie Leduc
Executive Director



The truest definition of a Christian is one who sees Christ in everyone and in one's self. (Richard Rohr)



SACRED ART OF LIVING PROGRAMS

IN PARTNERSHIP WITH STAR OF THE NORTH

Anamcara Apprenticeship

Anamcara is an ancient Gaelic term meaning “soul friend.” This two-year apprenticeship program draws from many wisdom traditions but especially Celtic mythology and spirituality. Its purpose is to deepen the quality of all our relationships and enable caregivers to become “compassionate companions” through all the stages of living and dying. The Apprenticeship applies tools and lessons for all aspects of life, particularly during times of aging, loss, serious illness and at the end of life. The Apprenticeship is a unique experience which includes a certification of completion in:

- ◆ Training in healing practices for life’s major times of transition
- ◆ One-on-one mentoring with world-class teachers
- ◆ Specialized study tracks
- ◆ Immersion in the ancient Celtic tradition of the Anamcara (soul friend)

Applications are being accepted now for the next program beginning January 2021.

For more information go to www.sacredartofliving.org or call Debbie 541-213-8845. Application deadline: June 30, 2021.



Healing the Healers:

The Sacred Art of Living & Dying

The four Healing the Healers workshops are a pre-requisite for the Anamcara Apprenticeship

Healing the Healers draws from the wisdom of our ancestors – our quality of life is enhanced when we do not live in fear or denial of suffering and death. The results of facing or “leaning into” existential/spiritual pain are profound: physical and emotional well-being; antidotes for compassion fatigue and burnout; enhanced capacity for healing; peace of mind and improved relationships.

In these four internationally acclaimed workshops, participants will explore universal patterns of spiritual and emotional suffering (in areas of forgiveness, relatedness, meaning and hope) with time-tested ways to relieve them. All programs are a creative blend of best practices, instruction, personal reflection, hands-on experience, multimedia presentations and inspiring rituals from the world’s great wisdom traditions. The workshops are followed up with monthly Circles of Trust.

Understanding Spiritual Suffering

Fri, Jan 29 to Sat, Jan 30, 2021

Recognizing Spiritual Suffering

Fri, Apr 23 to Sat, Apr 24, 2021

Healing Spiritual Suffering

Fri, Sept 25 and Sat, Sept 26, 2021

Transforming Spiritual Suffering

Fri, Jan 21 and Sat, Jan 22, 2022

Time: 8:30 am to 4:30 pm

Cost per course: \$295/person with early registration (one month before the workshop); \$395/person; \$350/person for groups of five.

Online option will be available with price TBD.

“Spirituality is the most overlooked factor in relieving physical pain.”

Cicely Saunders, MD, founder of the modern hospice movement

Online Introduction to Healing the Healers

Monday, Sept 21, 2020, 6:30 to 9:30 pm

Cost: \$35; Online: \$20

**Facilitators: Richard Groves
& Debbie Doornbos**

Come for a taste of these exceptional workshops. This three-hour presentation will introduce you to the four dimensions of spiritual suffering through a reflective process. It will provide you with several tools you can use to address spiritual suffering and regain a healthy balance in your own life. We hope this introduction will whet your appetite for the full Healing the Healers series.



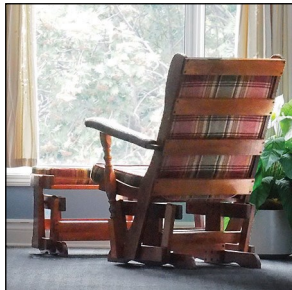
A Personal Retreat at the Star

A silent personal retreat is a way of entering deeper into the mystery of your soul and listening with open ears to God's voice. Rather than an escape from the world, such a retreat is a fuller entering into reality. Left behind is the ever-changing surface of daily life – busy-ness, distractions, entertainment, etc. – so we can lodge briefly in the home of the eternal. When we return to the world of the ordinary we do it, not so much with batteries recharged, but with a greater sense of purpose and an enhanced ability to discern God's presence in everyday encounters.

On our silent journey, we may have the need for one or more guides. Such guides may include Sacred Scripture, a book of spiritual reflections and a set of reflection questions you have prepared for yourself.

Spiritual Directed Retreat

Another important guide can be a spiritual director, someone with whom you can share your questions and your longings. The director may offer wise counsel. Also, the director will keep you on track in your search.



On your retreat, be prepared to leave behind your cellphone and other forms of distraction. Be prepared to spend time alone, either in your room, our chapel or by walking outside. Empty yourself so you can ponder your questions and make room for God's response.

Cost: \$55 for single accommodations and daily use of kitchenette.
(Spiritual direction extra.)



SUMMER RETREATS

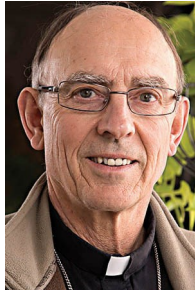
Summer Online Directed Retreat: Transformative Solitude

Sunday, July 12, 7 pm to Thursday, July 16, 2020, 1 pm

Online cost: \$150; Live-in cost: \$575

If available onsite, please call to register. Onsite registration limited to 8 people

Facilitators: Archbishop Emeritus Sylvain Lavoie & Lucie Leduc



In this time of global crisis, it is crucial to be grounded in faith, buoyed by hope and connected to God's unfailing love. The recent experience of self-isolating and lockdowns has led to the anguish of loneliness, if not despair. This online directed retreat will offer participants the opportunity to transform loneliness into a graced time of solitude, resting in God's love with the help of experienced spiritual companions. Together we will explore the possibilities spread out before us as we move forward into uncharted territory.



Lucie Leduc: See her bio on Page 12.

Archbishop Emeritus Sylvain Lavoie: See his bio on Page 16.



Encountering Christ with Mary Magdalene

Friday, July 17, 7 pm to Sunday, July 19, 2020, 1 pm

Cost: Live-in: \$250; Online: \$90

Facilitator: Sr. Teresita Kambeitz, OSU, will facilitate this retreat live from her home in Saskatoon, Sask.

By exploring Scripture, legend and new discoveries regarding Mary Magdalene, we will gain insight into the meaning of healing, friendship and Easter faith in our own lives.

Sr. Teresita Kambeitz teaches theology in Saskatoon for teachers pursuing their Master of Religious Education degree. She also teaches in adult faith enrichment programs, leads parish missions and conducts retreats in Canada and the USA.

FALL 2020 RETREATS



Slow Down! Retreat Days

Lexicon of Faith: Venturing Into a Vocabulary of Grace

Sept 10, Oct 15, Nov 12, 2020; Feb 18, March 18, April 15, 2021 | 9:30 am to 3 pm;

Cost: In-house: \$45; Online Retreat: \$25

Facilitator: Sandra Prather

The words we use have power. They carry multiple meanings, subtleties of thought and layers of emotion beyond what a simple utterance conveys. Often, only when we dive into them do we uncover the richness of their meaning.

This is especially true of our vocabulary of faith. Shaped by revelation, laden with tradition and elaborated over centuries, the lexicon of Christianity is broad and deep. Yet its

familiarity can deaden our appreciation. Only when we dig deep do we discover the layers of meaning, complexity of ideas and range of feelings hidden therein. Such a rediscovery will open us anew to the word's life-giving power.

In this series of Slow Down Days, we will use each letter. You will be invited to create a personal lexicon of faith. Exploring the words we will venture into the lexicon of faith to explore the A, B, C's of spirit. We will look at two letters each month, focusing on one or two significant words of faith meaningful to you.

Sept 10: Amazing A's and Beautiful B's.

Oct 15: Courageous C's and Daring D's.

Nov 12: Efficacious E's and Foundational F's.

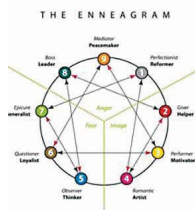
Sandra Prather works locally, nationally and internationally teaching and leading retreats, seminars and workshops for a variety of groups, including parishes, educators, lay formation programs and religious congregations.

Spirit of the Enneagram

Friday, Sept 11, 7 pm to Sunday, Sept 13, 2020, 4 pm

Cost: Live-in: TBD; Online: \$200

Facilitator: Richard Groves



This weekend workshop introduces and explores the nine personality styles of the Enneagram including its rich history and global spiritual wisdom. Using a highly interactive program based on oral tradition, participants explore their own style of attention but also gain insights into the unique ways other persons think and operate in the world. Through



nine panels based on the Enneatypes, participants share and compare life stories and patterns of behaviour. A team of Enneagram experts, each having more than twenty years of teaching experience, share instruction and lead the interactive process of exploring each Enneatype.

Servants of the Word and Creation

“See. Now is the acceptable time ...” (2 Cor 6.2) Recently, the Vatican Office for Promoting Integral Human Development announced a multi-year “Laudato Si’ Action Platform” inviting Catholic communities on a path toward total sustainability. We are pleased to say that this announcement accords with the Star of the North’s own efforts to develop a two-year adult formation program focused on deepening our relationship with the Word of God and all Creation.

Little did we know our inspirations would align so well with the Vatican’s plan to begin a seven-year journey toward ecological conversion.

We see this as a providential opportunity to launch this initiative, welcoming people from all walks of life to participate in the program and form a grassroots movement grounded in the encyclical’s concept of integral ecology with goals that reflect the gamut of Catholic social teaching.



Preview of the program:

Participation both online and onsite

Modules that explore the relationship of the Word and contemplation in connection with creation and our way of life at the service of the common good

Content drawn from biblical works, the great mystics, Franciscan tradition, Indigenous cultures and the social teachings of the Church with emphasis on the encyclical Laudato Si’

Rituals, celebrations and activities which deepen our commitment to our community and our planet.

Levels of participation:

- ◆ Monthly celebrations with related themes beginning Saturday 13 February 2021, held the second Saturday of each month. Everyone welcome
- ◆ Two-year program with various modes of learning and integrating content and practice leading to transformation
- ◆ Beginning Wednesday 1 September 2021 – Day of Creation designated by Pope Francis in 2015
- ◆ Way of life commitment to love and care for our common home and family as **Servants of the Word and Creation**

You are invited to join us in this initiative – to listen, consider and act in faith and to join the Star of the North mission: Awaken to Spirit – Transform the World. Stay tuned ... more information to come concerning this program.



Meditative Writing:
Earth, Fire, Wind & Water

Sept 16, 23, 30 and Oct 14, 2020, 7 to 9:30 pm

Cost In-house: \$90; Online; \$60

Facilitators: Anita Allsopp & Lucie Leduc

For those who enjoy writing, join us for four evenings of input and time to write within a contemplative space. The focus will be on accessing the sacred in the connection of our lives to the four elements of earth, fire, wind and water.



Sept 16 – Earth Grounds Us Sept 23 – Fire Moulds Us

Sept 30 – Wind Renews Us Oct 14 – Water Refreshes Us

Anita Allsopp has studied theology at Newman Theological College and the Oblate School of Theology in San Antonio and social work at the University of Calgary. In the past she has been active in parish ministry, retreat facilitation and supporting women in need. Today, she lives a contemplative lifestyle.

Lucie Leduc has worked in retreat ministry for 22 years, including the last eight as director of Star of the North. She has an MA in spirituality and is a spiritual director.



Living in the Word of God:
Learning from the First Letter of John

Saturday, Sept 26, 2020,
10 am to 4 pm

Cost: On-site: \$45; Online: \$25

Facilitator: Stéphane Saulnier



In this session we will reflect upon the First Letter of St. John's timeless call to love as God loves us, first as this message addressed a specific set of circumstances in the first century, second, as this book of Sacred Scripture invites us to live in the Word of God today. The session will alternate teaching periods and personal reflection times.

Stéphane Saulnier is a son, a husband and a father of two, originally from France. My family and I came to Edmonton in 2007, when I began to teach New Testament at Newman Theological College, a position I hold till this day. I am passionate about approaching Scripture from a Catholic faith perspective so that we the faithful are equipped to seek to understand the Word of God with the heart so we may bear much fruit.



Nourishing Our Human Destiny: Ecology as a Sacred Mission

Friday, Oct 2, 7 pm to Sunday, Oct. 4, 2020, 1 pm

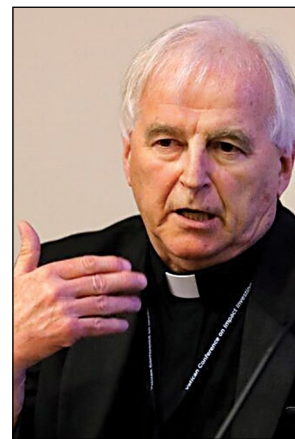
Cost: Live-in: \$250; Online: \$90

Facilitator: Fr. Seamus Finn, OMI, will facilitate this retreat live from his home in Washington, DC.

In *Laudato Si'*, Pope Francis' main aim was to take ecology where science could not: into the realm of the sacred. Science could sound the alarm, but it could not ask people to care about what they did not love. However, one study showed that a message centred on saving God's creation from desecration would resonate deeply with religious sensibilities. That calls for a new narrative that helps bridge the divide between science and the sacred. By integrating a deep appreciation for "our common home" into our daily activities humanity can overcome the apparent opposition between respect for nature and respect for human uniqueness. Humankind is called to care for creation our common home rather than act as its arrogant overlord.

Oblate Father Seamus Finn is director of the Oblates' Justice Peace and Integrity of Creation Office. Finn believes in integrating the religious community's faith and values into its advocacy efforts in the public and private sectors and into their financial investment decisions in order to promote sustainable human communities and more responsible corporations. Finn also explores ways the Justice Peace and Integrity of Creation Office can address public policy issues and public officials. Further, he works with corporations to encourage socially responsible investing.

He has given numerous presentations in different venues on faith, consistent investing and corporate social responsibility. He has been interviewed for print and radio shows and has appeared on dozens of TV shows, including CNN, CNBC, CNN, PBS, Al Jazeera America, RTE and on The Daily Show with Jon Stewart.



Pope Francis: Teaching Through Word and Deed:

Responding Faithfully to the 'Smell of the Sheep'

Tuesdays, Oct 13, 20, 27 and Nov 17, 2020 7 to 9 pm

Cost: In-house: \$90; Online: \$60

Facilitator: Bob McKeon

These four evening retreats will examine the challenging social teaching of Pope Francis. That teaching includes both his official teaching and his informal teaching by his words and deeds. We will study issues of poverty, ecology, peace, migration and economic justice. Further, we will explore his key evocative phrases: “smell of the sheep,” “field hospital,” “culture of encounter” and “missionary discipleship.” How has this social teaching been received in the Church and the wider community? How are people living out this message? How can we incorporate it in our lives and our communities?

Bob McKeon is professor emeritus at Newman Theological College, retired social justice animator for the Edmonton Catholic Archdiocese and former Journey to Justice columnist at Western Catholic Reporter.



Seasons of Our Lives

Wednesdays, Oct 14 and 21, 2020, 9:30 am to 3:30 pm

Cost: In-house: \$95; Online: \$60

Facilitator: Debbie Doornbos

The seasons are wonderful metaphors for our lives. Each season brings changes that can speak deeply to our hearts and our life experiences. Daily life brings us many changes, some chosen and others not. Either way all change involves loss, grief, letting go and eventually acceptance as we wait for the “new beginning” to emerge. Since our times of transitions are often challenging, journeying with others can help us see more clearly as we walk new paths. Transitions can also be a times of significant spiritual and personal growth in hope and joy. Using the seasons and the psalms as our guide, this two-part series offers a gathering of community to prayerfully explore the challenge and richness that our journeys through life transitions bring.

Debbie Doornbos is a professional facilitator, spiritual director and retreat leader with extensive experience animating small groups and leading group process. Debbie is the Canadian director of Sacred Art of Living Centre and has served as program director at Providence Renewal Centre.

Seasons of Our Lives Deepening Retreat

Friday, May 7, 4:30 pm to Saturday, May 8, 2021, 9:30 am to 4:30 pm

Cost: In-house: \$150; Online: \$60

Facilitator: Debbie Doornbos

In this season of spring and renewal, come enter more deeply into an exploration of the change and transition happening in your life. What is changing? What is waiting for transformation? Enter the journey in the company of others and open yourself to new life.

Breaking New Ground Together

Breaking New Ground Together is an ongoing series of talks and retreats at the Star of the North on how Christians can work in union with Indigenous peoples to live out the calls to action of the Truth and Reconciliation Commission.

The Bible in Activist Hands

Saturday, Oct 24, 2020, 10 am to 4 pm

Cost: In-house \$120; Online: \$30

Facilitator: Jennifer Henry

Many newcomer and settler Canadians strive to be in solidarity with Indigenous peoples in seeking truth, justice and reconciliation. For Christians who hold the Bible as the repository of important meaning, it makes sense to ask: Does our biblical tradition contain anything that could animate solidarity with Indigenous peoples in our time? Bible in one hand and newspaper in another, we will wrestle with some possible texts and connect the insights to current opportunities and challenges in allyship with Indigenous peoples.



Jennifer Henry has been executive director of KAIROS: Canadian Ecumenical Justice Initiatives since 2012. A settler striving to be an ally with Indigenous peoples, she has worked for 27 years in national ecumenical social justice.



The Cost of Colonialism, The Joy of Jubilee

Friday, April 23, 7 pm to Sunday, April 25, 2021, 1 pm

Cost: In-house: \$250; Online: \$60

Facilitator: Steve Heinrichs

If Canada is a settler colonial society, how does that shape Christian understanding and vocation? If dispossession is the fundamental breach of the Indigenous-settler relationship, what biblical resources can address that? Could old memories spur significant reparative action? Together, we'll wrestle with these questions by centring the voices of the oppressed.

Steve Heinrichs is a settler Christian from Winnipeg. The director of Indigenous-settler relations for Mennonite Church Canada, Steve is a student of activism who loves to march with his partner, Ann, and their children, Izzy, Aiden and Abby. Steve has edited several books, including *Unsettling the Word: Biblical Experiments in Decolonization* (Orbis, 2019).



Still Green and Growing (Part II)

A Spirituality for our Wisdom Years

Friday, Oct 30, 7 pm to Sunday, Nov 1, 2020, 1 pm

Cost: Live-in: \$250; Online: \$90

Facilitator: Archbishop Sylvain Lavoie, OMI



As we live longer, we are invited to grow more deeply into a spirituality for our wisdom years. We are challenged to age graciously and to give our lives and our deaths over as gifts to others. This retreat is a follow-up to a previous introductory retreat based on the book *Still Green and Growing*, and include a glimpse into the new book Archbishop Sylvain is writing, *As We Love Ourselves*. The retreat will be a blend of his thoughts and experiences with the teachings of Ron Rolheiser OMI and Richard Rohr OFM who are leading the way in this area. The focus will be on personal growth, inner healing and human development during the second half of our lives.

Archbishop Emeritus Sylvain Lavoie is a missionary Oblate who has spent more than 30 years ministering among the Indigenous peoples of north and central Saskatchewan. He is currently chaplain at Star of the North.

Retreat Weekend with Fr. Ron Rolheiser, OMI

Spiritual Wisdom from the Deep Wells of Christian Mysticism: Principles for Living a Mystically-Driven Life

Friday, December 4, 7 pm
to Sunday, December 6, 2020, 1 pm
(Begins with public lecture)

Cost: Live-in: \$250 Online: \$90

Facilitator: Fr. Ron Rolheiser, OMI

Mysticism is the best kept secret within our spiritual and ecclesial circles. But, alongside Scripture, it is a very rich source of insight and revelation from which to draw guidance for our journey. This retreat will draw on the lives and insights of a number of classical and contemporary mystics, Therese of Lisieux, Julian of Norwich, John of the Cross, Ruth Burrows, and Henri Nouwen, to see what these men and women, famous for touching the souls of so many people, have to offer us. How might we live a mystically-driven life?



Ron Rolheiser, OMI, is an internationally-known writer, retreat leader and spiritual theologian. Born in Macklin, Sask., he is the author of numerous books, including *Sacred Fire: A Vision for Deeper Human and Christian Maturity*. *Sacred Fire* was the winner of the 2015 Catholic Book Awards in the categories of Book of the Year and Best Book in Spirituality. He is a former professor at Newman Theological College in Edmonton and past-president of the Oblate School of Spirituality in San Antonio, Texas.

Public Lecture:

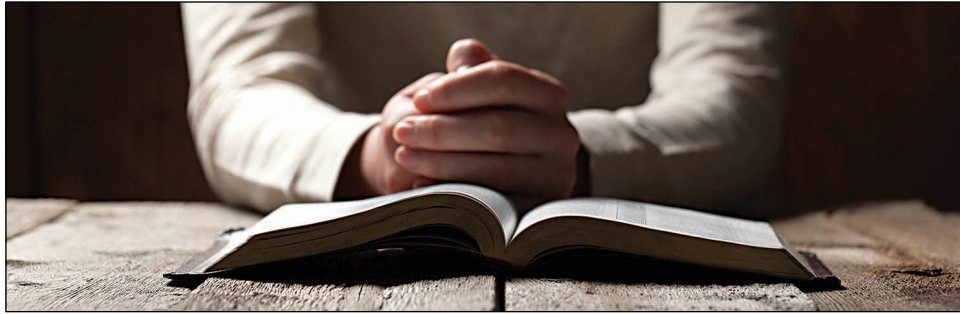
Our Real Obstacle to Holiness: Our Pathologically Complex Make-up

Friday, December 4, 2020, 7 pm

Location: Online only

Cost: \$25 (Free for those attending the weekend retreat)

Spirituality tends to blame our struggles for holiness on original sin, on concupiscence, and then blame Adam and Eve. A closer examination, however, of both Scripture and Christian tradition places the roots of our struggles not in what's wrong with us, but in what's right with us. We are born with divine fire inside our souls and that fire does not find easy peace in this world. Our own over-charged nature is the real reason why we struggle "to will the one thing."



Ignatian Prayer Retreat

Friday, December 11, 2020, 7 pm, to Sunday, December 13, 1 pm

Cost: Live-in \$250; Online: \$90

Facilltator: Faith Nostbakken

This retreat, in the style of St. Ignatius of Loyola, will focus on Scripture as a source of prayer. Ignatius used various forms of prayer to engage the mind and heart, the senses and imagination. This silent retreat will include times where guidelines for prayer are provided as well as time for individual prayer. The thematic movement of the weekend will be to experience the love of God, Jesus' life and ministry, and our own call to serve Jesus or to serve in his name. Participants will be invited to be receptive to another Ignatian theme: finding God in all things.



Dr. Faith Nostbakken is a writer, spiritual director, retreat facilitator and teacher on spiritual topics across many Christian denominations. She has been guiding participants through the Ignatian Spiritual Exercises since 2015.

Advent Hope Emerges from Darkness

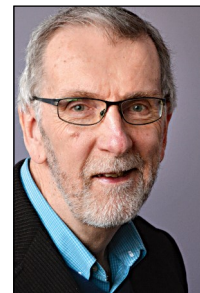
Thursdays, Dec. 10 and 17, 2020, 7 to 9 pm

Cost: In-house: \$90; Online \$40

Facilltators: Gabrielle Johnson & Glen Argan



Amidst the indifference and harshness of the world, faith in the two comings of Christ enables us to live in hope. The two comings reveal God as transcendent and as Christ among us. While we wait in hope for Christ's second coming, our belief in the incarnation gives us the eyes to see God's glory in the beauty of ordinary events. In those events, we can say, with Mary, "My soul proclaims the greatness of the Lord." This retreat will draw on our personal resources and the Advent-Christmas Scripture readings so we can live with a more intense hope.



Gabrielle Johnson is a lifelong student of philosophy and is author of the Word Made Flesh 2018, Novalis' booklet of Advent reflections. She is now executive director of the Back Porch, a pregnancy information centre in Edmonton.

Glen Argan, has an MTh in theology and an MA in philosophy, and was editor of the Western Catholic Reporter for almost 30 years.

Glen Argan, has an MTh in theology and an MA in philosophy, and was editor of the Western Catholic Reporter for almost 30 years.

Centering/Contemplative Prayer Circle

Tuesdays, September 15, 2020 to May 25, 2021, 2 to 3 pm

Cost: Drop in, Free Will Offering

Join us for one hour a week to grow in the practice of contemplative prayer. We begin with 20 minutes of silence for deepening our prayer practice. We will view teachings drawn from classic Christian traditions, Contemplative Outreach resources and contemporary Christian contemplatives. All are welcome.

Christian Meditation

Mondays, September 14, 2020, to June 21, 2021, 7 to 8 pm

Free Will Offering

Call Barb Noon for more information, 780-458-0470

Come and experience the ancient tradition of prayerful stillness. We begin by listening to a short audiotape, usually a teaching by, or in the tradition of Abbot John Main. This is followed by 25 minutes of silent sitting. All are welcome.

News and Notes

Grants and Renovations 2019

The Star was graced with an abundance of generous donations throughout the 2019 Starlight campaign year. We thank you, our many faithful donors and contributors to Star of the North for the inspiring support throughout the year. We thank, too, the Province of Alberta for its matching grant through the Community Facility Enhancement Grant that contributed to the re-shingling of our roof, and the Oblates of Mary Immaculate matching grant for windows in the chapel and the re-shingling project. Along with these donations, the Star gives grateful thanks for the help of Frank Steffler this past year and a half as our Starlight campaign manager. He has asked to step down from this role. We will miss his enthusiastic support at the Star and wish him and his family every blessing.

Men's and Women's Wellness Retreats

Due to the pandemic, this year's Men's and Women's Wellness Retreats were cancelled. We are continuing to plan for the coming year and will assess when our next wellness retreats can safely proceed. We are committed to again providing these weekends of solace, healing and care for inner city men and women.

Starlight Campaign Update

From November 29, 2018 to December 2019, we received about \$213,000 in donations. In 2020 donations have understandably decreased during the unsettling time of the pandemic. We will go ahead with our Star of the North Camino on Saturday, June 27, 2020. All walkers and anyone who wishes to sponsor a walker are invited to visit us at www.starofthenorth.ca/fundraising/star-camino/. Register to *walk where you are in support of the Star!* Or, sponsor a walker with your donation. Proceeds from this walk help replace our main entrance doors, refurbish our outdoor fire escapes and paint the exterior of the Star. Our goal remains to raise \$170,000 this year towards a total of \$500,000 over three years. Huge thanks to our walkers, donors and volunteers for their ongoing commitment and support of the Star.

2021 RETREATS

Listening to Your Life

Friday, Feb. 19, 7 pm, to Saturday, Feb. 20, 2021, 4:30 pm

Cost: Live-in: \$150 Online: \$60

Facilitators: Jodi Lammiman & Amy Spark

Sometimes we find ourselves lost in the busy-ness of daily events. Sometimes we find ourselves longing to catch our breath, listen to what our bodies and souls are saying, and lean into the silence.

Come discover the patterns in your life that are appearing: What do you repeatedly feel drawn towards or pulled away from? This retreat uses ecological metaphor to engage and uncover what is stirring in your inner world through group dialogue as well as guided solitude time.

Join us as we reflect on the previous season and ask thoughtful questions about the connections between the natural world and our inner world. We will also contemplate the many ways our personal experiences can engage our communities by contributing to the common good.

Jodi Lammiman has worked as a community educator, wellness coordinator, youth pastor, retreat facilitator, artist and library worker. She has degrees in sacred literature and spiritual leadership and certification as a spiritual director. She is a co-creator of Refugia Retreats.

Amy Spark is a co-creator of Refugia Retreats. She is an environmental scientist and advocate focused on the intersection between ecological and mental health. She is sustainability coordinator at Bow Valley College.



A Deeper Silence

Friday, February 26, 7 pm, to Sunday, February 28, 2021, 1 pm

Cost: Live-in: \$250; Online \$90

Facilltator: Kevin McGee

This is a silent retreat based on the method of Centering Prayer. St. John of the Cross writes that the Father speaks his Eternal Word in silence, and it is in silence that we hear it. Added attention will be given to the contemplative value of silence that leads us to a deeper intimacy with Jesus Christ, the Word of the Father.

Fr. Kevin McGee is a Catholic priest of the Saskatoon Diocese. He has been practising and teaching centering prayer for many years. Pastor of St. Augustine Parish in Saskatoon, he serves the diocese as vicar general. When he is able, he spends time at his hermitage with his two pugs and French bulldog.



Conversion in the Ordinary:

How God Speaks to us In Our Everyday Lives

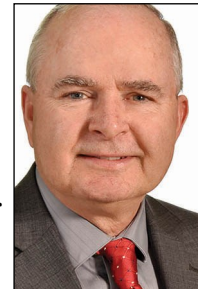
Friday, March 5 to Sunday, March 7, 2021

Cost: Live-in: \$250; Online: \$90

Facilltator: David Perrin

This silent Lenten retreat aims to help you better understand how your everyday life is part of God's saving plan for you. Your everyday experiences – challenges and successes – contribute to God's saving activity in your life and in the world. You are part of God's plan for salvation. But the distractions, conflicting messages and misinformation we live with often block our awareness of how God's grace nourishes and guides us – even in our sin. Throughout this retreat you will be asked to reflect on your relationship with yourself, with others and with God as you live these relationships in the circumstances of your life. Short conferences of about 30 minutes each, private prayer, optional one-on-one meetings with the retreat director, optional sacrament of Reconciliation and Eucharist shape the rhythm of this Lenten retreat.

David B. Perrin, PhD, is a professor of spirituality and ethics at St. Jerome's University in Waterloo, Ont. As a professional educator, academic speaker and author, as well as a popular workshop and retreat director, he has given conferences, workshops and retreats in Canada, the United States and Europe. Among other books, including two on St. John of the Cross, he most recently published *The 20-Minute Retreat: 18 Sessions With the Saints to Nourish Your Faith*.



Enneagram Contemplative Holy Week Retreat

Sunday, March 28, 7 pm to Thursday, April 1, 2021, 1 pm

Cost: Live-in: TBD

Facilitators: Richard Groves and Eileen & Michael Heaton

This internationally acclaimed retreat is celebrating its twentieth anniversary. Enneagram International calls this retreat “a remarkable jewel for personal growth.” This four-day silent retreat offers participants a spacious schedule with opportunity to learn and reflect on the wisdom of the Enneagram by listening to the still, small voice within. Retreat lessons and daily contemplative exercises are drawn from major world spiritual traditions. Specially trained spiritual companions are available to accompany each participant in order to explore the strengths and challenges of each personality style. Often called the *Nine Faces of God*, the Enneagram offers an opportunity to reflect on deepening our life of virtue, self-awareness and transformation during Holy Week.



Encounter St. Kateri Tekakwitha

Friday, April 16, 7 pm,
to Sunday, April 18, 2021, 1 pm

Cost: Live-in: \$250; Online: \$60

Facilitator: Sister Kateri Mitchell

St. Kateri Tekakwitha (1656-1680), also known as Lily of the Mohawks, is the first Indigenous saint of North America. She converted to Catholicism at age 19 and, after refusing to marry, moved to the Jesuit mission at Kahnawake, south of Montreal. There, she lived a life of prayer and asceticism. Following her death, many miracles and supernatural occurrences were attributed to her. She was canonized in 2012. In Canada, her feast is celebrated April 17.

This weekend retreat will focus on the relevance of St. Kateri’s spirit today, her relationship with our Creator God and the gifts of creation.

Sr. Kateri Mitchell, SSA, is a Sister of St. Ann who was born and raised on the St. Regis (Akwesasne) Mohawk Reservation in upstate New York, southern Ontario and Quebec. She has been a teacher and school administrator, worked full time in several forms of Indigenous pastoral ministry and served for 20 years as executive director of the international Tekakwitha Conference dedicated to evangelization among Indigenous peoples. Sister Kateri has been an advisor to the Vatican and the American bishops on Indigenous ministry and interfaith affairs. She was appointed as the first North American Indigenous person on the Pontifical Council for Interreligious Dialogue.



Radical Recovery & Relational Healing

A Workshop ~ Grounding Ourselves in a Broader Spirituality of Recovery

Friday, May 7, 7 pm to Sunday, May 9, 2021, noon

Cost: Live-in: \$250; Online: \$60

Facilitator: Archbishop Emeritus Sylvain Lavoie, OMI, and others

Dr. Gabor Maté, renowned expert on addictions and former staff physician at the Portland Hotel harm-reduction facility in Vancouver, has decades of experience working with patients challenged by life-threatening addictions, mental illness, Hepatitis C and HIV. He calls for a compassionate approach to helping alcohol and drug addicts. For the many behavioural or “softer” addicts among us, he urges us to address the void addiction is meant to fill. Dr. Maté’s message gives greater attention to the impact our environment has on addiction. Best-selling author and speaker featured on TED Talks, his videos and work will serve as the main resource for this recovery workshop, facilitated by Sylvain L. and members of the program. This workshop will be a blend of input, fellowship, laughter, meetings, mutual support, and time for reflection and journaling.



John's Gospel: From Spiritual Paralysis to Freedom

Friday, May 14, 7 pm to Sunday, May 16, 2021, 1 pm

Cost: Live-in: \$250; Online: \$60

Facilitator: Glen Argan

John's Gospel is a story of the journey from spiritual paralysis to freedom through faith. Following Jesus means accepting the fullness of life and truth through the power of the Holy Spirit. Are there ways in which I am spiritually paralyzed? If so, what steps can I take to share in the freedom which God's Spirit offers.

Glen Argan has been a reporter, columnist and editor in Canada's Catholic press since 1977. He was awarded the Leslie K. Tarr Award in 2018 for excellence in writing and his contributions to Christian writing in Canada.



Have You Heard of Spiritual Direction?

In this fast-paced, noisy world, it can be hard to hear the still small voice of God; distractions pull us from what matters most. A spiritual director creates space for others to hear and respond to God's voice in their lives. The Studion School's two-year, part-time program trains people to become spiritual directors.

What Is The Studion Experience?

When you enrol in The Studion, you become part of a community which journeys together for the duration of the program. You will gather several times with your cohort for silent retreats and classroom learning at Star of the North Retreat Centre. You will receive spiritual direction, nurture your spiritual life, participate in a practicum and learn from a faculty with years of diverse experience.

Is The Studion for You?

It's for all who want to become a spiritual director, seek to deepen their own spiritual life and desire to develop skills that are valuable anywhere spiritual care is needed. Our program is ideal for pastors, elders, chaplains, retreat facilitators and all who want to journey well with others in the life of faith.

Apply Now

Our next cohort begins in October 2020. You may apply until July 31.

For more information, see thestudionschool.com

or email thestudionschool@gmail.com



Book Star of the North for your next workshop, board meeting, retreat or gathering

As of June 1, 2020 we are accepting bookings of 15 or less, in keeping with government guidelines for physical distancing and no sharing of food or beverages. Stay in touch with us online to see regular updates on how we plan to welcome groups back to the Star.