

## And So We Wait...

OUR SPIRITUAL JOURNEY OF TRANSFORMATION  
A WEEKEND RETREAT FOR WOMEN

Friday May 18, 7:00 p.m. -  
Sunday May 20, 1:00 p.m.

**Program: \$180** - includes lunch Saturday  
and Sunday, and supper Saturday

### **Enrich your retreat with the following:**

Commuters: book a bedroom for rest on  
Saturday - **\$5**

Stay in a small bedroom - **\$60/night**

(with sink and shared toilet - shower down the hall)

Larger size room (with full bathroom)

- **\$80-100/night**

(limited number available - book early)

Breakfast Saturday & Sunday (for those  
living in or commuting) - **\$9/day**

To register please call

**306-242-1916**

or email:

**receptionist@queenshouse.org**

**Registration deadline: May 14**

A \$25 non-refundable deposit is requested  
when you register

### **Queen's House Retreat & Renewal Centre**

601 Taylor Street W, Saskatoon SK S7M 0C9

**306-242-1916; Fax: 306-653-5941**

email: **receptionist@queenshouse.org**

For details on all programs:

**[www.queenshouse.org](http://www.queenshouse.org)**



**Sarah Donnelly** was born and raised in southern Ontario, receiving her undergraduate degree from the *University of Waterloo*, her Masters of Divinity from *St. Peter's Seminary (University of Western Ontario)* and her spiritual direction

training from *The Haden Institute: Spiritual Direction in the Jungian, Mystical, Christian Tradition*. Sarah has been offering retreats and workshops since 1994. Her areas of interest include the deepening of our spiritual life and journey, our relationships with those we love, and the often lonely path of grief and loss. After being the director of a diocesan adult education office for seven years, and then suffering a great loss in her own life, Sarah moved to Vancouver Island where she offered retreats, workshops, spiritual direction, and grief support groups and intensive retreats to the ecumenical Christian community on Vancouver Island and throughout western Canada for 10 years. This ministry continues to be offered in Saskatoon. Sarah and her husband Scott Pittendrigh, Dean of the Anglican Cathedral in Saskatoon, moved to Saskatoon in the fall of 2012 and are happy to call the prairies their new home. Sarah is self-employed, and holds two other part-time positions: Pastoral Assistant at St. John's Cathedral, and a member of the Programming Team at Queen's House.

For more information about the ministry Sarah offers please visit [www.sarahdonnelly.ca](http://www.sarahdonnelly.ca). To contact Sarah directly please call her at 306-717-3707 or through email: [info@sarahdonnelly.ca](mailto:info@sarahdonnelly.ca)

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**Sarah Donnelly M. Div.**

**Queen's House  
Retreat & Renewal Centre**

—  
**A Home Away from Home**

# And So We Wait...

## OUR SPIRITUAL JOURNEY OF TRANSFORMATION

### A WEEKEND RETREAT FOR WOMEN

*"Those who wait for the LORD  
shall renew their strength,  
they shall mount up with wings like eagles,  
they shall run and not be weary,  
they shall walk and not faint..." Isaiah 40:31 (NRSV)*

What do we wait for in our lives? We wait for reconciliation in our family, or with a friend, colleague or fellow church member. We wait to get married, or for our marriages to grow more loving. We wait as relationships or life commitments end. We wait in pregnancy, and for our children to find their own way in life. We wait for more fulfilling employment, and retirement. We wait as someone we love suffers. We wait as we suffer. We wait as death approaches. We wait as we grieve. We wait for our faith to grow stronger. We wait for a new direction to emerge in our lives...



Much of our life is spent waiting. For many of us, this can feel like an empty, scary or unsettling time. It often feels like a "waste of time." In a culture that puts a premium on fast service, fast internet, and instant everything, waiting can at times feel uncomfortable or even alien to us. Why wait? Is there anything to be gained or learned during these desert periods in our lives? And is there anything we can do while we wait to ensure that we are actively engaged in this interior process, and not simply getting "stuck"?

This retreat will give participants the opportunity to reflect on their own unique experience of waiting. Participants might choose to spend time with an experience of waiting that greatly influenced their life sometime in the past, and/or might choose to reflect on a period of waiting they are living in today. While it is not essential, participants are encouraged to read Sue Monk Kidd's book When the Heart Waits: Spiritual Direction for Life's Sacred Questions (1990) in preparation for this retreat. During this weekend we will examine the experience of waiting, look at the various stages of this journey, and reflect on sacred stories in both the Jewish and Christian traditions that also echo our own stories of waiting.

#### RETREAT SCHEDULE

##### Friday evening

6:15pm Check in begins  
7:00 – 7:30pm Introductions and Opening Prayer  
7:30 – 8:30pm **Session One:**  
Waiting and Transformation –  
The Long Way Round;  
Quickaholic Spirituality  
Evening Prayer  
8:30pm

##### Saturday

7:40 – 8:00am Centering Prayer (optional)  
8:00am Breakfast  
9:00 – 9:20am Morning Prayer  
9:20 – 10:20am **Session Two:**  
Waiting and Transformation  
– From False Self to True Self  
10:20 – 10:45am Break  
10:45 – 11:45am **Session Three:**  
Passage to Separation  
– Crisis as Opportunity;  
Letting Go  
12:00pm Lunch  
1:00 – 4:00pm Sabbath time - A TIME FOR REST!  
4:00 – 5:30pm Worship service  
5:30pm Supper  
7:00 – 8:30pm **Session Four:**  
Passage of Transformation  
– Concentrated Stillness;  
Incubating the Darkness  
Evening Prayer  
8:30pm Wine/Sparkling juice and  
8:45pm Cheese party

##### Sunday

7:40 – 8:00am Centering Prayer (optional)  
8:00am Breakfast  
9:30 – 9:50am Morning Prayer  
9:50 – 10:50am **Session Five:**  
Passage of Emergence  
– Unfurling New Wings  
10:50 – 11:10am Break  
11:10 – 11:45am **Session Six:**  
Unfurling New Wings continued  
11:45 – 12:00pm Closing Prayer  
12:00pm Lunch and farewell