Transitions: Your Journey of Transformation through Grief and Loss

with Sarah Donnelly M. Div.

Date and Time: Thursday October 17, 7:00pm – Sunday October 20, 1:00pm
(repeated February 20 - 23, 2020)

Cost: $475 live-in. Includes program, bedroom and all meals
Registration deadline: October 14
A non-refundable deposit of $25 is required when registering

Detail: **Transitions: Your Journey of Transformation though Grief and Loss** has been offered in churches and retreat centres throughout Canada since 2003. Grounded in Christian Spirituality and Prayer, this supportive program offers hope, encouragement, companionship and insights into the often confusing, painful and lonely experience of grieving. Whether you are currently grieving, or have experienced a loss some time ago and have not had the opportunity to grieve, this retreat will provide insight, hope and prayerful support as you journey through the painful times of grief and loss in your life.

Transitions welcomes 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; the loss of a job or underemployment; retirement from a much-loved career; and the ending or deep wounding of a marriage, significant relationship or friendship.

Choosing to come to a retreat like this can be a difficult decision for many people. For some, the thought of sharing their sorrow and loss with strangers may feel uncomfortable. Others may not want to "burden" people with their stories and memories. All of these concerns are understandable. Past participants have frequently shared how nervous they felt coming to the first session, and how easily their discomfort was transformed before the end of that first session.

What happens at Transitions?
Using Joyce Rupp's beautiful book *Your Sorrow is My Sorrow: Hope and Strength in Times of Suffering* each session includes prayer, a presentation, time for quiet reflection and small group sharing.

Each presentation looks at a different aspect of grief:
Session 1: Praying our Goodbyes
Session 2: The Foretelling of Sorrow
Session 3: Fleeing from Destruction
Session 4: Searching for Our Lost Treasures
Session 5: Meeting Our Pain
Session 6: Standing Beneath the Cross
Session 7: Embracing our Loss
Session 8: Laying our Sorrows to Rest
Session 9: Hello-Goodbye-Hello

Presenter: **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 in Calgary, 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 2012 and are happy to call the prairies their home. Sarah is self-employed, and holds two other part-time positions: Programming Director at Queen's House and a Pastoral Assistant at St. John's Cathedral.

For more information about Transitions, including feedback from past participants, please visit www.sarahdonnelly.ca and go to Grief Support.

To contact Sarah Donnelly directly please call her at 306-717-3707 or through email: info@sarahdonnelly.ca. Visit her website: www.sarahdonnelly.ca

To register please contact Sarah Donnelly directly