



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/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 as 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 – Transitions. To contact Sarah Donnelly directly please call her at 306-717-3707 or through email: info@sarahdonnelly.ca

Queen's House Retreat and Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

To see a complete list of all upcoming programs please visit: www.queenshouse.org

Queen's House

A sacred place to nourish your mind and nurture your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Spiritual Exploration & Engagement
- ◆ Reflections on the Seasons of the Church Year
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship

NOURISH | **NURTURE**
YOUR MIND | YOUR SPIRIT

Explore your expanding home
at **Queen's House**

Transitions:

YOUR JOURNEY OF TRANSFORMATION THROUGH GRIEF AND LOSS

**Thursday October 17, 7:00 p.m. -
Sunday October 20, lunch**

Repeated February 20 - 23, 2020



Sarah Donnelly, M.Div.

Queen's House
Retreat & Renewal Centre

Nourish Your Mind - Nurture Your Spirit

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 encouragement, hope, 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 ending or deep wounding of a marriage, significant relationship or friendship; and the loss of a job, underemployment or a painful transition into retirement.

"Most helpful to me was the honesty, spirituality, sacredness, ritual, wonderful people, openness, sharing, and introspection. Healing, grounding, life changing!" *Kevin L. Victoria BC*

"Sarah made this time a safe place for us to share. Nothing was off limits when it came to our feelings. What a blessing! This program has been a freeing experience. Everyone who has experienced a loss would benefit. I wasn't sure if this program was what I needed in the beginning BUT...it was absolutely the right thing at the right time."
Allison A., Victoria BC

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.

"Most helpful was the time, space and support to journey into my grief, especially from a Christian context. I will definitely recommend this program to others - I feel it is appropriate for people at any stage of their journey through grief - it allows us to get in touch with where we are, but also shows us a way ahead into a new future. Thank you so much, Sarah, for your skilled and loving leadership during this retreat. You have given all of us an incredible gift." *Suzanne H., Saskatoon SK*

"I appreciated the time for self-reflection and group discussion. Taking time for myself these past few days has been very healing and brought some peace. My thought processes and self-talk have had a readjustment. I feel that some positive energy and less sadness will be going home with me."
Geri P., Saskatoon SK

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

Oct. 17, 7:00 p.m. - Oct. 20, 1:00 p.m.

Repeated February 20 - 23, 2020

Cost: \$475

(live-in: program, bedroom and all meals)

Retreats are limited to 9 participants – register early!

Registration deadline: October 14

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

Limited financial assistance is available.

Call 306-717-3707 to register or for more information

Learn more by visiting

www.sarahdonnelly.ca/grief-support.html

"The leadership helped to build the level of trust which allowed us to relate to each other at a meaningful level. Trust is needed for disclosure - disclosure is needed for healing. I found this program to be helpful in my attempts to heal my heart."
Luella M., Saskatoon SK