

# From Yesterday to Tomorrow in a Time of Pandemic

with Julien Fradette & Nancy Phillips

*An online retreat using Zoom*

**Dates and Times:** Saturday January 30  
9:30 a.m. - 4:30 p.m. Central Standard Time

**Cost:** \$75  
A minimum of 9 participants are needed to offer this program.  
Registration deadline: **January 27**

*Cost is per person - if additional people are joining you in participating in this Zoom event, we invite them to make a donation to the retreat centre.*

**Registration Details:** There are two registration options:

- Visit our website: [http://www.queenshouse.org/?page\\_id=4399](http://www.queenshouse.org/?page_id=4399)  
*Participants can now register and pay online!*
- Call Queen's House and register over the phone: 306-242-1916. As our staffing is minimal, please leave a message and we will be in touch ASAP.

**Detail:** The past months have required us to live differently. For some, the adjustment to this journey has been slight, for others monumental. In whatever way we have experienced this time, we are all called to find new ways of living as we transition from yesterday to tomorrow.

Using themes from the Paschal Mystery, this retreat will provide an opportunity to reflect on the experience of yesterday's losses and its accompanying process of grieving. These insights will allow us to open space within ourselves to live tomorrow with a new richness in our daily lives.

**First Session: A Lenten Journey Like No Other**

**Theme: From Ash Wednesday to Holy Thursday - John 13:12-15**

Our lives have been disrupted beyond measure, and yet, we have learned to adapt, to live through our disappointments, agonies and sorrows. The Lenten journey from Ash Wednesday, when we are called to fast, pray and give alms, to Holy Thursday, when Jesus washes the feet of his apostles, will offer us a glimpse into how we might live that journey.

## **Second Session: From Death to Grief**

### **Theme: Name Our Deaths and Grieve What We Have Lost - John 12: 24**

In the Gospel of John, Jesus tells us that “unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies it produces many seeds.” (Jn 12,24) We have been called to live through many deaths and we have suffered a great deal. We have learned to take up our cross like never before. At the same time, it is important that we allow ourselves to grieve. It is vital to our health. It is a process of transformation, of coming to new life, all of which will be explored in this session.

## **Third Session: Resurrection**

### **Theme: Claiming our Births - Mark 16:1-8**

The Resurrection promises the possibility of a new beginning. In the midst of darkness and doubt, we are called to bring forth new hope, new birth. We are called to become bearers of the truth of the Resurrection including the possibility of change and renewal, not only for ourselves and those we love, but for the earth as well.

## **Fourth Session: Ascension and Pentecost**

### **Theme: Letting the old ascend and accepting the spirit of the life you are living - Acts 1:6**

We are called to be witnesses to the good news of God breaking into history. The paschal mystery offers us a vision of the path of transformation which allows us to respond faithfully to the Holy invitation of this time of upheaval and change.

## **Presenters:**

### **Julien Fradette**

Julien is a father, grandfather and lifelong seeker on the spiritual journey. His principal professional career has been in public education. Following studies for his M.Div., he concluded his career as Director of Pastoral Services for the Archdiocese of St. Boniface. Julien is currently enrolled in the Forest Dwelling Program, Oblate School of Theology, San Antonio, studying the Spirituality of Aging.

### **Nancy Phillips**

Nancy is a Spiritual Director, Retired Nurse, Grandmother and Retreat Director who finds solace in green spaces. She is a graduate of the Shekinah program of Spiritual Direction formation and currently enrolled in the Forest Dwelling Program, Oblate School of Theology, San Antonio, studying the Spirituality of Aging.