

From Yesterday to Tomorrow in a Time of Pandemic

with Julien Fradette & Nancy Phillips

A Lent/Holy Week online retreat using Zoom

Dates and Times: Saturday March 27
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: **March 25**

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
Participants can register and pay online!
- Call Queen's House and register over the phone: 306-242-1916 x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.

Detail: It has been over a year since COVID-19 entered and took control of many aspects our lives. For many of us, the adjustment to the journey has been slight. However, for others it has been monumental and, at times, even traumatic. In whatever way we have experienced this time and the control the pandemic has had on our lives, we have all been called to find new ways of living and responding as we transition from yesterday to tomorrow.

For many, this year has felt like one long Lenten season. We have grappled with our physical, emotional, spiritual, financial, and mental health. We search for good news, even as we acknowledge that we continue to walk with caution and grief accompanying us.

Soon we will enter into the liturgical period of Holy Week, culminating with the great feast of Easter. Using themes from the Paschal Mystery as we transition from Lent to Holy Week, this retreat will provide an opportunity to reflect on the experience of this past year, grieve the losses, and open space within ourselves to live into 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

Over the past year our lives have been disrupted beyond measure. Over that time, we have learned to adapt, to live through many disappointments, numerous agonies and, at times, incredible sorrows. The Lenten journey from Ash Wednesday, when we were called to fast, to pray and to give alms, to Holy Thursday, when Jesus washes the feet of his disciples, offers us a glimpse into how we may have lived the journey - and how we might still live the journey - as we move forward into the next part of our lives.

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." (John 12.24). We have been called to live through many deaths over the past year and many people 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 those losses because it is vital to our health. Grieving is a process of transformation; it is a 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, as we transition through upheaval and change and look to what the future brings.

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 a graduate of the Forest Dwelling Program, Oblate School of Theology, San Antonio, focused on 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 the Forest Dwelling Program, Oblate School of Theology, San Antonio, focused on the Spirituality of Aging.