

And So We Wait...

OUR SPIRITUAL JOURNEY OF TRANSFORMATION A WEEKEND RETREAT FOR WOMEN

**Friday May 3, 7:00 p.m. -
Sunday May 5, 1:00 p.m.**

Commuters: \$220 - includes lunch Saturday and Sunday, supper Saturday, and a small bedroom (dayroom) for rest on Saturday afternoon

If you choose to stay at the retreat centre, the following prices include the retreat and all meals, breakfast Saturday to lunch Sunday:

Small bedroom - \$345

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

Medium bedroom - \$385

(limited number with full bathroom)

Large bedroom - \$425

(limited number with full bathroom)

Registration Details

There are two options to consider when registering for this retreat:

- Visit our website: <https://www.queenshouse.org/programs/>

Participants can register and pay online

OR

- Call Queen's House and register over the phone: 306-242-1916 x226

Registration deadline: May 1



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 for 30 years. 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 from 2012 to the present.

Sarah is the Program Director at Queen's House, and offers the listening ministry of Spiritual Direction.

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

Queen's House Retreat & Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

306-242-1916 x226

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AT QUEEN'S HOUSE

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Sarah Donnelly



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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 or hope 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 warmly 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