

# And So We Wait...

## OUR SPIRITUAL JOURNEY OF TRANSFORMATION

### A Weekend Retreat for Women

with Sarah Donnelly

**Date and Time:** Friday May 24, 7:00 p.m. – Sunday May 26, 1:00 p.m.

**Costs:** Program: \$180 - includes lunch Saturday and Sunday, and supper Saturday

*Enrich your retreat with the following:*

Add supper Friday, 5:30 p.m. - \$15 (*\*please check that supper is available on the Friday evening*)

Commuters: book a bedroom for rest on Saturday - \$5

Stay in a small bedroom - \$60/night (with sink and shared toilet - shower down the hall)

Large size room\* (with full bathroom) - \$80-100/night (*\*limited number available*)

Breakfast Saturday & Sunday (for those living in or commuting) - \$9/day

#### **Detail:**

“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 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? 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 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.

**Friday evening****RETREAT SCHEDULE**

4:30pm Check in begins  
5:30pm Supper (optional)  
7:00 – 7:30pm Introductions and Opening Prayer  
7:30 – 8:30pm **Session One:** Waiting and Transformation – The Long Way Round; Quickaholic Spirituality  
8:30pm Evening Prayer

**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  
8:30pm Evening Prayer  
8:45pm Wine/Sparkling juice and Cheese party

**Sunday**

7:40 – 8:00am Centering Prayer (optional)  
8:00am Breakfast  
9:00 – 9:20am Morning Prayer  
9:20 – 10:20am **Session Five:** Passage of Emergence – Unfurling New Wings  
10:20 – 10:45am Break  
10:45 – 11:45am **Session Six:** Unfurling New Wings continued  
11:45 – 12:00pm Closing Prayer  
12:00pm Lunch and farewell

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

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

**To register:** Contact Queen's House: Phone: 306-242-1916 or  
Email: [receptionist@queenshouse.org](mailto:receptionist@queenshouse.org)