



Nancy Phillips 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*

and graduate of the *Forest Dwelling Program*, Oblate School of Theology, San Antonio, studying the Spirituality of Aging. Nancy is currently the Program Coordinator of *Growing in Wisdom: Seeking Deeper Generativity* and lives in Winnipeg MB.

Sarah Donnelly is a spiritual director, retreat facilitator, and is the Director of Programming at Queen's House Retreat & Renewal Centre in Saskatoon SK. She is a graduate of St. Peter's Seminary (M.Div.) in London ON; *The Haden Institute: Spiritual Direction in the Jungian Mystical Christian Tradition*; and the *Forest Dwelling Program*, Oblate School of Theology, San Antonio, studying the Spirituality of Aging. Sarah also serves as the Program Administrator for *Growing in Wisdom: Seeking Deeper Generativity*.



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



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
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ Indigenous Spirituality & Encounter
- ◆ Community, Celebration, Worship

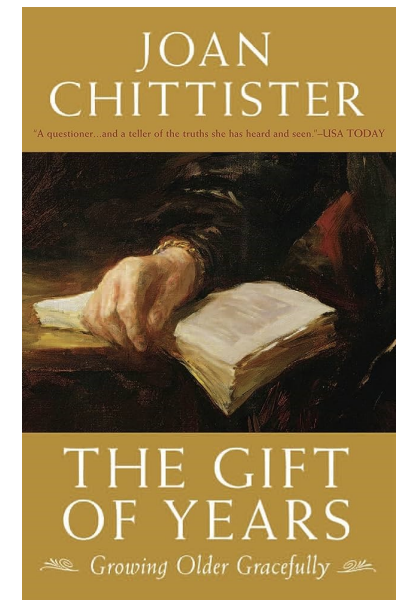


Photo by Grant Martin - taken on the grounds of Queen's House

The Gift of Years: GROWING OLDER GRACEFULLY

A BOOK STUDY OFFERED ON ZOOM

**Two Thursday afternoons
October 12 & November 9**



Nancy Phillips & Sarah Donnelly



The Gift of Years:

GROWING OLDER GRACEFULLY

Join with other seekers as we appreciate the wisdom found in Sr. Joan Chittister's book, The Gift of Years: Growing Older Gracefully. (2010)

Not only accepting but also celebrating getting old, this inspirational and illuminating book looks at the many facets of the aging process, from purposes and challenges to struggles and surprises. Central throughout is a call to cherish the blessing of aging as a natural part of life that is active, productive, and deeply rewarding. Perhaps the most important dimension revealed lies in the awareness that there is a purpose to aging and intention built into every stage of life.

Joan Chittister reflects on many key issues, including the temptation towards isolation, the need to stay involved, the importance of health and well-being, what happens when old relationships end or shift, the fear of tomorrow, and the mystery of forever. Readers are encouraged to surmount their fears of getting older and find beauty in aging well.

Please source your own copy of this book, and read the assigned chapters prior to each gathering.

This book study will be offered over two months:

Thursday October 12 - Chapters 1 - 20

Thursday November 9 - Chapters 21 - 40

There's no such thing as having just one life to live, Chittister argues—life is a mural of multiple pieces, every part serving its own purpose. And every part allows us to adapt, to change, to cope. The forty-one short chapters in *The Gift of Years*, each almost a mini-sermon, are challenging, yet comforting at the same time. A Benedictine sister, Chittister is a counselor, a Catholic activist who supports women's rights, a writer (with more than thirty-five books published), and a faithful believer in a God who loves her and everyone else.

Forward Book Review

"Perhaps you have to be in the second half of life to know how truthfully and helpfully Joan Chittister speaks. We live in a first-half-of-life culture, which makes this wisdom all the more necessary--and all the more wonderful."

Richard Rohr, author, "The Naked Now"

"Brim with insight, pluck, verve and courage. . . It shows us both the joys and the challenges of growing older, and encourages us to discover the deep spiritual meaning that can come with older age."

Helen Prejean, author, "Dead Man Walking"

Please note the start time in each time zone, as they differ for folks living in SK in November

October 12 (Daylight Savings Time)

12:00 - 2:00 p.m. PDT

1:00 - 3:00 p.m. MDT (AB & SK)

2:00 - 4:00 p.m. CDT

3:00 - 5:00 p.m. EDT

4:00 - 6:00 p.m. ADT

November 9 (Standard Time)

12:00 - 2:00 p.m. PST

1:00 - 3:00 p.m. MST

2:00 - 4:00 p.m. CST (SK & MB)

3:00 - 5:00 p.m. EST

4:00 - 6:00 p.m. AST

Offered on Zoom

Cost: \$20 for the general public

No cost to *Growing in Wisdom* participants, Cohorts One and Two

Registration deadline: **October 11**

All sessions will be recorded and sent to those who have registered for this series.

Registration Details

There are two registration options:

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

Participants can register and pay online

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