

UNDERSTANDING FORGIVENESS - A RETREAT

November 14-16, 2014

Begins Friday 7pm - ends with lunch on Sunday

Cost: \$225 live-in, \$125 commute

Forgiveness is essential to living a harmonious life, but is one of the most challenging invitations we have received as Christians. This retreat explores this topic, and gives participants the opportunity to reflect on how we both give and receive true forgiveness. Retreat topics include: The Importance of Forgiveness in our Lives, Unmasking False Notions of Forgiveness and The Twelve Steps of True Forgiveness. Resource used to develop this retreat: *How to Forgive: A Step-by-Step Guide*, by John Monbourquette. Novalis. 2000.



Sarah Donnelly has been offering workshops and retreats for the past 20 years, and has facilitated 28 Transitions Grief Support Groups and Retreats since 2003. After being the director of an adult education office with the Catholic Diocese of Calgary for seven years she started her own business which allowed her to work in broader ecumenical circles. In addition to retreats and grief support programs Sarah is a spiritual director and occasionally preaches in various churches. Sarah and her husband Scott live in Saskatoon SK.

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