



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 an adult education office with the Catholic Diocese of Calgary for seven years Sarah moved to Vancouver Island where she offered retreats, workshops, spiritual direction, and grief support groups to the ecumenical Christian community on Vancouver Island and throughout western Canada for 10 years. This ministry continues to be offered in Saskatoon. In 2008 Sarah joined the Anglican Church of Canada. 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 new home.

For more information about Transitions, including feedback from past participants, please visit www.sarahdonnelly.ca and go to Grief Support – Transitions. To contact Sarah Donnelly directly please call her at 306-717-3707 or through email: info@sarahdonnelly.ca



Mission Statement

At the service of the church and one with the Missionary Oblates of Mary Immaculate whose mission is that of Jesus Christ sent to announce good news to the poor, freedom to captives and new vision to the blind (Luke 4), Queen's House is primarily committed to the renewal of the people of God with special regard for the alienated and the suffering.

A place of hospitality, beauty and quiet, Queen's House welcomes all peoples in their unique life experiences. They come to pray and worship, to seek healing and human dignity, to grow in knowledge of self, the world and God. With risk and daring Queen's House responds to these needs through creative programs and collaborative ministry.

Embracing its own need for conversion, Queen's House looks to the day when all may love tenderly, act justly and walk in truth with one another and with God (Micah 6).

Queen's House Retreat and Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

To register please call **306-717-3707** or email: info@sarahdonnelly.ca

To see a complete list of all upcoming programs please visit: www.queenshouse.org or call **306-242-1916**

Transitions: Your Journey of Transformation through Grief and Loss

Thursday October 22, 7pm -
Sunday October 25, lunch
Repeated February 18 - 21, 2016



Sarah Donnelly, M.Div.

Queen's House Retreat & Renewal Centre

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A Home Away from Home

Transitions: Your Journey of Transformation though Grief and Loss has been offered in churches and retreat centres throughout Canada since 2003. Grounded in Christian Spirituality and Prayer, this supportive program offers hope, encouragement, companionship and insights into the often confusing, painful and lonely experience of grieving.

Whether someone is currently grieving, or has experienced a loss some time ago and has not given themselves time to grieve, this 3.5 day retreat will provide insight, hope and prayerful support as they journey through the painful times of grief and loss in their life.

Transitions welcomes those who have experienced a wide range of losses including the death or anticipated death of spouse, partner, child, family member or loved one, the loss of good health in themselves or someone they love, the loss of a job or underemployment, retirement from a much-loved career and the ending of a marriage, significant relationship or friendship.

"Most helpful to me was the honesty, spirituality, sacredness, ritual, wonderful people, openness, sharing, and introspection. Healing, grounding, life changing!" Kevin L. Victoria BC

"Sarah made this time a safe place for us to share. Nothing was off limits when it came to our feelings. What a blessing! This program has been a freeing experience. Everyone who has experienced a loss would benefit. I wasn't sure if this program was what I needed in the beginning BUT...it was absolutely the right thing at the right time."
Allison A., Victoria BC

Choosing to come to a retreat like this can be a difficult decision for many people. For some, the thought of sharing their sorrow and loss with strangers may feel uncomfortable. Others may not want to "burden" people with their stories and memories. All of these concerns are understandable. Past participants have frequently shared how nervous they felt coming to the first session, and how easily their discomfort was transformed before the end of that first session.

What happens at Transitions?

Each session begins with a check-in, followed by an opening prayer. Sarah continues with a presentation, exploring a particular aspect of grief and loss. After this reflection, participants are invited to write down their response to questions addressing the topic in silence, and then share their responses in small group discussions. The session ends with a closing prayer.

"Most helpful was the support of fellow participants and Sarah's gentle spirit in guiding my journey. The program is so dynamic in its ability to change lives – it has had a profound effect on my life, assisting me to shift and release locked in emotions. Thanks Sarah for the beautiful gift of emotional healing. I will always remember our time spent together."
Ronnie B., Victoria BC

Each presentation looks at a different aspect of grief:

- Session 1:** Praying our Goodbyes
- Session 2:** The Foretelling of Sorrow
- Session 3:** Fleeing from Destruction
- Session 4:** Searching for Our Lost Treasures
- Session 5:** Meeting Our Pain
- Session 6:** Standing Beneath the Cross
- Session 7:** Embracing our Loss
- Session 8:** Laying our Sorrows to Rest
- Session 9:** Hello-Goodbye-Hello

October 22-25, 2015

Cost: \$390 (live in)

Retreats are limited to 12 participants – register early!

Registration deadline: October 19

Limited financial assistance available.

Call 306-717-3707 to register.

"The leadership helped to build the level of trust which allowed us to relate to each other at a meaningful level. Trust is needed for disclosure - disclosure is needed for healing. I found this program to be helpful in my attempts to heal my heart."
Luella M., Saskatoon SK