



Transitions: Your Journey of Transformation through Grief and Loss

**Sunday June 17, 7:00 p.m. -
Wednesday June 20, lunch**

Retreat Facilitator:
Sarah Donnelly, M. Div.

Transitions: Your Journey of Transformation through 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 you are currently grieving, or have experienced a loss some time ago and have not had the opportunity to grieve, this retreat will provide insight, hope and prayerful support as you journey through the painful times of grief and loss in your 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 ending or deep wounding of a marriage, significant relationship or friendship; and the loss of a job, underemployment or a painful transition into retirement.

Using Joyce Rupp's beautiful book [Your Sorrow is My Sorrow: Hope and Strength in Times of Suffering](#) each session includes prayer, a presentation, time for quiet reflection and small group sharing. All materials are provided, and participants are asked to attend all sessions of this healing retreat.

TRANSITIONS: YOUR JOURNEY OF TRANSFORMATION THROUGH GRIEF AND LOSS

LOCATION: St. Paul's Anglican Cathedral
360 Nicola Street, Kamloops

FEE: \$40 *(limited bursaries available—please call 250-372-3912 to inquire further)*

Fee includes all program materials and refreshments. Please bring a lunch on Monday and Tuesday. A lunch will be provided to the group at the end of the program on Wednesday.

REGISTRATION deadline: May 22 - please call **250-372-3912** to register

Registrants will be contacted by the facilitator prior to the completion of registration to ensure the program is a good fit at this time for every participant.

Please see back of this poster for retreat schedule and other details

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SCHEDULE

Sunday June 17, 7:00 - 9:30 p.m.	Session 1: Praying our Goodbyes
Monday June 18, 8:45 a.m.	Session 2: The Foretelling of Sorrow
Monday June 18, 11:00 a.m.	Session 3: Fleeing from Destruction
Lunch and rest	12:30 - 2:00 p.m.
Monday June 18, 2:00 - 4:00 p.m.	Session 4: Meeting Our Pain
Tuesday June 19, 8:45 a.m.	Session 5: Standing Beneath the Cross
Tuesday June 19, 11:00 a.m.	Session 6: Embracing our Loss
Lunch and preparing for Session 7	12:30 - 2:30 p.m.
Tuesday June 19, 2:30 - 5:30 p.m.	Session 7: Laying our Sorrows to Rest
Wednesday June 20, 9:00 a.m.	Session 8: Hello-Goodbye-Hello
Wednesday June 20, 12:00 p.m.	Farewell lunch



Sarah Donnelly received 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*. 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. Sarah has offered retreats, workshops, grief support programs and spiritual direction for many years in Calgary, on Vancouver Island, and now in Saskatoon. In addition to being self-employed, Sarah holds two other part-time positions: Pastoral Assistant at St. John's Cathedral, and a member of the Programming Team at Queen's House Retreat and Renewal Centre.

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

"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*

"My journey in the loss and grief of our beloved daughter was supported with the grace, compassion, intelligence, professionalism and spiritual direction of Sarah Donnelly. She is a blessing in my life, and I know that she is an absolute grace within my life journey." *Silvia M., bereaved parent, Saskatoon SK*

"Most helpful was the time, space and support to journey into my grief, especially from a Christian context. I will definitely recommend this program to others - I feel it is appropriate for people at any stage of their journey through grief - it allows us to get in touch with where we are, but also shows us a way ahead into a new future. Thank you so much, Sarah, for your skilled and loving leadership during this retreat. You have given all of us an incredible gift." *Suzanne H., Saskatoon SK*