

**TRANSITIONS: YOUR JOURNEY OF
TRANSFORMATION THROUGH
GRIEF AND LOSS**

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

St. Paul's Anglican Cathedral

360 Nicola Street
Kamloops BC V2C 2P5

250-372-3912
stpaulscathedral@shawbiz.ca

To register please call **250-372-3912**

**Transitions:
Your Journey of
Transformation through
Grief and Loss**

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



Sarah Donnelly, M.Div.

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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 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.

"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?

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.

"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*

"I appreciated the time for self-reflection and group discussion. Taking time for myself these past few days has been very healing and brought some peace. My thought processes and self-talk have had a readjustment. I feel that some positive energy and less sadness will be going home with me."
Geri P., Saskatoon SK

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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.

All materials are provided, and participants are asked to attend all sessions of this healing retreat.

"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