

Dietary needs: _____

I attended *Sister Care: Equipping Women for Caring Ministry* at _____

CALCULATE COST

Program cost: _____ (\$115 full registration
[\$105 before 8/31])
Lodging cost: _____
TOTAL COST: _____

Thank you for your full payment with registration. A \$50 non-refundable/non-transferrable deposit required per registration without full payment.

Please make check payable to **Mennonite Women USA** and send registration form and payment to:

Helen Miller, Lancaster MW
2302 Hobson Rd.
Lancaster, PA 17602
717-299-0139 // helenlkm@gmail.com

Confirmation letter will include directions to Camp Hebron, what to bring, and Saturday afternoon activity options.

Sister Care is a ministry of Mennonite Women USA. Learn more about Sister Care and our other ministries:
mwusa.org



**MENNONITE
WOMEN USA**

Sister Care: Level 2* **“Going Deeper”** **Schedule**

*Prerequisite: Attended *Sister Care: Equipping Women for Caring Ministry* seminar or viewed the Sister Care DVD and read the manual.**

Friday, October 2

5:00-6:30 pm // Registration Sylvan View
7:00-9:30 pm // Session 1

Saturday, October 3

8:00-9:00 am // Breakfast
9:00-12:00 pm // Sessions 2 + 3
12:00-1:00 pm // Lunch
1:00 -2:00 pm // Session 4
2:00-5:00 pm // Break + Activities
5:00-6:30 pm // Supper
7:00-9:00 pm // Session 5

Sunday, October 4

8:00-9:00 am // Breakfast
9:00-11:45 am // Session 6
12:00-1:00 pm // Lunch

For questions seek out your local committee:

Lisa Heft, Lancaster MW
717-368-9058 // heftj23@dejazzd.com
Deb Sprunger, Atlantic Coast MW
717-517-8114 // debirisgarden@gmail.com
Helen Miller, Lancaster MW
717-299-0139 // helenlkm@gmail.com

**The Sister Care DVD + Manual are available from MW USA as a special retreatant offer for only \$20 (plus s & h). To purchase, contact:
MW USA: 718 N. Main St., Newton, KS 67114 // office@mwusa.org // 316-281-4396 // mwusa.org/shop



Level 2 **“Going Deeper”** retreat // October 2-4

Presenters
Carolyn Heggen and Rhoda Keener



photo credit: Cathyn Passmore

Camp Hebron
957 Camp Hebron Road
Halifax, PA 17032



Carolyn Holderread Heggen, Ph.D., is a psychotherapist specializing in trauma recovery. She currently lives in Corvallis, Oregon, and is an active member of Albany Mennonite Church. Carolyn has also lived and worked in Latin America, Pakistan, and Nepal. She is the author of *Sexual Abuse in Christian Homes and Churches* and is a frequent speaker and workshop leader on personal and communal healing, pastoral boundaries, gender issues, and PTSD. She and her husband, Richard, are the parents of three adult children.

Rhoda Shenk Keener, M.S., is the Sister Care Director for Mennonite Women USA, a work which joyfully connects her to women across the United States and world. She served for 14 years as executive director and co-director for Mennonite Women USA. Rhoda's background includes teaching and mental health counseling in a variety of settings. She and her husband, Bob, live in Shippensburg, Pennsylvania, and are members of Marion Mennonite Church. They are the parents of three adult children.

Sister Care: Equipping Women for Caring Ministry seminars have been presented throughout the United States and internationally in Guatemala, Bolivia, Colombia, Trinidad, India, Nepal, Paraguay, Argentina, Brazil, Puerto Rico, and Canada. The Sister Care manual is available in four languages: English, Spanish, Kek'chi', and Portuguese.

As women we rarely have the opportunity to reflect on our own life journeys. Come, join others as we go deeper with Sister Care core teachings and grow in our ability to:

- See ourselves as God sees us and know that we are truly beloved.
- Clarify how we want to use the rest of our one precious life so that we spend our time and energy in ways that help fulfill our life calling and mission.
- Develop skills to establish healthy boundaries in friendships, family relationships, and commitments in the church, community, and work.
- Identify wounds from the past that still need God's healing touch and learn tools for deep healing.
- Explore ways of helping others through times of despair and sorrow.
- Recognize and celebrate God's grace and love in our lives.

Sister Care: Level 2 "Going Deeper" provides time for personal reflection, table conversations, and learning activities.

Sister Care: Level 2* "Going Deeper" registration is only \$115 (includes the registration fee and all meals from Saturday breakfast through Sunday lunch) **plus lodging.** Register by August 31, and save \$10/person! (Register by 9/10/15 for best availability.)

Name _____
Address _____

Church _____
Email _____
Phone _____

I would like my contact information to be included on a list of participants to share with Sister Care retreat attendees.

LODGING

Choose your lodging preference for your 2-night stay:
1. _____ Hotel-style: 1 double bed, 1 twin, 1 trundle, private bath, linens provided

_____ 2 per room (+\$118/person)

_____ 3 per room (+\$79/person)

_____ 4 per room (+\$59/person)

_____ Private room (+\$236)

Roommate(s): _____

_____ Please assign a roommate(s) if available.

Fee will be negotiated per roommate availability.

2. _____ Cottage-style: linens provided (limited rooms, contact Helen Miller for availability and descriptions: 717-299-0139 or helenlkm@gmail.com)

_____ 2 per room (+\$65/person)

_____ 3 per room (+\$55/person)

_____ 4 per room (+\$45/person)

_____ Private (+\$95) limited # of rooms

Roommate(s): _____

_____ Please assign a roommate(s) if available.

Fee will be negotiated per roommate availability.

3. _____ Commuter/Camping: reserve campsite by September 10 on the Camp Hebron website: camphebron.org then pay only \$115 for registration/meals.

(over)