

August 23-25, 2024
Our Lady of Good Counsel
Retreat Center
7303 N 112th St.
Waverly, NE 68462

\$250.00

Includes private room, meals,
retreat materials and program.
Financial assistance may be available if cost is a hardship.

To request an application please contact:
Mary Beth Hanus LMHP
Archdiocese of Omaha
402-827-3798
mbhanus@archomaha.org
OR

The Victim Assistance Coordinators for the Diocese of Grand or Lincoln

Must provide your own transportation to and from the retreat location.



The Way Healing
Retreats for Survivors
of Abuse were
developed by Sue

Stubbs, Victim Assistance Coordinator of the Archdiocese of Atlanta.

The Victim Assistance Program of the Archdiocese of Atlanta, part of the Office of Child and Youth Protection, provides outreach and healing programs for those abused by church personnel. Some programs, such as this retreat, expand beyond those abused by church personnel to include all abuse victims.

The Victim Assistance Program organizes a pastoral response to the victim, their immediate family and their parish family by offering resources for counseling, spiritual direction, prayer services, retreats and educational information.

For more information contact:

Office of Child and Youth Protection
Archdiocese of Atlanta
2401 Lake Park Drive SE
Smyrna, GA 30080
Phone 404-920-7550
ocyp@archatl.com



# A Healing Retreat for Female Survivors of Abuse

Developed by Sue Stubbs

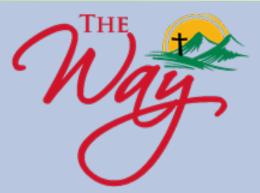
Victim Assistance Coordinator

Archdiocese of Atlanta

A service of the
Victim Assistance Ministries of the
Roman Catholic Church in Nebraska
Provided by the Archdiocese of Omaha
in collaboration with the Diocese of Grand Island
and the Diocese of Lincoln

This retreat is Christian-based.

Women of all faiths and traditions are invited and welcomed.



The Way is a healing retreat for female survivors of abuse; a 3-day guided meditation and prayer experience for women whose abuse by another has deeply affected their heart, mind, body and soul.



- Have you experienced or are you experiencing dread, confusion, deep hurt, betrayal or anger when you think of the abuse you have suffered? Or maybe you are feeling nothing at all.
- You have every right to these feelings...they are natural reactions to the trauma you have survived.
- You may be asking yourself, "What do I do with all of this? How will confronting my abuse experience affect my life? How will I ever recover my trust in people, God, my Church again?

Does it really matter? Do I matter?"

Your Retreat Team consists of professional counselors, a priest, and volunteers who are well formed and grounded in the Truth of the Catholic faith. All Truth is God's Truth, so even if you are not Catholic, the steps you take during this retreat will help you to move forward in Truth on your journey to peace.



The Way is the path to take to find answers to these and many other questions for which your heart, mind, body, and soul have been searching. This is where your healing journey begins. These three days of guided meditations and prayer crafted around the Stations of the Cross will show you the steps Christ took to overcome dread, confusion, deep hurt, betrayal, and anger not only for His experience of abuse—which culminated in His death on the cross and new life in the Resurrection—but for your abuse as well. You can choose to walk *The Way* with Him, learn His ways, transform your pain and suffering into a new life, the life God has always wanted for you but that the sins of another has disfigured in countless ways.

You do matter...to God, to your Church, to your loved ones, to the world. Let Christ show you *The Way* to peace in heart, mind, body, and soul. Take your first voluntary steps on *The Way* to new life.

#### **Retreat Schedule**

# Friday

Mass (encouraged but not required)
Settling-in
Welcome / Introducation
Dinner
Conference / Stations 1-3

### Saturday\*\*

Breakfast

Conference / Stations 4-7

Lunch

Rosary (encouraged but not required)

Free Time

Conference / Stations 8-11

Mass (encouraged but not required)

With voluntary opportunity for Sacrament of Healing

Dinner—Silent portion of retreat begins\*

Station 12

Adoration of the Blessed Sacrament

(encouraged but not required)

Foot of The Cross Ceremony

## Sunday

Sunday Mass (encouraged but not required)

Breakfast

Stations 13-14

Way of the Cross

Station 15

Silent portion of retreat ends

Lunch

Conference

Homebound!

\*Silence is God's language. Refraining from talking amongst ourselves during this portion of the retreat will increase our intimacy with God. In the words of Saint Theresa of Calcutta, "We need to find God and He cannot be found in noise and restlessness. God is the friend of silence. See how nature—trees, flowers, grass—grows in silence; see the stars, the moon, the sun, how they move in silence...we need silence to be able to touch souls."

\*\*Voluntary opportunity for the Sacrament of Reconciliation available throughout the day.