

# Adult Retreats & Events



## Steps on the Journey of Healing: a weekend for women who have experienced rape and/or childhood sexual abuse

You are not alone! Come and share a weekend with other women (18 years and older) who have experienced rape and/or childhood sexual abuse (including marital/partner rape, date rape, and stranger rape).

In a comfortable fireplace setting, we will get to know each other, worship together, and support one another. Some of the topics that will be discussed in informal chat sessions are: triggers/flashbacks; relationships; body image; intimacy and trust; and coping strategies. There will also be opportunities for impromptu topics.

As the weekend progresses you will be surprised and strengthened by the acceptance and support of this unique community, and also amazed at how much laughter you are capable of! You will return home strengthened, renewed and smiling knowing there are others who “get you.”

Our retreat will be facilitated by women who have experienced this abuse. Clergy and/or chaplain services will also be available. This retreat is open to all women of sexual abuse; previous retreats need not have been attended.

Please contact the Moon Beach office (715-479-8255 or glenn@ucci.org) for more information.

6425 Journey of Healing October 22-24 Moon

Deposit		Balance		Total Cost
\$22.00	+	\$133.00	=	\$155.00

## Leading with Intention a weekend experience for anyone who aspires to inspirit their life and their approach to leadership

Spend an autumn weekend in the Northwoods exploring your own approach to leadership. Through personal reflection, group discussion, and a variety of activities, participants will connect their spirituality with their leadership, investigate servant leadership, and consider ways to lead with authenticity and intention so they are more prepared to inspire and inspire others.

*Only through reflection do we find our purpose and core of who we are. Reflection enables us to become our own teachers, and we never finish — never finish taking our own class, reading our own book, finding our own heart, and liberating our own spirit. Reflection forces us to face our own lives and beliefs ... perhaps the greatest gift of reflection is that we ... can find a place that is true for us, the place where passion and serenity meet, both personally and professionally.*

Isabel Lopez, Faith in Leadership

This weekend promises to be insightful and inspiring — equipping you to be a more intentional and effective leader — at work, at home, at church ... wherever you share your gift of leadership.

6445 Leading with Intention Nov 5-7 Moon

Deposit		Balance		Total Cost
\$22.00	+	\$133.00	=	\$155.00

