



Rachel's Vineyard

A Ministry of Priests for Life

P.O. Box 140130

Staten Island, NY 10314-9863

www.RachelsVineyard.org

Join the pioneers and experts in the **Post Abortion Counseling** movement for a dynamic and life-changing day of training that will build and strengthen a solid foundation for Healing After Abortion!



Approved Education Credits for Clergy, Psychologists, Counselors, Therapists, Social Workers, Nurses, Pastoral Care Ministers, Students, and the General Public

The Rachel's Vineyard healing models are used by Catholic Charities, mental health professionals, Project Rachel offices, crisis pregnancy centers, pastoral care, and faith based outreach programs.

Continuing Education

Unique, Practical, Dynamic and Interactive Workshops to equip you for post abortion counseling

Host a one or two day seminar for helping professionals in your city.

Contents will be arranged in communication with speakers, and drawing from the offerings in this manual.

To arrange a training opportunity near you, contact...

Theresa and Kevin Burke at: (610) 354-0555

Father Pavone at: 888-735-3448, Ext. 258 OR travel@priestsforlife.org

Clinical Training

Rachel's Vineyard Ministries has revolutionized the field of post abortion counseling throughout the United States and internationally –providing an outstanding empirically validated treatment model for evangelization and healing.



**www.rachelsvineyard.org
610-354-0555**

RACHEL'S VINEYARD
MINISTRIES



What Attendees Are Saying...



“The seminar was rich and insightful. It is very valuable for the Chaplain work I do in Women’s Health. Thank you for a refreshing, educational experience.” -**Rev. Gloria Jean**

“Thank you. Helpful info that expands my understanding on levels beyond abortion, crosses the line to all pain within the history of a person’s life. Practical, positive—a blessing. Sincerely appreciate your work of healing.” - **Rita Denney, Volunteer**

“Excellent ministry! God bless you always for your labor of love. I was blessed, enlightened, moved, and empowered.” - **Lisa L. Harris, Volunteer**

“I found the day’s events a valuable support to assist my patients who struggle with the grief and guilt of having experienced an abortion.” - **Carl T. Schlichtinger, L.C.S.W.**

“I’ve learned to understand and sympathize with anyone who has been involved in an abortion. Through “hidden grief” I’ve matured (at age 86!) to be less judgmental and more appreciative and understanding of victims of our present culture! You are doing great work.” - **Betty McManus, Volunteer**

“Excellent seminar! I was pleasantly surprised to hear how Christ-centered the R.V. ministry is. I was very blessed and feel better equipped as a helping professional.”
- **Grace Lloyd, LSW**

“Thank you for a great presentation on your carefully studied, important issue. Great work! Excellent presentation. Beautifully organized. Thank you for an excellent program! Can’t wait to read *Forbidden Grief!*” - **Christine Hannofin, Ph.D.**

“The conference was powerful. The information received will be helpful not only on a professional level, but also in a ministerial capacity.”
- **Lisa L. Harris, OB/GYN Medical Social Worker**



What Attendees Are Saying...



“Excellent job! The day flowed very nicely. Theresa and Kevin balance each other very well. The overheads were very well done. The testimonies were extremely poignant. I really appreciated their vulnerability, courage, and honesty.” - **Jane K. Winn, MSS/LSW**

“I have been to multiple seminars/conferences. This is the first that kept my interest from beginning to end. The speakers were warm and informative, and brought current events and those in the public eye into the presentation, which reinforced its relevance.”

- **Mary Berry, Social Worker**

“This was an extremely moving seminar. I appreciate so very much your integration of hard-core psychology with the truth and grace of God, thereby allowing true, deep healing to take place. What you are doing is totally awesome!”

- **Christine A. Bruce, MCAT, MDIV, LMFT**

“Very informative and insightful. Thank you for putting together an excellent seminar. The testimonials were very effective in applying concept to reality and the human experience that courageous women faced. It is important that people delivering MH Services are aware of these issues and their impact.” - **Joyce Block**

“Conference was excellent! This conference is the first I have attended of its kind. All the speakers were excellent. The passion for this ministry is powerful. All were very approachable. The weekend retreat certainly captures the healing process.”

- **Jackie Exum, RN**

“ The seminar was thought provoking and helped me to gain a deeper understanding of the effects and impacts of abortion. As someone who is pro-choice, I believe it helped me to open my mind so as a professional I can be more sensitized to the loss associated with abortion.” - **Marian Spector, MSW, LSW**



What Attendees Are Saying...



“Rachel’s Vineyard has completely revitalized our outreach! The floodgates are beginning to burst for the Project Rachel Program. The number of clients served has increased dramatically since we started offering the Rachel’s Vineyard Retreats. Comments from the Clinical Retreat we hosted included: “This was one of the best conferences I have attended since being ordained a priest 10 years ago.” And, “It was a great privilege to be here with this committed group of people. I learned so much.” Another wrote, “This conferences was superior to any I can remember attending...profoundly moving and helpful; inspiringly real.” - **Paula Lang, LCSW, Catholic Charities, Portland OR**

“At the end of Dr. Burke’s day with us in Portland, Maine, I could see a clear path for creating a wide and equipped network for post-abortion healing, whereas before I had no idea how to realistically accomplish that. I also learned that there is a tremendous need for this work and that people will respond—both to those who seek healing and those who want to minister but have not known how.” - **Jeanne Bull, Catholic Charities Maine, Birth Line, Project Rachel**

“Rachel’s Vineyard clinical training benefited our post-abortion ministry because it is that it blended the clinical and spiritual elements of this problem, and of our resources, to focus on the healing of wounds, reconciliation and the power of God’s unconditional love. The seminar was grounded, realistic, and illuminating.” - **Denis Rowenski, MSSW, LCSW, Clinical Supervisor of the Adult and Family Services Office, Catholic Social Services, Wilkes Barre, PA**

“I am so thankful for your hearing the Holy Spirit’s call to design this retreat. I am thrilled that such a program is available for the Project Rachel office to use in the Diocese of St. Petersburg. It is definitely a way to share God’s unconditional love and mercy for the post-abortive individual. I would encourage other dioceses to include this retreat as part of their Project Rachel Ministry.” - **Emma Boe, Project Rachel Director, Catholic Charities, St. Petersburg, FL**

“I have been very impressed by the work you have done with explaining Rachel’s Vineyard and even more impressed by the weekend experience I have taken part in. I know many priests who want to be a part of this ministry because of the desperate need and its great effectiveness.” - **Msgr. Richard McGinness, Ph.D., Director of Respect Life, Archdiocese of Newark**

“Our Archdiocesan Project Rachel program has completely transformed since the clinical training and Rachel’s Vineyard retreats began. Our program previously consisted of a one-on-one session with a counselor, and referral to a priest. But the retreat model shed new light on how to help these men and women accept the healing that Jesus Christ, through the sacraments, has for each of us. The format of the Living Scriptures exercises and rituals for grief work brings to fruition the healing that these women and men have been seeking. The support of the team is clearly what Jesus had in mind when he told the others to untie Lazarus after He called him forth from the tomb. Rachel’s Vineyard Ministry is truly a gift from the Holy Spirit to the Church.” - **Susan Lepak, Family Life Office, Archdiocese of Oklahoma City.**

“On just the first night of the Rachel’s Vineyard retreat, we had accomplished more healing than I had been able to do seeing a client in individual therapy for six months! Rachel’s Vineyard is the most comprehensive and effective model for post-abortion evangelization and healing I have ever witnessed.” - **Fr. Blair Raum, Ph.D., Former National Director for Project Rachel**

Theresa Burke, Ph.D., NCP, LPC



Theresa is the founder of Rachel's Vineyard Ministries and the author of *The Rachel's Vineyard Weekend Retreat* and also the 15 week support group model, *Rachel's Vineyard—A Psychological and Spiritual Journey of Post Abortion Healing*. The Rachel's Vineyard TM support group and retreat models are now offered in 46 states. The International outreach of Rachel's Vineyard, a 501 (C) 3 non-profit organization, is now growing in Australia, New Zealand, Canada, Africa, South America, Ireland, England, Scotland, Portugal, Spain, France, Philippines, Taiwan and Russia with new translations in progress for Korea and China.

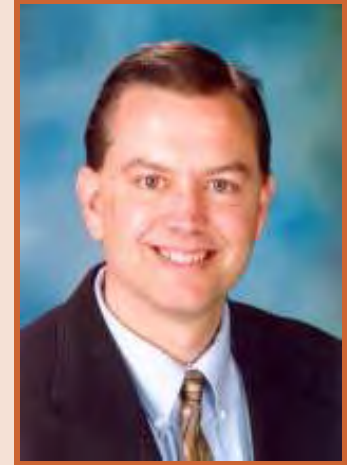
Theresa has facilitated the Rachel's Vineyard weekend for women and men throughout the country, training retreat teams in the method and process. She has lectured and trained professionals internationally on the subject of post-abortion trauma and healing. Her books include *Forbidden Grief—The Unspoken Pain of Abortion* with David C. Reardon (Acorn Books), and *The Contraception of Grief—The Genesis of Anguish Conceived by Abortifacients and Sterilization*. Theresa has also published a new retreat specifically designed for those who have suffered sexual abuse entitled *From Grief to Grace—Reclaiming the Gift of Sexuality*. This new retreat model is now growing throughout the United States and internationally to offer healing to victims of abuse, including those who have suffered sexual abuse from clergy.

Theresa serves as a Pastoral Associate of Priests for Life and for the newly formed Apostolic Society, Missionaries of the Gospel of Life. She is a frequent guest on EWTN and hosted the television series *Making Abortion Rare*. Theresa has appeared on PBS's *Religion and Ethics Weekly*, *Focus on the Family*, *Sky Angel's Gospel of Life with Father Pavone* and has been interviewed for numerous radio, television, print magazine and news stories.

Theresa's counseling work has focused on women's issues, bereavement, pregnancy loss, sexual abuse, eating disorders and anxiety management. She is the co-administrator and founder of Covenant Family Resources, a licensed Children and Youth Agency which supports couples as they build families through adoption. Theresa also served on the Board of Directors for Mother's Home, a crisis pregnancy residence, which provided housing and computer job training for women facing a crisis pregnancy , and their children.

Theresa holds an undergraduate degree in English Communications with a concentration in social work and a Masters degree and Ph.D. in counseling psychology. She is a Nationally certified Psychologist, a Certified Diplomat of the American Psychotherapy Association, a Licensed Professional Counselor and a Diplomat of the American Board of Forensic Counselors. She holds membership in the American Counseling Association, the American Academy of Bereavement and the American Association of Christian Counselors. Theresa is also the proud mother of five children: Kevin, Katie, Aleena, Steven, and Stanley.

Kevin Burke, M.S.S., LSW



Kevin is a licensed social worker and serves as the Associate Director of Rachel's Vineyard Ministries and as a Pastoral associate for Priests for Life.

Kevin is a graduate of the Bryn Mawr Graduate School of Social Work. His presentations address the effects of abortion on men, couples, families, marriage and family issues, as well as servant leadership in Post-Abortion Healing. Kevin and his wife co-authored *From Grief to Grace—A Retreat for Healing the Wounds of Sexual Abuse* and *Contemplating the Shroud: Meditations on the Passion and Resurrection of Jesus* (Pauline Books and Media).

Kevin participates regularly in radio and print interviews doing numerous interviews for Zenit News Service and Focus on the Family. He has been a guest on EWTN and Fr. Frank Pavone's Program "*Gospel of Life*" on the Sky Angel Network. He has contributed to and authored articles on post-abortion healing and contraception.

Kevin formerly served as the administrator of Mother's Home, a crisis pregnancy residence that provides housing, computer training and programs for women and their children. Kevin also worked as a clinical social work supervisor for Catholic Social Services in Philadelphia.

Kevin and his wife Theresa have worked together in marriage and family counseling and established Covenant Family Resources, a licensed children and youth agency that supports couples as they build families through adoption. They also spent 15 years working in youth ministry. Their development of high school retreats and youth programs earned them the "Apostle to Youth Award", which recognized their contribution to the spiritual growth of teenagers in Philadelphia.

Kevin feels a special mission to reach out to men and couples, where past abortion greatly increases the risk of relational family dysfunction and divorce. He brings clients through the healing found in Rachel's Vineyard to achieve this goal. Kevin created the Men's Section of the International website www.RachelsVineyard.org.

Kevin's greatest blessing is his wife Theresa of twenty years and five wonderful children.

Fr. Frank Pavone



Fr. Frank Pavone was born in Port Chester, New York and has been active in the pro-life movement since 1976. He was ordained a priest of the Archdiocese of New York by Cardinal John O'Connor in 1988. In 1993, with the permission of Cardinal O'Connor, he became National Director of Priests for Life. In this full time position, he has traveled to all of the fifty states and to five continents, preaching and teaching against abortion and helping to train the clergy to be effective ministers of forgiveness and healing after abortion. He has produced numerous television and radio programs, articles on post-abortion healing, and has collaborated with the top national and world experts in the field.

Fr. Frank is the founder of the Missionaries of the Gospel of Life, a new congregation of priests dedicated to pro-life issues. He is currently serving as a priest of the Diocese of Amarillo, working under Bishop John Yanta.

Fr. Pavone was asked by Mother Theresa to address the clergy of India on post-abortion healing. He has also addressed the pro-life caucus of the United States House of Representatives on this topic. As a special aspect of post-abortion healing, Fr. Pavone has ministered worldwide to the "Centurions", an international association of former abortionists seeking forgiveness and healing. He has been a spiritual guide to Norma McCorvey, the "Jane Roe" of the Supreme Court's abortion decision Roe Vs. Wade, who called Fr. Pavone '*the catalyst that brought me into the Catholic Church*'.

Fr. Pavone serves as national Pastoral Director and Chairman of the Board of Rachel's Vineyard, the International retreat program for post-abortion healing, developed by Dr. Theresa Burke. He also serves as national Pastoral Director of the Silent No More Awareness Campaign, which promotes healing programs and provides women an opportunity to publicly say, "I Regret My Abortion". He has likewise helped to develop and advise many national and local abortion recovery programs.

In 1997 he was asked by the Vatican to help coordinate and promote post-abortion healing throughout the world as an official of the Pontifical Council for the Family. Among his many writings on post-abortion healing is the booklet, *Rachel, Weep No More: How Divine Mercy Heals the Effects of Abortion*. In 1999, the Daily Catholic named Fr. Pavone among the Top 100 Catholics of the Century. He also serves Dr. James Dobson's Focus on the Family Institute. He is the recipient, for the year 2001, of the **Proudly Pro-Life Award** of the National Right to Life Committee. In 2002, the National Memorial for the Unborn awarded Fr. Frank the **Life Hero Award** for "*appreciation of his compassionate leadership in advanced post-abortion healing*".

In 2003, Fr. Pavone was elected to be the President of the National Pro-Life Religious Council, a coalition of groups from many different denominations working to end abortion and bring healing.



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Clinical Training

Post-Traumatic Stress Disorder Part I

Part I—This two-part seminar will present a trauma-sensitive perspective on how women cope with pregnancy loss after induced abortion. Symptoms of PTSD as they relate to abortion will be described. An examination of how trauma may impact memory will be explored including amnesia, hypermnesia, and dissociation. Examples of avoidance, preoccupation, sleep disturbances, panic and anxiety, obsessive compulsive rituals, and numbing behaviors will be included.

Learning Objectives:

- Identify women at risk for psycho-social stress following induced abortion
- Outline the symptoms of post traumatic stress disorder as they relate to pregnancy loss
- Define PTSD
- Identification of symptoms in three major categories:
 - Hyper arousal
 - Intrusion
 - Constriction
- Define dissociation
- Test your recognition of symptom assessment
- Review preliminary findings of the most recent record-based studies (i.e. Increased psychiatric admissions following induced abortion, increased risk of suicide, etc.)

Traumatic Re-enactment Part II

Since repetition is one of the greatest indicators of trauma, knowledge of traumatic reenactment will be a valuable tool for helping to understand behaviors which re-create aspects of the original trauma such as powerlessness, destruction, fear, and shame. Examples of post-traumatic reenactment will be given within the framework of eating disorders, multiple abortions, as well as anxiety over fertility, maternal identity, and sexuality. Until the trauma is fully acknowledged and worked through in an intensive way, individuals will continue to re-create the conflict again and again. This can be particularly painful for those who have accepted Christ, but continue in compulsive self-destructive and shaming behaviors, which are rooted in trauma.

Learning Objectives

- Understand the concept of traumatic reenactment
- Identify therapeutic challenges
- Understand how the trauma can be grounded in safety so that an individual can reconnect, integrate, and mourn the traumatic event so that it can be released and healed.

Rachel's Vineyard Retreats

Tracing the Roots, Tasting the Fruits

An Overview of the Rachel's Vineyard Retreat

Rachel's Vineyard is a unique combination of psychological and spiritual techniques, which provide a powerful model for assisting groups to find closure and spiritual healing after abortion. This workshop will present a descriptive overview of the Rachel's Vineyard Retreat, including content and process. An in-depth explanation will be offered for the Living Scripture technique, the specific purpose of each exercise, and psychological and spiritual constructs as catharsis for memory and emotion. We will also examine the retreat structure as a means to provide an opportunity for dialogue of the soul and opening traumatic wounds to the grace of God. We will explore how the retreat functions as a journey through the paschal mystery for the suffering body of Christ.

Learning Objectives:

- Understand the Rachel's Vineyard model for healing after abortion.
- Utilize the grieving process to assist clients who suffer from pregnancy loss through induced abortion.
- Learn the unique method of "Living Scripture" as a healing reenactment for psychological and spiritual trauma.
- Discover the power of ritual in helping clients express and release repressed grief and guilt.
- Learn how to adapt traditional 'psychodrama' into a new technique which encourages the expression of anger and grief, followed by an experience of reconciliation.

Caring for Special Wounds

Understanding those who struggle with a history of sexual abuse or ritual abuse

This workshop will present some of the special concerns that you may encounter in your post abortion ministry. What you need to know about ministering to those who have been abused in ritualistic cults and also ministering to those with a history of childhood sexual abuse in the context of retreats. We will also discuss other potential problems that a borderline, histrionic, suicidal or addicted personality may bring to the group dynamic. A familiarity with these issues will remove the fears of ministering to those who suffer these unique difficulties. We will also explore the value of the R.V. retreat process as a unique and effective response to the underlying symptoms and the core dysfunctions at the root of these disorders.

Open Wide the Vineyard Doors

The inclusion of couples, men, and grandparents in the retreat setting has been extremely helpful in healing family relationships, improving communication and opening the door to deeper intimacy. This will be an opportunity to explore the possibilities of healing and recognize how God can use the presence of men, support persons, couples, and grandparents to provide deeper healing to other participants of the retreat. We will also explore the dynamics of inclusion of those involved in the abortion industry into the healing community.

The Healing Modalities of Rachel's Vineyard

Understanding the therapeutic benefits of sensory-based treatment

Recent neurobiological research on the brain has shown us that the right and left hemispheres of the brain work in dramatically different ways. This workshop will explore how the functioning of the brain is impacted by traumatic events and why victims of trauma have difficulty creating a coherent narrative. When a memory is too much to bear, it gets walled off, physically separated from the part of the brain that houses conscious awareness. Computerized images of the brain before and after traumatizing events demonstrates this literal separation of feeling from thinking. Furthermore, brain scans show that when communication between the parts of the brain is restored—the 'wall' actually comes down after the trauma resolution. This workshop will illustrate why patients who may intellectualize their way through talk therapy for 20 years will respond extremely well to guided imagery and sensory-based treatment.

Trauma

The Brain

What's the Connection Between Trauma and Addictions?

First, this presentation will provide a brief overview of what we know about the brain and what we know about the release of hormones during stress or trauma. Second, we will examine some of the ritual behaviors that are set up by individuals which produce neuro chemical brain changes. We will examine how the traumatic experience impacts brain functioning as an underlying cause of process addictions. We will also learn how addictions serve a purpose to provide an immediate reward or feeling. In counseling, we need to help our clients find something to REPLACE the addiction with, something that you want more than the immediate pleasure of addictive behavior. Certainly grief work to deal with the losses that fuel the compulsion is

ESSENTIAL, and then methods to change entrenched behavior patterns used to relieve stress, self-medicate, and alter brain chemistry for self-soothing or adrenaline high will be covered. Finally, a look at the role of spirituality in healing addiction—a higher power, a redeemer, discovery of a new self and transformation in Christ.

Learning Objectives

- Examine addictions as a development process
- Looking at the common denominator: addictive, compulsive behaviors
- Identify common addictions that post-abortive women and men frequently battle, such as:

Sexual Addictions

Compulsive Working

Alcoholism

Multiple Abortions

Compulsive Spending

Eating Disorders

Shoplifting

Drug Abuse

Compulsive Gambling

Internet Addiction

Trauma Drama Junkies

How Trauma Impacts the Brain

This seminar will explore how the brain works and what we know about how a brain malfunctions when there has been trauma. The right and left side of the brain are disconnected and normal cognitive processes are disrupted. We will explore the role of different brain functions and the neurological causes of post traumatic stress disorder as a persistent deregulation of the brain chemistry. With these changes, arousing events can trigger flashbacks, physical symptoms, an inability to integrate cognitive and emotional experiences, and difficulty putting words to feelings and memories. Based on our understanding of the brain, we can explore recent research that indicates why trauma victims respond best to a sensory based treatment model.

Understanding Repeat Abortions

This seminar will explain how and why patterns of repeat pregnancy and abortion are indicators of unresolved trauma. The individual may continue to re-create aspects of the original loss through grief, powerlessness, destruction, and cycles of shame. These repetitions can be rooted in a traumatic abortion as well as previous sexual abuse and other wounds. Until the grief of the past is fully acknowledged and worked through, individuals will continue to re-create the original conflict again and again. Learn how to assist others in identifying and grieving their losses in order to free their soul to move beyond the pain and despair of repetition.

Facilitation for Healing

Introduction to Role Play—Part I

Learn how to adapt traditional psychodrama into a new technique specifically designed for the expression of fear, anger, and grief, followed by an experience of validation and reconciliation. Video clips of actual work and live demonstration will demonstrate the essential steps in using this technique. Eye contact, shadowing, direct communication of feeling, and coaching techniques will be covered.

Processing the Psychodrama—Part II

Work that is done through role-play should always be processed within the group. Opportunity for participants to provide feedback and validation is essential. In addition, the work done should have an impact on the participant's own perspectives. Learn what kinds of role-plays will be effective for the group, and which to avoid. We will focus on how to use other group participants and staff to provide a powerful cathartic release of emotions and repressed feelings and to open the door for forgiveness. Actual demonstrations of role play will be done with our learning group.

Facilitating Skills for Groups

This is a workshop designed for group facilitators. Expand your 'bag of tricks' for dealing with groups! Learn some essential techniques for group management. Handling conflicts and the various personality types which will be part of your retreat groups. Learn the simple and gentle techniques of "care-fronting", a creative way of working through conflicts and problems with may arise. Learn troubleshooting tips for the overly talkative, the person who always wants to give answers or preach, and how to gently bring out the quiet and reserved. Learn how to take what is being said by someone to the group for a means of generating discussion and sharing.

Helping Clients Face Their Feelings

Resistance, denial, avoidance, projection, and other defenses are used to protect us from feeling guilt, pain, anger, and excruciating losses. This workshop will explore the essential elements of establishing safety, invitation, and trust; a constancy that will provide security to support individuals through the rough waters of facing and releasing deep emotions. Part of that process involves counselors and ministers being comfortable with their own grief and recognizing their own vulnerabilities. In addition, we will look at sensory-based psychological and spiritual models of treatment that are particularly effective to assist trauma victims in finding closure and spiritual healing. We will also explore how post abortion counseling rooted in faith provides a dialogue for the soul and opens traumatic wounds to the mercy and grace of God.

Therapists in Post Abortion Healing

Pastoral vs. Clinical Models

Often, abortion issues may be a contributing or causative factor in depression, anxiety, PTSD, eating disorders, marriage and family problems, or other problems that may bring women to professional counseling. However, therapists are trained to

maintain professional boundaries, and are not trained in praying with people or using what pastoral counselors refer to as ‘religious resources’, (i.e the Bible, prayer, etc.). Therapists may feel they are stepping out of their professional role when they participate in or refer to retreats or programs such as Rachel’s Vineyard, which utilizes a pastoral model. This workshop is to teach therapists about the pastoral counseling model as a legitimate model and why it is particularly appropriate for men and women who have been affected by abortion. With this understanding, therapists may feel freer to participate in prayer-based pastoral programs, or to refer people to such programs when appropriate.

Trauma and Recovery Training

This workshop will present an overview of the essential components of recovery for victims of trauma. Topics covered include ‘Helping clients who are prone to dissociation stay grounded in the present moment’, ‘Attachment Ambivalence—Why victims of trauma attempt to avoid feelings’, ‘How to help clients feel while maintaining safety’, ‘Understanding Cognitive Distortions’, ‘How to help clients integrate feelings’, and ‘Calming the body’s stress response’.

The Art of Retreat Facilitation

The root of the word facilitation is ‘facil’, or ‘easy’, so facilitation means ‘to make it easy’. The role of the facilitator in Rachel’s Vineyard is to facilitate the work of the Holy Spirit. How does one ‘make easy’ the work of the Holy Spirit? How does one co-facilitate with the Holy Spirit? This two-part workshop will explore the unique role of the retreat facilitator, as well as the skills, tools, and considerations essential to facilitating the retreat process. The second part of the workshop will be a practicum where participants will apply these skills and tools through role-playing various retreat scenarios. Some of the topics covered will include self-facilitation, nurturing the environment, managing group process and group dynamics, discussion techniques, reading a group, intervention tips and strategies, and team facilitation.

Care-Fronting Conflict

Team unity does not mean that disagreements never arise and contrary opinions are not expressed. With a healthy mixture of personality styles and opinions we can expect conflicts to arise. So instead of *unity*, we seek to build *community*. The mark of a healthy healing community in Rachel’s Vineyard is a team that exhibits true Biblical unity. It is not the absence of conflict, it is the presence of a reconciling spirit. This workshop will help us learn ways to communicate directly through conflicts in a spirit of charity and humility. We will explore some of the ways that one’s own family dysfunctions can be re-created on retreat teams and how to avoid the pitfalls of not resolving conflict.

“Processing” Living Scriptures in Rachel’s Vineyard

The core of the Rachel’s Vineyard is a series of meditations called “Living Scriptures”, in which retreatants are invited to listen to a reading from Scripture, and put themselves into that scene, hearing Jesus speak, and having an opportunity to respond in prayer or action. Following this, we can ‘process the exercise’, sharing individual responses, thoughts, and feelings. Just listening to the Scriptures is not complete; being able to share our experience with others allows each of us to minister to each other as the suffering Body of Christ, and opens us more deeply to His healing. This workshop will explore how we do this, and why it is important.

Pregnancy Loss

Pregnancy Termination and Suicide

The objective of this course is to develop an awareness of the link between pregnancy termination and suicide. Participants will learn how to foster an environment for supportive healing rather than secrecy. Understand why the mental health community fails to recognize post-abortion emotional distress and provide appropriate treatment. Participants will also hear a personal testimony to better understand the complexities that some post-abortive women and men may suffer involving loss and isolation that may place them at risk for despair and suicide.

Adoption Loss

Grieving an Adoption Loss

Many attitudes toward adoption are frequently tinged with negativity, ambivalence and conflicting reservations. From the birth mother perspective, adoption has gotten a bad name because it *was* a very traumatic experience. In the past, babies were whisked away from the mother at the moment of birth. She was rarely permitted to even hold her infant, and sometimes not even allowed to see the child. Furthermore, a third party handled decisions regarding the placement of her baby secretly. This is referred to as “closed adoption.” Most women would have characterized their closed adoption as an experience over which they had little power, felt intense grief and trauma, and encountered enormous pressure to relinquish their babies. Indeed, prior to the 1970’s, counseling before and after an adoption were practically non-existent. This tension and stress undoubtedly had an effect on the developing child as well.

Fortunately, the adoption process has undergone a dramatic evolution in the past 30 years. There has been a marked shift toward more open adoptions that are fundamentally based in communication, choices, information and trust. This workshop will present specific rituals and beautiful ceremonies to help birth mothers feel affirmation and public support as she faces the pain and grief of relinquishment.

Clergy Training

Role of a Priest or Pastor in Post Abortion Ministry

Learning Objectives

- Develop an awareness of transference and counter-transference issues that a priest or pastor may experience
- Highlight the importance of other supports needed, such as helping post-abortive persons work through traumatic grief and loss. There may be a potential to reenact traumatic feelings of being abandoned by another man, or worse, by God, if the pastoral helper does not have time for this intensive work after it has been started.
- The Sacrament of Reconciliation is a vital component in the healing process. However, for some confession alone is not enough to detoxify the wound. We will explore why some women engage in patterns of repeat confession, frequently confessing the sin over 100 times to different priests. Confession can become a way to memorialize the aborted child.
- See the importance of clergy connecting the post-abortive person to a larger support system after the initial one-on-one session.
- Why some women fall in love with the priest who listens—and may easily confuse the affection and gratitude she feels with sexualization of those feelings.
- Understand why it is important for the priest for a pastor to have proper boundaries, and also ensure that his emotional needs for intimacy are being met.
- Why it is helpful to connect marital partners, when possible, in the healing process.
- Understand how post-abortion ministry touches clergy; as men, as spiritual fathers, and as priest.

Leadership in Rachel's Vineyard

First Things First

Nurturing Your Primary Vocation, Prayer, and Your Life in the Vine

We are called to intimacy with God. We seek to draw close to God through growing in love for our family, our neighbors, and the world. Our vocation is the path that God has given us, which leads us to grow in love, and fulfill our primary vocation. Every vocation is a call to serve in love. To talk about vocation and call first requires an understanding of this primary vocation to love and to grow in Christ. This fact gives every work and state of life the dignity of a vocation, a call. Each activity we undertake is a response to God's love and presence. The meaning of all other vocations can only be understood in the context of their fulfilling our primary vocation as children of God.

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Am I Ready To Lead?

(And Other Key Leadership Questions)

Are you feeling called to leadership? Are you wondering if your leadership style is working? This seminar will explore the model Jesus gave us for Servant Leadership. We will evaluate our own strengths and weakness based on what Christ has taught us about being a leader who shepherded others with tenderness, care, and love. We also will focus on becoming leaders with a generous spirit. Our willingness to partner with others, and our ability to forgive, is essential for leadership in Rachel's Vineyard. This workshop is for those just launching out into the Deep Waters of leadership, as well as for those who have been sailing for many years!

Dynamic & Healthy Leadership Principles

This workshop will outline effective principles for setting a healthy foundation for your group. Topics covered will include developing Apprentice Leaders, casting a vision for your group, fostering disciples and shepherding members, and eventually giving birth to new groups. We will also include useful pointers to make sure your leadership is spirit-led and fosters unity and open communication among your team and with other ministries.

Men And Abortion

Too often, abortion is presented as a woman's issue without taking into account the unique role of men in the abortion decision/experience, and the impact of abortion on men. Fathers of aborted children are widely misrepresented as having no negative reactions to their involvement with abortion. In this workshop we will meet the following objectives:

Learning Objectives

- Examine the role of men in the abortion decision. We will look at the verbal and physical responses of men to pregnancy, their role in the abortion decision, and how this impacts a woman's decision to abort.
- Research will be presented to indicate that men also experience emotional and spiritual pain and conflict after abortion; the role of addiction/sexual dysfunction/employment issues after abortion and the correlation of male abuse of women and pregnancy. Men with neglect and abuse in their background may experience abortion as a re-creation of traumatic childhood themes; the connection to aggression and depression in men.
- We will also explore the impact of abortion on communication as well as emotional and sexual intimacy. How men's post-abortion pain is uniquely related to facing failure in the role of protector and defender of child and family will also be examined.

Marital Issues

Marital Intimacy and the Rachel's Vineyard Retreat

Post-abortion healing traditionally has focused on the healing of the individual post-abortive woman. In the Rachel's Vineyard Retreat weekends, we have come to see the involvement of spouses in the healing process brings about many unforeseen fruits. Why should couples attend the R.V. retreat together? What if the spouse is not the parent of the aborted child? What are the effects on the communication, intimacy, and faith life of the couple? A videotape presentation will share the stories of some couples that have attended a retreat weekend.

We will present the benefits of men's post abortion healing programs, and the complementary role of the Rachel's Vineyard Retreat in healing and renewal of the marital covenant and the benefit of men participating in the healing process with women. We will examine the benefits to a man or woman who was not involved in the abortion, but will greatly benefit from participation in the healing process of their spouse. Abortion healing lays a new foundation for restoration of positive male self-image, a healthier marital intimacy, and family life/communication rooted in loving sacrifice and service of men to those entrusted to them by God, and how this can 'immunize' the next generation from the ravages of the culture of death. This seminar will also explore ideas on how to engage one's spouse in the healing process.

Redeeming and Deepening Marital Intimacy

Abortion has traditionally been viewed as a woman's issue. In Rachel's Vineyard, we view abortion as a 'relational problem'. The wound occurs in the context of a relationship, and therefore it is very appropriate for healing to happen in the context of one's relationship. This workshop will explore the importance of healing for couples in order to restore and redeem marital intimacy. We will also explore how abortion may impact sexual intimacy and ways to encourage participants to include their spouse in the healing process.

Clinical Issues

Understanding Personality Disorders

Some of the most confusing, stressful, draining behaviors we encounter in clients, colleagues, (or perhaps even yourself!), can be better understood with an understanding of the symptoms of a wide continuum of BPD styles. These behavioral, relational, and thinking patterns are rooted in trauma such as abortion, sexual and/or physical abuse. How can we share the love and mercy of Christ with those who suffer the painful realities of this personality style? Learn how to recognize the symptoms and dynamics of BPD as they may be manifested in the context of retreats and ministry, interpersonal relationships, or with team members, as well as how to defuse and detoxify these situations for both yourself and those you serve. Learn how to avoid being cast as a character in trauma related re-enactments. This presentation will be informative for therapist, clergy, lay ministers and leadership team members.

Learning Objectives

- Understanding the symptoms of BPD—explain the diagnostic criteria based on the DSM IV manual, and how BPD fits into the overall framework of personality disorders.
- Explain the behavioral, relational, and cognitive styles associated with this disorder and their roots in traumatic experiences.
- Recognizing how people with this disorder can impact ministry to those wounded by abortion and other traumatic experiences such as sexual abuse, and affect your relationship with friends and colleagues who struggle with BPD symptoms or disorder.

Feeling “Outside the Box”

Negotiating Anger, Grief and Denial Within Yourself and the Clients You Serve

Abortion is a difficult subject. It can provoke a sense of shame and discomfort, in both speaker and listener. In many groups, the person who admits to a history of abortion becomes a lightning rod for the fear, rage, and grief of those with similar but un-admitted struggles. It seems easier for those who have suffered this trauma to deny the past, ignore the memories, the pain, and the current struggles that are rooted in this trauma. Why bother when one has learned to effectively cope with this wound?

Defense mechanisms all serve, in one way or another, to sustain denial. Others provide a means to release pent-up emotions in ways that disguise their true meaning or source, thereby preserving deniability. We will examine common defense mechanisms in those who have suffered trauma and also in ourselves who are trying to assist them. Using a video tape clip and discussion, we will look at ways to gently help someone remove the defenses that protect them from facing pain, providing a coalition of support, normalizing the symptoms, and reconnecting the isolated victim with the community.

Learning Objectives

Define denial

- Explore in small group discussions our ‘worst nightmare’ clients or group participants and examine the feelings they evoke in ourselves.
- How to create a safe environment that gives license to the client’s full experience of facing the pain of the past without interference or injection of our own fears and difficulties.
- Recognizing our own resistance to enter the pain of another’s abortion loss and common misplaced projections of our own fear.

Clergy Training

Sacramental Practice

How should a priest handle the penitent who has had an abortion, and what is an appropriate penance? How do we advise penitents who have cooperated in an abortion, or find themselves in a compromising situation regarding cooperation? Are any forms of cooperation justified? How does one avoid cooperation? What are one's moral duties and legal rights in this area?

Compassionate Preaching

Does the presence of women in Church who have had abortions mean we cannot preach about it? In fact, their presence is all the more reason to preach, because silence does not interpret itself. How does their presence shape our preaching? What can be done to effectively minister to those who may need to talk to someone after the homily?

Magisterium

What does the Magisterium of the Catholic Church teach on forgiveness from the sin of abortion? Included in this analysis is a detailed look at the Pope's words in "Evangelium Vitae" #99. Under what conditions does an abortion bring excommunication? How do we effectively communicate to the public that excommunication is not a permanent exclusion from the Church, but rather is meant as a stimulus to repentance and healing?

Post-Abortion Healing

What is Post-Abortion Grief?

Fr. Frank explores what post-abortion grief is, how it compares with other forms of loss, how it manifests itself, and how it affects one's relationships with friends, family, spouse, clergy, self, and God. What do we know about the damage abortion has done, physically, psychologically, and spiritually to those who have undergone the procedure? What are the strengths and weaknesses of the studies that have been done? What studies remain to be done? What statistics are reliable?

The Personal Angle

This talk provides an overview of post abortion testimonies from women and men around the world, sampling some of the patterns that become evident when one listens to the words of those who have experienced this unique form of pain.

Abortion and Men

This talk explores the dilemma of men, who are given no legal rights to stop the killing of their own unborn children, and are therefore often torn between support, which can be interpreted as intrusion, and distance, which can be interpreted as indifference. The special dynamics of grief and healing for men after losing a child to abortion are also explored.

Post-Abortion Anger

Post abortion distress includes anger at many people, including at times the Church and the clergy who were silent. How does one deal with this anger? Also, what is the best way to handle the angry parishioner after Mass, who may have had an abortion experience and is upset by the homily?

Abortion and Child Abuse

Abortion is related to child abuse, and this talk explores why there is a mutual causality, whereby abuse and neglect during childhood increases the likelihood that a woman will have an abortion, and why those who have had abortions are more likely to abuse or neglect their living children.

Healing Ministry

This talk provides an overview of the basic elements of a post-abortion healing service, as well as an overview of various healing ministries, in particular the retreat program Rachel's Vineyard, of which Fr. Frank serves as Pastoral Director.

Post-Abortion Survivor Syndrome

What impact does abortion have on the children who are not aborted? Psychiatrists have identified symptoms of "Post Abortion Survivor Syndrome". This talk explores the ten types of survivors, and how survivor syndrome impacts youth ministry and the educational efforts of the Church.

The Centurions

Former abortionists around the world have formed a support group called "The Society of Centurions", whereby they seek psychological and spiritual healing. Fr. Frank assists in this specialized ministry, and will share insights into this unique form of grief and pain, and the unique pastoral opportunities it provides for the Church.

The Abortion Industry

The Biggest Hoax

Legal abortion is the biggest hoax ever perpetrated on women. How did the abortion industry launch this hoax, and how has it hurt millions of women?

Behind Closed Doors

What does the abortion industry say behind closed doors about post-abortion grief? Priests for Life possesses numerous transcripts of abortion provider conferences, from which this presentation draws.

Activism

How to Reach Out

There are numerous, concrete things one can do as an individual, as a group, and on the parish level to promote healing after abortion. This talk explores those possibilities, including the common question, “What do I say to a friend or relative who has had an abortion?”

The Silent No More Awareness Campaign

Around the world, women are finding new strength to say, “I regret my abortion!” This presentation explains how these women can be given the opportunity to do so in the local community.

I’m Not Sorry

To counter those who say, “I regret my abortion”, some pro-abortion groups have begun to recruit women who say, “I’m not sorry for my abortion”. This talk explores how to answer this and other arguments from abortion supporters who try to dismiss the reality of post-abortion distress.

Post-Abortion Healing and the Pro-Life Movement

The pro-life movement is wide and vast in its diversity of activities and objectives. How does the ministry of post abortion healing fit into the wider movement to fight abortion through education, lobbying, political activity, peaceful witness, direct action, and the provision of alternatives to abortion? This talk will explore the intimate links between healing and advocacy.

Legal Issues

Post-Abortion Distress and the Law

Do women have legal for abortion malpractice? Are there legislative solutions that can minimize the damage abortion does, even while it remains legal? What clues does the text of the Roe vs. Wade decision hold about post-abortion distress and how it can lead to the reversal of Roe? This talk will also explore Fr. Frank’s work with Norma McCorvey, the plaintiff “Jane Roe” of Roe vs. Wade, whom Fr. Frank received into the Catholic Church in 1998.

From Grief to Grace

Healing The Wounds of Abuse

Reclaiming The Gift of Sexuality

“God is Love -DEUS CARITAS EST” is the first Encyclical of Pope Benedict XVI. In this document Pope Benedict confirms that the most important message to the world today is to provide a true picture of love that is encouraging and nurturing.

From Grief to Grace is a spiritual retreat program for anyone who has suffered degradation or violation through physical, emotional, sexual, or spiritual abuse. It is appropriate for those who have endured sexual abuse, rape, incest, clergy abuse or other forms of traumatic violation in childhood, adolescence, or as an adult.

From Grief to Grace – Reclaiming the Gift of Sexuality, composed by Theresa Burke, Ph. D., LPC, NCP, and Kevin Burke, MSS/LSW, is a process for helping victims of abuse to discover spiritual healing and transformation. This program was created to end the isolation and secrets of abuse within a retreat process that is fully centered upon the person and presence of Jesus Christ, the Divine Physician.

From Grief to Grace is designed to help participants experience the love and support of the suffering body of Christ as they journey together to reconcile and overcome the pain and grief of past abuse. By entering into an intimate and powerful journey through the Sorrowful Mysteries, participants are invited to unite their own suffering with the passion of Christ. By traveling the paschal mystery of their own lives, they unite their suffering with the one who came to forgive all sin and to conquer all death. In return, they are given new life as they participate in the dramatic victory of His resurrection.

From Grief to Grace is a journey of faith. The Living Scriptures, together with the journaling, group activities and discussions, offer a spiritual process for healing through the Living word of God. These Healing Retreats for are open to any woman or man who has experienced any violation of their sexual integrity. The program focuses on a spiritual process for grief work and healing, exploring the memories and impact of sexual abuse, and re-consecrating the temple of our bodies for pure and holy service to the Lord.

An Introduction to the “From Grief to Grace” Course!

Presented by Theresa Burke

This session will provide an introductory overview of *From Grief to Grace – Reclaiming the Gift of Sexuality* a new program for those who have suffered sexual abuse. This summary will outline the journey to healing using a sensory-based model for healing that follows the Sorrowful mysteries.

Comments from Participants on the *From Grief to Grace* Retreat

“*From Grief to Grace* is an amazingly spiritual experience. A journey involving safety, bonds, connection, merging of hearts, grieving together towards transformation. A wonderful instrument for healing of those with sexual abuse wounds! This is an extraordinary opportunity to live through Christ's redemptive work.”

“The Living Scriptures were so moving and facilitated the work. I appreciated the liberating of my inner child and a chance to respond to the Holy Spirit. The Living Scriptures were incredible, especially the one where Jesus gave me Mary. The transformation!!! Wow!”

“It was very powerful in every respect. The multi dimensional aspects of this retreat provided so many ways in which God could touch our lives and speak his truth to us. As difficult as it was to hear some of the stories of participants, it was necessary and important part of the process.”

“Great! I am a new creation! This was a wonderful safe environment for souls to heal, body, mind and heart. A life changing experience! This is so needed for people to heal in this area. It was so wonderful to have so many young women and men. This will change our world as young families are healed in their ability to reclaim the gift of sexuality.”

“This retreat was so well planned out, complete process for healing. The Living Scripture exercises really touched my heart and spoke personally to my pain and gave me courage and hope on my journey. There was a true sense of the presence of the Holy Spirit.”

“Thank you for a wonderfully powerful week of delving into the dark and deep recesses of the human person concurrent with invitations to ascend to spiritual heights. The Holy Spirit expanded me to include much new information and experiences, as well as new people. I feel challenged to continue to be open and expand even more. I learned a lot about myself. Most importantly I feel I learned to love better because of God's mighty presence there.”



Sexual Abuse

Presented by Theresa Burke

Hope and Healing for Sexual Abuse

This workshop will present an in-depth exploration of the sexually abused person's struggle. Understanding the damage of abuse and its relationship to themes of powerlessness, betrayal, ambivalence, secondary symptoms and styles of relating to other people, self-contempt and defense styles that people develop when they have been sexually abused. We will also explore the route to freedom with some excellent resources for recovery that therapists can use with their clients.

Reclaiming the Gift of Sexuality

For every bad and hurtful past sexual experience, there can be an opposite healing relationship full of love and truth. Wounds experienced in destructive relationships demand a positive, intimate healing relationship to re-generate wholeness or both the partner and the marriage can become victims. This seminar will provide an intake form to explore possible damage, a series of homework exercises and a living scripture exercise for couples who sexuality has been impacted by abortion and/or a history of sexual abuse. The exercises are based on systematic desensitization and other practical guidelines for couples who wish to overcome aversive, negative, and damaging attitudes and physical sensations as well as traumatic triggers related to sex. There will be handouts you can use in follow-up sessions with couples you are counseling in a therapeutic relationship.

Childhood Sexual Abuse

This presentation is an overview of some of the dynamics and conflicts that abuse in childhood generates. Why victims don't tell, the types of guilt associated with abuse facts and figures regarding sexual abuse in the United States, what constitutes abuse (visual, verbal, psychological, sexual contact or interactions etc.), as well as indicators of abuse.

Forming A Servant's Heart

The Scandal of Service

Presented by Kevin and Theresa Burke

Jesus spoke mainly to the poor, the rejected, those who suffered, and the powerless. He explicitly stated that He came to announce the Good News to the poor (Luke 4). He touches and awakens their hearts. He not only becomes friends with them, He identifies with them: *Whatever you do to the least of My brothers and sisters, you do to me* (Matthew 25). In Rachel's Vineyard, we let those who suffer awaken and nourish our hearts. As we enter into this mystery, we discover that little by little, they are transforming us and leading us into the world of tenderness, inner peace, and compassion. They bring us closer to Jesus. The Gospels show us that Jesus came to change our hearts. The washing of feet is not first and foremost an act we all have to imitate. It reveals how Jesus is calling all his disciples to an inner attitude of service, humility, and love in all things. During the retreats, we enter deeply into the mystery of Jesus' death and resurrection. This presentation will examine how we can become 'little' in our ministries so that God can reveal Himself more fully.

Living Scriptures for Leadership

Living Scripture: The Prodigal Son

Presented by Kevin and Theresa Burke

This Living Scripture focuses on the GOOD son and his struggle with resentment against the younger son, as well as his relationship with his father. A Living Scripture exercise is followed by group discussion.

Living Scripture: A Grain of Wheat

Presented by Kevin and Theresa Burke

Identifying the parts of ourselves that must die to bear greater abundance in our ministries, personal lives, and walk with God. After a teaching exercise, there is a Living Scripture Journey Meditation that all participants are invited to share.

Living Scripture: Put Out Into Deep Water

Presented by Kevin and Theresa Burke

Based on Luke 5:1-11. Jesus instructs His disciples to put their boat ‘*out into deep water*’. Our ministries call us to a radical discipleship that involves trust on a very deep level. This Living Scripture and small group sharing will focus on the obstacles, which may prevent us from surrendering fully to the Lord’s invitation. We will also examine our own motivations and vulnerabilities that draw us into ministry. We will pray together for strength and grace as we are called to be *fishers of men* in the ministries of Rachel’s Vineyard.

Living Scripture: For the Love of Pete

Presented by Kevin and Theresa Burke

Rooted in the scripture from Matthew 14, the disciples observe Jesus walking on water! We enter this Living Scripture through the eyes of Peter, who said to Christ, “*Lord, if it is you, command me to come to you on the water*”. The Lord invited him to “*take courage and do not be afraid!*”. This experiential meditation will help us focus on the issues of trust and stepping out in faith. The Living Scripture also includes identifying the personal obstacles that make it difficult to trust. We will explore Peter’s zeal to follow Christ, and then observe his human weaknesses that sent him sinking. It’s also important to give him credit for at least taking the risk to ‘get out of the boat’. Discussion will focus on our own willingness to take risks when we are trying to follow the path of Christ.

Living Scripture: Lazarus

Presented by Kevin and Theresa Burke

Among the many powerful and transforming Living Scriptures is the “Raising of Lazarus” ritual. At many levels this ritual embodies the ‘dying’ each retreatant experienced in his or her past life of sin, and the ‘rising’ each is called to in opening up the door to God’s healing and new life in Christ. We will take part in this ritual and discuss our own experience of it.

Living Scripture: “The Washing of the Feet” & “You Should Do As I Have Done To You”

Presented by Kevin and Theresa Burke

Jesus signified His love as He washed His disciples’ feet. He reveals one of the great keys to His message by being a model of humility and service. Although He takes a humble and submissive position, He maintains His authority. “*If I do not wash you, you have no part in Me*” After the washing of feet, Jesus tells His disciples, “*I do not call you servants any longer, but I call you friends*” (John 15:14). This is the gift Jesus wants to give each one of us. He is open to us in friendship. This course will be an experience of Living Scripture, and a breakdown into small groups for intimate discussion and sharing. How do we respond to Christ’s offer for our friendship and service?

Living Scripture: The Man with the Withered Hand

Presented by Kevin and Theresa Burke

Hands: we touch one another tenderly—we build things—we shape things—we pray. In the scripture story, the Man with the Withered Hand, we are told that his hand was a ‘withered’ or ‘shriveled’ hand. It was literally dried up and stiff. In all of us there’s a part (or parts!) which have lost vitality. Perhaps due to injury, lack of use, or even through generational wounds, environments, or weakness due to lack of development. Who among us can boast that they are fully living up to the purposes for which God created them? We observe in Luke’s account how, like the scribes and Pharisees, we can reject the truth, clinging stubbornly to our security and blindness. This can bring chaos into our lives. This Living Scripture will explore how we may be rejecting the continued healing of the Lord in our own lives, or the lives of others.

Living Scripture: The Healing at the Pool of Bethesda

Presented by Kevin and Theresa Burke

In this Living Scripture, the paralyzed man sat by the pool waiting for someone to help him into the waters of healing. Jesus approached him and asked, “*Do you want to get well?*” He then commanded, “*Get up! Pick up your mat and walk*”. This Living Scripture experience will help us focus on areas of our lives where we might feel paralyzed. Perhaps we struggle with a particular fear, anxiety, or addiction that keeps us from complete freedom and peace. Do you wait and pray that someone will rescue you from your pain, or take active steps to confront the issues? This workshop will address one’s personal choices in addressing and confronting personal difficulties.