

Recovering Our Soul Connections: A Retreat for Women Who Have Been Sexually Abused

July 27-30, 2023



Women Singing Earth©Mary Southard, CJS, www.ministryofhearts.org. Used with permission.

Offered by the Catholic Community of
St. Thomas More, Chapel Hill, NC

The experience of sexual abuse can reach every level of our being and leave us feeling distant from ourselves and even God.

You are invited to come together with other women for a weekend experience of reflection and inspiration to help you reconnect with your deepest self and the God who loves all of you.

A Sanctuary for Healing

Recovering Our Soul Connections is a retreat experience designed and led by three spiritual directors who recognize the interconnection of body, mind, and spirit.

Over a period of two months prior to the retreat, you will meet with a spiritual director to build a supportive relationship.

The retreat itself will include an exploration of Sacred Scripture, music, movement, expressive arts, mutual support, and liturgy.

Well of Mercy, located in central North Carolina, provides a place of comfort and privacy, in a peaceful setting.

Retreat Directors

Cindy Neely received her formation as a spiritual director from The West Virginia Institute for Spirituality where she continues to serve as faculty and as the Associate Program Director for WVIS/Chapel Hill, NC. Cindy is a member of The Catholic Community of St. Thomas More in Chapel Hill where she maintains her practice of spiritual direction and served as the leader of the Abuse Response Team whose mission is seeking to heal the broken body of the church and victims of abuse. Cindy's practice is directed to those who seek healing and integration of body, mind, and spirit through reflective and contemplative practice. Cindy holds a BS in Nursing, an MS in Child Development and Family Systems, and received training as a TA therapist.

Khrist Ford is graduate of the formation program for spiritual directors at the Cenacle Retreat Center in Houston, TX, Khrist has a passion for working with persons who are grieving, traumatized, or working through a life transition. A Licensed Professional Counselor (TX) specializing in grief, loss, and trauma, Khrist founded the Austin Center for Grief and Loss in Austin, Texas, and is the Director of the North Carolina Institute for Spiritual direction and Formation. She is a co-author of *Through Loss to Life*, and two videos, "Helping Parents Grieve" and "Helping the Grieving Child" (Paraclete Press). She is a member of St. Francis United Methodist Church in Cary, NC.

The retreat begins at 6 PM on Thursday and concludes at Noon on Sunday.

Space is limited to 12 retreatants

For more information, or to request an application, please email us at soulconnection366@gmail.com.

- Applications will be accepted until the retreat is full.
- If accepted to the retreat, a \$150 non-refundable deposit will be required to secure your reservation.

Well of Mercy

181 Mercy Lane – Hamptonville, NC
<https://wellofmercy.org/>

All accommodations are single rooms with private baths.

Liz Deal is an Associate Spiritual Director with the West Virginia Institute for Spirituality (WVIS) where she is a member of the faculty. Previously Liz was Assistant Director for CONTACT Rape Crisis Center in Huntington, WV where she an advocate for people who had experienced sexual assault, sexual abuse, or incest. A practicing Catholic, she is comfortable working with people of various faith traditions. Liz and her husband live in Huntington, WV.

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