

Adult Program

Carolyn H. Heggen, a psycho-therapist specializing in trauma recovery, is an international trauma consultant and trainer. She has lived and worked in Pakistan, Puerto Rico and Nepal, and currently resides in Corvallis, Oregon, where she is an active member of Albany Mennonite Church. Carolyn is affiliated with the Center for Justice and Peacebuilding at Eastern Mennonite University as director of the

Healing the Wounds of War project, and authored the book *Sexual Abuse in Christian Homes and Churches*. She has a longstanding interest in the intersection of psychology and theology, and in the redemptive, healing potential of healthy congregations.



Trauma often results in altered identity and soul wounds for victims. Carolyn Heggen believes that these spiritual issues can be addressed within the context of a redemptive community that reflects and mediates God's gift of grace. Through lecture, stories, poetry and group discussion, participants in the retreat will examine the effects of trauma and consider ways that Christian peacemakers can become agents of compassion, hope and healing for those suffering from the trauma of nature-caused or human-inflicted violence and the trauma of participation in war.

Youth may participate in this retreat if they come with other family members. Some mature youth may benefit from the adult program.

Children's Program

Peacemaking activities for children ages 6-12 will be offered during the adult sessions, including an easy woodworking project. Parents or other adults (or youth) who would be able to provide childcare for preschoolers during the adult sessions would be very welcome.

Schedule

FRIDAY NIGHT

- Registration (7:00 p.m.)
- Opening program with all ages, including music & sharing of peace stories (8:00 p.m.)
- Snack (9:30 p.m.)
- Quiet time for entire camp (11:00 p.m.)

SATURDAY MORNING

- Breakfast (8:00-8:30 a.m.)
- First Session (9:00 a.m. - 12:00 noon)
- Lunch (12:00-12:30 p.m.)

SATURDAY AFTERNOON

- Free time and/or watching peace videos (12:30 p.m. - 3:30 p.m.)
- Second Session (3:30 p.m. - 5:00 p.m.)
- Dinner (5:00 p.m. - 6:00 p.m.)

SATURDAY EVENING

- Third Session (7:00 p.m. - 9:00 p.m.)
- Snack (9:00 p.m.)
- Quiet time for entire camp (11:00 p.m.)

SUNDAY MORNING

- Breakfast (8:00 a.m. - 8:30 a.m.)
- Fourth Session (9:00 a.m. - 10:30 a.m.)
- Break (10:30 a.m. - 10:45 a.m.)
- Worship Service (10:45 a.m. - 12:00 noon)
- Final announcements
- Dinner (12:15 p.m.- 12:45 p.m.)

Notes About the Schedule

Please bring snacks (fruit, cookies, etc.) to share with others during the evenings.

Weather permitting, winter recreational sports are available, including cross-country skiing (skis may be rented), tubing, and ice-skating (bring your own skates). These may be engaged in during the break time on Saturday afternoon or before heading home after dinner on Sunday.

Registration

Please plan to register early; space is limited. Most rooms accommodate up to four people (double bed and a bunk bed with private bath). One or two additional family members may be accommodated in the same room on the floor if you wish to bring sleeping bags for them.

Single adults who wish to room together should send in their registration forms together; otherwise they will be paired with other singles if space is limited.

Register by January 22, 2010

Costs / Financial Aid

The actual costs of holding this retreat are greater than the registration fees charged. Some of this is made up with funds from the Franconia and Eastern District Conferences' peace and justice budget. *For the rest, dependence is on your generosity!*

Aid is available for those who find it difficult to pay the full registration fee. Contact Bob Walden for more information.

For More Information

Direct any questions about the retreat itself to Becky Felton (215-536-7935; bbfelton@verizon.net) or to Bob Walden (610-861-0653; RWaldenPA@entermail.net), or see the Peace & Justice Committee's website at <http://efpic.pjpr.org/efp102.htm>.

Registration Form (Due by Jan. 22)

Name/s [please print]

Address [please print]

Email

[check here if you do not want to be added to the P&J Committee's email list]

Phone _____

Children's Names & Ages [please print]

Dietary Restrictions and/or Other Needs [diabetic, difficulty with stairs, etc.]

Amount Enclosed*

____ Adult/s @ \$155 each [full retreat] \$ _____

____ Adult/s @ \$35 each for Saturday only \$ _____
(includes lunch & supper)

____ Youth @ \$70 each \$ _____
(ages 13-18; rooming with parents)

____ Children @ \$45 each \$ _____
(ages 6-12; under age 6 no cost; rooming with parents)

Donation toward retreat expenses \$ _____

TOTAL \$ _____

* Make checks payable to: Eastern District Conference

Tear off & mail this form & your check to:

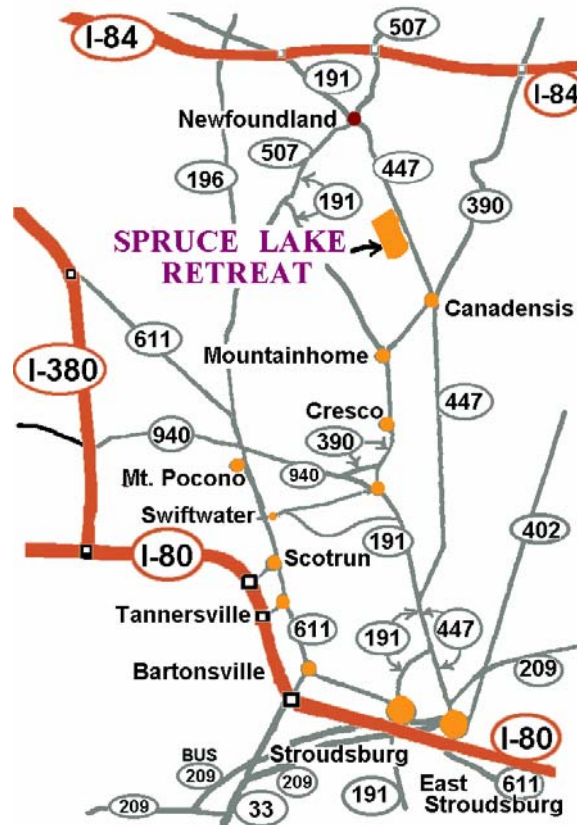
Becky Felton, 942 Camp Trail Road, Quakertown, PA 18951

Location

Spruce Lake Retreat
Route 1, Box 605
Canadensis, PA 18325
570-595-7505

Spruce Lake Retreat is located 2.5 miles north of Canadensis, Pennsylvania, on PA Route 447. In the Pocono Mountains, it is about one hour's drive north of Allentown, via route numbers 33, I-80, 611, 940, 390 & 447.

See the camp's website at <http://sprucelake.org> for further directions, as well as camp policies. These include preserving quiet after 11:00 pm in all public spaces, and no smoking (in any buildings) or drinking of alcoholic beverages.



WINTER PEACE RETREAT February 12-14, 2010

Compassionate Peacemaking: Extending Hope and Healing to Those With Soul Wounds



Sponsored by the Franconia Mennonite
Conference & Eastern District Conference
Peace & Justice Committee
<http://efpic.ppjr.org>

Adult Program led by
Carolyn Heggen
Children's Program led by
Maria & Pat Pietrak