



Dear Friend,

Welcome to a wonderful journey of healing and freedom! Deeper Still is a healing retreat specifically designed for women and men who have either had an abortion or who have participated in an abortion. We affirm and encourage your decision to seek a deeper place of healing and restoration from your past choices. Our role is to help facilitate God's healing touch in your life.

Hands of Hope Tucson will be hosting weekend retreats in March and Sept 2019. This is an opportunity for you to get apart with God, and receive His healing love. There will be other women and men on a similar journey joining you this weekend, and our retreat will be held at El Rancho Robles in Oracle, AZ. We count it a privilege to come along side you, and we will be praying you receive everything you need.

The 2019 spring retreat will be: **March 15-17, 2019 (women and men)**
The 2019 fall retreat will be: **September 6-8, 2019 (women and men)**

This registration packet includes the following documents:

- **This Introduction Letter**
- **The Retreat Advantage**
- **Retreat FAQ's**
- **Retreat Description**
- **Retreat Schedule**
- **Getting the Most from Your Retreat**
- **Healing Covenant**
- **Release Form**
- **Intake Form**

You will need to read through all of these documents, but the **2 forms** you need to **print off, fill out and mail back** or **fax in**, are the **Release Form** and the **Intake Form**.

Fax (520) 321-9766, ♦ Lori Navrodtzke, PO Box 17070, Tucson, AZ 85731 ♦ Phone (520) 321-9765 ext. 409
♦ lori@hohtucson.com.

When we receive your Release Form and Intake Form you will be considered registered and we will send you a confirmation packet. There is no registration fee for this retreat.

The **confirmation packet** will contain detailed information about the retreat location and what you should bring. We will also send you directions to the Guest Ranch in Oracle. The intake form will take some time and thought to complete. You may find some "old" emotions and memories surface as you fill it out. This is normal so do not be discouraged but rather, press through. These are simply indicators of places that may still need a

healing touch. After we have sent out your confirmation packet, and within 1-2 weeks of the retreat we will call you to touch base and answer any of your questions.

There will be other people attending the retreat who make up our Ministry Team. They will be serving in several capacities, such as: hospitality, prayer support, teaching, and facilitating personal prayer ministry with each of you. You will be blessed by the gifts and talents of many. The women and men serving on our Ministry Team are hand picked and trained by Hands of Hope Tucson. We can assure you that you can trust them all to be sensitive to the leading of the Lord, your needs, and your confidentiality.

This Deeper Still Retreat can be a real milestone in your life. God wants you to be healed, made whole, and set free to live the life He has for you. Here are a few comments made by other participants who have attended a Deeper Still retreat:

“There are no words to describe the overall experience. I am still experiencing so much freedom, so much joy. I’ve been set free by the grace of God. Bless you all for helping me to find this freedom”.

“Before that retreat, I didn’t know if I could stand to live another day. Now, every day truly is a gift from God, beautifully packaged and full of surprises that are custom-designed to bless my life. Experiencing this new life makes me want it for everyone, but especially for women who have had so much stolen from them, as I did.”

“Letting go of some of my strongholds was a liberating thing. I do finally believe that God has forgiven me, my baby has forgiven me and now I can forgive myself. I can do that because what Jesus did for me was enough. Thank you for helping me see that”.

We urge you to prayerfully consider this wonderful weekend. When you say “Yes” to the Lord, He will beautifully prepare your heart to receive all He has for you.

With great expectation of His mercy and love,

Lori Navrodtzke

Lori Navrodtzke, MSAC, MSPC

Chapter Coordinator, Deeper Still of Southern AZ

Recovery Services Manager, Hands of Hope Tucson

Deeper Still Confidential Intake Form

Today's Date: _____ Dates of the retreat you're choosing: _____

Name: _____ Sex: F or M

Address: _____

City/State: _____ Zip: _____

Most Accessible Phone #'s: cell (____) _____ home (____) _____

May we leave a message on your voice mail? Yes No comment _____

E-mail address: _____

Age: _____ Present occupation: _____

Ethnicity: (circle) Caucasian African American Asian Hispanic Other _____

Marital Status: (circle) Single Married Separated Divorced Widowed

With whom are you currently living? _____

If married, does your husband or wife know about the abortion(s)? Yes _____ No _____. If

No, what has prevented you from telling him/her? _____

What has prompted you to seek healing from your abortion(s)? _____

On the journey to healing and freedom from your abortion(s), how would you rate your progress?

(1) being low (10) being high (circle) 1 2 3 4 5 6 7 8 9 10

What would you like to gain from attending this retreat? _____

To your knowledge, has anyone else in your family ever had an abortion? Yes _____ No _____

If Yes, Who? _____ How has it affected you? _____

Do any of your family members know about your abortion(s)? Yes _____ No _____

If No, how would you expect them to respond? _____

Have you ever been sexually abused? Yes _____ No _____

If yes, briefly explain: _____

To your knowledge, have you ever been ritually abused? Yes _____ No _____

Have you ever struggled with sexual identity confusion? (understanding your femininity or masculinity, sexual identity, homosexual experiences or desires, etc.) Yes _____ No _____

Briefly explain: _____

Circle any of the symptoms or feelings you may have experienced since your abortion:

- | | | |
|-------------------------|--------------------|--------------------|
| guilt | hopelessness | self hatred |
| shame | anxiety | sexual problems |
| fear | depression | helplessness |
| emotionally "numb" | anger | headaches |
| sad | suicidal ideas | eating disorders |
| change in relationships | nightmares | panic attacks |
| low self esteem | sleep disturbances | grief/loss |
| marital stress | alcohol/drugs | resentment |
| loneliness | cutting yourself | obsessive thoughts |
| infertility | crying spells | accusing voices |

Any others not mentioned above: _____

Have you ever been hospitalized in an effort to control any of these symptoms? If yes, please explain: _____

Are you currently under the care of a professional therapist or counselor? Yes _____ No _____

If Yes, we recommend you tell your counselor you will be attending this retreat. If you would like us to share information about our retreat with your counselor, we would be happy to do so.

Would you like to have your counselor contact us? Yes _____ No _____

Are you currently taking any medication to control any of the above symptoms? If Yes, what are you taking? _____ Is there is anything about your medication protocol we should know? Please explain: _____

PREGNANCY AND ABORTION HISTORY

For women: How many pregnancies have you had? _____ How many abortions? _____

For men: How many pregnancies have you fathered? _____ How many abortions have you participated in or have knowledge of? _____

1st pregnancy: Carried to term Abortion Miscarried Adoption Ectopic
Month _____ Year _____ Sex of baby (if known) _____

How old were you? _____ Marital Status: _____

If abortion:

Type: Suction D&E Saline Partial Birth RU486 Other _____

What was the reason for your abortion? _____

Were you in favor of the abortion? _____

Did you feel pressured to choose abortion? _____

What was the outcome of your relationship with the father or mother of the baby?

2nd pregnancy: Carried to term Abortion Miscarried Adoption Ectopic

Month _____ Year _____ Sex of baby (if known) _____

How old were you? _____ Marital Status: _____

If abortion:

Type: Suction D&E Saline Partial Birth RU486 Other _____

What was the reason for your abortion? _____

Were you in favor of the abortion? _____

Did you feel pressured to choose abortion? _____

What was the outcome of your relationship with the father or mother of the baby?

3rd pregnancy: Carried to term Abortion Miscarried Adoption Ectopic

Month _____ Year _____ Sex of baby (if known) _____

How old were you? _____ Marital Status: _____

If abortion:

Type: Suction D&E Saline Partial Birth RU486 Other _____

What was the reason for your abortion? _____

Were you in favor of the abortion? _____

Did you feel pressured to choose abortion? _____

What was the outcome of your relationship with the father or mother of the baby?

4th pregnancy: Carried to term Abortion Miscarried Adoption Ectopic

Month _____ Year _____ Sex of baby (if known) _____

How old were you? _____ Marital Status: _____

If abortion:

Type: Suction D&E Saline Partial Birth RU486 Other _____

What was the reason for your abortion? _____

Were you in favor of the abortion? _____

Did you feel pressured to choose abortion? _____

What was the outcome of your relationship with the father or mother of the baby?

5th pregnancy: Carried to term Abortion Miscarried Adoption Ectopic

Month _____ Year _____ Sex of baby (if known) _____

How old were you? _____ Marital Status: _____

If abortion:

Type: Suction D&E Saline Partial Birth RU486 Other _____

What was the reason for your abortion? _____

Were you in favor of the abortion? _____

Did you feel pressured to choose abortion? _____

What was the outcome of your relationship with the father or mother of the baby?

* If any other pregnancies please write information on the back of this form.

RELIGIOUS/SPIRITUAL

Are you currently affiliated with any church? Name: _____

What denomination is it? _____

Do you believe in the Trinity of God? (God the Father, God the Son (Jesus), God the Holy Spirit)?

Yes _____ No _____ Unsure _____

Do you consider yourself a Christian? Yes _____ No _____

If yes, how long have you been a Christian? _____

If no, what is your religious affiliation, if any? _____

The following are various ways of describing your experience with God. Check any that best describe yourself. (You can check more than one).

- Born again
- Saved
- Having a personal relationship with God through Jesus Christ
- Gradual revelation or conversion to Christ
- Spirit filled

Other Description _____

I can see how my relationship with God and my spiritual condition is an important part of dealing with my abortion(s).

Yes ____ No ____ Comments: _____

Have you ever had anyone pray with you or minister to you in some way about your abortion(s)?

Yes _____ No _____ Describe: _____

I would describe my knowledge of the Bible as: (check one)

Fairly extensive _____ Moderate _____ Limited _____ No knowledge _____

My biggest fear in coming to this retreat would be: _____

Emergency Contact: Name _____ Phone _____

Please describe any medically necessary dietary restrictions you may have: _____

How did you find us? A friend (name) _____

Our Website Other Web/Google search Other _____

If you would like to make any further comments please use the space on back.

**Deeper Still®
Participant Release Agreement**

Deeper Still is a program including healing retreats for women and men who have undergone or participated in an abortion procedure (the “Program”). The Program is specifically designed to address the healing of emotional and spiritual wounds associated with abortion.

Deeper Still retreats are hosted by a team of volunteers (“Team Members”) who have received para-professional training to assist attendees in the healing process within the context of the Program. Participation by attendees in Deeper Still retreats or any associated function(s) is not intended as a substitute for professional counseling and/or medical treatment.

By signing this agreement form, I freely and voluntarily agree with and understand the following statements to be true and I hereby agree to bind myself to such statements in consideration for the opportunity to participate as an attendee of an upcoming Deeper Still retreat.

- The Team Members are volunteers and not licensed professional counselors.
- The Team Members are not giving medical advice, making diagnoses, or providing licensed professional counseling.
- I will not hold Deeper Still, the Team Members, or other persons or entities directly associated with Deeper Still responsible for my actions or the actions of others made in response to any teaching, advice, ministry or any other goods and/or services I may obtain at a Deeper Still function.
- I fully release Deeper Still, the Team Members and/or persons/entities directly associated with them from any and all liability whatsoever.
- I assume full personal responsibility for any financial obligation I undertake based on and/or in response to any teaching, advice, ministry or any other goods and/or services I may obtain at a Deeper Still function.
- Information I give to any Team Member will remain confidential. However, I also understand exceptions to such confidentiality include:
 - any situation in which I communicate I am considering physically harming myself or another person,
 - any situation in which I communicate another person is continuing to or has expressed his/her intent to physically harm me, and/or

- any situation in which a formal grievance is brought against Deeper Still, the Team Members and/or persons/entities directly associated with them.
- Any formal grievance brought against Deeper Still, the Team Members and/or persons/entities directly associated with them are to be decided under Tennessee law and, if litigation ensues, in Tennessee courts of law in the Eastern District of Tennessee—the state and federal courts in which are deemed a proper venue by the undersigned for any such action—wherein such courts, based on this agreement, shall have personal jurisdiction over the undersigned.
- If any part of this agreement is deemed void by a court of law, the other portions of the agreement will remain in full force and effect.

Signature: _____ Date: _____

Name (Print): _____

Witness Signature: _____ Date: _____

Name (Print): _____

The Retreat Advantage

Our heavenly Father is full of mercy, grace and compassion. He longs to see the wounded and grief-stricken healed and set free from their captivity. The Bible teaches in Isaiah 61:1-3 that God has anointed us, His people, to bring good news to the afflicted; to bind up the brokenhearted; to proclaim liberty to the captives; and to bring freedom to the prisoners. Further it says we are to: comfort all who mourn; give a garland of beauty instead of ashes; anoint with the oil of gladness instead of mourning; and place a mantle of praise where there has been a spirit of fainting.

This Scripture is the backdrop for our Deeper Still retreats.

God can bring healing to people in a variety of ways, but we have found the retreat setting is the most conducive venue to help us go to deep places of healing in a short amount of time.

- You get away from familiar routines and responsibilities for a whole weekend
- You can stay focused on the necessary healing tasks without disengaging
- You join a small community of women and men on a similar journey
- You can relax in a beautiful and comfortable setting
- You experience a Christ-centered spiritual make-over
- You are part of a safe and confidential community
- You are well fed from God’s Word
- You are well fed from the wonderful food we serve

- You receive deeper levels of healing and freedom
- Your destiny in God is re-ignited
- You go home a different person than when you came
- There is no financial fee to attend this retreat

So, what's not to love? If you're ready for one of the most eternally significant weekends of your life, please join us.

Retreat FAQ's

Here are a few basics about the Deeper Still retreat in Southern AZ:

- Our retreat runs from Friday afternoon until Sunday afternoon.
- Our retreat location in Oracle is about one hour northeast of downtown Tucson.
- We can accommodate twelve participants at this retreat and we are inviting both women and men to join us. We cannot accommodate any friends or family members.
- You will need to plan to drive to the retreat location on your own. There is plenty of parking available on site.
- Cell phone coverage may be available depending on your provider. There is no wi-fi available during the retreat.
- There is no registration fee to attend this retreat.

Retreat Description

Friday afternoon: The retreat starts with a welcome, introductions, and some opening remarks to set the framework and expectations for the weekend. Next, we spend some time in praise and worship. This invites God's presence and His peace. It also prepares our hearts to be knit together.

Friday evening: This evening is spent in sharing our stories. This is a critical first step in the healing process. For some of you this may be the first time you will have ever openly shared your story. Some of our team members will also share a brief story from their life. Some team members have had abortions and others have not, but we all have a story of a healing journey. We believe it's important for us as team members to be vulnerable and transparent with you, even as we are asking you to do the same.

Saturday morning: We start the morning with worship, and then do a teaching called—"The Perfect Sacrifice". It is primarily taken from Isaiah 53, and covers the atoning work of Jesus Christ on the cross. After the teaching, a team member will lead you through an individual time of prayer, addressing forgiveness and reconciliation.

Saturday afternoon: Redemptive grieving is a necessary step in the healing process. We address this issue and offer you tangible ways to connect with your lost child(ren). This gesture brings a redemptive action to your grief.

Next, we affirm the vital roles of motherhood and fatherhood. Abortion damages the hearts of mothers and fathers. Only as your mother's heart and father's heart is spiritually reconciled to your lost child(ren) can you be free to embrace your calling to mother or father from a healthy heart. We refer to this calling as the "Mother Mantle" and "Father Mantle". We affirm this healing step with a powerful symbol as well.

Next, we address taking responsibility for the consequences of abortion that can affect our living children, our cities, our churches, and our land. Then, we pray with you to break the common spiritual strongholds that can be erected in our lives as a result of sin and poor choices. Next is an opportunity for personal prayer ministry, or free time.

Saturday evening: After dinner, we do some sharing from the day. Then we spend the rest of the evening in "crying out" for the restoration of the many areas of your life where you have lost hope, passion and vision. We combine our prayers with worship, and celebration of the work God has done. By this time, joy begins to spring forth.

Sunday morning: We end the weekend with a beautiful memorial service, communion and brunch.

For the next 2-3 weeks following the retreat, we initiate an email chat to help you continue to process your experiences. Then about 6 weeks after the retreat we have a reunion dinner so we can reconnect and share what has happened in your life since the retreat.

Deeper Still Retreat Schedule

Friday

2:00pm - 3:00pm	Check-in
3:00pm - 3:45pm	Welcome and Opening Remarks
3:45pm - 4:45pm	Why We Worship
4:45pm - 5:00pm	Break
5:00pm - 6:00pm	🍽️ Dinner
6:00pm - 6:30pm	Why We Share Our Stories
6:30pm - Finished	Sharing Your Story

Saturday

8:00am - 8:45am	🍽️ Breakfast
8:45am - 9:15am	Overview of the day
9:15am - 9:45am	Worship
9:45am - 10:00am	Break
10:00am - 12:00pm	The Perfect Sacrifice
12:00pm - 12:45pm	🍽️ Lunch
12:45pm - 1:45pm	Grieving & Reconciliation
1:45pm - 2:45pm	The Mother Mantle and Father Mantle
2:45pm - 3:45pm	Individual and Cultural Responsibility
3:45pm - ????	Breaking Strongholds & Soul Ties; Listening Prayer
???? - 6:30pm	Free Time
6:30pm - 7:30pm	🍽️ Dinner
7:30pm - 8:00pm	Reflections from the Day
8:00pm - 10:00pm	Crying Out for Restoration and Worship

Sunday

8:30am - 10:30am	Memorial Service
10:30am - 11:00am	Pack up
11:00am - 12:00pm	🍽️ Brunch
12:00pm	Shalom and Go Home

***This schedule is subject to change.**

Getting the Most from Your Retreat

The name of our retreat, **Deeper Still**, was chosen because it describes the healing journey of many people. Those who come to this retreat have usually received some measure of healing but acknowledge they are not yet completely free. We establish a safe environment where God's presence is strongly experienced through worship, prayer ministry & a loving community of Christian sisters and brothers. Within this context, we address core issues key to healing. This is an investment in yourself & your relationship with God. We promise you, it will be worth it! Please read these guidelines in preparation for your retreat.

1. **Plan to be Focused:** Be sure to place the retreat dates on your calendar, & start planning now. Work to free up your time so you can come to the retreat focused & without distractions. Your emotional & spiritual health is important. Make it a priority.
2. **Fear Not:** As time for the retreat draws near, you may find your emotions & defense mechanisms begin to surface. This is not unusual, so don't get discouraged. **Do not talk yourself out of coming!** Just remember your heart is being prepared for healing. Let your family/friends know you may be more emotional during this time & they need to extend you extra grace.
3. **Be Open:** Be open & honest about your emotions. Emotional release is necessary for healing (tears, grief, anger, joy). These emotions will come easily for some, but not for others. Whatever your case, the Lord knows what you need emotionally & how to get you there.
4. **Respect Yourself & Others:** Every person at this retreat will be on her or his own unique healing journey. We simply ask you to respect each other's journey & be patient with yourself & others. Healing is a process. Do not compare yourself to others & do not jump ahead to the next issue or discussion. Each session will lay a foundation for the next.
5. **Stay Focused:** Keep your focus on abortion related issues. Although we will address other related issues from your life, the wounds from abortion are foundational. As those wounds are healed, you will experience a new release for healing in other areas of your life.
6. **Keep it Confidential:** It's vital for everyone to be committed to confidentiality for everyone present.
7. **Be Patient:** It's okay to not feel completely resolved by the end of each session. Part of the healing process is to live with seasons of mystery. Every step you take will add up to a whole. Resting & waiting on God to move is also part of the process.

8. **Be at Peace:** “Peace I leave you; My peace I give you; not as the world gives, do I give you. Let not your heart be troubled, neither let it be afraid.” John 14:27

Deeper Still Healing Covenant

Dear Lord,

Believing You are the only way to life and healing, and trusting You desire me to be whole and free from my past choices and sins, I choose to enter into this special healing covenant with You.

Lord, I hereby give You permission to do a deep and cleansing work in my life. I am saying “yes” to the healing path You would design just for me.

Realizing this journey may take me through painful places, I am asking for Your precious grace and mercy to sustain me and give me courage. Please make Your Word alive to me, and send the people I need along the way for encouragement.

I thank You that Your presence goes with me and You will never leave me or forsake me.

Signature

Date

You keep this document