

## Women's responses to Sister Care Enrichment:

*"All of the sessions blended into a heart-thought process."*

*"The retreat built on the same themes as the first Sister Care seminar. And it was so timely, exactly what I needed this weekend."*

*"I love the marriage of elements of psychology and scripture and spirituality – connecting all our truth sources."*

*"The sharing at tables with other sisters was so important for me."*

*"I appreciated the depth of the retreat – the issues you are willing to discuss in a 'church' setting."*

*"Like the pace – input, table time, personal time."*

*"I especially enjoyed guided journaling, small group sharing, and the depth of the presenters' personal sharing."*

*"I love that Sister Care applies to everyone – to all life stages, and there is always something to learn from ourselves and others' stories."*

***Sister Care is a ministry of Mennonite Women USA***



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**Enrichment Retreat**

**SISTERCARE**

*Equipping women for healing ministry*





Photo by Cathryn Passmore

**Carolyn Holderread Heggen**, Ph.D., is a psychotherapist specializing in trauma recovery. She currently lives in Corvallis, Oregon, and is an active member of Albany Mennonite Church. Carolyn has also lived and worked in Latin America, Pakistan, and Nepal. She is the author of *Sexual Abuse in Christian Homes and Churches* and is a frequent speaker and workshop leader on personal and communal healing, pastoral boundaries, gender issues, and PTSD.

**Rhoda Shenk Keener**, M.S., is the Sister Care Director for Mennonite Women USA, a work which joyfully connects her to women across the United States and world. She served for 14 years as executive director and co-director for Mennonite Women USA. Rhoda's background includes teaching and mental health counseling in a variety of settings. She lives in Shippensburg, Pennsylvania and is an active member of Hebron Mennonite Church.



**As women we rarely have the opportunity to reflect on our own life journey. Come join others as we go deeper with Sister Care core teachings and grow in our ability to:**

- See ourselves as God sees us and know we are truly beloved.
- Identify our unique gifts and calling so that we don't squander our one precious life.
- Learn to set personal boundaries and limits so that we have time and energy to embrace God's purpose for our life.

- Identify wounds from the past that still need God's healing touch and learn ways to transform these wounds into life-giving energy.
- Learn to identify ambiguous loss and grief and useful steps for healing.
- Recognize and celebrate God's grace in our life.

**Sister Care Enrichment includes time for personal reflection, small group discussion, and a variety of learning and worship activities.**

*Contact the Mennonite Women USA office for schedule and registration information.*

