DeeperStill®

Freeing the abortion wounded heart

Dear Friend,

Welcome to a wonderful journey to 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.

This retreat is an opportunity for you to get apart with God, and to receive His healing love. Some retreats will be **open to both women and men** and some will be for **women only**. Our retreats are held in the beautiful foothills of Adirondack mountains in Central New York with anywhere from 15-22 participants. We count it a privilege to come along side you, and we will be praying that you receive everything you need.

This registration packet should include 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 (sign & return)**
- **Intake Form (fill out & return)**

You will need to read through all these documents. The **2 forms** that you will need to **print off**, **fill out,** and either **mail back, scan and email,** or **fax in**, are the **Participant Release Form** and the **Confidential Intake Form**.

Mail to ◆ Deeper Still, P.O. Box 42 . 3810 Oneida Street Washington Mills, NY 13479 ◆ Phone (315) 732-5159◆ www.DeeperStill.org ◆ Fax (865)524-5089
Scan and Email to DeeperStillCentralNY@gmail.com

When we receive your Participant Release Form and Confidential Intake Form, we will confirm your registration by sending you a confirmation packet. There is no charge for this retreat.

Because our retreats fill up fast, we ask you to send in your registration forms ASAP. We will always maintain a waiting list in case we have cancellations.

The **confirmation packet** will contain detailed information about the retreat location and what you should bring. If you are driving, we will send you directions. If you will be flying, your destination airport is Syracuse Hancock Airport**, Syracuse, New York. USA.**

The intake form will take some time and thought to complete. You may find that 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 letter 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, leading us in worship, and facilitating personal prayer ministry with each of you. You will be blessed by the gifts and talents of many. The women and men that serve on our Ministry Team are hand picked and trained by us. **Our female team members only minister to our female participants and our male team members only minister to our male participants**. 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 our 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,
Tina Marie

Deeper Still Central New York, Executive Director

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 that we are to comfort all who mourn, to give a garland of beauty instead of ashes, to anoint with the oil of gladness instead of mourning, and to 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 that a 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 people on a similar journey.**
- **You can relax in a beautiful and comfortable setting.**
- **You experience a Christ-centered spiritual makeover.**
- **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

You will find plenty of information about our Deeper Still retreats as you continue to browse, but here are a few basics.

- **Our retreats run from Friday afternoon Until Sunday afternoon. If you are flying in or driving more than 4 hours, we suggest you plan to arrive on Thursday and stay the night at a hotel near retreat center.**

- **Our Retreat Lodge is 1 hour drive from the Syracuse airport.**

- **Our spring and fall retreats are for both women and men. Our summer retreat is for women only.**

- **The airport is Syracuse Hancock International Airport in Syracuse , New York. (USA). You need to make this airport your destination.**

- **Syracuse New York is on Eastern Standard Time.**

- **We can accommodate about 22 participants per retreat. We cannot accommodate any friends or family members.**

- **We can arrange to give you transportation to and from the airport. You can also rent a car if you prefer.**

- **There is no registration fee to attend this retreat, it's free to attend.**

Retreat Description

Friday afternoon: The retreat starts with a welcome, introductions, and some opening remarks to set a framework and expectations for the weekend. Next, we spend some time in singing 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 sharing our stories. This is a critical first step in the healing process. For many 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 lives. 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 we prepare our hearts to receive healing. Next, we do a teaching called *The Perfect Plan*. It reveals how God designed us and the value He places on each one of us. The next teachings are called *The Perfect Sacrifice and Canceling the Debt*. It covers the atoning work of Jesus Christ on the cross to free us from our guilt, shame, and the price we can't pay for our own redemption. After these teachings, a team member will lead you through a time of prayer addressing these issues.

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 role of motherhood and fatherhood. Abortion damages the heart of a mother and a father. Only as your mother's heart or 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 the "Father Mantle". We affirm this healing step with a powerful symbol as well.

Next, we pray with you to break the common spiritual strongholds that can be erected in our lives because 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 address taking responsibility for the consequences of abortion that can affect our living children, our cities, our churches, and our land. We then 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 or text thread, to help you continue to process your experiences. Then 6 weeks out after the retreat we have a reunion dinner so that we can reconnect and share what has happened in your life since the retreat.

Deeper Still Retreat Schedule*

Friday		
2:00-3:00		Check-in
3:00-4:00	Session 1	Welcome & Opening Remarks
4:00-4:45		Why We Worship & Worship
4:45-5:00		Break
5:00-6:00	🍽	Dinner
6:00-6:30	Session 2	Why We Share Our Stories
6:30-10:00		Sharing Your Story
Saturday		
7:45-8:15	🍽	Breakfast
8:30-9:00	Session 3	Overview of the Day & Desperate for Healing
9:00-9:30		Worship
9:30-9:45		Break
9:45-10:15	Session 4	The Perfect Plan
10:15-11:15	Session 5	The Perfect Sacrifice
11:15-12:30	Session 6	Canceling the Certificate of Debt
12:30-1:15	🍽	Lunch
1:15-2:15	Session 7	Grieving & Reconciliation
2:15-3:15	Session 8	The Mother Mantle & The Father Mantle
3:15-6:00	Session 9	Breaking Strongholds, Soul Ties, Listening Prayer
6:00-6:45	🍽	Dinner
7:00-7:45	Session 10	Reflections from the Day
7:45-8:30	Session 11	Cultural Responsibility
8:30-10:00	Session 12	Crying out for Restoration
		A Heart of Worship & Worship
Sunday		
8:30-11:00	Session 13	Memorial Service
11:00-12:00	🍽	Brunch
12:00		Shalom & 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 women and men. Those who come to this retreat have usually received some measure of healing but acknowledge that they are not yet completely free. We establish a safe environment where God's presence is strongly experienced through worship, prayer ministry and a loving community of Christian sisters and brothers. Within that context, we address core issues that are key to healing. This is an investment in yourself and in 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 and start planning now. Work to free up your time so that you can come to the retreat focused and without distractions. Your emotional and spiritual health is important. Make it a priority.

2. **Fear Not** - As time for the retreat draws near, you will find that both your emotions and your defense mechanisms will begin to surface. This is not unusual, so don't get discouraged. **Do not talk yourself out of coming**. Just remember that your heart is being prepared for healing. Let your family/friends know that you may be more emotional during this time and that they need to extend you extra grace.

3. **Be Open** - Be open and honest about your emotions. Emotional release is usually 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, and He knows how to get you there.

4. **Respect Yourself & Others** - Every person on this retreat will be on his or her own unique healing journey. We simply ask that you respect each other journey and that you be patient with yourself and others. Healing is a process. Do not compare yourself to others and 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 the abortion related issues. Although we will address some 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 that everyone is 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 <u>will</u> add up to a whole. Resting and 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 that you are the only way to life and healing and trusting that you desire me to be whole and free from my past choices and sins, I choose to enter 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 that you would design just for me.

Realizing that 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 a long the way for encouragement.

I thank you that your presence goes with me and that you will never leave me or forsake me.

Signature

Date

You keep this document

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 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. There will be no sharing photos, or videos or me publicly or on social media without my permission. 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 situation in which I communicate I am presently involved in illegal activity.
- I agree to honor the code of confidentiality of Deeper Still to not disclose personal information shared by other retreat participants without their permission.
- Any formal grievance brought against Deeper Still, the Team Members and/or persons/entities directly associated with them are to be decided under New York law and, if litigation ensues, in New York courts of law in the Eastern District of New York—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): _____

Deeper Still
Confidential Intake Form

Today's Date: _____ Date of the retreat you prefer: _____

Name: _____ Gender: ❑Female or ❑Male

Address: _____ City/State: _____ Zip: _____

Most Accessible Phone #: Cell (_____) _____ Home (_____) _____

May we leave a message on your voicemail? ❑Yes or ❑No May we send you a text message? ❑Yes or ❑No

E-mail address: _____ May we contact you by email? ❑Yes or ❑No

Do you prefer your Confirmation Packet to be sent via US mail? ❑ or Emailed ❑ (check one)

Age: _____ Present Occupation: _____

Ethnicity: ❑Caucasian, ❑African American, ❑Asian, ❑Hispanic, ❑Other _____

Marital Status: ❑Single, ❑Married, ❑Separated, ❑Divorced, ❑Widowed

With whom are you currently living? _____

If married, does your husband or wife know about the abortion(s)? ❑Yes or ❑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 one)* 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 or ❑No
If Yes, Who? _____ How has it affected you? _____

Do any of your family members know about your abortion(s)? ❑Yes or ❑No
If no, how would you expect them to respond? _____

Have you ever been sexually abused? ❑Yes or ❑No
If yes, briefly explain: _____
To your knowledge, have you ever been ritually abused? ❑Yes or ❑No

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

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

guilt	hopelessness	self-hatred
shame	anxiety	sexual problems
fear	depressed	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 to control any of these symptoms? If yes, please explain:
_____
Are you currently under the care a professional therapists or counselor? ❑Yes or ❑No
If yes, we recommend that you tell your counselor that 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 or ❑No
Are you currently taking any medication to control any of the above symptoms? ❑Yes or ❑No
If yes, what are you taking? _____
Is there is anything about your medication protocol that we should know?
Please explain: _____
If you are taking antipsychotic medications, we must have your commitment to take them as directed. I understand and commit to taking medication as directed by my doctor. Yes___ (initial).

PREGNANCY AND ABORTION HISTORY

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

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

1st pregnancy: Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: Medication/Chemical (pill) Suction D & E Saline Partial Birth
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 of that baby or the mother?
_____

2nd pregnancy: Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: Medication/Chemical (pill) Suction D & E Saline Partial Birth
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 of that baby or the mother?
_____

3rd pregnancy: Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: Medication/Chemical (pill) Suction D & E Saline Partial Birth
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 of that baby or the mother?
_____

4th pregnancy: Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: Medication/Chemical (pill) Suction D & E Saline Partial Birth
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 of that baby or the mother?
_____

5th pregnancy: Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: Medication/Chemical (pill) Suction D & E Saline Partial Birth
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 of that baby or the mother?
_____

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

RELIGION / SPIRITUAL

Are you currently affiliated with any church? ❑Yes, ❑No, If Yes, 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, or ❑Unsure

Do you consider yourself a Christian? ❑Yes or ❑No
If yes, how long have you been a Christian? _____
If no, what is your religious experience/affiliation, if any? _____

The following are various ways of describing your experience with God. Check any that may best describe yourself. (*You may 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, describe: _____

I can see how my relationship with God, and my spiritual condition, is an important part of dealing with my abortion(s). ❑Yes or ❑No
Comments _____

Have you ever had anyone pray with you or minister to you in some way about your abortion(s)?
❑Yes or ❑No If Yes, describe: _____

I would describe my knowledge of the Bible as: *(check one)*
❑Fairly Extensive ❑Moderate ❑Limited ❑No knowledge

Are you a former abortion clinic/hospital employee? ❑Yes or ❑No

My biggest fear in coming to this retreat: _____
_____

Do you have any food allergies? ❑Yes or ❑No
If yes, please explain: _____

Do you have any physical limitations or mobility limitations (such as climbing stairs)? ❑Yes or ❑No
If yes, please explain: _____

Emergency Contact: Name _____ Phone _____

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

❑ Our website ❑ Web/Google search ❑ Other _____