

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

June 20-24, 2024



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Subsidies from the Diocese of Raleigh, the Catholic Community of St. Thomas More, Chapel Hill, and the North Carolina State Court of the Catholic Daughters of the Americas make this retreat possible.

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 WVIS' Associate Ministry Director in 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 ends Sunday at Noon.

### **Space is limited to 12 retreatants**

For more information, or to request an application, please email us at [soulconnection366@gmail.com](mailto:soulconnection366@gmail.com) or visit us on Facebook at **Recovering Our Soul Connections**.

- Applications will be accepted until the retreat is full.
- If accepted to the retreat, a \$200 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 a Spiritual Director with the West Virginia Institute for Spirituality (WVIS) where she is an Associate Ministry Director and member of the faculty. Previously Liz was Assistant Director for CONTACT Rape Crisis Center in Huntington, WV, where she served as the assistant director and worked directly with people who had experienced sexual assault, sexual abuse, or incest. Prior to moving to WV in 2010, Liz was the coordinator of adult formation at a large parish in suburban Philadelphia, PA. Liz and her husband live in Huntington, WV.

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