



Registration

Name _____

Address _____

Phone _____

E-Mail _____

Additional Service Available on Site:

If you would like an appointment for a massage please complete the following:

Yes, I would like an appointment for a massage (\$60 for one hour to be paid directly to therapist at the time of the appointment).

Registration \$ 54

Check one:

Retreat commuter

Retreat with lodging

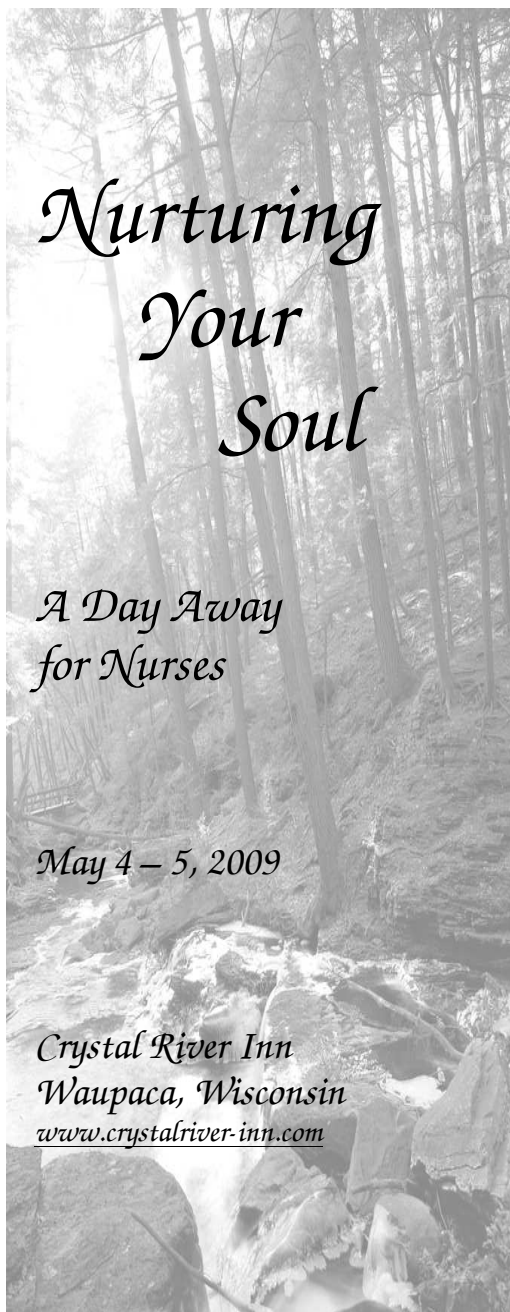
Private Room \$ _____

Total enclosed \$ _____

Make check payable to
Crystal River Inn B&B

Send this registration portion to:

Crystal River Inn B&B
E1369 Rural Road
Waupaca, WI 54981



Nurturing Your Soul

A Day Away for Nurses

May 4 – 5, 2009

*Crystal River Inn
Waupaca, Wisconsin
www.crystalriver-inn.com*



*Nurses are vessels of God
being poured out for others.
They need to be refilled spiritually,
intellectually, and physically.*

This retreat is a time for your own soul care with inspiration, rest and renewal for your unique role as a nurse.

A great way to celebrate Nurse Week this May!

You can expect:

- ☞ a peaceful country farmstead in the historic village of Rural
- ☞ delicious meals shared around the table with other nurses with common bonds and calling
- ☞ spiritual resources and time set aside for using them to nurture your soul in this sacred time away
- ☞ reflection upon life for your own health and healing



*“All shall be well and all shall be well, and
all manner of things shall be well.”*

*Julian of Norwich
Benedictine English mystic of the 14th century*



Retreat Focus

At times one hears an individual described as being truly healthy. The assumption underlying such a remark may relate not so much to the physical health or well-being of the person as to the fact that he or she is perceived as solidly grounded spiritually.

*Spirituality in Nursing: Standing on Holy Ground
By Mary Elizabeth O'Brien*



As nurses we must nurture our own spirits in order to care for our patients and community.

We need to set aside time for quiet, reflection, and connection with the sacred to ground and grow our spirituality.

Contemplative prayer, sharing with and listening to others as well as spending time in the natural world are some of the ways we can nurture our souls.

During this retreat we will be attentive to God's presence and grow in our relationship with the One who is Love: Overflowing Font, Flowing River and Living Water.



This retreat will explore three themes: Unfolding Mystery, Sensing the Spirit and Growing in Gratitude.



Retreat Leader

Deborah Benada, MATS, RN, PN/ FCN, has 28 years nursing experience in acute care, community and public health. For 15 years she was a full time Parish Nurse Coordinator for Providence Health System, Los Angeles Service Area. She has a Masters degree in Theological Studies from San Francisco Theological Seminary. Her thesis was "Spiritual Formation for Parish Nurses."



Agenda

Monday

- 5 p.m. Welcome and settle into rooms
- 6 p.m. Dinner
- 7 p.m. Opening session, *Unfolding Mystery*
- 9 p.m. Evening prayer

Tuesday

- 8 a.m. Breakfast
- 8:45 Morning prayer
- 9 a.m. Second session, *Sensing the Spirit*
- Noon Lunch
- 1 p.m. Third session, *Growing in Gratitude*
- 4:30 Afternoon prayer
- 5 p.m. Closing blessing

Each session begins with a brief introduction to the theme and exploration of Christian spiritual practices. The majority of time is for engaging in the practices which include walking prayer, lectio divina (prayer using Biblical passages), prayer cards, breath prayer, journaling, resting and walking the labyrinth.



Retreat Costs

*This day away is from
5 pm Monday to 5 pm Tuesday*

Registration, materials,
Monday dinner and
Tuesday lunch \$ 59

Lodging and breakfast

The following are available:

- ☞ room with one queen bed
and shared bath
(two available) \$ 69
- ☞ room with one queen bed
and private bath
(six available) \$89-139
- ☞ room with one king bed,
private bath and jacuzzi
(one available) \$149

Space is limited!

Registration deadline: April 20, 2009

For information please
call or e-mail:

715-258-5333 / 800-236-5789

crystalriverinn@charterinternet.com