



## Words of Encouragement from Participants

The Way Retreats have been offered in the Archdiocese of Atlanta for more than ten years. The first Way Retreat hosted by the Nebraska Retreat Team was *The Way: A Healing Retreat for Female Survivors of Abuse*. Participants shared these words of encouragement for men and women who are thinking about attending a Way Retreat...

- ◇ *"I would tell anyone considering attending the retreat to put aside any fears, anxieties or hesitations and attend. I would tell them it is well worth the investment of their time and money. The healing that can come from being in fellowship with others who have experienced similar abuse is something rare-something difficult to put into words. The information provided at the retreat and the acceptance of the presenters (as well as the attendees) gives you a safe, unique place to heal."*
- ◇ *"The most significant thing I took from the retreat was the overwhelming love and acceptance God has for us. Things I had heard thousands of times before but they really hit home for me at the retreat. I was able to see that God is willing to meet us right where we are- wherever that is-and to heal us, and to help us and love us no matter what our past has been. Wrapping the pain of my abuse in the suffering Jesus endured for me and then accepting and absorbing the love He has for me was truly life changing."*
- ◇ *"The experience for me was very helpful in getting to understand that Jesus showed us the way to suffer and grow from the pain."*
- ◇ *"I think the most unexpected thing was that people were not asked if they wanted to talk about their experiences to the group."*
- ◇ *"I felt comfortable right away and was surprised how easy it was to talk about things which are often difficult to discuss- there was never any pressure to talk if I didn't want to but there was always an acceptance and receptivity of anything I did share."*
- ◇ *"I think I was surprised by the feeling of "safety" I had immediately. The fact that I was accepted and a part of a group that really "got" things I had went through or was going through."*
- ◇ *"The experience of the retreat was one of positive and life changing moments for me. It was a warm and welcoming atmosphere where I could heal without feeling inferior or out of place."*
- ◇ *"The availability of great counselors and a priest at all times was so nice. Knowing there was always someone there to talk to, on both an emotional and spiritual level was very comforting."*
- ◇ *"The retreat was a place of nurturing my healing journey and my faith by incorporating them in ways I had never been taught before. The opportunity to tie together total healing was an experience I had never really received before -it was a beautiful experience. "*
- ◇ *"I didn't expect the food to be that good!"*
- ◇ *"I would tell someone considering the retreat to take the leap of faith and go!!!"*