

## Healing of Memories Workshop

for Veterans & 1st Responders

November 4-6, 2016

Registration Form

FREE to Veterans and Retired 1<sup>st</sup> Responders

Employed 1<sup>st</sup> Responders costs are:

\$195 - shared room -or- \$245 private room

\*Scholarships may be available, please call us.

Includes 2 nights lodging, program and meals.

Begins with dinner 6p Friday; ends 2pm Sunday.

There are 2 ways to Register for this Workshop:

1. Complete required info on this form & send to the address listed below.

2. Contact Cyndy at Spirit in the Desert Retreat Center, 8 - 4 week days: (480) 488-5218  
[cyndy@spiritinthedesert.org](mailto:cyndy@spiritinthedesert.org)

Space is limited -- register early!

Confirmation of your registration will be generated by email or sent USPS if you do not use email.

\*Required Information. Please Print...thank you!

*Name	
*Address	
*City/ST/Zip	
*Preferred Phone#	
*Email	

\*Need Transportation?  Yes  No

Mail Completed form to:

**Spirit in the Desert Retreat Center**  
**ATT: Vets/1st Responders HOM Workshop**  
**PO Box 3254 - Carefree, AZ 85377**

## OUR PARTNERS



Financial Underwriting Partner for Healing of Memories Workshop, Carefree, AZ, December 4-6, 2015. HFG has a long history of assisting veterans and 1st responders in their mortgage needs and is known for their support of community programs. [www.homeownersfg.com](http://www.homeownersfg.com)

Partial funding also provided by the AZ Dept. of Veterans Services

PLUS...hundreds of individuals and small businesses!



(480) 488-5218

[www.spiritinthedesert.org](http://www.spiritinthedesert.org)

Spirit in the Desert is a ministry in the Southwest where all people are welcomed into a unique desert experience that stimulates a life of faith. As we center our lives in the love of God, we value...

- ◆ Offering gracious hospitality
- ◆ Celebrating God's creation
- ◆ Inspiring spiritual growth
- ◆ Nurturing living faith
- ◆ Welcoming diversity

We are also a center for people who are transitioning in the chapters of life, helping them renew their callings from God...and empowering them to live a life of meaning and purpose through these transitions.

Nestled in the mountains 1 hour north of Phoenix Sky Harbor Airport, at an elevation of 2690' - it's cooler up here with clean air and starry night skies!

# Healing of Memories Workshop for



and



**November 4-6, 2016**

**Spirit in the Desert  
 Retreat Center, Carefree, AZ**



*"We are all in need of healing, because of what we have done, what has been done to us, and what we failed to do. This is true of individuals, communities and nations. -Fr. Michael Lapsley, Founder"*

Institute for the Healing of Memories (IHOM)

### THE CONCEPT

The workshop developed by IHOM is a response to the emotional, psychological and spiritual wounds inflicted by war, human rights abuses and other traumatic circumstances. It provides a safe place for participants to explore personal histories and gain insight and empathy for themselves and others.

### WORKSHOP GOALS

Participation provides a safe experiential and interactive way to overcome anger, loss grief and guilt and can be one step on the journey to healing and wholeness. It contributes not only to personal healing, but also to the healing of interpersonal relationships.

### WHAT TO EXPECT

#### The First Night - The First Step

Begins with a 6pm welcome dinner. Opening Session introduces the workshop concepts and provides an opportunity for participants to meet with each other.

#### The Next Day: Storytelling & Discussions Continue

Individuals have time to share their experiences in small facilitated groups with an emphasis on safety, respect and confidentiality. There will be time for quiet personal Reflection & integration. Tonight is for relaxing together.

#### The Final Day: The Journey Continues

The group shares experiences, common themes and lessons learned. The first step has been taken on the rest of the journey and it is now time to look to the future!

### Quotes from Arizona attendees of Healing of Memories Workshops

[The benefit was] *"To have been able to release myself from my personal prison I had put myself into."*

*"Healing of Memories is the master key to my healing and good health of mind, body and spirit."*

*"This was not what I expected ... but exactly what I needed."*

### Trained IHOM Facilitators



Sheila Laughton is a program manager and spiritual director for the veterans Welcome Home Program at the Loyola Spirituality Center in St Paul, MN. A retired officer, married to a veteran, with sons in the Army and Air Force, she has experienced military life from multiple perspectives. She is a director, teacher and group facilitator with 10+ years of experience in these areas plus 25 years in management. Sheila has been a facilitator/trainer with Healing of Memories-MN for 5 years, and is also involved with the Women Veterans Initiative. She holds a MA in Theology, Certificate of Spiritual Direction, St. Catherine University, and a MS in Guidance and Counselling, Creighton University.

**Margaret Fell** has worked with Fr. Michael Lapsley and the Institute for Healing of Memories since 2007. She was one of the founding members of a working group of the Minnesota's Warrior to Citizen Campaign which has offered the Healing of Memories workshops for veterans since 2009. She served as Chair of the Institute for Healing of Memories-North America from 2011- 2014 and has been a Healing of Memories workshop facilitator since 2011. Margaret is an Episcopal priest. She holds a BA degree from the University of Minnesota and a Master of Divinity degree from United Theological Seminary/ Seabury Western Theological Seminary. The focus of her ministry is working with Healing of Memories for Veterans workshops.



<http://na.healing-memories.org>

For more information about this workshop, its leaders, goals, concepts, plus other questions, contact veteran:

### Mike Wold

PO Box 1463 - Carefree, AZ 85377  
(651) 687-9767 michael\_w\_wold@msn.com

Mike is a Navy Vietnam veteran who resides in Carefree, AZ. He is active in supporting military personnel, their families and veterans. This is his 3<sup>rd</sup> year of assisting veterans in Arizona through the Healing of Memories Workshops.

### Healing of Memories Donation Form

Actual cost per attendee is: \$500, includes all meals, 2 nights lodging & workshop.

Your tax-deductible scholarship gift will assist these veterans and retired 1st responders in attending free of charge, as well as provide scholarships for active duty 1st responders.

To donate: fill in this form and send your check to the address below -or- go online to:

**[www.spiritinthedesert.org](http://www.spiritinthedesert.org)**

Click on 'GIVE A GIFT TO SPIRIT IN THE DESERT' link and fill out form; designate funds for Healing of Memories Workshop. A receipt for your tax deductible contribution will be sent to you from Spirit in the Desert Retreat Center.

\$500 x \_\_\_\_\_ = \$ \_\_\_\_\_

Contribute towards a Scholarship

\_\_\$250 \_\_\$150 \_\_\$100 \_\_\$50 Other \$\_\_\_\_\_

**\*Required Information. Please Print...thank you!**

\*Name

\*Address

\*City/ST/  
Zip

\*Phone #

\*Email

This donation is made in honor of/memory of:

Make checks payable to and send to:

**Spirit in the Desert Retreat Center**  
**ATT: Vets/1st Responders HOM Workshop**  
**PO Box 3254**  
**Carefree, AZ 85377**

*501(c)(3) Organization Serving as Fiscal Agent for Healing of Memories Workshop. ID: 86-0736429*