

## What You Can Expect

- \*A chance to come home to yourself, be cared for, and find new ways to care for yourself
- \*The opportunity to share the joys and stresses of caregiving with other caregivers
- \*Supportive ways of dealing with some of the stress inherent in the role
- \*Looking at what happens to the caregiver on one who is receiving care
- \*Silent time to reflect on where you find yourself
- \*Exploring the spirituality of compassion
- \*To be strengthened for the end of life experience
- \*A ritual to honor the sacredness of the caregiving role



Mepkin Abbey, located 60 miles north of Charleston, SC, will provide a tranquil setting for our time together.



### Purpose :

To afford caregivers an opportunity to come away for a while, rest, and reflect on who they are in the role of caregiver. It will be a time to look back at when and how they took on the role of companion to someone who is ailing. It affords an opportunity to examine where they are physically, spiritually, and emotionally in that role, and how they may garner strength and fortitude to continue on this challenging journey.

### Metaphors for This Retreat :

The Labyrinth : Going in-being with what is; coming out helps set the stage for the weekend experience.

Welcoming Practice : Feel and sink into the current emotions; welcome what you're feeling; let go

Return registration form to :  
St. Francis Retreat Center  
1098 Mepkin Abbey Road  
Moncks Corner, SC 29464  
843-761-8509, Opt. 1

## Care For Caregivers Retreat



**Saint Francis Retreat Center**  
**Mepkin Abbey,**  
**Moncks Corner, SC**

*There are only four kinds of people in the world.*

*Those who have been caregivers,  
those who are caregivers,  
those who will be caregivers,  
and those who will need caregivers.  
-Former First Lady Roslynn Carter*



Upcoming Dates and Registration Form  
Retreat Cost \$300  
3 :00 pm Friday-5 :00 pm Sunday\*  
\*you may stay over and check out Monday by 9 am.

(Circle preferred retreat date )

September 15-18, 2017  
February 9-12, 2018  
June 15-18, 2018  
September 7-10, 2018

## Our Team



JUDITH GODWIN, long time Jin Shin Jyutsu<sup>®</sup> Practitioner and self-help instructor, will provide individual sessions through the weekend and self-help mindful meditations for overall well-being during and after the retreat. ([www.CharlestonJSJ.com](http://www.CharlestonJSJ.com))



FR. GUERRIC HECKEL, OSCO Monk at Mepkin Abbey, Parish Priest, and Hospital Chaplain before Mepkin



ANN MARIE LEMIRE, MD is an Internist-Pediatrician who specializes in HIV Medicine. She cares for patients in the Portland, Maine area.



JONATHAN WRIGHT is the Executive Director of Bridges for End-of-Life, a Charleston-based nonprofit that empowers individuals & families to experience living fully and dying well through innovative advocacy, education, and grief support programs.

Name : \_\_\_\_\_

Address : \_\_\_\_\_

City : \_\_\_\_\_

State : \_\_\_\_\_ Zip : \_\_\_\_\_

Cell Phone : \_\_\_\_\_

Email: \_\_\_\_\_

What is the nature of your care receiver's illness? \_\_\_\_\_

Have you had previous caregiving experience? \_\_\_\_\_

What is your greatest need as a caregiver?  
\_\_\_\_\_  
\_\_\_\_\_