DeeperStill®

Central Illinois — A program of Living Alternatives

Dear Friend,

Welcome to a wonderful journey to healing and freedom! Deeper Still is a healing retreat specifically designed for women who have had an abortion or men who have participated in an abortion decision. We affirm and encourage your decision to seek a deeper place of healing and restoration from your past choices. Our role is to help facilitate God's healing touch in your life.

Attending a retreat is an opportunity for you to get away with God and to receive His healing love. For the Spring and Fall retreats, there will be about 10-15 other women and men on a similar journey joining you this weekend at our retreat facility in the Bloomington, IL area. We count it a privilege to come alongside you and we will be praying that you receive everything you need.

The 2027 Central IL Deeper Still Retreats will be:
April 9-11th (open to women and men)
October 8-10th (open to women and men)

This website registration packet should include the following documents.

- **This Introduction Letter**
- **The Retreat Advantage**
- **Retreat FAQ's**
- **Retreat Description**
- **Retreat Schedule**
- **Getting the Most from Your Retreat**
- **Healing Covenant**
- **Release Agreement Form**
- **Intake Form**

You will need to read through all of these documents but the **2 forms** that you will need to **print off**, **fill out** and **mail back**, are the **Release Agreement Form** and the **Intake Form**.

Please mail your Intake Form and Release Agreement Form to: Living Alternatives,
Attn: Tori Moore/Deeper Still Director, 127 N. Williamsburg Drive, Bloomington, IL 61704
Alternatively, you may scan and email your forms to: tori@hopeforafuture.com

Depending on the number of spots available, we will let you know if your spot is confirmed via email. Registrations are accepted in the order they are received. There is no charge to attend this retreat.

Because our retreats quickly fill, we encourage you to send in your registration forms ASAP. We will always maintain a waiting list in case we have cancellations or in order to contact you for the next available retreat.

Approximately 4-6 weeks prior to the retreat, we will mail you a confirmation packet. This packet will contain detailed information about the retreat location and what you should bring.

The intake form will take some time and thought to complete. You may find that some "old" emotions and memories surface as you fill it out. This is normal so do not be discouraged, but rather resolve to press through and complete the form. These emotions are simply indicators of places that may still need a healing touch.

After we have sent out your confirmation packet and within 1-2 weeks of the retreat, a trusted team member will call or email to touch base and answer any last-minute questions**.**

There will be other people attending the retreat who make up our Ministry Team. They will be serving in several capacities, such as: hospitality, prayer support, teaching, leading us in worship and facilitating personal prayer ministry with each of you. You will be blessed by the gifts and talents of many. The ladies and men that serve on our Ministry Team are hand-picked and trained by us. **Our female team members only minister to our female participants and our male team members only minister to our male participants**. We can assure you that you can trust them all to be sensitive to the leading of the Lord, your needs, and your confidentiality.

This Deeper Still Retreat can be a real milestone in your life. God wants you to be healed, made whole, and set free to live the life He has for you. Here are a few comments made by other participants who have attended our retreat:

"There are no words to describe the overall experience. I am still experiencing so much freedom, so much joy. I've been set free by the grace of God. Bless you all for helping me to find this freedom".

"Before that retreat, I didn't know if I could stand to live another day. Now, every day truly is a gift from God, beautifully packaged and full of surprises that are custom-designed to bless my life. Experiencing this new life makes me want it for everyone, but especially for women who have had so much stolen from them, as I did."

"Letting go of some of my strongholds was a liberating thing. I do finally believe that God has forgiven me, my baby has forgiven me and now I can forgive myself. I can do that because what Jesus did for me was enough. Thank you for helping me see that".

We urge you to prayerfully consider this wonderful weekend. When you say "Yes" to the Lord, He will beautifully prepare your heart to receive all He has for you.

With great expectation of His mercy and love,

Tori Moore
Director - Deeper Still of Central IL
tori@hopeforafuture.com
Phone: 217-828-2081

The Retreat Advantage

Our heavenly Father is full of mercy, grace and compassion. He longs to see the wounded and grief-stricken healed and set free from their captivity. The Bible teaches in Isaiah 61:1-3 that God has anointed us, His people, to bring good news to the afflicted, to bind up the brokenhearted, to proclaim liberty to the captives and to bring freedom to the prisoners. Further it says that we are to comfort all who mourn, to give a garland of beauty instead of ashes, to anoint with the oil of gladness instead of mourning, and to place a mantle of praise where there has been a spirit of despair.

This scripture is the backdrop for our Deeper Still retreats.

God can bring healing to people in a variety of ways, but we have found that a retreat setting is the most conducive venue to help us go to deep places of healing in a short amount of time.

- **You get away from familiar routines & responsibilities for a whole weekend.**
- **You can stay focused on the necessary healing tasks without disengaging.**
- **You join a small community of people on a similar journey.**
- **You can relax in a beautiful and comfortable setting.**
- **You experience a Christ-centered spiritual makeover.**
- **You are part of a safe and confidential community.**
- **You are well fed from God's word.**
- **You are well fed from the wonderful food we serve.**
- **You receive deeper levels of healing and freedom.**
- **Your destiny in God is re-ignited.**
- **You go home a different person than when you came.**
- **There is no financial fee to attend this retreat.**

So, what's not to love? If you're ready for one of the most eternally significant weekends of your life, please join us.

Retreat FAQ's

You will find plenty of information about our Deeper Still retreats as you continue to browse, but here are a few basics.

- **Our retreats run from Friday afternoon until Sunday afternoon. If you are flying in or driving more than 4 hours, we suggest you plan to arrive on Thursday (prior to the retreat) and stay the night in a local hotel. (Hotel fees are not covered by Deeper Still.)**

- **We can arrange to give you transportation to and from the airport. You can also rent a car if you would prefer.**

- **We have had participants inquire if they can stay at a hotel near the retreat site instead of staying onsite at the retreat facility. We ask that all participants stay overnight at the provided accommodations, enjoying all the benefits of staying onsite. ☺**

- **Our spring and fall retreats take place at a retreat site near Bloomington, IL. If you are flying in, the airport is Central IL Regional Airport (CIRA). Code of airport is BMI. You need to make this airport your final destination. The retreat lodge is a 20 min drive from the airport.**

- **We can accommodate about 10-15 participants per spring and fall retreats. We are unable to accommodate friends or family members.**

- **While there is cell phone coverage at the lodge, we encourage you to step away from your cellular device for this weekend so you will not be distracted.**

- **There is no registration fee to attend this retreat.**

Retreat Description

Friday afternoon: The retreat starts with a welcome, introductions, and some opening remarks to set a framework and expectations for the weekend. Next, we spend some time in singing and worship. This invites God's presence and His peace. It also prepares our hearts to be knit together.

Friday evening: This evening is spent in sharing our stories. This is a critical first step in the healing process. For many of you this may be the first time you will have ever openly shared your story. Some of our team members will also share a brief story from their life. Some team members have had abortions and others have not, but we all have a story of a healing journey. We believe it's important for us as team members to be vulnerable and transparent with you, even as we are asking you to do the same.

Saturday morning: We start the morning with worship, we talk about the sanctity of human life and then we do a teaching called "The Perfect Sacrifice". It is primarily taken from Isaiah 53, and covers the atoning work of Jesus Christ on the cross. After the teaching, a team member will lead you through a time of prayer addressing forgiveness and reconciliation.

Saturday afternoon: Redemptive grieving is a necessary step in the healing process. We address this issue and offer you tangible ways to connect with your lost child(ren). This gesture brings a redemptive action to your grief.

Next, we affirm the vital role of motherhood and fatherhood. Abortion damages the heart of a mother and a father. Only as your mother's heart or father's heart is spiritually reconciled to your lost child(ren) can you be free to embrace your calling to mother or father from a healthy heart. We refer to this calling as the "Mother Mantle" and the "Father Mantle". We affirm this healing step with a powerful symbol as well.

Next, we address taking responsibility for the consequences of abortion that can affect our living children, our cities, our churches, and our land. Then we pray with you to break the common spiritual strongholds that can be erected in our lives as a result of sin and poor choices. Next is an opportunity for personal prayer ministry. There is an illustration activity to demonstrate this step as well.

Saturday evening: After dinner, we do some sharing from the day. Then we spend the rest of the evening in "crying out" for the restoration of the many areas of your life where you have lost hope, passion and vision. We combine our prayers with worship, and celebration of the work God has done. By this time, joy begins to spring forth.

Sunday morning: We end the weekend with a beautiful memorial service, communion and brunch.

For the next 2-3 weeks following the retreat, we initiate an email chat to help you continue to process your experiences. Then 6 weeks out after the retreat we have a reunion dinner so that we can reconnect and share what has happened in your life since the retreat.

Deeper Still Retreat Schedule*

Friday		
2:00-3:00		Check-in
3:00-4:00 4:00-4:45	Session 1	Welcome & Opening Remarks Why We Worship, the We Worship
4:45-5:00		Break
5:00 - 6:00		Dinner
6:00-6:30 6:30-10:00	Session 2	Why We Share Our Stories Sharing Your Story
Saturday		
7:45-8:15		Breakfast
8:30-9:00 9:00-9:30	Session 3	Overview of the Day & Desperate for Healing Worship
9:30-9:45		Break
9:45-10:15	Session 4	The Perfect Plan
10:15-11:15	Session 5	The Perfect Sacrifice
11:15-12:30	Session 6	Canceling the Certificate of Debt
12:30-1:15		Lunch
1:15-2:15	Session 7	Grieving & Reconciliation
2:15-3:15	Session 8	The Mother Mantle & The Father Mantle
3:15-6:00	Session 9	Breaking Strongholds, Soul Ties, Listening Prayer
6:00-6:45		Dinner
7:00-7:45	Session 10	Reflections from the Day
7:45-8:30	Session 11	Cultural Responsibility
8:30-10:00	Session 12	Crying Out for Restoration A Heart of Worship & Worship
Sunday		
8:30-11:00	Session 13	Memorial Service
11:00-12:00		Brunch
12:00		Shalom & Go Home

***This schedule is subject to change.**

Getting the Most from Your Retreat

The name of our retreat, ***Deeper Still,*** was chosen because it describes the healing journey of many women and men. Those who come to this retreat have usually received some measure of healing but acknowledge that they are not yet completely free. We establish a safe environment where God's presence is strongly experienced through worship, prayer ministry and a loving community of Christian sisters and brothers. Within that context, we address core issues that are key to healing. This is an investment in yourself and in your relationship with God. We promise you – it will be worth it! Please read these guidelines in preparation for your retreat.

1. **Plan to be Focused** - Be sure to place the retreat dates on your calendar, and start planning now. Work to free up your time so that you can come to the retreat focused and without distractions. Your emotional and spiritual health is important. Make it a priority.

2. **Fear Not** - As time for the retreat draws near, you will find that both your emotions and your defense mechanisms will begin to surface. This is not unusual so don't get discouraged. **Do not talk yourself out of coming**. Just remember that your heart is being prepared for healing. Let your family/friends know that you may be more emotional during this time and that they need to extend you extra grace.

3. **Be Open** - Be open and honest about your emotions. Emotional release is usually necessary for healing (tears, grief, anger, joy). These emotions will come easily for some, but not for others. Whatever your case, the Lord knows what you need emotionally and He knows how to get you there.

4. **Respect Yourself & Others** - Every person on this retreat will be on his or her own unique healing journey. We simply ask that you respect each other's journey and that you be patient with yourself and others. Healing is a process. Do not compare yourself to others and do not jump ahead to the next issue or discussion. Each session will lay a foundation for the next.

5. **Stay Focused** - Keep your focus on the abortion related issues. Although we will address some other related issues from your life, the wounds from abortion are foundational. As those wounds are healed, you will experience a new release for healing in other areas of your life.

6. **Keep it Confidential** - It's vital that everyone is committed to Confidentiality for everyone present.

7. **Be Patient** - It's okay to not feel completely resolved by the end of each session. Part of the healing process is to live with seasons of mystery. Every step you take will add up to a whole. Resting and waiting on God to move is also part of the process.

8. **Be at Peace** - Peace I leave you; My peace I give you; not as the world gives, do I give you. Let not your heart be troubled, neither let it be afraid. John 14:27

Healing Covenant

Dear Lord,

Believing that you are the only way to life and healing, and trusting that you desire me to be whole and free from my past choices and sins, I choose to enter into this special healing covenant with you.

Lord, I hereby give you permission to do a deep and cleansing work in my life. I am saying "yes" to the healing path that you would design just for me.

Realizing that this journey may take me through painful places, I am asking for your precious grace and mercy to sustain me and give me courage. Please make your word alive to me, and send the people I need a long the way for encouragement.

I thank you that your presence goes with me and that you will never leave me or forsake me.

Signature

Date

(You keep this document)

Deeper Still Participant Release Agreement

Deeper Still is a program including healing retreats for women and men who have undergone or participated in an abortion procedure (the "Program"). The Program is offered by Living Alternatives A Pregnancy Resource Center, Inc. ("LAPRC") specifically designed to address the healing of emotional and spiritual wounds associated with abortion.

Deeper Still retreats are hosted by LAPRC staff and a team of volunteers ("Team Members") who have received paraprofessional training to assist attendees in the spiritual healing process within the context of the Program. Participation by attendees in Deeper Still retreats or any associated function(s) is not intended as a substitute for professional counseling and/or medical treatment.

By signing this agreement form, I freely and voluntarily agree with and understand the following statements to be true and I hereby agree to bind myself to such statements in consideration for the opportunity to participate as an attendee of an upcoming Deeper Still retreat.

- The Team Members are volunteers and not licensed professional counselors.
- The Team Members are not giving medical advice, making diagnoses, or providing licensed professional counseling.
- Though there is no registration fee required to attend the retreat, each participant is responsible for any transportation costs incurred getting to the retreat and returning home afterwards. As an accommodation, a Team Member may offer to transport a participant to the retreat site in her or his personal vehicle (e.g., from the BMI airport to the retreat) at no cost to the participant. If a participant accepts such transportation, then the participant assumes all risks associated with riding in such personal vehicle and agrees that Deeper Still and LAPRC are not responsible for any accidents, injuries or damages resulting from such transportation and that the participant's sole source of recovery is limited to the driver's vehicle insurance.
- I will not hold Deeper Still, the Team Members, LAPRC or other persons or entities directly associated with Deeper Still responsible for my actions or the actions of others made in response to any teaching, advice, ministry or any other goods and/or services I may obtain at a Deeper Still function.
- I fully release Deeper Still, the Team Member, LAPRC and/or persons/entities directly associated with them from any and all liability whatsoever.
- I assume full personal responsibility for any financial obligation I undertake based on and/or in response to any teaching, advice, ministry or any other goods and/or services I may obtain at a Deeper Still function.
- Information I give to any Team Member will remain confidential. However, I also understand exceptions to such confidentiality include:
  - any situation in which I communicate I am considering physically harming myself or another person
  - any situation where a Deeper Still team member suspects child abuse or neglect has taken place and is required by law to report those suspicions
  - any situation in which a formal grievance is brought against Deeper Still, the Team Members, LAPRC and/or persons/entities directly associated with them
- Any formal grievance brought against Deeper Still, the Team Members, LAPRC and/or persons/entities directly associated with them are to be decided under Illinois law and, if litigation ensues, in Illinois State courts of law in McLean County, Illinois - the state courts in which are deemed a proper venue by the undersigned for any such action—wherein such courts, based on this agreement, shall have personal jurisdiction over the undersigned.
- If any part of this agreement is deemed void by a court of law, the other portions of the agreement will remain in full force and effect.

Signature:_____Date:_____

Name (Print):_____

*Witness Signature:_____ Date:_____

*Name (Print):_____

*If concerned about confidentiality you may send your release form back in <u>without a witness signature</u> and one of the team members will be a witness and sign your form after you arrive.

Deeper Still Confidential Intake Form

Today's Date: _____ Dates of the retreat you're choosing: _____

Name: (first/last) _____ ❑Female ❑Male
What first name would you prefer on your retreat name tag? _____

Address: _____ City/State: _____Zip: _____

Most Accessible Phone #: Cell (_____) _____ Home (_____) _____

May we leave a message on your voice mail? ❑Yes or ❑No May we send you a text message? ❑Yes or ❑No

E-mail address: _____ May we contact you by email? ❑Yes or ❑No

Do you prefer your confirmation packet to be mailed? ❑ OR emailed ❑ (check one)

DOB: _____ Age: _____ Present Occupation: _____

Ethnicity: ❑Caucasian ❑African American ❑Asian ❑Hispanic ❑Other _____

Marital Status: ❑Single ❑Married ❑Separated ❑Divorced ❑Widowed

With whom are you currently living? _____

If married, does your husband or wife know about the abortion(s)? ❑Yes or ❑No If No, what has prevented you from telling him/her? _____

What has prompted you to seek healing from your abortion(s)? _____

_____

On the journey to healing and freedom from your abortion(s), how would you rate your progress?
(1) being low (10) being high (*circle one)* 1 2 3 4 5 6 7 8 9 10

What would you like to gain from attending this retreat? _____

_____

To your knowledge, has anyone else in your family ever had an abortion? ❑Yes or ❑No
If Yes, Who? _____ How has it affected you? _____

Do any of your family members know about your abortion(s)? ❑Yes or ❑No
If no, how would you expect them to respond? _____

Have you ever been sexually abused? ❑Yes or ❑No
If yes, briefly explain: _____
To your knowledge, have you ever been ritually abused? ❑Yes or ❑No
Have you ever struggled with sexual identity confusion? (Understanding your femininity or masculinity, sexual identity, homosexual experiences, or desires, etc.) ❑Yes or ❑No
Briefly explain: _____

Circle any of the symptoms or feelings that you may have experienced since your abortion:

guilt	hopelessness	self-hatred
shame	anxiety	sexual problems
fear	depressed	helplessness
emotionally "numb"	anger	headaches
sad	suicidal ideas	eating disorders
change in relationships	nightmares	panic attacks
low self-esteem	sleep disturbances	grief/loss
marital stress	alcohol/drugs	resentment
loneliness	cutting yourself	obsessive thoughts
infertility	crying spells	accusing voices

Any others not mentioned above: _____
Have you ever been hospitalized to control any of these symptoms? If yes, please explain:
_____
Are you currently under the care a professional therapists or counselor? ❑Yes or ❑No
If yes, we recommend that you tell your counselor that you will be attending this retreat. If you would like us to share information about our retreat with your counselor, we would be happy to do so. Would you like to have your counselor contact us? ❑Yes or ❑No
Are you currently taking any medication to control any of the above symptoms? ❑Yes or ❑No
If yes, what are you taking? _____
Is there is anything about your medication protocol that we should know?
Please explain: _____
If you are taking antipsychotic medications, we must have your commitment to take them as directed.
I understand and commit to taking medication as directed by my doctor. Yes_____ (initial).

PREGNANCY AND ABORTION HISTORY

For women: How many pregnancies have you had? _____ How many abortions? _____

For men: How many abortions have you participated in or have knowledge of? _____

1st pregnancy: (circle) Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: (circle) Medication/Chemical (pill) Suction D & E Saline Partial Birth
Other _____
What was the reason for your abortion? _____
Were you in favor of the abortion? _____
Did you feel pressured to choose abortion? _____
What was the outcome of your relationship with the father of that baby or the mother?
_____

2nd pregnancy: (circle) Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: (circle) Medication/Chemical (pill) Suction D & E Saline Partial Birth
Other _____
What was the reason for your abortion? _____
Were you in favor of the abortion? _____
Did you feel pressured to choose abortion? _____
What was the outcome of your relationship with the father of that baby or the mother?
_____

3rd pregnancy: (circle) Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: (circle) Medication/Chemical (pill) Suction D & E Saline Partial Birth
Other _____
What was the reason for your abortion? _____
Were you in favor of the abortion? _____
Did you feel pressured to choose abortion? _____
What was the outcome of your relationship with the father of that baby or the mother?
_____

4th pregnancy: (circle) Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: (circle) Medication/Chemical (pill) Suction D & E Saline Partial Birth
Other _____
What was the reason for your abortion? _____
Were you in favor of the abortion? _____
Did you feel pressured to choose abortion? _____
What was the outcome of your relationship with the father of that baby or the mother?
_____

5th pregnancy: (circle) Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: (circle) Medication/Chemical (pill) Suction D & E Saline Partial Birth
Other _____
What was the reason for your abortion? _____
Were you in favor of the abortion? _____
Did you feel pressured to choose abortion? _____
What was the outcome of your relationship with the father of that baby or the mother?
_____

* **If any other abortions please write information on the back of this form using similar format.**

RELIGION / SPIRITUAL

Are you currently affiliated with any church? ❑Yes ❑No If Yes, name: _____
What denomination is it? _____

Do you believe in the Trinity of God? (God the Father, God the Son (Jesus), God the Holy Spirit)?
❑Yes ❑No or ❑Unsure

Do you consider yourself a Christian? ❑Yes or ❑No
If yes, how long have you been a Christian? _____
If no, what is your religious experience/affiliation, if any? _____

The following are various ways of describing your experience with God. Check any that may best describe yourself. (*You may check more than one*).

- ❑ Born again
- ❑ Saved
- ❑ Having a personal relationship with God through Jesus Christ
- ❑ Gradual revelation or conversion to Christ
- ❑ Spirit filled
- ❑ Other, describe: _____

I can see how my relationship with God, and my spiritual condition, is an important part of dealing with my abortion(s). ❑Yes or ❑No
Comments _____

Have you ever had anyone pray with you or minister to you in some way about your abortion(s)?
❑Yes or ❑No If Yes, describe: _____

I would describe my knowledge of the Bible as: *(check one)*
❑Fairly Extensive ❑Moderate ❑Limited ❑No knowledge

Are you a former abortion clinic/abortion provider employee? ❑Yes or ❑No

My biggest fear in coming to this retreat: _____
_____

Do you have any food allergies? ❑Yes or ❑No
If yes, please explain: _____

Do you have any physical limitations or mobility limitations (such as climbing stairs)? ❑Yes or ❑No
If yes, please explain: _____

Emergency Contact: Name _____ Phone _____

How did you find us? ❑ A friend (name) _____

❑ Our website ❑ Web/Google search ❑ Other _____

Reminder: Please mail the Intake Form and Release Agreement Forms (last 5 pages) to: Living Alternatives, Attn: Tori Moore/Deeper Still Director, 127 N. Williamsburg Drive, Bloomington, IL 61704