



# THE *Emmaus* JOURNEY

*Honouring your personal story of ministry overseas and transition through reflection, retreat and debriefing*

The Emmaus Journey is a place for you to find understanding, healing, hope and purpose in the context of personal reflection, group activities and individual time with an experienced debriefer.

**JULY 25-28 2016 | NON RESIDENTIAL**  
**NW CALGARY (at Brentview Baptist Church)**  
*COST \$325 PER PERSON. LUNCHESES PROVIDED.*

**SEPTEMBER 20-23 2016 | RESIDENTIAL**  
**MOUNT ST FRANCIS RETREAT CENTRE**  
*(30 KM NW OF CALGARY) COST \$500 PER PERSON.*



For more information and to download a registration form: [www.beracah.ca/the-emmaus-journey](http://www.beracah.ca/the-emmaus-journey)



# THE *Emmaus* JOURNEY



## THIS RETREAT IS FOR YOU IF...

You are longing for people to ask you about your time away and to be really interested in your story – all of it – your joys, your successes, your disappointments, your struggles;

You wonder if life in your passport country will ever feel normal;

You are feeling that you have so much more to process even after your debriefing with your member care worker;

You are confused by conflicting emotions of grief, joy, anger, relief, guilt, thankfulness, loneliness, a sense of achievement, a sense of failure.

*These are some of the normal, yet perplexing, reactions to leaving your overseas work, either temporarily for furlough or longer term.*

## WHAT TO EXPECT

At this debriefing retreat you will meet others who understand the unique stressors and joys of missionary service. You will have the opportunity to reflect on your experiences and your reactions to events and relationships, to grieve the losses and disappointments, to explore the challenges of transition, and to celebrate the successes. This will be done in the context of personal reflection in prayer and meditation, small group activities, and private conversations with a trained debriefer.

You will leave with new perspectives and understanding that will give you hope and renewed vision.

## RETREAT FACILITATORS

Retreat leaders are Hazel Mayhew, Beracah Counselling, and previously a member of Wycliffe Bible Translators for 20 years, Nancy and Terry Todd, staff of Barnabas International who serve in partnership with The Well International, and Oi-Wah Whitbourne, Crossroad Counselling, missionary and member care worker with Action International Ministries.

## ADDITIONAL INFORMATION

Email Hazel ([hazel@beracah.ca](mailto:hazel@beracah.ca)), Nancy ([ntodd@barnabas.org](mailto:ntodd@barnabas.org)), Terry ([ttodd@barnabas.org](mailto:ttodd@barnabas.org)) or Oi-Wah ([o.whitbourne@actioncanada.org](mailto:o.whitbourne@actioncanada.org)), who would be happy to answer any of your questions.

Or check out our website, [www.beracah.ca/the-emmaus-journey](http://www.beracah.ca/the-emmaus-journey), for leaders' bios, more details, and the registration form.