

NAVIGATE BETRAYAL

ANCHORED

RETREAT & PILGRIMAGE

FOR CATHOLIC WOMEN HURT BY INFIDELITY

**Thursday, January 18th, 2024
to Sunday, January 21st, 2024**



**AS WE NAVIGATE THE STORMY SEAS OF LIFE
OUR HOPE IN JESUS SERVES AS AN ANCHOR
GIVING US STABILITY AND SECURITY**

“We have this hope as an anchor for our lives.”

Hebrews 6:19

Pornography, masturbation, affairs, and other forms of infidelity are causing damage to many marriages today. The effects of sexual betrayal trauma on spouses can be very overwhelming and also can become very isolating, as many wives do not confide in family, friends, or even professionals. If they do reach out for support, all too often they are given harmful advice and receive more hurt than help. The pain of betrayal has an intense impact on a person’s physical, emotional, cognitive, sexual, and spiritual self. A woman often feels confused, powerless, and alone when faced with the reality that her husband has deceived her and has been unfaithful.

If this is your situation, or even if you have moved beyond the initial trauma, but recognize you still need healing, then this retreat is for you! It is for women at any stage of discovery or recovery, and regardless of marital situation. Join a small group of women for an immersive healing experience held at Elizabeth Ministry International’s *Zechariah House* in the Diocese of Green Bay, Wisconsin. (Retreat is limited to 12 women.) Come to the *Zechariah House* for respite to catch your breath and rest while being nourished in mind, body, and soul. We will confidentially navigate alongside you in your healing journey. Take some time away from home, away from the triggers, and away from your responsibilities to focus on healing as you receive comfort from the painful effects of betrayal trauma.

The *Zechariah House* is a place where women can experience rest, resources, and support while encountering hope, help, and healing. Our time together includes a pilgrimage to the *Shrine of Our Lady of Champion*, which is the only approved apparition site of the Blessed Mother in the United States. (A pilgrimage to the *National Shrine of St. Joseph* can also be arranged.) There is an optional *Adventure Encounter with Wolves, Deer, and Bison* on Thursday afternoon before the official start of the *ANCHORED Retreat*. We encourage you to participate in this event to prepare and enhance your experiences in the supportive retreat and pilgrimage.

This *NAVIGATE Betrayal Retreat & Pilgrimage* is designed to anchor you in a harbor of safety, stability, and security while you experience the healing power of Jesus Christ and companionship on your journey. It offers many therapeutic opportunities with Catholic faith-focused prayer times to heal the betrayal wounds that were caused by your husband’s secretive, unfaithful, and dishonest behaviors. Through professional insights and hard earned wisdom of other betrayed wives you will learn how to calm the trauma. You will experience healing respite and God’s grace to face the challenges in your life in a powerful way! **See following pages for more information!**

DATES: Thursday, January 18th, 2024 to Sunday, January 21st, 2024

This 4-day retreat and pilgrimage starts Thursday at either 1:00 pm for those going on the Encounter, or 6:00 pm for the beginning of retreat and will end at noon on Sunday following Mass at the Shrine. The retreat fee includes 3 overnight accommodations, a professional chair massage, 3 breakfasts, 2 lunches, 3 dinners, and snacks at *Zechariah House Retreat Center*. Also included is transportation to and from the *National Shrine of Our Lady of Champion*, the only approved apparition site of the Blessed Mother in the United States. For more information about the Shrine, visit www.ChampionShrine.org and learn about the Apparition of Mary.

We recommend the optional *NAVIGATE Outdoor Adventure - Encounter with Wolves, Deer, and Bison* - on Thursday afternoon. We will leave the *Zechariah House* by 1:00 pm to travel to the animal location. You may add a pilgrimage to visit the *National Shrine of St. Joseph* (www.Norbertines.org/Joseph/) on Sunday afternoon at no additional cost. You may also book additional respite days at *Zechariah House* before or after retreat.

LOCATION: Zechariah House of Healing

119 West 7th Street Kaukauna, Wisconsin 54130. The *Zechariah House* provides a safe haven to experience healing of the mind, body, and spirit through prayer, resources, education, and retreats. Honoring and affirming each person's unique and intrinsic value, we are witnesses of companionship and hospitality modeled after the home of Zechariah and Elizabeth "in the hill country of Judea." (Luke 1:39).

RETREAT LEADERS: Professionals & Healing Companions

This retreat will be led by women who will share their expertise as professionals, and also by betrayed wives who know how to navigate the difficult journey, and who will accompany you on the retreat.



Jeannie Hannemann, M.A., the founder of *NAVIGATE Betrayal*, will be the Retreat Director. She has been ministering with betrayed women for over 40 years. Along with professional training, her personal story of journeying through her husband's compulsive use of pornography, and his recovery, gives her unique abilities to provide encouragement and compassionate guidance to betrayed wives.



Victoria A. Gossens, LCSW, has been a psychotherapist in Northeast Wisconsin for more than 40 years, providing Behavioral Health Treatment for individuals, families, and groups. She has a very extensive background in addressing trauma, anxiety, stress, grief and depression. As our Retreat Mental Health Facilitator, she will help us explore practical, healthy ways to calm, release, and regulate emotions.



Lisa Preisner is a passionate musician and gifted leader for inner healing prayer. She will serve as the *NAVIGATE Anchored Retreat* Worship Coordinator.



Julie Kresal understands betrayal trauma from her lived experience and as a pastoral minister. She will be the *NAVIGATE Anchored Retreat* Companionship Coordinator.

COST: \$550 \$450 Early discount through December 31st, 2023! Register soon!

The support of anonymous donors has allowed us to offer this retreat at a discounted fee.

\$30.00 for *NAVIGATE OUTDOOR ADVENTURE - Interaction with Bison, Deer, and Wolves!*

REGISTRATION: Call or Online

Go to www.Elizabethministry.com/events to register, or call 888-524-0557. E-mail JeannieH@NavigateBetrayal.com for more information. Visit www.NavigateBetrayal.com to learn about our programs.


NAVIGATE
For Catholic Women **Betrayal**

NAVIGATE

Outdoor Adventures

Encounter with Wolves, Deer, and Bison!

January 18th, 2023
2:00 PM - 4:00 PM



Research indicates that nature-based adventure in groups may promote better mental health and has been used historically to provide healing from trauma. A recent published study¹ supports the common belief that nature-based activities improve depressive moods, reduce anxiety or grief, improve positive affect, and reduce negative affect for participants. It can boost individuals' mood states and alleviate anxiety. Many have spoken of it as helping to reframe thinking and practice self-compassion while diverting attention from detrimental rumination related to traumatic experiences. Sounds good for those facing betrayal trauma!

Join NAVIGATE Betrayal Founder, Jeannie Hannemann, Thursday, January 18th in the afternoon to get up close and personal with wolves, deer, and bison at a local Rustic Retreat in Wisconsin! This very rare experience will prepare you for entering into the NAVIGATE Betrayal - Anchored Retreat & Pilgrimage - being held January 18th to the 21st. You will not only see these amazing creatures, but you can actually touch and walk with them! This form of Adventure Therapy is meant to help you overcome your self-limiting beliefs and take you out of familiar environments to make it easier to develop a different perspective.



Being with wolves, deer, and bison in the summer time is also amazing, but having this encounter during winter in Wisconsin will add an environmental experience that will stimulate your body, mind, and spirit! (We will provide winter coats, etc. if needed.)

Due to a generous donor, we are able to offer this outdoor adventure and in depth reflection time for just \$30.00 more than the retreat and pilgrimage price! It is our desire that everyone who wants to can participate in this preparatory outdoor adventure!

¹ Coventry PA, Brown Jennifer VE, Pervin J, et al. Nature-based outdoor activities for mental and physical health: Systematic review and meta-analysis. *SSM - Population Health*. 2021;16. doi:10.1016/j.ssmph.2021.100934

Why an Encounter with Wolves, Deer, and Bison?

Stories help us gain a better understanding of complex concepts. Below are three stories that will be discussed in relationship to the NAVIGATE Outdoor Adventure - Encounter with Wolves, Deer, and Bison.

LESSON FROM WOLVES - Encourage Good to Overcome Evil

The story of two wolves is a Cherokee legend illustrating the most important battle of our lives—the one between good and evil within us. Here is the story: An old Cherokee is teaching his grandchild about life. “A fight is going on inside of me,” he said to the child. “It is a terrible fight between two wolves! One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.” He continued, “The other is good—he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you—and inside every other person, too.” The grandchild thought about it and then asked, “Which wolf will win?” The old Cherokee replied, “The one you feed.” **Which one are you feeding?**



Jeannie at Wolf Encounter!

LESSON FROM A PREGNANT DEER - Relax and Trust the Process



Jeannie's Grandchild at Deer Encounter.

In a forest, a pregnant deer is about to give birth. She finds a remote grass field near a strong-flowing river. This seems a safe place. Suddenly labor pains begin. At the same moment, dark clouds gather around above and lightning starts a forest fire. She looks to her left and sees a hunter with his bow extended pointing at her. To her right, she spots a hungry lion approaching her. What can the pregnant deer do? She is in labor! What will happen? Will the deer survive? Will she give birth to her fawn? Will the fawn survive? Or will everything be burnt by the forest fire? Will she perish to the hunter's arrow? Will she die a horrible death of being eaten by the hungry lion? She is constrained by the fire on the one side and the flowing river on the other and boxed in by her predators. What does she do? She focuses on giving birth to new life. Then, lightning strikes and blinds the hunter so he releases the arrow which zips past the deer and strikes the lion dead. It starts to rain heavily and the forest fire is slowly doused by the rain. The deer gives birth to a healthy fawn and it grows strong in the coming days in the forest. **Do you trust the process? Where is your focus?**

LESSON FROM BISON - Face Life's Storms

A cow and a bison react very differently during storms. When there is a storm approaching, a slow-moving cow will start walking away from the direction of the storm. The storm will eventually catch-up to the cow which increases the duration of time the animal is caught in the horrendous experience of the storm. Bison, do just the opposite! When a storm is coming, they face it, and even run into it, which limits their exposure to its impact on them. **What are you doing with your trauma storm? Do you try to avoid and run away from the difficulties or do you confront and deal with them? Are you more like a cow or a bison?**



Jeannie and her husband at Bison Encounter!



If you have any questions, please feel free to contact Jeannie Hannemann, Retreat Director, E-mailing her at jeannieh@navigatebetrayal.com or text her at 920-766-6641.

Jeannie Hannemann's family often participate in a Wolf, Deer, and Bison Encounter!

NAVIGATE BETRAYAL

ANCHORED

RETREAT & PILGRIMAGE

FREQUENTLY ASKED QUESTIONS



**“Trust in the Lord with all your heart,
on your own intelligence do not rely.”**
Proverbs 3:5

1. Who is the Sponsoring Organization?

Elizabeth Ministry International is the sponsoring organization. For more information, visit: www.ElizabethMinistry.org and www.ReclaimSexualHealth.com and ww.NavigateBetrayal.com

2. Where is the Retreat held?

The retreat is being held at the Elizabeth Ministry International’s Zechariah House, 119 West 7th Street, Kaukauna, Wisconsin, in the Diocese of Green Bay. Our Chapel has the Blessed Sacrament and you are free to pray there any time day, or night. For more information on the facility, or to reserve additional nights before or after our retreat, go to: www.elizabethministry.org/zechariah-house



3. What sleeping accommodations are available at the Zechariah House?

This Retreat House offers six bedrooms for participants with dual occupancy. Each bedroom has access to a private bathroom with a shower. We believe having a roommate is beneficial for women on these retreats. You will have other opportunities for solace during the retreat.

4. What type of activities will we do on the retreat?

Participants will have an immersive healing experience combining psychoeducational understandings, neurobiological insights, mental health therapeutic activities, creative pursuits, and mentoring, with Catholic faith-focused transformational prayer times. This comprehensive and compassionate approach is designed to lead women to the healing that Jesus offers to the broken-hearted.

5. Where is the National Shrine of Our Lady of Champion?

The Shrine of Our Lady of Champion is located in Champion, Wisconsin, near Green Bay. Previously known as Our Lady of Good Help, the name change came this year from the Vatican to follow the way of other apparitions in naming the location where Mary appeared. To learn more about this approved Marian Shrine, go to www.ChampionShrine.org and read the amazing accounts. Bishop David Ricken of the Diocese of Green Bay, consecrated the Elizabeth Ministry International’s programs for sexual healing to Our Lady of Champion. He believes the Shrine to be a powerful place for sexual healing, as he shared during the Mass of Consecration for the Elizabeth Ministry International’s *RECLAIM Sexual Health Programs* in 2011.



6. Who should attend this retreat and pilgrimage?

This event is designed for Catholic, betrayed wives at any stage of their journey. (We know that there are many betrayed men as well, but this retreat is just for women.) If you are not Catholic you are welcome to join us, but realize we will be presenting from a Catholic perspective. If you are not married, but have been betrayed by a boyfriend or fiancé, you are also welcome to join us.

7. How should I prepare for the retreat and pilgrimage?

We encourage you to go to the Sacrament of Reconciliation before you attend so that you are in the State of Grace. Since this retreat and pilgrimage are being held in Wisconsin in the winter, we suggest you have warm clothes that you can layer! Winter coat, hat, mittens or gloves, scarves, and boots will be needed. If you do not have these items, let us know and we will ask volunteers to let you borrow items while you are here!

8. What if I have special dietary considerations?

We will do our best to accommodate you if you inform us when you register. If at all possible, you may want to bring some food, snacks, or beverages that you know fit your restrictions as we can't always provide for specific things.

9. Can I attend the pre-retreat Outdoor Adventure - Encounter with Wolves, Deer, and Bison if I do not want to touch the animals? Can I take pictures?

This adventure is purely determined by your decisions. If you just want to come and observe, that is fine too. Those who do participate are encouraged to take photos to remember this unique experience. If we are blessed to have a fresh snow, Wisconsin winters can be captivating!

10. If I am flying in from another state, which airport should I consider?

Your best choice is to fly into Green Bay. (Code: GRB) If you want to fly out home on Sunday afternoon, we will be able to drop you off at the airport on our way home from the Shrine. Appleton airport (Code: ATW) is about the same distance to the Zechariah House as is the Green Bay airport. You may want to check the Oshkosh (Code: OSH) or Milwaukee airport (Code: MKE) too, but we will not be able to arrange pickup or delivery to those airports. You would need to find your own transportation.

11. How do I find out more about the National Shrine of St. Joseph?

You can decide to make an additional pilgrimage on Sunday afternoon by stopping on the way home at the National Shrine of St. Joseph. You can find out more information about it online by going to www.norbertines.org/joseph/ and it is located at 123 Grant St., DePere, Wisconsin 54115. This Shrine is frequented by thousands of pilgrims each year seeking St. Joseph's powerful intercession and to follow his humble, quiet example in a humble, quiet place.



12. When should I register? Space is limited and discounted price is on a first come first serve basis, so you should register as soon as possible!

Note: Because of the limited number of participants allowed in the retreat, please consider this before cancelling, as other women would have had an opportunity to attend. In case of cancellation 50% refund may be given 21 days prior to retreat. If you cancel less than 21 days before retreat, your payment will be held for a future retreat date.

13. What happens after I register and pay the fees?

You will get a confirmation e-mail to hold your place for the retreat and receive further instructions and information. Your information will be kept in strict confidence. You will be asked to confirm your arrival time and if you need transportation from an airport.