

NAVIGATE BETRAYAL

ANCHORED

RETREAT & PILGRIMAGE

FOR CATHOLIC WOMEN HURT BY INFIDELITY

**Thursday, January 16th, 2025
to Sunday, January 19th, 2025**



**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 as you encounter God’s grace. 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, and learn valuable lessons.

The *Zechariah House Retreat Center* is a place where women can experience rest, resources, and support while encountering hope, help, and healing. You will have several unique, faith-based, and therapy focused opportunities to release your pain, relieve emotional distress, and expand your trust in God. 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, and a pilgrimage to the *National Shrine of St. Joseph*.

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 by the retreat leaders 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 16th, 2025 to Sunday, January 19th, 2025

This 4-day retreat and pilgrimage starts Thursday at 2:00 pm and will end at noon on Sunday following Mass at the Shrine of Our Lady of Champion. The retreat fee includes 3 overnight accommodations, enrichment times, pampering, faith encounters, 3 breakfasts, 2 lunches, 3 dinners, and snacks at *Zechariah House Retreat Center*. Also included is transportation to and from airport, the *National Shrine of Our Lady of Champion and the Shrine of St. Joseph*. For more information about the Shrine, visit www.ChampionShrine.org and learn about the Apparition of Mary. You may also book additional respite days at *Zechariah House* before or after retreat!

LOCATION: Zechariah House of Healing - Retreat Center

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. The Blessed Sacrament is present in the tabernacle located in our Chapel. Comfortable accommodations and meals are designed to honor each person's unique and intrinsic value. We offer companionship and hospitality modeled after Zechariah and Elizabeth who welcomed Jesus in the womb of Mary, the Blessed Mother. (Luke 1:39)

RETREAT LEADERS: Professionals & Healing Companions

This retreat will be led by a team who share their expertise as professionals, and also by several betrayed wives who know how to navigate the difficult journey, and 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 and is the founder of *NAVIGATE Betrayal Programs*. Along with professional training, her personal story of journeying through her husband's compulsive use of pornography with other infidelities, and his recovery, gives her unique abilities to encourage and offer compassionate guidance to betrayed wives.



Victoria A. Gossens, LCSW, has been a skilled psychotherapist in Northeastern 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.



Rev. Luke Ferris, has a keen sensitivity to those who are suffering. His pastoral care during the *NAVIGATE Retreat* provides participants with the healing touch of Jesus. He was named a National Eucharistic Preacher by the United States Catholic Conference of Bishops. After years as a professional educator, he has a God-given talent for sharing complex spiritual concepts in an understandable way to others.

Additional Support Staff: Carlene, Kim, Julie, Kathleen, Tia, Carol, Christine, Jody, and Kryz

COST: \$599 Use discount code "**Anchored**" for a \$49 discount prior to December 1st, 2024.

Go to www.NavigateBetrayal.com to register, or call 888-524-0557.

E-mail JeannieH@NavigateBetrayal.com for more information.

Visit www.NavigateBetrayal.com to learn about our programs.

*Last year's NAVIGATE Retreats brought women from ten states!
Fly into either Appleton Airport (ATW) or Green Bay Airport (GRB).
We will pick you up and return you to the airport!*


NAVIGATE
For Catholic Women **Betrayal**

REGISTRATION FORM

NAVIGATE BETRAYAL RETREAT & PILGRIMAGE

ANCHORED



**"We have this hope as an anchor for our lives."
Hebrews 6:19**

Name: _____

Cell Phone: _____

E-mail: _____

Address: _____
Street
City
State
Zip Code

____ I want to register for the NAVIGATE BETRAYAL - ANCHORED RETREAT & PILGRIMAGE that runs from 2:00 PM, Thursday, January 16th, 2025 to noon, Sunday, January 19th, 2025

If you also go out to eat lunch after mass at the Shrine of Our Lady of Champion and make a pilgrimage to the National Shrine of St. Joseph, all events will conclude at 2:00 p.m.

Three nights of Lodging and eight Meals are provided during your retreat stay at the Zechariah House.

Please list any special diet: _____

Are you able to navigate stairs? __ yes __ no

____ I want to participate in the Pilgrimage to the Shrine of Our Lady of Champion on Sunday morning for Catholic Mass at 11:00 a.m. and prayer time in the crypt.

____ I want to go out with the group following Mass to eat at a restaurant at my own expense.

____ I want to make a pilgrimage to the National Shrine of St. Joseph after the meal at the restaurant.

____ I want to extend my stay before or after retreat at the Zechariah House for an additional fee.

____ I need transportation to and from Appleton or Green Bay airport. Confirm date/time after registered.

____ Wisconsin winters are beautiful, but cold. It is important you dress for the low temperatures!

Do you need us to borrow winter attire? __yes __no If so, Size Coat___ Size Boot ___

REVIEW THE FOLLOWING PAGES OF FREQUENTLY ASKED QUESTIONS

By registering for this retreat, the participant agrees that attendance and participation is at her own risk. Anyone attending or taking part in these events must use good judgment, obey all laws, and take reasonable care to avoid any injury to their person or property. In consideration of being allowed to register for and participate in these events, participants will be required to sign a waiver that releases the organizations, organizers, and presenters from liability for any expense, loss, damage, personal injury, property damage or theft, negligence, or actions resulting from or arising in connection with their travel to, attendance at, or participation in the event and any related activities.

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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 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?

We utilize 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. (A private room is available if needed.)

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

Participants will have an immersive healing experience combining mentoring, psychoeducational understandings, neurobiological insights, healing encounters, mental health activities to give you tools to enhance your well-being, and creative pursuits with Catholic faith-focused transformational prayer times. Unique encounters offer science-based healing. This comprehensive and compassionate approach leads women to the restoration 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, in the Diocese of Green Bay. 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. Will my confidentiality be honored?

We honor and respect your confidentiality. You can even create a nickname for yourself if you do not want to use your legal name. Keep in mind that every woman at the retreat feels the same way. Your contact information will only be shared with others on the retreat if you give written permission to do so.

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 return 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 with us 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 cancellation, as other women would have had an opportunity to attend. In case of cancellation 50% refund may be given 30 days prior to retreat. If you cancel less than 30 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.

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COMMENTS FROM PAST RETREAT PARTICIPANTS FOR FUTURE ATTENDEES



"It was amazing to feel seen, heard, and understood. I came as a broken woman and left in a much better place!"

"We have this hope as an anchor for our lives."
Hebrews 6:19

"You will be given many tools to help you on your journey. The accommodations are comfortable. I loved the homemade meals and snacks! I experienced a peace that I never knew could happen. It offered many ways that helped me tune in to what I have been experiencing, clear my mind, and soften my heart. The single word I would use to describe my experiences is RESTORATION."

"You are safe at this retreat! Every person gained something to help her, encourage her, and heal her. Come and know that Jesus is here, present in the chapel with you every minute of the retreat! Jeannie, Victoria, the prayer partners, mentors, servant women, and Fr. Luke all care deeply about each person."

"We started as strangers with a secret. We gathered and were retreat attendees. It didn't take too long and we were acquaintances. Then quickly, with God's grace and the power of the retreat activities, we went straight to a sisterhood. The sisterhood is beyond even a friendship. We related to each other by daring to hear about and share the hard, real things going on. Instead of being just survivors of a common experience, by the end of the retreat, a surge of energy was among us to be able to shout: We are thrivers!"

"The pampering was a new experience for me. Everyone was so attentive and I could participate as much or as little as I felt appropriate for me. I didn't want to come on this retreat, but I am so glad that I did. It was truly transformational for me."

"I was concerned that I would meet people here who I knew or had mutual friends. I immediately found that I could be here unguarded. I did know one other woman. We talked and realized we had both come with the same fears, but now realized that the joint experience bonded us and no longer bothered us!"

"It was easier to be open on retreat as everyone had a similar secret pain. I usually keep people at an arm's length, but I didn't have to here. I surprised myself at how much I needed to connect with others."

"All the little but powerful details included in the retreat experience provided so many blessings."

"The retreat incorporated a variety of learning styles that made it very powerful for everyone! You will meet others with a wide range of experiences and ultimately learn you are not at all alone and are able to talk and process AT YOUR COMFORT LEVEL with women who may become supportive people and friends forever."

"My heart and mind hold so many wonderful memories from this retreat that will carry me forward. I think on this retreat I was the most myself that I've ever been."

"I felt bonded to this group of women from the moment we met. I believe some may be life-long friends and others just a gift during the retreat. I will be forever grateful for the time, love, and energy that was poured into this life-giving retreat."

"It was amazing to me to see all of us come in scared and alone, but then quickly connecting and even finding ourselves laughing! I was afraid that this retreat would be depressing and make me sink deeper into my pain. Instead, it allowed me to really look at my pain and release it. I was shocked how much true joy I felt by the time we went to mass on Sunday! I hated to see the retreat end!"

"I found the rest I needed here in body, mind, and spirit. I found relief from isolation. It is comforting to know that I am not alone, and that there are others that can empathize with my situation. The darkness of sin loses its power in the light."

"Although my marital problems still exist, and the betrayal will be part of my story forever, this retreat helped me refocus on truth and increased my connection with Jesus through faith, hope, and love."

"This retreat is like self-care on steroids! It was beyond what I imagined possible. The guidance of the Holy Spirit was in all of the details and so present among us. I was amazed at the quality of gifts we were given."

"Oh my goodness, I was fully immersed in the retreat with Jesus and all the ladies. Everything was amazing! With God's help, I feel this retreat transformed my life."

"I was not even planning on coming on this retreat. I was 10 months past D-day and had done lots of healing already. It wasn't like I was still in the shock-trauma phase of betrayal. But, my Navigate Coach urged me to come and said she was going to pray a Novena that I would! I was so surprised she would think it that important and Wisconsin is a long way from where I live and is cold in January! God knew I needed this retreat, even when I doubted it! It felt a little awkward as 12 betrayal trauma survivors met and introduced themselves. I have felt so alone and isolated with no women to talk to except professional therapists, and I wasn't sure I could open up or make real connections over a long weekend. I was so wrong, and I am so thankful! The teaching and practical work and prayer times were incredible, but the connections are the true gold! I leave here knowing I have sisters who get me, who know what this feels like, and who are helping me rise up and claim my calling!"

"This was an experience like no other! Part of me wanted to come, and part of me did not. I wouldn't trade this time for anything! I was so encouraged by the strength and courage of the other women. Christ permeated every experience and His Mother clarified our role in the battle. I had prayed for clarity during this weekend and I received it. The stories I did hear helped me better understand mine. (No one is required to share their personal story. Not everyone did share, but everyone was given a chance if desired.)"

"I had a wonderful time connecting with other women who shared similar experiences to my own. The retreat created a safe place to talk about our experiences and we learned how to heal and move beyond what had happened. I loved having the time to contemplate where I am now and where I want to be and how to get there. I was amazed at the powerful healing and discovery activities and encounters. They opened the door to self-expression, healing, and release. I feel equipped with new tools to navigate my process of continued healing. I am grateful that all of this was rooted in Christ. I recommend this retreat to others!"