

Transforming Trauma, Forgive to Heal
September 15-17, 2017

Name _____

Address _____

Phone _____

Email _____

Special needs? _____

Emergency contact name and phone:

____ Full payment of \$225 enclosed

____ \$50 non-refundable deposit enclosed :

Check one of the following:

____ Check is enclosed (Make check payable to
Siena Retreat Center).

____ I wish to pay by credit card

Visa Mastercard Discover

Card # _____

Security Code* _____

Exp. Date: _____

Signature: _____

* found on back of card

Mail to:
Siena Retreat Center
5637 Erie St., Racine, WI 53402
www.SienaRetreatCenter.org

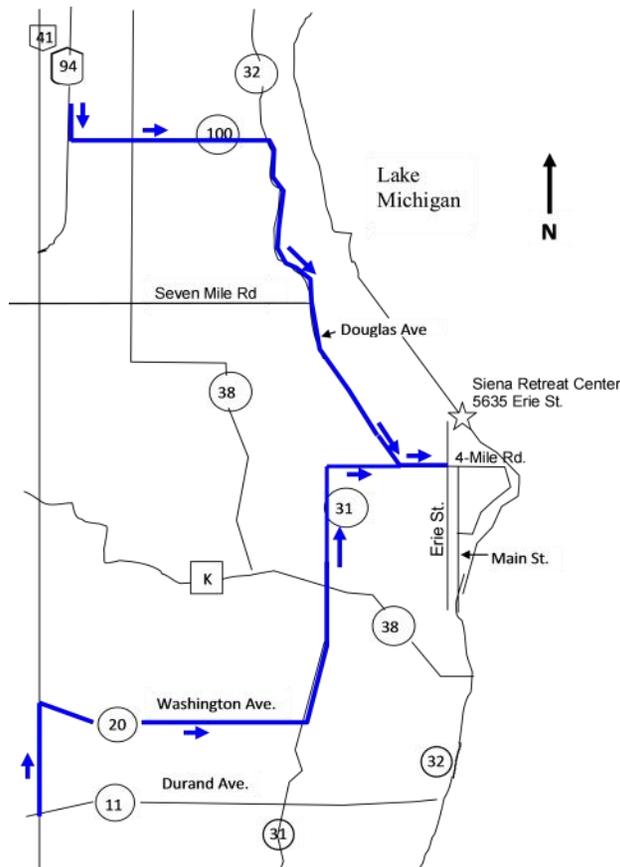
From Milwaukee Area:

Exit I-94 at Hwy 100 (Ryan Road); LEFT on Hwy 100 to Hwy 32 (4.4 mi); RIGHT on Hwy 32 to Four Mile Road (6.5 mi. along Hwy 32); LEFT on Four Mile Road to Erie Street (1.1 mi). Turn LEFT on Erie Street to SIENA CENTER (0.7 mi). Driveway on right.

From Chicago Area:

Exit I-94 at Hwy 20; RIGHT (east) on Hwy 20 to Hwy 31 (5.4 mi); LEFT on Hwy 31 to Four Mile Road (4.6 mi). Four Mile Road is at the stop light just after you cross a bridge. Turn RIGHT on Four Mile Road to Erie Street (3 mi); LEFT on Erie Street to SIENA CENTER (0.7 mi). Driveway on right.

You may also want to check on the I-94 website for the latest construction updates: www.plan94.org



Transforming Trauma: Forgive to Heal

Friday, September 15 -
Sunday, September 17,
2017

Dusty Farnan, OP
Patricia McDonald, OP



5637 Erie Street
Racine, WI 53402
262-898-2590
retreats@racinedominicans.org
www.SienaRetreatCenter.org

Transforming Trauma: Forgive to Heal

This weekend explores the dimensions and elements of trauma and forgiveness that lead us to heal. Some of the elements we will work with are: the brain, emotional trauma techniques to release the stress in the body, and the various ways we learn to forgive. Forgiveness is a vital part of recognizing the choices we make and how we exercise our options for living into the future. This weekend is appropriate for anyone wishing to explore themes relating to healing and forgiveness, for themselves or within society.

Siena Retreat Center's mission is to nurture a spirituality of healing and wholeness in an environment of peace, joy, and beauty.

Located on the shores of Lake Michigan, Siena Retreat Center is an ideal place for reflection, prayer, connection, and contemplation. Our bookstore offers a wide range of resources relating to contemporary spirituality. The Center's grounds include woods, an outdoor labyrinth, and restored prairie.

Friday, September 15, to Sunday, September 17, 2017

The retreat begins at 7:00pm on Friday and concludes with the noon meal on Sunday.

Cost of \$225 includes \$50 non-refundable deposit, overnight accommodations,

To forgive is to set a prisoner free and to discover that the prisoner was you.

Louis Smedes



Dusty Farnan, OP, an Adrian Dominican sister with experience in education, vocations ministry, and justice ministry, has served for many years in hospitals as a psychiatric social

worker. She lived in Kenya and Ghana and traveled to Iraq as part of the Dominicans' "We Have Family in Iraq" delegation. Dusty currently serves as a Co-Cordinator of Justice and Peace for the School Sisters of St. Francis in Milwaukee.



Patricia McDonald, OP, EdD, an Adrian Dominican sister, has worked in business, church, corporate, and hospital settings as an administrator, board member, consultant, educator, speaker, and

facilitator. She has published books and articles on forgiveness and currently is a Professor of Counseling, Leadership, and Teacher Education. Her work has taken her to four continents.



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