

**CREDO (NORFOLK)  
NAVY REGION MID-ATLANTIC  
Retreats/Workshops For Calendar Year 2012**

All retreats are **free**, including room and meals.

All **CREDO** retreats are open to all **active duty military** and **their immediate family members**, and members of **reserve components in an active status** and their **immediate family members**.

Please view the back page for a short description of all retreats. All retreats are held Friday to Sunday unless otherwise noted.

**Pre-registration is required; call 757-444-1091 to register or for information.**

**Personal Growth Retreat**

MAR 27-29, 2012

OCT 29-31, 2012

**Marriage Enrichment Retreat**

APR 20-22, 2012

MAY 18-20, 2012

JUN 1-3, 2012

JUL 13-15, 2012 (Chaps/RPs only)

AUG 10-12, 2012

SEP 14-16, 2012

OCT 19-21, 2012

NOV 2-4, 2012

**Family Enrichment Retreat**

JUN 8-10, 2012

JUL 27-29, 2012

DEC 7-9, 2012

**Women's Retreat**

AUG 16-18, 2012

**Men's Retreat**

JUN 19-21, 2012

**Personal Growth Workshop (BEARINGS)**

Per BEARING's schedule



**Personal Growth Retreat (PGR)** - Participants often described PGRs as a positive “turning point” in their lives. PGRs provide a safe-space and a proven opportunity for self-reflection and development of new personal and spiritual viewpoints on life issues. This retreat is not designed to fix or diagnose problems; rather it is an opportunity for participants to find hope and healing through the sharing of their story in a supportive community process.

**Marriage Enrichment Retreats (MER)** - MERs focus on deepening married couple’s commitment, self-understanding of each other while ensuring space for individual couple time. Couples are responsible for setting up their own childcare. MERs help enrich marriages and are not a substitute for marital or individual counseling.

**Family Enrichment Retreat (FER)** - Families, in an interactive method, learn practical skills based on proven principals that can help resolve conflict, build encouragement within families and instill effective discipline to bring out the best in each family member. FERs include time for families to rest and play together. (The IA FER is reserved for families of recently returned IAs or that are deployed. The retreat includes space to address IA related issues.)

**Divorce Recovery Retreat (DRR).** Divorce can wound a person in many ways. These wounds can carry over into the next relationship, damaging it as well. During this retreat we cover common issues divorced people face, including how to forgive, difficulty in trusting again, and how to continue being a parent to your children if you do not have custody. 60% of second marriages end in divorce: this retreat will improve your odds of success!

**Women’s Retreat (WR)** - The women’s retreat is specifically designed for women to reflect on their journey as a woman, their spiritual path in the company of other women and to re-energize for work and family. Through readings, small groups and other exercises women are helped to reconnect and as needed to look at their hopes, desires, fears and dreams.

**PGW-** The personal growth workshop is two days long and is included in the Navy’s BEARINGS program. Attendee’s are normally first or second term Sailors.

**The “Elijah Project”-** This retreat is designed specifically for anyone in the military whose professional future is uncertain. If you sense and feel that change and transition is imminent, then THIS RETREAT IS FOR YOU!

**CREDO is a program of the Navy Chaplain Corps.** The CREDO programs and personnel are operationally focused, family supportive, and flexible in the provision of ministry. The CREDO Midlant’s efforts are designed to meet these service demands by 1) maximizing operational impact, 2) offering standard retreat and training programs, and 3) clarifying responsibilities. CREDO Retreats enhance the Navy Chaplain Corps goal of developing spiritually fit sea warriors and family who are trained in ethics, morally grounded, family supportive, spiritually ready, sustained in her/his religious freedom, and mission capable.

**VISIT US ON FACEBOOK AT:**

<http://www.facebook.com/#!/pages/Chaplains-Religious-Enrichment-Development-Operation-Midlant/165440130187383>