



QUOTE

"The only journey is the journey within."  
- Rainer Maria Rilke

Calendar Year 2014  
NEW ENGLAND

Free Retreats and Workshops!!!

Women's Retreat

21 - 23 March

Personal Growth Retreats

25 - 27 July

26 - 28 September

Family Retreat

08 - 10 August

Personal Growth Workshops as requested.

Myers-Briggs Type Indicator (MBTI)

Love Thinks Relationship Skills

All Retreats are FREE (including meals and rooms), and are open to **Active Duty, Reservists** and their **Immediate Family Members**.

For more information or to register please call:

**CREDO Groton, 860- 694-1144**

We are located at Bldg 84, Room 103

Registration opens two months prior to Retreat start date!

Visit us on  Credo Groton

## **Retreat Description**

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

**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.

**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.

**Men's Retreat (MR)** – The men's retreat is specifically designed for men to reflect on their journey as a man, their spiritual path in the company of other man and to re-energize for work and family.

**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.

### **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 Groton'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.

All retreats are free and include meals and lodging.