

Mission of The RecovHERy

The mission of the RecovHERy is to foster a cooperative setting and sisterhood that will empower each participant “Recover the HER that HE created”.

Statement of Purpose

We are all created in God's image and for a purpose that will have a lasting impact on the world and on the kingdom of God. Over time, the enemy uses life's experiences to confuse us out of our identity in Christ. He manipulates us into a perverted and distorted identity that he can use to inhibit us from reaching our full potential in Christ. He does this by influencing us to believe the lies he says about us rather than what our creator God has spoken concerning us. He tempts us into a life of self-sabotage where we run from the will and love of God into his traps of bondage. The enemy wants us to believe that we are unloved, unworthy, unchosen, abandoned, neglected, forgotten, alone, unredeemable, and destined to a purposeless life. The Lord Jesus says, we are loved, chosen, adopted, cherished, remembered, a part of a God-ordained community, redeemed, and full of life and purpose. The enemy is threatened by the believer who is sure about who God has called them to be and operates in their identity and purpose. Satan is threatened by the believer that is bold enough to process through their trauma and pain pursuant to God's healing and deliverance.

The RecovHERy is a retreat designed to help us do just that and do it together with other women who are ready for more! Through prayer, self-examination, meditation, journaling, group sessions, and individual counsel, we will journey to recovHER! This journey will require selflessness, self-awareness, intentionality, humility, openness, and transparency. Each participant is tasked with two major commitments. The first is showing up for themselves. Healing and deliverance are an individual choice and responsibility and should be the priority of all participants. The second is showing up as a coach to their community of sisters. While one cannot do the work for another, one can certainly uphold them and keep them accountable.

RecovHERy Participation Agreements

Individuals who participate in group retreats and group sessions have the opportunity to benefit from a corporate gathering empowered by sharing personal experiences and perspectives, giving and receiving prayer and support, participating in the delivery of constructive feedback and spiritual counsel, and experimenting with new interpersonal behaviors. The RecovHERy will include several group sessions and will be a community-based event at large. For the mission of The RecovHERy to unfold, a safe and supportive environment must be created and expectations for all participants and group leaders must be understood by all. The best way to create a safe environment for personal and spiritual growth is for you to understand and to agree to the guidelines below.

I. Confidentiality

Sharing in group setting can be anxiety-provoking and requires honor and trust; therefore, we ask that you keep all information discussed throughout The RecovHERy confidential. This agreement means that you may not discuss any information shared or the reactions of any participant with anyone outside of the group. You may talk about your own personal reactions and experiences at The RecovHERy, excluding anyone else's personal information or disclosures.

II. Attendance

Participants are expected to make a commitment to attend all scheduled sessions at The RecovHERy. Punctuality is also expected. Discussions may bring about high emotion. Steeping away for a break to honor your feelings is acceptable and strongly encouraged if needed. Please communicate with a group leader and expect a check-in upon your return.

III. Relationships with Other Participants

The RecovHERy is a chance to have healing and therapeutic relationships in which you learn more about yourself and the ways in which you relate to and interact with others. Participants are expected to engage with others in a mature manner that reflects the heart, mind, character, and will of God. Any other type of engagement will not be accepted and may result in immediate dismissal from The RecovHERy.

IV. Active Participation

Active participation, including but not limited to, sharing in group and individual sessions, journaling, prayer, socializing with others, attending all scheduled activities and any additional directives announced by The RecovHERy leaders, is expected. You will get in what you put out!

V. Strategic Sharing

It is expected that all participants and leaders will share in a manner consistent with the model of Strategic Sharing. Strategic Sharing encourages the sharing of personal disclosures in a manner that is safe for both the sharer and the hearer. We do not want to trigger or retraumatize anyone with our sharing. We also do not want to overshare. It is important for everyone to assess their motive for sharing and assure that all disclosures are with the purpose of healing, deliverance, empowering others, and edifying all. Consider the red light, yellow light, and green light strategy of Strategic Sharing.

- **Red Light Statements:** STOP! Statements that are not appropriate for sharing inside The RecovHERy sharing circle. These statements may also include the disclosures of other individuals not present. Ex: My Husband James raped me every day and made my children watch. While he was raping me, he made me scream "I like It". Alternative statement: I was sexually abused by my spouse.
- **Yellow Light Statement:** PAUSE! Statements that may be permissible if you are comfortable sharing. Think about the potential outcomes. Ex: I struggled with sexual promiscuity for several years and even went to strip clubs, where I linked up with others.
- **Green Light Statements:** GO! Statements that are safe for you to share and others to hear. Ex: I struggled with depression after my mom passed away.

No one is asked to share anything that they are uncomfortable sharing. Again, be mindful of your sharing and remember that once you share, you cannot take it back.