DeeperStill®
San Diego

Freeing the Abortion Wounded Heart

Dear Friend,

Welcome to a wonderful journey to healing and freedom! Deeper Still San Diego is a healing retreat specifically designed for women who have had an abortion and men who have participated in abortion. We applaud your decision to seek a deeper place of healing and restoration from the effects caused by abortion. Our role is to help facilitate God's healing touch in your life.

We will be hosting three weekend retreats in **2027**. The retreat is an opportunity for you to get apart with God, and to receive His healing love. Some retreats will be open to both women and men and some we be for women only. **For combined female/male retreats, the women and men will be together during the teaching sessions only and will be separated during times of sharing and ministry.** The retreats will consist of a small group of about 7 to 8 participants. We count it a privilege to come alongside you, and we will be praying that you receive everything you need. The retreats are held in San Diego County at a private location.

Retreat Dates: **April 2-4** *(women & men)*
June 25-27 *(women only)*
October 8-10 *(women & men)*

This registration packet includes the following documents:

- **This Introduction Letter**
- **The Retreat Advantage**
- **Retreat FAQ's**
- **Retreat Description**
- **Retreat Schedule**
- **Getting the Most from Your Retreat**
- **Healing Covenant**
- **Participant Release Agreement**
- **Confidential Intake Form**

You will need to read through all these documents but the **2 forms** that you will need to **print off and fill out,** and either **mail back, scan and email back**, are the **Participant Release Agreement** and the **Confidential Intake Form**.

Deeper Still San Diego
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Director@DeeperStillSanDiego.org **www.DeeperStillSanDiego.org**

When we receive your Participant Release Agreement and Confidential Intake Form you will be considered registered *(or put on the waiting list if we are full).* Before the retreat, we will send you a confirmation letter if you are not put on the waiting list. The **confirmation packet** will contain detailed information about the retreat location and what you should bring. We have been filling up quickly, so we recommend you send in your registration forms as soon as possible to secure a spot. **There is no fee to attend this retreat.**

The **intake form** will take some time and thought to complete. You may find that some "old" emotions and memories surface as you fill it out. This is normal so do not be discouraged but rather press through. These are simply indicators of places that may still need a healing touch.

After we have sent out your confirmation letter which will be a few weeks before the retreat, we will call you to touch base and answer any of your questions**.**

There will be other people attending the retreat who make up our Ministry Team. They will be serving in several capacities, such as: hospitality, prayer support, teaching, leading us in worship and facilitating personal prayer ministry with each of you. You will be blessed by the gifts and talents of many. The women and men that serve on our Ministry Team are handpicked and trained by us. O**nly our female team members will minister to our female participants and only male team members will minister to male participants**. We can assure you that you can trust them all to be sensitive to the leading of the Lord, your needs, and your confidentiality.

This Deeper Still Retreat can be a real milestone in your life. God wants you to be healed, made whole, and set free to live the life He has for you. Here are a few comments made by other participants who have attended our retreat:

"I came into this weekend wondering if my walls of 43 years would be broken down. If the doors of the jail of my heart would be opened. If there would be enough time. God is faithful and he met me where I was. All I had to do was show up with a willing heart and God was here to meet me." *Cindy*

"I feel like the luckiest person to get to feel the Lord's love in a tangible way! The healing I have received will allow me to love my husband and children the way they deserve to be loved by their mother! I can say today, I am white as snow. I have never felt this light before in my life." *Amber*

"I am going back home a different young man…I have been able to let go of bitterness, anger, shame and guilt. I have connected with God in a different more profound way and I have all of Deeper Still to thank for that." *Anonymous male*

We commend you for saying "Yes" to the Lord and coming to this retreat to go Deeper Still. The Lord will beautifully prepare your heart to receive all He has for you.

With great expectation of His mercy and love,

Gayle Kott

Gayle Kott
Executive Director

The Retreat Advantage

Our heavenly Father is full of mercy, grace and compassion. He longs to see the wounded and grief-stricken healed and set free from their captivity. The Bible teaches in Isaiah 61:1-3 that God has anointed us, His people, to bring good news to the afflicted, to bind up the brokenhearted, to proclaim liberty to the captives and to bring freedom to the prisoners. Further it says that we are to comfort all who mourn, to give a garland of beauty instead of ashes, to anoint with the oil of gladness instead of mourning, and to place a mantle of praise where there has been a spirit of fainting.

This scripture is the backdrop for our Deeper Still retreats.

God can bring healing to people in a variety of ways, but we have found that a retreat setting is the most conducive venue to help us go to deep places of healing in a short amount of time.

- **You get away from familiar routines & responsibilities for a whole weekend.**
- **You can stay focused on the necessary healing tasks without disengaging.**
- **You join a small community of people on a similar journey.**
- **You can relax in a beautiful and comfortable setting.**
- **You experience a Christ-centered spiritual make-over.**
- **You are part of a safe and confidential community.**
- **You are well fed from God's word.**
- **You are well fed from the wonderful food we serve.**
- **You receive deeper levels of healing and freedom.**
- **Your destiny in God is re-ignited.**
- **You go home a different person than when you came.**
- **There is no financial fee to attend this retreat.**

So, what's not to love? Our hope and prayer is that this will be one of the most eternally significant weekends of your life!

Retreat FAQ's

You can find plenty of information about Deeper Still retreats in general at www.godeeperstill.org, but here are a few basics for the local Deeper Still San Diego Chapter in Southern California.

- **Our retreats run from Friday afternoon until Sunday around noon.**

- **We do recommend that, if possible, you arrange the following Monday (after the retreat) to be a time that you can just rest and reflect upon the work that takes place over the weekend. It will be a full weekend, so it would be helpful to you if you can rest up on Monday.**

- **The retreat location is a private location in San Diego County.**

- **We can accommodate up to about 8 participants per retreat. We cannot accommodate any friends or family members.**

- **We strongly encourage you to not use any electronic devices while you are at the retreat, including cell phones, ipads, tablets, laptops, etc. It is very important that you take this weekend to escape from electronic devices, so you won't be distracted from resting in the arms of your Savior and receiving all He has for you. We would ask that you keep your cell phone turned off all weekend, unless absolutely necessary.**

- **There is no registration fee to attend this retreat. The retreat is free, including lodging and meals.**

Retreat Description

Friday afternoon: The retreat starts with a welcome, introductions, and some opening remarks to set a framework and expectations for the weekend. Next, we spend some time singing and worshipping. This invites God's presence and His peace. It also prepares our hearts to be knit together.

Friday evening: This evening is spent sharing our stories. This is a critical first step in the healing process. For many of you this may be the first time you have ever openly shared your story. Some of our team members will also share a brief story from their life. Some team members have had abortions and others have not, but we all have a story of a healing journey. We believe it's important for us as team members to be vulnerable and transparent with you, even as we are asking you to do the same.

Saturday morning: We start the morning with worship and then we prepare our hearts to receive healing. Next, we do a teaching called The Perfect Plan. It reveals how God designed us and the value He places on each one of us. The next teaching is called The Perfect Sacrifice. It covers the atoning work of Jesus Christ on the cross to free us from our guilt, shame and the price we can't pay for our own redemption. After these teachings, a team member will lead you through a time of prayer addressing these issues.

Saturday afternoon: Redemptive grieving is a necessary step in the healing process. We address this issue and offer you tangible ways to connect with your lost child(ren). This gesture brings a redemptive action to your grief.

Next, we affirm the vital role of motherhood and fatherhood. Abortion damages the heart of a mother and a father. Only as your mother's heart or father's heart is spiritually reconciled to your lost child(ren) can you be free to embrace your calling to mother or father from a healthy heart. We refer to this calling as the "Mother Mantle" and the "Father Mantle". We affirm this healing step with a powerful symbol as well.

Next, we address taking responsibility for the consequences of abortion that can affect our living children, our cities, our churches, and our land. Then, we pray with you to break the common spiritual strongholds that can be erected in our lives as a result of sin and poor choices. Next is an opportunity for personal prayer ministry, or free time.

Saturday evening: After dinner, we do some sharing from the day. Then we spend the rest of the evening in "crying out" for the restoration of the many areas of your life where you have lost hope, passion and vision. We combine our prayers with worship, and celebration of the work God has done. By this time, joy begins to spring forth.

Sunday morning: We end the weekend with a beautiful memorial service, communion and brunch.

For the next 2-3 weeks following the retreat, we initiate an email chat to help you continue to process your experiences. Then about 4 to 6 weeks after the retreat we have a reunion dinner or brunch so that we can reconnect and share what has happened in your life since the retreat.

Deeper Still Retreat
Schedule

Friday

2:00 - 3:00 pm	Check-in
3:00 - 4:00	Welcome & Opening Remarks
4:00 - 4:15	Why We Worship
4:15 - 4:45	Worship
4:45 - 5:00	Break
5:00 - 6:00	🍽 Dinner
6:00 - 6:30	Why We Share Our Stories
6:30 - Finished	Sharing Your Story

Saturday

7:45 - 8:15	🍽 Breakfast
8:30 - 9:00	Overview of the day
9:00 - 9:30	Worship
9:30 - 9:45	Break
9:45 - 10:15	The Perfect Plan
10:15 - 11:15	The Perfect Sacrifice
11:15 - 12:30	Canceling the Certificate of Debt
12:30 - 1:15	🍽 Lunch
1:15 - 2:15	Grieving & Reconciliation
2:15 - 3:15	The Mother & Father Mantle
3:15 - 3:30	Break
3:30 - 6:30	Breaking Strongholds, Soul Ties, Listening Prayer, and Free Time
6:30 - 7:30	🍽 Dinner
7:30 - 8:30	Cultural Responsibility
8:30 - 9:00	Crying Out for Restoration
9:00 - 10:00	Celebration

Sunday

8:00 - 8:30	🍽 Breakfast
8:30 - 9:30	Pre-memorial service meeting
9:30 - 11:00	Memorial Service
11:00 - 12:00	🍽 Brunch, Shalom and Go Home

*** This schedule is subject to change.**

Getting the Most from Your Retreat

The name of our retreat, ***Deeper Still,*** was chosen because it describes the healing journey of many women and men. Those who come to this retreat have usually received some measure of healing but acknowledge that they are not yet completely free. We establish a safe environment where God's presence is strongly experienced through worship, prayer ministry and a loving community of Christian sisters and brothers. Within that context, we address core issues that are key to healing. This is an investment in yourself and in your relationship with God. We promise you – it will be worth it! Please read these guidelines in preparation for your retreat.

1. **Plan to be Focused** - Be sure to place the retreat dates on your calendar and start planning now. Work to free up your time so that you can come to the retreat focused and without distractions. Your emotional and spiritual health is important. Make it a priority.

2. **Fear Not** - As time for the retreat draws near, you will find that both your emotions and your defense mechanisms will begin to surface. This is not unusual, so don't get discouraged. **Do not talk yourself out of coming**. Just remember that your heart is being prepared for healing. Let your family/friends know that you may be more emotional during this time and that they need to extend you extra grace.

3. **Be Open** - Be open and honest about your emotions. Emotional release is usually necessary for healing (tears, grief, anger, joy). These emotions will come easily for some, but not for others. Whatever your case, the Lord knows what you need emotionally, and He knows how to get you there.

4. **Respect Yourself & Others** - Every person on this retreat will be on his or her own unique healing journey. We simply ask that you respect each other's journey and that you be patient with yourself and others. Healing is a process. Do not compare yourself to others and do not jump ahead to the next issue or discussion. Each session will lay a foundation for the next.

5. **Stay Focused** - Keep your focus on the abortion related issues. Although we will address some other related issues from your life, the wounds from abortion are foundational. As those wounds are healed, you will experience a new release for healing in other areas of your life.

6. **Keep it Confidential** - It's vital that everyone is committed to Confidentiality for everyone present.

7. **Be Patient** - It's okay to not feel completely resolved by the end of each session. Part of the healing process is to live with seasons of mystery. Every step you take will add up to a whole. Resting and waiting on God to move is also part of the process.

8. **Be at Peace** - Peace I leave you; My peace I give you; not as the world gives, do I give you. Let not your heart be troubled, neither let it be afraid. John 14:27

Deeper Still San Diego

Healing Covenant

Dear Lord,

Believing that you are the only way to life and healing and trusting that you desire me to be whole and free from my past choices and sins, I choose to enter into this special healing covenant with you.

Lord, I hereby give you permission to do a deep and cleansing work in my life. I am saying "yes" to the healing path that you would design just for me.

Realizing that this journey may take me through painful places, I am asking for your precious grace and mercy to sustain me and give me courage. Please make your word alive to me and send the people I need along the way for encouragement.

I thank you that your presence goes with me and that you will never leave me or forsake me.

Signature

Date

You keep this document

Deeper Still® San Diego
Participant Release Agreement

Deeper Still is a program including healing retreats for women and men who have undergone or participated in an abortion procedure (the "Program"). The Program is specifically designed to address the healing of emotional and spiritual wounds associated with abortion.

Deeper Still San Diego retreats are hosted by a team of volunteers ("Team Members") who have received para-professional training to assist attendees in the healing process within the context of the Program. Participation by attendees in Deeper Still San Diego retreats or any associated function(s) is not intended as a substitute for professional counseling and/or medical treatment.

By signing this agreement form, I freely and voluntarily agree with and understand the following statements to be true and I hereby agree to bind myself to such statements in consideration for the opportunity to participate as an attendee of an upcoming Deeper Still San Diego retreat.

- The Team Members are volunteers and not licensed professional counselors.
- The Team Members are not giving medical advice, making diagnoses, or providing licensed professional counseling.
- I will not hold Deeper Still San Diego, the Team Members, or other persons or entities directly associated with Deeper Still San Diego responsible for my actions or the actions of others made in response to any teaching, advice, ministry or any other goods and/or services I may obtain at a Deeper Still San Diego function.
- I fully release Deeper Still San Diego; the Team Members and/or persons/entities directly associated with them from any and all liability whatsoever.
- I assume full personal responsibility for any financial obligation I undertake based on and/or in response to any teaching, advice, ministry or any other goods and/or services I may obtain at a Deeper Still San Diego function.
- Information I give to any Team Member will remain confidential. However, I also understand exceptions to such confidentiality include:
    - any situation in which I communicate I am considering physically harming myself or another person,
    - any situation in which I communicate another person is continuing to or has expressed his/her intent to physically harm me, and/or
    - any situation in which a formal grievance is brought against Deeper Still San Diego, the Team Members and/or persons/entities directly associated with them.
- I agree to honor the code of confidentiality of Deeper Still San Diego to not disclose personal information shared by other retreat participants without their permission.
- Any formal grievance brought against Deeper Still San Diego, the Team Members and/or persons/entities directly associated with them are to be decided under California law and, if litigation ensues, in California courts of law in San Diego County--the state and federal courts in which are deemed a proper venue by the undersigned for any such action—wherein such courts, based on this agreement, shall have personal jurisdiction over the undersigned.
- If any part of this agreement is deemed void by a court of law, the other portions of the agreement will remain in full force and effect.

Signature: _____ Date: _____

Name (Print): _____

Deeper Still San Diego
Confidential Intake Form

Today's Date: _____ Dates of the retreat you're choosing: _____

Name: _____ Sex: F or M

Address: _____ City/State: _____ Zip: _____

Most Accessible Phone #: cell (_____) _____ home (_____) _____

May we leave a message on your voice mail? Yes or No. May we send you a text message? Yes or No

E-mail address: _____ May we contact you by email? Yes or No

Do you prefer your confirmation packet to be mailed _____ or emailed _____ (check one)?

Age: _____ Present occupation _____

Marital Status: (circle) Single Married Separated Divorced Widowed

With whom are you currently living? _____

If married, does your husband or wife know about the abortion(s)? Yes ____ No ____ If No, what has prevented you from telling him/her? _____

What has prompted you to seek healing from your abortion(s)? _____

_____

On the journey to healing and freedom from your abortion(s), how would you rate your progress?
(1) being low (10) being high (circle) 1 2 3 4 5 6 7 8 9 10

What would you like to gain from attending this retreat? _____

_____

To your knowledge, has anyone else in your family ever had an abortion? Yes _____ No _____
If Yes, Who? _____ How has it affected you? _____

Do any of your family members know about your abortion(s)? Yes _____ No _____
If No, how would you expect them to respond? _____

Have you ever been sexually abused? Yes _____ No _____
If yes, briefly explain: _____
To your knowledge, have you ever been ritually abused? Yes _____ No _____

Have you ever struggled with sexual identity confusion? (understanding your femininity or masculinity, sexual identity, homosexual experiences or desires, etc.) Yes _____ No _____
Briefly explain: _____

Circle any of the symptoms or feelings that you may have experienced since your abortion:

guilt	hopelessness	self-hatred
shame	anxiety	sexual problems
fear	depressed	helplessness
emotionally "numb"	anger	headaches
sad	suicidal ideas	eating disorders
change in relationships	nightmares	panic attacks
low self-esteem	sleep disturbances	grief/loss
marital stress	alcohol/drugs	resentment
loneliness	cutting yourself	obsessive thoughts
infertility	crying spells	accusing voices

Any others not mentioned above: _____
Have you ever been hospitalized to control any of these symptoms? If yes, please explain:
_____
Are you currently under the care a professional therapists or counselor? Yes _____ No _____
If Yes, we recommend that you tell your counselor that you will be attending this retreat. If you would like us to share information about our retreat with your counselor, we would be happy to do so. Would you like to have your counselor contact us? Yes _____ No _____

Are you currently taking any medication to control any of the above symptoms? If Yes, what are you taking? _____ Is there is anything about your medication protocol that we should know? Please explain: _____
If you are taking antipsychotic medications, we must have your commitment to take them as directed. I understand and commit to taking medication as directed by my doctor. Yes___ (initial).

PREGNANCY AND ABORTION HISTORY

For women: How many pregnancies have you had? _____ How many abortions? _____

For men: How many abortions have you participated in or have knowledge of ? _____

1st pregnancy: Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: Chemical Suction D & E Saline Partial Birth Other _____

What was the reason for your abortion? _____
Were you in favor of the abortion? _____
Did you feel pressured to choose abortion? _____
What was the outcome of your relationship with the father of that baby or the mother?
_____

2nd pregnancy: Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: Chemical Suction D & E Saline Partial Birth Other _____

What was the reason for your abortion? _____
Were you in favor of the abortion? _____
Did you feel pressured to choose abortion? _____
What was the outcome of your relationship with the father of that baby or the mother?
_____

3rd pregnancy: Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: Chemical Suction D & E Saline Partial Birth Other _____

Were you in favor of the abortion? _____
Did you feel pressured to choose abortion? _____
What was the outcome of your relationship with the father of that baby or the mother?
_____

4th pregnancy: Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: Chemical Suction D & E Saline Partial Birth Other _____

What was the reason for your abortion? _____
Were you in favor of the abortion? _____
Did you feel pressured to choose abortion? _____
What was the outcome of your relationship with the father of that baby or the mother?
_____

5th pregnancy: Carried to term Abortion Miscarried Adoption
Month _____ Year _____ Sex of baby (if known) _____
How old were you? _____ Marital Status: _____

If abortion:
Type: Chemical Suction D & E Saline Partial Birth Other _____

What was the reason for your abortion? _____
Were you in favor of the abortion? _____
Did you feel pressured to choose abortion? _____
What was the outcome of your relationship with the father of that baby or the mother?
_____

*** If any other abortions please write information on the back of this form.**

RELIGION / SPIRITUAL

Are you currently affiliated with any church? Name: _____
What denomination is it? _____

Do you believe in the Trinity of God? (God the Father, God the Son, (Jesus), God the Holy Spirit)?
Yes _____ No _____ Unsure _____

Do you consider yourself a Christian? Yes _____ No_____
If yes, how long have you been a Christian? _____

If no, what is your religious affiliation, if any? _____

The following are various ways of describing your experience with God. Check any that may best describe yourself. (You can check more than one).

___ Born again
___ Saved
___ Having a personal relationship with God through Jesus Christ
___ Gradual revelation or conversion to Christ
___ Spirit filled
Other Description _____

I can see how my relationship with God and my spiritual condition, is an important part of dealing with my abortion(s).
Yes ____ No ____ Comments: _____

Have you ever had anyone pray with you or minister to you in some way about your abortion(s)?
Yes ____ No____ Describe: _____

I would describe my knowledge of the Bible as: (check one)

Fairly extensive _____ Moderate _____ Limited _____ No knowledge _____

My biggest fear in coming to this retreat would be: _____
_____

Do you have food allergies? Please explain:
_____

Do you have any physical limitations or mobility limitations (such as climbing stairs)? Please explain:
_____

Emergency Contact: Name _____Phone_____

How did you find us? ❑ A friend (name) _____

❑ Our Website ❑ Web/Google search ❑ Other _____

If you would like to make any further comments please use the space on back.