

## Personal Growth Retreat

Begins on Thursday at 1700 and ends on Sunday at 1500.

Participants have the opportunity to:

- understand themselves better.
- take personal responsibility.
- develop new perspectives in relationships.
- discover new resources for living.
- explore the basis of their spirituality.

This 72-hour “process” is a great way to take some time away from the stresses of your daily life and reflect on the things that are really important to you. After participating in a PGR, CREDO staff provides follow-up groups and referral services so that growth continues beyond this one-time experience.

Who should attend? Anyone wanting more out of their life, their job, or their faith.

### Jacksonville PGR's\*

09-12 October 03  
06-09 November 03  
19-22 February 04

### Satellite PGR's\*\*

Gulfport: 30 Oct – 02 Nov 03

## Marriage Enrichment Retreat

Begins with dinner on Friday evening and ends with lunch on Sunday.

Couples discover ways to:

- keep their marriage growing.
- handle the inevitable conflicts.
- establish roles and boundaries.
- build intimacy and communication.
- become closer by strengthening the emotional, physical and spiritual aspects of their marriage.

Who should attend? Couples seeking greater satisfaction, closeness, and genuineness in their marriage.

### Jacksonville MER's\*

24-26 October 03  
14-16 November 03  
23-25 January 04  
13-15 February 04

### Satellite MER's\*\*

Corpus Christi: 07-09 November 03  
Tampa: 13-15 February 04  
Gulfport: 19-21 March 04

### Men's Retreat

19-21 March 04

Begins on Friday evening and ends with lunch on Sunday. The retreat leads participants in finding possible solutions to the many contemporary issues facing men today.

### Team Training Retreat

29 Jan - 01 Feb 04

Begins on Friday evening and ends with lunch on Sunday. Designed to give our team members the skills needed to facilitate “the process” on PGR's.

### Team Building Workshop/Retreat

Designed to enhance readiness and team cohesiveness by transforming attitudes, feelings and relationships. Participants learn the four qualities of effective groups: communication, cooperation, trust and fun. Contact CREDO for more information and to schedule one of these programs for your command.

**Workshop: no cost**

**Retreat: Command funded**

\* 3<sup>rd</sup> & 4<sup>th</sup> Qtr dates will be published as soon as possible.

\*\* Dates subject to change

## About CREDO Southeast

CREDO provides retreats at local conference centers that take advantage of the natural beauty and serenity of their area.

Located on the Intercoastal Waterway of Saint Simons Island, Georgia, *Epworth By The Sea* offers Jacksonville participants an ideal place away from hectic work centers and households for reflection and growth at their own pace (as do all our retreat sites). From the very beginning, people sense that the weekend will be an experience that will improve their quality of life.

All retreats, except the Team Building Retreat at Epworth, are **free to participants and commands**. CREDO provides transportation (except to MER's), food, and lodging. Registration is required and active-duty personnel must present no-cost TAD orders, a special request chit, or leave papers covering the retreat period.

### Who Can Attend?

Active duty military, reservist, retirees, DOD/DON civilians, and their family members can attend a CREDO weekend.

### Participant Comments

- “This is the very best program the military has to offer service members and their families.”
- “This had to be the best days I’ve had in a long time.”
- “The amount of support and total unconditional love that I received gave me a new beginning to my life.”
- “The best weekend my wife and I have spent together since we got married a year ago.”



## CREDO Philosophy

CREDO is distinctly spiritual. CREDO's goals are to build trust and facilitate an experience of unconditional acceptance, while effecting a heightened sense of responsibility. CREDO emphasizes individual investment in teamwork, community building and reconciliation. CREDO invites reflection but does not attempt to “fix” people or force them to work on perceived “issues.” CREDO attempts to look beyond behaviors to affirm each person as a unique creation of God with value and significance.

## CREDO Covers the **BASICS**

**B**OUNDARIES

**A**CEPTANCE

**S**AFETY

**I**NTIMACY

**C**OMMUNITY

**S**ELF ESTEEM

## CREDO Southeast



## FY-2004

### 1<sup>st</sup> and 2<sup>nd</sup> Quarters

### Staff

CDR Peter St Martin, CHC, USNR  
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