

# Healing of Memories Workshop

For  
Women  
Veterans  
Only



**April 13 - 15, 2018**

At

**Spirit in the Desert  
Retreat Center  
Carefree, AZ**

## This workshop is for Women Veterans

Developed by Fr. Michael Lapsley & the Institute for Healing of Memories, this workshop is a response to the emotional, psychological and spiritual wounds inflicted by war, human rights abuses and other life-changing traumatic circumstances. It provides a safe place for participants to explore personal histories and gain insight and empathy for themselves and others.

It has a proven track record in helping learn ways to overcome anger, loss, grief and guilt. It is not only step on the journey to personal healing, it also contributes to the healing of interpersonal relationships. Here are some of the latest quotes from attendees:

*"The benefit was to have been able to release myself from my personal prison I had put myself into."*  
*"This workshop is the master key to my healing and good health of mind, body and spirit."*  
*"This was not what I expected...but exactly what I needed!"*

**Cost & Registration ...** (includes 2 nights lodging, meals and program/tuition)

**FREE to All Women Veterans**

**To Register : contact Cyndy (480) 488-5218--[cyndy@spiritinthedesert.org](mailto:cyndy@spiritinthedesert.org)**

**Partners In Making this Workshop Available Are:**



**Plus hundreds of Individuals, Churches, Small Business ... people who care and want healing for our Veterans & 1st Responders!**

**Trained IHOM Facilitators**

**Sheila Laughton**



Sheila is a program manager and spiritual director for the veterans Welcome Home Program at the Loyola Spirituality Center in St Paul, MN. A retired officer, married to a veteran, with sons in the Army and Air Force, she has experienced military life from multiple perspectives. She is a director, teacher and group facilitator with 10+ years of experience in these areas plus 25 years in management. Sheila has been a facilitator/trainer with Healing of Memories-MN for 7 years, and is also involved with the Women Veterans Initiative. She holds a MA in Theology, Certificate Of Spiritual Direction, St. Catherine University, and a MS in Guidance and Counselling, Creighton University.

**Margaret Fell...**has worked with Fr. Michael Lapsley/the Institute for Healing of Memories since 2007. She was a founding member of a working group of the Minnesota's Warrior to Citizen Campaign which has offered the Healing of Memories workshops for veterans since 2009. She served as Chair of the Institute for Healing of Memories-North America from 2011 to 2014, and has been a Healing of Memories workshop facilitator since 2011. Margaret is an Episcopal priest. She holds a BA degree from the University of Minnesota and a Master of Divinity degree from United Theological Seminary/Seabury Western Theological Seminary. The focus of her ministry is working with Healing of Memories for Veterans workshops.

