



**United  
Lutheran  
Seminary**

Kindling Faith  
Learning Never Ends

ULS Gettysburg  
Campus

October 8 (6  
pm) – 10 (11  
am)

Cost: \$200

Registration  
Capacity: 25

To register,  
[please click  
here](#) or use QR  
code provided  
below:



# Come to the Well

## Tools for Revitalizing Your Soul and Ministry

You are invited to a retreat experience combining educational material, time for discussion, worship, meditation, relationship building, and rest. We will gather around the following topics: compassion fatigue and burnout; moving from compassion fatigue to compassion satisfaction through acquiring resilience skills; trauma as caregivers; and Jesus' invitation to abundant life (as we explore what this looks like). All supplies are provided, meals are included, and this event (as are all Reclaiming the Narrative retreats) is LGBTQIA+ affirming and BIPOC inclusive.

### Retreat Leader

Rev. Dr. Stacey Brady is an ordained pastor in the Evangelical Lutheran Church in America. Since her ordination in 1998, Pastor Brady has served God's people in large churches, small churches, traditional settings and ecumenical settings. Her passion is to meet people where they are, to journey alongside of, and to share the love and grace of God.

Pastor Brady is also a certified trauma and resilience life coach, earning this certification in 2022 through the Arizona Trauma Institute. This learning has proved invaluable as she seeks to serve those who carry trauma and secondary trauma both inside and outside the church.

