



soulcare
INSTITUTE



Our vision is to see a world fully alive in Christ.





A MESSAGE FROM THE LEADERS OF THE SOUL CARE INSTITUTE

This year, we celebrated 10 years of creating space for people to learn and care for the deep longings of the soul. We believe that a transformed life lies at the core of life in Christ. It's the heart of God, and it's the vision of the Soul Care Institute to see a world fully alive in Christ. As you page through this impact journal for 2025, may you be inspired and encouraged by every word and image. This work is truly miraculous.

Thanks be to God!

Kaylene & Jimm

Kaylene and Jimm

A MINISTRY OF TRANSFORMATION



From its beginning, the Soul Care Institute provided vital support to ministry leaders and individuals grappling with exhaustion, depression, and burnout in the fast-moving river of life. Recognizing that prevention is key, we shifted the focus upstream. Instead of only treating those who had already reached a crisis point, the Soul Care Institute now proactively creates space for people to learn how to sustain a healthy and abundant life. This is for anyone who wants to move beyond a theoretical understanding of a full life and move into living fully.

In 10 years, over 250 students have joined 13 cohorts held in Colorado, North Carolina, and Michigan. This experience is open to anyone seeking to walk in the way of Jesus, regardless of their profession or background—from the medical worker to the entrepreneur to the priest.



Read some alumni
transformation stories!



By decluttering our lives and creating space for God, we open ourselves to the power of God's presence. At the Soul Care Institute, we create space to slow down, reflect, and encounter God in deep ways.

WHAT ALUMNI ARE SAYING



ABI PACHAL

"What a profound gift this has been. For the first time, I feel a growing sense of being the Beloved, not just "knowing" it in my head but experiencing it. These two years will forever mark my life."



REV. MATTHEW STILLMAN

"My soul was crying out for attention and care. I'm grateful that I chose to participate in the Soul Care Institute at my spiritual director's encouragement. The deep understanding of the architecture of the soul and the means by which to tend and nurture it has been life-giving to me. We participate in SCI as a part of a cohort of other seekers, where I have experienced great love, acceptance, and support. I have been academically and intellectually challenged, but more importantly, I am learning more about myself, my soul, and the means by which I may continue to grow and nurture my spiritual life. I am grateful for the ministry of this fabulous organization, and so is my soul."



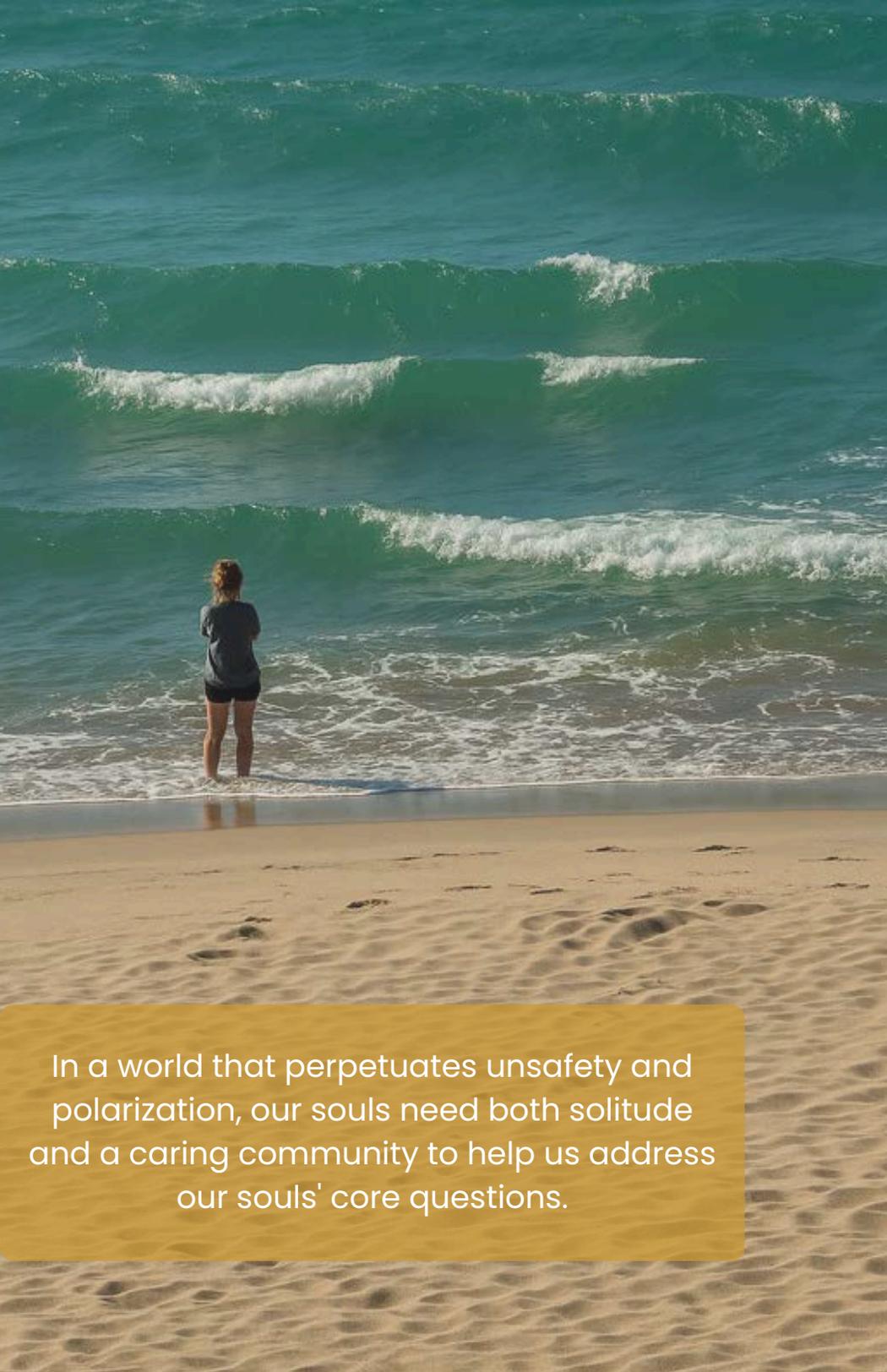
DON REYNARD

The Soul Care Institute introduced me to the community I've needed my whole life. I met community in the kindred souls I saw as I looked around the meeting room on the first day of our first cohort gathering. I saw people who, like me, had tasted brokenness in their lives and were ready for God's transformative touch. I saw people with whom I knew I could be my real self and would grow together deeply. I thought to myself, "Oh, I am going to really love these people." It has become more true than I could ever have imagined.



KAREN STOUT

I was hopeful of coming away from SCI retreat refreshed in spirit. God had much bigger plans for me than I expected. My retreat was not only life-changing, it was soul-changing. I have a newer, deeper understanding of who I am in Christ. The richness of the content and community of SCI has given me the courage and renewed purpose for taking my place as a participant in furthering God's Kingdom. What a privilege to be part of such a special community of love, learning, and freedom to become what God always meant for me to be. His beloved!



In a world that perpetuates unsafety and polarization, our souls need both solitude and a caring community to help us address our souls' core questions.

THE PRESENT:

While our roots are found in caring for those needing restoration from burnout, the Soul Care Institute has grown to embrace other needs as well. This includes people who have been wounded by the church and are looking for a place of authentic community.



With an inviting and intentional approach, we provide generous time and a committed community for vulnerable sharing and profound personal formation and transformation. We offer a safe place to wrestle with the soul's core questions. Am I safe? Am I loved? Do I belong? And do I have a voice?

Hear alumni tell
their stories



OUR 10TH ANNIVERSARY YEAR

In 2025, we looked back over the past 10 years and can only express deep gratitude to God for the beautiful transformation that we've all experienced.

COHORTS

We launched 3 new cohorts this year (14, 15, and 16). 47 new students have taken the courageous steps to greater wholeness.



SOUL FEASTS

We celebrated with a Soul Feast at each of our retreat venues in North Carolina, Michigan, and Colorado. Alumni from 13 cohorts were represented, with many of them sharing their stories.



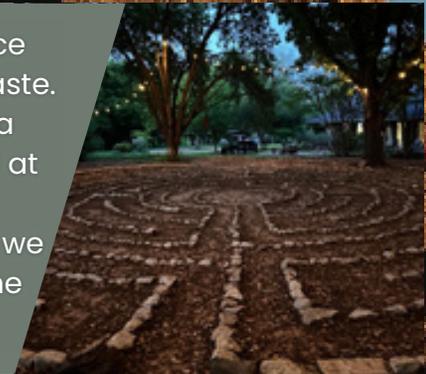
MISSION

The Soul Care Institute was invited to the New Wineskins Anglican Mission Conference in Black Mountain, North Carolina. At the event, SCI alumni Jeff and Cinde Rawn shared their personal experiences in a seminar that drew a crowd so large that some attendees were seated on the floor for lack of room.



SPECIAL RETREATS

We offered two soul care experience retreats to give curious people a taste. These retreats were hosted at Casa de Milagros in Rainbow, Texas, and at Fairhaven Retreat Center in Roan Mountain, Tennessee. Additionally, we are leading day retreats for frontline anti-sex trafficking workers.



TRAINING

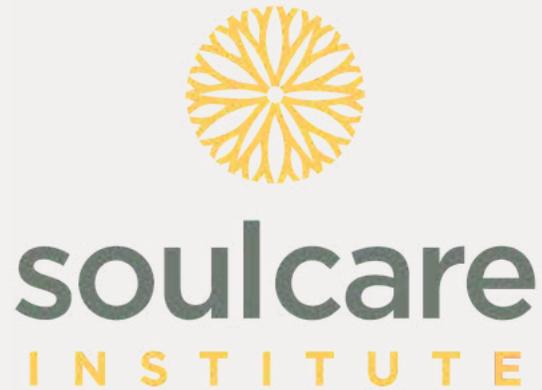
20 alumni became Soul Care Practitioners to help us lead special retreats, online gatherings, and host cohort retreats.



BYLINES

We were invited to write on soul care themes in Christianity Today, serving a broad church-based readership, and Common Good, which explores the intersections of faith, work, and culture for a thoughtful, integrated-life audience.





The Soul Care Institute's logo, the resilient dandelion, inspires our growing mission.

In 2026, we will begin offering international retreats. The first is with expats in Southeast Asia, and the second is a retreat in British Columbia to nurture a new Canadian cohort. We are also deepening our impact by training more alumni to lead specialized retreats for caregiving professionals, a community uniquely in need of rest and spiritual care.

In a world full of upheaval, we are committed to extending our message of healing and creating safe spaces for soul care to flourish.



Scan the QR code to give your end-of-year gift.



Planting seeds of transformation

Donations are vital for the health of the Soul Care Institute in order to keep student tuition accessible and to ensure that our staff members are paid fairly. In 2025, we received 71% of our fundraising goal. While we are grateful for this generosity, we are also concerned about our sustainability into the future. With a fundraising goal of \$220,000 in 2026, new donors will be essential who share our vision for a world where spiritual growth and transformation are within reach for everyone. Would you become a monthly donor to the Soul Care Institute?

HOW TO GIVE

Donate Online

or

Send your gift to:

The New Horizons Foundation
731 Chapel Hills Dr.
Colorado Springs, CO 80920

Payable to: The New Horizons Foundation
Memo: Soul Care Institute

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Fil Anderson // Retreat No. 4
Tara Owens // Retreat No. 5
Shanthini Baskaran // Retreat No. 6