

## REPORT ON 2 DAY RETREAT 12-14 FEB 2009-

RENEW YOUR PASSION – FOCUS YOUR ACTION was the title for AFCNA's two day retreat held at The Monastery & its picturesque surroundings in Glen Osmond S.A.

Members of AFCNA & other nurses arrived from Victoria, N.S.W. & S.A. on Thursday afternoon to take up residency in the Monastery for 2 days. We gathered for a light tea at 6.30pm followed by an informal 'catch up time' together, then a devotion to end the evening.

Friday's programme commenced at 9.30am. Our capable presenter Lois Mc Bain helped us all to explore our unique talents and abilities with her presentation "Shaped". Firstly she encouraged us to "monitor our heartbeat" – the part of us which is our driving impulse. Our emotional heart is the real us with its unique heartbeat. Lois encouraged us to look over our past life, picking out the highlights and to consider what we did well and enjoyed doing. We then completed a personality profile which gave us more understanding of who we are and where our passions lie. In the evening, we gathered for a delicious dinner in the relaxed atmosphere at the Monastery.

On Saturday, we arrived with renewed vigour ready to absorb the concepts presented to us by our skilled facilitator Laine Roberts. Laine assisted us to renew our vision, set goals and to move our plans into action. We divided into groups & formulated our goals /plans for 5, 3 & 1 year from now. We then shared these ideas with everyone. The day was stimulating and gave us the adequate tools to go ahead and promote the concepts of Faith Community Nursing in the future.

Our thanks go out to the many people who organised and ensured the 2 day retreat was a great success. We look forward to gathering there again next year and invite you to join us then.

Unity Hunt