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Faith Community Nurses SEF  
1127 Royal Palm Beach Blvd., #115  
Royal Palm Beach, FL 33411



**Faith Community Nurses  
Of Southeast Florida**

January 9-11, 2026

# Hearts Renewed



## Heal Your Heart, Renew Your Calling

### A 3-Day Spiritual Healing Retreat for Nurses Overcoming Compassion Fatigue Post-COVID

Retreat Facilitators:

Fr. Dr. Gabriel Ghanoum, PsyD, BCC

Diane Esposito, Ph.D., APRN-BC

Wendy Harper, M.Ed., RN

CAPT (Ret.) Deirdre Krause, Ph.D., APRN, FNP-BC

"I will give you a new heart and put a new spirit in you" (Ezekiel 36:26)

# About the Retreat

Are you a nurse feeling the weight of compassion fatigue after the challenges of COVID-19? Join us for a transformative 3-day spiritual healing retreat designed to restore your spirit, rekindle your compassion, and renew your calling. Rooted in scripture, such as Ezekiel 36:26-27 and Luke 5:17-26, this retreat offers a sacred space for nurses to heal from emotional exhaustion through guided meditations, prayer, and reflective practices like the Ignatian Examen.

# What to Expect

- **Guided Meditations:** Reflect on biblical stories like the Shunammite woman and the Good Samaritan to find peace and resilience.
- **Workshops:** Learn to set healthy boundaries, practice self-care, and manage traumatic memories.
- **Community:** Connect with fellow nurses in a supportive, faith-based environment.
- **Rest and Renewal:** Enjoy serene surroundings, nourishing meals, and time for personal reflection.

# Who Should Attend

Nurses of all specialties experiencing compassion fatigue, seeking spiritual and emotional renewal to continue their vital work with strength and heart.

# Join Us

Rediscover your inner light and reconnect with your sacred calling. Register today to reserve your spot in this life-changing retreat. Limited spaces available.

# Retreat Details

- Dates: January 9-11, 2026
- Location: Our Lady of Florida Spiritual Center  
1300 U.S. Rte 1, North Palm Beach, FL 33408
- Cost: \$850 (includes lodging, meals, and materials)
- Scholarships: Limited scholarships available

Register with a \$75.00 non-refundable deposit, which is credited to the payment.