

Intensive Care Program for Cross-Cultural Workers

*"Out of the heart flow the issues
of life." Proverbs 4:3*

Transportation

The nearest airport is Harrisburg, Pennsylvania, about an hour's drive from Heartstream location. If possible, please try to time arrivals for the afternoon between 2:00 pm and 6:00 pm, and departures for between 10:00 a.m. and 2:00 p.m. We can arrange transport to and from the airport. There will be a \$40 charge for transportation each way. If you arrive early, we may ask you to wait for others to arrive. If you arrive very late, you may need to arrange lodging for the night in Harrisburg.

If you plan to travel by car, please ask for our map. Liverpool is 31 miles north of Harrisburg on Route 11 & 15 on the Susquehanna River.

Heartstream Resources is incorporated as a non-profit 501(c) 3 religious organization. Application has been made for membership in the Evangelical Council for Financial Accountability (ECF A). Donations are tax deductible.



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Have you passed through fire, floods, storms? Come to experience this promise:

*"See! The winter is past; the rains are over and gone. Flowers appear...the season of singing
has come...the blossoming vines spread their fragrance.... Arise, come..."*

Song of Solomon 2:11, 12

Come and Recover



Living together in community provides an intensive, residential support and care community for restoration of cross-cultural workers who are suffering exhaustion, depletion, depression, burnout or other crisis as a result of overseas and cross-cultural ministry. In this community context staff and guests live together with a high degree of interaction. The needs of the whole person are attended. Small groups provide an ideal setting for maximizing healing.

We are devoted to the care of Christ's servants who work across cultures. We serve the mission agency, the sending church, and the individual missionary. Our purpose is to foster health, restoration and healing especially for those who suffer serious depletion, exhaustion, crisis or burnout.

Liverpool, a hamlet in central rural Pennsylvania, overlooking the Susquehanna River, offers a scenic, relaxed setting. Guests stay in the Heartstream program house or one of our guesthouses. This provides a comfortable "family" experience, including meals and group activities.

Our professional staff for this program has decades of overseas/cross-cultural/mission experience in more than two dozen countries. Staff includes: Dr. Lois Dodds, Ph.D. counselor and educator, and additional staff with extensive mission experience. Additional Heartstream counselors are added depending upon enrollment.

Rest For Your Body, Counsel For Your Soul

This intensive program attends to the needs of the whole person, by providing:

- Spiritual care, including daily worship and healing prayer, pastoral counseling and sharing of Biblical insights helpful in sorting out issues relating to God, self and mission ministry.
- Assessment of health status, nutritional needs and stress management related to physical health, and recommendations or referrals as needed.
- Individual and group counseling daily, assisting individuals, couples and families to deal with issues arising from and related to ministry. Group sessions give opportunity for processing common experiences, stressors and issues.
- Daily instruction for education and prevention relating to stressors of field life, symptoms of stress, coping strategies; communication and conflict skills and other topics related to field and organizational life. Journal writing and a variety of tools are used for enhancing personal effectiveness.
- Recreation and rest, with daily exercise.



Restoration for Your Spirit



In general, children are not included due to lack of space and staff. If you have a special need related to child-care, please let us know. Nursing babies and teens old enough to participate in the program are readily included.

We recognize that a two-week intensive program may be less than what missionaries need, but it does provide an excellent beginning in working through field issues, responses to difficulties, etc.

Registration and further information: Please call or E-mail Heartstream for additional information about the program, the staff, or other concerns.

Because the persons we seek to serve are from humanitarian nonprofit organizations, often with limited resources, our staff receives financial support from organizations, churches and personal donors.

We believe in the Christian doctrines expressed in the statement of faith of the National Association of Evangelicals. We believe the Word of God is the foundation for our lives and service.