



TAKE YOUR LIFE BACK

Confirmation Packet

October 21-23, 2016

Orange County, CA

Congratulations! You've taken a big step by agreeing to come to the ***Take Your Life Back*** in Orange County, California. I'm thrilled that you've decided to experience this intensive workshop with us, and I know when the weekend is over, you'll be glad you came!

This confirmation packet will help you get ready for the workshop. In addition, I'd like to add a couple of thoughts to what's in this packet:

- You will experience processing in a small group with others who are working on similar issues. And the truth is this is the most important part of the workshop. You'll connect with your group in a way that you just can't imagine or understand until you experience it.
- Come prepared to work. This isn't going to be a restful weekend of simply listening to lectures. This is going to be a time to listen to lectures, listen to others, share in your groups, and offer support to fellow group members. We call it an "intensive" workshop for that reason—it's intense!
- Finally, look forward to laughing. We'll use humor to lighten your anxiety, to help you see some truths, and to just have fun along the way!

There's a lot more I could say, but I want to keep this short. So, come expecting God and His Holy Spirit to be there, too. Our ministry is about truth, connection, healing, transformation, and understanding that God is a God of second chances!

Our entire staff will be praying for you as we approach this weekend.

Until then, I'll see you on the radio!





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You are confirmed to attend *Take Your Life Back*. Here are some important things you need to know to prepare for this workshop.

AT A GLANCE

Date:	October 21-23, 2016
Workshop Check-In:	Friday, October 21, 2:00 – 3:00pm
Start Time:	3:00pm – Opening Session Please arrive early so you have time to check-in with us at New Life, check-in your hotel room (if staying at the hotel) and be in your seat at 3:00pm.
End Time:	Sunday, October 23, 12:00 noon
Help Number:	(800)NEW-LIFE (639-5433)

LOCATION INFORMATION:

Orange County, CA

Hilton Orange County Costa Mesa

3050 Bristol St
Costa Mesa CA 92626
(714) 540-7000

Driving Directions

Visit the hotel's website for turn-by-turn directions.

Parking

\$12 per day discounted

Arrival by Air

Santa Ana Orange County (SNA) – approximately 3 miles to hotel

Please make sure your air itinerary is booked so that you arrive at the hotel **no later than 2:00 pm on Friday**. Book your return flight late enough on Sunday so that you can attend the entire Sunday morning workshop. **If you cannot stay until the end of the workshop at noon on Sunday, we ask that you attend at a later date.** The final session is simply too important to miss.

Airport Shuttle

Complimentary

Lodging

To assist you with your lodging needs, we've negotiated a **discounted room rate of \$119** for our group at the host hotel listed above. **This rate expires September 30, 2016.** We encourage you to consider staying with us for the weekend. Please contact the host hotel and ask for the New Life Ministries group rate.



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Please be advised a credit or debit card will be required at the time of check-in.

When using a credit card, the hotel will run an authorization on the card for \$50 per day for incidentals. Upon check-out, the credit card is charged for the actual amount of incidental charges. If you do not have any incidentals, the \$50 per day authorization is cleared.

When using a debit card, \$50 per day for incidentals will be charged to your bank account at the time of check-in. Upon check-out, if you do not have any incidentals, you will be refunded. Depending on your bank, this refund can take up to 5 business days. If you do not wish to be charged for the \$50 a day incidentals, you can ask the hotel to remove incidentals from your room, or leave a cash deposit at the front desk to leave the incidentals open.

OTHER THINGS WORTH KNOWING:

Cancellations: After registration an attendee may find that a schedule conflict arises that threatens to jeopardize his ability to attend the workshop.

- If you cancel by **October 11** you'll receive a refund of the amount you've paid minus an administration fee of \$200.
- If you cancel **after October 11**, no refund shall be given.
- Registration fees may be transferred to another confirmed Healing Is a Choice workshop. A \$100 transfer fee will be applied to each transfer. **Transfers must be processed by October 28, 2016.**

We regret any hardships this may cause; however, we must make guaranteed commitments to the hotel for lodging and catering and to the counselors who clear their practice schedules to serve at these events.

Travel Delays: If you have travel delays or some type of an emergency, please call us as soon as possible at (800)NEW LIFE (639-5433).

Liability and Media: While we've had no negative incidents, we require that each attendee sign a standard release of liability form. It is enclosed on the last page of this packet. You will need to bring it with you to check-in on the first day of the workshop.

We will take a picture of you at check-in that we'll attach to your file within New Life's database for identification purposes only.

Meals: All meals are on your own. The hotel is conveniently located within walking distance of several restaurants including Habana, Old Vine Café, TK Burger, Wahoo's Fish Taco, and Mesa. South Coast Plaza is .6 mile from the hotel. The front desk may also provide you with a list of local restaurants.

Privacy: We are committed to guarding the privacy of each participant and will not knowingly divulge information about your attendance without your permission. We ask that each participant offer similar respect to other attendees. For the privacy of all in attendance, recording devices and cameras are not permitted at the event.





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Attire: We recommend Christian casual attire. We also recommend a light sweater or jacket to wear inside since the meeting room temperatures can fluctuate.

Nametag: If you prefer to use a nickname on your nametag, please contact the Ministry Service Representative who registered you no later than noon on **Monday, October 17**. Only your first name and hometown will be on your nametag.

Special Needs: Do you have any special needs such as walking difficulties, disabilities, and other needs that we should take into consideration when preparing for your arrival and participation? If you have special needs that you have not yet informed us of, please do so as soon as possible. We will try to be as accommodating as possible.

Childcare: This weekend is intended to help you in achieving success, so we ask that your children stay with a trusted family member or friend. There is no childcare provided and children are not allowed to attend any part of the workshop.

Getting the Most Out of Your Group: When you attend a New Life workshop you'll find one thing consistent: a strong emphasis on connection. You will find your greatest success in overcoming your struggle by connecting with other people. In fact, for those who do not find success in the weeks and months ahead, it is almost certain the reason will be you did not go home and connect with at least one other person in a consistent and meaningful way, someone who can help you work your plan for success. Nothing is more essential than this.

One of the goals of the small groups is to help you see the value of honestly sharing your struggles with other people. Our hope is you will see, maybe for the very first time, that being completely open about your hurts, your fears, your life, is the first step toward transformation, and encourage you toward finding connection after you return home.

With that in mind, we have put together some recommendations on how you can get the most out of the group process. Here they are:

1. **Speak with the first person "I"** – Instead of "people feel" or "you get to feeling", etc., say: "I think", "I feel", such and such. This gives more of the flavor of you rather than broad generalities.
2. **Speak directly to individuals** – Look and speak directly into their face(s). If any other person asks you, "How do you feel about Bill right now?" turn to Bill and say, "Bill, I feel you were very kind to me a minute ago when you said..." or "I resent you right now" or whatever – rather than answering the one who questioned you originally.
3. **Resist believing that everyone has to have my struggle in order to understand it or help me with it** – Some people in your group will have vastly different histories and needs than yours. There is a temptation to believe that only those just like you can help you. But we have found that the opposite is true. Your fellow-strugglers here with you today may not be exactly where you are right now, but some of them have been where you are, and as a result they can be a source of comfort and encouragement to you, and you to them. In addition, those who have not experienced your specific difficulties may be the most objective in helping you see it from a new perspective.





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4. **Speak from your honest feelings and thoughts** – There is no taboo on language, thoughts, feelings, or expressions in this kind of group. Failing to communicate exactly what one feels – be it anger or affection or indifference toward another – is deemed “kindness”, especially in the Christian world, and all too often is the cruelest thing we can do to another. It is based on lying and not paying a person the compliment of being able to handle honest feelings. How can persons behave properly if they have never been honestly told how others react to them?
5. **Be aware at all times of your thoughts and feelings of the moment** – Express them at the earliest appropriate time. Be aware, even if you cannot express a perception of the moment. We cannot live creatively if we cloud the present with the imagined past – a memory. The dreamed-of future never comes. We freely live in only one dimension of time – the here and now.
6. **Read the messages from your own body** – Your body is a most basic, tangible aspect of yourself. It is continually giving you messages. The open or closed position of your limbs, sweating palms, feeling “fidgety”, rapid heartbeat, moving to a closer or remote seat, flushed face, increased elimination needs – all these and more may tell you that you are afraid, angry, irritated, worried, embarrassed, wanting to be closer to a person, anxious, etc. These messages can be noted and understood.
7. **Be as spontaneous as possible** – Too often we “mull over,” think about, choose careful language, wait too long, try to be polite, wait our turn to speak or react. This may “water down” and negate our freshness, sparkle, and genuineness. Try to let ideas, thoughts, and feelings spill out and over as they will to convey the true “you”
8. **Report “side conversations” to main group** – If during a break, a meal, or between sessions you hold a side conversation with anyone in which you comment on the group, a person in it, etc., you should report the feelings expressed back to this group or persons in it. The idea here is to speak face to face.
9. **Be aware of the roles you take and your characteristic behavior** – It has been observed that we tend to behave similarly in many situations. Others tend to withdraw or run away from a confrontation while others are “peacemakers” or compromisers. Or, another may behave very differently in each situation, carefully “sampling”. (The popular opinion then conforms to the prevailing view. Sometimes we behave in an encounter group much as we do with our mate, friends, parents, associates, or in other group). By observing yourself and others in this group you can come to helpful insights.
10. **Be aware of how persons in this group remind you of other significant people in your past or present life** – For instance, a certain woman may remind you of your mother, your wife, or an old girlfriend. A certain man may remind you of your father, boss, or rival. Interacting with those persons can often work out old problems, affections, hurts, joys, and sorrows even if the person is not actually or completely like the person of who they remind you.
11. **Listen actively** – Good communication involves clear expression of not only what you think and feel but also listening clearly to the words, feelings, and behavior communication of others. (It is good to occasionally attempt to “crawl into another’s skin” or “wear his moccasins” in your imagination in order to understand him). There is a strong tendency to “read in” things we feel while missing what the person is trying to convey. We also tend to “read out” or ignore things a person is expressing because it bothers us for some reason. Techniques such as repeating back to a person what you thought he said





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before you answer may be helpful if it does not dampen spontaneity. One can learn to allow for one's biases and prejudices, which may distort what is going on in and around us.

12. **Don't speak for others** – Refrain from using “most men think...”, “a woman always feels...”, “I think Bill feels you don't like him...”, etc. Speak for yourself or ask the person – or all men present – what he or they are feeling or thinking. If you feel empathy for a person or feel like defending or attacking someone, speak for what you are experiencing at that moment rather than attributing it to others or bouncing your own feelings off on others.
13. **Try to have genuine “encounters” with others** – The aim of an encounter is not necessarily to either fight (or avoid anger) or to always be on good terms or to “love” everyone. It is rather to realize that the basic stuff of life is to connect, interact, feel, and communicate meaningfully with others. A quarrel is often better than complacently ignoring another. To know that you have been true to yourself while interacting meaningfully with another also being true to himself is a major aim of such an experience as this. It can have favorable consequences in your social relationships after this group ends.
14. **Expect periods of silence** – Although they may seem, at first, uncomfortable to the newcomer or to the “old timer,” creative things can occur in our awareness and consciousness. Use silence to be aware of what's happening in you.
15. **It's all about connection** – Throughout this weekend you'll hear over and over again the importance of connection. The real goal of your group is to have such a great, connecting experience that you'll want more of it when you get home. We want you to see how good it is to connect and turn a weekend of connection into a lifetime.

Workshop Guidelines: For your safety, ours, and to ensure that you have the most productive time while at the workshop, we ask that you please abide by the following:

1. No alcohol, illegal drugs or fire arms.
2. If an emergency arises, please notify your group leader.
3. Please keep any and all information you receive at the workshop confidential!
4. Please turn off any wireless devices during the teaching sessions and the group sessions.
5. Please be prompt to all teaching sessions and to your group sessions.





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Statement of Faith

As a professional organization, we set forth the following beliefs which have been agreed to by the professional and support staff of New Life Ministries. These beliefs are essential to our treatment philosophy and ministry.

- We believe the Bible to be the inspired, the only infallible, inerrant, authoritative Word of God.
- We believe that there is one God, eternally existent in three persons: Father, Son, and Holy Spirit. He has revealed Himself in creation, history, and in Jesus Christ.
- We believe in God's creation of the world and humankind and in humanity's rebellion and subsequent depravity.
- We believe in the person and work of Jesus Christ, including His deity, His virgin birth, His sinless life, His true humanity, His miracles, His substitutionary death, His bodily resurrection, His ascension to heaven where He sits at the right hand of the Father, and in His coming personal return in power and in glory.
- We believe that for the salvation of the lost, sinful man, regeneration by the Holy Spirit is absolutely essential. We believe that salvation is by grace through faith in Christ as one's Savior.
- We believe in the present ministry of the Holy Spirit by whose indwelling the Christian is enabled to live a godly life and to grow in the knowledge of God and Christian obedience.
- We believe in the resurrection of both the saved and the lost—the saved unto the resurrection of life and the lost unto the resurrection of damnation.
- We believe in the spiritual unity of believers in our Lord Jesus Christ and in the importance of the church for worship, service and missions.
- We believe all human life is a sacred gift from God and is to be protected and defended from conception to natural death. We will uphold the sanctity of life and bring the grace and compassion of Christ to those who face the realities of previous abortion, unwanted pregnancy, and end-of-life illness.
- We believe in the importance of marriage. Specifically, that marriage is a covenant relationship between a man and a woman (Genesis 2:24), and that a person's sex (male or female) is determined by God in the womb (Psalm 139:13) and revealed at birth.
- We further believe that marriage is a covenant relationship that is mirrored in the relationship between Christ and His Church (Revelation 19:7, 21:2, 21:9). And although the Bible states that divorce is permissible in two unusual circumstances (adultery as described in Matthew 5:31, and abandonment of a Christian by a non-Christian as described in I Corinthians 7:15), we will do all we can to preserve marriage.
- We believe that all psychological principles should be thoroughly evaluated through the grid of Scripture, and that Scripture always holds the final authority.





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Program Schedule

Friday

2:00 – 3:00	Check-in
3:00 – 3:45	Main Session 1
3:45 – 4:00	Break
4:00 – 5:30	Group Session 1
5:30 – 7:00	Dinner
7:00 – 8:00	Main Session 2
8:00 – 8:15	Break
8:15 – 9:45	Group Session 2

Saturday

8:00 – 9:15	Main Session 3
9:15 – 9:30	Break
9:30 – 11:00	Group Session 3
11:00 – 11:15	Break
11:15 – 12:30	Main Session 4
12:30 – 2:00	Lunch
2:00 – 3:30	Group Session 4
3:30 – 3:45	Break
3:45 – 4:45	Main Session 5
4:45 – 5:00	Break
5:00 – 6:30	Group Session 5
6:30 – 8:00	Dinner
8:00 – 9:15	Main Session 6

Sunday

8:00 – 9:15	Group Session 6
9:15 – 9:30	Break
9:30 – 10:30	Main Session 7
10:30 – noon	Closing Session

Schedule Subject to Change



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Participant Liability and Media Release

I, _____, the undersigned, a voluntary participant in the *Take Your Life Back Workshop*, agree to release and discharge and agree to indemnify and hold harmless New Life Ministries, its officers, directors, employees, agents and subcontractors against all actions, causes of actions, claims, demands, costs and expenses and liabilities of any nature whatsoever that I may suffer directly or indirectly during the course of or as a result of my participation in the workshop.

I understand that the workshop adheres to a Christian-based philosophy, which will influence the teaching and counsel I receive in this workshop.

I understand that the staff at the workshop may be considered mandated reporters; thus, required to report to the proper authorities any of the following:

- a. Any first or second-hand knowledge of physical or sexual abuse of a child or minor.
- b. Any danger a participant in this workshop may pose to a third party.
- c. Any danger a participant in this workshop may pose to himself.

I agree to abstain from the use of alcohol and illegal drugs during this workshop, and I agree to remain for the duration of the workshop.

If I have been advised by my physician or psychiatrist to use medication of any kind, I agree to continue using my medications as prescribed during the course of this workshop.

I agree to cooperate fully with the staff of the workshop, and I understand that failure to do so may result in expulsion from this workshop.

I further understand and acknowledge that the workshop is not psychiatric treatment, and that no doctor-patient or therapist-client relationship is established by my participation in this workshop.

I further give permission for New Life to use any audio, video, or still pictures that might be taken of me during this workshop. This recorded material may be used for promotional or any other purpose New Life chooses. I understand that any recordings will be of general meetings and gatherings, or specific interviews if requested and granted, and will not include group breakout sessions (which will not be recorded by New Life in any way).

I certify that I am over eighteen (18) years of age.

Signature

Date

Printed Name

Emergency contact:

Name Relationship

Phone Number(s)

