

ABIDE: Re-Entry Debriefing

ABIDE is a re-entry retreat and time of guided debriefing for cross-cultural workers and children. We begin Sunday evening with a banquet and end Friday with lunch together. Each day starts with four hours of group debriefing led by experienced and compassionate **GE 4-A** International staff. Around 12:30pm we break for lunch together. After lunch, participants enjoy a time of worship, prayer and renewal. They are then able to spend two hours with their personal debriefer, with whom they meet for the entire week. Following that is community time during which to relax, rest, enjoy refreshments, play games, continue conversations, enjoy the outdoors or have times of solitude. We then wrap up the day with dinner together.

Each day's interactions have follow-up reflection exercises to think through and respond to, which help in the processing of one's cross-cultural experiences. We suggest that evenings be used as families, couples or individually to rest and to work through these reflection exercises, because each day moves forward through taking note of losses and gains, trials and victories and helps to distill some of the ways in which God has been at work during one's time serving cross-culturally. Among our objectives are that through debriefing, each person will be renewed spiritually, be better equipped to navigate the challenges of reverse culture shock and transitions of re-entry, and sense a greater preparedness to discern and steward your story of God's activity and faithfulness, during your cross-cultural experiences and throughout your life.

The facilities include separate areas for our group debriefing, personal debriefing and parallel children and youth debriefing, a dining hall and lounge. Participants are able to enjoy the prayer-walking trails and a prayer chapel overlooking a stream on a property nestled in 40+ acres of forest off the main street, north of town in Joplin. Our experienced debriefing team represents over 60 years of serving cross-culturally and navigating such transitions themselves, and over 35 years of serving and training cross-cultural workers.

GE 4-A also has on site a library of resources related to re-entry and helping families and parents of third-culture kids in the re-entry process, reverse culture shock, spiritual self-care, structures for member care in the local church and more. Many of these books are available for purchase, while some are gifted to participants during the debriefing.

At **ABIDE**, we look forward to encouraging, serving and equipping you to navigate the challenges of re-entry and transition well to what the Lord has ahead for you. If you have questions not addressed here, please let us know. We consider it a privilege to be a blessing to those serving cross-culturally. To register online, follow this link to download the form, <http://traininternational.org/register/abide>, and to contact us, please call the number listed above or write to admin@traininternational.org.