



**Rhoda Keener** has served as executive director of Mennonite Women USA since the fall of 2000, a role she now shares with Ruth Lapp Guengerich. Rhoda's background includes teaching and mental health counseling in a variety of settings.

Rhoda is the co-editor with Mary Swartley of *She Has Done a Good Thing: Mennonite Women Leaders Tell Their Stories*. She lives in Shippensburg, Pennsylvania, and is a member of Marion Mennonite Church.

**Carolyn Heggen** is a psychotherapist specializing in trauma recovery. She currently lives in Corvallis, Oregon, but has also lived and worked in Albuquerque, New Mexico; Latin America; Pakistan; and Nepal.

Carolyn is the author of *Sexual Abuse in Christian Homes and Churches* and is a frequent speaker and workshop leader on personal and communal healing, pastoral boundaries, gender issues, and PTSD. She is a member of Albany Mennonite Church.

# *Sister Care*

## Equipping Women for Caring Ministry



*For information about scheduling a Sister Care seminar for your congregation or group, please contact the Mennonite Women USA office.*



Mennonite Women USA  
718 Main, Newton, KS 67114  
316-281-4396  
office@MennoniteWomenUSA.org  
www.MennoniteWomenUSA.org

A ministry of Mennonite Church USA

**Presenters:**  
**Carolyn Heggen and  
Rhoda Keener**

*Sister Care seminars  
are a ministry of  
Mennonite Women USA*

## *Sister Care* explores:

### I. Claiming my identity as God's beloved

What we believe about our personal worth and identity makes a difference in how we care for others.



### II. Caring for self and others

Caring for others is costly. We need to set limits and nurture ourselves as we minister to others in our homes, congregations, and communities.



### III. Compassionate listening

Compassionate listening is spiritual work that can help transform brokenness and grief.



### IV. Transforming loss and grief

God's healing often happens in the context of a caring congregation of people who have done their own healing work, have learned from their experiences, and grown in compassion for others.



*Sister Care* validates women's gifts of caring and equips them to respond more effectively and confidently to the needs of others in their lives and in the congregation.



Sister Care seminars meet women where they are, help them identify and learn from God's healing grace in their lives, and equip them to participate in the transforming work of Jesus.

## What women have said about *Sister Care* seminars:

*I cannot find words to express how helpful the Sister Care seminar has been. I was thoroughly challenged on my state of listening skills and that has changed me forever. —Oregon*

*The stories from Carolyn and Rhoda, told from the heart and from experience, were such gifts to us. —Philadelphia*

*It was a solid weekend of sisters being sisters. Our time together moved us closer to God and one another. Like the woman at the well, we felt empowered by the words and love of Jesus. —Idaho*

*It is great to have the manual to go back to, and grow with. —Ohio*

*I will use the information in group settings and in my personal life. —Iowa*

*As an elder in my congregation, I am aware of situations/people with deep wounds and troubling stories. I received new tools to listen to their stories. —Virginia*

*Sister Care fills a gap in pastoral care needs for women in the church. —Oregon*

*Sister Care is revolutionary. This is cutting edge. —New York City*