

Dear Living Waters Applicant:

Thank you for your interest in the Living Waters Program (LWP), offered by Regeneration of Northern Virginia. Please find enclosed a LWP brochure, the Confidential Intake Form, a *What is Required of Me?* handout and a program syllabus. **Your completed application must be returned to our office prior to September 4, 2009.** There is typically a waiting list each year for the program so returning your application prior to the deadline is essential. Applications received after this time will be considered *only* if there is room left and an in-person interview is scheduled during routine office hours before September 26th.

Please *thoroughly* read all of the enclosed information. Once you have prayerfully considered applying, complete the forms, your testimony, and return them to: **Regeneration, P.O. Box 1034, Fairfax, VA 22038.** All of the information you provide will be kept **strictly confidential**. Submitting an application does not guarantee placement in the program. Once your application is received, you will be contacted for the required interview.

The interview process clarifies the demands and requirements of the program. It also helps assure the LWP is the best resource for you at the present time. We seek to provide an environment which is conducive and safe for in-depth ministry. Those who are accepted into the LWP will receive a confirmation letter in the mail.

This 32-week program begins Thursday evening, October 1, 2009, and concludes with our closing banquet on May 15, 2010. Each teaching builds upon the previous one so consistent attendance must be a *priority*. It is important you set aside this time as a *season* to work through deeper issues in your life. Therefore, we ask you to not schedule vacation time to conflict with your attendance. There are also ***two required Saturday sessions***, as noted on the syllabus, for which attendance is mandatory due to the critical subject matter covered.

If you are aware you will be missing *4 or more* of the teaching sessions, we ask you do not apply for the program at this time. When you do not attend a teaching session, you do a disservice to yourself and your small group. Incorporated within the 32 weeks are three sharing/potluck evenings. These evenings are a source of great blessing and encouragement. If you have any questions about attendance, please contact the office for assistance.

(OVER)

The meetings will take place in Falls Church, Virginia. Further details will be provided once you complete the application process. The cost of the program is \$450.00 (\$12/week plus books and materials) and the full amount is due on October 1, 2009. If the full payment cannot be provided arrangements must be made for a payment plan prior to October 1st. ***Do not let the program cost be a deterrent for applying to the program!*** Please contact the Fairfax office at 703-591-4673, if you are interested in a payment plan or would like to apply for special assistance.

The LWP is a closed group (to promote confidentiality, safety, and trust); therefore no one can be admitted into the program two weeks after it has begun. Participants who leave the program after two weeks create a vacancy that cannot be filled. **Therefore, the program fee is non-refundable after 2 weeks into the program (October 8, 2009).**

Your commitment to the LWP is really a commitment to deepening your relationship with Jesus Christ. A common factor among those who have experienced the greatest change in their lives is a willingness to choose to yield to the Lordship of Jesus at any cost. It is a commitment to discern and follow the will of the Father for your life.

If you have any questions or require additional information, please do not hesitate to contact us. We look forward to hearing from you and pray you will be truly guided by the Holy Spirit in making your decision. God bless you!

In His Name,
Bob

Rev. Bob Ragan
Director
Regeneration of Northern Virginia
Celebrating 20 years of offering hope!

**REGENERATION OF NORTHERN VIRGINIA
LIVING WATERS PROGRAM**

CONFIDENTIAL INTAKE FORM

All information provided on this form will be maintained in **strict confidentiality**. It will be reviewed only by leadership directly involved with the Living Waters program. Please write legibly or print clearly and use additional paper if necessary in answering the questions. This information provided will assist the leadership of Regeneration and Living Waters in ministering to you.

DATE: _____

NAME: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ + _ _ _ _

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ EMAIL: _____

HOW DID YOU HEAR ABOUT REGENERATION/LIVING WATERS? _____

May we call you at home? yes no. At work? yes no.

May we mail materials to the above address? yes no.

May we add you to our newsletter mailing list? yes no.

_____ Single _____ Engaged _____ Married How long? _____

_____ Separated _____ Divorced _____ Remarried _____ Widowed

Children (# /ages): _____

A. EDUCATIONAL BACKGROUND

High School (# of years): _____ College (# of years): _____ Degrees: _____

Additional training/education: _____

B. RELIGIOUS HISTORY

1) On a separate piece of paper, please write (type) no more than a 1 page testimony of your Christian journey, including the impact and/or influence of your relationship with Jesus Christ on your sexual and/or relational struggles.

2) What church are you currently attending? _____

Affiliation: _____ How long attending? _____

3) Do you attend regularly? (3-4 times/month) yes no.

4) Are you currently participating in ongoing fellowship/ministry/volunteering within your church besides regular Sunday service? yes no. If yes, please explain:

5) Please list all your past church/religious affiliation(s) or any religious instruction.

6) Please indicate any other support groups (Christian/non-Christian) you have attended and for what time period you were involved with them:

7) How do you feel about receiving healing prayer, administered through the laying-on of hands, and made possible by the outpouring of the Holy Spirit?

8) What types of healing prayer have you received in the past, if any?

9) Do you believe that homosexual *sexual* contact is outside of God's design? yes no. If no, please explain:

10) Do you believe that any sexual relations outside of marriage are sinful, and outside of God's design? yes no If no, please explain:

C. RELATIONAL HISTORY

1) At what age was your first heterosexual sexual encounter, if any? (Please briefly explain circumstances)

2) At what age was your first homosexual sexual encounter, if any? (Please briefly explain circumstances)

3) Have you ever been involved in any long-term, sexual relationship(s) outside marriage?
 yes no. If yes, how many /how long:

4) Are you currently involved in a relationship(s) that involves sexual contact (other than with a spouse)? yes no. If yes, please explain:

5) What are your sexual and/or relational struggles? (i.e. Why are you applying for the Living Waters program?)

6) How do your sexual and/or relational struggles express themselves? (i.e. addictive behaviors, emotionally dependent relationships, promiscuity, etc.)

7) Do you struggle with homosexual tendencies? yes no. If yes, at what age did you first realize that you were attracted to the same sex?

8) Are you aware of any abuse in your past? yes no. If yes, please circle the areas of abuse that apply to you: sexual, emotional, physical, verbal, mental, spiritual.

D. FAMILY/MEDICAL HISTORY

NOTE: Please give *full* answers to the following questions (i.e. not one word answers). Please use additional paper, if necessary, when providing information requested rather than trying to squeeze it in the space provided. If additional sheets are used, please type responses rather than hand write them.

1) Of the following, who are aware of your sexual/relational struggles?

Father Mother Siblings Spouse Pastor Children

Describe how they responded to this information.

2) Describe your relationship with your father (in childhood ***and*** adulthood):

3) Describe your relationship with your mother (in childhood ***and*** adulthood):

4) Describe your relationship with your siblings (in childhood ***and*** adulthood):

- 5) Do you recall any significant, traumatic incidents in your life (including abuse)?
 yes no. If yes, please explain situation(s) if possible:
- 6) Are you or your parents chemically dependent (alcohol, drugs)? yes no
If yes, please explain:
- 7) Are you currently taking any medications? yes no If yes, please indicate which medications and the reason they have been prescribed. Have you ever taken yourself off of your medications without your doctor's approval? yes no If yes, also please explain:
- 8) In response to your life's experiences, have you inflicted physical injury upon yourself (i.e. cutting/puncturing your skin)? yes no. If you answered yes, have you injured yourself in the past 12 months? (please indicate how often and when you have participated in this activity):
- 9) Do you have any medical/physical conditions that would interfere with your involvement in the program? yes no. If yes, please explain:
- 10) Have you been tested for HIV? yes no. If you have been sexually active since 1980 (other than with your spouse, if married) and have not been tested, what prevents you from being tested?

- 11) Are you currently receiving counseling? yes no. Is the counseling through a licensed professional (LPC, LCSW) or through lay-counseling?

If yes, how long have you been in counseling?

If yes, is your counselor aware that you are applying for this program?
 yes no. (NOTE: We require that you inform your counselor)

Please list the name and number of your counselor in case we need to contact them (you will have the opportunity to give consent before this occurs):

- 12) Have you ever seriously contemplated suicide (i.e. developed a plan)? yes no
If yes, please explain the circumstances and indicate when the most recent incident of suicidal thoughts occurred:

- 13) Have you ever been hospitalized for mental and/or emotional issues/distress?
 yes no If yes, please explain the circumstances:

- 14) Besides counseling, please describe the current type(s) of support you have to assist you with your current areas of struggle:

- 15) Who should we contact in the case of an emergency (Name, relationship, phone number?):

- 16) Please review and complete the spiritual activity form attached (page 8).

E. EXPECTATIONS AND GOALS

1) What are your expectations and goals in coming to Living Waters?

F. COMMITMENT

1) Have you read the handout “What is required of me?” and do you understand the commitment required of the program? If no, please explain:

Please return the following to the Regeneration NoVA office:

- Completed intake form (No unanswered questions)**
- Copy of your testimony (Section B., Question 1)**
- Signed confidentiality form**

**Regeneration
P.O. Box 1034
Fairfax, VA 22038 - 1034**

SPIRITUAL ACTIVITY FORM

Have you or anyone in your family or friends been involved in (either active participation or exposure to) **ANY** of the following? Under the “ME” column indicate “C” for current involvement or “P” for past involvement. In the “OTHER” column indicate participation (current or past) and your relationship with the other person.

<u>PRACTICE</u>	<u>Me</u>	<u>Other (relationship)</u>
Abortion	__	_____
Abuse	__	_____
Alcohol	__	_____
Astrology	__	_____
Astral projection	__	_____
Automatic writing	__	_____
Bahaim	__	_____
Beastiality	__	_____
Bhagwan/Shree	__	_____
Black magic	__	_____
Blood covenant	__	_____
Buddhism	__	_____
Card laying	__	_____
Channeling	__	_____
Children of God	__	_____
Christian Science	__	_____
Clairvoyance	__	_____
Crystal ball	__	_____
Curses	__	_____
Eastern religions	__	_____
Eckankar	__	_____
Edgar Cayce	__	_____
E.S.P.	__	_____
EST (The Forum)	__	_____
Fortune telling	__	_____
Goddess worship	__	_____
Hare Krishna	__	_____
Hinduism	__	_____
Horoscopes	__	_____
Hypnosis	__	_____
Islam	__	_____
Jean Dixon	__	_____
Jehovah’s Witnesses	__	_____
Levitation	__	_____
Masons	__	_____
Medium(s)	__	_____
Other:	__	_____

<u>PRACTICE</u>	<u>Me</u>	<u>Other (relationship)</u>
Meher Baba	__	_____
Metaphysical healing	__	_____
Mind reading	__	_____
Molestation	__	_____
Mormonism	__	_____
New Age	__	_____
Numerology	__	_____
Occult literature	__	_____
Ouija board	__	_____
Palm reading	__	_____
Parapsychology	__	_____
Promiscuity	__	_____
Psychic phenomena	__	_____
Reincarnation	__	_____
Rosicrucian	__	_____
Roy Masters	__	_____
Sadism/Masochism	__	_____
Satanism	__	_____
Science of the mind	__	_____
Scientology	__	_____
Séances	__	_____
Second sight	__	_____
Shriners	__	_____
Silva Mind Control	__	_____
Spiritism	__	_____
Tarot cards	__	_____
Tea leaf reading	__	_____
T. Cole Whitaker	__	_____
Way International	__	_____
Trans. Meditation	__	_____
Water witching	__	_____
White magic	__	_____
Witchcraft	__	_____
Unification church	__	_____
Unity	__	_____
Yoga	__	_____
Other:	__	_____

LIVING WATERS

Table of Contents

Section 1: Love Revealed

1. Introduction to Living Waters
2. Acknowledging Our Need
3. The Father's Pursuit of Us
4. Jesus, the Son
5. The Realignment and Empowering of the Will

Section 2: Understanding Sexual and Relational Brokenness

6. Welcoming Him Into Our Brokenness
7. Triggers of Gender Insecurity
8. Broken Boundaries, Invaded Heart
9. Narcissism and Relational Idolatry

Section 3: Reconciliation

10. The Cross: Resurrecting the True Self
11. Forgiving Others
12. Hope for Gender Wholeness:
Restoring the True Feminine
13. Hope for Gender Wholeness:
Restoring the True Masculine

Section 4: Learning to Walk

14. Embracing the Process
15. Temptation: Bound or Determined?
16. Freedom from Sexual Addiction

Section 5: Learning to Love

17. Devotion to Christ through His Community
18. Healthy Same-Sex Friendships
19. Healthy Heterosexuality
20. Toward Christian Maturity

Regeneration is a Christian ministry of encouragement and discipleship for men and women wanting to overcome sexual and relational brokenness. The ministry was established in 1979 in Baltimore and began support groups in Northern VA in 1987. We are created in the image of God as male and female, but for many, security in this gender identity is often deficient. This insecurity is often manifested in areas of compulsive sexual behavior, homosexuality, emotional dependency, promiscuity, and the effects of abuse. We endeavor to come alongside of those who recognize their broken sexual and relational behaviors and desire greater wholeness. The transformed lives of our members give witness to the life-changing power of Jesus Christ.

For Regeneration of Northern Virginia, the primary focus is not healing for the men and women who come, but helping them walk in greater understanding and deeper relationship with Jesus Christ. Change and healing are byproducts of that relationship with Jesus. To this end we offer:

- One-to-one discipleship
- Healing prayer
- Entry-level support groups
- Structured programs
- Monthly newsletter
- Book resources
- Church and counselor referrals
- Seminars
- Speaker availability

REGENERATION OF NORTHERN VIRGINIA

P.O. Box 1034

Fairfax, VA 22038-1034

(703) 591-HOPE (4673)

(703) 591-6540 (fax)

regenova@regenerationministries.org

www.regenerationministries.org

LIVING WATERS

PURSUING SEXUAL AND RELATIONAL WHOLENESS IN CHRIST

Regeneration of Northern Virginia

AN OPPORTUNITY TO EXPERIENCE LIFE-CHANGING GRACE AND MERCY

What is Living Waters?

The Living Waters program (LWP) is an in-depth healing/teaching/discipleship program. Its goal is to lay a foundation for sexual and relational wholeness. The premise of Living Waters is that it is Jesus' desire that we love others and ourselves in healthy ways. However, for most of us this has not been our experience due to the confusion and wounding found in our past relationships. Thus, we need to embrace our identity in Christ and the Father's original intent for our sexuality and relationships.

What Does the Living Waters Program Look Like?

The LWP is eight months long, running from fall to spring and meeting on a weekly basis (except for holidays). We endeavor to make the LWP as safe and confidential as possible. Each weekly meeting will consist of worship, teaching, and small group discussion & prayer. The LWP syllabus outlines the reading requirements and written homework assignments. Each meeting runs for approximately 3 hours.

Who Should Attend?

Living Waters was initially created to help men and women come out of homosexuality. However, since our first Living Waters Program in Northern Virginia in 1994, we have observed that the root issues discussed regarding homosexuality actually apply to *anyone* having difficulty in their sexuality and relationships. This includes compulsive sexual behavior, emotional dependency, promiscuity, and/or the effects of abuse. Regardless of what our struggles are, Jesus Christ has the capacity to touch and restore us at deep levels of shame and brokenness.

What Does the Program Require?

We ask that you prayerfully consider the following requirements for participation in the program and how they apply to your situation:

1. A desire to deepen your relationship with Jesus Christ and to allow Him to reveal His intentions for your sexuality.
2. A commitment to make the LWP a priority in terms of your personal schedule (e.g. attendance, lesson preparation, and required homework).
3. A willingness to face the reality of your current struggles and the painful experiences which

What Does the Program Require? (Continued)

contributed to them. This involves allowing the Holy Spirit to reveal hurts in your past specifically associated with key people in your life, such as family members.

4. A willingness to be transparent and honest with the leaders and members of your small group regarding your particular sexual and relational struggles.
5. A willingness to be open to the ministry of the Holy Spirit through prayer in your particular areas of woundedness.

How to Apply:

Please contact the office of Regeneration of Northern Virginia for an application. All information given and received is strictly confidential. Submitting an application does not guarantee your admission into the program. **All applications will be considered on a first-come, first-serve basis.** Once your application is received, we will contact you to arrange a required interview. If you are accepted into the LWP, you will be given additional information about location, cost and payment options, and required materials.

God bless you!

Bob Ragan

Director

Regeneration of Northern Virginia

WHAT IS REQUIRED OF ME?

Having offered Living Waters for fifteen years, the leadership team has observed common difficulties and concerns that need to be addressed. We write the following to make you aware you will experience many challenges to receiving all that you can from this program. What is required of you: *commitment!* This program requires commitment to yourself, commitment to others, and commitment to the Lord. The real reason you are in this program is because of the Holy Spirit's leading. This is a very special season for you requiring self-control and perseverance! It will require the sacrifice of your time. Please read the following and consider the personal cost being asked of you. We take this program seriously and ask you would as well.

◆ ATTENDANCE:

Living Waters requires a *strong* commitment by the participants and leaders alike. Because you have purposely set aside this season of time for focusing on significant issues and struggles in your life, your attendance at *every* meeting is necessary! This means having to deliberately adjust your schedule for Thursday evenings and the two Saturdays scheduled! The Saturday sessions are very crucial and must not be missed. Our experience has shown that when chapters cover personally challenging, past issues (i.e. abuse), more reasons will present themselves for not attending (i.e. feeling tired). It will therefore seem more difficult at times to attend. It is also a *given* the enemy will attack in many ways to prevent you from coming. We understand there are exceptions and emergencies which will arise and we allow grace for such circumstances. Be aware of this in advance and be prepared for battle!

◆ PUNCTUALITY FOR WORSHIP

Punctuality follows on the heels of the above discussion on attendance. You do a great disservice to the worship team and others in the group by arriving *consistently* late for the worship time. Trying to find a place to sit, disrupting others, can seriously interfere with what the Lord may be doing with an individual or the group that evening. The worship time is considered a vital and *necessary* part of the program. We consider this time to be just as important, sometimes even more so, than the teaching or small group time! Make the choice in your heart *before* you begin this program you will commit to every aspect of it! It is a given the traffic in our area is unpredictable and is often backed up. Plan now to try to adjust your work schedule so late Thursday afternoons will be open for you to leave with the appropriate time to arrive. We suggest speaking with your employer if this is a difficulty and see if some kind of arrangement can be made.

(over)

◆ APPROPRIATE ATTIRE

While we do not want to be too restrictive about what you can and cannot wear to the meetings, we do ask you to please be respectful of the sensitivity of others when it comes to your attire. What might be appropriate for one person may be a stumbling block for others. Please dress modestly for our meetings by avoiding clothing that is unusually tight or revealing. Likewise, if the clothing choices of someone in the group are consistently serving as a stumbling block for you, please make this known to one of the leaders. The leader will discretely discuss the matter with the individual, and your disclosure will be kept confidential.

◆ SMALL GROUP SHARING

Our policy manual, which you will be receiving, clearly outlines the parameters we follow for our small group discussions. During the week the program begins, we suggest you carefully reread this manual. You **are** an important and vital part of your small group. Your lack of participation or attendance *does* influence others in your group. We often see one's willingness to share and be open allows the Holy Spirit to minister not only to that individual, but to the others in the group as well. Commit to allowing this opportunity for the Lord to do a deeper work in you through this process!

◆ READING, HOMEWORK, AND JOURNALING:

It is a **GIVEN** you will come prepared for the evening meeting. This means you will have spent quality time *in advance of that day* to prepare. It is expected you read the assigned chapter in the workbook, any additional required reading (indicated in the workbook), and completed all homework assignments. The reading and homework assignments correspond to the chapters as indicated on your syllabus which provides the complete program outline. ***Consistent failure to come prepared for the evening or handing in the required homework may be grounds for dismissal from the program.*** The lack of preparation in advance hinders the small group dynamics and often becomes disruptive for the small group.

Every year there is a waiting list for those who want to be enrolled but space was unavailable. It cannot be assumed that if you drop out of the program this year, you will be able to retake it again subsequently the next time. We take this program very seriously. If it becomes apparent you are consistently not doing the reading or completing the assignments and you have not discussed this with your small group leaders, you may be requested to leave the program. This is *only* done out of consideration of the others in your small group. Once again, plan now to commit to truly apply yourself to what this program requires.

Living Waters 2009/2010

Below is the schedule for the Living Waters Program 2009/2010. During the year there may be changes due to speaker availability or weather cancellations. You will be notified in advance of any schedule changes. The chapters indicated below will be taught on the night listed and you are required to read the chapter and do the homework **in advance** of that evening. Attendance at all teaching nights *and* Saturday sessions is mandatory.

- 10/01 Chapter 1 and Leadership Team Sharing Time
10/08 Chapter 2 - Acknowledging Our Need
10/15 Chapter 3 - Sense of Being
10/17 Father's Blessing and Shame (**Saturday 9:00am - 1:00pm**)
10/22 Chapter 4 - Jesus the Son
10/29 Chapter 5 - Realignment & Empowering of the Will - Part 1
11/05 Chapter 5 - Realignment & Empowering of the Will - Part 2
11/12 **TESTIMONY NIGHT AND POTLUCK**
11/19 Chapter 6 - Welcoming Him into Our Brokenness
11/26 **HAPPY THANKSGIVING!**
12/03 Chapter 7 - Triggers of Gender Insecurity
12/10 Chapter 8 - Broken Boundaries, Invaded Hearts - Part 1
12/17 Chapter 8 - Broken Boundaries, Invaded Hearts - Part 2
12/24 **MERRY CHRISTMAS!**
12/31 **NEW YEAR'S EVE!**
01/07 Chapter 9 - Narcissism & Relational Idolatry - Part 1
01/14 Chapter 9 - Narcissism & Relational Idolatry - Part 2
01/21 Chapter 10 - The Cross, Resurrecting the True Self - Part 1
01/28 Chapter 10 - The Cross, Resurrecting the True Self - Part 2
02/04 Chapter 11 - Forgiveness - Part 1
02/06 Chapter 11 - Forgiveness - Part 2 (**Saturday 9:00am - 1:00pm**)
02/11 **TESTIMONY NIGHT AND POTLUCK**
02/18 Chapter 12 - Misogyny/Sword between the Sexes
02/25 Chapter 12 - Restoring the True Feminine
03/04 Chapter 13 - Restoring the True Masculine
03/11 Chapter 14 - Embracing the Process
03/18 Chapter 15 - Temptation: Bound or Determined
03/25 Chapter 16 - Freedom from Sexual Addiction - Part 1
04/01 Chapter 16 - Freedom from Sexual Addiction - Part 2
04/08 **TESTIMONY NIGHT AND POTLUCK**
04/15 Chapter 17 - Devotion to Christ through His Community
04/22 Chapter 18 - Healthy Same-Sex Friendships
04/29 Chapter 19 - Healthy Heterosexuality
05/06 **SMALL GROUP NIGHT**
05/13 Chapter 20 - Toward Christian Maturity
05/15 **CLOSING BANQUET (Saturday 6:00pm - 10:00pm)**

CONFIDENTIALITY AGREEMENT & LIMITATIONS

Confidentiality and safety need to be the hallmarks of Regeneration of Northern Virginia's programs. To this end we try to establish as safe an experience as possible for our participants. In order to maintain this atmosphere of trust, specific parameters are required.

All information shared within the confines of Regeneration of Northern Virginia's programs is to **remain** confidential and private. Disclosure of shared information outside the confines of our programs (including spouses if married) will be grounds for dismissal. Small group leaders reserve the right to discuss information as needed with the ministry director(s) for the purpose of seeking counsel, oversight, and/or accountability. The director(s) will determine when further discussion with other leadership is required. In **all** cases consideration for the privacy of individuals will be upheld.

The only exceptions to confidentiality leadership will make is if an individual communicates the intent to take harmful or dangerous action against him/herself or another human being. Those in leadership would give the individual an opportunity to inform the appropriate authorities or others involved before taking further action. Additionally, the leadership will report to the proper authorities any type of *current* activities that would bring endangerment to a child.

Regeneration of Northern Virginia does not have after-hours emergency support. In the event of an emergency or if any of the aforementioned situations are imminent, the participant involved should contact 911.

I have read and understood the above written disclosure and agree to its conditions.

Signature

Date

Printed Name