

## Getting Back on Track

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One of the core tenets of the Unification Church is abstinence before marriage and fidelity within it. Occasionally, those who have been raised in the Unification tradition reach out for love in ways that fall outside of the confines of these values. Having a sexual relationship before the Marriage Blessing can lead to feelings of alienation, hopelessness, anxiety, and even depression.

Getting Back on Track (GBOT) is a retreat ministry run by volunteers who have walked this painful course. This ministry was created as a healing and renewing experience for both

participants and their parents. It is dedicated to providing an environment of safety and total acceptance. The goal of the GBOT ministry is to create a place where individuals can experience God and each other in an authentic way.

As a participant in a GBOT retreat you will have an opportunity to discover where you are at, where you've been, and where you want to go. The retreat is intentionally laid out for there to be a lot of opportunity to ask difficult questions, and offers hope and honest answers.

Participants are expected to respect the privacy of all attendees, and will be asked to sign a confidentiality agreement concerning all that is shared during the retreat. Retreat staff members offer their courage, and share their stories of their paths to renewal. This level of discretion opens an atmosphere of acceptance and healing that everyone can be a part of.

If you, or someone you love, are in this situation and interested in attending, please register here for our upcoming retreat on July 18-21. If you would like more information or would just like to talk to someone, email our ministry team at [backontrack @unification.org](mailto:backontrack@unification.org), or contact the Director of Getting Back on Track.

Please share this invitation with anyone you know who may benefit from this retreat.