

Hasty Hearts



Understanding Co-Dependence



Co-Dependent people make others into Powers greater than themselves. In reality, God is the only Power greater than we are. If you're suffering from Co-Dependent thinking, come trade in your Co-Dependency for God-Dependency.

Hasty Hearts is a 12 Step weekend retreat designed for people who suffer from co-dependency. Co-dependent behavior causes hasty hearts as it robs it's victims of honest intimacy with themselves and others. Co-dependent hearts are lonely hearts. And, too often, they are anxious and quick to connect with the hearts of toxic people.

Lonely hearts are sad hearts. For years, happiness has alluded the co-dependent heart like a butterfly that's always just out of one's grasp. And so co-dependent hearts are hasty to take someone hostage: Anyone who will be their higher power and be responsible for providing them with all of the happiness they desperately want. This is fantasy.

This is fact: No other person can be our Higher Power, only God can be. No other person can be responsible for our happiness, only we can be. If you're suffering from a hasty, co-dependent heart, now's your chance to trade it in for a healthy, inter-dependent heart. Change your thinking and your feelings by learning to rely on yourself and by grounding yourself in the one true Higher Power, God.

**If you aren't living life to the fullest,
then it's time to let go and let God take the lead!**



Hasty Hearts is a 12 Step Serenity Retreat presented by Rev. Charlie Wehrley, C.Ss.R.

Fr. Charlie is a Retreat Director at Redemptorist Renewal Center in Tucson, AZ. He specializes in recovery retreats and spiritual direction.

**Call 744-3400
for reservations.**

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