



My Name is a

HOLY WORD

Treat Me as Gift from God

A Day Retreat for Building Boundaries

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Retreat Director**

To say "My name is a holy word. You will treat me as a gift from God" is to set a proper boundary. This boundary proclaims that I am created in the image and likeness of God, and that I am to be treated with proper respect. It makes things clear: I am a gift from God and I will not settle for being treated as anything less. I am to be treasured and honored. And I do not accept abuse from anyone.

Setting proper boundaries is one of the most important ways in which we take proper care of ourselves. Boundaries are how we best honor ourselves. We say "No" when we are not comfortable doing something. We say "Excuse me, but no one talks to me that way" when someone tries to shame or belittle us.

Boundaries can be difficult to establish, however, if we have never learned to stand up for ourselves. Many adults are walking around with poor-to-no boundaries. They were not allowed to defend themselves as children and think they still have no right to protect themselves as adults. Wrong! Everyone has the right to be treated with dignity.

This day retreat will provide the information you need to build a foundation of self-love which will enable you to establish proper boundaries.

Come then and take the time to nourish your most precious resource: You. Allow God to give you back your self-respect.

This retreat will run from 9:00 am to 4:00 pm. It will include a gourmet lunch and ample free time for meditation, journaling and walking our 120 acres of beautiful desert grounds with God. Cost is \$25.

**APRIL 9, 2011
9:00 AM - 4:00 PM**

**call 744-3400
for reservations.**



*Redemptorist Renewal Center
at Picture Rocks*

**7101 Picture Rocks Road,
Tucson, Arizona.**

Where EVERYONE is welcomed!