

Open Up Your Heart



and Let Yourself Out!

*A closed heart beats to the rhythm of fear,
keeping love and joy at bay.
A closed heart longs for intimacy,
and yet it lets no one in
and it never lets the real you out.*

At an early age, many of us learned to close-down our hearts. It was a means of survival in our chaotic childhood households, which offered us little stability or affirmation. We had suffered enough emotional pain, and so to avoid future pain, we locked ourselves inside our hearts and locked others out.

As we grew older, we stopped taking risks. We refused to be vulnerable. We began making choices out of fear, not out of faith. We trusted no one, and we started a lifetime journey of running from our true selves.

By locking ourselves deep inside our hearts, we lost touch with our unique inner-beauty; with the stunning creation that God had molded us into being. We lost touch with our true talents and virtues, with our own inherent goodness and the grace of our one-of-a-kind personalities.

We exchanged these for being whomever other people wanted us to be. We learned to like what others liked, believe what others believed. We faded into people we were attracted to, hoping to fool them, and win their affection. After all, we were sure that if they discovered the true us, they would abandon us.

Today, we can choose to stop running from ourselves; to open up our hearts and let ourselves out. This retreat is designed to help you to know, love, accept and be who you uniquely are. You will learn to turn inside and, by the grace of God, unlock the treasures within your heart. These treasures are the true you. And they will allow you to build healthy, happy relationships for the rest of your life!

\$90 for commuters, includes 6 meals.
\$170 for Room with Bath & 6 meals.

Rev. Charlie Wehrley, Retreat Director

October 9-11, 2009

call 744-3400 for reservations.

Redemptorist Renewal Center
7101 Picture Rocks Road, Tucson, AZ.



at Picture Rocks
Where EVERYONE is welcomed!