

Serenity Retreat 2010



THE PAIN TO POWER PRINCIPLE

Fr. Charlie Wehrley, C.S.S.R.
Retreat Director

If we want to succeed in our journey through recovery, we must face the problem as well as the symptom. An addictive habit is a symptom of a deeper problem. Every pattern of behavior is caused by a need that is fueled by a belief: If we believe we're worthless, we're going to feel shame and we will then develop a pattern of behavior to medicate the shameful feelings into happier ones. Through recovery groups we can become "sober" without understanding our real problem-- the old belief that's been haunting us since childhood. This shameful belief will then lead us to compulsively act-out in other ways. For example, we may go to O.A., gain control over our eating habits and then switch from over-eating to shopping, or caffeine, sex, working, caretaking or gambling because we don't understand the deeper problem.

For years we've been running from the deeper problem: lies we came to believe about ourselves as children. We've been controlled by fear, and we've given away our power. We need to stop running and face the fear: The lies we never challenged.

Surrender to God is essential. God can give us the strength to face the past and take our power back from it. This is the Pain to Power Principle: Facing the pain of the past-- and discovering the old belief we need to be free of-- so we can take back power over our lives.

This weekend retreat will be focused on reclaiming our power over our lives. We will face our fears and surrender them to God, who can do for us what we cannot do for ourselves.



Reverend Charlie Wehrley, C.S.S.R. is a Retreat Director at Redemptorist Renewal Center in Tucson, AZ. He specializes in Serenity and 12 Step retreats and spiritual direction.

December 10-12, 2010

call 744-3400 for reservations.

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



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