

Truly, Deeply, Madly



A Women's Retreat for Connecting with the Spirit of Christ Dwelling Within You

Women are known for their inherent ability to successfully process their feelings. And Most American women have been living examples of the ancient proverb "If the eyes had no tears, the soul would have no rainbow." But this seems to be changing today. In our hectic society, more and more women seem to be losing touch with their feelings in an effort to be tougher and to compete with men in society and the workplace.

When women become alienated from their feelings, it's often because they have become alienated from themselves and from a healthy spirituality. Inner-changes, in response to new work and life pressures, can make them uncomfortable with what seems like a loss of femininity. In addition, stress, fear and worry pollute their self-love while interrupting their self-care. The need to control life then becomes more urgent as they find themselves easily frustrated with themselves and others.

To make matters worse, many women are forced to juggle the needs of spouses, children, friends, neighbors, churches, etc., in addition to any career responsibilities. This makes a great recipe for disaster in overall emotional, spiritual and physical health and in terms of important relationships.

Lack of proper self-care and the compulsion to control lead to strains in many relationships, especially with family members. If you are feeling like a multi-task maniac, come and learn to get back in-touch with yourself and your feelings. Learn to be the healthy spiritual woman that's underneath all that rubble; the one Christ calls you to be.

September 9-11, 2011

Truly, Deeply, Madly begins at 6:00 p.m. on Friday at dinner and ends on Sunday at lunch.

Cost of the retreat is \$95 for a commuter, which includes the program, materials and 6 gourmet meals; \$190 for a private room with bath, the program, materials and all meals; or \$300 for two people per private room, program, materials and all meals.

You can register for this retreat by calling 520-744-3400.

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

Redemptorist Renewal Center

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at Picture Rocks

Where EVERYONE is welcomed!