

Inner Healing Retreat "Take My Hand"

Looking at the world around we see so much pain and suffering caused by our unresolved wounds that we inflict on each other. Many of us within the Church are trapped in patterns of sinful behaviour. Our need for a Saviour becomes ever more apparent with each passing day. We are conscious that we have not grasped fully the Good News of salvation in and thru Jesus. We have forgotten our mandate to give *Good News to the poor and to **heal the broken hearted.***

Psycho-Spiritual Healing of emotional hurts is a psychological tool that has been developed at Heather's initiative over the last 20 years. Tested initially with individuals, Heather has been offering this tool to groups small and large. This remains her favourite from her conviction that the whole world needs to learn to heal from emotional hurts and to also learn how to maintain emotional well-being.

This is both a **retreat** and a **training**, as at the end participants will have learned one way to work on their own on their hurts.

This retreat will include presentations/talks, handout tools, Eucharistic Adoration with facilitated/lead prayer.

Schedule

10 hours can be spread out over

2 days 5 hrs each including a 30 minute break for a quick bite.

Via Zoom - from the comfort of your home. Wear your CWL scarf or stay in your PJs!

Required

1. Prior registration
2. Fee \$20 payable to St. John the Apostle CWL by cheque or e-transfer
3. Please arrange for a silent atmosphere. Have your lunch/snacks ready. Have plenty of fluids handy as remembering painful events can be draining. No sharing required as this is a private inner journey.

About me

Heather MacPhail holds a doctorate in Science and has evolved since into a Social Worker, a Psycho-Spiritual Therapist, and a Personality Development Trainer. She is passionate about training and her favourite offering is in Psycho-Spiritual Healing. Heather also offers training in Trauma Therapy, in Conflict Resolution, and is a certified Belbin Team Roles Trainer. Over the last 30 years she has offered training in India, Sierra Leone, Malaysia, the Philippines, and in Canada where she now resides in Ottawa. She currently offers Evangelization Training.

Letter of Good Standing could be provided by the Archbishop to CWL SJA