

The Joy of

A RETREAT WITH SANDY HOENIG

Forgiveness

There's never been a better time to remove the barriers to a healthy, productive life! Even though people have hurt you and you cannot forget it, you can be free from grudges, resentment, self-defeating habits, and negative feelings. Forgiving is the only way to stop the pain and bring hope for the future. Come on a "healing journey" through a practical, personal retreat. You'll discover that forgiveness is a profound emotional strength. Together we'll identify and process the stages of forgiveness and healing. Along the way, you'll learn strategies you can use in your personal and professional life to avoid or resolve hurtful situations.

Sandy Hoenig has been leading workshops, retreats, and presentations on the joy of forgiveness for more than fifteen years. She offers special insight from her personal experiences and her extensive background in teaching and school counseling. A nationally certified counselor and conflict resolution facilitator, she holds a bachelor's and master's degree from Drake University.

SAT SEPT 28

**8:30-4:30 / SOUTH SOCIAL HALL
COST IS \$25 & INCLUDES LUNCH**

REGISTER AT WWW.STCECILIPARISH.ORG/FORGIVENESS-RETREAT