



Shame is the most devastating and deadly of all feelings. It can literally devour a person from within because shame is all about “I am inherently bad or defective” and there’s no way to change it.

Shame is different from guilt. Guilt is solely about behavior and we can always change our behavior. We can take responsibility for it, make amends and learn new healthier patterns of behavior. But shame is about who we are. It’s about the color of our skin, or our gender, or our sexual orientation, or our physical body or our mental abilities. It’s about the things we cannot change and must learn to accept and love.

Internalized shame leads to depression and addictive patterns of behavior as it destroys a person’s self-love, self-esteem and self-worth.

This retreat will focus on identifying areas of shame in our lives, facing them and taking our power back from them. The retreat begins Friday at 6:00 PM and ends Saturday at 6:00.

**Rev. Charlie Wehrley,
Retreat Director**

Redemptorist Renewal Center

**7101 W. Picture Rocks Road
Tucson, AZ 85743**

**Call 520-744-3400
For reservations.**