If Only...

Making peace with our regrets to heal the past

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

May 11, 2024

9:00 AM- 3:00 PM

$ 55 per person
Includes lunch

Redemptorist Renewal Center

7101 W. Picture Rocks Rd.
Tucson, AZ

Call
520-744-3400
for reservations.

If only I hadn't been blind to love... If only I hadn't left that job... If only I'd taken time to pray... If only I'd known you really needed to talk... If only I had trusted you... If only I had trusted myself...

Regrets haunt us from time to time. They appear as ghosts from the past and they have the power to emotionally devastate us for days.

We want to return to the past and relive it so as to change the outcome. But we cannot. We feel trapped and remorseful. And we don't know how to heal these wounds.

Before we can release past regrets, we have to truly face them-- the sorrow, sense of loss, the guilt and shame. We need to build a new relationship with them.

Learn to revision your mistakes and to take your power back from your past.