

### *Be True to Yourself!*

St. Catherine of Sienna said be who you are and you will set the world on fire. Each of us is a treasure uniquely created by God, but so many of us fail to see the treasure inside of us. We hide our true selves and take on false selves that we think the world wants to see. Come learn to shed your false self and honor your God-given self, discovering the joy of authentic living along the way.

October 26, 2024

### *If Only* Healing Regrets

Regrets are daggers to the heart. They can lead to deep anguish, depression and despair. Come learn how to heal your past and let go of regrets that keep you from loving your life today.

May 11, 2024



### *Forgiveness* and the Power to Heal

Healing wounded feelings is the first step toward forgiveness. Come learn to take your life back from the past!

January 25, 2025

### *Soul-Centered* Music as Prayer

This retreat will focus on music as meditation, as well as using guided meditation for improving self-love and self-esteem.

April 20, 2024

### *The Codependent Crazy's*

Codependents don't make friends, they take hostages. An out of control codependent will make another person into their false Higher Power much in the same way an alcoholic makes a liquor bottle into their false Higher Power. Once a codependent takes a particular person hostage, they ply them with people-pleasing, caretaking and every other form of manipulation in the hopes that the hostage will then like and need them.

Whether you are a (recovering) codependent or someone with control issues, this retreat will make you more aware of the manipulative patterns of behavior that damage your relationships.

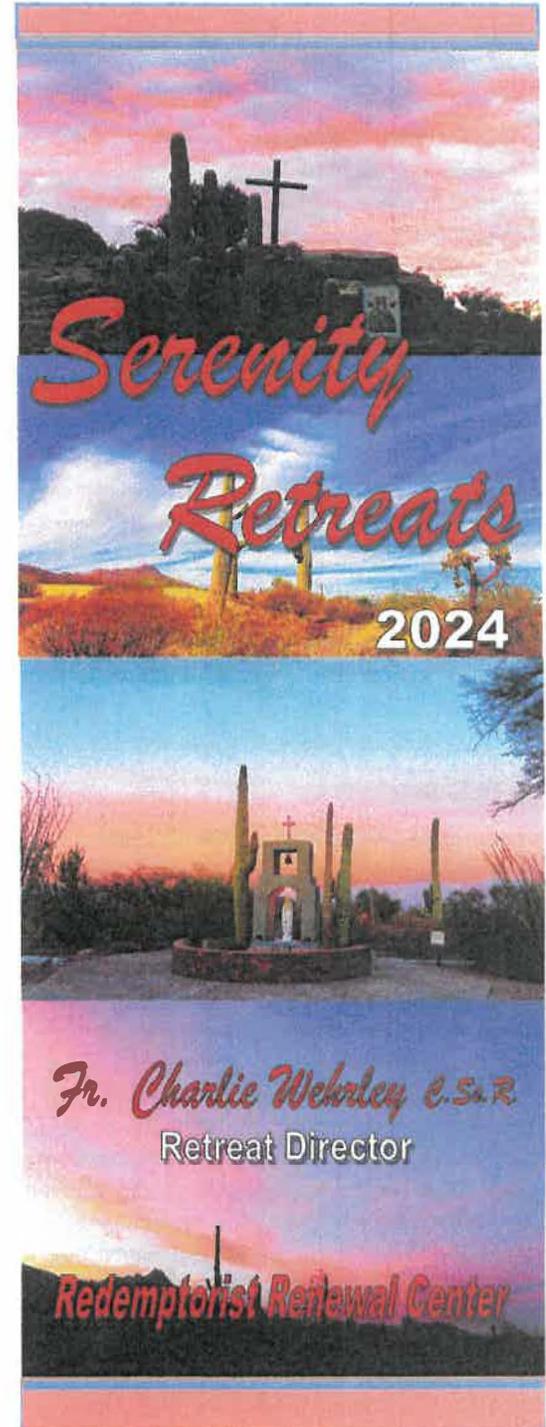
June 29, 2024

All retreats begin on Saturday morning at 9:00 AM and end at 3:00 PM with Mass available at 4:00 PM. Retreat price is \$55 per person and includes a gourmet lunch, handouts and access to all facilities. Massage is also available for an additional cost—call in advance.



### *Redemptorist Renewal Center*

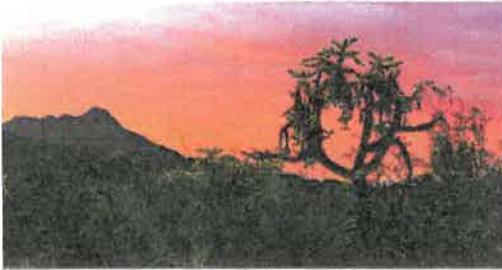
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[www.desertrenewal.org](http://www.desertrenewal.org)  
[Soulshineusa.blogspot.com](http://Soulshineusa.blogspot.com)



## *The Sacred Room in Your Heart*

Each of us has a sacred room in our hearts. It's the room that holds our feelings and it allows them to flow through us to process life. It is necessary for us to be emotionally available in order to be able to process the pain and the joy that life provides and to build healthy relationships. If your relationships are strained, come learn to open up your heart and let yourself out.

February 24, 2024



## *Blind to Love*

Sometimes we go through life so anxious for love that we don't even see the love God has placed before our eyes. We may be looking for a partner, or a deep friendship. Sometimes we're just looking for someone who will listen and love us through life's problems. And yet when those people who can fulfill these needs are placed in our lives by God, we are blind to them.

If you are wondering why you don't have the people you need in your life right now, maybe you're blind to love because you are blind to your own self worth or because you are trying to control God's choices of who is right for you. Learn to let go and to appreciate yourself and your value in life. Remove the blindfold and allow life to love you as God has intended.

March 9, 2024

## *The Gospel According to Disney*

The focus of this retreat is wonderment. Adults today need to reconnect with a sense of amazement while rediscovering the true meaning of love.

Come and explore the many Scriptural truths that Disney movies provide in helping us to be more loving, kind and merciful people today. We will closely examine Disney's *Frozen and Aladdin*. As Jesus said, we must see the world through the eyes of children to enter into the Kingdom.

February 17, 2024



## *Be Yourself!*

Everyone wants to attract the right people into their lives, but few of us want to be vulnerrable. And it requires being vulnerable enough to be your REAL self in order to attract the right, authentic people that we want to be in relationships with.

When we are afraid to be ourselves we are forced to pretend we are someone we are not. And if our great fear is that we don't measure up to other people we admire, we will attract all of the wrong people, while pushing away the right ones.

God has a plan for you and your relationships. If you want authentic, healthy relationships, you have to be authentic. Now's your chance. to be that authentic person.

March 23, 2024

## *Running Away from Life and Love*

Sometimes we pray to God to help us fulfill our life-long dreams only to watch them fail to materialize. We may even be watching things fall into place, begin to get excited and then suddenly have the carpet pulled out from underneath our feet. What happened? How did the realization of our dream fail?

The answers are deeper than we may realize, especially if our dreams are repeatedly left unfulfilled. Why is this happening? Come find out.

April 6, 2024



## *Boundaries for Better Relationships*

Boundaries define who we are and the type of behaviors we are willing to accept. People with no boundaries often make themselves the victims of others. Their inability to set boundaries leads to anger, which then leads to passive-aggressive behaviors.

Setting good boundaries shows good self-respect and demands respect from others. Boundaries are how we take power back over our lives, and how we build healthy relationships with healthy people. Come learn how.

September 14, 2024