

Catholic Guilt: A Path for Healing

Do you find yourself filled with Catholic regret or even guilt? Perhaps in regards to your adult children walking away from the faith? Perhaps for choices made in the past? Perhaps from disappointments in life that have made you feel less than whole?

Plan to join Fr. Workman, as he offers some insights into self-care when faced with, what many refer to as “Catholic guilt.” This two-part conversation will focus on dealing with the restoration and maintenance of spiritual wholeness that has been damaged through disappointments generated by others or our very selves.



Part 1: Monday, August 11th @ 7:00 PM (In the Church)

Father will explore the experiences which prevent us from being fully-engaged, authentic witnesses to our Catholic faith.

Part 2: Monday, August 25th @ 7:00 PM (In the Church)

The focus will be on self-care, our spiritual needs and seeking ongoing support from your church family.

In September, there will be an opportunity to further reflect via small group discussions where people can share and reflect on experiences where further restoration and healing is needed.