

Principles and Practices of Recovery

The Journey Continues

Sacred Heart Parish Mission

4- 7 DECEMBER 2017

Monday through Thursday

Daily Options:

1. Morning Conference 10:00 - 11:00

OR

2. Evening Conference 7:30 - 8:30

DAILY MASS

9:00 AM

Contact Information:

250-635-2313

There will be coffee after morning Mass and a reception after each evening conference.



Fr. Emmerich is a priest of the *Holy Name Province of the Dominican Order* and is currently ministering with *Western Dominican Preaching*.

For the past thirty-five years he has been involved in giving retreats to Mother Teresa's Priests and Sisters in Mexico, Poland, Guatemala, Calcutta, and Africa. He is the former pastor of Holy Rosary Church in Portland, Oregon. He currently resides in Oakland, CA.

If you answer yes to any of these, this mission is for you:

- Do your feelings about yourself depend on being liked or accepted by others?
- Are your happiness and peace dependent on pleasing others?
- Does your fear of rejection determine what you say or do?
- Is it hard to express your feelings when the people you love are not doing what you want them to do?
- Do you feel like you give a lot and get little in return?
- Do you freeze up emotionally when you are in conflict?
- Do you feel like you are the only one holding your family together?
- Do you have difficulty asking for what you want?
- Are you defensive when your behavior is criticized?
- Is your life miserable because of someone else's behavior?
- Do you have difficulty saying "No"?
- Do you work or eat compulsively?
- Do you think you'd be better off if you didn't keep giving in?
- Do you resort to sex to escape, relieve anxiety, or because you can't cope?
- Is your pursuit of sexual gratification compulsive?

Father Emmerich returns to Sacred Heart, Terrace to continue expressing the principles that lead to recovery, recovery from the effects of sin in our lives. He will explore the nature of fear and how to overcome it. He will discuss the role of feelings and emotions in our lives. He will also help to lead us through the way to heal our resentments and much more as he examines the steps that lead to the fullness of life and love.