

Parish Mission

Monday & Tuesday, February 26 & 27
7:00pm in the church

THE SIMPLE CARE OF A HOPEFUL HEART

**ENHANCING RESILIENCE, COMPASSION, PERSONAL
WELL-BEING & A STRONG PRAYER LIFE**

Led by Dr. Robert Wicks

www.robertjwicks.com



One of the greatest gifts we can share with others is a sense of our own peace. However, we can't share what we don't have. Dr. Wicks, an expert on the prevention of secondary stress (*the pressures experienced in reaching out to others*), will offer insight into how we can live in peace and, in turn, extend our warmth to others without losing our own inner fire.

Topics will include: maintaining a healthy sense of perspective; avoiding dangers that lead to unnecessary stress; developing your own self-care program; knowing the four "voices" we need in our circle of friends to have balance and courage in life; improving self-awareness; and developing a strong rule of prayer.