

Recover Me—Recover Faith—Recover Family.

A Retreat for Catholic Moms of Children w/ Addictions December 7-9, 2018

Bethany Retreat House

(Operated by the Dominican Sisters of St. Cecilia)

2002 Garners Creek Road, Dickson, Tennessee 37055

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Bethany Contact: Sr. Mary Evelyn, O.P. 615.446.2063

Retreat Contact: Jean Heaton 615.604.9477

Registration limited to the first 15 applicants.

Fee of \$200 includes lodging and all meals and snacks.

Register at this link: [RECOVER RETREAT](#) or call Jean Heaton at 615.604.9477.

Flights into Nashville (BNA) International Airport, 1 Terminal Drive. Carpool or rent a car (59 miles / 1.5 hour drive). Carpools will be coordinated via e-mail prior to event. **Please book flight to arrive before 2:00 pm.**

SCHEDULE:

FRIDAY – Dec. 7

- 4:00-5:00 Arrival
- 5:00 Vespers & Rosary (opt)
- 5:45 Introductions (Retreat Team & Bethany Retreat House Director)
- 6:00 Dinner
- 7:00 Introductions
- 7:30 *Recover Me*
- 8:30 (guided) Eucharistic Adoration
- 10:00 Silence

SUNDAY – Dec. 9

- Free Rise
- 7:30-8:15 Breakfast
- 8:15-9:15 Pack up / Clean up
- 9:30 Wrap up
- 10:30 Mass
- Departure

SATURDAY – Dec. 8

- Free Rise (Silence in the morning)
- 7:30-8:15 Breakfast
- 9:00 *Recover Faith*
- 10:00 Confession
- 11:00 Mass
- 12:00 LUNCH
- 1:00-3:00 (Personal time)
 - Rest / Walk
- 3:00 Adoration
- 4:00 *Quiet time*
- 5:00 Vespers / Rosary
- 6:00 Dinner
- 7:30 *Recover Family*
- 8:30 Small Groups
- 10:00 Silence



Retreat Leaders:

Jean Heaton -- My name is Jean I am the mother to three adult children and the wife of a horse vet. But, you find me here as someone affected by the family disease of drug and alcohol addiction. I write about recovery from a Catholic perspective and blog at jeanheaton.com.



I know from our past struggles, how lonely that journey can be. This disease is one mired in fear and shame. Early on, I didn't reach out to anyone. Then I began reading blogs written by other parents. They helped me to come out of hiding.

There are a couple of things that I'd really like for you to know. First of all there is HOPE. Secondly, you are NOT alone. There are so many of us out there who have been touched by this disease.

I focus on three areas of my recovery from the effects of other people. I am working very hard to **recover me, recover my faith and to recover my family**. It is a lifelong journey that I'm traveling with God as my guide.

This retreat is the fruit of much prayer and collaboration with the Dominican Sisters of St. Cecilia. It has been designed to help Catholic Moms who bear the struggles of a child suffering from addiction. It is a retreat that has been designed for you and I hope you will join me for a weekend of HOPE and healing.

Sr. Mary Michael Fox, O.P. – Hello, my name is Sr. Mary Michael. I've been a Dominican Sister of St. Cecilia (Nashville) for 30 years. During those years, I've been blessed to teach children from '5-85'! Currently I serve in our College's Center for Evangelization and Catechesis which offers catechetical formation to parents, teachers, volunteer catechists and catechetical leaders alike.

I have led a number of parish missions and retreats for Moms throughout the States and have been privileged to assist many women in their journey of faith. From my many conversations with women, especially those whose families are 'less than perfect', I recognize a common suffering. Seduced by the lies of the Evil one, these women carry a deep and often secret burden of guilt and despair for their 'broken family'. You might be one such mom. It's time to come into the light of God's love! God does not want any of us to walk in shame or fear. Rather, he created us to walk in freedom and light and in His grace we are able to do just that!



I invite you to join Jean and me for a retreat specifically designed to help you find strength in the Lord by hearing anew His words of peace and comfort and truth.

Fr. Dan Reehil –Father Reehil is the pastor of St. Edward's Church in Nashville. Father has ministered to numerous women's retreat and has a true gift for healing hearts and minds. Father will celebrate Mass for us on Saturday and Sunday and will be available for Confession and prayer on Saturday.