



## Women's Day of Reflection

Saturday, February 21, 2026 8:00 AM - 2:00 PM St. Alphonsus Catholic Church  
7025 Halifax Avenue North Brooklyn Center, MN

We have the honor of welcoming our bilingual guest speaker, Sheila Przesmicki, Director of Pastoral Care for the Churches of the Assumption and St. Richard's in Richfield, as our inspirational speaker sharing her message on "From the Darkness of Pain and Trauma to the Light of Forgiveness and Reflection"

### "Name Your Pain"

Trauma can be experienced directly and indirectly. As the Body of Christ, each person's experience affects (and can be affected by) others. Awareness (and acknowledgment) of what may heighten emotions and cause the responses we have is the first step to understanding ourselves (and compassion with others).

### "Don't Let Trauma Define You"

Christ suffered greatly and suffers with us. Christ is also our greatest example of forgiveness. Once we recognize our pain, how do we move through it so that it does not define us? How do we work through it to make it a source of strength and healing? How can we forgive?

The day begins with Mass at 8:00 AM followed by:  
Continental Breakfast ~ Speaker ~ Rosary ~ Benediction ~ Lunch

Ticket price is \$20 and tickets must be purchased by February 15th  
Tickets are available from members of the St. Elizabeth Guild and at the Parish Office  
Tickets will also be sold on February 7th, 8th, and February 14th, and 15th before and after all Masses

### Lunch Menu

Cranberry Walnut Salad w/Raspberry Vinaigrette  
Wild Rice Stuffed Chicken Topped w/Borelaise Sauce  
Au Gratin Potatoes ~ Green Bean Almondine ~ Dessert

Day of Reflection is sponsored by the St. Alphonsus Council of Catholic Women and hosted by the St. Elizabeth's Guild

For tickets or more information contact the Parish Office at 763-561-5100

