

A MESSAGE FROM FR. GREG

I have been a priest for many years. I have sat with people in hospitals, in prisons, at kitchen tables, and in therapy offices. I have heard more stories than I can count. And in all of that time, one question has returned to me again and again:

“Why do I keep doing this? Why do I keep reacting this way? Why can’t I just change?”

I have asked those questions myself. And I have spent years — as a priest, as a clinically trained Somatic Experiencing Practitioner, as a Pastoral Counselor — trying to understand the honest answer.

The honest answer is not what most of us were taught.

The behaviors and patterns that trouble us most are not, in the majority of cases, evidence of weakness, lack of willpower, or spiritual failure. They are adaptations. They are the nervous system’s best attempt to manage a level of pain that it was never given the tools to process. They are survival strategies that began as brilliant responses to real circumstances — and that remain long after those circumstances have passed.

You are not a bad person trying to become good. You are a wounded person striving to become healed.

That distinction changes everything. Because wounds require healing, not willpower. And healing looks very different from trying harder.

On Thursday, July 30, and the following Thursday, August 6 — both evenings at 6:30 PM — I want to offer you something I wish someone had offered me decades ago: a clear, compassionate, and honest framework for understanding what is actually happening inside you.

Over these two evenings, we will explore what trauma actually is and how it lives in the body. We will look at how shame forms and what it does to identity. We will trace the nervous system’s survival responses and understand why they persist. We will look honestly at family systems and the roles we learned to play. And we will turn, together, toward what healing actually requires — not as an abstract idea, but as a lived, embodied, relational practice.

This series is free and open to anyone. You do not need to identify as a trauma survivor. You do not need to have a dramatic story. You simply need to be a human being who has carried something difficult — which, in my experience, includes most of us.

I would be honored to have you join us.

With gratitude and hope,

Fr. Greg