

Whole Hearted

Recognition Renewal Restoration

“Your *whole* heart beats inside you today. Your heart has both fueled your journey and been affected by it. That is why [these four sessions] invite you to begin by looking at your *whole* heart.”

Session 1: October 28, 2025	Whole Hearted: We come with a <i>whole</i> heart full of experiences and assess our commitments.
Session 2: November 4, 2025	Whole Hearted: Does your heart have a wHOLE in it? The impact of our wounds and how we cope matters.
Session 3: November 11, 2025	Whole Hearted: Sometimes a change in heart requires forgiveness, letting go of the old to embrace something new.
Session 4: November 18, 2025	Wholehearted: Restoration represents the healthy, <i>intentional</i> , and hard work you set out to do for your healing through God’s guidance and grace.
Time and Place	6:30PM to 8:00PM Friendship Hall at St. Margaret Mary Catholic Church 620 Division Street, Neenah, WI 54956 (Enter at door #4 at the corner of Reed St. & Washington Ave.) Sessions and small groups are led by the St. Margaret Mary Mental Health Ministry Team volunteers. This program is for informational purposes only and does NOT replace professional counseling or therapy.

Program Overview

What Will You Learn?

- Learn about the emotional, social, mental and spiritual impact of life's hurts
- Assess your own responses to our woundedness and gain healthy ways of coping
- Reassess past ambitions, desires, and perspectives to create a new path forward
- Discover spiritual practices that can support your ongoing journey of recognition, renewal and restoration

Who Should Attend?

- This workshop is for any individual who has experienced the challenges of life and is seeking others to journey. These sessions are NOT a replacement for clinical therapy but a faith-based approach to trauma awareness and healing. Our goal is to provide a safe place for discussion, sharing of ideas, common prayer and fellowship.

Need More Information or Have Questions?

- **Sponsored by the St. Margaret Mary Parish Mental Health Ministry Team.** Contact Ellen Mommaerts, Director of Pastoral Care by email emommaerts@smcatholicschools.org or phone 920-729-4560 x4106. To learn more about the Whole Hearted program visit <https://www.catholiccharitiesusa.org/publications/whole-hearted/>

Entrusting Ourselves to God's Care

- ☐ **Recognition** that you have experienced significant, life-changing events
- ☐ **Renewal** for your mental, emotional and spiritual life from a holistic approach
- ☐ **Restoration** that God provides healing and a future lived in hope

"A thief comes only to steal and slaughter and destroy: I came so that they might have life and have it more abundantly."

John 10:10

