

***...Go, and repair my house,
for as you can see, it is in ruins.***
(God to Francis of Assisi, in the year 1205)



In the year 1205, in the midst of constant wars, clergy abuses, the rich getting richer and the poor getting poorer, and human beings no longer acting *human* with each other, Francis of Assisi answered the call to *repair* his Creator's dream: the **brotherhood and sisterhood of all creation.**

The summons heard by Francis invites us today, and ***Repair My House: Mind-Body-Soul Skills for the Journey*** provides the practical information, skills, and inspiration to help answer that call.

Discover ways to nourish your mind-body-soul *infrastructure* to *move forward* in managing and balancing the tasks of life. Learn how to use daily encounters to encourage **yourself** and **others**, and *repair* how people get along.



Pax et Bonum Award for Peace

November 10, 2025
**When Others Disrespect You:
Respond, Don't React---Part 2**

When others disrespect us, we seek to defend ourselves, strike back, or "set them straight", and the situation escalates. Learn alternative responses to set boundaries, deal with gaslighting, and demonstrate respect for yourself and others.

November 17, 2025
**When You Disrespect Others: Appropriate
Responses Including Apologies**

At times we catch ourselves disrespecting others even when that was not our intention. How can you admit responsibility and apologize in more effective, and less stressful ways?

December 8, 2025
**Hesitation In Living Your Life Purpose—
Part 2**

Stop getting angry at yourself for not taking action on missed opportunities taking risks, or trying something new. Take a more effective approach to your fears of changing, or being weird/different.

December 15, 2025
**Serenity During Fear and Anger-Provoking
Times: The Challenge**

Fear and anger take a toll on us. How can we increase peace and serenity when life is chaotic and discouraging? How can we be people of good will in the midst of turmoil?

***Repair My House: Mind-Body-Soul
Skills for the Journey***

Repair My House is a health-promotion, and illness prevention program. Over **43,000** have attended **1,104** programs now completing its **34th year**. Participants reduce stress, increase self-acceptance, self-efficacy, and a feeling of purpose that *pulls* them, not *pushes* them, forward.

These programs combine the practical psychology of Alfred Adler, M.D., and the life-giving ways of Francis of Assisi, one of the top 10 most influential people in the last millennium. (TIME Magazine)

Participants make big mistakes smaller, increase self-confidence and self-acceptance. They grieve losses while they keep depression away, act in spite of anxiety, and improve relationships with themselves, others, and their God.

Goals of These Programs:

- 1) *Decrease the wear-and-tear of the stress of daily hassles and life transitions. (Allostatic Load)*
- 2) *Increase health and well-being (Eudaimonia: Effectiveness+ Satisfaction in the tasks of life: work; intimacy; friends; self-care; family; and spiritual/purpose and meaning).*



Faculty: Gerald (Jerry) Hiller, M.Ed., M.A., Psy.D., a psychologist in private practice, specializes in behavioral health psychology. **The Chicago Heart Association** awarded him for his contributions to the “prevention of heart diseases”. He is a “*Peritus*” (Court-Appointed Expert) for the **Marriage Tribunals** of Chicago, Cheyenne, Wyoming, and Richmond, VA.

Marilynn Rochon, M.A., LCPC served on the faculties of De Paul and Loyola Universities, City Colleges of Chicago, Rush Hospital’s Heart Programs, and the Permanent Diaconate of the Archdiocese of Chicago. She is *concerned with balance and life transitions*.

In their private practice, **Living Skills, Int.**, Hiller and Rochon, trained Adlerians, have worked with people from over 50 countries as they continue their mission to **increase cooperation and harmony** in a fractured world in need of *repair*. They are informative, humorous, and inspiring as they model how a married couple can work together—even in public.



Feedback from Participants:

People are hungry, not (only) for real food, but food for thought and how to make sense of their lives. Susan Anderson, WBBM TV, Channel 2 News

Their programs are an institution in Chicago for those seeking concrete advice for reducing negativity at work, coping with job loss, finding balance and lowering stress. America Magazine, Judith Valente

Many people have been, and are being made whole through your tireless enthusiasm. May you have many more years of helping us find peace and joy in ourselves, our brothers and sisters, and in our world. Frederick Smith, O.F.M.

I thought I was the only one!
(Most common comment by participants)

312-371-4427 For consultations and seminars. See a 3 min. YouTube of “Repair My House” (Hiller and Marilynn Rochon-Spiritual Journey; and “Seeking Wholeness” In America Magazine



**Mind-Body-Soul Skills
For the Journey**

34th year

Join us **FREE** on Zoom;
register:
repairmyhouse110@gmail.com

Dates: Mondays:
November 10, 17, December 8, and 15, 2025
Time: 12:00-1pm. (Chicago Time; Central Daylight Time)

Information: stpetersloop.org
Donation: *To make a donation in support of St. Peter’s Church Programs, click the online donation tab at stpetersloop.org. Donate to “Programs” and type in the comments section “Repair My House”.*