



SACRED HEART CENTER OF HOPE

Diocese of Steubenville
 P.O. Box 969
 Steubenville, Ohio 43952
 740-424-1280



OUT OF HIS HEART WILL FLOW LIVING WATERS

THANK YOU FOR BEING PART OF A CHURCH THAT HEALS

Dear Family and Friends:

I hope you had a graced Christmas. Thank you for your love, support, volunteer service and prayers for Sacred Heart Center of Hope. Many of you have been assisting the TOR Sisters in their service downtown, since we began coordinating LAMP and Samaritan House. These three ministries have provided wonderful opportunities for the TOR Sisters to collaborate with the local parishes and Catholic Charities in serving those in need, being the caring heart and hands of the Catholic Church. We could not carrying out our mission without your assistance!



Our three TOR downtown ministries are exploring ways we can collaborate more fully. We will be conducting a needs assessment over the next two months to see how we can best serve our diocese and the people in this local area. It is exciting for us to work more closely together. Please keep our discernment process in your prayers.

With all the pain that has surrounded the sexual abuse scandal, I want to thank you for being apart Sacred Heart Center's mission to bring healing to those who are hurting due to abuse and other forms of traumatic life situations. The mission and ministry of the Center is timely for our Church.

Trusting in His Merciful Love,

Sr. Katherine Caldwell, TOR

Sr. Katherine Caldwell, LPC, CTT
 Mission & Program
 Developer

P. S. Thanks again for your assistance!



ENTRUSTING THE CENTER TO MARY AND JOSEPH

One of the highlights for me this Advent was renewing my consecration to Jesus through Mary on the Feast of Our Lady of Guatalupe. I also was inspired on that day to consecrate the Sacred Heart Center of Hope to Mary's particular care.

The Advent Retreat on December 9, 2018 (See back page for pictures) played a significant part in my preparation. The words from Our Lady of Guatalupe to Juan Diego

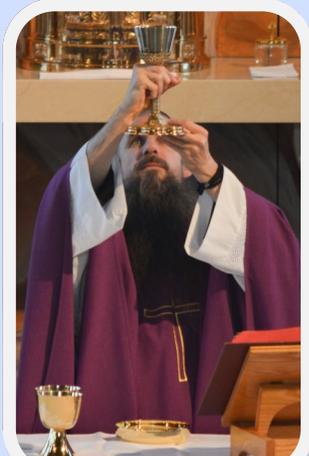
set a beautiful tone for this consecration: "Let not your heart be disturbed. ... Am I not here, who am your Mother? Are you not under my protection? ...Are you not happily within my fold? What else do you wish? Do not grieve nor be disturbed by anything."

I also felt inspired to pray a novena to Joseph this Christmas season for the provisions we need to establish the Center. Feel free to pray a novena with me. See the back page.





Advent Retreat Dec. 9, 2018



Many people expressed in words or in tears how touched they were by God's love.



Volunteer Training

Sr. Katherine with Rose Bensi's assistance gave a workshop on communication skills geared toward working with those suffering with addictions.



Stacy & Maureen practicing the new skills

Veronica Hansan, LPC who is a trained substance abuse counselor and trained in trauma therapy gave a presentation on what we should know about substance abuse when working with or ministering to those who suffer in this way.



Shame Resilience Take Two: Building-up One Another in Love



As I promised in my last article, I present here three simple—but not always easy— steps to overcome the effects of feeling shame in our day-to-day experiences. The following is Based on Brene Brown’s research in *Daring Greatly*:

- ♥ First, we need to go against the temptation to hide from or hurt others. Instead, we need to reach out to a **trusted** friend and share about the situation, allowing them to uphold our dignity and to love us unconditionally.
- ♥ Second, we need to talk to ourselves like we would talk to someone we love. Yes, building ourselves up in love and not tearing ourselves down.
- ♥ Third, we need to own our stories so that we can rewrite the ending.

When we do these simple steps, we get out from under the shadow of shame and are empowered to go

forward to do something positive with our stories.

Shame is different than healthy guilt. Feeling guilt is our conscience telling us when we have done something morally wrong or not done something that was our responsibility to do. Guilt is a healthy emotion that moves us to make amends for our wrong. Guilt gives us direction and motivation to change for the better.

Shame on the other hand, causes us to withdraw or to defend or ourselves. When guilt turns into shame it disempowers wholesome change. Shame also can happen even when we have not done anything morally wrong, but when we feel rejected or not worthy of love, as shared about in my last article.

Unfortunately many of us are not always aware of what is happening when we feel shame. Instead, of reaching out to a trusted friend for empathy and assistance, we can try to feel better by putting others down, subtly or not so

subtly. We can do this without even realizing it. Shame begets shame—and the cycle continues.

Breaking the cycle of shame in families and relationships takes courage and perseverance.

When we take the first step to allow others to build us up in love, the initial shame is transformed into vulnerability, an essential component to authentic intimacy in friendship and in family. The shame pattern can be so engrained in some families or relationships that we may need to find trusted persons outside of these circles. In many situations individual, family and/or group counseling may be needed.

As we get healed, we are better able to show wholesome empathy toward others and mutual relationships are formed. This often takes time, but it is well worth the effort.



Sr. Katherine Caldwell

NOVENA TO ST. JOSEPH: PROVIDER AND PROTECTOR OF THE HOLY FAMILY

I feel blessed to have so many good people helping us make the Center a reality. If you are inspired, please join us in praying a novena to St. Joseph:

Father of Mercy, You who chose St. Joseph to provide and protect the Holy Family, please hear our prayers through his intercession.

“Remember, most pure spouse of Mary, ever Virgin, our protector, St. Joseph, that no one ever had recourse to your protection or asked your aid without obtaining relief. Confiding, therefore, in your goodness, we come before you and humbly implore you.

Despise not our petitions, Foster Father of the Redeemer, but graciously receive them:

- ♥ *Healing for past, present and future clients;*
- ♥ *Guidance, provision and protection for the renovations;*

- ♥ Guidance for our needs assessment and discernment process;
 - ♥ Guidance and provision for future staff.
- Amen!

For information or to make a donation
Contact Sr. Katherine Caldwell at 740-424-1280



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For online giving
www.sacredheartcenterofhope.org

