



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: RENOVATION FUND GOAL REACHED

Dear Family and Friends:

Yeah God! Thank you for your prayers, your encouragement and your financial contributions. Your faith, love and goodness have made raising the funds for the renovation of our new Center possible.

Special thanks to those of you who have been with me since I sent my first newsletter for Christmas in 2017. As many of you know, there have been many challenges and delays with the fundraising and the construction process.

God has taught and reminded me of so much over these past two years. During my retreat in February of 2019, God the Father spoke tenderly to my heart. As much as I desire healing for those suffering, His desire is so much greater than mine. **He reminded me that the Center is His and assured me that He will provide for His beloved children. Thank you for being God's Hands and Heart for His people.**

Another reminder for me is that it is easier to know God's will than His timing. As many of you know, bringing healing to those who have suffered from childhood neglect and/or abuse has been a dream of mine for over thirty years. During these two years, I have tried to do what was mine to do without trying to control things. This has not always been easy to know how to navigate, and I have needed God to remind me when things did not go as I had hoped or planned. **Over and over, I can see that the delays were in God's providential care.** I believe that God is sending us the right people at the right time, even if it makes me uncomfort-

able to wait. Getting the right staff is so important.

There is still some waiting needed. We continued to find ways to save money on the renovations. The downside is that we had to resubmit our plans. **We aim to open our doors in February.**

We will begin gradually. It will take us time to raise the money needed to provide the services.

The following are our tentative plans:

- ♥ Triumph over Trauma Program for Children (6 children and parent support)
- ♥ Triumph over Trauma for 6 adults
- ♥ Christ's Companions
- ♥ Chapel available for prayer and adoration
- ♥ Mass once a week, most likely at 5:15 p.m. on Tuesdays
- ♥ Pot Luck or simple fellowship meals Tuesdays after Mass
- ♥ Training of prayer ministry teams in January and February
- ♥ Prayer Ministry, walk-in, Unbound, Inner Healing, possibly in the early spring.
- ♥ Lenten retreat and/or Healing Mass
- ♥ LAMP and Unity Kitchen, spring

See below for how you can assist us in providing healing for those suffering and make a difference in their lives.

Trusting in God's Mercy,

Sr. Katherine Caldwell, TOR

Sr. Katherine Caldwell, LPC, CTT



HELP US SHARE GOD'S MERCY WITH HIS CHILDREN



No child should have to carry such pain alone

We plan to gradually implement our programs as described above. We foresee this transition time to be about eight months and foresee needing around \$100,000 to cover our expenses from January until September. In September we hope to offer our 12-Week Triumph over Trauma Programs for children and adults three times per year, along with more of the other programs. We believe with prayer and hard work that this is an attainable goal based upon the amount of money we have raised to date. However, we need your ongoing support to obtain this goal and to do all that God is asking of us in the future. Please prayerfully consider making a monthly gift to the Center.



Online giving:
www.sacredheartcenterofhope.org
 Checks can be made out to Sacred Heart Center of Hope.



“...THE TRUTH WILL SET YOU FREE” PARADIGM SHIFTS FOR LIFE



Recently, I had the wonderful opportunity to attend a training seminar for **Transformational Prayer Ministry (TPM)** which used to be called Theophostic Prayer Ministry. Ed Smith founded this ministry over 25 years ago. He and his son Josh updated us not only on the improved prayer ministry process, but also some significant paradigm shifts. They renamed the ministry to capture the transformation that God's truth is meant to have in us throughout our lives. Instead of facilitating inner healing prayer ministry to those who are “wounded,” those leading the prayer are mentors, teaching the mentee how to integrate this type of prayer into their ordinary life. **This form of prayer can be a blessing for everyone.**

We are invited to transform “toxic emotions into trustworthy friends.” Imagine the difference in our lives if rather than being overwhelmed by the emotions that come after an unexpected failure, an argument with a loved one, or the pressures of work, we could use these emotions as access points for coming to know God's truth for us personally.

When we feel deep-seated emotions that seem to be stronger than the events in our lives warrant, negative beliefs about ourselves, others or the world are usually being triggered. **Throughout our life-**

time, we have picked up false beliefs, especially about ourselves, as a way to make sense of painful life experiences. Especially as children, we did not have the brain development or life experience to interpret things accurately.

Sometimes, we are totally unaware of our core beliefs that negatively affect our emotions and behaviors. Even if we are aware of them and know they are not true, no matter how hard we try, **we cannot seem to move the truth in our heads to our hearts and emotions.**

Because the Father sent us His Son who is the way, the truth and the life (c.f. Jn. 14:6), **Jesus' loving presence and the truth He conveys to us in prayer penetrate our hearts far more powerfully than any counselor or our own self-talk.** His truth touches us spiritually, cognitively, affectively and often physically. From a neuro-science stand point, this is naturally healing, and we know it is supernaturally healing.

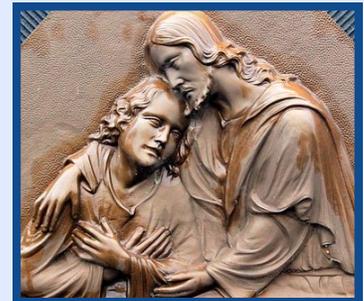
While at the training, I was amazed how similar this form of prayer is to the way I have integrated prayer into Cognitive Behavioral Therapy, which I call Christ-Centered CBT and Christ Centered Inner Dialogue.

A colleague asked me to pray with one of her

clients. The client shared her fear that she would not be able to manage her life once she returned home. I asked her a couple of questions to get to the core of her false belief about herself. She expressed her fear that she was “not fixable,” that she would be rejected, and left alone. When we prayed, she was able to sense Jesus wrap His arms around her, and let her know that she was not alone. She sensed Him convey that He loves her just as she is, and that He would never leave her. He let her know that He would help her stand on her own two feet.

At a later point in the prayer, she saw Jesus with glasses, and He took off His glasses and gave them to her. **She understood that He wanted her to see herself and life from His perspective—a life changing paradigm shift.**

Sr. Katherine



GRATEFUL FOR NEW ASSISTANT

God is so good! I have been needing an administrative assistant, but I had waited in hopes for a TOR Sister. Once I knew this was not possible, I began asking people I knew, but nothing worked out. I believe God had a plan all along. It was a matter of waiting for Him. I was inspired to pray during intentions in a more specific way than usual for my assistant. I prayed for someone who was good with computers. This specific prayer reminded Sr. Joan Paule that Richie Wismer just the day before came into Samaritan House offering his services. Prior to his year as a missionary in Belize, he worked as a consultant to large business and designed databases to meet their needs. While he succeeded in

the corporate world, he wanted to spend his time and energy toward a more meaningful purpose.

God reminded me that He wants His people healed more than me, so He arranged to bring me a very competent assistant. I see God's perfect timing.

Richie said, “I am honored to join the Sacred Heart Center of Hope's mission to ‘break the cycle of trauma’ in Steubenville through professional counseling and prayer. I believe this ministry will be a fount of healing in this community.”





TRANSFORMING LIVES ONE HEART AT A TIME



As we prepare for this Thanksgiving day and prepare to gather with our families and friends, this can be a time of difficult family dynamics and beautiful memories. I have been involved in the healing ministry since 2004 mostly working with college students, so I am well aware of the difficult family dynamics of young adults, as well as my own family and community dynamics. One of the challenges that I encounter is our lack of awareness of our need for inner healing. I believe this is one of the reasons that we are stuck and hurting as a Church body. We are not allowing the power of the Resurrected One to touch us in our deepest pain and hurts. We choose to stay on the surface. We push down our pain, numb and distract ourselves instead of using the opportunity for on-going growth, conversion and deeper freedom. We buy the lie that the God wants us perfect and in control of ourselves instead of calling on Him in our daily doubts, struggles and darkness.

I recently was able to attend a seminar in Buffalo, NY on Transformational Ministry. One of the many takeaways from this ministry is the knowledge that our current

struggle or difficult family situation is not the source of our problem but the indicator that will take us back into our past to find the source of our twisted perception that causes our current pain to surface. Once we find the driving belief, and as the Lord speaks truth into our pain, we experience a taste of freedom and peace that sets us free.

Let me give you an example. A woman came in about a current work situation that was full of stress and fear. When we prayed, she was taken back to a childhood memory with her mother who had taken her to a babysitter for the day. The little child experienced fear and anxiety as the mother left for work. This is a common situation in our world today, but the child had picked up the belief that she was not loved, and the seed of fear and abandonment had reared its head. We act out of what we believe. As we prayed through the past, inviting the Lord into the fear and anxiety, the current work situation causing the fear and anxiety disappeared. She was able to look at the current situation and see its reality and the lies of not being loved and being alone were removed. After so many years of walking with people and praying for greater freedom in

their lives, I am convinced that the Lord ardently longs to heal His people. Our obstacle is not having the tools nor the knowledge to access this healing on a daily basis to keep us in the peace that the Lord wills for us.

The Sacred Heart Center of Hope will be a safe place where people can engage the darkness within and expose it to the love and healing resurrection power of God. I have no doubt that God will restore and transform lives one heart at a time.



Sr. Jean Marie Ledsoe, TOR

ARE YOU INTERESTED IN DEEPENING YOUR PRAYER LIFE ?

As I shared, I was struck by the paradigm shift that prayer ministry is not only for the wounded, but an invitation to each of us to learn how to pray in such a way that we can be transformed by God's truth in our ordinary life. Sacred Heart Center of Hope will have trained prayer ministers who not only pray with you, but also teach you how to incorporate this type of prayer into your life.

In addition, the Center will have Christ Companions, which is a nine month prayer and faith sharing group which uses Scripture and the life of Christ as its primary source for prayer. We will provide other faith support groups

based on the expressed needs of the people in our area, such as grief support groups, women's and men's groups, and 12-Step groups. We will also sponsor retreats, workshops and trainings.

We welcome you to join us for morning and evening prayer, adoration, Mass on Tuesday evenings, and a fellowship meal.

If you are interested in being trained to serve as a prayer minister, please contact Sr. Katherine for an application.





THANK YOU FOR MAKING SACRED HEART CENTER A REALITY



Executive Advisory Council

- ♥ Mr. Patrick Henry
- ♥ Michele Satin
- ♥ Fr. Thomas Nau
- ♥ Deacon Richard Adams
- ♥ Deacon Thomas Graham
- ♥ Mother Mary Ann Kessler, TOR
- ♥ Mr. Tom Kurtz
- ♥ Dr. Regina Boerio
- ♥ Fr. Luke Robertson, TOR
- ♥ Mr. Paul Carapellotti
- ♥ Mr. Rodney Schuster
- ♥ Dr. Matthew Colflesh
- ♥ Dr. John Columbus
- ♥ Mr. Mark Nehrbas
- ♥ Mr. Tom Kneier

Clinical Advisory Council

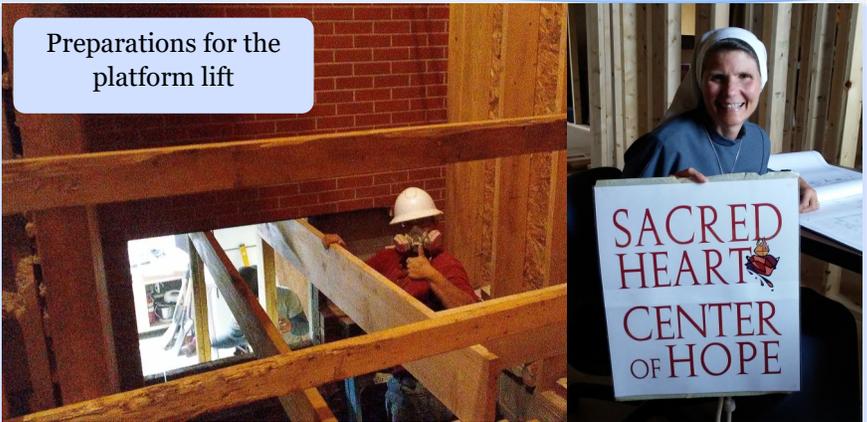
Dr. Regina Boerio, Dr. Milo Milburn, Fr. Luke Robertson, and Ms. Rhonda Stubbs

Fundraising Committee

Mr. Mark Nehrbas, Mr. Bill Talerico, Mr. Paul Carapellotti, Mr. Rodney Schuster, Dr. Colflesh Colflesh, and Mr. Tom Kneier.

Spiritual Ministry Committee

Deacon Richard and RoseMary Adams, Fr. David Tickerhoof, TOR, Sr. Jean Marie Ledsome, TOR, Don and Maureen Kissinger



Preparations for the platform lift



Thanks to All of Our Benefactors for the Progress

TOR Sisters and Urban Mission LAMP Thanksgiving



40+ Students from Franciscan volunteered

120 people joined us for our Thanksgiving meal at Zion United Church of Christ

Tom Riffo shared how he encountered Jesus when he hit rock bottom. He knew He was loved, and his life was changed for the good.