

# CATHOLIC COMMUNITY OF SAINT PETER WELCOMES Brother Loughlan Sofield

**Enter the New Year with a *New Heart!* - Rescheduled!**

*The Office of Lifelong Faith Formation presents*

## **Forgiveness—It's Good for Your Health!**

**Tuesday, JANUARY 29, 2019 9:30AM or 7 PM—Kolbe Hall**

The inability to deal effectively with anger seems to be endemic to almost every culture. Interestingly, church literature and the mental health field identifies forgiveness as the treatment of choice for anger. This workshop will explore: **1) the causes of anger as well as the healthy and unhealthy ways of dealing with anger; 2) the unique role of forgiveness; 3) the difference between forgiveness and reconciliation.** Each session will conclude with a meditative prayer experience.

CATHOLIC COMMUNITY OF  
SAINT PETER  
406 FORMAN AVE.  
PT. PLEASANT BEACH, NJ

9:30 AM - 11:30AM  
7 PM—9 PM

FREE WILL OFFERING GRATEFULLY  
ACCEPTED

QUESTIONS?

CONTACT  
CPISANI@SAINTPETERSONLINE.ORG  
OR CALL  
(732) 892-0049 EXT. 303

BROTHER LOUGHLAN'S BOOKS WILL  
BE AVAILABLE AT BOTH SESSIONS



BROTHER LOUGHLAN SOFIELD, S.T., is a Missionary Servant of the Most Holy Trinity. Loughlan is currently the Director of the community's Senior Ministry house. He has served as Director of the Missionary Servant Center for Collaborative Ministry; Director of the Washington Archdiocesan Consultation and

Counseling Center; and Assistant Director of the Center for Religion and Psychiatry, Washington, D.C. Brother Loughlan has worked in almost 300 dioceses in six continents. In addition to publishing numerous articles on ministry, he is co-author of a number of books. Some of his previous books are: *Principled Ministry* and *Facing Forgiveness*. His most recent are *How to Avoid Burnout: Achieving Life Giving Work and Ministry* and *Oh Brother! Belly Laughs for Good-Humored Catholics* published by ACTA publishing.

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To register, please return this form to: St. Peter's Church, ATTN: Carol Pisani, 406 Forman Ave., Pt. Pleasant Beach, NJ 08742

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Session (check one):     9:30AM     7PM