

HEALING AND HOPE VIRTUAL RETREAT

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS

ADDITIONAL RESOURCE LIST

ARCHDIOCESAN OFFERINGS FOR THE VICTIM/SURVIVORS OF SEXUAL ABUSE

Victim/Survivor Support Group for those who were Adults when they were Sexually Harmed by Clergy or by anyone else

First Monday of the month

6:30 – 8 p.m. Central

Online via ZOOM

If you are interested in participating in this virtual/online session, please contact Paula Kaempffer (651-291-4429 or kaempfferp@archspm.org) to obtain the ZOOM invitation. Join with others who were sexually abused by clergy when they were adults. There are others who share a similar experience and who want to provide support, affirmation, hope and empowerment. Often there is another layer of healing that is needed for these victim/survivors. This group is about providing a safe, confidential environment for those who want to heal from the trauma of sexual abuse. We can help in our own healing and benefit from the experience of others in accomplishing this.

Victim/Survivor Support Group

Third Monday of the month

6:30 – 8 p.m. Central

Online via ZOOM

If you are interested in participating in this virtual/online session, please contact Paula Kaempffer (651-291-4429 or kaempfferp@archspm.org) to obtain the ZOOM invitation. Join with other victim/survivors of sexual abuse who share a similar experience and who want to provide each other with support, affirmation, hope and empowerment.

Support Group for Men who have been Sexually Abused by Clergy/Religious

Fourth Wednesday of each month

6:30 – 8 p.m. Central

Online via ZOOM

Join each monthly meeting at [this link](#).

For audio only: Call 312-626-6799; Meeting ID: 828 0591 4292; Password: 308943

This group is not affiliated with any particular diocese or church group. Questions? Contact Jim Richter at 773-412-0909 or jrichter316@gmail.com.

PRAYER MINISTRY

Archdiocesan Healing ministry is offered in our Archdiocese at:

St. Paul's Church (Ham Lake): 763-226-4679
St. Peter' Church (Mendota): 651-452-4550
St. Luke's Church (Clearwater): 320-558-2124
St. Albert' Church (Albertville): 763-220-0159
St. Maximilian Kolbe Church (Delano): 763-972-2077
Jesus Heals @ Our Lady of Grace Church (Edina): 952-929-3317

BOOKS

Jan Alkire. Healing: Stories of Faith, Hope & Love. Paulist Press, ISBN: 0-8091-4173-6.

Dr. Gregory Bottaro. The Mindful Catholic: Finding God One Moment at a Time. (Dr. Bottaro, founder of CatholicPsych Institute and student of Peter Kreeft, offers an excellent Catholic mindset on anxiety reduction and self-reflection) ISBN (hardcover) 978-1-63582-017-1 or (softcover) 978-0-9841318-5-3

Angela Carol. St. Raphael. Tan Press, ISBN: 978-0-89555-650-9

Catechism of the Catholic Church. Libreria Editrice Vaticana. United States Conference of Catholic Bishops. (904 pages divided into 4 Sections: Part One Profession of Faith; Part Two The Celebration of the Christian Mystery; Part Three Life in Christ; Part Four Christian Prayer) ISBN: 978-1-60137-649-7

St. Francis de Sales. Introduction to the Devout Life. (Practical handbook on growing spiritually for busy people) ISBN: 978-1-78516-658-7

Fr. Jean C. J. D'Elbée. I Believe in Love: A Personal Retreat based on the Teachings of St. Thérèse of Lisieux. ISBN: 978-1-928832-28-7

Marge Fenelon. Our Lady Undoer of Knots: A Living Novena. (Describes the novena in the context of Pope Francis' Pilgrimage to the Holy Land in 2014) ISBN: 978-1-59471-630-0.

Sr. Miriam James Heidland. Loved as I Am: An Invitation to Conversion, Healing, and Freedom through Jesus. (Especially good for women seeking to (re)gain an understanding of their fundamental identity as a beloved, precious and cherished daughter of God following life's challenges) ISBN: 978-1594715464

Sr. Maria Faustina Kowalska. Diary: Divine Mercy in My Soul. ISBN: 978-1596141100

St. John Paul II & Michael Waldstein. Man and Woman He Created Them: A Theology of the Body. (Describes how God intended us to live when He created man and woman in the Garden of Eden and the implications for our lives, especially within the realm of sexuality, but lessons can be gleaned beyond that) ISBN: 978-0819874214.

Neal Lozano. Unbound. (Relates how the Devil tries to steal God's plan for our lives and how we can take back our life through deliverance prayer) ISBN: 978-0800794125

Neal Lozano. Will You Bless Me?; What Can I Give God?; Can God See Me in the Dark? (Three different children's story books that talk about the power of the blessing of a parent or a grandparent)

Neal & Matt Lozano. Abba's Heart: Finding Our Way back to the Father's Delight. (About God's fatherly love for us) ISBN: 978-0800796846

Henri J. M. Nouwen. The Wounded Healer. (Cites how in our own woundedness we can become a source of life for others) ISBN: 978-0-385-14803-8

Fr. Michael Scanlan. Appointment with God. (Setting aside time to be with God) ASIN: B001986Z24

Dr. Bob Schuchts. Be Devoted. (How we can experience healing in marriage) ISBN: 978-1594718977

Dr. Bob Schuchts. Be Healed. (A general book about spiritual healing) ISBN: 978-1594714764

Dr. Bob Schuchts. Be Transformed. (How the sacraments help us to heal) ISBN: 978-1594716812

Dr. Bob Schuchts. Real Suffering: Finding Hope and Healing in the Trials of Life. ISBN: 978-1-5051-1209-2

Fr. Ubald Rugirangoga. Forgiveness Makes You Free. (A dramatic story of healing and reconciliation from the heart of Rwanda) Ave Maria Press, ISBN: 978-1-59471-871-1

Curt Thompson. Anatomy of the Soul. (A Christian perspective on the neuropsychological impact of trauma) ISBN: (hardcover) 978-1-4143-3414-1 or (softcover) 978-1-4143-3415-8

Understanding Mary Undoer of Knots. Steubenville Press, ASIN: B00FY2T1JU

Bessel Van der Klok. The Body Keeps the Score. (A secular book about trauma) ISBN: 978-0143127741

Karol Wojtyla. Love and Responsibility. (Before becoming Pope John Paul II, Bishop Wojtyla produced a philosophical, resourceful defense of Catholic tradition in family life and sexual morality) ISBN: 978-0-89870-445-6

[ON-LINE DOCUMENTS & ORGANIZATIONS](#)

St. John Paul II. *Novo Millennio Ineunte.* (John Paul's thoughts on how to move forward in the new millennium as Christians). http://w2.vatican.va/content/john-paul-ii/en/apost_letters/2001/documents/hf_jp-ii_apl_20010106_novo-millennio-ineunte.html

St. Teresa of Calcutta. "I Thirst I Quench." (Letter that St. Teresa of Calcutta wrote to her sisters explaining more fully her understanding of her charism, and the charism of the Missionaries of Charity). <http://blog.franciscanmedia.org/in-mother-teresa-own-words-i-thirst-i-quench>

COUNSELING/THERAPY

As humans, we have physical, spiritual and psychological dimensions to us, and while they are intertwined they are also separate. If this retreat brings to the fore some things from the past that you have not dealt with, and that you don't feel were healed [miracles do happen, but they are miracles... most often one comes to healing through a combination of an encounter with love, especially God's love.... and with trained human intermediaries] therapy can be very helpful. Without specifically recommending any counselors, nor guaranteeing their effectiveness, here are several resources that might be helpful in identifying a therapist who could accompany you on the next steps of your journey of healing and hope:

Catholic Therapists.com

www.catholictherapists.com

Catholic Therapists is an on-line resource for information and search function for finding Catholic Therapists nationwide. There is a vetting process for the therapists that are registered on this site.

- Offers a referral base of qualified Catholic therapists
- Therapy, emotional and spiritual life, relationships, marriage and family life

Personalized Discussion

For a further, personalized discussion about possible options for therapy, two members of the Archdiocesan staff can offer help:

For those considering therapy related to sexual abuse by members of the Clergy or others in the Church

Contact Paula Kaempffer, Outreach Coordinator for Restorative Justice and Abuse Prevention

Phone: 651.291.4429

Email: kaempfferp@archspm.org

For those considering therapy not related to abuse

Jean Stolpestad, Director, Office of Marriage, Family and Life

Phone: 651.291.4438

Email: stolpestadj@archspm.org

RELATED RETREATS

For survivors of abuse as a child, adolescent or adult (not limited to sexual abuse):

From Grief to Grace www.griefftogracemn.org

For more info: Diane@griefftogracemn.org 612-440-7247

Post-Abortion Healing:

Rachel's Vineyard <https://vineyardmn.org/>

Greater Spiritual Freedom:

Unbound Freedom in Christ Seminar <http://www.heartofthefather.com/events/schedule/>

** General Spiritual Healing:*

John Paul II Healing Center: **Healing the Whole Person** (Highly recommend the 5-day retreat each March in Tallahassee; weekend retreats are also beneficial)

<http://jpiihealingcenter.org/index.php/events>

** Wounds related to sexuality:*

John Paul II Healing Center: **Restoring the Glory** (Takes place in June each year in Tallahassee)

<https://jpiihealingcenter.org/events/restoring-the-glory-tallahassee-fl/>

* Note: For those for whom travel to Tallahassee is not a feasible option, a local team of John Paul II Healing Center trained pray-ers facilitate series which go through the audio recordings and workbooks of the "Healing the Whole Person" and "Restoring the Glory" retreats. Prayer ministry is also available for participants. For more information email tushausm@gmail.com.

AUDIO CDs

Brené Brown. The Power of Vulnerability. (A secular audio series that talks about the importance of being vulnerable in relationships if one wants to live a life of true freedom; has great insights on the role that shame and other factors play in keeping us from being our true selves).

PRAYERS GOING FORWARD

"Novena to Mary, the Undoer of Knots"

<http://www.praymorenovenas.com/mary-undoer-knots-novena/>

Novena to St. Raphael, p. 49-50 in Angela Carol St Raphael: Angel of Marriage, of Healing, of Happy Meetings, of Joy and of Travel. Tan Books. ISBN: 978-0-89555-650-9

NONE OF THE ABOVE SEEM TO FIT AND NOT SURE WHERE TO TURN...

Ombudsperson:

Attorney Victoria Newcome Johnson serves as the [ombudsperson](#) for anyone who has questions or concerns, or needs assistance, in regards to a sexual abuse case involving the Archdiocese. Johnson can be contacted directly at 612-990-0022 or victorianewcomejohnson@gmail.com.

Canvas Health:

The Archdiocese of Saint Paul and Minneapolis partners with Canvas Health, an independent and professional local care provider, to offer confidential, compassionate assistance 24 hours a day, 7 days a week at 651-291-4497. Referrals and financial support for counseling, individual or group therapy, and spiritual advising or direction are offered to help you in healing. Learn more about our [Pledge to Heal](#).