

# Confession

## Five Sentences That Will Heal Your Life



### Dr. Tom Curran

is the Director of Trinity Formation Resources, a non-profit ministry dedicated to helping Catholics understand, explore and live out their faith more deeply. Host of the local radio program *Sound Insight*, Tom can be heard at 8 am every Mon - Fri, on Sacred Heart Radio, 1050 AM. Dr. Curran is the author the best selling book *The Mass: Four Encounters With Jesus That Will Change Your Life* as well as the just released sequel *Confession: Five Sentences That Will Heal Your Life*. All of Dr. Curran's resources are available at [MyCatholicFaith.org](http://MyCatholicFaith.org). Tom holds a Ph.D. in theology from Catholic University in Washington, D.C. He lives in Federal Way, WA with his wife, Kari, and their seven children.

Do you avoid going to Confession? Do you find the idea of going to Confession intimidating? Do you only go to Confession as part of your "Easter duty"? If you answered "Yes" to any or all of these questions, then this presentation is for you. Come and experience an encounter with God that will bring you a freedom and joy that this world cannot give and cannot take away - an encounter with God that will "heal your life".

*This event is FREE. A free-will offering will be taken.*

### Where?

St. Bernadette Catholic Church  
1028 SW 128th Street, Seattle, WA 98146

### When?

Tuesday, March 23rd  
7:00 – 8:30 pm (Followed by a short Q & A session.)

### What To Expect?

- To Find the peace, serenity of conscience and spiritual consolation you've been seeking
- To Break the power of the foot-holds that sin has on your life
- To Grow in mercy and Forgiveness
- To Revitalize your relationship with God and revitalize the life of the Church

### Why Should You Attend? Testimonials on the event and the book

*"This talk explores the beauty of the sacrament of Confession, and contrary to what many of us have believed, it is not about guilt, and it's not about humiliation. It's about love and mercy and breaking open our hardened hearts to let God's love heal us!"*

*"Tom's message of "living a confessional life" has become fundamental in my daily life. Not only do I now go to confession more frequently, I also try to live the spirit of confession in all parts of my life. I've learned to come before God in all things confessing His greatness and my weakness. I now try to bring all my failings before Him, trusting that in his mercy all will be made perfect."*

*"Tom's enthusiasm is contagious and his insights gave me a whole new perspective on confession. Plus, it was entertaining! I was pulled in by his stories and loved his humor."*

For more information please call Jackie at (206) 242-7370.

Buy the book\* after the  
Masses on  
March 20<sup>th</sup> and 21<sup>th</sup>!

**\$5** (tax inc.)

Special Pre-Event Price  
March 20<sup>th</sup> and 21<sup>th</sup> ONLY

**\*JUST RELEASED\***  
*Confession: Five Sentences  
That Will Heal your Life*

