

Class Information

Codependency

It's not what you do but why you do it. "Codependency is usually identified as a "dysfunction", but what if we were created to be codependent? This teaching lays a groundwork for understanding, healing, and change.

Boundaries

"Boundary" is a legal term. It defines what belongs to me. Until you know and claim what is rightfully yours, you cannot hear God ask you to lay it down to minister to others.

Family Matters

Ever wonder why you or someone else in your family acts the way they do? Explore the factors that impact us as children that may set up the roles we play as adults.

Emotional Freedom

Death emotions, resentment, anxiety, and shame do not come from our circumstances, but from what we believe. Shame and unforgiveness come from what I believe about myself. When these issues are spiritually addressed, we are truly free.

Our souls need the sense of worth that only a personal relationship with God can bring. Until that relationship is raised to its full measure, our soul binds to any and everything that appears to be able to fill the empty place. "We look for love in all the wrong places" and are hurt, alternating between blaming ourselves or others when we fail.

This four-part series explores, in common terms, the various manifestations of this issue and the true way to recover.

February 2026

Breaking The Ties That Bind Retreat

For those who complete all four classes and desire a deeper personal experience.

Call 772-521-4634
for more information.



Breaking The Ties That Bind Series

September 6
Codependency

October 11
Boundaries

November 1
Family Dynamics

December 6
Emotional Freedom

**Love offering requested.
Zoom will be available.**

9:00-11:30 AM

**St. Mary's Episcopal Church
Smith Hall
701 S.E. Ocean Blvd
Stuart, FL 34994**

**In collaboration with the
Healing Center of Martin County.**