

Freedom through Forgiveness

*A day of reflection on the healing power
of forgiveness.*

*Be kind and compassionate to one another,
forgiving each other, just as in Christ God
forgave you. Eph. 4:31-32*

Jim and Ann will discuss topics including:

What is forgiveness-what it is not
Power in forgiving
Medical evidence on the benefits of
forgiving
What does scripture say about forgiving
Forgiving self
What to do when you can't forgive
And other topics

Cost: \$25 and includes lunch

DATE: Saturday, Sept. 28, 2024

Time: 9:00 am to 3:00 pm

Praise music at 8:45

Confession available at 3:00 pm

Mass at 4:00 pm

LOCATION: All Souls Catholic Church

1242 NE Spruce Ave

Myrtle Creek, Oregon

NO fragrances or colognes please

*“When we forgive, we set a prisoner
free and discover that the prisoner we
set free is us.”*



Jim and Ann DeLong have been married for 44 years. They have two daughters and four grandchildren. They worship at Holy Redeemer Catholic Church in North Bend, Oregon. Ann was raised as a Roman Catholic and Jim joined the church in 1992. For the past 30 years they have been actively involved in local parishes working with religious ed., youth programs, Knights of Columbus and serving on various councils and commissions. They have served on the teams of Cursillo and Life in the Spirit. Both have served as worship leaders for prayer groups.

Jim and Ann have spent the past 23 years studying spiritual warfare and spiritual dream interpretation as well as generational healing. They founded Sheltering Trees Ministries in 2002, ministering to wounded people by re-introducing them to the love of Jesus and the healing power of the Holy Spirit.

They have spoken at various retreats on the Holy Spirit, inner healing, forgiveness and marriage as well as facilitating youth retreats.

Jim is currently the Director of Religious Education and Ann is the Youth Minister at Holy Redeemer Parish in North Bend, Oregon.

For more information contact Jim or Ann DeLong at 541-217-9630 or email jadelong@hotmail.com.