Dear St. Francis de Sales family,

I want to let you know about an exciting new opportunity for our parishioners to grow in a relationship with Jesus Christ, called Unbound. We will be hosting Unbound at St. Francis Saturday, March 9th and I want to invite you to join us. Seating is limited to the capacity of our Johnson Hall, approximately 200.

Unbound is based upon the five “keys” to being unbound in our prayer life, so we can live free in our spiritual lives. These five keys are based upon solid biblical principles and very much in line with what we hope to accomplish in our own relationships with Christ as Catholic Christians. Unbound is open to and suitable for all Christians.

We will spend the day taking you through these five keys. First, we explain each key and how it applies to our lives as Christians, then we gently lead participants through the spiritual exercise of each key, so you can personally experience Christ’s liberating and healing love in a supportive environment of prayer. The five keys are: 1) Repentance – 2) Forgiveness –

3) Rejecting the lies – 4) Reclaiming our identity in Christ-- 5) The Father’s Love – we end with leading you through a spiritual exercise allowing you to experience the reality of the Father’s love for you.

I experienced Unbound a few years ago, I went to “check it out” and make sure that it wasn’t weird and see if it offered any benefits to our faithful in the pews. Honestly, I was not expecting an encounter with Jesus during my day of Unbound Prayer. I was blown away as I was led through the five keys, leading up to the fifth key and receiving in a powerful way the Father’s Love. It was so freeing and filled me with hope and new motivations to want more and want to give more in my relationship with God.

As your pastor, I want the best for you – I want you to be happy, as you grow in holiness. So often, though, we find ourselves hurting, broken and stuck. We want to grow in faith, but something(s) is holding us back, holding us bound. The solution doesn’t have to be long and complicated. Sometimes it can be as simple as a day away and engaged actively in a safe and sacred place with people who can and want to help us become unbound, and to do so in manner that is very Christ centered and Holy Spirit driven. It is up to you to determine your level of participation and your encounter is initiated and driven by you.

Unbound is simple, beautiful, biblical and Catholic; it is a setting aside of a day to pull away from the world and rediscover the beauty of what it means to be free in Christ’s love for us.

I hope you can attend Unbound with me and invite family and friends to attend with us.

In Christ,

Fr. David Sizemore, Pastor

St. Francis de Sales