



*I see clearly that the thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful.*

*I see the church as a field hospital after battle. You have to heal his wounds. Then we can talk about everything else.*

*Heal the wounds, heal the wounds.... And you have to start from the ground up."*

**—Pope Francis, 2013**

**S**ix years before the COVID-19 pandemic, Pope Francis called on the Church to be a place of healing. Now, after a year of pandemic and upheaval, we have an even clearer view of how trauma impacts our hearts and lives through a variety of painful experiences.

*Beyond Trauma* is a free basic trauma awareness resource. It can be posted on parish websites as a downloadable document or provided as a physical booklet for parishioners to take home with them. This resource is not a professional trauma intervention tool. Instead, it is a small, simple guide for readers who want to begin learning about the nature of trauma and the effect it can have on our hearts. This booklet also includes helpful exercises that combine mental health insights with Catholic spirituality to help people journey beyond trauma.

Interested parishioners can also meet in small groups virtually or at the parish. There is a simple facilitator's guide for parishes that wish to successfully offer it via six small sessions.

Trauma awareness is a way for your church to respond to Pope Francis' call to provide real support to suffering people.

The United States Catholic Conference of Bishops (USCCB) Subcommittee on Certification for Ecclesial Ministry and Service lists *Beyond Trauma* as a recommended resource for Pastoral Care in Response to Trauma. The archdiocese of New York mailed 10 English and 10 Spanish copies of *Beyond Trauma* to each of its pastors. Zoom workshops have been offered to parish leaders interested in setting up healing groups in their churches.

You can download your free PDF *Beyond Trauma* booklet at [beyonddisaster.bible](https://beyonddisaster.bible) (scroll down to "Resources For Churches"). You're also invited to offer this link to everyone on your parish website or bulletin. Printed booklets can be ordered by visiting [bibles.com](https://bibles.com) and using code **BEY** for a limited time. Limit 25 booklets per parish. Please note: Quantities are limited. American Bible Society can also limit quantities based on demand. Offer good until December 31, 2021 or until supplies run out. Item numbers are as follows:

- Item 125031 – Beyond Trauma – English
- Item 125032 – Beyond Trauma – Spanish

*Beyond Trauma* is a Catholic initiative of American Bible Society and the Trauma Healing Institute. To learn more, contact [Catholicinitiatives@americanbible.org](mailto:Catholicinitiatives@americanbible.org).

Dear Friends;

Pope Francis, as you know, has asked the Church to accompany the faithful and support the healing of heart wounds.

*Beyond Trauma* is a basic resource that helps people understand trauma, reflect on one's their own response(s) to trauma, and become familiar with specific Catholic practices and mental health principles for moving forward in a healthy way.

It can be offered as

- A link in the parish bulletin or on the parish website for a free PDF version at <http://beyonddisaster.bible>. (Scroll down to Church Resources at the bottom.)
- Free take home copies in the back of the Church

There is simple 2 page facilitator's guide for those who wish to offer Beyond Trauma as six small group Zoom sessions (very popular) or a Saturday day long mini course.

The archdiocese of NY sent 10 English and Spanish copies of *Beyond Trauma* to every pastor.

The United States Catholic Conference of Bishops' (USCCB) Subcommittee on Certification for Ecclesial Ministry and Service list *Beyond Trauma* as a recommended resource for Pastoral Care in Response to Trauma.

Parishes can order free copies of Beyond Trauma by calling 1-800-322-4253 using promo code **BEY** (Limit of 25).

Parishes with questions can contact [catholicinitiatives@americanbible.org](mailto:catholicinitiatives@americanbible.org)

We hope you let your parishes know.