

Separated • Divorced • Bereaved • Remarried

Conference In Columbia

presented by the
Catholic Single Again Council
of Baltimore, Inc.

Saturday April 17th 2010
Loyola University Maryland
Columbia • Maryland • 21045

"FLOURISH - Don't Flounder"

Saturday April 17th 2010

a workshop conference presented by
The Catholic Single Again Council of Baltimore, Inc.
hosted at the facilities of Loyola University Maryland
8890 McGaw Road · Columbia · Maryland · 21045

ABOUT THE CONFERENCE

Flourish means to be in a state of activity or production or to reach a height of development. Flounder means to struggle or move to maintain your footing and to proceed or act clumsily or ineffectually. Our committee's focus is to provide a day of prayer, workshops and personal enrichment in an environment in which you can grow spiritually and emotionally and continue to flourish in your daily life.

AGENDA

- 8:15 REGISTRATION
Continental breakfast
- 9:00 WELCOME Room 230
Mary Ann Leard
Conference Chairperson
President Catholic Single Again Council
- 9:10 MORNING PRAYER
Msg. Richard Tillman
- 9:20 KEYNOTE Room 230
Dottie Levesque
and Carrie Hansen
Session I Keynote continues
- 11:15 Break
- 11:25 Session II
- 12:40 Lunch (on your own * *)
- 2:15 Session III
- 3:30 Break
- 3:40 LITURGY Room 230
Celebrant: Fr. Joe Breighner

Keynote presenters: We are so honored that both of our keynote presenters have received national recognition, the Catholic Divorced Ministry (North American Conference of Separated and Divorced Catholics / NACSDC) James J. Young Award given annually by this organization. This distinguished honor is given in recognition of outstanding ministry within the Single Again Community.

Dottie Levesque is a veteran retreat director and family minister. Currently, Dorothy is on the staff at LaSalette Retreat Center in Attleboro, MA. She is the former Director of Family Ministry for the diocese of Providence, RI., and has served as Executive Director of Catholic Divorced Ministry (North American Conference of Separated and

Divorced Catholics). She has developed many support group programs for families, the separated, divorce and re-married. Her humor and practical approach to situations have made Dottie a favorite speaker.

Carrie Hansen, LCSW-C, a graduate of Catholic University of America, is a family and marital therapist in suburban Maryland. Carrie is certified in Imago Therapy, conducts workshops in Relationship Enhancement and Stepfamily Programs. Her specialty is teaching skills that promote self awareness, healing and positive relationships with loved ones, family, friends and those with whom we relate.

* * LUNCH More than 15 eateries are within a 10 minute drive. Maps and directions will be available at the conference.

PLACES TO VISIT TODAY

- Conference Bookstore
Books and CD's will be available for purchase.
CASH • CHECKS
VISA • MASTERCARD • DISCOVER CARD
Critical funding for this conference comes from your tax deductible donations and scholarships. Please be generous in your contributions. This all volunteer endeavor, (no salaries are paid) continues to provide this wonderful day at an affordable price which barely meets ever increasing expenses. We are a 501(c)(3) organization.
- Information Fair
Browse through brochures, flyers and newsletters from service organizations, self-help programs and Single and Single Again groups in the region. Information about Catholic Divorced Ministry, (NACSDC) will be available.
- Faith - Based Financial Management
Private consultation for financial management
12:30pm - 2:00pm
Basic help with finances is designed for those that are separated, divorce or widowed in negotiating and managing finances. Identify your assets and liabilities. Insights about personal financial pitfalls, tax issues, spending plans and debt management will be discussed.
Phil Kotschenreuther has developed a unique approach in combining Scriptural principles with sound financial methods to create a plan for individual circumstances. His legal expertise, personal experience and faith has led him to generate this helpful program.
(limited appointments - advanced sign-up required on day of Conference)

- Seated Massage

Enjoy a 15 minute seated massage by a certified practitioner. Reduce mental and physical fatigue, stress and anxiety by experiencing a quick pick-me-up.

(limited appointments - advanced sign-up required on day of Conference)

- Fr. Joe Breighner - Media Works

If you have ever heard Fr. Joe speak either on radio, in person or read his column in the Catholic Review, you will want to take home a book, CD's or a picture for your own collection.

- Quiet Room

Need a place to catch your breath or just sit and reflect, then make use of the room set aside for contemplative silence.

The Roman Numeral at the end of each workshop indicates in which session the workshop is presented.

Suggested guide for your choices.

- * Workshops for those newly hurting.
- ** Workshops for those beyond the newly hurting
- *** Workshops for the longer separated / divorced / bereaved
- **** Workshops for all levels

WORKSHOPS by number

Keynote address and workshop # 1: Flourishing after the experience of the end of a relationship whether it be by death or divorce can be difficult. This presentation provides an opportunity to reflect on ways to move forward, while not forgetting the past but using IT to our benefit.

(A break will be provided during this extended presentation)

2. Transform Your Thoughts, Transform Your Life : Your life can be shaped by either the negative or positive things you tell yourself. By continuing to barrage yourself daily with negative thoughts, they become believable and thus you view yourself poorly. Changing the way you look at yourself takes practice and persistence. The results are well worth it in a healthy physically, emotionally and spiritually YOU.

Fr. Joe Breighner, an Archdiocesan priest, is a lecturer, writer, host of the weekly syndicated radio show "Country Roads" and a columnist in The Catholic Review.

(II) * * * *

3. "Forget the Drama . . . Try a Healthy Relationship" : Examine ways of thinking differently about being single which will help us to know and trust our inner resources so that we can move on to a new phase of life.

Carrie Hansen, LCSW-C, (see keynote information for bio)

(II) * *

4. Introduction to Theology of the Body : This seminal work by Pope John Paul II is your own Call to Greatness: a vision for your life. The human body is a theology

because it is meant to be a sign of God's own life and love in the world. God's Plan for us is a Gift stamped right into our bodies - the truths of our lives, our relationships, and the world around us. If we live out the true meaning of our sexuality we "fulfill the very meaning of [our] being and existence". Discover why Church teaching on sex and marriage expresses the full logic of Christianity while satisfying perfectly the deepest stirrings and desires of the human heart. To the feminine heart: You possess an extraordinary but neglected Gift hidden within you. Awaken this Gift for a sure-fire way to determine if your man really loves you! Men: Who are you called to be in relationship? **Phil Steinacker** reverted to the Catholic faith after living for years outside Church teaching on love and sex. TOB ignited his passion to help bring those wounded by the sexualized culture back to the Gift of who they really are. He is active in the TOB leadership group at St. Francis Xavier in Hunt Valley. (II) * * * *

5. ANNULMENTS — Myths and Facts : This workshop will present the WHY, the WHERE, the HOW on the process of annulments, especially since revised guidelines from the 1980's.

Fr. Bill Graham, O.F.M. Cap. is the Interim Judicial Vicar from the Inter Diocesan Tribunal of the Archdiocese of Baltimore. He is a psychologist and former pastor of a Pennsylvania parish. (II) * *

6. "Open The Door To Optimism" Some people are born with this personality trait called "optimism" and others have to learn it. We will discuss your personality strengths and develop a strategy for practicing your "broaden and build" skills daily. Optimistic people are healthier, happier and maintain lower levels of stress, anxiety and worry. We are all ordinary people with a great hope of living extraordinary lives. Is it possible to achieve this goal?

Dr. Woodrow Powell, Ph.D., is the Director of Community Affairs, Institutional Advancement, for the Community College of Baltimore County. He is a nationally known speaker at conventions and conferences intent on bringing out "the better you". (II) *

7. OOPS!, I Did It Again! . . . Whose journey is it anyway? Examine how relationships go wrong or right. We can learn from both experiences and use that knowledge to increase personal awareness and growth by this co-presentation.

Barbara Shue Meighan, LCSW-C, a graduate of U of MD School of Social Work has served as an adjunct faculty at Towson University in the Psychology Department. Barbara has been working with families and children in the Baltimore area for over 17 years. She is a psychotherapist in private practice with Med-Psych Associates in Luther-ville, MD.

Jack M. Long, Ph.D. has been in private practice for over 30 years counseling individuals and couples. Co-author of over a dozen articles examining the relationship between interpersonal communication and physiology, Jack has also presented workshops about the interpersonal nature of stress. (III) * * *

8. Exploring Remarriage: What does it take to maintain a good healthy relationship in your second marriage? This panel presentation by couples who will share their experiences, issues, joys and struggles with their new marriage.

Carrie Hansen, LCSW-C, leads this discussion along with several remarried couples (see keynote information for bio)
(III) * * *

9. Know Yourself . . . Grow Yourself: Explore personality styles through the Myers Briggs Personality “type” test and spiritual growth. When awareness is gained of both our style and others, we are able to take charge and wake up to our immense potential. We can thus live with intention, focus and purpose. (see web page for link to abbreviated test)

Rev. Dr. Cook - Johnson, is a co-founder of “Called and Chosen Ministries” which provides spiritual leadership, biblical training and mentoring to members of the body of Christ. She is an affiliate professor of Pastoral Counseling at Loyola University Maryland, where she earned her Ph.D. An Ordained Elder in the African Methodist Episcopal

Church, she currently has a private practice in Baltimore where she provides psychotherapy and pastoral counseling.
(III) *

10. Growing Through Bereavement: The death of a loved one seems to be the end of one’s life. While life will never again be the same, our Christian Faith gives us hope that there is indeed an Easter after each personal Good Friday. Understanding the grieving process helps an individual walk into the future one step at a time.

Dottie Levesque (see keynote information for bio)
(III) *

11. Isn’t it time for you to give back? Ministry Networking: Gather information about current and future involvement for this vital ministry. Continue your healing process by serving as a leader and example for others.

Trina Ridolfi has been involved with Single Again Ministry for over 20 years. She leads groups at St. Mark’s in Catonsville as well as facilitates Divorce Recovery groups. Personally, Trina has experienced divorce, remarriage and widowhood. (III) * * *

workshop	Quick locator for workshops		Session		
	Title and Presenter		I	II	III
Session One 9:20 - 11:15					
Keynote 1	FLOURISH - Don't Flounder	Dottie Levesque and Carrie Hansen, LCSW-C			
Session Two 11:25 - 12:40					
2	Transform Your Thoughts, . . . Transform Your Life	Fr. Joe Breighner			
3	Introduction to Theology of the Body	Phil Steinacker			
4	Forget the Drama . . . Try a Healthy Relationship	Carrie Hansen, LCSW-C			
5	Annulments — Myths and Facts	Fr. Bill Graham, O.F.M. Cap.			
6	Open The Door To Optimism	Woodrow Powell, Ph.D.			
Session Three 2:15 - 3:30					
7	OOPS! I Did It Again!	Barbara Shue Meighan and Jack M. Long			
8	Exploring Remarriage: panel discussion	Carrie Hansen, LCSW-C			
9	Know Yourself . . . Grow Yourself	Rev. Dr. Cook - Johnson			
10	Growing Through Bereavement	Dottie Levesque			
11	Single - Again Ministry Networking	Trina Ridolfi			

Use the chart above to help plan your days journey of growth and understanding.
Room assignments will be posted on the day of the Conference.

The sponsor of this conference, The Single Again Council of Baltimore, is a member of the national organization, Catholic Divorce Ministry (formerly North American Conference of Separated and Divorced Catholics / NACSDC). The Catholic Divorce Ministry, sanctioned by the U.S. Conference of Catholic Bishops and working since 1974 to create a network of support for families experiencing separation and divorce. Through their membership on USCCE's National Catholic Organizations Committee, the Catholic Divorce Ministry (NACSDC) speaks to the Church with the united, collective voice of separated and divorced Catholics. Through their Central Office, conferences, member groups, ministry leadership training, resources, and liaisons with church and civic organizations, the Catholic Divorce Ministry (NACSDC) has substantially improved the entire family's experience of divorce by addressing the religious, emotional, financial, and parenting issues relative to separation, divorce, and remarriage.

The Catholic Divorce Ministry (NACSDC) recognizes annually service that directly affects the beginning, development or expansion of pastoral care to separated, divorced, remarried Catholic families by awarding the James J. Young* Ministry Award. Since 1993, there have been 5 individuals from this area that have been honored with this very prestigious award.

Sr. M. Joannes Clifford, R.S.M.	- 1993	MD	Mentor, C.S.A.C.
Fr. Vince O' Brien, S.J.	- 1996	VA - shared	
Caroline Mallett	- 1996	VA - shared	
Dorothy Levesque	- 2000	RI	2010 keynote presenter
Carrie Hansen	- 2002	MD	2010 keynote presenter
Mary Ann Leard	- 2004	MD	Conference chairperson

President: Catholic Single Again Council of Baltimore, Inc.

C.S.A.C. is the sponsor organization for this event: the Conference In Columbia

* Rev. James J. Young, founder of the movement which became the NACSDC

DIRECTIONS

1. From I-95 (exit 41 B), follow Route 175 WEST towards Columbia.
2. From Route 175 WEST, take the 3rd exit onto Snowden River Parkway. At the end of the exit ramp, turn LEFT at the light to go SOUTH.
3. Follow Snowden River Parkway to the 2nd light and turn RIGHT onto McGaw Road, where you see Apple Ford.
4. Follow McGaw Road, and immediately past the strip mall stores, but just before the light at the intersection of McGaw and Dobbin Roads, turn RIGHT into the Graduate Center Parking Lot.

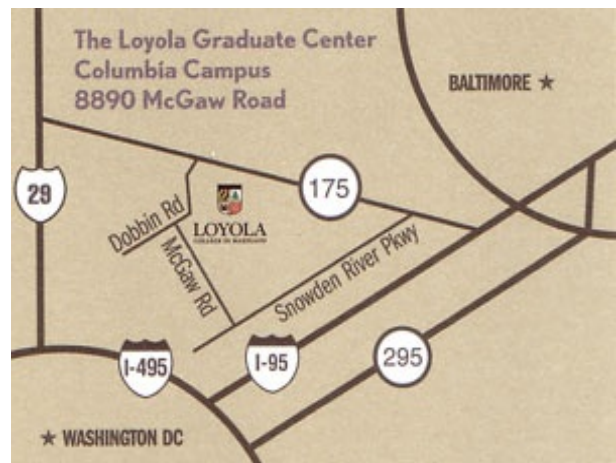
From Rt. # 29

Proceed on Rt. 175 East approx. 2½ miles turning RIGHT onto Snowden River Parkway.
Follow # 3 above.

CONFERENCE CONTACT INFORMATION

Baltimore	410 - 485 - 8313
MD	410 - 302 - 0754

e-mail questions to
SingleAgainCouncil@yahoo.com
Visit us on the web to
download additional registration forms and view map
<http://www.ConferenceInColumbia.Itgo.com>



We know you will benefit from the time and energy you invest in these workshops.

the Conference Planning Committee

Catholic Single Again Council - an all volunteer endeavor

A limited number of partial scholarships for this event are available, request information from:

Mary Ann @ 410 - 485 - 8313

“ FLOURISH . . . Don't Flounder ”

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Sponsored by The Catholic Single Again Council of Baltimore, Inc.

Please PRINT all information clearly

Name: _____

Address: _____

City: _____ St: _____ 9 digit Zip Code: _____ - _____

e-mail address: _____

phone # [home] (_____) _____ [alternate] (_____) _____

Payment method: circle appropriate selection

CASH CHECK VISA MASTER CARD DISCOVER CARD

Make checks payable to: **Catholic Single Again Council of Baltimore, Inc.**

Early bird registration (if received by April 9th 2010) \$ 43. Walk-in registration \$ 48.

16 digit credit card number: _____ - _____ - _____ - _____

Credit card expiration date: (2 digit month) _____ (4 digit year) _____

Printed name as it appears on credit card: _____

Signature of cardholder: _____

Mail completed registration form, with check or credit card information and signature to:

S. Hesmar

c/o Catholic Single Again Council of Baltimore
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