

WHERE DO YOU FIND JOY

Changing Crisis

... to Opportunity



Separated • Divorced • Bereaved • Remarried

Conference In Columbia

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

Saturday April 18th 2009
Loyola College Graduate Center
Columbia • Maryland

layout - tim fay

“Where Do You Find Joy . . . Changing Crisis to Opportunity”

Saturday April 18th 2009

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

ABOUT THE CONFERENCE

“Where Do You Find Joy . . . Changing Crisis to Opportunity” was chosen as our theme to emphasize the options now available. There is a Chinese symbol that represents both risk and opportunity . . . it depends on the individual interpretation. Our hope is that attending this conference today you will take the risk to be open to new opportunities for growth.

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
William (Bill) Urbine, D.Min.
and Carol Barron, M.S.
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: Personal crisis touches everyone in one way or another. Deacon Bill is a graduate of DeSales University where he has been teaching for 29 years as an adjunct instructor in the theology department. He has also received Master's degrees from Lehigh and LaSalle University. He holds a D.Min. from Palmer Theological in Philadelphia. He is the coauthor of four volumes on church teaching on marriage and family and also To Trust Again--A Remarriage Preparation Program. He is married, the father of five, and grandpop to 10.

Carol Barron is a graduate of Kutztown University with a M.S. in Elementary Education and a Masters Degree from Chestnut Hill College in Counseling Psychology and Human services. She is the registered director for Rainbows (an international grief support program for

children) for the diocese of Allentown. She has attended several educational workshops with Dr. Alan Wolfelt at his center for loss in Colorado. Carol has also facilitated grief support groups for many years as well as training and given presentations on grief. She is divorced, the mother of four children.

* * 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 from Ave Marie Press will be available for purchase.

CASH • CHECKS
VISA • MASTERCARD • DISCOVER CARD

This conference is funded by donations, registration fees and a portion of the proceeds from the Conference Bookstore sales. Supporting the Conference Book store helps to enable the continuation of the Conference. Find that “hard to get” book or CD that will keep the spirit and memory of this day alive.

- 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, formally the N.A.C.S.D.C., the international North American Conference of Separated and Divorced Catholics.

- Consultation for the Parents of children who are undergoing divorce. Gain a better understanding and direction concerning difficulties you may be having with your children as a result of your separation or divorce. Lynn Cassella-Kapusinski, is the president and founder of the Faith Journeys Foundation, Inc. (www.FaithJourneys.org). Her work with children of divorce was recently recognized by His Holiness Pope Benedict XVI.

(limited appointments - advanced sign-up required)

Please e-mail Lynn at FJourneys@aol.com to reserve your session, a sign-up sheet will also be available on the day of the Conference.

- Seated Massage
Reduce mental and physical fatigue, stress and anxiety by experiencing a 15 minute seated massage by a trained practitioner.

(limited appointments - advanced sign-up required)

- Reike

As holistic medicine becomes increasingly popular, Reike is being hailed as a treatment for helping body, mind and spirit. Reike, a Japanese word for universal energy, is a method of transferring the energy from a certified practitioner to you.

- Reflexology

By applying pressure, strength and movement to the feet and hands, stress is reduced and resets the homeostasis or tension level of the body's equilibrium.

(limited appointments - advanced sign-up required)

- Fr. Joe Breighner - Media Works

If you have ever heard Fr. Joe speak either on WPOC radio station, in person or read his column in the Catholic Review, you will want to take home a book, tape 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: Joy is knowing that you are loved in times of crisis and loss. True joy comes from inner peace and acceptance of self during challenging times. This presentation will provide those who have experienced the ending of a relationship with insights and strategies to move from sadness to joy and to discover opportunities for growth that crisis can provide.

(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, is a lecturer, writer, host of the weekly syndicated radio show "Country Roads" and a columnist in The Catholic Review.

(II) *

3. Why is Anger a Blessed Energy ? Too often anger is perceived as something evil and destructive but anger is energy. This workshop will explore the dynamics of energy and the positive ways of dealing with this blessed energy. **Bro. Loughlan Sofield**, S.T. is Senior Editor of Human Development magazine and international presenter of psychology and ministry workshops.

(II) *

4. Blessed are they that mourn: This presentation will help us understand the importance of mourning our losses and how it can be a means of physical, intellectual, emotional and spiritual growth.

Carol Barron, M.S., (see keynote presenters)

(II) **

5. "Finding Joy in Good Communication: Building Better Relationships"

Good communication is the foundation of positive relationships. Healthy relationships are on a continuous journey to achieve mutual understanding and shared meaning. Effective communication enables the dialogue needed for collaboration and cooperation. This workshop will help participants discover the joy in good communication which leads to better relationships.

Diane L. Dixon, EdD, Managing Principal, D. Dixon & Associates, LLC

(II) *

6. Intimacy & Sexuality: Explore the dimensions and expressions of human intimacy and sexuality through a guided discussion focusing on uncovering myths and misconceptions.

William F. Urbine, D.Min. is the Family Life Director of the Diocese of Allentown, PA., an ordained deacon and a therapist in private practice.

(II) ****

7. Moving Toward Healthy Relationships: Examine ways of thinking differently about being single which will help to know and trust our inner resources in order to move on to a new phase of our life.

Carrie Hansen, LCSW-C, is an individual, couples, family therapist, and workshop presenter and a recipient of the distinguished Rev. James J. Young Award for ministry.

(II) ***

8. Exploring Remarriage: What does it take to have a good healthy relationship in your second marriage? Panel presentation by couples sharing their experiences, issues, joys and struggles with their remarriage.

Panel discussion with several remarried couples lead by **Carrie Hansen**, LCSW-C, (see workshop # 7 above).

(III) ****

9. The Elephant in the Room . . .

is Your “Optimistic” Personality.

Woodrow Powell, Ph.D., director of Major Gifts and Planned Giving for the Community College of Baltimore County. He is a national known speaker at conventions and conferences intent in bringing out “the better you”. Join Woody in his discussion of the behavioral tools that we all possess and to achieve life goals while at same time feeling fantastic.

(III) * *

10. Single and Laid Off - Tips for Survival: During these tough economic times, layoffs are increasing. A layoff from a job can be devastating for anyone but for a single person it is even harder. Job loss is one of the most difficult life transitions that anyone can face. However, it can be a time of renewal and an opportunity to discover deeper meaning in your life that will help you to make the best choice for a new career. This presentation will share tips for survival and describe ways to discover the good that can come from this experience.

Diane L. Dixon, Ed D, Managing Principal, D. Dixon & Associates, LLC

(III) * * * *

11. ANNULMENTS — Myths and Facts: What does it involve. The annulment procedures are explained will emphasis on the burden and potential for growth.

Fr. Gene Nickol, a priest for 36 years, is currently the Pastor of Our Lady of the Fields Church in Millersville. He has been an Advocate on the Baltimore Archdiocesan Marriage Tribunal since 1979. He enjoys helping people receive closure for past failed marriages and helping them be able to celebrate anew with someone they love in the sacrament of marriage.

(III) * * *

12. Ministry Networking: Is it time for you to give back? 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 has lead groups at St. Mark’s in Catonsville as well as facilitated Divorce Recovery groups. Personally, Trina has experienced divorce, remarriage and recent widowhood.

(III) * * * *

workshop	Quick locator for workshops		Session		
	Title and Presenter		I	II	III
Keynote	WHERE DO YOU FIND JOY ... CHANGING CRISIS TO OPPORTUNITY	William (Bill) Urbine, D.Min. and Carol Barron, M.S.			
1					
2	TRANSFORM YOUR THOUGHTS, ... TRANSFORM YOUR LIFE	Fr. Joe Breighner			
3	WHY IS ANGER A BLESSED ENERGY ?	Bro. Loughlin Sofield, S.T			
4	BLESSED ARE THEY THAT MOURN	Carol Barron, M.S.			
5	FINDING JOY IN GOOD COMMUNICATIONS:	Diane L. Dixon, Ed D			
6	INTIMACY AND SEXUALITY	William (Bill) Urbine, D.Min.			
7	MOVING TOWARDS HEALTHY RELATIONSHIPS	Carrie Hansen, LCSW-C			
8	EXPLORING REMARRIAGE: panel discussion	Carrie Hansen, LCSW-C			
9	THE ELEPHANT IN THE ROOM . . .	Woodrow Powell, Ph.D.			
10	SINGLE AND LAID OFF	Diane L. Dixon, Ed D			
11	ANNULMENTS MYTHS AND FACTS	Fr. Gene Nichol			
12	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.

A word about:

**Catholic Divorced Ministry of the
North American Conference of Separated and Divorced Catholics.**

NACSDC is a Catholic Ministry for Divorced and Separated, 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, 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, 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.

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
Fr. Vince O' Brien, S.J.	- 1996	VA - shared
Caroline Mallett	- 1996	VA - shared
Dorothy Levesque	- 2000	RI
Carrie Hansen	- 2002	MD
Mary Ann Leard	- 2004	MD

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 - 724 - 0073
Harford Co.	410 - 638 - 1430
DE / PA	302 - 762 - 6306

e-mail questions to
ConferenceInColumbia@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

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

Mary Ann @ 410 - 485 - 8313

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The Conference In Columbia • April 18th 2009
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: _____

[home] phone # (_____) _____ [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 10th 2009) \$ 40. Walk-in registration \$ 45.

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
8369 Montgomery Run Road • Condo E
Ellicott City • Maryland • 21043 - 7363