

Diocese of Richmond

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Office of the Bishop

Dear Sisters in Christ,

I want to welcome each of you for our first diocesan-wide Catholic Women's Conference. As Catholic women in the Diocese of Richmond, you come from parishes far and wide in order to gather with your sisters in the faith. As you approach this day, I hope you will come away rested, inspired, and renewed to continue carrying out the message of the Gospel with enthusiasm.

This year's theme is "**Peace in the Fast Lane**" where we are reminded that in the midst of our busy lives, there is still the great potential for a peace that is found only through a real encounter with the person of Christ. In this climate where the Holy Father has recently called upon people to pray for peace in troubled areas of the world, we are reminded of our deep and longing need for the peace that Christ alone can give to the world. I pray that you find that peace in your own hearts so that you are better able to be a light of Christ's peace to others so that they too might encounter Him. I am counting on each of you to leave this Women's Conference with a new peace that comes from Christ and lends passion to your Catholic faith and a renewed zeal to share it with your families, your parishes, and your friends.

As your Bishop, I want to thank you for your commitment to the faith—whatever your vocation in life. Your decision to say yes to Christ and to choose Him above all other things will have a huge effect in your lives and will bring peace that the world cannot give. May your time here with friends, old and new alike, help you to come to understand God's loving will for your lives and enable you to live the faith with joy. I want to personally challenge each of you to celebrate the Mass with joy, to pray for peace in front of the Holy Eucharist, and to celebrate the Sacrament of Penance with humility and courage.

With every good wish, I remain,

Sincerely yours in our Lord,

A handwritten signature in black ink that reads "Francis X. Di Lorenzo".

Most Rev. Francis X. DiLorenzo
Bishop of Richmond

September 2013

SCHEDULE OF EVENTS

Saturday, September 28, 2013

8:15 am	Check-in Expo open	LOBBY
9:00 am	Opening General Session <i>Music, Raffle drawings, Keynote #1</i>	B15ABC
10:30 am	Breakout Sessions: Round One	B11,12,13 B17,18,19 B15ABC
11:30 am	Daily Mass	B15ABC
12:30 pm	Lunch buffet Expo open	E21ABC LOBBY
12:45pm	Sacrament of Reconciliation available	B15ABC
2:00 pm	General Session <i>Music, Raffle drawings, Drama</i>	B15ABC
2:45 pm	Breakout Sessions: Round Two	B11,12,13 B17,18,19
3:45 pm	Closing Session <i>Raffle drawings, Testimony, Keynote #2</i> <i>Music, Prayer</i>	B15ABC
5:15 pm	Conference ends	

B15ABC	GENERAL SESSION ROOM
LOBBY	EXPO AREA
B14	BLESSED SACRAMENT CHAPEL
B11,12,13 B17,18,19	BREAKOUT SESSION ROOMS
E21ABC	LUNCH

RENÉE BONDI



At age 29, Renée Bondi was engaged to be married and had a beautiful singing voice, a thriving career as a music teacher, and a loving family. But then one night a bizarre accident shattered her spine and left her quadriplegic. Her life changed forever. Renée lost not only all use of her hands and legs, but also her singing voice — she could barely speak above a whisper. Unwilling to accept that her life was over, Renée searched her heart and sought the Lord for direction. Although there were many dark days, Renée continued to persevere.

Against all odds and all physicians prognosis, Renée’s voice was miraculously restored with a crystal clear, angelic sound. Renée harnessed her talents to inspire and give hope to others.

An incredibly gifted Christian singer before her accident, Renée has augmented her gifts to include a dynamic speaking ability that grabs her audiences. Whether performing a powerful concert or sharing her profound and victorious story that includes paralysis and a life confined to a wheelchair, those who hear Renée are uplifted and mesmerized by her angelic voice, music and messages. Most importantly, all who hear Renée are encouraged to pursue a personal relationship with Jesus Christ.

MARIE MILLER

Growing up in the Shenandoah Valley, the third of ten children, Miller began singing at the age of seven. At the age of twelve she joined her family band, playing festivals and churches, and trading off lead and harmony vocals in duets with her sister Justina, with whom she was billed as the Miller Sisters. Their parents backed them up on guitar and upright bass, as Marie played mandolin, guitar, and eventually bouzouki. Her family band focused largely on playing bluegrass, a genre that's about both musicianship and tradition.

A studious child who loved reading the classics, especially *Little Women*, which seemed to mirror her relationship with her sisters, Marie also began writing songs, which changed her life, allowing her to turn her dreams and ideas into music. "These songs are stories of my life, emotional snapshots of Marie Miller", explains the 23-year old. "They come from deep inspiration, about big moments that have taught me important things and shaped who I am.



Just as Marie insists on writing from true experience, her music blurs the lines in defining her style. She aims only for the right musical bed for her lyrics, crafting songs that appeal across many genres. Such original tunes as "You're Not Alone," "To Be Loved," "Unconscious," "Fall Alone," and "6-2" will likely find listeners in every format from Triple A, Americana, front porch folk to "nuegrass" to country and classic pop.

She delivers them all in a strong, warm, unfettered soprano that connects with the head and the heart at precisely the same time. Instead of striking a choreographed stance or projecting a manufactured persona, Miller insists on just being herself.

As she puts it: "My image is just who I am. I am a folk artist, a singer-songwriter who grew up loving fairy tales, the Wizard of Oz, and Alice in Wonderland. So there's a little bit of a theatrical, whimsical look to what I'm about. But it's all real."

BREAKOUT SESSION: ROUND ONE (10:30-11:15)

Session Topic	Speaker	Location
Let It Be So: Women Saints	Joan Nelson	B11
Called to Mission: Your role in the New Evangelization	Ruth Kalscheur	B12
Maintaining a Daily Prayer Life	Barbara Hughes	B13
A Wellness Practice for Body, Mind, and Soul	Ann Hughes	B17
Aging is a Family Affair – Part One	Mary Ann Massey, Ed.D.	B18
Natural Family Planning	Karen Poehailos, MD, CFCMC	B19

BREAKOUT SESSION: ROUND TWO (2:45-3:30)

Session Topic	Speaker	Location
Women in Scripture	Terry Hughes	B11
Called to Mission: Your role in the New Evangelization	Ruth Kalscheur	B12
Maintaining a Daily Prayer Life	Barbara Hughes	B13
A Wellness Practice for Body, Mind, and Soul	Ann Hughes	B17
Aging is a Family Affair – Part Two: Chicken Soup for Caregivers of Aging Family Members	Mary Ann Massey, Ed.D.	B18
NaPro Technology: A Medical Breakthrough in Women's Health	Christine Hemphill, MD, NFPMC	B19

BREAKOUT SESSION DESCRIPTIONS

Let It Be So: Women Saints

In this session we will learn some (hopefully) new things about some famous saints, hear about some saints who might be less well-known, and spend some time praying about how we might say yes in response to the call to holiness that each of us receives.

Women in Scripture

The women of scripture are fascinating. They are strong and forthright. They are focused. We will be exploring the six covenants that make up the overarching theme of scripture and those women who lived in those covenants.

Called to Mission: Your role in the New Evangelization

The Church needs you! Discover the call God has placed on each of your hearts to bring the Gospel to all people. Come hear firsthand stories of evangelization, have your fears put to rest, and learn how you too can evangelize in your everyday life!

Maintaining a Daily Prayer Life

This session will explore prayer as something we become, rather than something we do by confronting common myths and obstacles that accompany the desire to maintain a daily prayer life.

A Wellness Practice for Body, Mind, and Soul

The physical practice called hatha yoga is a beneficial wellness practice for all people. Keeping healthy and active is an important part of overall spiritual health. This session will allow participants to experience basic chair and standing hatha yoga poses, breath awareness, and stillness while incorporating traditional Catholic prayers.

Aging is a Family Affair – Part One

Families with aging members may want to share their stories sooner rather than later. Yet, many put it off. Why? We look at stats on the 'new' family, how old wounds affect them, making changes, living arrangements, choices, doing the right thing, family rules, and end of life times. Let's talk!

Aging is a Family Affair – Part Two:

Chicken Soup for Caregivers of Aging Family Members

Aging family caregivers are full or part time, live nearby, or help from a distance. Each has challenges, frustrations, unique opportunities, and special needs. All experience burn-out. All need respite time. If you are a caregiver, how do you take care of yourself for the long haul? Let's talk!

Natural Family Planning: Healthy, Safe, Effective, and Marriage Building

In this session, you will have an overview of the different methods of NFP offered in the Richmond Diocese. You will get to see some of the content of the introductory classes, and see similarities and differences among the different methods in order to decide what method is right for you. Time will be allowed for questions to help with your decision process. Come learn about how healthy, safe, effective, and marriage-building NFP can be!

NaPro Technology: A Medical Breakthrough in Women's Health

Learn about the New Women's Health Science of NaProTECHNOLOGY®, which allows women to participate in their own healthcare in a manner that cooperates with the body's natural cycle. Find out how to empower mothers, daughters, sisters, friends, and yourselves through a better understanding of the female body. Discover how gynecologic problems can be corrected instead of covered up by hormonal contraception. See how problems with miscarriage and infertility can be addressed while still following the teachings of the Catholic Church.

ABOUT THE BREAKOUT SESSION SPEAKERS

CHRISTINE HEMPHILL, MD, NFPMC

Dr. Christine Hemphill received her medical degree from the Medical University of South Carolina and completed her OB/GYN residency at Pitt County Memorial Hospital/East Carolina University. In addition, Dr. Hemphill completed a fellowship in Medical and Surgical NaProTECHNOLOGY® at the Pope Paul VI Institute with Dr. Thomas Hilgers, co-creator of the Creighton Model FertilityCare™ System. Dr. Hemphill is an active candidate of the American Board of Obstetrics and Gynecology. She has been trained to surgically treat endometriosis, tubal disease, chronic endometritis, polycystic ovarian syndrome, pelvic adhesions in ways which will preserve fertility and decrease the formation of future pelvic adhesions (scarring). In addition to this training, Dr. Hemphill treats thyroid system dysfunction, abnormal mucus cycles, ovarian cysts, postpartum depression as well as implementing obstetrical care which greatly reduces the preterm delivery rate.

Favorite Scripture: 2 Timothy 1:7 | For God has not given us the spirit of fear; but of power, and of love, and of sound mind.

BARBARA HUGHES

Barbara Hughes has a Master's degree in Formative Spirituality. An author, and columnist with *The Catholic Virginian*, she is an experienced retreat facilitator and spiritual guide, whose works on spirituality have been widely published. She is a wife, mother of 5 children, grandmother, and a Secular Carmelite.

Favorite Scripture: Matt 11:28 | Come to me all you who labor and are burdened and I will give you rest.

TERRY HUGHES

Terry was born in Staunton, VA and transplanted to East Tennessee. A graduate of the University of Tennessee, she moved back to Virginia with her husband 34 years ago. Since then she has been a house wife, helping her husband raise 8 foster children, and a DRE for 25 years. Retired from parish service, she now devotes herself to her real passion...teaching scripture in various venues.

Favorite Scripture: Psalm 119:15 | Thy word is a lamp unto my feet and a light unto my path.

ANN HUGHES

Ann is an active member of St. Edward the Confessor with husband Ed. She is on the CDR Commission for Ministry for Persons with Disabilities, a natural extension of her lifelong work as a teacher of the deaf. Ann's avocation for 12+ years is teaching hatha yoga and is grateful to share it today.

Favorite Scripture: Psalm 46:10 | Be still, and know that I am God.

RUTH KALSCHER

Ruth grew up in Beaver Dam, Wisconsin, graduated from Vanderbilt University, and currently works as a FOCUS missionary (Fellowship of Catholic University Students). She spent three years as a missionary at the University of Pittsburgh and is currently in her second year as the FOCUS team director at the University of Virginia.

Favorite Scripture: Romans 5:8 | But God proves his love for us in that while we were still sinners Christ died for us.

MARY ANN MASSEY

Mary Ann Massey is a seasoned Marriage/Family Therapist at the Lake Anna Therapy Center in Louisa, and a long-time leader of women's spiritual days of reflection. She is excited about her book, *Aging is a Family Affair*. She lives with her husband on Lake Anna and enjoys visits with her daughters and their families.

Favorite Scripture: Philippians 1:6 | And I am sure of this, that He who began a good work in you will bring it to completion in the day of Christ Jesus.

JOAN NELSON

Joan Nelson and her husband Mike have three young daughters. Joan has worked at St. Edward the Confessor Catholic Church in suburban Richmond since 2001, and is currently the Director of Evangelization of Young Adults and Young Families.

Favorite Scripture: Hosea 6:3 | Let us know, let us strive to know the LORD; as certain as the dawn is his coming. He will come to us like the rain; like spring rain that waters the earth.

KAREN POEHAILOS, MD, CFCMC

Dr. Karen D. Poehailos is the Natural Family Planning (NFP) Coordinator for the Catholic Diocese of Richmond. She is married, and the mother of four sons who are in high school and college; and she can usually be found driving them to music, Scouts, or cross-country. A native of Baltimore, she is a graduate of the University of Virginia School of Medicine and its Family Medicine residency, and is currently in full-time private practice in Charlottesville. She completed the Natural Procreative Technology Medical Consultant Course at the Pope Paul VI Institute in 2012, and loves helping women with their reproductive health needs in a holistic, healthy, effective way that is in accord with the Church teachings.

Favorite Scripture: Psalm 117 | O praise the Lord, all you nations, acclaim him all you peoples! Strong is his love for us; he is faithful forever.

EXPO AREA

We are pleased to welcome several ministries and vendors to our Expo Area in the main lobby. Representatives from many of these ministries are available to answer questions and give out information about what they do. Vendors have several items available for sale.

MINISTRIES

Catholic Daughters of America
Office of Catholic Schools
Office of Christian Formation
Christ Renews His Parish (CRHP)
Diocesan Council for Catholic Women
Engaged Encounter
Legion of Mary
Marriage Encounter
Natural Family Planning
Rachel's Vineyard
Spiritual Direction Academy
Virginia Catholic Conference

Vocations:

Little Sisters of the Poor
Comboni Missionary Sisters
Bernardine Franciscan Sisters
3rd Order Secular Franciscans

VENDORS

Renée Bondi
Marie Miller
Arlene's Accessories
Bon Secours Health System
JMJ Catholic Books
Lighthouse Catholic Media
Religious Goods Shop
The Sun Style and Design
Beach Body Massage
Camille Bird Massage Therapy