

Diocese of Richmond

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Office of the Bishop

Dear Sisters in Christ,

I want to welcome each of you for our second 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.

The theme this year is "**Women on the Way**" and this is certainly true in many respects. I am reminded that in the midst what sometimes can seem like the chaos of life, you are all called to be disciples of Jesus Christ. Jesus said, "I am the way, and the truth, and the life" (John 14:6). I pray that you find the way to a personal encounter with Jesus so that you might carry the truth of the Gospel with you always and share your life with others who need to know God's love.

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 the joy of Christ to all those you encounter. 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. DiLorenzo". The signature is written in a cursive style with a cross at the beginning.

Most Rev. Francis X. DiLorenzo
Bishop of Richmond

November 2014

SCHEDULE OF EVENTS

Saturday, September 28, 2013

| | | |
|----------|--|---------------------------------------|
| 8:00 am | Check-in Expo open | UP & DOWNSTAIRS LOBBIES |
| 9:30 am | General Session | B21C |
| 11:00 am | Breakout Sessions: Round One | B10,12,13 B16,17,18,19 B15A,B,C |
| 12:00 pm | Lunch buffet Sacrament of Reconciliation available Expo open | B21AB B21C |
| 1:30 pm | Breakout Sessions: Round Two | B10,12,13 B16,17,18,19 B15A,B,C |
| 2:30 pm | General Session | B21C |
| 4:00 pm | Vigil Mass | B21C |
| 5:00 pm | Conference ends | |

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| B21C | GENERAL SESSION ROOM RECONCILIATION |
| B21AB | LUNCH |
| B21ABC LOBBY | EXPO AREA – VENDORS |
| B15ABC LOBBY | EXPO AREA – MINISTRIES |
| B16 | BLESSED SACRAMENT CHAPEL |
| B10,12,13 B17,18,19 B15A,B,C | BREAKOUT SESSION ROOMS |
| B11 | NURSERY |

SISTER MIRIAM JAMES, SOLT



Our keynote speaker, Sister Miriam James Heidland, SOLT, is a member of the Society of Our Lady of the Most Holy Trinity. Sister Miriam graduated from the University of Nevada on a volleyball scholarship and, in a moment of radical conversion, heard Jesus call her to be his bride. She speaks often on the theology of the body, healing in Jesus, pop culture and beauty, and the transforming power of authentic love. Through engaging media, personal stories, and the beauty of Church teaching, Sister Miriam strives to bring the power of God's love to life in the hearts of those to whom she speaks.

SARAH HART

Our guest musician and emcee, Sarah Hart, most recently released *Above Earth's Lamentation*, her eighth album as a solo artist. That collection of songs, captured with Nashville producer Paul Moak, comes during a fruitful songwriting season for Hart. Amy Grant, Celtic Woman, Matt Maher, Jason Crabb and The Newsboys are among those who've recently recorded her songs, and Grant's recording of "Better Than a Hallelujah" (for 2010's *Somewhere Down the Road*) earned Hart a Best Gospel Song Grammy nomination. She has also had several song placements in film and television, and her songs appear in hymnals all across the world. In October of 2013, Sarah was invited to perform for Pope Francis and a crowd of 150,000 in St. Peter's Square.



BREAKOUT SESSION: ROUND ONE (11:00-11:50)

| Session Topic | Speaker | Location |
|---|-----------------------------|-----------------|
| Challenges Facing the Modern Family | Bishop Francis X. DiLorenzo | B10 |
| The Divine Mercy Chaplet: Sing Your Cares to the Lord | Dina Manriquez | B12 |
| Catholic Women: United in Faith (in Action) | Louise Hartz & Kim Hulcher | B13 |
| From Mary's Lips to Our Hearts | Barbara Hughes | B15A |
| Beautiful the Mess We Are: Real Families, Real Faith, Real Love; and Embracing the Fun in Dysfunction | Sarah Hart | B15B |
| Aging is a Family Affair: Reflections to guide your own journey | Mary Ann Massey, Ed.D. | B15C |
| Holy Hour: Exposition and Benediction | Fr. Michael Boehling | B16 |
| Walking the Twists and Turns of Life: A Prayer Labyrinth | Self-guided | B17 |
| SuperNatural Living | Linda Bennett | B18 |
| A Wellness Practice for Body, Mind, and Soul | Ann Hughes | B19 |

BREAKOUT SESSION: ROUND TWO (1:30-2:20)

| Session Topic | Speaker | Location |
|--|------------------------------|-----------------|
| Discovering God's Love through the Doggie Door | Dr. Patricia Clement, D.Min. | B10 |
| The Women of Salvation History | Terry Hughes | B12 |
| The "I" of the Beholder: Art, Beauty, and Sacrament | Timothy Andrus | B13 |
| From Mary's Lips to Our Hearts | Barbara Hughes | B15A |
| It is Well With My Soul (and Body): The Science Behind Health Benefits of Our Religious Practice | Karen Laing, RN | B15B |
| Divorce Time: The Healing Process at Work | Mary Ann Massey, Ed.D. | B15C |
| Blessed Sacrament Chapel open for prayer | | B16 |
| Walking the Twists and Turns of Life: A Prayer Labyrinth | Self-guided | B17 |
| A Wellness Practice for Body, Mind, and Soul | Ann Hughes | B19 |

BREAKOUT SESSION DESCRIPTIONS

Challenges Facing the Modern Family (B10 – Round One)

What does it mean to call the family the “domestic Church”? How can modern families be equipped to incarnate the Christian life in their households? Come hear the Bishop’s reflections on the challenges facing the modern family.

The Divine Mercy Chaplet: Sing Your Cares to the Lord (B12 – Round One)

The message of The Divine Mercy is simple. It is that God loves us — all of us. And, he wants us to recognize that His mercy is greater than our sins, so that we will call upon Him with trust, receive His mercy, and let it flow through us to others. Thus, all will come to share His joy.

Catholic Women: United in Faith (in Action) (B13 – Round One)

Multigenerational voices of women in action from women who are participating in the church in Richmond and worldwide. By their actions the presenters will show the evolution of the role of women. Evangelization is happening by women today and tomorrow. Reverend Brian Capuano will close with answering questions.

From Mary’s Lips to Our Hearts (B15a – Round One and Two)

In these times, with multiple wars waging, a culture that is becoming more and more secularized and many Catholics leaving the church, we have a Mother who is guiding us along a way that is filled with hope. The future is not set in stone. We have a role to play. Mary’s call for prayer and penance is not as outdated as some presume. In fact the message of Fatima has never been more relevant. Did you know that Fatima was named after a Muslim princess? This session will explore the theology behind private revelation and how it relates to Pope Francis’ use of the term gradualism.

Beautiful the Mess We Are: Real Families, Real Faith, Real Love; and Embracing the Fun in Dysfunction (B15b – Round One)

“It is so very important to reaffirm the family, which remains the essential cell of society and the Church.” - Pope Francis

We are family! Love is a messy and beautiful thing. Through the experience of the Holy Family, we recall how God reveals himself to us in every pile of laundry, each laugh at the table, every tear and struggle and joy and general insanity of the day-to-day. Christ reveals

himself in those wonderful, crazy people we are closest to. We'll talk about letting go of the guilt of not being the "perfect" family; and embracing the grace of God who loves us in our imperfections. We are REAL families; and God alone is enough in the midst!

Aging is a Family Affair: Reflections to guide your own journey (B15c – Round One)

The Aging of America brings Aging family issues to all households. Talking over the host of transition issues can smooth the journey, respect differences, and support independence. Let's talk about two important parts of the story: 1) how to start the conversation in your home, deciding your own role with your loved one, finding the 'right thing' for your family, and asking the direct and hard questions about dying choices; and 2) your own aging journey: how will you grow old, what do you want for yourself, who will you share your needs with, where will you want to live, and all those good aging questions? Of course, we want to age well - so, how will we accomplish that? Some national statistics will amaze and encourage you about those who share your journey! Let's talk...

Holy Hour: Exposition and Benediction (B16 – Round One)

Need some time with the Lord? Father Michael Boehling will offer a holy hour during this breakout session time as an opportunity for people to spend some time at the feet of Jesus. Never been to a holy hour? No problem, there will be worship aides to help you along.

Walking the Twists and Turns of Life: A Prayer Labyrinth (B17 – Round One and Two)

The Labyrinth is an ancient prayer that combines walking twists and turns and prayer. This is an individual prayer intended to give you time to listen to God. You are welcome to come and walk the labyrinth and pray or just come, sit and watch others as they walk the Labyrinth. Prayer material will be provided or you can bring your own.

SuperNatural Living (B18 – Round One)

Ever wonder if there is a connection between living without chemicals and Church teaching? Come and learn some simple ways of making a difference in respecting our bodies and the environment.

A Wellness Practice for Body, Mind, and Spirit (B19 – Round One and Two)

The physical practice of hatha yoga can be beneficial in developing and maintaining a healthy body. The present moment awareness that yoga provides can benefit overall spiritual health. This session will use traditional Catholic prayers and liturgical songs to help participants experience some basic yoga poses, breath awareness, and stillness.

Discovering God's Love through the Doggie Door (B10 – Round Two)

Prayer is essentially our loving God's attempt to communicate with creatures who have limited intelligence and attention spans: US!! Patricia Clement and her rescue dog, Mr. Bojangles, will share what they learned about Prayer and God's Love as they trained together to become a Therapy Dog Team.

The Women of Salvation History (B12 – Round Two)

Throughout Salvation History God has used the medium of the Covenant. We have spoken often of the men of the Covenants. This session will be about the women of the Covenants.

The “I” of the Beholder: Art, Beauty, and Sacrament (B13 – Round Two)

The visual arts, once so prominent in the life of the Church, now play only a small role. What has caused this apparent decline and how can a proper understanding of art and beauty help to revitalize the faith of Catholics today?

It is Well With My Soul (and Body): The Science Behind Health Benefits of Our Religious Practice (B15b – Round Two)

We will look at what science is showing us about the physical health benefits of such things as participating in a faith community, forgiveness, prayer, and meditation. We will close with a relaxation experience.

Divorce Time: The Healing Process at Work (B15c – Round Two)

Are you going through divorce or have friends or family who are? New beginnings call for letting go of old dreams and embracing new ones. YET...there is much to learn, transitions to understand and endure, life to reclaim, and healthy choices to make. Let's talk ... about the many stages in the process that affect you and those you love, and new wisdom that emerges with each stage.

ABOUT THE BREAKOUT SESSION SPEAKERS

TIMOTHY ANDRUS

Timothy Andrus was originally drawn to the Church through art, and became Catholic in 2006. He is completing a Ph.D. in Art History at Virginia Commonwealth University (VCU), where he also earned a Bachelor of Fine Arts in Painting and Printmaking. He and his wife, Malou, married in June 2014 and live in Richmond.

Favorite Scripture: | John 4:7 | Beloved, let us love one another; for love is of God, and he who loves is born of God and knows God.

LINDA BENNETT

Linda Bennett holds a Master's degree in Pastoral Studies from Loyola, New Orleans. She is an advocate for holistic living and is certified as a Master Herbalist. Her family is her greatest blessing. She currently serves as the Director of Evangelization at Saint Andrew Catholic Church in Roanoke.

Favorite Scripture: Genesis 9:16 | As the bow appears in the clouds, I will see it and recall the everlasting covenant that I have established between God and all living creatures.

DR. PATRICIA E. CLEMENT, D.MIN

Patricia Clement has been serving in Catholic Leadership for over 25 years. She is currently the Director of Religious Education at Saint Ann Catholic Church in Colonial Heights and an Adjunct Professor for Saint Leo University. Patricia and Mr. Bojangles, are a nationally certified therapy dog team. Together, they visit local senior centers.

Favorite Scripture: Matthew 25:39 | Amen, I say to you, whatever you do for the least of mine, you do for me.

BISHOP FRANCIS X. DiLORENZO

Francis Xavier DiLorenzo was named 12th Bishop of Richmond by Pope John Paul II on March 31, 2004. Currently, Bishop DiLorenzo serves as a member of the USCCB Committee on Cultural Diversity in the Church. He has served as a member of the Administrative Committee and also as chairman of the Committee on Science and HumanValues. In an earlier term as chairman of that committee, he inaugurated a series of popular teaching brochures, reflecting the bishops' consultations with top scientists on topics such as the relationship of science and religion and ethical issues in the rapidly growing fields of genetic testing and genetic screening. In previous years, he also served the USCCB committee on doctrine and the ad hoc committee on bishops' life and ministry.

Favorite Scripture: Acts 2:42 | “They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer.”

ANN HUGHES

Ann is an active Saint Edward the Confessor parishioner and member of the CDR Commission for Ministry with Persons w Disabilities. She lives in Richmond where she is the education specialist for deafness at VCU's Partnership for People with Disabilities. Her vocation as a yoga teacher for 12+ years keeps her balanced!

Favorite Scripture: Philippians 4:13 | I can do all things through Christ which strengthens me.

BARBARA HUGHES, M.A.

Barbara Hughes is a columnist for "The Catholic Virginiian" and author of "Ministry and the Mystical Path". Her articles on spirituality have been widely published and she is an experienced retreat facilitator. A wife, mother and grandmother, she is a member of Saint Gregory the Great Parish in Virginia Beach.

Favorite Scripture: Luke 12:56 | You know how to interpret the appearance of the earth and sky; why do you not know how to interpret the present time?

TERRY HUGHES

Terry has been married to her wonder husband, Ron for 35 years. She has served as a house wife, helping her husband raise 8 foster children, and as a Director of Religious Education in the Diocese of Richmond and the Military Ordinariate for 25 years. Retired from parish service, she now devotes herself to her real passion...teaching scripture in various venues. Terry has been a student of Scripture for many years and is currently a student of the Saint Paul Institute.

Favorite Scripture: Psalm 119:105 | Thy word is a lamp unto my feet and a light unto my path.

LOUISE HARTZ

Louise Hartz is an active parishioner at Saint Bridget Catholic Church in Richmond and the former president of the Richmond Diocese Council of Catholic Women (RDCCW). She is married with four children and six grandchildren. Louise stays very active serving as a Eucharistic Minister in her parish, on the boards of several organizations including the RDCCW, National Council for Catholic Women (NCCW), Catholic Charities, Virginia Home, and Dame SMOM.

Favorite Scripture: Matthew 7:7-9 | Ask, and it shall be given you; seek, and you shall find; knock, and it shall be opened to you. For everyone who asks, receives; and he who seeks, finds; and to him who knocks, it shall be opened.

KIM HULCHER

Kim Hulcher is an active parishioner at Saint Bridget Catholic Church in Richmond and serves as the current Baltimore Province Director and on the Board of the National Council of Catholic Women (NCCW). She is married with two children.

Favorite Scripture: Matthew 7:7-9 | Ask, and it shall be given you; seek, and you shall find; knock, and it shall be opened to you. For everyone who asks, receives; and he who seeks, finds; and to him who knocks, it shall be opened.

KAREN LAING, MS, RN, CHES

Karen Laing lives in Richmond with her husband and two children. She works as a registered nurse for Bon Secours Cardiac Wellness in Richmond, VA. Karen also received a MS degree in Health Promotion Management and training as a personal coach. She is actively involved in her church as a Parish Nurse.

Favorite Scripture: Ephesians 2:10 | For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

MARY ANN MASSEY

Mary Ann Massey is a marriage and family therapist semi-retired with her husband at Lake Anna. She see clients at the Lake Anna Therapy Center in Louisa where she works with individuals, couples and adult families, often those with aging transition issues. Mary Ann has led women's spiritual growth retreats for over 30 years.

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.

DINA MANRIQUEZ

Dina Manriquez is an active parishioner at of Our Lady of Mount Carmel Catholic Church in Newport News. She has two children: a son in college and a daughter who is a senior in high school. She loves participating in retreats as well as being part of retreat teams because, as she says, "I love to be a part of God's 'little miracles'."

Favorite Scripture: Jeremiah 29:11 | "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

EXPO AREA

We are pleased to welcome several ministries and vendors to our Expo Area in the main lobbies upstairs and downstairs. 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 (B15 lobby – Downstairs)

3rd Order Secular Franciscans
Center for Marriage, Family, and Life
Christ Renews His Parish (CRHP)
Comboni Missionary Sisters
Cursillo
ENDOW (Educating on the Nature and Dignity of Women)
Family Honor
FertilityCare Center of Charlottesville
Lay Fraternities of Saint Dominic; Eastern Province of Saint Joseph
Office for Evangelization
Richmond Diocesan Council for Catholic Women (RDCCW)
Southeastern VA FertilityCare Center

VENDORS (B21 Lobby – Upstairs)

Arlene's Accessories
Cardiac Wellness; Bon Secours Heart & Vascular Institute
Catholic Relief Services
Daughters of Saint Paul
Faith Life Family Wear
Lighthouse Catholic Media
Religious Goods Shop
Sacred Waters Holistic Spa & Boutique
Sarah Hart
TenThirtyThree
The Sun Style and Design
Tiny Saints