

Breakout Sessions Saturday, Nov. 19th



"Building Mental Resilience Through Faith and the Body"

We all experience stress and adversity, but sometimes we need tools to help us overcome our day-to-day struggles. This breakout will help participants identify how their early memories of faith can 2:15PM Middle School Only strengthen their ability to overcome daily stress. Participants will also gain practical methods of reducing anxiety and overwhelm

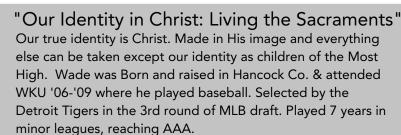
10:45AM High School Only

Dr. Jill Sauerheber & Ethan Bennett

using body-brain techniques.



Wade Gaynor



10:45AM Middle & High School 2:15PM Middle & High School

"Finding the One?"

In this workshop, we will challenge the mainstream idea of finding "the one". We will explore the TOB ideas of complementarity and what it means to lay down your life in dating and marriage. We will give you strategies to help you stop seeking "the one" and start being the one.

10:45AM Middle School Only 2:15PM High School Only

John and Susy Shelman



"Is That You God, Hearing the Voice of God"

Learn how to listen for God's call for your life, and how to recognize God's voice in the noise of daily life.

10:45AM Middle & High School 2:15PM Middle & High School



"At the Eucharist We Become What We Eat"



Fr. Basilio Az Cuc

The principal fruit of receiving the Eucharist in Holy Communion is an intimate union with Christ Jesus. Jesus said: "He who eats my flesh and drinks my blood abides in me, and I in him." Jn. 6:56. As we are united with Christ in his teaching and in his Body and Blood, we become like him. We receive abundant life; we receive the greatest love. We become instrument of life and instrument of love for other people.

10:45AM Middle & High School 2:15PM Middle & High School



A Place to Pray

Looking for a place for peace and reflection? Need an encounter with the Lord? Come to Prayer Stations with the Gasper River Staff! 10:45AM Middle & High School 2:15PM Middle & High School

