



# Breakout Sessions

## Saturday, Nov. 19th

### "Building Mental Resilience Through Faith and the Body"



Dr. Jill Sauerheber & Ethan Bennett

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 strengthen their ability to overcome daily stress. Participants will also gain practical methods of reducing anxiety and overwhelm using body-brain techniques.

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

### "Our Identity in Christ: Living the Sacraments"



Wade Gaynor

Our true identity is Christ. Made in His image and everything else can be taken except our identity as children of the Most High. Wade was Born and raised in Hancock Co. & attended WKU '06-'09 where he played baseball. Selected by the Detroit Tigers in the 3rd round of MLB draft. Played 7 years in minor leagues, reaching AAA.

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

### "Finding the One?"



John and Susy Shelman

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

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



Fr. Daniel Dillard

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



Gasper River Staff

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

