

J E S U S I S L O R D  
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# Breakout Sessions

## Saturday, Nov. 23rd



### "Love Story (JPII's Version)"

God's beautiful love story for humanity is told through the Life, Death, and Resurrection of His Son, Jesus Christ. But what does that love story mean for us and our own relationships with one another? Is there more to the story than Redemption? St. John Paul II spent five years speaking on the theology of our bodies so that we may know how irreplaceable and unrepeatable we are as God's most beautiful creatures: a person.

Claire Bivins  
1st Session 10:45am



### "This One's for the Girls" (ladies only session)

What does it really mean to be a woman in today's culture? Learn how to "Stand your ground when everybody's givin' in," by becoming who you were created to be. Together, we'll enter into true and beautiful femininity and renounce the lies that the world wants us to believe about ourselves. Come and discover your true beauty as the pinnacle of creation: woman.

Emily Gipson  
2nd Session 2:15pm



### "Discernment, the Pathway to Peace"

In the midst of the stress and anxiety of life finding a true and lasting peace can seem impossible. Discernment, or seeking to know the truth of God's will for your life, is the surest path to finding that peace and fulfillment in your life

Fr. Daniel Dillard

Times:  
10:45am and 2:15pm



### "Engaging Scripture in Everyday Life."

Unsure where to begin when it comes to bringing Scripture into your everyday life? I hope to give you some practical ways to start getting familiar with God's word so that it will permeate your whole life. Get your notebooks ready, this one's going to be a good one!

Kristen Dorth

Times:  
10:45am and 2:15pm



### "Leadership is Hard Work"

How do we maximize the potential for our Catholic communities with our personal actions and behaviors? Topics include evaluating capacity, paying attention to data, seeking truth, embracing criticism, celebrating failure, communication, scrubbing emotional filters, and committing to the daily "work" of personal prayer and reflection.

Tom Lilly

Times:  
10:45am and 2:15pm



### "The Listening Church | "La Iglesia que Escucha"

What do you wish the adults in the Catholic Church better understood about you? Through the most recent synodal process, Pope Francis speaks of a Church that listens. We are a truly diverse church and in a world that is often polarized, what is Pope Francis asking us to consider? This breakout will dive more deeply into what it means to be a listening church and to discuss what it means to share, be heard, and to learn to listen.

Deacon Chris  
Guterrez

Times:  
10:45am and 2:15pm



### "Mental Health Skills for Managing Stress and Building Community"

We all want mental peace and a place to belong. This breakout will help participants learn and practice skills for managing stress and distress. Participants will also learn about the courage to be imperfect and emotionally informed strategies for building and improving their sense of community.

Ethan Bennett

Times:  
10:45am and 2:15pm

