

~~~~~ *You are More* ~~~~~

Single Again Conference - Saturday April 28, 2018

Presented by the Single Again Ministry of Our Lady of the Fields Church, Millersville MD

|              |                                                                                                                                                                                                         |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:15-8:45a   | <b>Registration</b> (fellowship, Christian Coffeehouse music)                                                                                                                                           |
| 8:45-9:00a   | <b>Welcome/Prayer service</b>                                                                                                                                                                           |
| 9:00-10:30a  | <b>Keynote</b> - You are More – Dr. Ann Kaiser Stearns                                                                                                                                                  |
| 10:30-10:45a | <i>Break</i>                                                                                                                                                                                            |
| 10:45a-12n   | <b>Breakout Sessions 1</b><br><b>Main Hall: Breakout 1A</b> – You are Not Alone - Brother Loughlan Sofield<br><b>Room 204: Breakout 1B</b> – I’m Grieving, Where is God? - Dr. Beth Hewett              |
| 12n-1:00p    | <i>Onsite LUNCH &amp; fellowship</i>                                                                                                                                                                    |
| 1:00-2:15p   | <b>Breakout Sessions 2</b><br><b>Main Hall: Breakout 2A</b> – Anger and Forgiveness - Brother Loughlan Sofield<br><b>Room 204: Breakout 2B</b> – Beauty of Being Single – Carrie Hansen                 |
| 2:15-2:30p   | <i>Break</i>                                                                                                                                                                                            |
| 2:30-3:45p   | <b>Breakout Sessions 3</b><br><b>Main Hall: Breakout 3A</b> - Healthy Relationships – Carrie Hansen<br><b>Room 204: Breakout 3B</b> – Child - Family Dynamics and Healing<br>Dr Marla Sanzone and panel |
| 3:45-4:00p   | <i>Break</i>                                                                                                                                                                                            |
| 4:00-4:30p   | <b>Breakout Session 4</b> - Pulling Today’s Journey Together - Carrie Hanson and Dr Thomas Little (interactive group discussion)                                                                        |
| 4:30-4:50p   | <b>Wrap Up</b> - announcements, door prize, closing prayer service                                                                                                                                      |
| 5:00p        | <b>Mass - Our Lady of the Fields Parish, main church</b>                                                                                                                                                |
| 6:15-6:30p + | <i>Restaurant/dinner</i> – sign up by 12 noon for headcount                                                                                                                                             |

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**You Are More** - separation, divorce, widowhood, and remarriage are journeys. You are not solely defined by your past choices, mistakes, or loss of relationships. Join us for a day of prayer, workshops, and fellowship; as we walk this road together, we can survive, thrive, and grow.

Keynote speaker - Dr. Ann Kaiser Stearns, Ph.D., is a noted professor of psychology who has received awards for "Excellence in Teaching" from Loyola College, Johns Hopkins University, and the Maryland Psychological Association. Dr. Stearns is a longtime Professor of Psychology at the Community College of Baltimore County (CCBC), and also continues to teach veteran officers at the Baltimore County Police Academy. She has written many books on grief, rebuilding your life after crisis and financial crisis. She is a well renowned professor and author.

Information Table - Be sure to browse through brochures, flyers and newsletters from service organizations, self-help pro-grams, and Single and Single Again groups in the region.

ALL ARE WELCOME - SEPARATED • DIVORCED • BEREAVED • REMARRIED

----- MAIN HALL -----

**Breakout 1A – You are Not Alone -**

Brother Loughlan Sofield, S.T.

You Are Not Alone - building on our keynote presentation ... You are not solely defined by your path, nor are you alone in this journey.

**Brother Loughlan Sofield, S.T.** - Brother Loughlan, a missionary servant of the Most Holy Trinity has served as Director of the Washington Archdiocesan Consultation and Counseling Center and Assistant Director of the Center for Religion and Psychiatry, Washington, D.C. He has published numerous articles and co-authored numerous books.

**Breakout 2A - Anger and Forgiveness -**

Brother Loughlan Sofield, S.T

Too frequently anger is perceived as something evil and destructive. Anger is energy. This workshop will explore the dynamics of energy and the positive ways of dealing with this blessed energy. Special attention will be paid to the relationship between ANGER and FORGIVENESS.

**Breakout 3A - Healthy Relationships -**

Carrie Hansen, LCSW- C

What does it take to have a good relationship? What hard choices might I have to make? How do I know when I'm ready? These and other questions will be addressed as we examine self-understanding and skills needed in building healthy relationships.

**Carrie Hansen LCSW-C** - Carrie is an individual, couples, and family therapist, workshop presenter, and national speaker. Her specialty is teaching skills that promote self awareness, healing, and positive relationships.

**Breakout Session 4 - Pulling Today's**

**Journey Together** - Carrie Hanson and Dr Thomas Little (interactive group discussion)

**Thomas E Little, Ed.D, D.Min.** - Dr Little serves as the Pastoral Associate for Evangelization and Faith Formation at Our Lady of the Fields Church. His experience includes positions for the Archdiocese of Baltimore, Bon Secours Spiritual center, and Mount St Mary's University.

----- 2<sup>ND</sup> FLOOR, ROOM 204 -----

**Breakout 1B – I’m Grieving, Where is God? - Dr. Beth Hewett**

Although we may feel abandoned, this journey was never meant to be walked in isolation. Jesus wept as He arrived at his friend Lazarus' tomb, and God does not want us to be alone in our grief. Explore ways God brings us together to support each other.

**Beth L. Hewett, PhD, CT** is a Certified Thanatologist, grief coach, public speaker, and bereavement facilitator trainer. She is the author of numerous books including *More Good Words: Practical Activities for Mourning*.

**Breakout 2B – Beauty of Being Single - Carrie Hansen, LCSW- C**

You may be asking, “How can I live if I don’t have a partner to love?” You may be in profound disbelief, worried, ashamed, or adrift ... but you are alive. Which interests can you develop? How can you create a routine that nurtures your values? What makes you feel restored in living fully? Explore strategies to find your new self.

**Breakout 3B – Child - Family Dynamics and Healing** Dr Marla Sanzone and panel

What can we do, as we travel our own journeys, to make them a positive experience and influence on those we love? This panel discussion explores strategies to address and even heal common family-related landmines.

**Marla Sanzone PhD** - Marla is a licensed psychologist specializing in eating disorders, depression, anxiety, mental illnesses, and relationships, for both individuals and families.

*The Single Again Ministry  
of Our Lady of the Fields Church*



***Single Again Ministry of  
Our Lady of the Fields Church***

*Separated, divorced, and  
widowed Catholics  
reaching out to help others  
who are walking the  
road we’ve traveled*



*I can do all things through Him who  
strengthens me. (Phil 4:13)*



*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. (Jer 29:11)*