



Restoring our Soul - Women's Retreat

Sept. 26, 9AM -12:30PM on Zoom

"And the God of all grace... will himself restore you and make YOU strong, firm and steadfast." 1Pet:5:10

**A retreat just for WOMEN (of all ages);
A time to reflect, a time to restore, a time to rejoice...
Sponsored by St. Martha Catholic Church**

These past few months have been a time of struggle for many. This morning is just for you to rest in the Lord and KNOW you are loved, you are good enough, and YOU are strong.

WHEN: Sat. Sept. 26 9AM-12:30PM on Zoom

<https://stmarthacatholicchurch2.flocknote.com/signup/15454>

Topics: Putting SELF first is not selfish; Where YOU are is never wasted; Like the Women Mystics - YOU are chosen for good by God; + Fellowship, Prayer, & FUN

Register on Flocknote with the following link:

<https://stmarthacatholicchurch2.flocknote.com/signup/15454>

NO CHARGE - Donations will be accepted to assist with the new "Restoration Ministry".

Presenters:

Ashley Ingram Hutchinson, ACSW



Ashley is a psychotherapist, clinical social worker, and a graduate of the Loma Linda University School of Behavioral Health. Ashley's treatment specialties include trauma, codependency, personality disorders, addictive compulsive behaviors, serious and persistent mental illness, working with combat veterans, first responders, and their families. Ashley is trained in psychodynamic orientations, cognitive behavioral therapy, dialectical behavioral therapy, acceptance and

commitment therapy, and motivational interviewing. Ashley is the product of Los Angeles area Catholic schools, a proud Army wife to her saint of a husband, the recipient of the State of Texas' Yellow Rose esteemed award for women for her work with military families, and most importantly, Ashley is Mommy to a most amazing 6 year old.

Nerni Mink Miller, MA



Nerni has been an educator for 30 years. She received her bachelor's degree from UC Berkeley and her master's degree in Educational Leadership and Administration from CSUSB. For the past five years she has taught social justice and education courses full time at the University of Redlands. This year she began a new position with Hemet Unified School District. She has held several positions in the diocese including the Family Catechesis Coordinator at Sacred Heart (Holy Name of Jesus), Redlands and currently serves as the Mission Integration Coordinator here at St. Martha. She is a certified BICM trainer for the Diocese of San Bernardino. Nerni travels to Haiti regularly to support teachers and their students in building equitable education

for rural Haitian students through the non-profit organization For a Reason. She currently serves on the Interfaith Council of Temecula/Murrieta. Her passion is promoting authentic hospitality and genuine welcome for all.

Kirsten Thorstad, M.A., MBA



Kirsten is the Pastoral Coordinator at St. Martha

Catholic Church in Murrieta. She has worked in three parishes in the Diocese of San Bernardino in a variety of roles for the past 26 years. Previously she was a regional manager of stores across the U.S. and a Director of Training for six preschools in Colorado. Kirsten has an M.A. in Pastoral Studies from Loyola University, Chicago and an M.B.A. from the University of Phoenix. Her undergraduate studies were in business and education. She has presented on multiple topics throughout the diocese including Spirituality in the Workplace, Church Organization, Women in Leadership, The Writings of St. Paul, Mental Health, Collaboration in Church Ministry, and Culturally Inclusive Evangelization. Empowerment for all to share their unique gifts in God's kingdom is her primary goal.