



Future with Hope Women

October 12-2018

*For surely I know the plans I have for you,
says the Lord, plans for your welfare and not
for harm, to give you a future with hope.
(Jeremiah 29:11)*

#fwh18 #catholicwomen

Welcome!

Here we are at the third Future with Hope Women's conference for Catholic women over forty. Thanks for saying YES to the Lord's invitation to step away from the busyness and drink in His gifts with great speakers, exhibitors, and other women.

More thanks:

- To the sponsors, the Arlington Diocese Council of Catholic Women and Joyful Spirit Gifts, who have supported this ministry since they first learned of it, and to all the exhibitors.
- To the St. Agnes staff – Amber Roseboom, Nicole Filipowski, Michael Sirotniak, and our pastor, Father Frederick Edlefsen – for hosting this year's conference.
- To the speakers, who graciously agreed to share their experiences, insights, and faith.
- To Rose Folsom, Carol Monaco, Joan Romett, Joan Sheppard, and Mary Shea for valuable behind-the-scenes work, and to all the volunteers.
- To Colleen Duffy Kiko, my precious sister in Christ. The idea for Future with Hope started with the two of us over a glass or two of wine, and her assistance, friendship, and prayers have meant more than I can say.

I pray you find this a warm, safe place to draw closer to sisters in Christ – and to God. He *does* have a future with hope for you. I guarantee it.

In Christ, Melanie Rigney



Schedule at a Glance: Friday

- **5-7 p.m.:** Registration open; reception with wine, beer, soft drinks and heavy hors d'oeuvres; Pictures with the Popes; pope quiz; exhibitors open
- **7 p.m.:** Welcome; opening prayer
- **7:15 p.m.:** Erin Benbennick, "Witness: A Tangled Skein"
- **8:00 p.m.:** Tony DeCristofaro, "Pity, Piety, and the Pieta: A Look at Duty, Obligation, and Love"
- **8:40 p.m.:** Night prayer. *Note: The bar and room will remain open until 10 p.m.*



Schedule at a Glance: Saturday

- **8-9 a.m.:** Sacrament of Penance and Reconciliation (optional; coffee, juice, and water available)
- **9 a.m.:** Mass with the St. Agnes community
- **9:45 a.m.:** Welcome; prayer; breakfast
- **10:15 a.m.:** Maria Suarez Hamm, "Growing in Faith and Years"
- **11 a.m.:** Discussion groups; initial focus on speakers' observations (introduction by Rose Folsom)
- **11:40 a.m.:** Break
- **12 p.m.:** Alejandra Segura, "What Is Your Fiat Post-40?"
- **12:40 p.m.:** Lunch
- **1:30 p.m.:** Spiritual treasure hunt (introduction by Carol Monaco)
- **2:15 p.m.:** Break
- **2:30 p.m.:** Mary Elizabeth Sperry, "Decluttering Post-40"
- **3:30 p.m.:** Conference recap



Our Exhibitors

In addition to our sponsors, we hope you'll visit these fine folks (listed in alphabetical order) during the conference.

- **Benedictine Sisters of Virginia**, a vibrant monastic community that serves the public through activities at its pastoral center in Bristow.
- **Catholic Charities of the Diocese of Arlington, Newcomer Services**, which actively welcomes the stranger through Hogar Immigrant Services and Migration and Refugee Services.
- **Catholic Distance University** makes lifelong learning in the faith not only a goal, but a reality for thousands of Catholic adults worldwide who are earning accredited degrees, certificates, and diplomas without leaving the comfort of home.
- **Christian Bling Ambassador Tuba Malachowski**; Christian Bling offers unique jewelry while helping women see that faith is beautiful and is our best accessory.
- **Christine Eberle** is the author of *Finding God in Ordinary Time* (Green Writers Press) and director of campus ministry at Gwynedd Mercy University near Philadelphia.
- **Colette Kalvesmaki** is the founder and director of the **Center for Byzantine Material Arts**, which includes a gallery of icons as well as a studio offering private lessons and lectures on iconography.
- **doTerra**, with wellness advocate **Michelle Dunne**, offers pure essential oils that help families manage their health.
- **Hello Blessings**, which offers printables and art prints celebrating God's blessings.

(Continued on page 7)

Door Prizes

Please note: These prizes had been donated when the program went to the printer. We may have more by the time the conference begins!

Books

ALL YOU HOLY WOMEN, PRAY FOR US: 6 BOOKS BY OR ABOUT WOMEN SAINTS Books on the writings of each woman Doctor of the Catholic Church along with a daily devotional and study of the Beatitudes. www.rejoicebeglad.com.

AND SO WE PRAY: SUPPORTING YOUNG ADULTS THROUGH THE COLLEGE YEARS (2 VOLUMES; 2 SETS) Filled with encouragement, sound Catholic teaching, and real-life stories on going from hectic family life to empty nesting and everything in between. www.prayingcollegemoms.org.

BECOMING GRATEFUL DISCIPLES: A GRATITUDE JOURNAL Includes a stewardship guide. www.gratefuldisciples.net.

FINDING GOD IN ORDINARY TIME Beautiful daily meditations from exhibitor Christine Marie Eberle. www.christine-marie-eberle.com.

DAILY PRAYERS WITH THE SAINTS FOR THE NEW MILLENNIUM Experience the friendship and spiritual guidance of saints. www.gnm.org.

HEALING GOD'S PEOPLE, THEOLOGICAL AND PASTORAL APPROACHES 3 copies of this book from the Rev. Thomas A. Kane, CSP, Paulist Reconciliation Ministries and Landings International executive director. www.landingsintl.org.

HOPE FOR THE WORKPLACE: CHRIST IN YOU The writings
(Continued on page 12)

(Continued from page 11)

of Catholic and Protestant leaders; fifty real-life stories of people in the workplace; and God's solutions to common workplace issues are set forth in a conversational style by author Bill Dalgetty (signed copy!). www.zacchaeuspublications.com.



MAKING HEALTH CARE WHOLE: INTEGRATING SPIRITUALITY INTO PATIENT CARE Thoughts of 40+ spiritual and palliative care experts on incorporating spirituality into clinical practice. By Dr. Christina M. Puchalski (signed copy!) and Betty Ferrell, RN, PhD. www.smhs.gwu.edu/gwish.

SHARE CHRIST The third book in a series from ChristLife, an Archdiocese of Baltimore apostolate that trains Catholics to share their faith. www.christlife.org.

WOMEN IN THE NEW EVANGELIZATION GOODIE BOX Books, journals, notepads, pens... share with a new conference friend! www.catholicvineyard.com.

Jewelry

ROSARY BRACLETS Two awesome bracelets from Amen Boutique. www.amenboutique.com.

BEADS FOR MARY A stunning necklace. www.etsy.com/shop/beadsformary.

Cards & Journals

CARDS FOR EVERY OCCASION A lovely sampling from Min-

(Continued on page 13)

(Continued from page 12)

nesota's Salutare Stationery, offering a moment of grace with each card. www.salutarestationery.com.

JOYFUL COLORS NOTECARDS from Arlington artist Kat Sigler. www.joyfulcolors.net.

SELAH A beautiful reflection journal from Blessed Is She. www.blessedishe.net.

More Cool Stuff

ARLINGTON DIOCESE CATHOLIC WOMEN'S CONFERENCE Registrations for you and a friend at this wonderful event March 2, 2019, at St. Joseph's in Herndon. www.adccw.org.

BARBED-WIRE CROSS A handmade cross, made with loving care by Kansas's Karin O'Reilly. dkoreilly@juno.com.

CATHOLIC DISTANCE UNIVERSITY A free online continuing education course or seminar. www.cdu.edu.

DECLUTTERING HELP A two-hour consult from speaker Mary Elizabeth Sperry. www.authormaryelizabethsperry.com.

FAITHBOOKING KIT A Faithbook speaks to your personal relationship with God and how He has touched your life, using words, images, and more. Conference exhibitor Leaving a Legacy is offering a complete kit. www.legacylife.photo/home.html.

HAND-KNIT PRAYER BLANKET A "portable hug" that carries with it hours of prayers for grace, strength and joy. Made by speaker Erin Benbennick.

LIFE COACHING PACKAGE One free session with My Jour-

(Continued on page 14)

(Continued from page 13)

ney Coach Jeanette Engel, a conference supporter.

www.myjourneycoach.com.

NATIONAL GALLERY OF ART: RELIGIOUS ART TOUR

Two tickets for November 4, 2 p.m., courtesy of conference attendee Mary Shea. **www.adventuresforcreativetourists.com.**

NOTHING BUNDT CAKES 10 mini-Bundlet cakes.

www.nothingbundtcakes.com.

PASHMINAS POWER Four brand-new pashminas from conference attendee Thelma Garry.

PERSONALIZED CALLIGRAPHY WALL ART From Arlington's Felecia McFail and From One Hand to Another; your name, its meaning, and a Bible verse. **www.fohta.com.**

PHOTO HOLDER Print out those photos and display them to bring smiles to your family. **www.maryandmartha.com.**

TARARA WINERY Five sets of two wine tastings at this Leesburg winery. **www.tararawinery.com.**

TRADITIONAL DEVOTIONAL ART WOOD ENGRAVING From conference exhibitor Soli Deo Gloria Sacred Art, which is also providing a small piece for each attendee. **www.sdglasercraft.com.**

WALL ART beautiful art print, framed, from exhibitor Hello Blessings. **www.etsy.com/shop/HelloBlessings.**



We Also Thank...

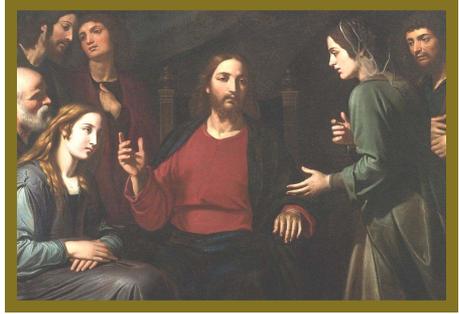
- **Lauren Puzder** for rounding up nearly 2 dozen door prizes.
- **The Rev. Charles Smith** for serving as our spiritual advisor the past two years.
- **Kimberly's Corporate Catering** for being a dream to work with.
- **Mary Lee** of Block Advisors for Friday night wine donations.
- **Michaela Herndon** for the beautiful decorating expertise.
- **Lisa Julia** of **Lisa Julia Photography** for her many gifts.
- **Jessica Maleski** of **Nicely Evolved** for serving as our videographer.
- **The Printed Page** for saving us from disaster more than once.
- The many **members of the clergy and laity** who shared information about the conference.
- The **Father and the Son and the Holy Spirit**, to whom we attempted – sometimes successfully – to surrender every fear and concern in organizing this weekend.



Martha, Our Patron Saint

We chose St. Martha as the conference patron saint because we could see ourselves in her story. Maybe you can too.

Martha got cranky. She invited Jesus into her family's home and, while she was bustling about getting everything perfect, her sister Mary just sat and listened to their guest. Who wouldn't be a little upset? But when she complained to Jesus, the answer was unexpected: "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her." (Luke 10:41-42 NRSVCE)



Martha had unshakable faith amid crisis. Her brother was dead and she knew, if their friend had been there, Lazarus would still be alive. She told Jesus that. Still, when Jesus said Lazarus would rise again, she did not expect Jesus to bring him back immediately, but rather on the last day. When Jesus probed her statement, she answered, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world." (John 11:27 NRSVCE)

*Thanks for coming! Please don't forget to
turn in your
surveys. Blessings and safe travels, Melanie*