

# National Association of Catholic Family Life Ministers

## Make plans to join us for the June PDCC

### "Christ Alive in Our Marriage Retreat"

Young adults are hungry for a connection to God and to one another. Using the gifts of Ignatian Spirituality, Charis Ministries' retreats offer young adults the opportunity to see where God is at work in their lives through peer reflections, small groups, silence, and prayer. Becky and Lauren will share some insights about the importance of retreats for young adults, with a special emphasis on the new Christ Alive in Our Marriage Retreat. The Marriage Retreat, written specifically for young couples in their early years of marriage, offers the opportunity for continued reflection on the role of faith and God in their relationships after the wedding ceremony as they navigate the first few years of marriage. Couples ask themselves:

- How is Christ alive in each other?
- How is Christ alive on our journey?
- How is Christ alive in prayer?
- How do we make Christ alive in the world?



**Lauren Gaffey** is the Director of Programs & Administration for Charis and got her first taste of ministry while at the University of Notre Dame. After receiving her B.A. in Political Science and Theology, she attended the Institute for Pastoral Studies at Loyola University Chicago and completed her M.A. in Pastoral Studies. She spent four years as a college campus minister before joining Charis Ministries in 2007. She has served as the Vice-Chair for Administration for the National Catholic Young Adult Ministry Association (NCYAMA) connecting with those who minister to and with young adults.



**Becky Eldredge** is the Product Development & Training Coordinator and is originally from Baton Rouge, LA where she worked in youth, young adult, and adult faith formation in the Diocese of Baton Rouge for ten years before moving to Athens, GA. Becky formed partnerships with Charis while working for the Diocese of Baton Rouge, and at the University of Georgia Catholic Center in Athens, GA and currently resides in Dallas, TX. Her background is in retreat ministry, spiritual direction, and adult faith formation. Becky holds a Certificate of Spiritual Direction from Spring Hill University and a Masters in Pastoral Studies from Loyola University New Orleans. She is a contributing author at Loyola Press' dotmagis blog, and she writes frequently for her own blog.

### Professional Development Conference Call

**Thursday, June 20, 2013**

**1:00 p.m. Eastern (12:00 Central -11:00 Mountain - 10:00 Pacific)**



#### Procedure for Participants:

Dial in Number **605-475-4000**. Participant access code: **680838#**

Please do not announce yourself when you enter the call because recording of the call may have already been started.

Please press \*6 on your phone during presentation to reduce background noise.