

2019 Dive-In

Lenten Speaker Series



Long Beach

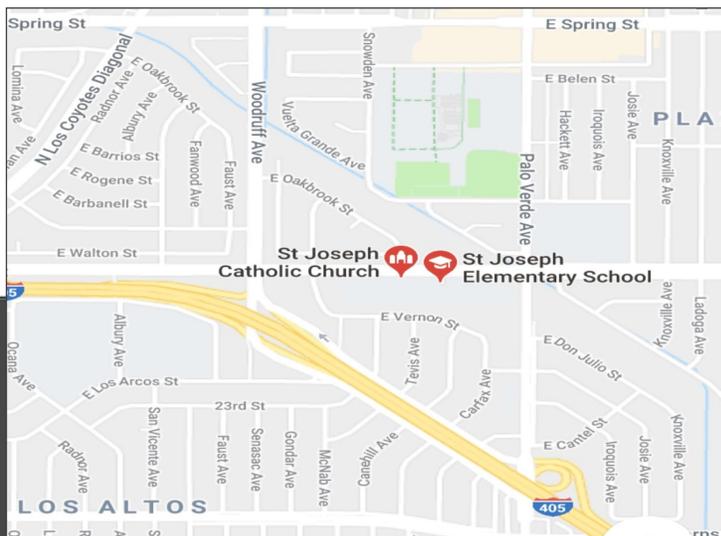
During the season of Lent 2019, St. Joseph Parish in Long Beach, will offer an adult faith formation series called **DIVE-IN Lenten Series**. The **2019 Long Beach Series offers 5 seminars** connecting faith with real life in areas such as evangelization, communication, faith journey, marriage and family, scripture, prayer life, and current events. Sessions include multi-media presentations and always allow time for your questions.

All sessions are from 7 to 8:30pm, and each speaker is encouraged to have a Q & A time. The 2019 season will run on Wednesday nights from March 13 to April 10, 2019 in **Fr. Martin Hall at St. Joseph Parish in Long Beach**.

Registration: \$5 per class (includes one guest) and can be purchased at the door.

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WWW.DIVEINLB.WEEBLY.COM



2019 DIVE-IN LONG BEACH FACULTY

Freedom from Useless Fears

Wednesday, March 13, 2019

"Fear is a normal response to a perceived threat. In this talk, Claire Frazier-Yzaguirre, MFT, M.Div. will focus on learning how to cope with interpersonal fears that interfere with our loving one another and include key spiritual strategies to enjoy the fullness of a life lived free from fear. "If we love one another, God remains in us and his love is brought to perfection in us; perfect love drives out all fear" 1 John 4:12,18"



Claire Frazier-Yzaguirre is a licensed marriage and family therapist, a former ordained minister and chaplain and a joyful convert of many years to the Catholic Church, an author, speaker, wife and mom. She has 30 years of experience in ministry and counseling. She received both her Master's degree from Fuller Theological Seminary School of Theology and her Master's degree from Fuller's School of Psychology in Pasadena, CA. Claire serves as a marriage & family-life consultant and speaks each year in 40+ cities to our SoCal churches & conferences throughout our various dioceses & denominations. With her husband, Dr. John Yzaguirre, they are the co-authors of their popular "Thriving Marriages" program & resources. Please visit them at www.ThrivingFamilies.com

Darkness to Light: The Signs and Symbols of the Triduum

Wednesday, March 20, 2019

During the holiest days of the Liturgical Year, the church celebrates the fullness of Christ's Paschal Mystery. Msgr. Kostelnik will reflect on the signs and symbols of the Triduum, through the practical parish experience of what we see, hear, taste touch and smell during these most Sacred Days.



Msgr. Kevin Kostelnik was ordained in 1982 and served in various parishes and assignments after his ordination. He received a masters degree in Liturgy from the University of Norte Dame in 1992. He was appointed the founding Pastor of the Cathedral of Our Lady of the Angels where he served from 1999-2016. Msgr. Kevin is currently the Pastor of St. Joseph Parish in Long Beach.

Living and Leading with Hope in Seasons of dark and light

Wednesday, March 27, 2019

In a world haunted by insecurity, distress and injustice, we are challenged more than ever to nurture the inner music of our lives and ministry. Called to see anew and trust in the wideness of God's love echoing throughout the centuries in the voices and initiatives of wise women and men, we take courage and stretch out to be Hope for a world in need. This session will weave reflection, sharing, poetry, story and more.



Sr. Edith Prendergast, a Religious Sister of Charity and former Director of Religious Education and Congress for the Archdiocese. She holds a Master's Degree in Theology from Boston College and a Doctorate in Ministry from Claremont School of Theology. Currently she provides Spiritual Development in Pastoral Ministry including planning, visioning processes, retreats, spiritual direction and leadership formation.

Virtues for the 21st Century Holiness

Wednesday, April 3, 2019

We live in a time of total unpredictability and accelerated change. How do the emerging issues of our time call for new spirituality? What new virtues do we need to cultivate, (some are old virtues with new names) that will invite us to a fresh approach to becoming holy and contributing to the transformation of this universe?



Sr. Kathleen Bryant is a Religious Sister of Charity. Sr. Kathleen ministers in the field of spirituality as a facilitator, retreat director, spiritual director and workshop presenter. Sr. Kathleen earned a Doctor of Ministry Degree from the Graduate Theological Foundation and a Master Degree in Spirituality from the University of San Francisco. She has authored numerous articles and books and has presented workshops and retreats in Australia, Ireland, Africa, and throughout the United States. Among her passions are being contemplative in a digital world, teaching discernment and prayer, and working for the abolition of human trafficking and slavery.

Finding Happy Ever After

Wednesday, April 10, 2019

Come explore how Positive Psychology, Spirituality and our Faith come together to help us find the path to true happiness and ultimately, a life happy ever after.



Dan Sheen has B.A. in Theology from the Franciscan University of Steubenville and a M.S. in Marriage and Family Therapy. He has worked to help individuals, couples and families in his private practice and through life skills workshops. Aside from his practice as a psychotherapist, he has been involved in Youth, Young Adult and Parish ministry for almost 3 decades. He is an instructor for the Catherine of Siena Institute and has been a speaker for many different Catholic groups for the last 20 years on a wide range of topics from Catholic apologetics to dealing with depression & anxiety to challenging all to "Live from Your Heart".