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VIRTUAL REGIONAL CONGRESS
San Gabriel San Fernando O.L. of the Angeles Santa Barbara San Pedro

A NEW
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LA
Catholics



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Workshop Descriptions & Speaker Bios for 2021 Virtual Regional Congress

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Catechist Track - pg. 4-5
Family Track - pg. 6-7

Register at: <http://store.la-archdiocese.org/regionalcongress2021>

Paul Brogan - "Doing well to do good: emotional wellness ideas for the PCL"

Using the model of the wounded healer, we will examine stress reducing and energy enhancing techniques to help us in ministry. Using a Bio-Psycho-Social model, we will focus on very practical tools that will make us more effective in ministry.

Paul Brogan is a Marriage and Family Therapist in Los Angeles. He works with individuals and couples virtually, in California. He teaches in the Psychology Department at Mount St. Mary's University and presents at parishes and schools.



Fr. Casey Cole - The Beatitudes: Living with Hope After Affliction



In the Beatitudes, Jesus preaches good news to the poor and afflicted, not only offering them the promise of future glory, but even calling them blessed in their present suffering. As the world begins to move forward during/after the COVID-19 pandemic, there will be a temptation to move on quickly from our suffering, trying to forget what we've experienced in order to return to the way things were before, but we must resist this. There is something blessed about what we've been through, and we are holier people going forward because of it.

Fr. Casey Cole is a Franciscan Friar, priest, author, and online evangelist. He has published two books, *Called:*

What Happens After Saying Yes to God and Let Go: Seven Stumbling Blocks to Christian Discipleship, is the creator of two YouTube channels, and regularly gives talks throughout the country on evangelization and vocations.

Dr. Xavier Cagigas - Finding a way forward through the renewal of the mind in Christ Jesus

This presentation will help people in parish catechetical ministry find a way forward in the wake of the COVID-19 pandemic that both fosters a sense of personal wellbeing and empowers those they serve to find a new normal. The acute and chronic stress posed by the pandemic will be re-examined through the reflective lenses of compassion fatigue and resilience by reviewing best practices for optimally coping and re-interpreting this trial as part of our ongoing faith journey toward a deeper relationship with Christ and our Catholic Community.

Dr. Xavier Cagigas PhD, is a clinical and research neuropsychologist, and as a bilingual and bicultural clinician, has been providing clinical assessment



PCL Track - English

services to the Latina/o community of Los Angeles for several years. He graduated from Salpointe Catholic College Preparatory and completed his undergraduate education at Georgetown University. He then went on to complete a doctorate from San Diego State University / University of California, San Diego Joint Doctoral Program in Clinical Psychology, and subsequently completed a clinical psychology internship and postdoctoral fellowship at the UCLA Semel Institute for Neuroscience & Human Behavior. He currently serves as the associate director of the UCLA Hispanic Neuropsychiatric Center of Excellence, co-director of the Cultural Neuropsychology Program, and co-PI for the Bilingual and Spanish Interdisciplinary Clinical Training Program (BASIC-T) within the UCLA and Los Angeles County Department of Mental Health's Public Partnership for Wellbeing. Dr. Cagigas is currently a parishioner at Saint Sebastian Catholic

Joe Paprocki, DMin, - Re-gaining and Proclaiming Hope: The Emotionally Healthy Catechist

In the wake of the Pandemic and in anticipation of re-engaging with others as a catechist, now is a good time for us to re-assess what we're doing to regain and maintain our own emotional well-being and, most importantly, our sense of hope. In this presentation, Joe Paprocki, DMin, will identify strategies for paying attention to and strengthening our emotional well-being so that we can truly proclaim hope to those we teach.



National Consultant for Faith Formation for Loyola Press, has been in pastoral ministry for over 40 years, has authored over 20 books (including his most recent, *Preparing Hearts and Minds: 9 Simple Ways for Catechists to Cultivate a Living Faith*), and presented in over 150 dioceses in North America. Joe received his Masters Degree from the Institute of Pastoral Studies (Loyola University of Chicago) and his Doctor of Ministry Degree from the University of St. Mary of the Lake (Mundelein Seminary). Joe blogs about his catechetical experiences and insights at www.catechistsjourney.com.

Deacon Arthur Miller - "Keeping the embers hot."



The Holy Spirit continues to accompany us no matter how far we stray from the fire of salvation. The Spirit works to keep the embers of God's endless love aglow. Today we shall nurture those embers that all too often are cooled by difficult days and fearful nights. Together through the heat of a loving community and a loving God we shall rekindle that fire and glow once again.

Deacon, author, radio and former television host, Viet Nam era veteran and veteran civil rights worker. Deacon Miller is the retired owner and president of A. Miller investments. Miller was ordained for the Archdiocese of Hartford in 2004. He recently retired as the director of the Office for Black Catholic Ministries. Besides his assigned parish, he is the Chaplain at the Hartford's Capital Community College and Adjunct faculty for Holy Family Retreat Center. He is a bi-weekly contributor to the 2021 USCCB daily video reflections. Deacon Miller is a certified trainer in Dr. Martin Luther King Jr.'s nonviolence philosophy as well as a Certified Spiritual Director and is a board member for the Connecticut Center for Nonviolence. To this day he continues to address 21st-century examples of the societal tendency to embrace violence.

Fr. David Loftus - Forward With Faith & Hope

St. Paul reminds us that tribulation gives rise to endurance, endurance leads to character, and character gives rise to hope (cf Rom 5:3-4). In this session we will consider our experience as a community of believers in service of the evangelizing mission of the Church, shaped as it has been by our experience of pandemic. Then we will explore the promise and the potential of our ministry as catechists in which we reach out to the hearts of those whom we serve, and there seek to sow the seeds of the Good News of Jesus.

Fr. David Loftus serves among God's people at Our Lady of Lourdes Church in Northridge. He has enjoyed experience at both the local and national level in Catechetical ministry, and continues to have a heart for sharing the Good News.



Nicole & Dr. Sean Tobin - The Emotional Needs of the Family

"The world is in crisis and is desperate for the witness of the Christian family. Emotional needs are like a compass that guide our hearts to God, who models family life within Himself with a supply of love that never runs dry. Our emotional needs are vulnerable opportunities for healing and transformation, for bonding and significance - and while emotions are as free and untamable as a toddler, they inspire presence, the pursuit of wholeness, and a foretaste of heaven.



Sean and Nicole are a dynamic couple whose passion is to see the Church on fire with believers who are fully alive. Originally from Canada, Sean and Nicole moved to Los Angeles County in 2014, and have two young children. They are both Franciscan University of Steubenville alumni - Nicole with an MA in Theology and Christian Ministry and Sean with a BA in Philosophy/Theology. Nicole began doctoral studies in Christian Ethics at the University of Toronto when she met Sean, having also spent time discerning a religious vocation with the Trappists. Sean spent two years in religious life with the Intercessors of the Lamb, and after, studied at Divine Mercy University as well as Azusa Pacific University, where he earned a Doctorate in Clinical Psychology. Sean is a Clinical Psychologist and co-founder of the *Divine Mercy Clinic and Family Center*, while Nicole is the Director of the *Newman Center Pasadena*. Together they are the Co-Directors of the *Encounter Ministries' Los Angeles Satellite Campus*, which draws from the richness of our Catholic heritage to teach, equip, and activate disciples to demonstrate the love of God through the power of the Holy Spirit in their sphere of influence.

Dr. John M. Rinaldo - Passing on our Catholic Faith to Our Kids



Having kids means juggling all sorts of priorities. School, sports, piano lessons, meals, sleep, not to mention faith. And, we have to work, too! As a busy parent, we find ourselves trying to insert faith amidst all the other competing priorities. But it can be done. In this workshop, we'll explore some quick and meaningful ways to engage our kids in faith experiences, even with our busy schedules and busy lives.

Dr. John M. Rinaldo is a husband and father of three kids ages 4, 6, and 10. John is the Pastoral Associate for Adult Faith Formation at St. Thomas More Catholic Community in the Las Vegas area. John earned his Doctor of Ministry (D. Min.) in Leadership and Organizational Development from the Pacific School of Religion at the Graduate Theological Union in Berkeley, as well as a Master of Arts in Pastoral Ministry from Santa Clara University. John has served in various Catholic pastoral ministry settings for over 20 years.

Claire Frazier-Yzaguirre, MFT, M.Div., - Families Moving Forward

The Covid-19 pandemic has been incredibly stressful on most families: significant threats to our health and lives, major financial losses, job insecurity, social isolation, drastic changes to family life due to parents working from home and children's virtual learning from home, confusing information and polarized political climate that fostered mistrust and serious conflicts among family members. All these factors have often resulted in increased levels of anxiety, depression, and anger. In this workshop by Claire Frazier-Yzaguirre, MFT, she will offer concrete coping strategies to restore our emotional life, teach effective interactive skills to renew family relationships and move forward with greater unity. Please visit her at www.ThrivingFamilies.com



Claire Frazier-Yzaguirre is a licensed marriage and family therapist, a former ordained minister, and a joyful convert of many years to the Catholic Church, as well as an author, speaker, wife of 35 years and mom. She received her 2 Master's degrees from Fuller Theological Seminary Schools of Theology and Psychology in Pasadena, CA. and has over 30 years' experience in ministry, counseling, and speaking in our SoCal Churches and Conferences. She and her husband, Dr. John Yzaguirre, specialize in helping couples build united, joyful and lasting marriages and they are the co-authors of their popular "Thriving Marriages" and "Casados y Felices" books and resources available at www.ThrivingFamilies.com.