



BREAKOUT SESSIONS

All participants will have the opportunity to select 2 of the following sessions.

A-1 AND B-1: FAITH AND MENTAL HEALTH

Our faith calls us to create a safe space for mental health conversations. How can we find strength, comfort, hope, and healing in our faith when dealing with mental health challenges?

Presenter: **Sister Doctor Chero Chuma, CSJP, DNP**

Sister Chero is a Sister of St. Joseph of Peace and serves as the Director of Vocations in the U.S. She is also a per diem Psychiatric Practitioner at the Crisis Solutions Center in Seattle. She holds a Doctor of Nursing Practice degree from the University of Washington and a dual bachelor's degree in nursing and theology and religious studies from Seattle University.



A-2 AND B-2: WHAT TO DO WHEN WE STOPPED PRAYING? DEALING WITH CHALLENGES IN OUR PRAYER LIFE

Have you ever found yourself that you are too busy to pray? I have! How do you deal with challenges to your prayer life? How do I begin praying if prayer just feels like a responsibility but not something really nourishing me?

Presenter: **Fr. Val Park**

Parochial Vicar, All Saints (Puyallup) and St. Martin of Tours (Fife)

Fr. Val Park was born in Incheon, South Korea, and has lived in three different countries: Korea, Vietnam, and the U.S. He speaks fluent Korean and English, and is working on his Spanish (Despacio...). At Western Washington University, Fr. Val enjoyed the strong faith community of the Newman Center.

At the encouragement of Fr. Anthony Kim, who was a priest at his home parish, Fr. Val answered the call to become a priest and studied at Mount Angel Seminary. He was ordained a priest on June 26, 2021. His first assignment was at St. Charles Borromeo, Tacoma and has been assigned at All Saints and St. Martin of Tours since July 1, 2022.

Fr. Val's favorite part of priestly ministry is administering the sacrament of Reconciliation and celebrating the Eucharist. His favorite scripture verse is, "Remain in my love" (John 15:9).





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A-3 AND B-3: A SPIRITUALITY OF SINGING: EXPERIENCING GOD THROUGH SONG

This session will explore the ways in which we are able to experience God in prayer through the act of singing, especially within the context of Catholic Liturgy.

Presenters: **Fr. Ryan Rallanka, SJ**, Campus Ministry, Seattle Preparatory School, Seattle
Fr. Greg Celio, SJ, Jesuit Superior at Bellarmine Preparatory School, Tacoma

Since his ordination in 2017, Fr. Ryan Rallanka, SJ has worked at Seattle Preparatory School, where he currently serves as a chaplain, theology teacher, and campus minister. For six years, he has also led the Music Ministry program at the school, which provides music for all of the school liturgies. He is a trained pianist and has also sung in various choirs.

Fr. Greg Celio, SJ is a California native, graduate of the University of Notre Dame, and a Jesuit of 14 years. He has taught and ministered in Catholic schools for over ten years, including over five as a Jesuit. Fr. Greg is also a musician, singer, and composer of liturgical music.





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A-4 AND B-4: COURAGEOUS LOVE

Life lessons on love, family life & falling down and getting back up...again, and again....and again.

Presenter: **Michele Heitzmann**, Steward for Life Teen and Young Adult Ministry, St. Michael, Olympia

Not all paths are smooth and straight, and for Michele the adventure includes mountains, valleys and unexpected turns. While there were many moments along the way, her true conversion to Christ happened after Michele was already a youth minister, when she met Him in Eucharistic Adoration. She currently serves St. Michael's Parish in Olympia, WA as the Steward for LifeTeen & Young Adult Ministry. Michele graduated from Franciscan University of Steubenville in December 2021 with a Master's Degree in Catechesis and Evangelization. Michele's unique experience with trauma and tragedy has refined her gift of accompaniment. Her husband Eric (married 21 years) is a recent convert to the Catholic faith and this also gives her a new perspective on faith and family. They have two beautiful teenagers, Madison (16) and Dylan (13). When not serving in ministry, you can find her hosting a meal or exploring the picturesque beauty of the Northwest. Above all, she enjoys sharing with others the truth, beauty and love our Catholic faith encompasses.





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All participants will have the opportunity to select 2 of the following sessions.

A-5 AND B-5: RENEWING PARISH LIFE - A PARTNERS IN THE GOSPEL SESSION JUST FOR YOU!

Calling all high school students – we want to hear from you! Join this high school input session to share how YOU think parishes can best invite high schoolers to join the Eucharistic revival. Participants will also learn about Partners in the Gospel, the Archdiocese of Seattle’s plan to reimagine parish life.

Presenter: **Elijah Morgan**

Planning and Missions Coordinator, Archdiocese of Seattle

Elijah Morgan works in the Office of Planning and Mission Effectiveness for the Archdiocese of Seattle and is a parishioner at Blessed Sacrament parish. Elijah grew up in Whatcom County before moving to Seattle, joining the Church, and eventually joining the team at the Archdiocese. His work today focuses on supporting Partners in the Gospel and finding ways to engage with parishioners as we move into this next phase of strategic pastoral planning. When not working he likes to spend his time hiking, cooking, and visiting his family up North.

