

Journal

May 8, 2021

*A helpful resource for Pietra Fitness Virtual Women's
Retreat, BECOMING 2021*



Welcome!

Welcome Retreatants to Pietra Fitness' first-ever virtual retreat, "Becoming." We are so excited you are here with us to experience this one-of-a-kind event. The goal of Becoming is to remind you that you are uniquely made in the image and likeness of God- that you are a reflection of Goodness and Beauty Himself. You do not have to change who you are. You need to become who you are.

We are going to pray together, learn together, exercise together, and laugh and enjoy being together. We are eagerly waiting to meet you on May 8, 2021. Are you ready to become who you were always meant to be?

God bless you,

The Pietra Fitness Team Members

(Karen Barbieri, Tara White, & Betsy Hoyt)



A Word from the Host

TARA WHITE

Hi, I am Tara White, and I have the great pleasure of being your host and making this journey with you through the retreat today. My desire for each of you is to come fully present with an open mind, and be aware of all that is moving in your soul (write it down in your journal). God is delighted you are here, and He has much He wants to reveal to YOU. I am happy as well.

As our retreat team has been preparing for this "Becoming" retreat, God has opened my eyes and heart to the real meaning of the beauty of becoming.



Becoming is an ongoing process as we make this journey through life. I am reminded as I look into the mirror today that my journey has been a long process of: discovering how loved I am by God, learning to have self-compassion, finding peace only God can give, cooperating with God's grace, being obedient, and experiencing what true freedom looks like.

Our retreat team has over 60 years of combined formation experience. This retreat has been born from a place of love, of trying to find God in all circumstances and being fully human and fully alive through striving to live an integrated life. Let's walk this journey together!

Tara's bio:

Tara has been prayerfully meditating and attending retreats for over 17 years in the Catholic tradition. She has served to educate women about the dignity of their bodies as a medical missionary in Guatemala as well as in her local medical community. Her body, mind and soul journey to health started 20 years ago when she was struggling with a health issue which placed her on a pilgrimage to deepen her relationship with God. Her practice of soulfully retreating daily is part of her daily ritual and is what healed her and made her whole. She believes in four pillars that keep her balanced and whole; it is nutrition, hormonal optimization, Christian meditation, and an exercise plan. Upon discovering Pietra she realized that this flow style movement exercised not only mind and body but enhances the most important aspect the SOUL. C.S. Lewis said it best – Relying on God has to begin all over again every day as if nothing had yet been done. Over the years with her love of exercise, foods that empower the body and the development of her interior life it seems organically fit that she has become a Pietra Fitness instructor. Tara can be reached at tarabehealthy@gmail.com or on Instagram @tarabehealthy.



Retreat Schedule

TIME	EVENT	SPEAKER
10:00 am	Welcome, Schedule for the day, instructions, breakout rooms, what to do if you have technical problems, journal	Tara White
10:15 am	Goal of the retreat	Karen Barbieri
10:30 am	Breakouts for Pietra Fitness zoom rooms	
11: 30 am	Green Smoothie (recipe in packet)	Tara White
11:45 am	Daily Meditation: What is it? How to?	Susan Pieper
12:20 pm	Meditation	Mike Schlerschligt
12:30 pm	Adoration (Dana Catherine music)	
1:00 pm	LUNCH	
1:30 pm	authentic guide to self-care, sleep, stress, relationships, exercise	Christine Wisdom
2:05 pm	Catholic Foodie	Jeff Young
2:30 pm	Healthy Lifestyle	Betsy Hoyt
3:00 pm	Mary our Model	Mike Scherschligt
3:30 pm	Breakout sessions until 4:15 pm	
4:20 pm	Wrap Up – Fulfillment – Examen	Fr. Jason Smith
4:45 pm	Closing/prayer/bringing it all together	Tara White

SOUL

If possible, attend Mass before you begin. If not, spend some time in prayer. This will give you the opportunity to prepare your soul for the work of the retreat.

Space: Your physical space affects your retreat. Prepare a place either indoors or out.

MIND

Take some deep breaths and try to relax so that you may enter more fully into this time with the Lord.

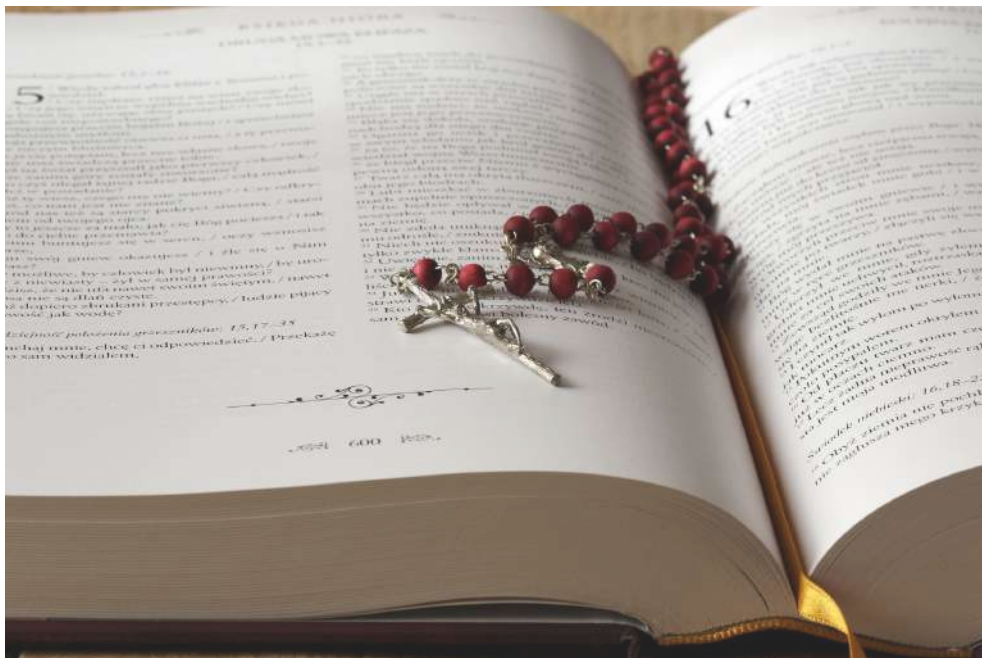
Distractions:

Consider what things distract you. Perhaps it's noise or digital notifications? Take a moment to eliminate those things you know to be a distraction.

BODY

Sleep & Rest: Be sure to get a good night's sleep before the retreat.

Coffee/Tea/Snacks/Water: Have whatever you will need and enjoy handy so that you will not have to leave the retreat to get them.



PREPARING FOR THE RETREAT

During personal retreats, it is essential to take a little time to prepare beforehand. Have all of your books, pencils, journal, snacks/meals, and special beverages ready to go. This helps eliminate the distractions of thirst and hunger and keeps you from getting bogged down searching for materials and tools. When you have what is needed, it is easier to stay engaged in the presence of God and the retreat.

On the left are just a few ideas we have found that can help make retreat experiences more meaningful and organized. Everyone is different, though, so if there is something that will help you feel more relaxed and engaged, prepare those items before the retreat.

Our hope and prayer are that when May 8th comes, you will be open and ready for Becoming 2021!

We can't wait to spend the day with you!
The Pietra Fitness Retreat Team



STEP 1: MATERIALS

- Dress in comfortable clothes you can also exercise in.
- Have Laptop/digital device to participate in talks and classes (turn off notifications)
- Bible, Journal, pens/pencils, Retreat Guide journal pages printed & links bookmarked
- Exercise Mat
- Drinks, Snacks, Lunch
- Other Items: Headphones, a box of kleenex, etc...

STEP 2: SPACE

Pick a space that is quiet, comfortable, and decluttered. If you are participating in a Pietra Fitness class, make sure you have adequate space for you and your mat.



STEP 3: PRAY

Hail Mary, full of grace,
the Lord is with thee;
blessed are thou among women,
and blessed is the fruit of thy
womb, Jesus. Holy Mary, Mother of
God, pray for us sinners,
now and at the hour of our death.
Amen.

Intro

Karen Barbieri

Karen Barbieri is the founder of Pietra Fitness, a stretching and strengthening exercise program where people can experience goodness, truth, and beauty for body, mind, and soul. Exercise, health, and her Catholic faith were always an essential part of her life. When her children were young, Karen was under the mistaken notion that to take time to exercise and care for herself was selfish and self-centered.



While her faith grew during this time, her physical health deteriorated, and it became harder and harder to function and take care of her family. God blessed her with an amazing spiritual director who taught her the value of a daily Christian meditation and living a balanced life. She now devotes her life to sharing the Good News of Christ and helping others restore themselves, mind, body, and soul.

The concept of the body as a temple is integral to Pietra Fitness. At Pietra Fitness, we use the term “The Cathedral of You” to further explore the concept of the human person as a temple of the Holy Spirit. The term “Cathedral of You” is special because it emphasizes the enormously precious, unrepeatable creation that each of us is. We are created and restored by the Master Artist himself, therefore there is spiritual significance to everything we do. This includes the way we exercise, care for, and carry ourselves. A copy of the document is here in the journal. If you would like to dive deeper into this idea, we invite you to prayerfully read it and jot down your thoughts.

The Cathedral of You



"God created mankind in his image." - Gen 1:27

The human person was created to glorify God with their entire being - body, mind, and soul.

A temple is a place of worship, a house of prayer. Christians call their temples churches, and the most magnificent ones—the ones that house the seat of a diocesan bishop—are known as cathedrals. Historically, a cathedral was placed in a central location in a city and built to amazing heights, making it visible from anywhere in town. The cathedral served as a visual reminder for the community of the physical presence of Christ inside in the tabernacle. It also inspired awareness of spiritual realities. A well-built cathedral is structurally sound and attractive in form, but it also has a sacred function. It houses the Holy Eucharist and is meant to be filled with adoration, prayer, and worship. A cathedral is a hallowed place of union between God and man. Much like the cathedrals of stone and marble, you have been created to glorify God with your whole person—reaching toward heaven and testifying to spiritual truths.

Since man was created in the image and likeness of God, it makes sense to say that the human person is—or at least was created to be—magnificent. In fact, upon contemplating the presence of the Three Divine Persons in her soul, St. Teresa of Avila said she was “amazed at seeing so much majesty in a thing as lowly as my soul.”(1) Then Our Lord filled her heart with consolation and said, “It is not lowly, my daughter, because it is made in my own image.”(2) Yes, you are wonderfully made.(3) In fact, as a Catholic, you are a living cathedral with Our Lord enthroned in your heart.



Architect: God the Father
Foundation, Cornerstone, Exemplar & Plan: Jesus Christ
Breath of Life: Holy Spirit
Structure: Your body
Tabernacle: Your soul
Caretaker & Steward: Your intellect and will

It is God, the ultimate architect, who designed the cathedral of you, masterfully blending both form and function. It is good to take care of your form—your body—and to attend to your physical health; however, your soul is more important than your body, and cultivating a rich interior life should take precedence over all other forms of personal care. Inside your walls, there must be prayer, contemplation, and joy. You need the Eucharist, adoration, daily meditation, frequent reception of the sacraments, and communion with God. Without the presence of the Holy Eucharist and an active interior life, even the most magnificent cathedral would be reduced to merely a grand façade. You are called to be much more than a façade. You are called to beauty and splendor in body and soul so that your entire person gives glory to God—as He intended from the beginning.

Despite our original grandeur, many of our cathedrals have fallen into disrepair. Some of us need God's grace to bear the crosses of aging, accidents, and illness that afflict our structure and diminish our physical strength. Some of us are in desperate need of care due to our own persistent disordered choices and actions. Overindulgence, extreme schedules, convenience, and a lack of self-control are breaking our structures and ransacking our tabernacles. For many of us, repairs or renovations are sorely needed. No matter how our structures have been compromised, we must continually repent and begin anew with God's gift of grace—striving to be the beautiful, dignified, holy temples He created each of us to be.

"Rebuild my Church." –God, to St. Francis of Assisi



A good caretaker is knowledgeable and adept, providing routine maintenance and repairing minor problems before they become big ones. As caretakers of our cathedrals, it is our responsibility to maintain our structures and our interior lives. Everything we do—our sleeping and eating habits, choices of friends and entertainment, pursuing virtue or neglecting vice—has an impact on our cathedral, the people in our lives, and the Church at large. In each of your decisions, ask yourself:

- "Am I neglecting my cathedral or restoring it?"
- "Am I putting my cathedral at risk, or am I protecting it?"
- "What result will this have on my cathedral and others?"

Ask God for the grace and fortitude to maintain your physical structure with healthy habits and a balanced lifestyle. Also pray for the grace and fortitude to maintain your interior life with intellectual formation, Christian meditation, spiritual direction, the sacraments, and acts of mercy and love. The work of a caretaker is constant and never easy, but continual repairs and adjustments are simpler and less costly than repairing the damage done by neglect. Just as St. Francis heard the command, "Rebuild my Church," we are called to rebuild. If each of us takes responsibility to care for our bodies and souls, then we will begin to slowly rebuild not only our own cathedrals but also the kingdom of God. Many cities in Europe have skylines dotted with hundreds of churches, their towers and spires reaching heavenward proclaiming, "This city belongs to God." As living cathedrals, we must stand together, pointing to heaven and reclaiming our community for God's kingdom and His glory. Let us rebuild the City of God, beginning with the cathedral of you.

1. Francis Fernandez, *In Conversation with God*, (London: Scepter, 2017), Vol. 6, 255

2. Ibid

3. Psalm 139:14

Journal Entry

After hearing and reading about "The Cathedral of You", journal your thoughts.

How can I improve taking care of my cathedral?

What result will a balanced life have on my cathedral and others?

Write about the gift of breathing and how you may incorporate time of deep breathing into your day to help combat stress and anxiety.

Be Refreshed

RENOVATING THE CATHEDRAL

Under Construction



BODY: The physical exercises used in Pietra Fitness classes are designed to increase your flexibility, develop your muscle and core strength, and increase your range of motion, posture, and stability

MIND: Many mind-body-soul workouts attempt to help you relax your mind by having you empty it. God designed your mind to be used, not emptied. Pietra Fitness workouts will calm your mind—but they will also engage your mind, helping you focus on Christ and get the most out of your workout.

SOUL: Caring for your body and mind is necessary, but the health of your soul is most important. To nourish your soul, Pietra Fitness classes incorporate bodily prayer as well as Christian prayers and meditations that focus on themes such as peace, trust, joy, and living in the present moment.

All Classes Levels Use This Link For Breakout:

[Morning Zoom Link](#)

Passcode: 861550

Pietra Fitness Classes

"Whoever refreshes others will be refreshed." Proverbs 11:25

Instructors:



*Chris Mautino:
Chair*

Chris Mautino, MBA, is a Foundations 3 Pro Certified Instructor, Chair Instructor, AFAA Certified Group Fitness Instructor, and is the first certified instructor for Pietra Fitness.



*Rachel Marjaniemi:
Prenatal*

Rachel Marjaniemi is a Foundation 3 and Perinatal Pietra Fitness Instructor in Colorado Springs, Colorado. She also helped in the development of the Perinatal Training Program.



*Lori Keisic:
Level 1*

Lori Keisic is a Foundation 3 Pietra Fitness Instructor as well as a sports medicine physical therapist. Lori will be going through Pro Certification in July of this year.



*Jhoe Stonestreet
Gentle*

Jhoe Stonestreet is a Foundation 3 Pietra Fitness Instructor in Manhattan, KS. Jhoe will be going through Pro Certification in July of this year.

Our Lord invites us and draws us near in the quiet moments of our lives. During these busy and chaotic times, let us be intentional about the time we spend filling our vessel. It is in this time that you set apart you will come to discover Him and then truly know that HE is the reason for the Hope that you have.

What level class did you attend? _____

How did you feel after class? Include any physical, spiritual or mental benefits.

BE NOURISHED

"You make the grass grow for the cattle, and plants for people's work to bring forth food from the earth," Genesis 2:9



Green Smoothie Recipe

Prepared by Tara White

1 serving of protein: use your favorite protein powder

1-2 tsp of Fiber: hemp seeds, chia seeds, or cauliflower

Unlimited Greens: spinach, kale, supergreen mix, or swiss chard

1/4 cup of fruit: blueberries, any berries, mango, or any fruit you love

2 tbsp. of Fat: coconut oil, hemp hearts, avocado, or nut butter

1 - 1 1/2 cups of liquid: nutmilk, coconut milk, coconut water, or water

1 - 2 tbsp. of Superfood: goji berries, cacao

Be Restored

Prayer & Meditation

"In green pastures he makes me lie down; to still waters he leads me; he restores my soul." Psalm 23:2-3



Dr. Mike Scherschligt

Dr. Mike Scherschligt is the founder and executive director of the Holy Family School of Faith. Mike has a Doctorate in Sacred Theology (STD) from the Marianum in Rome. In addition to our Catechism series, he is the author of the on-line series, Faith Foundations used to certify catechists throughout the United States. In addition to his work training catechists and spiritual mentors, Mike leads a number of pilgrimages to the Holy Land each year as well as a Divine Mercy Pilgrimage to Poland and special Marian Pilgrimage to Lourdes, Spain and Fatima and Guadalupe, Mexico. Mike and his wife Sandy have five children and reside in the Kansas metro area.



Susan Pieper

Susan Pieper, a native of California, took her promises of Poverty, Chastity, and Obedience over 42 years ago. She has been formed through an intense prayer/Interior life over these many years and trained as a Spiritual Director. She has a Bachelor's degree in Philosophy, one in Theology, and a Licentiate in Moral Theology from the Pontifical University, the Angelicum in Rome, Italy. Susan ministers full-time at the Holy Family School of Faith in the Archdiocese of Kansas City, KS.



BE RESTORED - *Daily Meditation*

Susan Pieper

5 Rs

- Read
- Reflect
- Relate
- Rest
- Resolve

PRAYER

What time of the day is best for your daily date with Jesus?

SCRIPTURE:

"If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free."
- John 8:31-32

RESOURCES

In Conversation With God
Magnificat
Holy Family School of Faith

Have I thought about my daily meditation as a way God can use to help me "abide, live, pitch my tent" in His word?

Do I look at that time with my Jesus as a time to rest on His chest and just "be" with Him?

What are my difficulties in staying and being with Jesus during prayer?



BE RESTORED - *Meditation on Balanced Life*

Dr. Mike Schlerschligt

QUOTE

"Grace does not destroy nature, but perfects it."
-St. Thomas Aquinas

PLAN OF LIFE

A plan of life can be a great aid in helping you to live a balanced, well-ordered life. What wrong ingredients do you have in your life that prohibits you from a balanced life?

RESOURCES

- [Holy Family School of Faith](#)
- [Holy Family School of Faith](#)
- [Rosary Podcast](#)

Have I thought about what a well-ordered, balanced life may look like? Does it look anything like my life?

What are the 3 level of goods? Do I have these in order in my life?

Everyone needs a "Rule of Life" or a "Plan of Life" to help ensure some kind of order. Take some time to contemplate how that might look in your life and put it on paper. Remember, start small!

Adoration



Silence- The silence of every day life is an indispensable condition for living with others. Without the capacity for silence, man is incapable of hearing, loving, and understanding the people around him. Charity is born of silence. It proceeds from a silent heart that is able to hear, to listen to welcome. Silence is a condition for otherness necessity one is to understand himself. Without silence, there is neither rest nor serenity nor interior life. Silence is friendship and love, interior harmony and peace. Silence and peace have one and the same heartbeat.

---Robert Cardinal Sarah

The desire to see God is what urges us to love solitude and silence. For silence is where God dwells.

---Robert Cardinal Sarah

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Be Renewed

“Do not conform yourselves to this age but be transformed by the renewal of your mind.” Romans 12:2



Christine Wisdom

Christine Wisdom is a therapist, speaker, retreat leader, aspiring author, wife, and mother of 3 children. Christine is passionate about walking with others on their journey to heal in mind, body and spirit and helping them to live more fully alive. Christine Wisdom is a Licensed Clinical Mental Health Counselor, pastoral counselor, and owner of Wisdom Integrative Counseling, PLLC, a small private practice in Huntersville, NC. Christine loves encountering God in seemingly ordinary moments, whether it be in the faces of her children, the stories of her clients or in the rugged outdoors on their family's fixer-upper farm.



Jeff Young

Jeff Young, perhaps better known as The Catholic Foodie, is an author, blogger, radio host and podcaster. He is the founder and producer of The Catholic Foodie blog and podcast where he provides “Catholic culinary inspiration to help you grow in faith around the table.” Jeff wrote a monthly column – Savoring Sundays – for Catholic Digest from 2017 to 2020, and he has been a monthly contributor to CatholicMom.com. Jeff is a contributing author of Word by Word: Slowing Down with the Hail Mary, published by Ave Maria Press, and he is also a contributing author of The Catholic Mom’s Prayer Companion: A Book of Daily Reflections by Ave Maria Press.



Betsy Hoyt

Betsy Hoyt is a Foundations 3 Pietra Fitness pro instructor, certified personal trainer, Precision Nutrition coach and macro specialist, creator of the “Integrated Catholic Woman” wellness retreats, and the team leader for the Pietra Fitness Instructor Training (P-FIT) sessions. She teaches Pietra Fitness classes in parishes in the Diocese of Charlotte, North Carolina, where she lives with her husband, Craig. Betsy owns an integrative personal training and nutrition coaching practice specifically geared toward helping women reach their health goals. Betsy finds her work with Pietra Fitness to be a wonderful fit for her clients and an important part of her own body-mind-soul wellness.



BE RENEWED - Soul Care

Christine Wisdom

QUOTE

"Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive."
-Howard Thurman

Something to Ponder

Well-ordered self-care is not selfish. Go a step deeper to learn authentic soul care. This is caring for the whole person.

RESOURCES

wisdomintegrativecounseling.com

ON ADOPTING A HEALTHY MINDSET

What are some of my beliefs about myself and the world that may be limiting my ability to become who God has created me to be?

When I am feeling depleted and full of negative thoughts, what are some experiences that I can call to mind to help me to experience hope and greater peace?

ON RECEPTIVITY AND SELF COMPASSION

Examine your self-talk. how am I talking to myself throughout the day? Would I say these things to a friend whom I love and admire?

What do I have to let go of to receive the unconditional love that the Father has for me?

How can I model that kind of compassion and unconditional love with those closest to me?

What makes me come alive?

Reflect on the times when you have felt most alive. If you're struggling with this, remember what you used to play and desire as a child. Typically, these things can give us clues to our deepest desires.

What is my heart's desire at this point in my life? Express it to the Lord.



BE RENEWED - Catholic Foodie

Jeff Young

QUOTE

"Sin entered the world through eating - however so does salvation"
-Jeff Young

Great Tip:
No phones at the table!

In your life, in your present circumstances, what would slowing down look like? Do you think that slowing down would benefit you and your loved ones?

RESOURCES

[The Catholic Foodie](#)
[Catholic Speakers](#)
[Around the Table with the Catholic Foodie: Middle Eastern Cuisine](#)

What are some ways you may be tempted to devalue your body? What are some specific ways that you can joyfully accept your body as "a tent and a dwelling place of God's delight," as the late Archbishop Joseph Raya wrote?

Jeff discussed how "pace of life" and distraction can impact our relationships (with God, with others, and even with ourselves). How have these cultural influences impacted your life? What are some practical ways you can counteract these influences?

What are some specific ways that you could intentionally experience communion more frequently around the table with loved ones or through the gift of hospitality?



BE RENEWED - Healthy Lifestyle

Betsy Hoyt

SCRIPTURE:

"Always be ready to give a reason for the hope that you have."
- 1 Peter 3:15

Take Away:

CURATE: Golden Hours to live intentional healthy habits
CREATE: Cultivate your creativity
CONNECT: Relationships are important

RESOURCES

betsy.edhsolutionsllc@gmail.com
[Precision Nutrition](#)
[Integrated Catholic Woman](#)

How do I daily nourish my body? Where/how can I improve this practice(s)?

Nourishing our bodies can take many forms - the traditional: healthful nutrition and consistent exercise - but we must also remember things like: hydrating well, managing stress, getting enough sleep, etc. What are some obstacles to consistently nourishing my body?

What is ONE thing I can do today to nourish my body? What is one small thing I can add to my daily routine that will help me to feel better physically?

Portion Control Guidelines - using YOUR own hand:

- 1 Protein Serving = 1 palm
- 1 Vegetable Serving = 1 closed fist
- 1 Smart Carb Serving = 1/2 to 1 cupped handful
- 1 Healthy Fat Serving = 1 - 2 thumbs

Recommendations for women at EVERY meal:

- 1-2 Palm sized portions of protein
- 2 Fists of vegetables (yes, at breakfast too!)
- 1/2 - 1 cupped handful of smart carbs
- 1 thumb of healthy fat

Mary our Model

Dr. Mike Schlerschligt



*"Blessed are
you who
believed that
what was
spoken to you
by the Lord
would be
fulfilled."-Luke
1:45*

Have you reflected on your life and where you see God's Hand in it? If the answer is yes, journal about that. If no, take some time now to reflect and journal your thoughts.

How is your relationship with the Blessed Mother? What can you do to foster a closer relationship with her?

Do you live fully alive and experience God's presence which is everywhere?
Do you express your gratitude?

What is your favorite Marian apparition and why?

Are you a part of a team or community that supports you in building a strong, balanced life? If not, do you know of one? Journal your thoughts.

Afternoon Breakouts



**There are 4 afternoon
breakout rooms. All rooms
will use this same link:**

AFTERNOON ZOOM LINK

Passcode: 525140



Breakout Room 1

Dana Catherine

A young singer/songwriter, speaker, and former youth minister from North Carolina, now residing in Nashville, TN, Dana Catherine travels throughout the U.S. to encourage and inspire others with her songs and witness. Growing up in a Catholic family, Dana always had a strong faith, but it wasn't until she went to college at UNC Chapel Hill that her relationship with God truly deepened. Through the ups and downs of college life, Dana began to understand that true and lasting happiness, peace, and purpose is found in Christ alone. Only then did she realize that God was calling her to step out and share His truth and love with others using the musical gifts she was given. Now, Dana finds abundant joy in allowing the Lord to use her and her music for His greater glory. Dana has released multiple records since 2015, including a number of singles.

Have you ever been tempted to think you need to change in some way (internal or external) in order to be "enough"? How do you think this affects how you show up in your everyday life?

What are one or two "lies" you may be believing about yourself that you could invite the Holy Spirit to speak truth into?

We can all take practical steps in order to increase our confidence in who God created us to be unique. What is one thing you can do daily or weekly that will help you embrace the truth of who you are and weed out lies you may believe about your worth, your capabilities or your beauty as God's daughter? (Ex: regularly go to Scripture to find the truth God says about a certain area you lack confidence in. Start a daily journal to check in with God and rewire your thoughts about yourself by writing down your insecurities and then writing down what God says about you instead. Unfollow certain social media accounts that make you feel like you have to meet a certain unattainable beauty standard.) What are 3 things you (or others) appreciate about yourself?



Breakout Room 2

Dr. Jillian Stecklein

Jillian Stecklein earned a Bachelor of Science in Molecular and Cellular Biology and Psychology from the University of Illinois at Urbana-Champaign. During this time, she thrived as the President of the Fighting Illini Triathlon Team, participated in activities at her Church, and enjoyed being a part of her sorority. She completed her Doctorate of Physical Therapy at the University of Illinois at Chicago in 2014. She met her husband, Kelton, at a Catholic adventure camp (Camp Wojtyla) in the Rockies the summer before PT school. Since Kelton has now completed PT school in Denver, the family is happy to be home in the town of Hays, KS near family with their son, Kolbe. She finds great joy in serving the community with her skills and experience!

How do you see your feminine body as a gift from God? What thoughts or emotions sometimes block the appreciation for who you are designed to be?

Are there areas of health you feel very confident about? What has helped you achieve this?

What did you connect with on this topic of perinatal preparation and post-partum healing? What do you desire to grow in from the information you learned in this session?

Find out more about Dr. Jillian or to contact her for her services, go to:



Breakout Room 3

Belinda Mooney, LMSW, LCDC

DEVELOPING YOUR WELLNESS PLAN AROUND THE TLCs

Belinda Terro Mooney, LMSW, LCDC, is Adjunct Professor of Human Services at Lone Star College Montgomery (in Texas) and mom to 7 children, the last 2 of whom are still home educated. She is a Secular Carmelite and lector at St. Simon and Jude parish. She is the author of Christ the King: Lord of History Workbook and Study Guide and Christ and the Americas Workbook and Study Guide which accompany the history texts by Anne Carroll (St. Benedict Books/TAN). Belinda has just published My Therapeutic Lifestyle Changes Workbook to help people achieve an ordered, balanced, and calm lifestyle. Along with daily Mass, practicing her own TLCs is helping her recover from trauma.

What is the one area you most need to attend to in order for your life to be in balance? (What one area in your life that if you attended to would make everything better)? (For example, spiritual, relationships, nutrition, sleep, exercise). What specifically would need to be improved about this area to make the most difference? Journal that here.

Now write below where you are, where you'd like to go, and what strengths you have to do it:

CURRENT STATUS:

PROJECTED GOALS:

STRENGTHS & RESOURCES TO ACCOMPLISH THE GOALS:

For a full treatment of the TLCs and to make progress in all TLC areas use: My Therapeutic Lifestyle Changes Workbook, copyright 2021, Belinda Terro Mooney at www.tlcwellnessinstitute.com

Belinda is available for consultation.



Breakout Room 4

Gina Loehr

Choosing Beauty

Gina Loehr is the mother of six children and the author of five books, including Choosing Beauty: A 30-Day Spiritual Makeover for Women. She holds a master's degree in theology from Franciscan University and has taught high schoolers, college students, and now her own homeschooled kids. She and her husband Joe live and work on their century dairy farm in Wisconsin.

What are three specific ways I can share God's beauty with the world?

What virtue comes most easily to me? How do I express this virtue in my daily life and relationships?

What virtue is the greatest struggle for me to live out? What might be the root cause, or the origin, of this particular struggle?

Follow Gina's column, The View from the Farm, at
www.hearthandfield.com

Wrap-Up

Fulfillment

"This is the time of fulfillment."-Mark 1:15

Fr. Jason Smith, LC was ordained at St Mary Major in Rome on December 23, 2006. As a seminarian he studied classical humanities at the Novitiate of the Legionaries of Christ in Cheshire CT, philosophy at Our Lady of Thornwood, in NY, and theology at Regina Apostolorum in Rome. After ordination, he dedicated six years to youth work in the NY Tri-State by running the Regnum Christi Mission Corps, a program for college aged missionaries; he also directed various high school ministries, and he was a spiritual director during the summer discernment programs for the Legionaries of Christ.



Fr. Jason Smith, LC

Fr. Jason works with the Regnum Christi movement, is active in marriage prep and marriage ministry, is a contributor at the Regnum Christ Spirituality Center, and has a social media presence on Instagram at [@frjasonsmith](https://www.instagram.com/frjasonsmith).

Examen

I become aware of the love with which God looks at me as I begin this Examen.

I pause for the length of time of an Our Father and with my understanding raised on high, consider how God our Lord looks upon me.

Step One: GRATITUDE

I note the gifts that God's love has given me this day and I give thanks to God for them. I call to mind the large and small blessings received. I let the Lord tell me the concrete story of his love in the hours of my day.

Step Two: PETITION

I ask God for an insight and a strength that will make this Examen a work of grace, fruitful beyond my human capacity alone. Silently I lift my heart to the Spirit: Come Holy Spirit! I ask for God's help in this Examen, for the love and wisdom of the Spirit, who searches everything, even to the depths of my innermost being.

Step Three: REVIEW

*With our Lord, I review my day. I look for the **stirrings** in my heart and the **thoughts** of my mind. I discern between those stirrings and thoughts which lead me closer to God and his will or away from God and his will. I review my choices in response to both, and throughout the day in general. One way that may be helpful is to look at my day hour by hour, or one period to another. How aware of God's leading me was I? How faithful in following? Where is God calling me to grow? I review the experience of my day with God, whose unshakable love I know.*

Step Four: FORGIVENESS

I ask for the healing touch of a forgiving God who, with love and respect for me, removes my heart's burdens. Now, with trust, I ask for healing forgiveness of God who loves me more than I love myself. He "ran to his son, embraced him and kissed him." This is the God who I encounter in the Examen prayer.

Step Five: RENEWAL

I foresee the next day and, with God, plan concretely how to live it in accord with God's loving desire for my life. In the light of all that I have seen looking over my day, I now look to tomorrow, and seek God's light on how he is calling me to grow spiritually in the specific circumstances of the day that awaits me. I prayerfully conclude the Examen with an Our Father or another prayer.

*Notes taken from Fr Timothy Gallagher's book: The Examen Prayer



Thank You!

Thank you for attending "Becoming", a Pietra Fitness Virtual Retreat - what an honor it is to share such a lovely day with you! We pray that your intentional choice to spend time diving deeper into integrative self care will yield much fruit.

Much of what you have learned and experienced today will likely take days, months, years to unfold in remarkable ways as God continues to penetrate your heart with His love and His plan for your happiness.

We pray this retreat has given you the tools to:

- go out into your life and do the things that make you come alive.
- start to make some small changes in your daily routine so as to spend quality time every day with your Father, God, who created you and loves you unconditionally.
- experience the truth of who you are and who He has created you to be.
- believe that you are truly a daughter of God that is striving for heaven.
- start BECOMING who He created you to be!

Pietra Fitness offers a community of men and women in all seasons of life who want to grow in faith and improve their health. This is tough to do alone. We would love for you to join us as we work on renovating our cathedrals together, and encourage each other in this journey. [Learn More](#).

We look forward to hearing about your experience with the retreat and beyond. Please share with us how God is moving in your life at info@pietrafitness.com.

We would like to thank all of the speakers, Pietra Fitness Instructors, prayer warriors, and all of those who used their gifts in so many ways. Thank you for providing your time and talents!.

In the words of St. Catherine of Siena - "Be who God created you to be and you will set the world on fire!"

Be assured of our prayers, The Pietra Fitness Virtual Retreat Team