



# Theology of the Body 101

Love, Identity, Purpose & our Catholic Faith

Wednesday, November 4, 2020

6:30pm | St. Joseph Church

Speaker: Jen Messing

## Family Formation Nights 2020-2021

*The whole family is invited to our monthly speaker series!*

**Join us In Person or LIVE at: <https://vimeo.com/stjoesmn>**

*Reminder, that Family Formation Night Speakers are in place of regular Faith Formation Small Groups.*

### Save the Date for the remainder of our 2020-2021 Family Formation Night Speakers:

December 2, 2020 - Joe Roueche ("Acquire the Fire")

January 13, 2021 - Dcn. Thomas Winninger

February 3, 2021 - Abraham Gross in Concert

March 3-5, 2021 - Dcn. Gordon Bird (Lenten Retreat)

April 7, 2021 - John Crudele

May 5, 2021 - Faith Formation Closing Mass

*Jen Messing has been speaking about and leading Theology of the Body retreats around the United States since 2002. She has an undergraduate degree in Social Work and Master of Theological Studies from Ave Maria University Institute. She is currently pursuing a certificate from the Theology of the Body Institute. In 2012 she started "Into the Deep," a non-profit organization helping teens and adults answer the question "who am I and why am I here". Additionally, through "Into the Deep", Jen offers I.D. Retreats which combines the beauty of nature and spiritual retreats while on outdoor adventures such as hiking in the backwoods of national parks or canoeing in BWCA. Jen is a parishioner at St. Charles Borromeo in her hometown of Minneapolis.*

**JenMessing**  
speaker @ teacher @ leader

**Into the Deep**  
who are we and why are we here?

**i.d. retreats**  
cast out into the deep