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FOR  
COLLEGE  
CATHOLICS

PODCAST | 

Presenting principles  
of the Catholic Faith  
geared toward young adults



[ForCollegeCatholics.org](https://ForCollegeCatholics.org)

Hosted by a Priest of Miles Christi Religious Order

Thank you to all of our donors for their generous  
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# The Sacrament of Love

“You have given them  
**Bread from Heaven.**  
Having all sweetness  
within it.”



 **enkindle<sup>23</sup>**  
young adult conference

**SEPTEMBER 29 - OCTOBER 1, 2023**

**Dewitt, MI | [mileschristi.org/enkindle](https://mileschristi.org/enkindle)**

# Welcome!



You might be wondering, “Why another conference when there are already numerous in the Catholic community?” It’s true, there are many exceptional conferences, and we have no intention of competing with them. Rather, our mission is to provide a distinct and transformative experience.

Enkindle is more than just a conference. Following our inaugural Enkindle, our *Miles Christi* students discussed its nature. They aptly observed, “It’s not just a conference, because it features games, sports, and a retreat-like setting.” However, it’s not a typical retreat either; it includes keynote speakers and emphasizes formation. It doesn’t fall under the category of a casual gathering, a seminar, or a workshop. So, what is Enkindle? It’s an immersive *Miles Christi* experience blending elements of conferences, retreats, seminars, and more—all to engage your entire being on your journey toward sanctity. We kept the name “conference” because every year we choose a specific topic and invite expert keynote speakers. This year, we’ve chosen the Eucharist as our central theme, recognizing its profound significance in our Catholic faith, as the living presence of Christ Himself, offering spiritual nourishment, fostering communal unity, and expressing divine love and sacrifice.

We firmly believe that both intellectual and spiritual formation are a right and a duty for all Catholics. In *Miles Christi*, we’re committed to providing young adults with the opportunity to access such formation. The six talks at Enkindle23 will offer practical wisdom, aiding your growth in holiness and empowering you to become an effective apostle of Christ.

Throughout our time together, we will offer opportunities to receive God’s grace through personal and communal prayer, participation in the sacraments, spiritual direction, and engaging spiritual talks.

Additionally, our conference offers a rich social experience with games and sports, fostering genuine friendships and joy. These interactions contribute to a sense of community and spiritual growth extending beyond the conference.

In closing, we extend our warmest welcome and best hopes for your experience at Enkindle23. May this conference inspire you, nurture your spirit, and bring you grace as we delve into the profound significance of the Eucharist—the living presence of our Lord, Jesus Christ. Thank you for joining us, and we eagerly anticipate sharing this transformative experience with you.

The Priests and Brothers of *Miles Christi*  
Enkindle Team

## Enkindle Main Contacts and Policies

### 1. Important contacts:

- General inquires: **Viktoria Dedivani: (248) 943-4864**
- Men’s Resident Assistant: **Daniel Piotrowski: (231) 766-6444**
- Women’s Resident Assistant: **Roza Deda: (586) 419-0500**
- Registrations: **Angeline Leon and Stephanie Tzoc** (see reception area)
- Choir and Music director: **Bro. Daniel Heffernan**
- Retreat Center after hours phone number is **517-388-0783**. Additional emergency contact numbers are posted on the front door of the Retreat House.

**2. No Smoking:** St. Francis Retreat Center maintains a strict no-smoking policy within all of its buildings. Smoking inside the buildings is prohibited.

**3. Alcohol Policy:** Alcohol is not permitted on the premises when any individuals under the age of 21 are present. The possession, smoking, or ingesting of marijuana, as well as the possession or use of any controlled substances, is strictly prohibited on Retreat Center grounds.

**4. Dorm Policy:** Men and women are not allowed to enter each other’s dorm level.

**5. Doors are locked from 9pm to 8am.** If you are locked out, go to the South entrance and enter code: **88202**.

**This program belongs to:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

# Schedule

## FRIDAY, SEPTEMBER 29

4 - 6:00pm	Check-in
5:00pm	Confessions Available
5:45pm	<b>Holy Mass - Feast Saints Michael, Gabriel, and Raphael, Archangels</b>
7:00pm	Dinner
8:00pm	Opening Remarks
8:10pm	<b><i>Talk 1: "He Gave Them Bread From Heaven": The Biblical Foundation of the Eucharist</i> - Fr. Tim Anastos</b>
9:15pm	Bonfire & Social

## SATURDAY, SEPTEMBER 30

7:30am	Sung Morning Prayer - Lauds (Chapel) [Optional]
8:00am	Breakfast
8:50am	<b><i>Talk 2: Why Did Jesus Institute the Eucharist: Mystery of Presence, Sacrifice, and Communion</i> - Dr. Lawrence Feingold</b>
9:50pm	Break
10:00am	<b><i>Talk 3: The Real Presence and Transubstantiation</i> - Dr. Lawrence Feingold</b>
11:30am	<b>Holy Mass - Memorial of St. Jerome</b>
12:30pm	Lunch

*Free Time, Sports & Games / Time for Spiritual Direction and Confessions*

5:20pm	Spiritual Talk - Confessions available (Chapel)
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6:00pm	Dinner
7:00pm	<b><i>Talk 4: Coming Home: Lizzie's Journey to the Eucharist</i> - Lizzie Reezay</b>
8:15pm	Candlelight Rosary Procession
9:00pm	Entertainment
11:30pm	<b>All Night Adoration begins</b>

## SUNDAY, OCTOBER 1

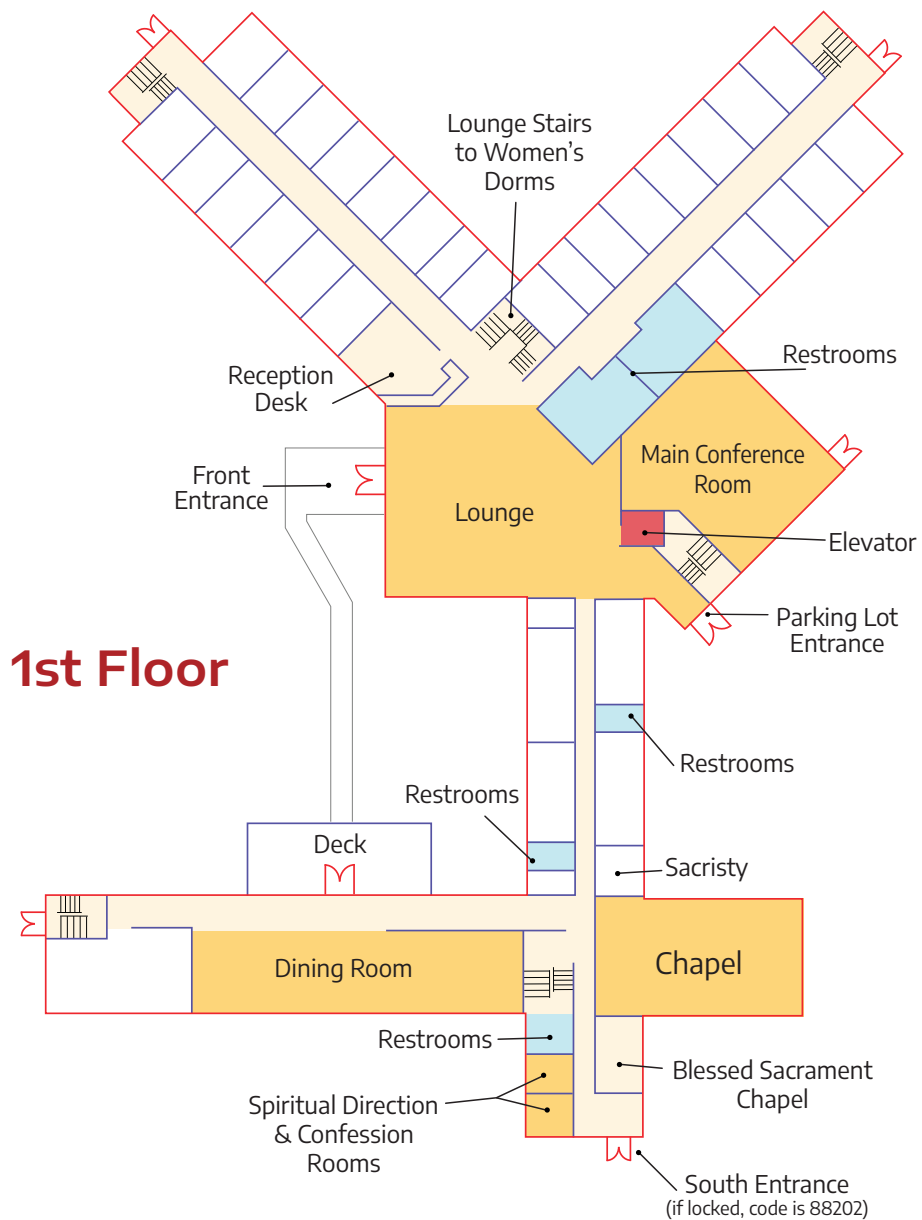
7:45am	Benediction with the Blessed Sacrament
8:00am	Breakfast
8:50am	<b><i>Talk 5: How to Pray The Mass Like a Saint</i> - Dr. Christopher Carstens</b>
9:50pm	Break
10:00am	<b><i>Talk 6: Mary, Mother of the Eucharist</i> - Sr. John Dominic Rasmussen, O.P.</b>
11:15am	<b>Holy Mass - 26th Sunday of Ordinary Time</b>
12:30pm	Lunch

*End of Conference*

"O **sublime** humility! O **humble** sublimity!  
That the **Lord** of the **whole universe**, God and the  
Son of God, should **humble himself** like this and **hide**  
under the **form** of a little **bread**, for our **salvation**."

-St. Francis Assisi

# Bethany House Map



# Grounds Map



# Eucharistic Miracles Exhibit



The Vatican Exhibit of Eucharistic Miracles is an extensive collection of photographs and historical records presenting a sampling of ancient and modern Eucharistic Miracles that have taken place in various parts of the world. All the miracles in the exhibition are Church-approved, and the exhibit itself has been approved by the Vatican in the Year of the Eucharist, Oct. 2004 – Oct. 2005.

How did it come about? It all began with an eleven-year-old boy's vision. Blessed Carlo Acutis had a great love for the Eucharist, and a great talent with computers. At eleven he began to catalog the approved Eucharistic Miracles of the World that had occurred throughout the centuries into a display. He completed his work in 2005 and he died in 2006 of Leukemia. He was beatified by Pope Francis on October 10th, 2020.

Inspired by his example, a group of Michiganders decided to request the exhibit and use it as an evangelization tool. Thus, in 2006, Mark and Sarah Zydeck, along with Margy Nagel and Emmanuel Ssemakula, formed an apostolate the Real Presence Apostolate of Michigan. The Exhibit has since traveled to all of the Diocesan Cathedrals in Michigan, and over 400 parishes. We are very grateful to them that allowed us to use a selection of miracles from the full exhibit.

What is a Eucharistic Miracle? A Eucharistic miracle is some extraordinary event or phenomenon, which manifests the Real Presence of Jesus in the consecrated bread and wine in a way that we can discern with our ordinary senses. The manifestation may be as simple as a host floating on air, or as astonishing as a host becoming visible human flesh. **To learn more, visit: [rpamichigan.org](http://rpamichigan.org)**

**"The more often we receive the Eucharist, the more we become like Jesus and the more we get a foretaste of heaven. [Through the Eucharist], you go directly to heaven, and we are given the opportunity to do it everyday."**

- Blessed Carlo Acutis

# Eucharistic Revival



NATIONAL  
**Eucharistic  
Revival**

The Eucharistic Revival is a transformative movement within the Catholic Church in the United States, marked by its grassroots nature and a fervent call to rediscover the profound significance of the Holy Eucharist. This initiative is a response to the spiritual challenges of our time, particularly the prevailing spiritual indifference and apathy observed among many Catholics, even those who regularly attend Mass. Studies have shown that a significant number of Mass-going Catholics may not have fully recognized or encountered Jesus Christ in the Eucharist, where His love is most tangibly present. The Eucharistic Revival seeks to rekindle the flame of faith and devotion by inviting Catholics to respond to the gift of the Eucharist in their own unique ways.

At the heart of this revival is a three-year journey that culminates in the first National Eucharistic Congress in generations. It emphasizes individual engagement and offers free educational and inspirational resources to help Catholics deepen their understanding of the Real Presence of Jesus in the Eucharist. Through increased opportunities for Eucharistic adoration, catechesis on the significance of the Eucharist, and a renewed emphasis on its centrality in Catholic life, this movement aims to foster spiritual healing, renewal, and a profound sense of communion with Christ. By uniting the entire Church community and empowering believers to encounter Jesus in the Eucharist, the Eucharistic Revival aspires to ignite a spiritual fire that not only heals the Church but also radiates the transformative love of Christ to a world in need.

**To learn more, visit: [eucharisticrevival.org](http://eucharisticrevival.org)**

## Featured Speakers

# Talk Notes



## Fr. Timothy Anastos

*Priest of the Archdiocese of Chicago,  
Assistant Chaplain of St. John Paul II Newman Center,  
University of Illinois-Chicago*

Fr. Tim Anastos is a priest of the Archdiocese of Chicago and the assistant chaplain at the St. John Paul II Newman Center at the University of Illinois–Chicago. He serves as a Eucharistic preacher for the United States Conference of Catholic Bishops.

Fr. Tim earned a bachelor's degree in linguistics from the University of Illinois and a bachelor's degree in sacred theology from the Pontifical University of St. Thomas Aquinas in Rome. He previously served as parochial vicar of Mary Seat of Wisdom Parish in Park Ridge, Illinois. Fr. Tim releases Reel Homilies, one-minute reflections on the Sunday Mass readings through the lens of Church tradition, pop culture, and self-improvement with Spirit Juice Studios.

## Talk Title: “He Gave Them Bread From Heaven”: The Biblical Foundation of the Eucharist

## Featured Speakers

# Talk Notes



# Dr. Lawrence Feingold

*Professor of Dogmatic Theology & Christology  
at Kenrick-Glennon Seminary in St. Louis, MO*

A partial portrait of a man with a beard and mustache, wearing a dark suit, white shirt, and a red tie with a small pattern. The image is partially obscured by a large red curved shape that separates it from the text.

Lawrence is a lay theologian and specialist in the thought of St. Thomas Aquinas. He received a B.A. in Comparative Arts from Washington University in St. Louis, MO, and a Master's degree in Art History at Columbia University. He converted to Catholicism in 1989 together with his wife, while engaged in realist marble sculpture in Pietrasanta, Italy. For nine years he studied philosophy and theology at the Pontifical University of the Holy Cross in Rome from 1990 to 1999, earning a doctorate in Dogmatic Theology, summa cum laude. From 1995-96 he studied Biblical Hebrew and Greek in Jerusalem at the Studium Biblicum Franciscanum. After completing his studies in Rome, Dr. Feingold moved to Argentina with his family, where he taught philosophy and theology in the House of Formation of the religious order, Miles Christi, located in Lujan outside of Buenos Aires, from 1999 to 2004. His scholarly interests center on the theology and philosophy of St. Thomas Aquinas and the Thomistic tradition, the relationship between nature and grace, Christian anthropology, Christology, fundamental theology, the Jewish roots of the Catholic faith, and the relationship between Christian faith and culture.

## Talk Title: *Why Did Jesus Institute the Eucharist: Mystery of Presence, Sacrifice, and Communion*

# Talk Notes

## Talk Title: *The Real Presence and Transubstantiation*

# Talk Notes

## Featured Speakers

# Talk Notes



# Lizzie Reezay

## Catholic Influencer

A portrait of Lizzie Reezay, a young woman with long blonde hair, smiling. She is wearing a blue and white patterned top. The image is partially obscured by a large red circular graphic element that frames the text on the right.

Lizzie Reezay is a Catholic influencer and convert into the faith. She has been making youtube videos since 2010 and has over 700 videos and 220,000 subscribers on her channel, LizziesAnswers. She makes content on youtube, tiktok, and instagram on Catholic theology, philosophy, relationships, and bipolar disorder. She grew up protestant in the denomination Churches of Christ and lived in Russia as a child when her parents were protestant missionaries in St. Petersburg. After coming back to America, she lived in Ohio, Indiana, Florida and California. She studied Philosophy and Religion at Pepperdine University and converted into Catholicism a year after graduating.

**Talk Title:**

## Coming Home: Lizzie's Journey to the Eucharist

## Featured Speakers

# Talk Notes



# Dr. Christopher Carstens

*Director of the Office for Sacred Worship,  
La Crosse, WI, Author, and Podcaster*

A portrait of Christopher Carstens, a man with a full brown beard and mustache, wearing a dark suit, light blue shirt, and patterned tie. The portrait is partially obscured by a large red curved shape that separates it from the text.

Christopher Carstens is director of the Office for Sacred Worship in the Diocese of La Crosse, Wisconsin; a visiting faculty member at the *Liturgical Institute* at the University of St. Mary of the Lake in Mundelein, Illinois; editor of the *Adoremus Bulletin*; and one of the voices on *The Liturgy Guys* podcast. He is author of *A Devotional Journey into the Mass* and *A Devotional Journey into the Easter Mystery* (Sophia), as well as *Principles of Sacred Liturgy: Forming a Sacramental Vision* (Hillenbrand Books). He lives in Soldiers Grove, Wisconsin, with his wife and eight children.

**Talk Title:**

## How to Pray Like a Saint

## Featured Speakers

# Talk Notes



**Sr. John Dominic  
Rasmussen, O.P.**

*Dominican Sister of Mary, Mother of the Eucharist,  
Principal of Spiritus Sanctus Academy in Ann Arbor, MI*

Sister John Dominic Rasmussen, OP, was born in Berkley, California and moved to Nashville, TN, at the age of five. She converted to Catholicism during her sophomore year and entered the Dominican Sisters of St. Cecilia in 1982. In 1997, she and three other Sisters founded the Dominican Sisters of Mary, Mother of the Eucharist in Ann Arbor, Michigan. Sister has been involved in Catholic education for over 30 years as both a teacher and administrator. She holds a Bachelor of Science degree in Education from Belmont University in Nashville, Tennessee and a Masters degree in Theology from Franciscan University of Steubenville. In 2001, she co-authored with Carol Kennedy, *Remain in Me*, a Faith Formation curriculum for catechetical instruction. Sister currently serves as the Principal of Spiritus Sanctus Academy in Ann Arbor, Michigan. From her experience in administration and teacher she has developed *Disciple of Christ-Education in Virtue* a Christian curriculum structured on the teachings of St. Thomas Aquinas regarding the virtues and gifts of the Holy Spirit.

**Talk Title:**

## Mary, Mother of the Eucharist

# Grow in Holiness

## Spiritual Exercises

Weekend silent retreats inspired by the Spiritual Exercises of St. Ignatius of Loyola

The Priests of Miles Christi, devoted to the preaching of these Ignatian retreats, frequently offer them in a weekend format. Throughout the centuries, the Spiritual Exercises have shown to be an excellent means of sanctification, highly praised by Popes and Saints.

### MEN

October 20-22  
DeWitt, MI

October 27-29  
Libertyville, IL

### WOMEN

October 13-15  
DeWitt, MI

November 3-5  
Libertyville, IL

December 8-10  
Holly, MI

For more information visit [MilesChristi.org/spiritual-exercises](https://MilesChristi.org/spiritual-exercises) | 248-596-9677

## Evenings of Recollection for Young Adults

October 13 | November 10 | December 14  
6:30 - 8:30pm

In these Evenings of Recollection, the priests of Miles Christi provide a spiritual talk, the rosary, exposition of the Blessed Sacrament, and time for confession, followed by time for fellowship.

## Prayer Before Mass

(of St. Thomas Aquinas)

Almighty and ever-living God, I approach the sacrament of Thine only-begotten Son, our Lord Jesus Christ. I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth.

Therefore, I ask in the abundance of Thy great generosity that Thou may heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness, so that I may receive the Bread of angels, the King of kings, the Lord of lords, with that reverence and humility, with that contrition and devotion, with that purity and faith, with that purpose and intention which is expedient for the salvation of my soul.

Grant me, I beseech Thee, that I may not only receive the Sacrament of the Body and Blood of the Lord, but also its reality and power.  
O most kind God, grant that I may receive the Body of Thine only-begotten Son, our Lord Jesus Christ, which He received from the Virgin Mary, so that I may be worthy to be incorporated into His Mystical Body, and numbered among His members.

O most loving Father, grant that I may contemplate for all eternity the revealed face of Thy beloved Son, whom I intend to receive now under the veil of this sacrament.  
Who liveth and reigneth with Thee world without end. Amen.

## Prayer After Mass

(of St. Thomas Aquinas)

Lord, Father all-powerful and ever-living God, I thank Thee, for even though I am a sinner, Thine unprofitable servant, not because of any merit of my own, but in the kindness of Thy mercy, Thou hast fed me with the precious Body and Blood of Thy Son, our Lord Jesus Christ.

I pray that this Holy Communion may not bring me condemnation and punishment but forgiveness and salvation.

May it be an armour of faith and a shield of good will. May it purify me from my vices and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in every virtue.

May it be a firm defense against the wiles of all my enemies, visible and invisible, and the perfect quieting of all my evil impulses, bodily and spiritual. May it unite me more closely to Thee, the one true God, and lead me safely through death to everlasting happiness with Thee.

And I pray that Thou wilt lead me, a sinner, to that ineffable banquet where Thou, with Thy Son and Holy Spirit, art to Thy Saints true light, total fulfillment, everlasting joy, and perfect happiness.

Grant this through Christ our Lord. Amen.