

# Day Two



## He Calls Us Each By Name



### Morning Keynote Speaker: Dr. Kevin Majeres

188 Dr. Kevin Majeres Sees  
Challenges As Opportunities



Catholic psychiatrist and co-founder of Optimal Work (among many other things), Dr. Majeres, discusses how many truths in psychiatry and neuroscience are in line with our Catholic faith and how the concepts of reframing, mindfulness, and challenge are important in our lives of walking with Christ.

These ideas can be applied to the many facets of daily life to help us accept and meet challenges, grow in holiness and virtue, and help ourselves and each other along the way.

#### More by Dr. Majeres:

<https://kolbecast.podbean.com/e/219-the-upside-of-anxiety-with-dr-kevin-majeres/>

### Morning Breakout Sessions

#### Option 1: Johanna Seagren

167 Sanity & Sanctity with  
Johanna Seagren of Interior  
Kingdom



Catholic licensed professional counselor Johanna Seagren describes the importance of emotions and the Interior Kingdom program that she developed to co-regulate emotions in parents and children.

How we respond to meltdowns and dysregulation is as crucial to family life as praying together, eating together, and extracurriculars. The conversation highlights how God created emotions, how the morality of emotions is not in the feelings themselves but in the actions growing out of them, and how happiness is not our goal—peace within ourselves based in the peace of Christ is. Johanna

also offers practical tips on fight/flight/freeze mode, addressing test anxiety, and developing both playfulness and safety.

#### Option 2: Art & Laraine Bennett

176 The Agenda Is to Grow -  
Art & Laraine Bennett and the  
Temperaments



Authors Art and Laraine Bennett describe the four classical temperaments, their long Catholic tradition, and their pragmatic applications for homeschooling families.

Personality encompasses both nature and nurture, from biological traits and education to family of origin and cultural background. Temperament is one important piece of personality. Working from the foundation that temperament is God's way of kickstarting a personality

without putting anyone in a box, Art and Laraine explain how understanding temperaments helps homeschooling parents understand what doors will be easier to open and what doors will take more work when educating their children. They also touch on managing reactions, learning styles, mental illness, and appropriate discussions about temperament for various ages of children.

### More by the Bennetts:

<https://kolbecast.podbean.com/e/254-art-laraine-bennett-offer-freedom-from-anxiety/>

### Option 3: Caitlin Russ

#### 227 Sensory Awareness & Problem Solving



Why do my kids always fidget during school? Why am I always overstimulated by loud noises? Why does my house feel tense right now? Occupational therapist and mom of five Caitlin Russ has the answers to these questions and more. Caitlin breaks down occupational therapy and emotional regulation; easy steps to optimize your homeschool environment for learning; how to

emotionally regulate yourself as a parent; how to help your child understand and reframe their own behavior; and why you need to see an occupational therapist right now.

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### Break: Meet Kolbe Academy Alumni Priests

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#### 173 A Deeper & Greater Joy w/ Fr. Ambrose & Fr. Ohotnicky

Good Catholic priests come from good Catholic men, and many good Catholic men begin as little boys with lots of energy. Kolbe alumni Fr. Ambrose Dobrozsi and Fr. Charles Ohotnicky visit with Bonnie and Steven in this episode to talk about their Kolbe educations and their vocations. From standout memories of their Kolbe years to the current lives they lead, these guests share their insights on men laying down their lives for the love of God and His Church. They also offer thoughts on the complementarity between parochial schools and homeschooling families along with pragmatic advice on how to encourage vocations without demanding them.

#### 268 Pilgrimage & Jubilee with Our Lady of Champion



Have you ever wanted to see a Marian apparition site? You don't even have to leave the country to do so—Champion, WI is home to the only approved Marian apparition site in the U.S.

Fr. Nathan Mudd, chaplain at Our Lady of Champion Shrine, shares the story of Our Lady of Champion and Adele Brise, a woman Fr. Mudd hopes to see canonized soon. Fr. Mudd discusses his life as a travelling missionary and how his background as a Kolbe graduate influences him today. As a member of the Fathers of Mercy, Fr. Mudd has devoted his life to bringing souls back to God and inviting people to experience a spiritual resurrection. In his missionary work, Fr. Mudd lives out Mary's calling at Champion: "Gather the children in this wild country and teach them what they should know for salvation."

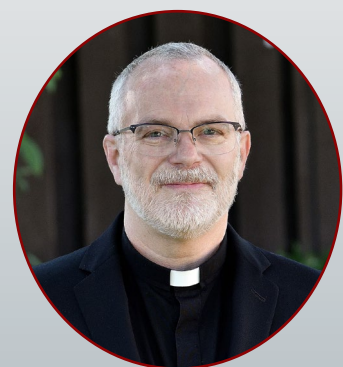
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### Afternoon Breakout Sessions

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#### Option 1: Fr. Wayne Sattler

#### 264 Spiritual Friendship featuring Fr. Wayne Sattler



Diocesan priest, author, and former hermit Fr. Wayne Sattler joins the Kolbecast to share his life story from high school teacher to almost married to hermit; his two books, which originated in his notes from years leading spiritual retreats; spiritual direction, or as he prefers to call it, "spiritual friendship"; relating to God as a person, not as an idea, which is the theme of one of his books; and so much more. Fr. Sattler's humor, hope, and humility shine through every story he tells, and his words reflect the wisdom he has gained from his years of experience counseling others.

### Option 2: Sherry Weddell

183 **Gratuitous Gifts: Sherry Weddell on Charisms**



Think about the idea of being the answer to someone else's prayers. Does that seem humbling or overwhelming, frightening or appealing . . . or maybe a mix of all of those? In this episode, Sherry Weddell of the Catherine of Siena Institute visits with Bonnie and Steven to talk about the idea of charisms. These gifts are different from sanctifying graces in that they are given to us for us to give

away. Sherry explains how every baptized person receives at least one charism, how all the charisms are evangelizing and healing, and how charisms spring to fruitfulness from a lived relationship with God.

### Option 3: Bobby & Dan Angel

195 **Greatness Awaits featuring Bobby & Dan Angel**



Brothers Bobby and Dan Angel visit with Bonnie and Steven to talk about how the human soul is meant to be challenged toward greatness. Through a discussion ranging from video games to running marathons, they touch on ideas such as the fact that we'll never grasp the fullness of truth in this life; the call that humans feel toward adventure, fellowship, and community; and the importance of anchoring ourselves in body and soul reality.

**More from Bobby Angel:**

<https://kolbecast.podbean.com/e/146-stepping-into-the-arena-bobby-angel-on-our-call-to-holiness/>

### Afternoon Keynote Speaker: Kendra Tierney Norton



150 **A Family Apostolate: Liturgical Living with Kendra Tierney Norton**



Mother of 10 and liturgical living guru Kendra Tierney Norton joins us to chat about embracing both the fasts and the feasts of our faith. Kendra speaks with years of experience from simultaneously homeschooling and running Catholic All Year, an outreach that brings people in. She shares how many families are already living liturgically without giving themselves credit, describes her family's tradition of celebrating three special days, and highlights the role of hospitality in evangelization. Ultimately, this episode demonstrates how focusing on the challenges of our faith are an incomplete picture of life with Christ—challenges abound, but so do beautiful celebrations, festive food, and good humor.

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## At the Kolbe Table...

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### 151 Joyful Discoveries for Preschoolers

As the toddler years turn into preschool years, children develop big ideas, big feelings, and big opinions. On this episode, Nicole O'Connor and Maggie Hayden discuss how Kolbe's new preschool program helps channel little ones' energy and enthusiasm into a lifelong foundation. They talk about how games teach manners, safety, and following directions; how playtime can help budding trailblazers learn teamwork; and how preschool is both one of the easiest and most complicated learning seasons. Also included: a description of the books involved in Kolbe's new program, along with the optional online lab and monthly parent meetings, plus tips on how to tell when little ones are ready to participate.

### 256 An Education That Reflects God's Beauty

What does a classical education even look like in grades K-5? Curriculum Director Maggie Hayden and Principal Nicole O'Connor join the Kolbecast to answer just that question. Maggie and Nicole explain how they rebuilt the Kolbe elementary curriculum to reflect classical methodology and principles of Ignatian education. "We were looking at what things the little kids have to know in K-2 to be able to do third through fifth, then sixth through eighth grade, and up to high school," Maggie explains.

Maggie and Nicole discuss what goals are appropriate at each grade level, and areas of concern to watch for; break down the reason behind the recent curriculum developments and the Catholic, classical methodology that inspired Maggie and Nicole's work; dismantle misconceptions about classical education; give sneak peeks at new materials coming

soon; and pack in dozens of helpful tips for parents of K-5 students.

### 257 Integrated Catholic, Classical Education in Middle & High School

What do parents need to know before their children enter middle school or high school? Curriculum Director Maggie Hayden and Principal Nicole O'Connor are back once again to discuss classical education at the 6-12 grade level.

Maggie and Nicole share their years of expertise working with students, outlining what parents and students can expect both developmentally and academically as they transition from elementary school to middle school and from middle school to high school. The duo emphasizes the importance of exploration, curiosity, and integration; explain why literature and grammar are the focal point of the middle school years; and detail why the Classical Composition course is so highly recommended through middle and high school. Next, Maggie and Nicole turn their attention to high school, discussing the methodology behind Kolbe's program, the "big questions" the program centers around, why "religion" becomes "theology" when studied in high school, and so much more.

Click here to see the entire collection of Kolbe Academy Press titles