

# JENNIFER R. MESSING

Phone: 612-518-5490

E-mail: [jenmessing@idretreats.org](mailto:jenmessing@idretreats.org)

[www.idretreats.org](http://www.idretreats.org)

*Launching from her hometown of Minneapolis, Minnesota, Jen has been speaking and leading retreats nationally in both outdoor and traditional settings since 2002. Jen's passion is teaching people of all ages about the greater story behind life, love and the dignity of each human person.*

## EDUCATION

- Ave Maria University's Institute for Pastoral Theology (IPT)**, Minneapolis, MN location  
Master of Theological Studies 2010-2013
- Bemidji State University**, Bemidji, MN 1999  
Bachelor of Science in **Social Work**, *emphasis in School Social Work with internship at Bemidji High School*  
Bachelor of Arts in **American Indian Studies**  
**Honors Program Graduate**
- Totino-Grace High School**, Fridley, MN 1991

## EDUCATION in the THEOLOGY of the BODY

- ◆ **Group studies of John Paul II's writings: participant & leader** 2001-present  
*In particular, "Man and Woman He Created Them" & "Love and Responsibility"*
- ◆ **International Theology of the Body Symposium & Congresses** 2010, 13, 14
- ◆ **Theology of the Body Institute**
  - **Catholic Sexual Ethics**, Dr. John Haas 2015
  - **Theology of the Body I: Head & Heart Immersion Course**, Christopher West 2004, 09, 14  
Graduate credit through Creighton University, Omaha, NE
  - **Theology of the Body II: Into the Deep Immersion Course**, Christopher West 2010
  - **Love & Responsibility Immersion Course**, Dr. Janet Smith 2008
  - **Speaker Training**, Christopher West & Matthew Pinto 2005
- ◆ **Internship with Christopher West**, Quarryville, PA 2005
- ◆ **Principles of Teaching Family Centered Chastity Education, TF**, 2004-05  
Family Honor, Inc. Columbia, SC; Graduate credit through Newman University, Wichita, KS

## FURTHER DEVELOPMENT

- ◆ **American Academy of FertilityCare Professionals Conference**, Duluth, MN 2011
- ◆ **Captivating Retreat**, Stasi Eldredge, Frontier Ranch, Buena Vista, CO 2008
- ◆ **Natural Family Planning (NFP) instruction**, Creighton Model, Twin Cities Fertility Care Center 2007
- ◆ **Total Person Healing Retreat**, Fr. Joseph Bill, St. Thomas University, St. Paul, MN 2007
- ◆ **NET Ministries team training**, St. Paul, MN 2004
- ◆ **Pastoral Care Ministry School**, Leanne Payne, Wheaton College, Wheaton, IL 2003
- ◆ **Sacred Romance Conference**, John Eldredge, Northwestern College, St. Paul, MN 2002

## SKILL TRAINING

- ◆ **Wilderness First Aid Certification**, Wilderness Medicine Institute *Updated* 2014
- ◆ **Wilderness Risk Management Training and Conference**, Boston, MA 2011
- ◆ **Pacific NW Outdoor Educator 24-day Course**, National Outdoor Leadership School (NOLS) 2008
- ◆ **Courage Alpine Skiers: instructing downhill skiers with disabilities**, Bemidji, MN & Welch, MN 1994-2004
- ◆ **Downhill Skiing Instructor: large school groups & private lessons**, Bemidji, MN & Welch, MN 1991-1999

# JENNIFER R. MESSING

Phone: 612-518-5490

E-mail: [jenmessing@idretreats.org](mailto:jenmessing@idretreats.org)

[www.idretreats.org](http://www.idretreats.org)

---

## ***ORGANIZATIONAL & LEADERSHIP DEVELOPMENT***

---

- ◆ **2011-present** Founder of **Into the Deep**, a non-profit organization offering *Theology of the Body*-based speaking engagements, teaching seminars, study groups, and retreats. The mission of **Into the Deep** is to facilitate true understanding of our identity, reason for being, and dignity as body-soul persons made in the image of God.
- ◆ **2006-2014** Organize and lead multi-day camping retreats and downhill skiing trips for youth groups around the Archdiocese of St. Paul & Minneapolis.
- ◆ **2001-2014** Co-founder of the **Frassati Society of Minnesota**. As the past Outdoor Chair & President, organized and led a variety of outdoor, service and spiritually oriented activities with young adults from around the Archdiocese of St. Paul & Minneapolis.
- ◆ **2012** Organized and sponsored the ***Fill These Hearts: God, Sex, and the Universal Longing*** event featuring Christopher West at the University of St. Thomas in St. Paul, MN. 600 persons in attendance.
- ◆ **2002-07** Spearheaded the **networking and meeting** of young adults from across the United States who are studying and evangelizing via the writings of Pope John Paul II. Founding member of **TOBIA** (Theology of the Body International Alliance).
- ◆ **2004** Planned and directed the two-day ***Created & Redeemed seminar*** on the *Theology of the Body* with Christopher West at the University of St. Thomas in St. Paul, MN. 1100 persons in attendance.
- ◆ **2002 & 2003** Planned and directed the **“Pope Day” celebrations** at the Cathedral of St. Paul in St. Paul, MN in honor of John Paul II’s anniversaries as Pontiff.
- ◆ **2002** Organized and helped present an **eight-week series on *Theology of the Body*** to the young adults of St. Olaf Catholic Church in Minneapolis, MN.

---

## ***SPEAKING EXPERIENCE HIGHLIGHTS***

---

*From 2002 onward I have been presenting to a wide variety of audiences about the basic catechesis behind the Theology of the Body – applying it both to who we are as persons and how we act. Audiences have included grade school children, teens, Confirmation students, college students, engaged couples, parents, educators, diocesan employees, NFP instructors and crisis pregnancy counselors.*

- ◆ **Theology of the Body for Teens**, Diocesan Training Event Presenter with Ascension Press **2009-present**
- ◆ **Marriage Preparation Retreats**, Crookston Diocese, MN **2009-present**
- ◆ **Pregnancy Resource Center Volunteer Training**, TLC Choices for Women in MN and WI **2007-present**
- ◆ **All in God’s Plan: parent & child sexuality education program** **2002-present**  
Office of Marriage, Family & Life in the Archdiocese of St. Paul & Minneapolis, MN
- ◆ **Novitiate Formation talks**, Contemplative Sisters of St. John, Princeville, IL **2013**
- ◆ **Staff Trainings:** NET Ministries, St. Paul, MN **2010,13**  
Catholic Youth Expeditions (CYE), Door County, WI **2010**
- ◆ **College Student Retreat**, College of St. Benedict, St. Joseph, MN **2012**
- ◆ **Women’s Retreats**, Taylors Falls, MN and Annandale, MN **2007 & 2012**
- ◆ **Natural Family Planning (NFP) Instructor Training**, Twin Cities Fertility Care Center, St. Paul, MN **2007**
- ◆ **Theology of the Body-based NET Ministries Retreat**, St. Paul, MN **2003**
- ◆ **Prolife & chastity talks** to teens & parents, Prolife Across America, Minneapolis, MN **2002-03**

# JENNIFER R. MESSING

Phone: 612-518-5490

E-mail: [jenmessing@idretreats.org](mailto:jenmessing@idretreats.org)

[www.idretreats.org](http://www.idretreats.org)

---

## ***RELEVANT WORK EXPERIENCE***

---

### **Personal Care Attendant (PCA)**

Metropolitan Center for Independent Living (MCIL), St. Paul, MN: *for clients in wheelchairs* 2000-present  
A Chance to Grow, Minneapolis, MN: *for clients with autism* 2009

### **Short-call Substitute Teacher**

St. Charles Borromeo Catholic School, Minneapolis, MN: *grades 1-8* 2000-present  
Catholic Schools of the Archdiocese of St. Paul & Minneapolis: *grades 1-8* 2008-present  
Minneapolis Public Schools: *grades K-12* 2000

### **Religious Education Instructor**

St. Stephen, Minneapolis, MN: *teaching "Theology of the Body for Teens" to high school Confirmation students* 2009-2013  
St. Charles Borromeo, St. Anthony, MN: *7<sup>th</sup> grade* 2008-09  
St. John's Church, Nebish, MN: *7<sup>th</sup>-12<sup>th</sup> grade* 1995-97

### **Lead Youth Counselor**

St. Joseph's Home for Children, Minneapolis, MN: *for 8-13 year olds on a crisis housing unit* 1998-99  
REM Northwest Waiver Group Home, Bemidji, MN: *for 3 teenagers with developmental disabilities* 1997

**Cabin Counselor**, Catholic Youth Camp, Mc Gregor, MN

1994

**Resident Assistant**, Bemidji State University, Bemidji, MN: *community development with a floor of 30 women* 1993-94

**Summer School Team Teacher**, NYLC Walkabout Program, Putnam School, Minneapolis, MN: *4<sup>th</sup> grade* 1993

---

## ***RELEVANT VOLUNTEER EXPERIENCE***

---

- ◆ **Youth Group Volunteer**, St. Charles Borromeo, St. Anthony, MN 2005-present
- ◆ **Youth & Young Adult Ministries Taskforce and Advisory Committee**,  
Archdiocese of St. Paul & Minneapolis, MN 2002-2009
- ◆ **Parish Council Member**, St. Charles Borromeo, St. Anthony, MN: *member at large* 2003-2008