JENNIFER R. MESSING

Phone: 612-518-5490 **E-mail: jenmessing@idretreats.org** **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 **1996**
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, 16**
- **Theology of the Body Institute Certification Program**
  - **Theology of the Body I: Head & Heart Immersion Course**, Christopher West **2004, 09, 14**
  - **Theology of the Body II: Into the Deep Immersion Course,** Christopher West **2010**
  - **Theology of the Body III: the New Evangelization,** Christopher West **2016**
  - ***Love and Responsibility*** **Immersion Course,** Dr. Janet Smith **2008**
  - **Catholic Sexual Ethics,** Dr. John Haas **2015**
  - **Theology of the Body and Art: the Way of Beauty,** Bill Donaghy **2017**
- **Internship with Christopher West,** Quarryville, PA **2005**
- **Speaker Training with Christopher West & Matthew Pinto**, Quarryville, PA **2005**
- **Principles of Teaching Family Centered Chastity Education,** Family Honor, Inc. Columbia, SC **2004-05**

FURTHER DEVELOPMENT

- **American Academy of Fertility*Care* 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*** **2017**
- **Wilderness Risk Management Training and Conference,** Boston, MA **2011**
- **Pacific NW Outdoor Educator 24-day Course,** National Outdoor Leadership School (NOLS) **2008**
- **Downhill Skiing Instructor:** *school groups, private lessons, skiers with disabilities* Bemidji & Welch, MN **1991-2004**

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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** Organized and led 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 an early organization called **TOBIA** (Theology of the Body International Alliance).
- **2004** Planned and directed the two-day ***Created & Redeemed*** **seminar** with Christopher West (the first TOB study series recorded by Ascension Press) 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.

- **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
- **Marriage Preparation Retreats,** Crookston Diocese, MN **2009-2016**
- **Staff Trainings:** NET Ministries, St. Paul, MN **2010, 13**
  Catholic Youth Expeditions (CYE), Door County, WI **2010**
  Twin Cities Fertility Care Center, St. Paul, MN **2007**
- **Collaborative Retreats:** "ECHO" with Dumb Ox Ministries (Brian Butler), New Orleans, LA **2010**
  "TOB Boot Camp" with TOBET (Monica Ashour), Dallas, TX **2010**
  Theology of the Body-based NET Ministries Retreat, St. Paul, MN **2003**
- **Novitiate Formation talks,** Contemplative Sisters of St. John, Princeville, IL **2013**
- **Theology of the Body for Teens,** Diocesan Training Event Presenter for Ascension Press **2009-10**
- **Prolife & chastity talks** to teens & parents through Prolife Across America, Minneapolis, MN **2002-03**

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RELEVANT VOLUNTEER EXPERIENCE

- **Youth Group Volunteer,** St. Charles Borromeo, St. Anthony, MN **2005-2014**
- **Youth & Young Adult Ministries Taskforce and Advisory Committee,** **2002-2009**
  Archdiocese of St. Paul & Minneapolis, MN
- **Parish Council Member,** St. Charles Borromeo, St. Anthony, MN: *member at large* **2003-2008**

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 and Evening School of Religion* **2000-present**
Catholic Schools of the Archdiocese of St. Paul & Minneapolis: *grades 1-8* **2008-2015**
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: *7th grade* **2008-09**
St. John's Church, Nebish, MN: *7th-12th 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: *4th grade* **1993**