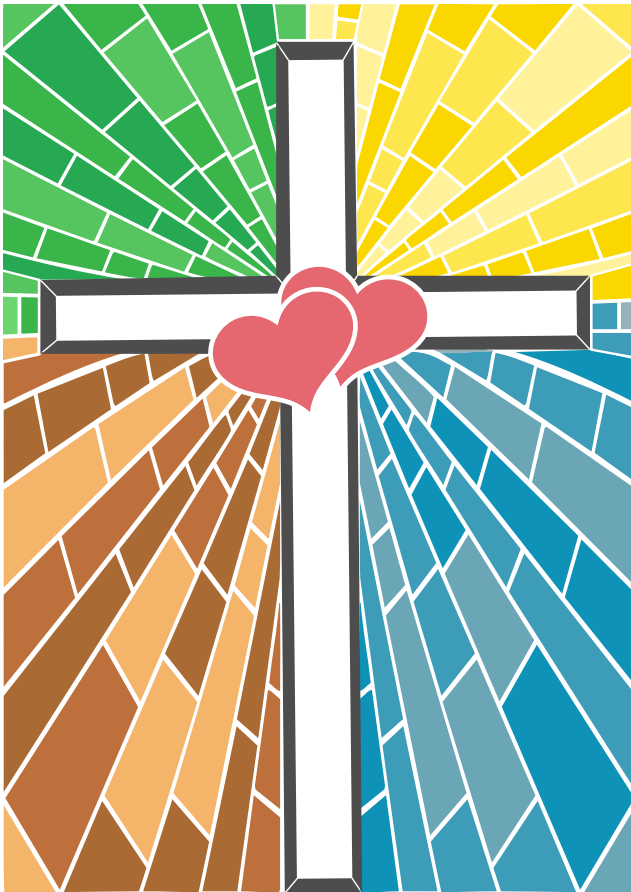




Teams of Our Lady

## Embracing the Seasons of Marriage



February 14-16, 2025  
San Pedro Center • Orlando, FL

*Happy  
Valentine's  
Weekend!*



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# WELCOME

We are thrilled that you've taken the time to focus on your marriage and on your relationship with the Lord... especially on this Valentine's weekend!

Our hope is that this time together will deepen your conversations with your spouse, strengthen your relationship with the Lord, and connect you with other faith-based couples. And, of course, we want you to have a bit of fun along the way!

The heart of our movement is helping couples grow closer to the Lord and to each other.

We can't wait to see the beautiful ways the Lord will work in each and every one of your lives.

Teams of Our Lady  
Orlando, FL

It's not always about the big moments, but the quiet times too... the moments where I feel His presence in the small, everyday things.

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# AGENDA

We will meet at St. John the Apostle Building #300  
unless otherwise noted

## FRIDAY

6:00PM		Opening Prayer   Dinner
7:00PM	CHAPEL	Mass: <i>Fr. Ben Lehnertz</i>
8:00PM	CHAPEL	Adoration
9:00PM		Social Time

## SATURDAY

8:00AM		Breakfast
9:00AM		Loving Freely: Boundaries and Family Life <i>Andy &amp; Lisa Sojourner</i>
10:30AM		Group Photo   Break
10:45AM		One in Flesh–One in Spirit: <i>Dcn. Gary Tester</i>
12:00PM		Lunch
1:00PM	CHAPEL	Reconciliation   Sit Down
3:15PM		Leisure Time   Games
4:30PM		The Difference: <i>Frances Stadler</i>
6:00PM		Dinner
7:00PM		Social Time

## SUNDAY

8:00AM	CHAPEL	Mass: <i>Fr. David Scotchie</i>
9:00AM		Breakfast   Check out
10:00AM		Encounter at the Well of Imagination: <i>Vicki Knight</i>
11:30AM		Testimonies & Evaluation Closing Prayer: Magnificat

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# South Conference Side

Mary, Mother  
Of God  
**CHAPEL**

St. Augustine  
Bldg. 100

St. Thomas  
the Apostle  
Bldg. 200

St. John  
the Apostle  
Bldg. 300

St. William  
the Great  
Bldg. 400

St. Thomas  
Aquinas  
Bldg. 500

St. Joseph  
the Worker  
Bldg. 600

Bishop Grady Lane

North Conference  
Side

St. Mary  
Magdalene Annex

St. Teresa  
of Avila  
Administration



= Conference Room



= Guest room



= Shared Dining  
area

**MAIN  
ENTRANCE**

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## SPEAKERS



### **Reverend Fr. Benjamin Lehnertz**

Father Benjamin is the Pastor of St Joseph Catholic Church in Orlando. After his seminary formation at St. John Vianney College Seminary in Miami and St. Vincent de Paul Regional Seminary in Boynton Beach, he was ordained a priest of Jesus Christ for the Diocese of Orlando in May of 2013. Father Benjamin has a passion for making disciples for the Lord Jesus in whatever way the Lord may call him.



### **Andy & Lisa Sojourner**

Andy is the Director of Trademark Schools for Memoria Press, a Classical Education publisher. Prior to this, he spent nearly two decades in ministry and Catholic education. Andy graduated from Florida State University with a B.A. in History and holds a Master's Degree in Educational Leadership from St. Leo University.

Lisa is a psychotherapist and owner of Grace and Nature Group, a Catholic group mental health practice in Orlando. She holds a bachelor's degree in psychology from Florida State University and a master's in clinical mental health counseling from Rollins College. Lisa works with individuals to help them process the challenges in their lives and specializes in boundaries, trauma, and spiritual injury all within a Catholic understanding of the human person.

Andy and Lisa have been married for 14 years. Together they have 4 beautiful and rowdy children.

Andy enjoys reading, football, spending time with his wife and children, and daydreaming about becoming a farmer.

Lisa enjoys painting, reading, quilting, gardening, and keeping her toddlers from pulling up her vegetables each spring.

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### **Deacon Gary Tester**

Deacon Gary is President of Catholic Charities of Central Florida, serving the Diocese of Orlando since August 2015. With Master's Degrees in Theology from St. Leo's University and Rehabilitation Counseling from Bowling Green State University, Tester has worked extensively in service to children and families in both the non-profit and government sectors. He currently serves on the Board of Directors for Catholic Charities of Florida, the state organization representing the seven Catholic Charities agencies in Florida. Tester is a member of Bishop John Noonan's cabinet in his role as the Secretary for Human Dignity and Solidarity. He also serves as the Director of the Emergency Operations Center for the Diocese of Orlando. Ordained as a Permanent Deacon in the Roman Catholic Church on June 11, 2022, he and his wife Lynn reside in Orlando with their family.



### **Frances Stadler, MA Theology**

Frances is the Director of Faith Formation & Family Life at Most Precious Blood Catholic Church, in Oviedo, FL. She is a founding member of her parish and began as the Marriage Preparation Coordinator when it first opened 18 years ago. Prior to working for the Church, Frances was an aerospace engineer, with undergraduate degrees in Aerospace Engineering and Physics. She worked as a NASA contractor at the Kennedy Space Center. She currently directs a faith formation program for children in kindergarten through 12th grade. In addition to her work in children's formation, Frances continues to prepare couples for the Sacrament of Marriage, utilizing a Marriage Catechumenate model she developed. She has a passion for family life and youth ministry. Frances and her husband Ed will celebrate 31 years of marriage this year. They have 3 children.



### **Reverend David Scotchie, D.Min.**

Father David is the pastor of Nativity Catholic Church, Longwood, Florida. Ordained in 1993 for the Diocese of Orlando, he has served in six parishes and as the campus minister at the University of Central Florida. “My priesthood is to show and tell in word and deed how much the Lord loves us so that we live in friendship with God and in solidarity with one another. As Jesus said, ‘I came so that they might have life and have it more abundantly’” (John 10:10).



### **Victoria Knight**

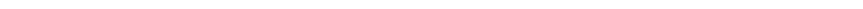
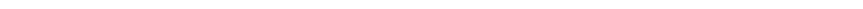
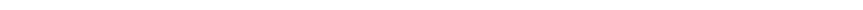
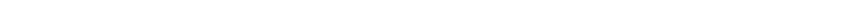
Vicki is a spiritual director and expressive arts facilitator passionate about guiding others in creative exploration and spiritual growth. She has been married to her husband, Tim, for 28 years, and together they have two children. Last year, they joyfully welcomed their first grandchild. Vicki and Tim have been active members of Teams of Our Lady since 2010 and are parishioners of St. Joseph's Catholic Church in Orlando, FL.

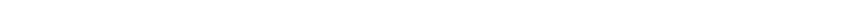
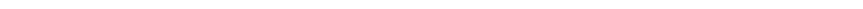
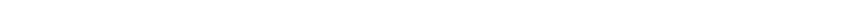
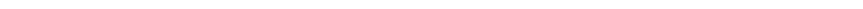
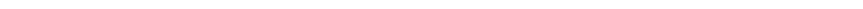
In 2015, Vicki earned a certificate in spiritual direction from Audire: The Central Florida Foundation for Spiritual Direction, where she now serves as faculty lead. In 2022, she completed a two-year certificate program in expressive arts facilitation from the Expressive Arts Florida Institute. Vicki is also the founder of Wisdom Made Visible Expressive Arts.

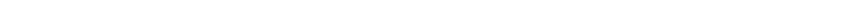
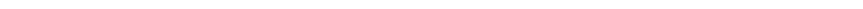
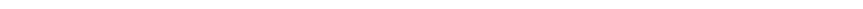
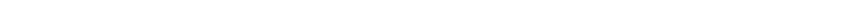
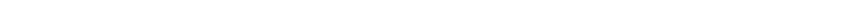
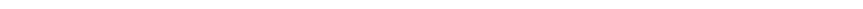
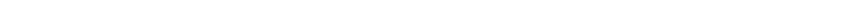
A spiritual director accompanies and supports individuals on their spiritual journey, offering a safe and nurturing space to explore, recognize, and respond to God's love and presence in their lives. Believing that creativity and imagination are gifts of the Holy Spirit, Vicki invites others to tap into their inner well of creativity. Through the expressive arts, she encourages individuals to connect with their inner wisdom and embrace the transformative power of the creative process.



# NOTES







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# The Five Love Languages

*Do you know the 5 Love Languages?*

Here they are:

**1. Words of Affirmation** – using words to build up the other person. “Thanks for taking out the garbage.”

*Not* – “It’s about time you took the garbage out. The flies were going to carry it out for you.”

**2. Gifts** – a gift says, “He/she was thinking about me. Look what they got for me.”

**3. Acts of Service** – Doing something for your spouse that you know they would like. Cooking a meal, washing dishes, vacuuming floors, are all acts of service.

**4. Quality time** – giving your spouse your undivided attention. Taking a walk together or sitting on the couch with the TV off – talking and listening.

**5. Physical touch** – holding hands, hugging, kissing, sexual intercourse, are all expressions of love.

*Out of these five, which one are you?*

Each of us has a primary love language which speaks more deeply than all the others. Discovering each other’s language and speaking it regularly is the best way to keep love alive in a marriage.

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# GUIDELINES FOR THE SITDOWN

## NAVIGATE TOGETHER

### WHERE ARE YOU GOING ON YOUR PATH TO HOLINESS?

“Before you undertook to build a home together, you compared your points of view, weighed your material and spiritual resources and elaborated a set of plans. But since you have been at your task of marriage, have you overlooked the need to sit down together, to examine the work accomplished, to rediscover your ideals and consult the Master Builder?”

Fr. Henri Caffarel

**PLAN IT...** Make a date each month. Schedule at least 45 minutes.

**PREPARE IT...** Make a list of important things you want to discuss.

### Find a quiet place

Somewhere that is peaceful and good for talking. No phones. Try to avoid home (too many reminders of daily obligations).

Are there outside activities that are encroaching on the marriage?

Are there areas that need more attention?

### Pray Together

Face each other and join hands. Express a personal prayer or ask the Holy Spirit to guide your time together.

### Pray/Discuss Children

Discuss joys and struggles you face as a parent.

Are there any concerns that are interfering with the marriage?

### Individual Sharing

Each takes a turn to share personal reflections while the other actively listens.

### Wrap Up

Any other items that need to be discussed?

If none, join hands and pray in silence

### Discuss your Marriage

Share with one another what areas are going well and what areas are causing disagreements. Are there any work or finance concerns interfering with the marriage?

### Concluding Prayer

Thank God for the gift of your love and your sacrament. Pray for each other. This time is a true blessing for your marriage!

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## ABOUT TEAMS OF OUR LADY

Teams of Our Lady is a movement of Christian Marriage Spirituality, which brings together couples united by the Sacrament of Matrimony, and who wish, together, to deepen the graces of their Sacrament.

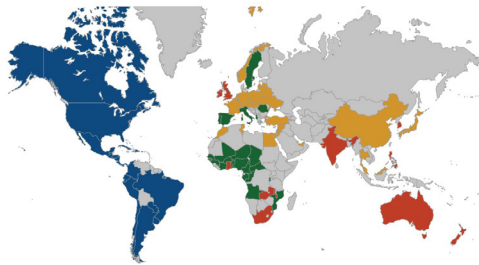
It offers married couples a pathway toward love, happiness and holiness. The movement's aim is to help couples live fully their Sacrament of Marriage.

**Want more information?**

**Contact Allie Cota**

**407.929.6626 | [alliecota16@gmail.com](mailto:alliecota16@gmail.com)**

### TEAMS WORLD MAP



Located in 90 countries!

14,195 Teams

72,120 Couples

9,060 Spiritual Counselors/Priests

**USA ONLY**

838 Teams in 40 states

4490 Couples

335 Spiritual Counselors/Priests

**TeamsOfOurLady.com**

## Magnificat

My soul proclaims the greatness of the Lord  
and my spirit exults in God my Savior;  
because He has looked upon His lowly handmaid.

Yes, from this day forward  
all generations will call me blessed,  
for the Almighty has done great things for me,  
Holy is His name, and His mercy reaches  
from age to age for those who fear Him.

He has shown the power of His arm,  
He has routed the proud of heart.  
He has pulled down princes from their thrones  
and exalted the lowly.  
The hungry He has filled with good things,  
the rich sent empty away.

He has come to the help of Israel His servant,  
mindful of His mercy -  
according to the promise  
He made to our ancestors -  
of His mercy to Abraham  
and to His descendants forever.

**Our Lady Queen of Teams**  
*Pray for us*