



Jennessa is a passionate servant of Jesus, a dynamic speaker, and the author of "The Princess Guide: Faith Lessons from Snow White, Cinderella, and Sleeping Beauty" (Servant Books). Jennessa earned a MA in Theological Studies from the Christendom Graduate School. She also holds a certificate in Youth Ministry (accredited by Franciscan University). Jennessa spent a number of years serving as a Coordinator of Youth Ministry in the Arlington Diocese. She has made appearances on EWTN (upcoming), CatholicTV, radio, podcasts, online conferences, and has been featured in National Catholic Register. Currently, she resides in New England with her husband and children.

The "Be" Series:

This seven talk series offered by Jennessa invites young women to understand what it means to **"be"** a woman in the eyes of Christ. Jennessa engages audiences through a dynamic approach (stories, props, audience involvement, dramatization, a hint of fairy tales, and a deep love for Theology). Talks are best suited for high school and college students, and even mom and daughter events. Pick two or three topics for a retreat, just one talk for an event, or even run the entire series, offering one talk a month.

1. **Beauty**

Mirror, Mirror on the Wall... who is the fairest of them all? A talk that speaks to the desire on each woman's heart to to be beautiful. More specifically, this talk looks at how to approach beauty authentically, shares where beauty is really found, and gives tips on how ladies can truly manifest it. The topic of modesty is also included.

2. **Be Not afraid**

What are you afraid of? Everyone has fears. This talk addresses what we are afraid of, the effects of fear, why we struggle with it, and how to resolve it. Is Jesus asleep in your boat? Do you trust him?

3. **Befriend**

A true friend is a "treasure" (Sirach 6:14)...What unites persons in friendship? In this talk, both the practical aspects and the "secret" of finding lasting friends are shared. Discerning tips on the type of friendships you have are given, and advice is offered on friendships that seemed to have turned sour. The heart of this talk is to unite and invite ladies into a deeper friendship with Christ.

4. **B**eware of Bad Apples

Do you hunger for a bite? A talk on all the “bad apples” or temptations young women have in their lives. How does the Enemy try to make bad apples look like good ones? What sins and vices are women attracted to? And finally, thoughts are shared on how to break free and make God’s commandments and teachings the true apple of the eye” (Proverbs 7:2).

5. Brides to **B**e

In sickness and in health...A talk on how all young women are brides by the nature of their Christian baptism, but also how the feminine heart has a desire written within to take a permanent vow as a bride in religious life or marriage. How are both vocations similar? How does one prepare to be a bride? The topic of chastity is also discussed.

6. **B**elieve Boldly

Come awake, Come awake! A talk on living your faith with zeal, reverence, and in a spirit of evangelization. Jesus is our Savior, be excited about it! This talk includes tips on prayer, how to be a witness to the world, and how to get more out of Mass.

7. **B**ecoming

In other words, "seasons of fulfillment." A talk that looks to what Natural Law, Theology of the Body, Scripture, and Holy Mother Church reveal to us about our vocation as women, and how to be faithful to femininity in all seasons. Do women need to approach life differently than men? How are women to prepare for each season? How are women called to walk and weather these seasons? The topic of contraception is covered in this talk (age appropriate).