

*“When you look for me, you will find me.”
St. John the Baptist Cathedral, 210 Greentree Road, Munhall, Pa 15120*

Name _____
Address _____
City _____ State _____ Zip _____
Parish _____ Pastor _____

Make check payable to: Office of Religious Education

FEE: \$40 – includes lunch (No Refunds)

Please mail this form and your registration fee to:
Office of Religious Education
3605 Perrysville Avenue
Pittsburgh, PA 15214
(412) 322-8773

Registration Deadline-April 20, 2024

Additional registration forms can be found at www.archpitt.org

**“When you look for me,
you will find me.”**
(Jeremiah 29:13)



**Nineteenth Annual
Women’s Day of Reflection**

**Saturday, April 27, 2024
9:00am – 2:30pm**

Cathedral of St. John the Baptist
210 Greentree Road
Munhall, PA 15120

Sponsored by the
Office of Religious Education
for the Byzantine Catholic
Archeparchy of Pittsburgh

Introduction

Our lives are like stained glass windows. Many parts make a whole. Created in the image and likeness of God, our mind, body and spirit are intimately connected. **“You formed me in my inmost being; you knit me in my mother’s womb. I praise you, so wonderfully you made me; wonderful are your works.”**(Psalm 139:13-14)

Three gifted presenters will share experiences and wisdom in how trauma and challenges can be a source of new meaning in life. Their example of acceptance and perseverance will help us see that life is always a series of new beginnings. Each day is an opportunity for growth and awareness in renewing mind, body and spirit.

Pam Surano

Pam currently works for the Catholic Diocese of Pittsburgh as an assignment editor and producer of Communications and Community Relations. She has extensive experience as a TV anchor for WYTV-Youngstown, Ohio, WTOV-TV in Steubenville, Ohio and WJET-TV in Erie, PA. Her professional experience also includes working with Catholic Charities and Mercy’s Operation Safety Net in helping refugees, homeless, the abused and addicts. In 2020, at age thirteen, her daughter Mary, suffered a rare spinal stroke as the result of a freak accident. Pam will talk about her journey in helping her daughter recover and how her faith encourages her to persevere in this life changing experience.

SCHEDULE

- 9:00 A.M. **Doors Open**
Registration/Coffee
- 9:45 A.M. **Prayer/Welcome**
- 10:00 A.M. **Acceptance**
Pam Surano
- 11:00 A.M. **Break**
- 11:15 A.M. **Gratitude**
Susan Koeppen
- 12:00 P.M. **Lunch**
Vendors
- 1:00 P.M. **Perseverance**
Lee Goldman Kikel
- 2:00 P.M. **Benefit Auction for children & women in Ukraine**

If you wish to donate a basket for the Benefit Auction, please contact Marjorie Glaid at (412) 835-3873

Susan Koeppen

Susan has more than 25 years of experience in the television industry and presently is a news anchor for WPXI-TV. A journalist with a passion for telling stories and talking with people, Susan will tell her own story of being a cardiac arrest survivor. Her tenacity in remaining positive and confidence in the medical field contributed greatly to her recovery. In addition, she will share her own personal encounters with others in life-death situations. As an advocate for women’s health she’s a self proclaimed, “Let’s not waste any moment of any day” type of person. Her passion is to help women actively and intentionally remain healthy in mind, body and spirit.

Lee Goldman Kikel

Lee earned a BS in Psychology, a Masters Degree in Education at the University of Pittsburgh and worked in the mental health field as a rehabilitation counselor. She grew up in the Squirrel Hill neighborhood of Pittsburgh and her early years revolved around school and the family jewelry business. Her father, Melvin Goldman, a jewelry designer was a Holocaust survivor. Lee wrote a book about his experience entitled, “Perseverance: One Holocaust Survivor’s Journey from Poland to America.” She will share the fascinating story of how she learned about her father’s secret life and the way in which his faith sustained him during his terrible ordeal.