

Name \_\_\_\_\_  
Email \_\_\_\_\_  
Parish \_\_\_\_\_ Pastor \_\_\_\_\_

*Make check payable to: Office of Religious Education*

**FEES:** \$40 – includes box lunch (No Refunds)  
Ham \_\_\_\_\_ Turkey \_\_\_\_\_ Salad \_\_\_\_\_

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 13, 2026

**Additional registration forms can be found at [www.archpitt.org](http://www.archpitt.org)**

# Resilience through Hope & Prayer



**Twenty-First Annual  
Women's Day of Reflection**

**Saturday, April 18, 2026  
9:00am – 2:30pm**

**Kearns Spirituality Center  
Campus of La Roche University**

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

## Mike Clark

Mike Clark has anchored and reported news for WTAE since 1995. He was awarded an Honorary Doctorate of Humane Letters from La Roche University and won multiple Emmy Awards both individually and as part of a news team. Mike has been involved in multiple charitable organizations and is an adjunct professor of journalism at Duquesne University. He lost a son in a tragic hiking accident in 2019. He is a proud husband, father and man of deep faith who has a story to tell about resilience.

## Michelle Wright

Michelle Wright is a Franciscan University graduate and worked in the field of Catechetics for 20 years. She recently joined the Doctorate in Ministry program at Franciscan with a desire to focus on spiritual formation for individuals with special needs. She will share with us her experiences with traits and behaviors of disabled people who are resilient and what she has learned about autism. Michelle lives in Cranberry Township, PA, with her husband and teenage son.

## SCHEDULE

- 9:00 A.M. **Doors Open**  
Registration/Coffee
- 9:45 A.M. **Prayer/Welcome**
- 10:00 A.M. **Session I**  
Mike Clark
- 11:00 A.M. **Break**
- 11:15 A.M. **Session II**  
Michelle Wright
- 12:00 P.M. **Lunch**  
Vendors
- 1:00 P.M. **Session III**  
Flower Arrangement
- 2:00 P.M. Plant Benefit Auction for children & women in Ukraine

Please help to support the women & children in Ukraine by donating a plant for the auction. May God reward you!

## What is Resilience?

Resilience is the ability to bounce back from difficult or tough situations. It means being able to cope with hardships, recover from adversity and keep going even when things are tough. It is about adapting to challenges rather than being knocked off course for good.

Resilience is not about pretending everything is okay. It is about having coping strategies, asking for help, and working through problems.

Some of the common symbols for resilience.

The phoenix, is a mythical bird that rises from ashes.

The lotus flower, grows from mud to bloom beautifully.

The bamboo plant, is known for bending without breaking.

**“That you and I may be mutually encouraged by each other’s faith.” (Rom. 1: 12)**