

## NEWS FROM THE DIOCESE OF LITTLE ROCK

### **ARKANSAS CATHOLIC MEN'S CONFERENCE**

**SUPER BOWL SATURDAY, FEBRUARY 11, 2023**

**CHRIST THE KING CHURCH IN LITTLE ROCK**

**SPEAKERS INCLUDE DR. EDWARD SRI AND**

**FR. RUBEN QUINTEROS**

**FOR MORE INFO VISIT [ARCATHOLICMEN.COM](http://ARCATHOLICMEN.COM)**

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**PHOTO CONTEST:** Any Arkansas photographer, 18 or older, can enter their photo of a local Catholic church or institution for a chance to be featured on the cover of the 2024 Diocese of Little Rock directory. *Arkansas Catholic* sponsors the annual cover photo contest. The contest entry deadline is March 17. Sister Maria Rose Carter, OSB, of Holy Angels Convent in Jonesboro won last year's contest with a photo of a sunlit mosaic depicting St. Benedict. Her photo was featured on the cover of the 2023 directory. Complete rules and an entry form are available on the *Arkansas Catholic* website, [arkansas-catholic.org](http://arkansas-catholic.org). For more information, contact Emily Roberts by e-mail to [eroberts@dolr.org](mailto:eroberts@dolr.org).

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Tired of cards from Hallmark? Why not give your spouse a Valentine gift that will last a lifetime? Spend a weekend away with your spouse talking about what really matters. *Sign up for an upcoming Worldwide Marriage Encounter Experience on:* February 10-12, 2023, Subiaco Coury House Subiaco, AR or June 2-4, 2023, Our Lady Queen of Peace Retreat Center Stanton, TN (near Memphis). A WWME Experience gives you all the tools you need to have the best marriage ever! Application fee \$200/couple. Discount available with early registration. To register or for more information visit our website at [WWME.org](http://WWME.org) or call 501-733-1235.

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NEWS FOR THE DIOCESE CONTINUED . . . .

### ***Retrouvaille Arkansas – Help Our Marriage***

A Marriage program that helps couples restore their marriage and rebuild a loving relationship. A Christian marriage program, Catholic in origin, where couples of all faiths or no faith background are encouraged to attend. Primarily a practical program to improve communication, build stronger marriages, and help couples reconnect.

Presenters are not trained marriage counselors, but rather couples sharing their personal stories of marital struggles and the tools they used to rediscover their love.

To sign-up go to [helpyourmarriage.org](http://helpyourmarriage.org).

For further information call 800-470-2230 or 501-834-1956.

The next weekend will be February 17-19 2023 at

St. John's Center in Little Rock.

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***Hope & Healing***, a 12-week online Bible study just for women who have been wounded by abortion, will begin March 1, 2023, meeting on Wednesday evenings from 6:00 -7:15 p.m.\* via Zoom. This free Project Rachel Ministry opportunity will explore the impact of past abortion decisions on our lives and help us discover what we need to do to heal from these traumatic experiences. On this journey of self-discovery and empowerment we will meet 12 amazing women who, just like us, are wives, mothers, daughters, sisters, and friends. Together, we will learn how these women faced the same struggles and challenges that we face, and through their example gain insight into what we can do to make changes in our own lives so that we can move forward from lingering grief, shame, guilt, fear, and pain, to acceptance, forgiveness, trust, peace, love, and joy. Any woman, anywhere, can participate from the comfort of her own space, anonymously if desired, with a virtual group of soon-to-be friends. Call or text our CONFIDENTIAL direct phone line 501-663-0996 for more information. Registration is required by February 22, 2023.