

St Agnes Family Retreat 2026



Schedule of Events

Sunday, Feb 22/10:15 am - 11:15 am/Families of Faith/Parents

"Hope for the Journey" Parenting & Theology of the Body (All Parents)
"Simply Loved" Stories, Activities, Fun (1st/2nd Grade)

Sunday, Feb 22/3 - 5 pm/Seniors/Teens

"Aging with Grace" Exploring Aging/Catholic Teachings (Seniors)
"Forgiveness/Dealing with Difficult Parents" Teen Issues (Teens)
"Questions/Answers" Panel Discussion

Monday, Feb 23/St Agnes Students

"Simply Loved" Stories, Activities, Fun (Grades 1 - 3)
"It's All Up to Me" Stories, Kid Issues (Grades 4 - 6)
"Be Seen, Not Perfect" Pre-Teen Issues

Monday, Feb 23/6 - 7:30 pm/Men/Women

"Only You" Women's Role, Call to Stillness (Women)
"Redemption Begins w/Surrender" Men's Role/Burdens (Men)

Tuesday, Feb 24/5:30 - 6:30 pm/All

"Hope that Outlives the Wound" A Story of Mercy, Redemption, & Restoration

Reconciliation Service Immediately Following

Meet our Speakers



Rich Lamm, MA, LPCC **Nicole Lamm, RN, MBA, MSN**

Rich is a licensed Professional Clinical Counselor and Catholic speaker who integrates psychological insight with deeply sacramental and contemplative understanding of spiritual life.



Nicole is the Executive Director of Specialty Nursing Services at Marshall Medical Center in the Sierra Foothills. Nicole loves exploring where our rich tradition intersects with the science of leadership, nursing, and the beauty of caring for others.



Vanesa Padilla, AMFT

Vanesa is a Marriage & Family Therapist who is passionate about supporting emotional well-being while helping youth grow in their relationships with Christ and one another. Her husband, Paul, will be joining her during the retreat. Both currently work in the mental health field and both have over a decade in youth ministry.



Patience Silva, LCSW

Patience is a Catholic Therapist working in private practice with years of experience with children and teens. She has a passion for sharing the truths of Theology of the Body, and integrates these powerful teachings into her therapeutic practice.