

THE CATHOLIC MIRROR

Vol. 56, No. 8

August 18, 2023

The joys of summer

Catholic Youth Camp serves up faith and fun to 1,600-plus campers



Campers, counselors and staff celebrate summer at Catholic Youth Camp at the St. Thomas More Center in Panora. In the heart of the Diocese, campers from third grade through high school come together to cultivate connections among each other and in Christ. Bottom left: Father Reed Flood spent many days on the zipline, in a canoe, playing gaga ball, plus hearing confessions and celebrating the Eucharist with campers.

Bottom right: New camp director Jason Anderson takes a break with seminarian Connor Lynch. "This summer at CYC has been filled with blessings that flow from young people gathering in a very special place, to live and share their faith," said Anderson. "I am deeply thankful for all of the campers, families, counselors, staff members, directors, seminarians, clergy and supporters who make this important ministry possible.

Maui devastated after historic fire

HONOLULU (OSV News) -- Catholic Charities Hawai'i in the Honolulu Diocese has appealed for donations to help the agency meet the housing, food and other needs of what could be thousands of victims from wildfires raging on the island of Maui that wiped out an entire town and drove people to seek refuge in the ocean.

At presstime, CNN was reporting 93 people died. More than 11,000 people were evacuated as wildfires burned the historic town of Lahaina "to the ground," as numerous news outlets reported.

Maui County Police Chief John Pelletier has estimated that about 1,000 people remained unaccounted for but "honestly we don't know" for sure.

Hawaii Gov. Josh Green told CNN Aug. 10 that he estimated "upwards of 1,700 buildings" were destroyed. News reports said that wildfires also were affecting the Big Island (officially named Hawaii),

and crews were battling a total of six fires, with three simultaneously torching Maui.

By early Aug. 11, the Lahaina fire was reported to be 80% contained.

"We can only imagine the distress and heartache that many are currently experiencing from the destructive wildfires on Maui, and our thoughts and prayers are with everyone impacted," said a statement posted on the website of Catholic Charities Hawai'i, which urged people to make a donation to the agency for Maui relief at catholiccharitieshawaii.org/maui-relief.

On Aug. 10, President Joe Biden issued a federal disaster declaration for Maui and the Big Island, ordering "all available federal assets on the Islands to help with response.

Eucharistic procession

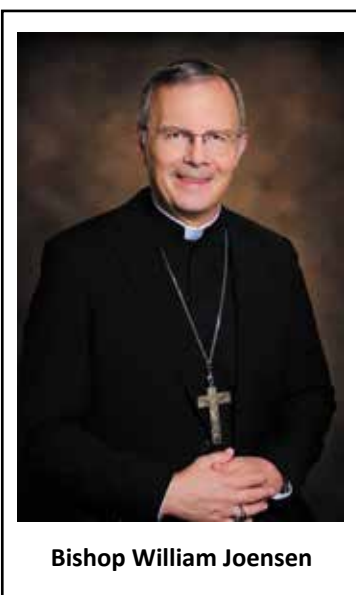
Join Bishop William Joensen for a public witness of our faith on Saturday, Aug. 19 with 9 a.m. Mass at the grotto at St. Anthony Parish in Des Moines followed by a Eucharistic procession to St. Ambrose Cathedral. Lunch and rides back to St. Anthony will be provided.

Missionary joy

Children returning to school may be asked to give individual accounts of “what I did on my summer vacation.” I did not ride RAGBRAI in its golden jubilee year, but I remain inspired by what I witnessed in early August on pilgrimage to World Youth Day in Lisbon, Portugal, focusing on our own diocesan group of some 50 young adults along with another six not-so-young adults who accompanied them. Led by Justin White who oversees ministry to young adults as part of our diocesan Evangelization and Mission team, they composed a diverse group largely from St. Ambrose Cathedral Parish in Des Moines. They had fundraised for more than a year by performing various sorts of service so that they could participate in this exceptional spiritual event.

The catalyst for this convergence of 400,000 or so young people from around the world for the days leading up to the concluding Sunday Mass (where 1.5 million of the faithful stretched as far as the eye could see) was the invitation and presence of our Holy Father, Pope Francis. The 86-year-old pontiff became endearingly animated as he “stirred the pot” of this international soup of over 200 nationalities, diverse cultural flavors, rousing music and tongues of the Spirit manifested in heartfelt praise and worship. There were also countless catechetical sessions revolving around the “Rise Up” theme drawn from the Luke 1:39-56 passage detailing Mary’s haste after the Annunciation to visit her pregnant cousin Elizabeth.

Our Des Moines diocesan group was in its own right a microcosm of the Church Catholic; they revealed the universality of the Body of Christ in all its mem-



Bishop William Joensen

bers, whose beautiful profiles included women and men from Eritrea, South Sudan, Myanmar/Burma, and Ghana, as well as Polk and Taylor Counties. They arrived in Portugal earlier than many other groups in order to spend some days in the Diocese of Leiria-Fatima, where they quickly bonded with their host families. These families fed them, transcended language barriers in conversation, and facilitated multiple visits to the shrine and village where Our Lady of Fatima made her dramatic appearances to Lucia, Jacinta, and Francisco. In many cases, our pilgrims formed connections with their hosts that will last long after the tears shed upon their departure for Lisbon have dried.

In contrast to RAGBRAI, where a certain raucous exuberance prevails in what amounts to a rolling party winding across the Iowa prairie, the signature feature of World Youth Day is sheer, unadulterated joy: joy in the presence of the beloved Savior, Jesus Christ, in Eucharistic adoration and in the ‘City of Joy’ whose main venue was the field of for-

giveness. There, rows and rows of priest confessors sheltered in makeshift confessional huts and tendered God’s mercy to pilgrims for long stretches at a time.

An effervescent joy coursed through the streets as young people sang, chanted, and danced their way from one venue to another, encountering other young believers who reinforced the awareness that they are truly never alone when they live faith as disciples and witnesses to Christ. And yes, there was joy as they spontaneously serenaded in the pope’s presence, “¡Esta es la juventud del Papa!” “This is the youth of the Father!”—with the double entendre referring to both the Holy Father and the heavenly Father.

As Pope Francis vigorously emphasized to all of us, regardless of age, we are loved just as we are, “without makeup,” for to God “none of us is a number, but a face and a heart.” To be loved unconditionally prior to anything we do or merit is not an excuse for complacency or inertia, let alone an excuse to pursue life solely on our own terms, defining love in ways unfamiliar to the Gospel.

God’s love embeds a call to share in the mission of infusing joy in a world where dejection and apathy are far too prevalent. Joy is missionary; it cannot be kept to oneself, but is to be shared with others. For this mission we must trust in Jesus and his infinite mercy, and embrace an equally vital truth: Jesus trusts us; he trusts young people to be the ambassadors of hope and transformation that our world so urgently needs, human faces who convey to others that in the Church, “there is room for everyone.”

For as the Holy Father cautions, there are plenty of folks

who know our name, who collect data processed by algorithms, and then blend and bleach out our uniqueness as they mine knowledge but do not enfold it in personal, enduring love. They play songs that promise happiness but are quick to discard us when they have capitalized on our yearnings to do something meaningful with our lives. Pope Francis likens these illusions fabricated within a virtual world to “soap bubbles” that inevitably burst and leave us empty inside. Surely, the struggles and suffering of young people represented at Lisbon by the creative rendering of the Stations of the Cross revealed the sense of a void within that may be caused by estrangement from God and their peers.

On our next-to-last day in Lisbon, I was the main celebrant at Mass with our Des Moines group at the splendid St. Nicholas Church, along with concelebrants Fathers Raphael Assamah, James Downey, Paul Lippstock (of the Dubuque Archdiocese), assisted by Deacon Francis Chan. In my homily, I encouraged participants to take stock and give thanks for the ways in which God keeps his promises. I hoped they would etch in their hearts possible movements of the Spirit where God was prompting them to “rise up,” to offer themselves to God in both familiar and unprecedented ways. And as they flow forward with these holy desires, I prayed they would believe that despite our limitations and stumblings, God promises to always help us keep our promises.

Unlike RAGBRAI, where cyclists dip their tires in the Mississippi River and then scatter in various directions, the charge from Christ and his Vicar the pope to the young women and

men who received the graces of World Youth Day is to abide in the connections they formed and then broaden the circle of communion among people of all ages in their home dioceses. While some of the fervor and euphoria of the time together in Lisbon may wane, young people will serve their communities and culture if they do two things among others: (1) Ask questions. As Pope Francis counseled “Don’t stop asking questions. . . because asking questions is a sign of restlessness, and restlessness is the best remedy for mere routine,” which dulls the soul. While it will require patience to allow some of these questions to be answered, the God of surprises will not forsake or forget us.

(2) Serve others, particularly those who are weary, weak, or needy in any way, by offering the precious gift of attentive presence and joyful solidarity. To hasten and listen to another is to effectively wipe the tears and the sweat from his or her brow, as Veronica did with Jesus on his passion pilgrimage to his Father. One of the most vivid images that struck me in Lisbon was the joy of the troupe of young adult performers who enacted the Stations of the Cross. They offered new insight into this Sixth Station as they radiated joy in the face of suffering, bearing the image of the Savior who is both source and fulfillment of our seeking.

May our Diocese of Des Moines World Youth Day pilgrims continue to be missionaries and catalysts of joy for all of us here on the home fields of faith in which God’s beloved children converge as a new school year and love and hope continue to mature!

Gozo Misionero

A los niños que regresan a la escuela podrán pedirles que re-

laten sus experiencias personales “qué hice en mis vacaciones de verano.” Yo no participé en RAGBRAI en el jubileo de su año de oro, pero me mantuve inspirado por lo que atestigüé a inicios de agosto en la peregrinación de la Jornada Mundial de la Juventud en Lisboa, Portugal, enfocándome en el grupo de nuestra propia diócesis conformado de aproximadamente 50 adultos jóvenes y los 6 adultos no tan jóvenes que los acompañaron. Bajo el liderazgo de Justin White de nuestro equipo de Evangelización y Misión, quien es responsable del ministerio de adultos jóvenes, ellos conformaron un diverso grupo en su mayoría de la parroquia de la Catedral de San Ambrosio en Des Moines quienes trabajaron para recaudar fondos por más de un año haciendo varios proyectos de servicio para poder participar en este evento espiritual excepcional.

El catalizador de esta reunión de alrededor de 400,000 jóvenes de todo el mundo en los días previos a la Misa Dominical de clausura (en donde 1.5 millones de fieles se reunieron hasta los límites que podía alcanzar la vista) fue la invitación y presencia

de nuestro Santo Padre, el Papa Francisco. El pontífice de 86 años se notó cariñosamente animado al “agitar la olla” de esta sopa internacional de más de 200 nacionalidades, sabores culturales diversos, música vibrante y lenguas del Espíritu que se manifestaban en sincera adoración y alabanzas, incluyendo las incontables sesiones catequistas que giraban alrededor del tema “Levantarse” tomado del pasaje de Lucas 1:39-56 que trata sobre como María se apresuró luego de la Anunciación a visitar a su prima Isabel quien estaba embarazada.

Nuestro grupo de la Diócesis de Des Moines era en sí mismo un microcosmo de la Iglesia Católica; ellos revelaban la universalidad del Cuerpo de Cristo y de todos sus miembros, cuyos hermosos perfiles incluían mujeres y hombres de Eritrea, Sudán del Sur, Myanmar/Birmania, Ghana, así como de los condados de Polk y Taylor. Ellos llegaron a Portugal antes que muchos otros grupos para poder pasar algunos días en la Diócesis de Leiria-Fátima, en donde se conectaron rápidamente con las familias que los hospedaron y que no escatimaron costos ni sueños preparando sus

comidas. Ellos superaron cualquier barrera de lenguaje en sus conversaciones e hicieron múltiples visitas al Santuario y a la villa en donde Nuestra Señora de Fátima hizo sus dramáticas apariciones a Lucía, Jacinta y Francisco. En muchos de los casos, nuestros peregrinos crearon conexiones con sus anfitriones que durarán más allá de cuando se sequen las lágrimas que derramaron cuando partieron de Lisboa.

En contraste con RAGBRAI, en donde cierta estridente exuberancia prevalece en lo que se convierte en una fiesta rodante deslizándose a través de la pradera de Iowa, la marca principal de la Jornada Mundial de la Juventud es un gozo puro e inalterado: gozo en la presencia del amado salvador, Jesucristo, en adoración Eucarística, o en la ‘Ciudad del Gozo’ cuya principal sede era el campo del perdón. Ahí, líneas y líneas de sacerdotes confesores se refugiaban en acabañas de confesión improvisadas ofreciendo la misericordia de Dios a los peregrinos por largos periodos de tiempo.

Un gozo efervescente fluía por las calles al ver a los jóvenes cantar, corear y bailar mientras

iban de un evento a otro, encontrándose con otros jóvenes creyentes quienes marcaban el hecho que ellos nunca están verdaderamente solos si viven la fe como discípulos y testigos de Cristo. Y si, se veía el gozo cuando cantaban espontáneamente en presencia del papa, “¡Esta es la juventud del Papa!”—con el doble sentido de referirse tanto al Santo Padre como al Padre celestial.

Así como lo enfatizó el Papa a todos nosotros que, sin importar la edad, todos somos amados tal y como somos, “sin maquillaje,” porque para Dios “ninguno de nosotros es un número, sino un rostro y un corazón.” El ser amado incondicionalmente antes de que hagamos algo o sin merecerlo no es una excusa para ser complacientes o llevarnos con inercia, menos aún una excusa para caminar por la vida únicamente bajo nuestros propios términos, definiendo el amor en términos que no están familiarizados con el Evangelio.

El amor de Dios incorpora un llamado a compartir en la misión de inyectar gozo en un mundo donde el rechazo y la apatía son

Continued on page 10

THE CATHOLIC

MIRROR

Bishop William Joensen
Publisher

wjoensen@dmdiocese.org

Anne Marie Cox
Editor

acox@dmdiocese.org

The Catholic Mirror (ISSN 0896-6869) is published monthly for \$25 per year by the Diocese of Des Moines, 601 Grand Ave., Des Moines, Iowa 50309. Periodicals postage paid at Des Moines. POSTMASTER: Send changes to THE CATHOLIC MIRROR, 601 Grand Ave., Des Moines, Iowa 50309.

PHONE: (515)237-5046

EMAIL: mirror@dmdiocese.org

DIOCESAN WEBSITE:

www.dmdiocese.org

Young Knights drawn to helping others

By Lydia Sheve
Contributing Writer

When Bryce Follett was a boy, he got to tag along with his dad at Knights of Columbus events, planting the seed that would lead him to become a knight himself when he turned 18.

Four years later, he and several of his friends and brother Knights are the technical crew behind the Iowa Knights of Columbus. Running the sound and the lights has become their special ministry within the Knights

of Columbus, something many young Knights are seeking.

"I look for a task," said Sean McGee, who runs the lights and sounds with Follett. "I need to roll up my sleeves and help."

McGee, of St. Patrick Parish in Perry, and Follett, of Our Lady's Immaculate Heart in Ankeny, both joined the Knights when they turned 18. They are now 22. Although that puts them on the younger end of the Knights, they don't consider their age to be entirely unusual in the group.

"I would say it's something the Knights are struggling with. They are focusing and aiming

towards trying to get more of the younger crowd, but it's all dependent on parish," said Follett. The younger the parishioners are, the younger the knights are going to be as well, he said.

Also, young Knights are sometimes not at their home parish's council because they leave for college, giving the appearance that their parish has fewer young knights than they actually do.

"You're going to see a lot more concentration of younger Knights at college councils rather than at your parish," McGee pointed out.

For both of them, a major draw to the knights is their commitment to helping their brother Knights, fellow Catholics, and fellow humans. Both the witness of the knights helping local families and their efforts to help displaced families in Ukraine has been impactful to them.

"You have to be a little bit proud and a little bit humbled at the same time that you can be part of that whilst being thousands of miles away," McGee said. That sense of community is what causes many young Knights to join, providing them with community and fraternity in an environment of faith.

Both Follett and McGee agree that being a member of the Knights has helped them grow in faith.

"My faith mostly goes hand in hand with the Knights and I



Sean McGee and Bryce Follett are among young men joining the Knights of Columbus. Together they ran much of the technology behind the annual statewide convention held earlier this year in Des Moines.

understand more of the value of faith and charity, let alone community, being with the Knights than I had without," McGee said.

"You can literally go anywhere and you can find someone who has the same faith and values that you do with the Knights," Follett added.

Statistics from their recent convention show that the Knights of Columbus are growing, in part thanks to young Knights like Follett and McGee, but also to the

other generations who happen to be joining just now.

"We have some that are joining and they're 60 or 65," said Follett. "I think we had someone join who was 85 or 90."

McGee emphasized this point, saying that it wasn't just the younger Knights joining because their fathers are Knights, but that some fathers are joining at the request of their sons.

"It doesn't just go one way generationally; it goes both."

Making it Personal

with Bishop Joensen



Tune in to Iowa Catholic Radio
88.5 FM (Adel) 90.9 FM (Creston)
94.5 FM (Des Moines) or 1150 AM (Des Moines)
or Spirit Catholic Radio
102.7 FM
each Friday at 9 a.m. to hear
Bishop William Joensen talk with a variety
of guests. Can't tune in then?
You can pick up the podcast at
[iowacatholicradio.com!](http://iowacatholicradio.com)

THE FIVE FIRST SATURDAYS DEVOTION TO THE IMMACULATE HEART OF MARY

HISTORY OF THIS DEVOTION

In 1917, in the remote village of Fatima, Portugal, the Blessed Virgin Mary appeared on six different occasions to the three shepherd children with an urgent message for the world, which concerned the salvation of souls and peace in the world. On July 13, 1917 Our Lady showed the children a vision of hell and said, "You have seen hell where the souls of poor sinners go. To save them, God wishes to establish in the world devotion to my Immaculate Heart. If what I say to you is done, many souls will be saved and there will be peace...I shall come to ask for...the Communion of reparation to be made on the first Saturdays..." Our Blessed Mother fulfilled her promise eight years later on December 10, 1925, when she appeared with the Child Jesus to Sr. Lucia in her convent cell and said, "Have compassion on the Heart of Your Most Holy Mother, covered with thorns with which ungrateful men pierce it at every moment, and there is no one to make an act of reparation to remove them."



THE INTENTION

This devotion is fulfilled with the intention of consoling and making reparation to the Immaculate Heart of Mary for our own sins, for the blasphemies and ingratitude of unrepentant sinners, and for peace in the world.

OUR LADY'S PROMISE

Then Mary held out her thorn-wreathed Heart and said, "See, my daughter, my Heart encircled by thorns with which ungrateful men pierce it at every moment by their blasphemies and ingratitude. Do you, at least, strive to console me, to tell them that I promise to assist at the hour of death with the graces necessary for salvation all those who, in order to make reparation to me, on the First Saturday of five successive months, go to confession, receive Holy Communion, say five decades of the Rosary, and keep me company for a quarter of an hour, meditating on the mysteries of the Rosary."

HOW TO MAKE REPARATION TO THE IMMACULATE HEART OF MARY

The faithful are invited to make the following four steps on five consecutive first Saturdays as part of the devotion.

1. Go to confession on a day of your choosing close to the First Saturday.
2. Receive Holy Communion in a state of grace. For those who may have difficulty fulfilling this requirement on Saturday, Our Lord told Sr. Lucia: "The practice of this devotion will be equally acceptable on the Sunday following the first Saturday when my priests, for a just cause, allow the faithful."
3. Pray five decades of the Holy Rosary. When praying the Holy Rosary Our Lady invited us to insert between the decades: "O my Jesus, forgive us our sins; save us from the fires of Hell. Lead all souls to Heaven, especially those who are in most need of Thy mercy."
4. Spend 15 minutes in silent prayer meditating on one or more of the mysteries of the Holy Rosary.

You are invited to morning Mass at St. Francis of Assisi Catholic Church in West Des Moines to celebrate this devotion with me at 7:15 a.m. on September 2.

Donor dollars help those in need

By Bobbi Smith
Contributing Writer

At Catholic Charities, Diocese of Des Moines, we see the needs of our neighbors and take action.

Our five cornerstone programs, serving the metro areas of Des Moines and Council Bluffs as well as the rural communities in between, exist to empower individuals and strengthen families.

Over 70 staff and hundreds of volunteers deliver these services with care and compassion.

Each Catholic Charities program actively pursues grant funding to support its needs.

Currently, 57 percent of its overall budget comes from grant support. However, financial contributions from parishioners and donors, which accounts for 32 percent of the overall budget, is pivotal to Catholic Charities' efforts.

The infrastructure built over the last 99 years allows Catholic Charities to deliver programs and services to those who find themselves in need. Catholic Charities puts donor dollars into action to connect people with exceptional life-changing experiences that

inspire full human potential and growth.

Catholic Charities' Annual Appeal provides donors the opportunity to financially support the vital work being done at the organization. This year's goal is to raise \$850,000 in support of the individuals and families who are served.

Donors can choose to give a one-time gift or set up a recurring gift. Many employers also provide corporate matches to inspire their workforce to give generously to our programs.

Each contribution helps meet the needs of those who cannot meet their own.

Financial contributions allow Catholic Charities' programs to operate efficiently and effectively, which continued through the pandemic; yet the need has increased.

Individuals can give to a specific program or help where needs are greatest.

Donor dollars allow Catholic Charities to restock its depleted inventory so that they can put the right size diapers into the arms of the weary-eyed father who visits our Food Pantry.

Support from donors makes it possible to provide pizza night

for the ten families at the Emergency Family Shelter, families who are working hard toward self-sufficiency.

Donations allow us to facilitate a safe and quick exit strategy for the bruised partner who just needs a ride to our Domestic Violence and Sexual Assault Shelter in Council Bluffs.

Donor funds make it possible for refugees new to America to acclimate to their homes and experience American culture alongside friendly faces.

"We are grateful for those who choose to respond to the Catholic Charities Annual Appeal," said Executive Director Barbara Decker.

"When you receive your invitation in the mail to give, please consider a contribution to our organization and share with a friend why you are doing so," she said. "Gifts of cash, stock, or other assets can make an incredible impact for us."

To learn more about Catholic Charities' programs and services or how your time, talent or treasure can become a life-saving mechanism for those in need, visit catholiccharitiesdm.org.



John Levy at Our Lady's Immaculate Heart Parish in Ankeny and two Catholic Charities' Food Pantry volunteers earlier this year.



Shalom Lule with a van load of much needed pillows for Catholic Charities' Emergency Family Shelter.

Community dedicated to monthly rosary prayer

For nearly 20 years, Shelby County residents have gathered monthly to pray a 15-decade rosary for life.

Seventeen people gathered at St. Peter Parish's grotto on July 23 to continue the tradition, praying the rosary, Divine Mercy Chaplet, and Litany to St. Joseph.

It began in 1994 when Myra Buman of St. Mary Parish in Portsmouth, Kathy Casey Graeve of St. Patrick Parish in Neola, Ed Casey of Our Lady of Grace in Griswold, and Christine Wilson, of Corpus Christi Parish in Council Bluffs, went to Washington D.C. for the annual March for Life. When they returned home, they decided to continue praying for life.

"We are very grateful for the decision of Roe vs. Wade being overturned on June 24," said Graeve.



Photo by Gayla Hargens

Left to right: Mary Beth Zimmerman, Rae Zimmerman, Betty Foxhoven, Peg Petsche, Jo Ann Kenkel, Dianna Gaeres, and Kathy Casey Graeve. Back row: David Gaul.

"We still need much prayer," Graeve said. "We plan to continue our monthly holy rosary for as long as possible."

The group rotates gatherings among six parishes in Shelby County.

Everyone is invited to participate. Upcoming opportunities are Aug. 20 at St. Boniface in Westphalia, Sept. 17 at St. Mary in Portsmouth, Oct. 15 at St. Mi-

chael in Harlan, Nov. 19 at St. Joseph in Earling, and Dec. 10 at St. Mary in Panama.

Women who are experiencing a crisis pregnancy or need help can reach out to Gabriel's Corner in Council Bluffs at 712-318-1971 or gabrielscorner.com, said Graeve.

"They provide hope and help for women facing unplanned pregnancies," she said.

IOWA CATHOLIC RADIO NETWORK

THURSDAY, OCTOBER 19TH

Staff Apologist for Catholic Answers

Joe Heschmeyer

ST. JOSEPH CATHOLIC CHURCH WINTERSSET, IA

Seven Mysteries of the Faith Unlocked by the Eucharist

and

The Eucharistic Miracles of the World Banner Display

Scan me

EXCEL MECHANICAL CO., INC.

AIR CONDITIONING • REFRIGERATION • HEATING
COMPRESSED NATURAL GAS • MED GAS • BUILDING AUTOMATION
CERTIFIED BACKFLOW TESTING • PLUMBING

www.excelmechanical.us
(515) 288-1450

SUPPORT THE CAUSE OF LIFE
with a variety of assets, including:

- Cash • Life Insurance • Real Estate • Grain
- Marketable stock & securities
- Retirement assets such as mandatory IRA distributions • And More!

PULSE life ADVOCATES

515-255-4113
pulseforlife.org
in partnership with
The Catholic Foundation of Southwest Iowa

Victim Assistance Advocate

The diocese's Victim Assistance Advocate, Sam Porter, is a staff member at Polk County Victim Services. He helps people who are or were minors when they were victims of abuse by the clergy through a complaint process. He also helps them seek support and counseling services. Porter can be reached at

515-286-2024 or Sam.Porter@polkcountyiowa.gov.

Faith formation is walking with people on their journey

By Lydia Sheve
Contributing Writer

From July 11-12, the ecumenical Faith for a Lifetime symposium met in Chicago to discuss how faith formation can be something that lasts a lifetime, both in and out of the classroom and for every generation.

The symposium offered sessions covering issues faced in faith formation, possible solutions to those issues, and how to create a culture of lifelong faith formation.

Attendees were guided to create an action plan for their church, including changes they wished to make to create that culture.

"It was awesome going with our team just working together and sharing ideas," said Megan Howes, the youth minister at St. Theresa Parish in Des Moines.

The ecumenical gathering involved Christians of all denominations, enriching the conversations and showing solidarity. "There were Presbyterians, Catholics, Methodists, Baptists, everyone was there," said Howes. "It didn't matter what the faith was, we were all having some of the same struggles with how we're retaining people and how we're promoting for the future."

The main focus of the symposium was how to create a culture of lifelong faith formation. For Howes, the key to doing so is involvement.

"There's just so many ways to get involved, from simply organizing storage closets to helping with social media to teaching faith formation to baking cookies," Howes said. "There are always ways to get involved and once you get involved you realize every parish has a need for everything."

Aside from volunteering, parishioners can get involved by attending events, having conver-

sations with other parishioners, or welcoming new ones.

Sometimes, the only thing stopping people from getting involved is that they don't know they can.

To counter this, Howes said that one of the things they were rethinking was how they reach out to people.

"Simply changing an email to a social media post might increase numbers," she said.

Getting all ages and generations involved has proved to be one of the best ways for a parish family to not only bond but to grow in intergenerational formation, as it helps break people out of the mindset that they belong only with one certain age or group.

"Faith formation is a journey but it's not just 'This is your group and this is my group.' We're all walking this together," she said.

By getting all generations involved, a greater culture of faith formation is cultivated because it shows that no one has truly 'arrived' yet. Having everyone working together is also a reminder that their community is always there to help whenever they need it, whether it be with a ride to Mass or a question about the liturgy.

"Faith formation is a lifelong journey, and I'm walking this journey with you for as long as you need," Howes said. "That's the role of the faith formation team and the parish community."



St. Theresa faith leaders: Jane Ann Becicka, of children's faith formation; Barb Woods, of adult faith formation and RCIA; and Megs Howes, parish youth minister, at a symposium on faith formation.

DIOCESAN MEMORIAL MASS for the UNBORN

September 9th at 10:00 a.m. at St. Anthony Parish

Diocesan Shrine of Our Lady of Mount Carmel and Divine Mercy



*Take My Hand,
Not My Life*

Please join us in the Holy Sacrifice of the Mass where we will remember and pray for all victims of abortion.

We thank you for your prayers for the unborn and their families. Rest assured; God hears our prayers! He is working in His way and in His time. God bless you all.

St. Anthony Parish Respect Life Ministry

(In case of inclement weather, Mass will be in the church.)

For more information visit www.stanthonydsm.org

Parish Mission

Alive in Christ
with
Eucharistic Amazement
September 17-19

St. Francis of Assisi Catholic Church
7075 Ashworth, West Des Moines

Holy Hour starting at 6 p.m. with Adoration
Presentation will begin at 7 p.m.



Come and join us for three spiritual talks from Sr. Joseph Andrew Bogdanowicz, OP from the Dominican Sisters of Mary Mother of the Eucharist.

Sunday, September 17

In Memoriam

The Wolf And The Lamb Will Lie Down Together
(Is. 11:6)

Monday, September 18

Agnus Dei

Like a Gentle Lamb Led To The Slaughter
(Jer. 11:19)

Tuesday, September 19

Mary

I Watched As The Lamb Opened The First of Seven Seals
(Rev. 6:1)

All Are Welcome

Around the Diocese

Aug. 19 – Saturday Eucharistic Procession

DES MOINES – Join Bishop William Joensen for 9 a.m. Mass at the grotto at St. Anthony Parish in Des Moines followed by a Eucharistic procession to St. Ambrose Cathedral for benediction. Lunch follows in the Catholic Pastoral Center across the street from the cathedral. Transportation back to cars at St. Anthony will be provided.

Sept. 9 – Saturday Memorial Mass for the Unborn

DES MOINES – St. Anthony Parish is hosting the diocesan Memorial Mass for the Unborn at 10 a.m. at the diocesan Shrine of Our Lady of Mount Carmel and Divine Mercy. Join us for Mass where we will remember and pray for all victims of abortion.

Sept. 10 Sundays Alpha

WAUKEE – All are invited to Alpha at St. Boniface Church on Sunday evenings from 6-8:15 p.m. beginning Sept. 10. In an Alpha course, guests meet weekly for dinner, a video, and open discussion around some of life's biggest questions. Invite a friend. All are welcome. No cost. Register at stbonifacechurch.org/alpha or call Faye Akers at 515-987-4597.

Sept. 17-19 Sun.-Tuesday Parish Mission

WEST DES MOINES – Alive in

Christ with Eucharistic Amazement will be held at St. Francis of Assisi Parish from Sept. 17-19. Come and join us for 3 spiritual talks from Sr. Joseph Andrew Bogdanowicz, from the Dominican Sisters of Mary Mother of the Eucharist. Holy Hour begins at 6 p.m. with adoration. The presentation begins at 7 p.m. All are welcome.

Sept. 23 Saturday Women's Retreat

AVOCA -- Maureen "Mo" Hoffman will speak on the topic "Set Your Sails For Service" at a women's retreat at St. Mary Parish in Avoca. Doors open at 8:30 a.m., retreat begins at 9 a.m. and ends at 2 p.m. Includes breakfast and continental lunch. Bring a nonperishable food item for the local food pantry. Questions? Contact Mary Pearson at 712-307-6279. RSVP to the parish at sm-pavoca@walnutel.net by Sept. 18.

Oct. 1 Sunday Life Chain

DES MOINES -- The 34th annual Life Chain in Des Moines will run from 2-3:30 p.m. Parking and signs available at Des Moines Fellowship Church, 950 - 35th St. Stand on the south side of University Avenue at 35th Street. Life Chain will take place rain or shine.

Students put their faith into action



Youth from St. Patrick in Audubon and Holy Trinity in Exira are joined by Father David Nkrumah, their pastor, as they pack a truck with items for the needy.

Several months ago, eight students from St. Patrick Parish in Audubon and Holy Trinity Parish in Exira attended their confirmation retreat. During the course of the day, the students learned from the retreat speaker of a young woman with two young children who lacked the basic necessities to thrive.

The students listened intently.

The seed was planted. Students began to formulate project ideas. They began to see others around them who were hurting. The awareness of poverty and the pain involved was a different reality for them. These students started

to collect items that a household might need: furniture, appliances, mattresses, and other items. They also wanted to include religious items for the families.

Every student had a part.

More people became involved as the students reached out through social media, word of mouth, and church bulletins. Parishioners, Finance Council, Knights of Columbus, St. Patrick's Catholic Women and Holy Trinity Altar & Rosary Society supported the project in many ways.

There were challenges. Students took turns calling various social service agencies that might take their items. They chose Restart Recovery in Des Moines.

School was in session so time was limited. Items had to be collected and stored.

On Saturday, July 22, a few

of the confirmation candidates, with the assistance of the Knights of Columbus parents and grandparents, packed a 24-foot enclosed trailer and drove from Audubon to Des Moines directly to the individuals they were helping.

"I never felt so lucky in my life to have all the things I need to live without worrying about my daily needs," said student Emma Brand. "This project showed me that others aren't as blessed. I will never forget this amazing way to give back to people that are in need."

Those eight confirmation candidates exemplified true leadership, said teacher Joanne Greving. They completed the project at hand and hard work paid off.

The Holy Spirit was active among them, said Greving, adding the students grew closer to God and lived out their faith.

CDA luncheon



Photo by Mary Sue Wickham

A Catholic Daughters of the Americas salad lunch was held on July 19 at the Father Chuck Kottas Hall at St. Peter Catholic Church in Council Bluffs. Several members of the St. Maria Goretti Court #2498 attended. In the back row Peg Petsche and Kathy Graeve Court #2498; Terri Dynek, district deputy from CDA 330, Jo Ann Kenkel, Maryann Wendt, and Zita Smith, from Court # 2498. Front row: Jan Roth, treasurer, and Carol Hollenbeck, regent, both with CDA #330.

Eucharistic procession

Join Bishop William Joensen for a public witness of our faith on Saturday, Aug. 19 with 9 a.m. Mass at the grotto at St. Anthony Parish in Des Moines followed by a Eucharistic procession to St. Ambrose Cathedral. Lunch and rides back to St. Anthony will be provided.

Seminarian convocation



Photo by Anne Marie Amacher/The Catholic Messenger

Seminarians Garrett Hugeback, of the Sioux City Diocese, and Liam Dale, of the Des Moines Diocese, talk before lunch during the statewide seminarian convocation held this year in the Davenport Diocese. Each year in August, seminarians from the four dioceses of Iowa gather to build camaraderie before they head back to school.

Get your message into 30,000 homes in central and southwest Iowa by advertising in *The Catholic Mirror*.

Call Sandy at 515-237-5046 or email sriesberg@dmdiocese.org.

Eucharistic Procession

WHEN? AUGUST 19, 2023
MASS - 9:00 AM
PROCESSION - 10:00 AM

WHERE? MASS AND PROCESSION START AT THE GROTTO AT ST. ANTHONY'S ENDING AT ST. AMBROSE CATHEDRAL

i LUNCH WILL BE SERVED AT PASTORAL CENTER AFTER PROCESSION

SHUTTLES WILL TRANSPORT BACK TO ST. ANTHONY'S

DIocese OF DES MOINES

Pilgrims honor priest for faith, friendship

By Anne Marie Cox
Staff Writer

For each of the last eight years, Father Ray McHenry has led a group of about 20 people on a pilgrimage to South Africa to witness their faith by sharing meals, handing out shoes and eyeglasses, and playing with some of the poorest children in the world.

The former pastor of the largest parish in Iowa, St. Francis of Assisi in West Des Moines, makes his annual pilgrimage to a rural area around Limpopo Province and the town of Mokopane in the northeastern part of South Africa.

Father McHenry travels at the invitation of former Mercy One family medicine physician and pain specialist, Dr. Jim Blessman, who left his medical practice in Des Moines to devote his life to helping the poor in South Africa.

As Father McHenry has come to know South Africa - he occasionally drops an African term or two with friends, rode an elephant and walked with lions - the people in and around the villages there have come to know him.

"He's like a celebrity," said St. Francis parishioners Mark and Joy Kellerman. When Father McHenry arrives at a missionary church in a small village, the children run to him.

"They love it when Father Ray comes," said Blessman in agreement. "He's a super star!"

The Kellermans asked Blessman, founder of the Blessman International charity, if there was a way to honor Father McHenry for building friendships and support of South Africans.

In fact, there is. Some of the people he's grown to love will soon have a new place to experience God's love with the construction of a new worship space in honor of the retired Iowa pastor.

The new church will be built for a small but growing parish of about 40 people near a platinum mine in a rural area. Their current space is too small, about the size of a one-car garage. It has no water and no toilet in or near the church.

"I think truly, it was the Holy Spirit that spoke to me and it was like, this is what we've been

looking for," Blessman said.

Those who have traveled with Father McHenry and supporters of Blessman International

have raised about \$150,000 of the \$175,000 needed for the new simple but larger church, including \$15,000 by the parishioners who will benefit.

Dr. Steve Craig and his wife, Mary Beth, traveled to South Africa twice with a group from St. Francis led by Father McHenry.

"It's been so rewarding to witness his passion to serve the underserved in South Africa," he said. "Our teams have helped build toilets, create wells, build needed housing and provide shoes, clothing and eyeglasses to those in need.

"On each of these trips, Father Ray has tried to also serve the Catholic communities we visit across Limpopo Province. We celebrate daily Mass during our 10-day trips, often with different local Catholic communities in the area," he said.

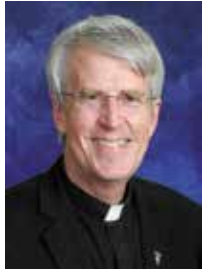
"I can think of no more fitting tribute to Father Ray and his many years of service to the people of South Africa than to build a new church in his honor," Craig said.

Joy Kellerman said Father McHenry has made it his mission to serve the people of South Africa not just through charitable work but through his position as a priest.

"He leads daily Mass for the group in what is an amazing setting at the Blessman Lodge of Dreams. Praising God while in the midst of his beautiful creation is just perfect.

"In addition, he leads Mass at different parishes in the villages around Mokopane. It is just a blessing for the people there. They may go weeks or months between Masses depending on the availability of priests in the area," she said.

"It's a big event when Father Ray is in town. The singing and worship is amazing. They are so appreciative of being able to celebrate the Eucharist and hold Mass with Father Ray. You can't



Father Ray McHenry

help but be moved by the passion the local people have for Jesus."

To contribute to the building of the new church, contact Blessman International at 515-343-5920 or email office@blessmaninternational.org.

Blessman says if the parish agrees to an expanded vision, his charity - which focuses on feeding 60,000 children a day - will raise funds for a preschool that also functions as a feeding center at the church. It will build a separate toilet building, which is common in that part of South Africa.

People have been generous when Blessman calls and invites them to be a part of the project.

"People say this is great. We want to be a part of it," he said. He hopes funds are in place so the parish can break ground in November and when Father McHenry visits in January, he can celebrate Mass in the new church.

Father McHenry feels humility in a couple of respects.

"I am humbled that so many people have followed me to South Africa and have been moved to help the people of St. Mark's parish in the village of Masodi to build a church," he said.

"Where they're worshipping now, there's no beauty or dignity," said Father McHenry. "Churches are signs of the pilgrim church on earth. They want a place where people know Christians are here."



Top: The current worship site of St. Mark, a mission parish in South Africa. Above: An architectural rendering of a proposed new worship site and potential preschool and feeding site that would honor Father Ray McHenry.

Sister celebrates jubilee

Sister Rose Kordick, born in Winterset and educated in Granger, just celebrated her 70th year as a Sister of St. Francis of Assisi.

She and 15 other sisters rejoiced on July 28 as they celebrated their jubilees with other members of the congregation.

Sister Rose spent 35 years in the Tucson, Arizona area, serving as a teacher, education director, writer, and volunteer. She worked with a variety of organizations, including the Boys and Girls Club, Habitat for Humanity, the University of Arizona, and Catholic Community Services.

For more than 19 years, she was a volunteer with the OSF archives and Catholic Community Services. Sister Rose moved to the congregation's motherhouse and retirement facility in St. Francis, Wisconsin in 2021, where she is an active member of the community.



Sister Rose Kordick



St. Stephen the Witness
Catholic Student Center

ALL ARE WELCOME!

Come find us next door to the UNI Bookstore (1019 W. 23rd Street)

**Daily and Sunday Mass
Games and many socials
Weekly small-groups
Service trips
Quiet spaces to unwind
Open to EVERYONE!**

Find us on social media @ststephenuni





Scan to connect





Burlington woman composes Eucharistic Congress song

By Lindsay Steele
Contributing Writer

The U.S. bishops have selected a Burlington woman's musical composition, "We Do Believe, O Lord (Help Our Unbelief)," as the theme song for next year's National Eucharistic Congress.

Diane Mahoney bested more than 175 composers in the Eucharistic Revival Music Competition. She will have the honor of hearing her song performed at the 2024 National Eucharistic Congress in Indianapolis — the first in 83 years — and the song will be used in liturgies and events surrounding the Eucharistic Revival across the country.

She finds news of the honor hard to believe. "We have so many wonderful musicians in our midst. ... I don't feel I'm in those ranks, but I guess God made it possible."

The musician — a wife, mother and grandmother — has been active in music ministry at Divine Mercy Parish in Burlington for nearly 30 years. She has composed and arranged music for children and adult choirs for most of her life but never pursued a career as a songwriter. About five years ago, she felt compelled to create a piece inspired by the words of the distraught father from Mark's Gospel. Efforts to finish the piece, by her standards,

fell flat. "I threw away a lot of versions of it," she admitted.

After reading an article about the music competition in *The Catholic Messenger* earlier this year, Mahoney knew it was time to finish the song. "It took that deadline to make me finally get it together," she said. "I think the Holy Spirit just kind of gave me that nudge: 'You have these ideas, now it's time to use them.'"

Mahoney put pencil to staff paper and began crafting words and music for voice, piano/organ and flute. The refrain focused on what Catholics "behold" during the Eucharist: the holy body of Christ and the sacred blood of Christ.

Though she composed the piece alone, Mahoney felt God's presence throughout the process. She felt inspired to superimpose the chant tune "Adoro Te Devote" over the melody of the refrain near the end of the writing process. "It's usually used as a Communion hymn in Latin or English (Thee we adore, O hidden Savior). I wondered how it would sound over the refrain and whether it would work." It sounded better than she could have imagined. "I figured it wasn't my idea at all. It had to be the Holy Spirit. It worked so lovely" and made the piece feel complete.

When Mahoney received an email earlier this month with news of her contest victory, she cried tears of gratitude and dis-

belief. "I've never had anything published; I guess that's why this was kind of a shock."

The music competition also included a hymn category. Phoenix-based hymn writer, translator and editor Kathleen Pluth topped the hymn category for her original text, "Let the Earth Acclaim Christ Jesus."

A panel of judges from Oregon Catholic Press, the Society for Catholic Liturgy, Source and Summit, the Federation of Diocesan Liturgical Commissions, GIA Publications/World Library Publications and the National Association of Pastoral Musicians convened in Washington, D.C. on May 30 to evaluate the three finalists in each category. The 185 hymn entries and 178 theme song entries were evaluated on criteria such as poetry, musicality, creativity, theological and doctrinal soundness, beauty, appropriateness for liturgical use and expression of the mission of the Eucharistic Revival. The selection process included three stages: an initial review, a more thorough second one and a live performance of the three finalists in each category.

Father Dustin Dought, associate director of the secretariat of divine worship, served as the non-voting chairperson of the committee of judges. "The quantity and quality of entries for the Eucharistic Revival Musical Competition showed what great



Diane Mahoney's proposed theme song for the national Eucharistic Congress next year was one of 175 submitted

devotion there is to the sacrament of the Eucharist among the faithful of the dioceses of the United States," he said in a news release of the U.S. Conference of Catholic Bishops. He hopes the winning hymn and song will "enkindle that living relationship with

Jesus in the Eucharist, which will renew the Church in the United States."

Lindsay Steele writes for *The Catholic Messenger/Diocese of Davenport*. This story is reprinted with permission.

Priest sells more than 4,000 copies of his latest book of daily reflections

MONSIGNOR Frank Bognanno's new book, featuring his broadcast reflections called "Thought of the Day with Msgr. Frank," has now sold close to 4,000 copies.

Three Minutes with God: Reflections and Prayers to Encourage, Inspire, and Motivate was released last December through Franciscan Media, and has been nationally recognized by the Catholic Media Association in its first-time author category, second place winner.

The retired priest, who served in the Des Moines Diocese for 57 years, has shared a short spiritual thought of the day on WHO-TV and Star 102.5 radio since August 2018.

Based on the positive response to his broadcast vignettes, Msgr. Bognanno approached Franciscan Media, which agreed to publish them in a book of 260 of these reflections in three categories: encouragement, inspiration, and motivation. A prayer is included for each reflection, for a total of three minutes in daily meditation.

Franciscan Media

strives to share in the spirit of St. Francis by meeting people where they are,



said Kelly Sundberg, director of new product development and product marketing, said.

"St. Francis went out to the leper colonies because that's where the need was. Now, the need is to garner people's attention in a crowded media landscape," she said. "We're excited to bring his messages to a national audience with his book, 'Three Minutes with God.'"

The book can be purchased online at Franciscan Media, from Amazon, Barnes and Noble, and other retailers. It's also sold at Divine Treasures in Des Moines. The book is available as a paperback and as an e-book, depending on the retailer. Profits will go to the Purify Project, which funds development of clean water systems in schools in Tanzania.

Consejero sobre Asistencia de Víctimas

El Consejero sobre Asistencia de Víctimas es un empleado de Polk County Victim Services. Ella ayuda a víctimas de abuso sexual por parte del clero durante el proceso de la queja y buscando servicios de apoyo y consejería. Pueden comunicarse al 515-286-2028 o en advocate@dmdiocese.org



Edencrest






Seven Exceptional Edencrest Locations to Serve You!

Edencrest at Timberline	
515-422-8096	
14001 Douglas Pkwy, Urbandale, IA 50323	
Edencrest at Riverwoods	Edencrest at Green Meadows
515-250-3052	515-204-7467
2210 E Park Ave, Des Moines, IA 50320	6750 Corporate Dr, Johnston, IA 50131
Edencrest at The Legacy	Edencrest at Beaverville
515-422-8096	515-250-3052
2901 Cedar St, Norwalk, IA 50211	3410 Beaver Ave, Des Moines, IA 50310
Edencrest at Siena Hills	Edencrest at The Tuscany
515-313-3814	515-313-3814
455 SW Ankeny Rd, Ankeny, IA 50023	1600 8TH SE, Altoona, IA 50009

WYD pilgrims return home filled with faith



About 50 young adults along with another six who accompanied them celebrated their Catholic faith with Pope Francis and 1.5 million young adults from around the world during World Youth Day in Lisbon, Portugal.

By Anne Marie Cox
Staff Writer

Beautiful. Special. Blessed.

These are some of the words floating through the minds of the nearly 60 Iowa pilgrims who traveled to Portugal this summer to join 1.5 million other young adults in celebrating World Youth Day with Pope Francis.

"It was beautiful to see the universal Church come together and fully in action," said Maria Haas, of Ss. John and Paul Parish in Altoona.

"The virtues of love, faith and hope were profoundly on display through the joy of 1.5 million youth so happily united in communion, focused on God," said Catherine Swoboda, of St. Ambrose Cathedral Parish in Des Moines.

Pilgrims say blessings abounded.

They purchased a travel package with a trip to the Marian apparition site of Fatima, only to later learn they would be spending a week in the Diocese where Fatima is located. Iowa pilgrims had not just one but two opportunities to pray where Mary appeared to the young children Francisco, Jacinta and Lucia in 1917.

St. Ambrose Cathedral parishioners brought prayer intentions and placed them at the church at Fatima for all to pray over.

"I carried with me this large envelope of about 200 prayer intentions from parishioners, visitors, family and friends from the Des Moines area and beyond," said Theresa Lewis.

Another blessing was the positive experience pilgrims had

during Days in the Diocese, when they stayed in the homes of local Portuguese to learn the culture and cultivate relationships.

Friendships bloomed between the pilgrims and area residents, and among the pilgrims themselves.

"It was so special to be able to grow in friendship with everyone in our group and be reignited by the power of relationship and community," said Haas.

Pilgrims were inspired by Pope Francis.

"At the start of our second week, we learned that Pope Francis encouraged the World Youth Day youth to 'Make a mess!' to bring our faith, creativity, ideas and try new things to make the faith alive in our parishes and homes," said Soliana Janni, of St. Ambrose Parish.

The Holy Father had beautiful messages of love and mercy, Lewis said.

On the first night, Pope Francis said the Church is for everyone and then he had the crowd say "Everyone" three times.

"That was really powerful for some of our pilgrims," Lewis said. "One told me how much that meant for him."

The Way of the Cross was powerful, too.

"They went to great lengths to understand the concerns and the crosses of young adults and adults across five continents," Lewis said. "The Stations of the Cross were presented in a way that Christ's suffering is relatable to the crosses that we all bear," she said.

"It was powerful for the young adults, but I cried through it because it was so powerful," she said.

The Iowa delegation was just one part of the young adults gathered with the broader, worldwide Church.

"The second week was one particular Church seeing its part and being subsumed into the Church in a much larger sense, a taste of what we call the universal Church," said Father James Downey. "The crowds will hopefully be the biggest ones most of the pilgrims will ever have to be a part of (estimated 1.5 million at the closing Mass), but it was still a very small gathering when compared to the Catholic Church as a whole."

The size of the crowds and friendliness of the people dispelled pessimistic myths about the loneliness of being a faithful Catholic.

"The size didn't obscure the familial aspect of the Church," said Father Downey. "I was constantly running into people I knew and ones that knew people I knew. One pilgrim described it (for better or worse) to the effect: 'Even in the crowds of hundreds of thousands and millions, being in Father James' group is like going with your parents to the grocery store'" where everyone knows you.

What's next?

"My fellow youth are eager to answer Pope Francis' call to 'make a mess' and evangelize," said Janni.

Haas said: "I pray Jesus will continue to conform my heart to be reminded that through his deep love and desire for us to live simply, we can lead with bold witness and testimony."



Maria Haas, of Ss. John and Paul Parish in Altoona, with friends she met during her pilgrimage to World Youth Day in Lisbon, Portugal.



Bishop William Joensen and pilgrims from St. Ambrose Cathedral pause during their tour in Portugal.

Pope: Faith can lead to peace

VATICAN CITY (CNS) -- In a world suffering from "diseases of the soul," like pride, hatred and violence, the young people who traveled to Portugal for World Youth Day showed that another way of living and interacting is possible, Pope Francis said.

World Youth Day was not a vacation, but "an encounter with the living Christ in the church. The young people went to encounter Christ," the pope said Aug. 9 at his weekly general audience.

World Youth Day saw 1.5 million people gather for a prayer vigil and for Mass.

"World Youth Day showed everyone that another world is possible: a world of brothers and sisters, where the flags of all peoples fly together, next to each other, without hatred, without fear, without closing up, without weapons!"

Educators begin the year in prayer



Dr. Dan Ryan welcomes educators to Dowling Catholic High School for a Mass to kick off the new school year.

Catholic school administrators across the Diocese of Des Moines are gearing up for a new school year.

Their kickoff meeting in the first week of August centered around the theme of “Encounter, Friendship, Communion.”

“Throughout the year, we will concentrate our thoughts on how we can build a culture of encounter for our communities,” said Denise Mulcahy, dioc-

san director of Teaching and Learning.

“We want all in our school and parish community to encounter Christ through the loving interactions we have with each other each day,” she said. “As each person experiences the love of Christ through each other and by growing in knowledge of him, their personal relationship and friendship with Jesus will deepen, leading to a life of communion and discipleship in God.”

Gozo Misionero

Continued from page 2

demasiado prevalentes. El gozo es misionero: no pueden contenerse en sí mismo, sino que debe compartirse con los demás. Para esta misión debemos confiar en Jesús y en su infinita misericordia, y acoger igualmente una verdad vital: Jesús confía en nosotros; él confía en que los jóvenes pueden ser embajadores de la esperanza y de la transformación que nuestro mundo necesita tan urgentemente, rostros humanos que expresan a los demás que, en la Iglesia, “hay lugar para todos.”

Porque como nos advierte el Santo Padre, hay muchos a quienes conocemos de nombre, quienes juntan información que procesan los algoritmos y que se adhieren y aclaran nuestras individualidades a la vez que adquieren conocimiento, pero sin acogerlo con un amor personal y duradero. Éstas nos tocan melodías que prometen felicidad pero que nos descartan fácilmente cuando capitalizan en nuestros deseos de hacer algo significativo con nuestras vidas. El papa Francisco compara estas ilusiones fabricadas dentro de un mundo virtual con “burbujas de jabón, que inevitablemente revientan y nos dejan vacíos en nuestro interior.” De seguro, los problemas y sufrimientos de los jóvenes que se representaron en la creativa rendición de las Estaciones de la Cruz revelaron el sentido de un vacío interior que puede ser causado por estar alejados de Dios y de sus semejantes.

En nuestro penúltimo día en Lisboa, fui el celebrante principal

con nuestro grupo de Des Moines en la espléndida Iglesia de San Nicolás, incluyendo como celebrantes a los Padres Raphael Assamah, James Downey y Paul Lippstock (de la Arquidiócesis de Dubuque), con la asistencia del Diácono Francis Chan. En mi homilía, animé a mi audiencia a hacer un balance y ser agradecidos por la forma en que Dios cumple sus promesas. Espero que hayan grabado en sus corazones los posibles movimientos del espíritu en donde Dios los llamaba a “levantarse,” ofrecerse a sí mismos a Dios tanto en formas que les sean familiares o inesperadas. Y que conforme se permitían navegar con estos santos deseos, mi oración era que siempre creyeran que, a pesar de nuestros errores y limitaciones, Dios nos promete siempre ayudarnos a cumplir nuestras promesas.

A diferencia del RAGBRAI, en donde los ciclistas mojan sus ruedas en el Río Mississippi y luego se dispersan en varias direcciones, la consigna de Cristo y de su Vicario el papa a los hombres y mujeres jóvenes que recibieron en las gracias de la Jornada Mundial de la Juventud es el permanecer en las conexiones que se formaron y el ampliar el círculo de comunión entre personas de todas las edades en sus respectivas diócesis. Aunque algo del fervor y la euforia del tiempo que pasaron juntos en Lisboa se puede desvanecer, los jóvenes van a servir en sus comunidades y en sus culturas si hacen dos cosas entre los demás: (1) Hacer preguntas. Como les aconsejó el Papa Francisco “No dejen de hac-

er preguntas... porque el hacer preguntas es una señal de inquietud, y la inquietud es el mejor remedio contra la rutina” que es lo que opaca el alma. Aunque esto va a requerir paciencia en espera a las respuestas a algunas de estas preguntas, el Dios de las sorpresas no nos desampará ni se olvidará de nosotros.

(2) Den servicio a los demás, particularmente a aquellos que están agotados, débiles o que tengan cualquier necesidad, ofreciéndoles el regalo precioso de una presencia atenta y una solidaridad gozosa. Apresurándose a escuchar a los demás es el limpiar efectivamente las lágrimas y el sudor de su frente, como lo hizo Verónica con Jesús en su trayecto en la pasión hacia su Padre. Una de las imágenes más intensas que me impactaron en Lisboa fue el gozo del grupo de intérpretes que representaron la Estaciones de la Cruz. Ellos me dieron un nuevo punto de vista hacia esta Sexta Estación a la vez que radiaban gozo en presencia del sufrimiento, portando la imagen del Salvador quien es al mismo tiempo, fuente y cumplimiento de nuestra búsqueda.

¡Qué los peregrinos de nuestra Diócesis de Des Moines en la Jornada Mundial de la Juventud continúen siendo misioneros y catalizadores de gozo para todos nosotros aquí en el terreno local de la fe en la que los hijos amados de Dios entran en un nuevo año escolar y en que el amor y la esperanza sigan madurando!

Young Catholic Network applies faith to workplace



Friends Markia Tovar Qualley, Annette Heinzman and Maureen Kenny began the Young Catholic Network

By Anne Marie Cox
Staff Writer

Three friends, out of college and working their way up in their professions, shared their challenges of linking their faith with their jobs.

“It was hard to connect howw could live our faith in the workplace,” said Maria Tovar Qualley, of St. Francis of Assisi Parish. “How can I apply this to what I’m spending 40-50 hours a week at?”

She and friends Annette Heinzman and Maureen Kenney, both of St. Francis Parish, thought there must be others feeling the same way. They saw an opportunity in the Des Moines metro area to connect young adult professionals with established members of the community.

The Young Catholic Network was born in 2021.

“We decided to start this kind of event to fill that need and to inspire young adults to evangelize and live out their faith,” said Heinzman.

“The workplace posed more of a challenge in recent years, putting young Catholic professionals in the middle of agendas that may conflict with Catholic teaching/morals. Our goal has been to equip professionals with the courage to share the faith in these moments and pose loving alternatives,” said Kenney.

Once every three months, a networking opportunity is held at the Catholic Pastoral Center in downtown Des Moines followed by a speaker who is a practicing Catholic and is established in his or her field. The speaker shares their experience with living their faith in the workplace.

“We try to ensure speakers

come from diverse backgrounds in terms of what they do,” Tovar Qualley said. “We’ve had representation from the following fields: Healthcare, agriculture, law, education, non-profit, public accounting, and insurance. I think that has increased participation and provides young adults the opportunity to network with other young adults within their same field in addition to similar age and faith background.”

Guests have included former Meredith Corp. CEO Steve Lacy, Dalla Terra Ranch founder Sharon Krause, Deloitte Managing Partner Dan Kinsella, and Drs. Jon and Ramona Thompson.

“I think this is a great opportunity,” Heinzman said. “There are so many young adults from different industries who come to these events. Most likely, they’ll find someone who works in their field and be able to connect with them, whether they work at their company or not.”

Often, attendees ask for practical tips.

“Sometimes a speaker will say, when you send an email that you’ll be out of the office, say that it’s to celebrate Easter with your family or put a more specific reason if it relates to your faith,” Heinzman said. “If you go to daily Mass, share that when you’re asked where you went on your lunch hour.”

“I’m just really pleased with how the events have started,” Heinzman said. “It seems like the community keeps growing.” The next gathering is Sept. 12 with a social at 6 p.m. and UnityPoint CEO David Stark taking the stage at 7 p.m. at the Catholic Pastoral Center, 601 Grand Ave. in Des Moines.

Eat, pray, love: A recipe for holiness

As my wife, Amy, and I strive to raise our three kids to be good and responsible individuals, we often find ourselves contemplating the call to raising them to be holy people. I have found the stories from the New Testament helpful in the distinction between being good and being holy.

The account of the widow's offering in St. Mark's Gospel illustrates the importance of self-sacrificial love. While the wealthy contributed significantly, the widow's humble offering impressed Jesus the most, showing that holiness means giving out of love, not from mere obligation.

Similarly, the encounter with the rich young man in St. Matthew's Gospel highlights the limitation of mere goodness. Though he followed the commandments, he lacked the selflessness required for holiness, exemplifying that goodness alone falls short.

Food for the Journey

By John Huynh



Thus, it's worth noting that holiness transcends mere obligations and fear of punishment. As Christians, we are called to love abundantly, giving not only our possessions but also praying for others' well-being. The Eucharist embodies this transformational love, inviting us into communion with Christ's self-giving sacrifice and allowing Christ to reshape us to love more abundantly.

The Eucharist is both a ritual and

a profound encounter with God's love. Christ's act of self-sacrifice exemplifies holiness, going beyond good deeds to unite us with divine love, which forgives our greatest sins, making us new as snow, and saving us from death. Receiving the Eucharist opens us to Christ's grace, empowering us to love as he loves.

To love as Christ loves means we become holy and make our holiness extend beyond the church walls. It demands that we love our neighbors, forgive those who wrong us, and serve others selflessly. It calls for continuous self-examination and a journey towards becoming self-forgetting.

To be holy is to do the right things out of love for God and others, not merely duty. We should strive to teach our children and call those around us toward holiness by encouraging acts of love, compassion, and forgiveness.

In all, holiness differs from mere goodness in recipe by requiring two additional ingredients: love and selflessness. Our reception of the Eucharist demands that we seek holiness in every aspect of life. And by allowing the Eucharist to nourish our souls, we become instruments of God's love and reflect his holiness in the world.

After our reception of the Eucharist at Mass, most of us take a few moments to pray and thank God for this undeserved gift. This month, I suggest that in addition to that prayer of thanksgiving, we should also consider praying and reflecting on this question: How can I draw from the Eucharistic grace to be good in my interactions with others and my devotion to God?

John Huynh is the diocesan director of Social Justice.

The struggle of our emotional creeds

"Lord, may I always love you...Regardless."

We tend to think that when God manifests himself in our lives, we should feel something. As humans, we naturally search for evidence that God is real and that our beliefs are not at risk of being wrong. It is our ego that fears being wrong far more than our creed being wrong. This emotional-based theology is something that we must be careful of. It can lead to many shame-based statements, or our own "emotion-based" creed.

"I don't feel close to God." "I can't feel his peace." "I'm not sure if he loves me because I can't feel his love." "I don't feel I get anything out of Mass." "I don't feel like I'm forgiven." "I don't feel Christ's presence in my life anymore."

The talk of "feeling the presence of Christ" can inadvertently cause many to doubt their faith because they don't "feel" his presence as many seem to say they do.

These are such beautiful statements above! Yes, I did say "beautiful". These statements are evidence that God is not a feeling or emotion. He is Deity. This is so

Let's Get Psyched

By Deacon Randy Kiel



far beyond our human comprehension that it might scare us when we truly think of how little we understand God. This is how we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belonging to cults, but we cannot fabricate faith. Why, then, are these types of thoughts hidden deeply within so many of us as some sort of sinful secret? It is because we feel a sense of shame for not being what or how we feel we are supposed to be. His presence is a spiritual matter, not necessarily meant for our emotional realm.

The faith of our Church is a belief that God is exactly who he says he is and that he will do exactly as he says he will do. It is NOT based on a feeling any more than it is based on a certain taste or particular

sound. Faith does not look at a set of circumstances and perform a risk assessment on its creed. The apostles wrote the creed to remind themselves and future generations of faith in God so as to override their struggles at times to have faith.

Sometimes we hear other people's prayers, worship styles, and religious rhetoric and think that it is the way we also should pray. This is not necessarily a spiritual struggle, but rather a human matter. He doesn't want a cookie-cutter prayer. He wants a prayer from the bottom of our hearts. If you don't feel God's presence, tell Him. If you don't feel like praying, tell Him. But don't stop praying. Faith does not depend on feelings. It is beyond "hoping" or "feeling" that God is near. Faith is KNOWING that God is near. And because of who He is, our faith is to result in obedience and obedience to result in our actions – whether we feel like it or not. Allow emotion to be what it is, emotion; allow God to be who he is, God!

Emotion is not a sense, but faith is. It is a sense of assurance. In the midst of struggle, we might hear someone, or even ourselves, say, "I can't help it, it's just the way I feel." We can

help it. This statement is most often a type of emotional justification for a distorted belief system.

Let us be eternally grateful that God has given us a Church with a set of beliefs that will lead us far away from emotional distress, even though at times we live in the darkness of his mystery. God does not shy away from our honesty, nor does he scold us for it. David asked, "How long, O Lord will you forsake me, forever? How long will you hide your face from me and let my enemies persecute me?" (Ps. 13) David was not in trouble for expressing himself but rather this was one of his most personal and intimate prayers to God. Nobody gets in trouble for praying to God.

Perhaps, in our darkest days, may we pray, "Lord, thank you for listening less to my words and more to my heart. May I always love you as you love me...regardless of how I feel."

Deacon Randy Kiel serves Our Lady of the Americas Parish in Des Moines. Connect with him at randy@kardiocounseling.com.

The illusion of self-sufficiency

Father Ron Rolheiser



A number of years ago, I attended the funeral of a man who died at the age of 90.

From every indication, he had been a good man, solidly religious, the father of a large family, a man respected in the community, and a man with a generous heart. However, he had also been a strong man, a gifted man, a natural leader, someone to whom a group would naturally look to take the reins and lead.

Hence, he held a number of prominent positions in the community. He was a man very much in charge.

One of his sons, a Catholic priest, gave the homily at his funeral. He began with these words: Scripture tells us that the sum of a man's life is 70 years, 80 for those who are strong. Now our dad lived for 90 years. Why the extra twenty years? Well, it's no mystery. He was too strong and too much in charge of things to die at 70 or 80. It took God an extra 20 years to mellow him out.

And it worked. The last 10 years his life were years of massive diminishment. His wife died, and he never got over that. He had a stroke which put him into assisted living and that was a massive blow to him. Then he spent the last years of his life with others having to help him take care of his basic bodily needs. For a man like him, that was humbling.

But this was the effect of all that. It mellowed him. In those last years, whenever you visited him, he would take your hand and say, "Help me." He hadn't been able to say those words since he was five years old and able to tie his own shoelaces.

By the time he died, he was ready. When he met Jesus and St. Peter on the other side, I'm sure he simply reached for a hand and said, "Help me." Ten and 20 years ago, he would, I'm sure, have given Jesus and Peter some advice as to how they might run the pearly gates more efficiently.

That's a parable that speaks deeply and directly about a place we must all eventually come to, either through proactive choice or by submission to circumstance; we all must eventually come to a place where we accept that we are not self-sufficient, that we need help, that we need others, that we need community, that we need grace, that we need God.

Why is that so important?

Because we are not God and we become wise and more loving when we realize and accept that. Classical Christian theologians defined God as a self-sufficient being, and highlight that only God is self-sufficient. God alone has no need of anything beyond himself. Everything else, everything that is not God, is defined as contingent, as not self-sufficient, as needing something beyond itself to bring it into existence and to keep it in existence every second of its being.

That can sound like abstract theology, but ironically it's little children who get it, who have an awareness of this. They know that they cannot provide for themselves and that all comes to us as gift. They know they need help.

However, not long after they learn to tie their own shoelaces this awareness begins to fade and as they grow into adolescence and then adulthood, particularly if they are healthy, strong, and successful, they begin to live with the illusion of self-sufficiency. I provide for myself!

And, that in fact serves them well in terms of making their way in this world. But it doesn't serve truth, community, love, or the soul.

It's an illusion, the greatest of all illusions. None of us will enter deeply into community as long as we nurse the illusion of self-sufficiency, when we are still say-

ing, I don't need others! I choose who and what I let into my life!

G.K. Chesterton once wrote that familiarity is the greatest of all illusions. He's right, and what we are most familiar with is taking care of ourselves and believing that we are sufficient onto ourselves.

As we know, this serves us well in terms of getting ahead in this life.

However, fortunate for us, though painful, God and nature are always conspiring together to teach us that we are not self-sufficient. The process of maturing, aging, and eventually dying is calibrated to teach us, whether we welcome the lesson or not, that we are not in charge, that self-sufficiency is an illusion. Eventually for all of us there will come a day when, as it was with us before we could tie our own shoelaces, we will have to reach out for a hand and say, "Help me."

The philosopher Eric Mascall has an axiom that says we are neither wise nor mature as long as we take life for granted. We become wise and mature precisely when we take it as granted – by God, by others, by love.

Oblate Father Ron Rolheiser is a theologian, teacher, and award-winning author.



Knights of Columbus®



Lead, they'll follow.

Empowering men to live their faith
at home, at work and in the community.

LIFE INSURANCE • DISABILITY INCOME INSURANCE • LONG-TERM CARE INSURANCE • RETIREMENT ANNUITIES

Discover the Catholic Difference of doing business with the Knights of Columbus.



kofc.org/join
 Promo Code:
BLESSEDMCGIVNEY




Catholic Values



Charitable Giving



Ethical Practices



kofc.org/unete
 Código:
BLESSEDMCGIVNEY




Michael Bormann
 General Agent
 563-689-6801
michael.bormann@kofc.org
 Eastern Iowa



Neil Pfeifer
 General Agent
 402-379-0180
neil.pfeifer@kofc.org
 Western Iowa



Walker Bormann
 Assistant General Agent
 563-219-5800
walker.bormann@kofc.org
 Eastern Iowa



Donnie Kenkel
 Field Agent
 712-579-9066
donald.kenkel@kofc.org
 Council Bluffs, Atlantic, Red Oak, Glenwood, Avoca/Walnut, Shenandoah, Portsmouth



Rob Ryan
 Field Agent
 515-490-8753
robert.ryan@kofc.org
 West Des Moines, St. Francis, Sacred Heart



Pete Seuntjens
 Field Agent
 712-880-0044
peter.seuntjens@kofc.org
 Harlan, Earling, Audubon, Dunlap, Logan



Gregory Waddle
 Field Agent
 515-218-3550
gregory.waddle@kofc.org
 St. Augustin, St. Anthony's, Christ the King



Justin Wadle
 Field Agent
 515-975-2688
justin.wadle@kofc.org
 Perry, Ankeny, Des Moines/All Saint's



Knights of Columbus®

© Knights of Columbus,
 1 Columbus Plaza, New Haven, CT 06510