Pilgrimages of faith, hope

Visually impaired man sees a way to raise funds for research

By Kelly Mescher Collins
Staff Writer

Tyler Juranek, 25, was born with bilateral detached retinas and unable to see.

“I was almost two years old before my parents found out that I was blind,” said Juranek, a lifelong member of St. Peter Parish in Council Bluffs. “My parents told me you can do anything you want to do. They said, ‘We want you to be a productive member of society.’ And I am.”

Honoring St. Michael the Archangel, about 70 people trekked from the south side of Des Moines to Indianola while praying for the saint’s protection.

16-mile walk honors archangel

By Kelly Mescher Collins
Staff Writer

Eren Munoz and her family have had a lifelong devotion to St. Michael the Archangel, traditionally known as the commander of the army of God and spiritual warrior in the battle of good versus evil.

In fact, Eren’s father’s name is Miguel – Spanish for Michael.

Many Catholics, including the Munoz family, frequently recite the prayer to St. Michael asking for his protection against the wickedness and snares of the devil.

Upcoming capital campaign to benefit everyone in the Diocese

By Anne Marie Cox
Staff Writer


True to its name, this campaign seeks to spark the flame of faith in one life, one Church, and one community at a time, invoking the Spirit’s assistance in carrying out the universal call to missionary discipleship and a bold vision for passing on our faith to future generations.

Set to officially begin in 2022, the $45 million diocesan-wide effort will establish an endowment to provide more financial aid to Catholic school families.

It will also provide additional funding for the Diocese’s growing number of seminarians, support priests in their retirement, and promote parish renewal and vibrancy initiatives.

Further, a percentage of funds raised at each of the 80 parishes will be returned to parishes through a “parish share” component.

Catholics Schools Endowment, $25 million

Catholic education has never been more critical to our future.

In the current funding model, tuition is lower than the actual cost of education and parishes with schools provide anywhere from 40-70 percent of their ordinary offertory income to support school operations.

A $25 million endowment will complement the Catholic Tuition Organization tax-credit program, significantly boosting the amount of financial aid available each year to families in need.

Establishing this endowment will allow more families to share the blessings of Catholic education with their children and ensure the long-term vitality of our parishes and schools.

Support for seminarians, $5 million

Over the last 10 years, the Diocese has ordained 17 priests, with five ordained priests in 2021 alone!

Currently, the Diocese has the resources to support up to 18 seminarians each year, yet projected class sizes for the foreseeable future are between 20 and 25 seminarians.

Bolstering the endowed Diocesan Seminarian Fund by $5 million, while continuing to support seminarian education through the Annual Diocesan Appeal and Annual Seminarian Appeal will make it possible to have 25 seminarians.

Continued on page 8
The New Adam's Family

By Bishop William Joensen

With the release this month of the movie sequel, The Addams Family 2, we are invited into the chambers of the often bizarre, mildly scary, and weirdly attractive cast of characters identified as the members of the mysterious family in American history, up there with the Kennedys. For the among us who grew up with par- ents Gomez and Morticia, their children Wednesday and Pugsley, family friend Fester and Grandmama, Butler Lurch, disembodied Thing and other creatures, it’s almost as though every day is Halloween.

Yet as intriguing as the Addams are, there is another family who should capture our spiritual imaginations and intensify our participation in a drama that is sometimes frightening, frequently funny, periodically mystifying, and yet never boring. For as we pray in the Salve Regina, we “poor banished children of Eve” descended from our first parents who found themselves estranged from God—sor: “Death reigned from Adam to the new Adam, to his predeces- sor: “Death reigned from Adam to the new Adam, to his predecessor: “Death reigned from Adam to the new Adam, to his predecessor...

...to the whole world.” The new Adam’s family is family, let alone the new Adam’s spiritual family, should suffer.

Amén.
Looking for hope & peace in the midst of grief

By Anne Marie Cox  Staff Writer

Coming soon, the faithful may see in their churches extra candles, photos of deceased parishioners, or a book of remembrance so that prayers may be offered for those who have died.

The Catholic Church will collectively mourn the dead and remember that, through Jesus’ suffering, we are promised hope of eternal life. Role models of the faith will be honored on All Souls Day, Nov. 2, all those who died will be remembered.

This will be the second year the Church honors the deceased during the pandemic. To date, more than 700,000 in the United States have died from COVID-19, and in Iowa more than 6,500 have died.

Everyone has suffered in one way or another. The culture appears to be in collective grief, said Deacon Randy Kiel, of Cardinal Counseling.

“It’s not only grief within society but a trauma to all cultures,” he said.

“Talking with a therapist or joining a support group (e.g., grief group) can be wonderfully healing as it provides a safe space to experience grief, process the emotions of loss, and community with others who are familiar with similar struggles,” said Catholic Charities counselor Ann Grant.

“The opportunity to foster gratitude is rich in these environments.”

Healing through music

“So much of our discouragement, fear and anger seem associated with loss,” said Anne Marie Cox, director of the Drake University alumni choir, Umeri. The choir’s May 2020 concert was postponed until Oct. 3.

It featured a requiem and other music that ponders suffering and peace.

The loss people are sensing today seems to be experienced and defined differently by individuals and groups: loss of identity, purpose, relationships, civility, death or declining health, lack of economic well-being, injustice, isolation, she wrote in the concert guide.

“Music can provide a window into how contemporary composers respond to the universal experience of loss in ways that speak to the angst of our own time,” said Beckmann-Collier.

“The music featured in this concert will by no means solve the difficulties that continue to drain our individual and collective energies,” she added. But the choir was hopeful that the performance would provide an opportunity to reflect and perhaps renew and reinvigorate the audience to offer solace, hope and peace as we work for the common good.”

Healing through prayer

Since March, 2020, Pamela Douglas, of Sacred Heart Parish in West Des Moines, has been folding one paper crane for each Iowan who died of COVID-19. Her art installation now has more cranes than can fit in a display currently at Reiman Gardens in Ames.

Douglas prays for each Iowan who died of the virus as she folds the cranes. She adds the name of the deceased if she knows it.

The crane display will be at Reiman Gardens until Dec. 9, with the exception of All Saints Day and All Souls Day due to a previous commitment. The art installation can be viewed beginning Dec. 13 at Des Moines Area Community College in Ankeny, building 5.

Healing through community

A lot of people are grappling with a myriad of emotions as the pandemic stretches on, said John Gaffney, diocesan director of Evangelization and Catechesis.

He and a few friends created Naming the Real, an online opportunity to gather, pray and talk with others about the struggles people are experiencing.

In three-two hour small group sessions and through additional online prayer resources, Naming the Real leans on practical tools of Ignatian spirituality, using the witness of Mary Magdalene at the tomb to process the past, acknowledge the present and discern next steps as the world emerges from the pandemic.

For more information or to register, go to dmdiocese.org/namingthereal.

You are invited to a Pro-Life Christmas Gala

The Holy Family

Sat., Nov. 20, 2021
5:00 PM
Ron Pearson Hall

Cocktails Dinner Entertainment Auction

Special Guest Speaker Msgr. Frank Chiado

Iowans for Life

Get your tickets today:
Iowansforlife.org • 515-255-4113
Deacon Kramer ordained to transitional diaconate

Deacon Alex Kramer, of Holy Trinity Parish in Des Moines, was ordained to the transitional diaconate on Sept. 30 at St. Peter's Basilica in Vatican City by Washington, D.C. Cardinal Wilton Gregory. The transitional diaconate is the last major step toward ordination to priesthood. As a transitional deacon, he can baptize, witness marriages, celebrate funeral services outside of Mass, and preach the homily. Deacon Kramer is studying at the Pontifical North American College in Rome. Above, Deacon Kramer receives the Gospel. Top right, Deacon Kramer promises obedience to the Bishop and his successors. Immediate right: Deacon Kramer with his parents, Mary and Allan. Far right: Deacon Kramer with Deacon Jim Obradovich and Father Reed Flood, both of Holy Trinity Parish in Des Moines.

Ensure final wishes by engaging in estate planning

By Sue McEntee
Contributing Writer

During our lives, we are always careful about managing our assets and making sure we are in control. Most people have strong feelings about how they want their assets distributed once they die. There may be friends, distant relatives and charities such as the Catholic Foundation of Southwest Iowa that you want to support. Without some basic planning, you could find that decisions will be made on your behalf that may not reflect your intentions.

There are essentially four ways a person’s assets can be distributed upon death.

- By default according to state law,
- By will,
- By beneficiary designation, or
- By living trust.

If you die intestate, that is to say, without having executed a valid will while alive, applicable state law will determine how your assets will be distributed. These laws will distribute assets to your closest relatives even if you wouldn’t have decided to divide things up that way. In addition, no provision for charity exists under the laws of any state, even if you made substantial charitable contributions during your lifetime.

If you die testate, i.e., having executed a valid will, then your assets will be distributed according to the terms of your will. Either way, your estate will be subject to probate, a court supervised process in which the person’s assets are identified; debts, taxes, and estate settlement costs are paid; and whatever remains is distributed once again, according to the terms of your will if there is one but otherwise as required by state law.

Moreover, regardless of whether you die having executed a valid will, you can distribute certain assets without having to go through the probate process by leaving written instructions by living trust, a court supervised process in which the person’s assets are identified; debts, taxes, and estate settlement costs are paid; and whatever remains is distributed once again, according to the terms of your will if there is one but otherwise as required by state law. These laws will distribute assets to your closest relatives even if you wouldn’t have decided to divide things up that way. In addition, no provision for charity exists under the laws of any state, even if you made substantial charitable contributions during your lifetime.

If you would like more information about how you can include your parish, school or favorite Catholic entity in your long-term plans or more about other planning ideas, contact Sue McEntee at smcentee@cfswia.org or call 515-237-5044.

Sue McEntee is the executive director of the Catholic Foundation of Southwest Iowa.

No More Pain

No pills. No injections. No surgery. Patients saw an 87% reduction in pain symptoms.

Do you suffer from:

- Restless leg syndrome
- Numbness / burning pain
- Pain when you walk
- Difficulty sleeping due to leg and foot discomfort
- Prickling or tingling in the hands and feet

Positive Treatment Results:

- Improved balance and stability
- Improved pain relief
- Reduced swelling
- Increased blood flow to legs and feet
- Improved walking and exercise

CALL NOW FOR THE $49 NEUROPATHY SPECIAL

515-755-PAIN or text PAINLESS to 21,000

Vero Neuropathy
5525 Mills Civic Parkway, Ste 120
West Des Moines, IA 50266
VeroNeuropathy.com
We accept Medicare and most other health insurances. Board Certified in Neuropathy

Dr. Josiah Fitzsimmons
Nurse finds her dream job helping women

By Anne Marie Cox
Staff Writer

Katie Weidner was torn. She liked being a Catholic missionary on college campuses. She also liked nursing. Weidner took it to God, praying that if he wanted her to be a missionary, he should move her desire to be a nurse.

The answer was a blending of the two.

In 2019, Weidner became a nurse at Innervisions Healthcare in West Des Moines, where she uses her nursing skills and her gifts as a missionary.

Innervisions’ focus is empowering women and encouraging women to choose life for their unborn children.

“I was really drawn to that first part, empowering women,” Weidner said. Saving children from abortion is “absolutely necessary,” she said. “But if we’re looking past the women in front of us, another soul in front of us, we’re kind of missing the mark. There are two souls in front of us.”

Weidner had served for three years in North Dakota and one year in Colorado with the Fellowship of Catholic University Student, also known as FOCUS. But her heart was still drawn to nursing, which she studied in college.

Her sister-in-law had been in contact with Innervisions’ development director, Bryan Gonzalez, and she passed along to Weidner that the pregnancy medical clinic in West Des Moines was planning to expand to a second location.

Weidner connected with Gonzalez.

“I do remember that phone call very well,” she said. “You could tell there was something different about Innervisions, and also impactful.”

Today, Weidner meets with women who may be inclined to have an abortion and who need honest medical information. Many are scared, or don’t understand what they’ve come to know.

“The culture just continually deceives them and lies to them and says (abortion) is their only option,” Weidner said. “I say, ‘No, let me educate you on other options.’ It’s an honor and a humbling to walk with women in that, to see the change of heart.”

There are days that are hard, such as when a woman decides to have an abortion. But Weidner said she knows people have free will, a gift from God, and she can’t make the decision for the woman.

“When you meet with those women, you feel the weight of the cross a little bit, but then you’re reminded that (Jesus) carried it first. He allows us to feel the weight and the worth of these two souls but ultimately gives us the grace to surrender and entrust them fully back to him,” she said.

Once a woman has chosen life for her child, Innervisions tries to meet a variety of needs, such as with transportation and material needs, to help the mother and child.

Theresa Welch, executive director of Innervisions Healthcare is happy Weidner is on her team.

“We are very blessed to have Katie working for us. The calm, spiritual presence she brings to her patients is a true testament of who she is,” Welch said.

“She lives her Catholic faith every day, even in the most difficult situations she encounters when her patients come to Innervisions thinking that their only option is abortion. She gives them honest medical information in the most loving and compassionate way,” Welch added.

Weidner is glad she found a job that blends her calling to missionary work with her desire to serve in the medical field.

“It’s all I was expecting and more,” she said.
Catholic Daughters of the Americas, Court St. Anthony #330, Allmon, and Julie Marlow, secretary of the annual education contest for local Council Bluffs.

Oct 23, Saturday
Big Band Event
NORWALK – St. John the Apostle Parish is hosting the High Society Big Band playing the songs of Duke Ellington, Les Brown, Tommy Dorsey, Glenn Miller and many more. Event starts at 6:15 PM (immediately following the 5:10 Saturday evening Mass) and ends at 9:15 PM. Each table will be provided an appetizer tray with pizza, wine, beer and non-alcoholic beverages available for purchase. Pre-event tickets are $75/reserved table of 8, $10/single ticket or $12/at the door. Call the parish at 515-981-4855 or stop by 720 Orchard Hills Dr., Norwalk to purchase your tickets.

Oct. 28 Thursday
Holly Happy Hour
URBANDALE – The St. Sierra Club quarterly speaker program will be held at the Daughters of Mary, the New Eve House of Prayer, 7514 Oakwood Drive in Urbandale. Victoria Carver will share her story of a talk entitled: Healing. Old and New: Living an Ancient Vocation in Modern Times. Mass is at 5:30 p.m., social at 6:30 p.m., and the talk is 6:30-7:30 p.m.

Nov. 20, Saturday
Holiday Bazaar
WINTERSET – St. Joseph Parish is hosting the holiday bazaar from 8:30 a.m. – 1:30 p.m. Lots of unique craft items made by parishioners and a bake sale filled with treats. Breakfast and lunch available.

Nov. 20 Sunday
Blessing for Musicians
DES MOINES – Musicians, liturgists, pastors and guests are invited to join the Des Moines Diocese Chapter of the National Association of Pastoral Musicians at a Mass and reception at 5 p.m. at St. Ambrose Cathedral. Come “make a joyful noise” during the Mass, which will include a blessing of musicians. Following Mass, enjoy light refreshments and networking opportunities at the Catholic Pastoral Center. Contact Sarah Graf, desmoines-sia@spmen.org for further information.

Nov. 21 Friday-Saturday
Genocide Survivor Talk
DUBUQUE – Immaculée Ilibagiza, a Rwandan post-genocide survivor and author of Left to Tell: Discovering God Amidst the Rwandan Genocide, will speak at the Resurrection Church. Ilibagiza not only survived the genocide, but was also able to forgive her tormentors and her family’s murderers. She credits her survival to prayer and a set of rosary beads given to her by her devout Catholic father. For the 2-day Retreat agenda and/or to register, visit immaculee.com/collections/terms (scroll down and click on Dubuque retreat). For additional retreat or registration information, contact Diane Link at 563-590-5886 or dmlinkj@gmail.com. At the Holiday Inn and Hampton Inn, mention “Immaculée retreat at Resurrection” for a discounted rate.

Rosary For The Unborn
DES MOINES – Join pro-life advocates in saying the rosary for the unborn each Saturday at 10 a.m. in front of 1040 E Army Post Road, Planned Parenthood, on the public sidewalk.

Cathedral Holy Hours
All are welcome to join Bishop Wenski for Holy Hours at the Cambrose Cathedral on Mondays for an hour of Eucharistic adoration and evening prayer. These Holy Hours will be hosted from 5-6 p.m. Prayer will be livestreamed at Facebook.com/dmdiocease.

The Catholic’s DIVORCE SURVIVAL GUIDE
Is anyone in YOUR family DIVORCED? Please give someone a copy of this ad or invite them to The Catholic’s DIVORCE SURVIVAL Guide 12-week group which begins November 8th at Holy Trinity Parish, 2926 Beaver Ave, Des Moines, IA 50310. Cost of $30 per person includes a “Personal Survival Guide” and all materials for 12 weeks. Find comfort and counsel consistent with Catholic teachings. Call Bill and Ann Moore for more information, or to register, at 515-480-3314 (Bill) 641-425-0109 (Ann) or email moorefamilydsm@gmail.com. For more information visit www.catholicsdivorce.com.

Student takes third in national education contest
St. Albert High School student Mia Allmon holds her certificate for third place in Division III Art at the national level of Catholic Daughters of the Americas’ Education Contest. Pictured (l-r) are Kevin White, director of advancement, Mariann Hilderbrand, chairperson of the annual education contest for local Council Bluffs Court St. Anthony #330, Allmon, and Julie Marlow, secretary of the Iowa CDA.

Greece and the Greek Isles
In the Steps of St. Paul, the Apostle
11 days November 11-11, 2022
hosted by
Rev. Robert E. Harris
All Saints Catholic Church
Visiting Athens, Corinth, Ephesus, Synus, Santorini, Delphi, Kalamakha, Thessalonkia
Including a 3-day cruise to the Greek Isles & Turkey $3979 PER PERSON FROM DES MOINES (air/land tour price is $479) plus $520 government taxes/airline surcharges
For information & a brochure contact: Fr. Robert Harris
515-265-5001 ext. 202 / Email bha1703012@aol.com
SPACE IS LIMITED AT THIS SPECIAL PRICE!!

IOWA’S LARGEST ARTS & CRAFTS SHOW
November 19-21
VARNED INDUSTRIES BDG., 14801 W 6TH ST., DES MOINES, IOWA
Fri. 9-5, Sat. 9-9, Sun. 10-4
ADM. Just $8.00 (that includes admission to the show and 3-day pass on Friday & Saturday. No admittance off grounds. Both Friday & Saturday.

A FANTASTIC SHOPPING EVENT
"Where You Can Buy That Quality, Handmade Product At An Affordable Price."
Ceramic Art, Oak Furniture, Paintings, Ceramics, Jewelry, Metal Art Sculptures, Pot Products, Etched & Stained Glass, Yard Art, Pottery, Stained Glass, Canvases, Clothing, Floral Wreaths, Toys & Dolls, Batik, Rugs, Glassware, Pottery, Ornaments, and Food
Calhoun Promotions, Inc. 515-692-4092

To purchase discounted advance tickets and for a chance to win $50 gift certificates, visit our Facebook page at Callahan Promotions. Inc.
The St. Francis Knights of Columbus maintain nearly 30 acres of land at the Iowa Veteran’s Cemetery.

About 40 Knights turn out every year for the National Wreaths Across America Day, which is always held the last Saturday before Christmas. On this day, wreath-laying ceremonies occur at more than 2,500 locations across the United States, at sea and abroad at the same time, with the mission of remembering, honoring and teaching.

Though last year’s event was smaller because of COVID-19, in 2019 the Knights parked cars and banded out 1,500 wreaths from flatbeds dispersed throughout the cemetery. Nearly 6,000 people were in attendance. The Knights also drove golf carts around, picking up infirm or elderly people unable to walk long distances.

Fellow Knights Tom Sepic and Vern Heithoff founded the patriotic arm of service at St. Francis.

Sepic and Vern Heithoff founded the patriotic arm of service at St. Francis. They have strong feelings about their work. “We had a photographer [who is a member of the Knights] out there for the wreath laying,” said Sepic. “On his way back after we put all the wreaths out a lady went up to him and gave him a big hug and thanked him very much for putting a wreath on the grave of the loved one. I think a good share of the Knights who work on the Wreaths Across America drive home feeling very fulfilled by what they did… We’ve gotten more thanks and looks of appreciation than you can imagine.”

Several of the volunteers have been nominated by Blum for the Governor’s Volunteer Award.

“I thought they should have it every year because that’s just how much I appreciate those people,” Blum said. “The Knights are unbelievable.”

The St. Francis Knights of Columbus chapter help distribute wreaths to family members of the deceased veterans for the National Wreaths Across America Day.
Blind man leads tractor ride for vision research

Continued from page 1

Now, he’s raising funds to offer help and hope to others with vision challenges.

A member of the Knights of Columbus (Third Degree), and owner of the massage therapy clinic Unleashed Relief, Juraneck is an inspiration.

“He’s an amazing young man and never seems to have a bad day,” said Father Chuck Kottas, pastor of St. Peter.

Being visually impaired it is not always easy, Juraneck admits, but God has been a guiding light.

“God has just been there like my guide dog,” he said.

“I tell you that I could not have done it without God,” Juraneck continued. “The Catholic faith has helped me immensely.”

Growing up, Juraneck was more interested in computers and video games until his Dad brought home a “little, antique John Deere tractor” when he was a teenager. His father taught him how to drive the tractor around their small farm property under his close watch.

In 2018, Juraneck organized the inaugural Ride Into Sight tractor ride through Polk County to raise money for the University of Iowa’s Institute for Vision Research. Juraneck has been treated by a doctor there for years.

The 2021 ride had 47 tractors participate. They rode 46 miles and raised over $8,000. (The $25 fee pays for riders’ lunch and snacks.)

Every year, Juraneck leads the ride. He asked family friend, Bennet Leuschen, who installed a special buddy seat on Juraneck’s Oliver tractor, to be his eyes.

“It just gives you a sense of helping out and it gives you a pretty good feeling,” said Leuschen.

“The people that are out there [along the route] know what’s going on – the research for the blind and they know Tyler,” Leuschen continued. “They are waving and it’s just a great feeling. I think the people love seeing all of the tractors go by. And I’ve kind of coached Tyler on how to wave and stuff. I’ll give him a signal on the arm as far as which arm to wave with.”

The Ride Into Sight tractor ride was featured on the cable channel RFD-TV.

The fundraiser receives many donations, including some from virtual riders.

Before the trip begins, Juraneck remembers riders who have died, offers an opening prayer, recites the Pledge of Allegiance and thanks veterans for their service.

Leuschen has been inspired by Juraneck.

“He’s just a really driven person,” Leuschen said. “He’s very passionate about doing things for the blind and these tractor rides and raising money for them. He’s never let his blind stop him from doing things.”

Father Kottas has known Juraneck his whole life.

“He read last Sunday. And people just say, ‘How does he do that?’” said Father Kottas, noting that Juraneck is a fantastic lector. “He has a braille machine [to transcribe the readings.] He really is super.”

In addition to being a business owner, Juraneck sells items on the internet, was an Eagle Scout and is a sharp shooter.

Juraneck said he chooses to give thanks when he’s feeling down in the dumps.

“I think about how fortunate I am that God gave me speech, hearing, smell and ... touch,” Juraneck said. “I understand that someone has it a lot worse than I do. And I just thank God for every day he gives me because it’s tremendous.”

16-mile walk honors St. Michael the Archangel

Continued from page 1

devil.

So as the Feast day of St. Michael approached at the end of September, Munoz and her family wanted to do something special.

They were inspired when a group of parishioners from their parish, Christ the King on Des Moines’ south side, made a nearly 20-mile pilgrimage march to Milo in honor of St. Jude. And so they wanted to do something similar to offer up their prayers asking for St. Michael’s intercession and protection while expressing their faith publicly.

“We would like people to know that there are people out there that still have faith,” said Munoz, who is coordinator of Hispanic Ministry at Christ the King. “There are Catholics out there that are still awake and not asleep.”

After receiving permission from the pastor, Father PJ McManus, they plotted their pilgrimage route from Christ the King Parish to the Munoz family acreage on the edge of Indianola, otherwise known as The Ranch of St. Michael. It’s a 16-mile trek.

Munoz asked friends and parishioners to help spread the word. Some prepared with prayers, petitions and fasting.

But nothing could have prepared them for the overwhelmingly positive response from the community – nearly 70 people showed up at 2:45 a.m. to receive a blessing from Father McManus before their 3 a.m. departure on foot.

The group celebrated with food, dancing, prayer and Mass at the end of its 16-mile pilgrimage walk.

“Wanted to cry because I felt like the Lord’s presence was there,” Munoz said. “We were just so happy and thankful we did it.”

Christ the King parishioner Gustavo Ceballos made the walk with his mother’s great-grandson.

“I was just giving thanks for another day and another year of my life,” Ceballos said. “It helped me realize how much more devoted you could be to God and how much more devoted you could be. I am somewhat devoted but ...I could always improve.”

He also thought about his kids and ways he could be a better example while instilling a sense of gratitude and faith.

Ana Hernandez, of St. Francis Parish in Marshalltown, made the pilgrimage for a personal intention – her mother’s health as they await test results from the doctor.

“I fasted and prayed for her and for the worst not to come,” Hernandez said. “And if it was God’s will to give us strength to get us through.”

She also prayed for the end to the pandemic and for world peace.

To learn more about future pilgrimages and other activities in the Hispanic community at Christ the King, join the Face- book group, Eren En Cristo Rey, at facebook.com/eren.cristthe.king.
Celebrating marriage as a lifelong calling

By Anne Marie Cox
Staff Writer

When Steve and Cindee Hays celebrated their 50th wedding anniversary, they asked their pastor to give them a blessing toward the end of Mass because they wanted to be witnesses and show parishioners that it is possible to have a long lasting marriage.

A little boy in the back, not knowing what was happening, stood up and clapped in the quiet moment.

Steve and Cindee chuckled at the memory.

They plan to witness to the sacrament of marriage again by attending a special Mass with Bishop William Joensen that honors couples with milestone anniversaries.

“I want to give thanks for 50 years,” she said. “It’s still quite a journey and I just think it’s important we get together and celebrate these milestones for a lot of these younger couples, to see people who do it,” Cindee said.

“You can get there,” Steve said.

Steve, who is from Red Oak, and Cindee, who is from northern Illinois, met at a fraternity party at Creighton University in the fall when she was a freshman.

“Especially when we had friends about the same age, they had problems but the problems were different. Your lives are different but you realize that one raises money by sharing enthusiasm of the services offered to those who could support the endeavor. Another key is how you relate to others. "Remembering you can, in fact, take care of your employees while still making a lot of money for the company is also a very important and not difficult thing to do with a Christian mindset," he said.

Attendees volunteered some examples of how they already witness. One company allowed its employees to go to Ash Wednesday Mass. Another allows its employees paid time off to volunteer, which keeps employees happy and is a draw for recruiting new workers.

The idea can be even simpler, Lacy said. "Acknowledge the people nobody else acknowledges," he said.

"Remembering you can, in fact, take care of your employees while still making a lot of money for the company is also a very important and not difficult thing to do with a Christian mindset," he said.

Attendees volunteered some examples of how they already witness. One company allowed its employees to go to Ash Wednesday Mass. Another allows its employees paid time off to volunteer, which keeps employees happy and is a draw for recruiting new workers.

The idea can be even simpler, Lacy said. "Acknowledge the people nobody else acknowledges," he said.

"Remembering you can, in fact, take care of your employees while still making a lot of money for the company is also a very important and not difficult thing to do with a Christian mindset," he said.

Attendees volunteered some examples of how they already witness. One company allowed its employees to go to Ash Wednesday Mass. Another allows its employees paid time off to volunteer, which keeps employees happy and is a draw for recruiting new workers.

The idea can be even simpler, Lacy said. "Acknowledge the people nobody else acknowledges," he said.
Your Support of CTO Gives Tuition Assistance!

Support CTO to help families send their children to our Catholic schools who otherwise could not afford it. Your generous contribution receives 75% Iowa tax credits, the largest credit available in Iowa!

Donate or pledge TODAY for 2022
www.CTOiowa.org

Thank you to our donors for helping us reach our goal of $3.4 million dollars!

THANK YOU!

The CTO News
GOAL REACHED!

Other Ways To Donate!
1. A charitable contribution can still be accepted by CTO and the donor is eligible for individual tax deductibility on both state and federal tax returns. These contributions will also be used for tuition assistance for qualifying families.
2. Other schools tuition organizations in Iowa, who offer the same 75% tax credits as CTO, have tax credits available. If you are interested in donating to Catholic schools tuition organizations in the other organization or if you would like to donate to organizations in your community, please contact justin@diocese.org or call 515-237-5010, for contact information.
3. Pledges are now being accepted for 2022.
4. You can also redirect your gift this year to the Catholic Education Endowment as part of the Ignatius Campaign.

For more information on this option, go to https://www.dmdiocese.org/go/igc/ catholic-education-endowment.

The bottom line? It's for the KIDS... and their futures!
St. Serra Club supports vocations to the priesthood and religious life

The St. Serra Club of Des Moines has been taking advantage of the last days of summer and early fall to support vocations to the priesthood and religious life.

The organization hosted a luncheon for seminarians, their parents and friends on Aug. 11. “This is one of our favorite events because it gives us an opportunity to talk with the bishop, seminarians and priests who we are encouraging and supporting with our prayers and gifts,” said Susie Flood.

“This is also nice because parents can meet the seminarians, connect with other parents and visit with some of the priests of our Diocese,” she said.

The St. Serra Club is grateful for help from Mike Mahoney for the meal, Boesen the Florist for flowers and all who came to offer their prayerful support.

On Aug. 23, the group hosted its annual Priest Appreciation Picnic at Walnut Woods State Park in West Des Moines. Most recently, the organization encouraged parishioners to celebrate Priesthood Sunday on Sept. 26 by leaving a card with words of gratitude and tribute for their priests. The St. Serra Club prays for vocations, invites young men who share a love of the faith to consider priesthood or religious life, encourages priests in their ministry and affirms seminarians, priests, religious women and the bishop.

The next activity is a holy happy hour on Oct. 28 at the Daughters of Mary, the New Eve House of Prayer, 7514 Oakwood Dr in Urbandale. Email dm@serainternational.org for more information.

To meet club members from your parish and to learn more about the club go to dmserra.com.

BVM sister of 80 years dies

Sister Concetta Naba, 100, of Mount Carmel Bluffs in Dubuque, died Oct. 5.

Private funeral services were Oct. 11. She was born on May 23, 1921, in Des Moines, to Jesse and Mary Ellen (Angeilo) Naba. She entered the Sisters of Charity of the Blessed Virgin Mary, also known as the BVM congregation, on Feb. 2, 1941, from Visitation Parish, now known as Our Lady of the Americas Parish, in Des Moines. She professed first vows on Aug. 15, 1943, and final vows on Aug. 15, 1948.

In Iowa, Sister Concetta was an elementary teacher at St Raphael in Dubuque, St. Jude in Cedar Rapids, Sacred Heart in Manly, St. Joseph in Sioux City, and Holy Name in Marcus. She also taught at St. Ferdinand and St. Jerome in Chicago; St. Gilbert in Grayslake, Illinois; St. Fultalia in Maywood, Illinois; and Our Lady of Mount Carmel in Tempe, Arizona, where she also taught religious education. She was a nurse aide at the BVM Motherhouse in Dubuque and at the Bishop Drumm Home in Des Moines, where she also ministered to the elderly.

She was preceded in death by her parents, sisters Ruth Janssens and Rifa Mae Naba, and two nieces and nephews. She is survived by two nieces, many grandnieces and grandnephews, and the Sisters of Charity, BVM with whom she shared life for 80 years.

Memorials may be given to Sisters of Charity, BVM Support Fund, 1100 Carmel Drive, Dubuque, IA 52003 or online.

We’re close in all the ways you need.
Yes, we are located nearby for your convenience.
Through the years, we have formed close relationships with the families we serve.
As neighbors, we are there when needed most.
With a skilled and caring staff.
With a warm and comforting atmosphere.
With answers and options few funeral homes can offer.

We’re looking for stories of inspiration!
Send your ideas to Kelly Mescher Collins at kcollins@dmdiocese.org or call 515-237-5054.

Congratulations CTO on hitting your goal!
From your STO partners at:
Our Faith STO
a school tuition organization
Archdiocese of Dubuque

Tax Credits are still available from the Archdiocese of Dubuque

For more information contact:
Deacon Brian Zeman Director- Our Faith STO
Archdiocese of Dubuque
b.zeman@dbarch.org 563-556-2580 x254
www.OurFaithSTO.org
In 1917, the Virgin Mary appeared to the children in Portugal, praying the rosary for the salvation of Our Blessed Mother. Throughout history, Catholics have turned to the rosary during times of war and great suffering. This is just one example.

A turning point in the Turkish invasions of Europe was the Battle of Lepanto on Oct. 7, 1571. The Turks were defeated by a Christian European fleet. But they had little chance of defeat because they were outnumbered and outmatched. Cuban Cardinal Archbishop Jaime Ortega y Alamino has called the battle "the most important affirmation of the superiority of Christianity over Islam." It went down in history as the Battle of the Rosary.

On the day of the battle, Pope Pius V called for a prayer for the victory of Christianity over the Turkish empire. Their next target - Christian Europe - was the Ottoman Empire. Their next target - Christian Europe - was the Ottoman Empire. The Turks were confident. At first, my son's plan seemed far-fetched, but I've been impressed with his commitment to daily workouts, and it's been fun to see him get stronger and more confident.

The NFL might still not be in the cards (or maybe it is), but I have no doubt that with his daily practice he has a lot of fun and success in his future. This got me thinking about the spiritual life, and how important daily effort is to growth. We recognize how important daily work is for athletes, musicians, and employees, but we often forget that truth when it comes to the most important aspect of our lives, our faith.

Now I admit, the spiritual life is different, since it is always primarily about grace, not effort. Yet we do have a part to play. Our commitment matters, and if we aren't willing to put in the work, we shouldn't expect to see growth. In the spiritual life, this translates to a commitment to prayer and conversion. And even though saying "yes in the world" is certainly an oversimplification, there is some truth to it. Concretely this will look very different for each person, but it could include a commitment to a daily time of prayer, a daily examination of conscience, celebrating the sacrament of reconciliation at least every month, weekly Mass, and regular fasting. There is no one way to live in relationship with God, but like every relationship, it requires frequent communication and regular effort.

My son's commitment has impressed me, but it's also challenged me because just like everyone else, I can tend to cut corners in my spiritual life. Moving forward I hope I can commit to the effort it takes for daily growth, and I will continue to beg for the grace to make it so.

Adam Storey is the diocesan director of Marriage & Family Life. He can be reached at astorey@dmdiocese.org or 515-237-5056.

---

The rosary - A spiritual weapon for the ages

By Kelly Mescher Collins

Our Lady of Fatima promised a sign for all to see at the last of her six consecrative visits on Oct. 13, 1917. The sign, now known as “The Miracle of the Sun,” occurred on the day of the last vision. The sun put on a dazzling display of spinning and dancing in the sky before “falling” to earth. People screamed and ran in terror as they thought the sun would kill them. The sun returned to its normal spot, but not before drying out a rain soaked, muddy field where the people had gathered. Our Lady appeared to the children three times, and by 1918 to tell them she would soon take Francisco to heaven; Jacinta would soon follow. They both died from the Spanish influenza, in 1919 and 1920, respectively. The third child, Lucia, gave her life to God and became a Carmelite nun. She said: “There is no problem, I tell you, no matter how difficult it is, that we cannot solve by praying the rosary.”

Sister Lucia also said: “Those who give up saying the rosary and who do not go to daily Mass have nothing to sustain them, and so end up by losing themselves in the materialism of earthly life.”

Many people do not know that years later the Virgin Mary also came to Kibeho, Rwanda with messages of love and mercy, but also a warning. Our Lady began appearing in Rwanda in 1981, 13 years before the genocide killed over 1 million people. The messages to the young visionaries included a forewarning of the genocide.

Genocide survivor and Catholic author Immaculee Ilbinzira later wrote several books about the events, lamenting over how few took heed of Our Lady’s warnings. Our Lady of Kibeho reminded people to pray the rosary daily. But she also asked the visionaries to reintroduce the Rosary of the Seven Sorrows to the world, promising that the recitation of this rosary in conjunction with (not in place of) the traditional rosary would result in forgiveness of sins and understanding why we commit such sins to avoid the devil’s snares and be filled with the love of God.

November 28 is the feast day of Our Lady of Kibeho, commemorating her visits to Rwanda. Pope Pius of Pietrelcina (commonly known as Padre Pio) called the rosary “the spiritual weapon of our times.” In fact, the rosary is so powerful, the devil himself has attested to its power. The late Father Gabriele Amorth, exorcist for the Diocese of Rome, performed many exorcisms. His experiences are documented in several books.

“During an exorcism, Satan told me, through the possessed person, ‘Every Hour of the rosary is a blow to the head for me; if Christians knew the power of the rosary, it would be the end of me!’” That’s enough to convince me to start praying the rosary more.

Kelly Mescher Collins is multimedia journalist for the Diocese of Des Moines. She can be reached at kmescher@dmdiocese.org.

---

Put in the work to see growth

By Adam Storey

The Catholic Mirror   October 15, 2021

Reflections

The rosary - A spiritual weapon for the ages

By Tony Humeston

It is not difficult to implement frequent communication and regular effort.

My son’s commitment has impressed me, but it’s also challenged me because just like everyone else, I can tend to cut corners in my spiritual life. Moving forward I hope I can commit to the effort it takes for daily growth, and I will continue to beg for the grace to make it so.

Adam Storey is the diocesan director of Marriage & Family Life. He can be reached at astorey@dmdiocese.org or 515-237-5056.
Twentysomething

By Christina Capecchi

friends in heaven.

each podcast features one saint and results from considerable research and prayer. Claire records the podcast in her pajamas nestled in her apartment in the Minneapolis neighborhood Uptown.

"Maybe it's to get into the spirit of bedtime stories," she said, laughing. "I'm chilling."

The goal was to fill an unmet niche: conversational podcasts — not academic — that highlight the humanity of the saints. Her voice is unpretentious.

"I'm chilling." Claire Ellendson understood this, in a fundamental way, when she was serving on NET Ministries, an evangelizing team for Catholic young adults. After an exhausting, exhilarating day of talking to teens about Jesus, she and a teammate would collapse in the house of a kind stranger — a spiritual coach in the basement, parallel twin beds in a corner bedroom. Her teammate would ask a simple question, a Catholic twist on that universal childhood request: "Tell me a story about a saint."

She knew there was a deep reservoir of saint stories in Claire, a cradle Catholic from Faribault, Minn., and the third of 10 children.

"We are naturally drawn to a good story," Claire, now 25, who belongs to the Church of St. Mark in St. Paul, Minn., and works as a nanny. "The power of storytelling is a gift from God, and it's innately human."

Claire’s bedtime stories gave rise to late-night conversations about zeal for the Gospel and what it means to be a saint in the midst of trial. Eventually, they turned into a weekly podcast she titled "Dead Friend," which is how Claire and her listeners start each show.

"I'm craving simplicity," Claire said. "I'm craving simplicity."

As All Saints Day nears, she urges Catholics to pick a saint to study. "See if they can be a new dead friend of yours!"

Every saint has a change of heart and is suddenly more sympathetic. St. Francis of Assisi was just such a saint. Claire tries to live today as history's heroine. St. Gemma Galgani, Venerable Emilie Engel and so on. But she's got countless to go, and she now fields requests.

"To share the podcast has been so great because it's 'Wow,'" said Claire. "This is how the Lord worked in their lives! And that builds up my faith so much. It gives me a weekly reminder of all the heavy lifting the Lord has done.

In the process of studying these saints, she's felt a shift. The saints are not there simply to inspire her, but to accompany her.

Claire Ellendson, 25, who belongs to the Church of St. Mark in St. Paul, Minn., and works as a nanny. "The power of storytelling is a gift from God, and it's innately human."

"To share the podcast has been so great because it's 'Wow,'" said Claire. "This is how the Lord worked in their lives! And that builds up my faith so much. It gives me a weekly reminder of all the heavy lifting the Lord has done."
Bishop Kemme: There is no better model of priesthood than Father Kapaun

PILSEN, Kan. (CNS) -- God put the desire to be a priest in Father Emil J. Kapaun’s heart at an early age, Bishop Carl A. Kemme of Wichita, Kansas, said during a homily Sept. 26 in Pilsen, the hometown of the war-hero priest and sainthood candidate.

“That thought was no doubt supported and encouraged by his parents, his pastor and the religious sisters responsible for his education,” Bishop Kemme said.

“It seems no one was surprised by this desire,” he said.

Father Kapaun was ordained June 9, 1940, Bishop Kemme said. “A happy day for the Kapaun family and for his parish in Pilsen.”

Speaking to a packed St. John Nepomucene Church on a beautiful fall day, Bishop Kemme described Father Kapaun’s life as being like the many facets of a brilliant diamond.

“One could rightly recall, especially here, Emil’s early years, his relationship with his parents, his dedication to hard work, even his simple way of life,” he said. “Here young Emil Kapaun grew into the man God needed him to be, a man of virtue and values, hard work and determination.”

Father Kapaun was born in rural Kansas and ordained a priest in 1940 for the Diocese of Wichita. He served in several parishes, as well as a chaplain for nearby military bases. In 1944, he was granted permission to enter the U.S. Army Catholic Chaplain Corps, where he served for two years.

He rejoined in 1948, and in 1949 was sent to Japan, then to South Korea with the troops. In June 1950, communist North Korea invaded South Korea, and the U.S. entered the war.

Father Kapaun was captured and sent to a prison camp in North Korea, where he continued to serve the men. He died May 23, 1951, and in 2013 was posthumously awarded the Medal of Honor for his heroic actions on the battlefield. It is the United States’ highest military honor.

In March of this year, the Defense POW/MIA Accounting Agency in Hawaii announced it had positively identified his skeletal remains.

His remains arrived at Wichita’s Eisenhower National Airport Sept. 25. They were then taken as part of a procession to his hometown church in Pilsen for public and private services.
Pope: By listening to Holy Spirit, synod can be a process of healing

VATICAN CITY (CNS) -- A synod calls on everyone to become experts in “the art of encounter” in a way that is uplifting and transformative, Pope Francis said, formally opening the process leading up to the assembly of the Synod of Bishops in 2023.

“Celebrating a synod means walking on the same road, together” just like Jesus did -- encountering, listening and discerning with all who one meets, the pope said in his homily at the Mass in St. Peter’s Basilica Oct. 10.

“Are we prepared for the adventure of this journey? Or are we fearful of the unknown, preferring to take refuge in the usual excuses: ‘It’s useless’ or ‘We’ve always done it this way?’” he asked.

Some 3,000 people attended the Mass, including the 270 people -- cardinals, bishops, priests, religious and laypeople -- invited to the day of reflection in the Vatican Synod Hall Oct. 9. The weekend of events began the “synodal journey,” which runs until April, will focus on listening to and consulting the people of God.

For a synodal church: community, embodiment, participation and mission. Pope Francis greets the crowd as he leads the Angelus from the window of his studio overlooking St. Peter’s Square at the Vatican Oct. 10.

“The synodal process ‘by asking ourselves’ all of us, pope, bishops, priests, religious and laity -- whether we, the Christian community, embody this ‘style’ of God, who travels the paths of history and shares in the life of humanity.”

The day’s Gospel reading (Mk 10:17-30) of Jesus setting out on a journey and encountering a rich man offers just one example of how Jesus “walks alongside people and listens to the questions and concerns lurking in their hearts,” he said. “He shows us that God is not found in neat and orderly places, distant from reality, but walks ever at our side.”

Celebrating a synod, he said, means walking on the same road as others and living out the three verbs that characterize a synod: to encounter, listen and discern.

Continued from page 1

Support for priests, $2 million

Priests have given their lives to God, in service to the people of our Diocese, and it is our honor and commitment as a faith community to provide for their care. With 38 retired priests in the Diocese and an expected 18 retiring in the next 10 years, adequately funding the Priest’s Pension Fund will be an ongoing challenge that we must meet head on. Increasing the Priest’s Pension Fund by $2 million will bring the fund more in line with the annual need over the next 10 years.

Parish Renewal and Vibebrancy, $3.5 million

A key mission of the Diocese is to help people of all ages grow in their relationship with God and live as disciples of Jesus in their homes and communities. Increasing the Priest’s Pension Fund will be an ongoing challenge that we must meet head on. Increasing the Priest’s Pension Fund by $2 million will bring the fund more in line with the annual need over the next 10 years.

Parish Renewal and Vibrancy, $3.5 million

-- A key mission of the Diocese is to help people of all ages grow in their relationship with God and live as disciples of Jesus in their homes and communities. Increasing the Priest’s Pension Fund will be an ongoing challenge that we must meet head on. Increasing the Priest’s Pension Fund by $2 million will bring the fund more in line with the annual need over the next 10 years.

Preparations for public phase underway

Throughout October and November, pastors and parish leaders will be attending campaign orientation meetings that preview how the campaign will unfold at each parish. These meetings will be led by the Diocesan Stewardship Office and the Steier Group, the Catholic fundraising firm that is assisting with the effort.

For additional information about the campaign, please visit the campaign website, dmdiocese.org/ignite.

CONGRATULATIONS

With gratitude for their exemplary service and dedication to the mission of Dowling Catholic High School, it is an honor to recognize Dr. Jerry and Pat Deegan with the Civitas Award, the highest honor given by Dowling Catholic. This award recognizes those who have put their heart and soul into the school by demonstrating the highest levels of leadership, philanthropy and citizenship.

Congratulations on this well-deserved honor!
When you see Knights in yellow vests that read “Helping People with Intellectual Disabilities,” you should smile. When these Knights are holding their bright cans and collecting donations around town, they are helping to recognize the dignity of every person.

For every donation, each donor is offered a piece of candy by the Knight present, most commonly a Tootsie Roll. Because of these little gifts of appreciation, the “Campaign for People with Intellectual Disabilities” has frequently referred to as the “Tootsie Roll Drive.” It is a popular and successful fund-raisers conducted by Knights of Columbus councils.

The campaign, which stretches back decades, is about more than just candy — it is about serving those with intellectual and physical disabilities. Councils’ participation in this campaign as well as many other fund-raising endeavors last year contributed to the $185 million and volunteered over 75 million hours last year helping various causes.

The Knights of Columbus not only conducts the “Tootsie Roll Drives” in their efforts to help people with intellectual and physical disabilities, but has also partnered with the Special Olympics since its founding along with other programs.

So the next time you see a Knight in a yellow vest asking for donations outside a grocery store, and you receive a Tootsie Roll, remember it’s more than a “Tootsie Roll Drive.” It’s a chance to provide people with intellectual and physical disabilities more resources to live a happy life.