Memorial Day Mass
An annual Memorial Day Mass in the Des Moines metro area will be celebrated at Glendale Cemetery in Des Moines at 10 a.m. on Memorial Day, May 30. If it rains, the Mass will be celebrated at St. Theresa Church at Merle Hay Road and University Avenue.

Pope: Saints’ lives show we can all attain holiness
VATICAN CITY (CNS) – The lives of the saints prove that holiness is not an unreachable goal accomplished by a select few but comes from acknowledging and sharing God’s love, Pope Francis said.

“Our Christian lives begin not with doctrine and good works, but with the amazement born of realizing that we are loved, prior to any response on our part,” the pope said in his homily during the canonization Mass in which he declared 10 men and women as saints of the Catholic Church.

“Times, by overemphasizing our efforts to do good works, we have created an ideal of holiness excessively based on ourselves, our personal heroics, our capacity for renunciation, our readiness for self-sacrifice in achieving a reward. In this way, we have turned holiness into an unattainable goal,” he said.

An estimated 45,000 pilgrims from around the world gathered in St. Peter’s Square at the beginning of the canonization Mass, and tens of thousands more arrived in time for the recitation of the “Regina Coeli” prayer afterward, the Vatican said.

Carmelite Father Michael Driscoll, who lives in Boca Raton, Florida, was among the pilgrims who arrived early for the canonization Mass, which he said he has “been waiting for for 18 years” since his miraculous healing from advanced, metastatic melanoma. He had prayed for St. Titus Brandsma’s intercession, and his healing was accepted as the miracle needed for the Dutch Carmelite’s canonization.

Pope Francis said that the 10 new saints exemplified the Christian call “to serve the Gospel and our brothers and sisters, to offer our lives without expecting anything in return, or any worldly glory.”

“They discovered an incomparable joy, and they became brilliant reflections of the Lord of history,” the pope said. “May we strive to do the same, for each of us is called to holiness, to a form of holiness all our own.”

Continued on page 3
Me he sentido culpable en las recientes semanas durante nuestra Hora Santa de Adoración Eucarística y Bendición durante los lunes en la Catedral de San Ambrosio cuando seguimos orando la “Letanía por la Paz en Tiempos Difíciles” por el pueblo de Ucrania y las demás regiones azotadas por la guerra. Una de las antinomías de intercesión es, “Por valor para resistirnos a demonizar y deshumanizar a los demás.” Mi conciencia me gira, “Culpable. Eso es exactamente lo que has hecho con el presidente ruso Vladimir Putin en tu anterior columna del Mirror y en tu actitud general.”

Por mucho que aborrezca la guerra que ha instigado Putin y las atrocidades que han cometido sus fuerzas militares, no puedo asignarle el rango de Satanás y conseñarle de la raza humana, incluso si Satanás debe estar muy satisfecho con el re-pugnante comportamiento de Putin. Esto lleva a ser tentado en la esperanza y en la oración nos solamente por la paz en Ucrania y por la liberación de su gente, pero para que pueda prevalecer la irribilable bondad de todo ser humano creado por Dios, por la expulsión del pecado y para que todas las personas – incluyendo el mismo Putin – puedan salvarse.

Pienso que nos espera una prueba de esperanza, fe y caridad con respecto a la promul-gación de la decisión final de la Suprema Corte de los Estados Unidos en el caso de Dobbs v.

Continued on page 14

---

**DIÓCESIS WEBSEITE**

[www.dmdiocease.org](http://www.dmdiocease.org)

By Bishop William Joensen

Monsignor Frank Chiño from Pastor St. Anthony, Des Moines, Iowa, to retirement

Rev. Ray McHenry from Pastor St. Francis of Assisi, West Des Moines, Iowa, to retirement

Rev. Mike McLaughlin from Metro Catholic Chaplaincy, Des Moines, Iowa, to retirement, effective March 1.

Rev. Dean Nimerichter from Pastor Holy Trinity Parish of SE Warren County, Lacona, Iowa, to retirement

Rev. Patrick Amdecka from the Diocese of Cape Coast, Ghana, to Canonical Administrator, Holy Spirit, Creston, Iowa, and St. Edward, Ankeny, Iowa

Rev. Ryan Andrew from Teacher/Chaplain, Dowling Catholic High School, West Des Moines, Iowa to Parochial Vicar, St. Luke the Evangelist, Ankeny, Iowa

Rev. Guthrie Dolan from Associate Pastor, St. Anthony, Des Moines, Iowa, to Clinical Chaplaincy Formation

Rev. James Downey from Parochial Vicar, Our Lady’s Immaculate Heart and St. Luke the Evangelist, Ankeny, Iowa, to Faculty, Dowling Catholic High School, West Des Moines, Iowa

Rev. Reed Flood from graduate studies, Rome, Italy, to Chaplain, Dowling Catholic High School, West Des Moines, Iowa, and sacra mental assistance, St. Boniface, Waukee, Iowa

Rev. Chris Fontanini from Pastor St. Thomas Aquinas, Indianola, Iowa, and Immaculate Conception, St. Marys, Iowa, to Pastor, St. Joseph, Des Moines, Iowa

Rev. James Kirby from leave of absence from Pastor, St. Mary/Holy Cross, Elkhart, Iowa

Rev. Reynaldo Hernandez Minero from Hispanic Chaplain, Christ the King, St. Anthony and Basilica of St. John, Des Moines, Iowa, returning to home Diocese of Zacatecoluca, El Salvador, effective July 1.

Faithfully in Christ,
Most Rev. William Joensen, Ph.D.
Bishop

**THE CATHOLIC MIRROR**

Bishop William Joensen Publisher

Anne Marie Cox

Jason Kurth

Staff Writer

The Catholic Mirror (ISSN 0896-6809) is published monthly for 425 parishes by the Diocese of Des Moines, 601 Grand Ave., Des Moines, Iowa 50309. Periodicals post age paid. That’s an option of POSTMASTER. Send changes to THE CATHOLIC MIRR OR, 601 Grand Ave., Des Moines, Iowa 50309. PHONE: (515)327-5046 EMAIL: mirror@dmdiocease.org

OFFICIAL

Bishop William Joensen has made the following priest assignments effective July 14, 2022, unless otherwise noted.

Rev. Emmanuel Oblong from Archdiocese of Calabar, Nigeria, to Metro Hospital Chaplaincy, Des Moines, Iowa, November 2021

Rev. Sylvester Omon Okoh from Administrator, St. Patrick, Ne- des Moines, Iowa, to Pastor, St. Anthony, Des Moines, Iowa, and St. Joseph Parish, Villisca, Iowa

Rev. Augustine Clement Owasu from Administrator, St. Joseph, Earling, Iowa, St. Peter, Defiance, Iowa; St. Michael, Harlan, Iowa, and Canonical Administrator, Shelby County Catholic School to Pastor, St. Michael, Harlan, Iowa, and Canonical Administrator, Shelby County Catholic School

Rev. Joseph Pinn from Pastor, St. Joseph, Des Moines, Iowa, to Pastor, St. Francis of Assisi, West Des Moines, Iowa

Rev. Chris Reising from Pastor, St. Bernard, Osceola, Iowa, and St. Joseph, Mt. Ayr, Iowa, to Pastor, St. Anthony, Des Moines, Iowa

Rev. Tomson Thomas from temporary sacramental assistance to Our Lady of Americas, Des Moines, Iowa, and St. Christ the King, Des Moines, Iowa, to Administrator St. Bernard, Osceola, Iowa; St. Patrick, Grand River, Iowa; and St. Joseph, Mt. Ayr, Iowa

Rev. Eze Venantius Umunnakwe, C.S.Sp. from Pastor, St. Clare, Clarinda, Iowa; Sacred Heart, Bedford, Iowa; and St. Joseph, Villisca, Iowa; to Pastor, Holy Trinity Parish of SE Warren County, Lacona, Iowa, and Immaculate Conception, St. Marys, Iowa

Rev. Adam Westphal from Pastor Holy Spirit, Creston, Iowa, and St. Edward, Ankeny, Iowa, to Pastor, St. Thomas Aquinas, Indianola, Iowa, and Chaplain, Simpson College

Rev. Andrew Windschitl from St. Mary/Holy Cross, Elkhart, Iowa, to Pastor, St. Joseph, Earling, Iowa, and St. Peter, Defiance, Iowa

Rev. Mr. Dennis Lovell while remaining Director of Parish Life Holy Family, Mondamin, Iowa, appointed Director of Parish Life, St. Anne, Logan, Iowa, effective April 1

Rev. Mr. Michael Carney appointed Director of Parish Life, St. Patrick, Missouri Valley, Iowa, effective April 1
Ignite! Campaign kicks off

Capital campaign supports schools, seminarians, retired priests, and parishes

Continued from page 1

The diocese has been blessed with average class sizes of 22 seminarians over the last 10 years and anticipates class sizes of 22 seminarians over the next 10 years, this will bring the fund more in line with the projected annual need.

- Invest in parish renewal and vibrancy with the establishment of a $3.5 million endowed Parish Renewal and Vibrancy Fund to help people of all ages grow in their relationship with God and live as disciples of Jesus. This will provide parishes with funding for their own local ministries, technology upgrades to strengthen their digital presence at all levels, and continuing educational opportunities for their clergy, catechetical leaders, and families.
- Support every parish by returning a portion of the funds raised at each parish for their own needs. Parish projects can include capital improvements, significant maintenance needs, debt retirement, and more.
- Support every parish by returning a portion of the funds raised at each parish for their own needs. Parish projects can include capital improvements, significant maintenance needs, debt retirement, and more.
- The campaign features a unique approach to ensuring the greatest local impact for parishes throughout the Diocese.
- For example, parishes with schools in urban areas such as Des Moines or Council Bluffs, 50 percent of what they raise will go toward the Catholic Education by adding $5 million to the current endowed Diocesan Seminarian Fund. The Diocese has 32 permanent deacons and is blessed with 32 retired deacons.

- Deacon formation program. The permanent diaconate came in response to the Second Vatican Council. The Diocese of Des Moines was among the first three or four dioceses to have a permanent diaconate formation program.
- The applicants were active in charity and in serving their parishes. Many of the men who applied for the new ministry had powerful, life-changing experiences with the Curillo movement and hungered for more.
- On June 4, 1972, nine men, accompanied by their wives, were ordained by Bishop Maurice Dingman. The men represented the diocese from the Missouri River to the Des Moines River.
- Today, the Diocese is served by 69 active permanent deacons and is blessed with 32 retired deacons.
- The Diocese is grateful for all who have served as permanent deacons, for answering their vocation call, and for their work to bring people closer to God.

Prayers, support for Ukraine continue

A crowd gathered at Our Lady’s Immaculate Heart Parish in Ankeny on April 13 for an ecumenical prayer service for peace in Ukraine. The U.S. Catholic Church, through the bishops’ Subcommittee on Aid to the Church in Central and Eastern Europe, has provided more than $530,000 in support to church entities in Ukraine for humanitarian and pastoral needs. The Catholic Church continues to collect financial support for those suffering in Ukraine. Locally, individuals can go to www.dmdiocese.org/giving/special-collection-giving and under “Get Your Message Out to as many parishioners as possible. I’m passionate about Catholic education and want to see our schools flourish well into the future, but I also know we also need to invest in other areas. As Catholics we’re part of something bigger than just ourselves or our parish, and I’m grateful to be a part of it.”

First permanent diaconate group ordained 50 years ago

Fifty years ago, the first class of permanent deacons was ordained to ministry in the Diocese of Des Moines.

- The permanent diaconate came in response to a renewal of the ministry by the Second Vatican Council. The Diocese of Des Moines was among the first three or four dioceses to have a permanent diaconate formation program.
- The applicants were active in charity and in serving their parishes. Many of the men who applied for the new ministry had powerful, life-changing experiences with the Curillo movement and hungered for more.
- On June 4, 1972, nine men, accompanied by their wives, were ordained by Bishop Maurice Dingman. The men represented the diocese from the Missouri River to the Des Moines River.
- Today, the Diocese is served by 69 active permanent deacons and is blessed with 32 retired deacons.
- The Diocese is grateful for all who have served as permanent deacons, for answering their vocation call, and for their work to bring people closer to God.
Catholic schools wish fond farewell to all retirees

Two longtime Catholic school administrators and several educators are retiring at the end of this school year.

Ellen Stemler
Ellen Stemler, principal at St. Theresa Catholic School, will retire at the end of this school year after more than 32 years in Catholic education.

Stemler grew up in Des Moines and is the product of Catholic education, having attended both Holy Trinity Catholic School and Dowling Catholic High School. She earned a bachelor’s degree in Elementary Education from Iowa State University and a master’s degree in Educational Leadership from Drake University.

During her tenure with St. Theresa Catholic School, she led several STEM (Science, Technology, Engineering and Math) initiatives to position the school as a leader in STEM education. Her efforts earned the school local, regional and national recognition for its PK-8 integrated STEM education.

“I have loved every moment of this amazing journey because of the people. I have been blessed to watch children learn, overcome obstacles, succeed, and soar! I have worked with the best educators and staff,” said Stemler. “The opportunities given to me by St. Theresa and the diocese have been an important part of my life and for that, I am very grateful and humbled.”

Stemler and her husband, Denny, are the proud parents of four children who attended Catholic schools in Des Moines. She is also the proud grandmother of nine - one of whom is the fourth generation student at Dowling Catholic.

Gretchen Watznauer will be the new school administrator at St. Theresa Catholic School for the 2022-2023 school year. Watznauer brings more than 20 years of experience in education, having served as an assistant administrator at St. Francis of Assisi, a classroom teacher for Des Moines Public Schools and Waukee Community Schools, and a program coordinator with the Iowa Department of Education.

Mary Jo Kever
Mary Jo Kever is retiring after 15 years as director of Permanent Diaconate, term and as an assistant administrator at St. Pius X Catholic School.

“Deacon Obradovich begins March 1. He is for a three-year term and by Bishop Richard Pates to be appointed by St. Theresa and the diocese,” said diocesan Administrative Assistant Donna Bishop. “Deacon Jim and St. Theresa’s current diocesan diaconate coordinator will retire at the end of this school year. She helps victims of sexual abuse of minors by clergy and has been a program coordinator with the Iowa Department of Education for 12 years.”

St. Theresa Catholic School
St. Theresa Catholic School, she attended Des Moines diocesan schools and graduated from Dowling Catholic. She earned a bachelor’s degree from Drake University in Teaching and Learning from Drake University, and a master’s degree in Educational Leadership from Drake University.

She attended college in Teaching and Learning from Drake University, and a master’s degree in Educational Leadership from Drake University. A product of Catholic education and a Dowling Catholic graduate, she has spent 38 years in Catholic education. She earned a Bachelor of Science Degree in Education from Iowa State University, a master’s degree in Teaching and Learning from Drake University, and a master’s degree in Educational Leadership from Drake University.

Kever promotes excellence at Kever promotes excellence at St. Pius X by integrating strong curriculum instruction into a Christ-centered environment for the benefit of all students. “I have enjoyed get-ting to know so many wonderful students and families over the years,” said Kever. “The friendships I have made with colleagues and families have enriched my life beyond the school walls. The Catholic school community in the Des Moines Diocese is very special.”

Kever is the proud mother of two daughters who attended Des Moines diocesan Catholic schools and graduated from Dowling Catholic. She also has a school-aged grandson who currently attends St. Pius X, making him the third generation of her family to attend a Catholic school in the diocese.

Alex Baranovsky will be the new school administrator at St. Theresa Catholic School for the 2022-2023 school year. Baranovsky brings more than a decade of experience in education as a classroom teacher at Dowling Catholic High School and as an assistant administrator at St. Pius X Catholic School.

“The Diocese of Des Moines is grateful for the many years of dedicated service to Catholic education by Stemler and Kever, and we wish them well in their future endeavors,” said diocesan Administrative Assistant Donna Bishop. “The Diocese would also like to wish the following educators and staff well in their retire-ments.

Holy Trinity Catholic School
Holy Trinity Catholic School, the school she attended in her youth, is also a Catholic school attended by her children.

“My name is familiar to many as he returns to the Diocese of Des Moines where he had been the founding executive director of the Catholic Foundation of Southwest Iowa.

“Returning to my roots, where I grew up and attended Catholic school, is a ‘coming home’ for me and my family. Giving back to the community that has given so much to me is an opportunity to pay it forward for generations to come.”

Reed graduated from Drake University with a master’s degree in Public Administration and a Bachelor of Arts in Political Science. Reed succeeds Jeanne Thill, who retired June 30. Thill served 14 years as executive director of CTO. CTO was established in 2006 with the passage of the Educational Opportunity Act and provides 75 percent Iowa tax credits to donors who contribute to the organization.

CHI Health president commissioned

CHI Health President and CEO E.J. Kuiper was commissioned April 21 during Mass at St. John Catholic Church on the Creighton University campus with Omaha Archbishop George J. Lucas as the cele-b rant.

CHI Health, as a ministry of the Catholic Church, is guided by its mission to heal, care for the most vulnerable in our communities, and advance so-c ial justice for all. The commissioning Mass blessed Kuiper so that he can carry out the organization’s mis-sion, while fulfilling his role as servant leader. Kuiper, who is Catholic, was commissioned as president and chief execu-tive officer of CHI Health last January. He is providing strategic leadership and overall operational oversight to the health system’s 28 hospitals, two stand-alone behavioral health centers, and more than 150 employed physician practices in Iowa, Minnesota, Nebraska and North Dakota.

“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.

Iles Funeral Home
A changed heart, a reversed abortion, a new outlook on life

By Anne Marie Cox  
Staff Writer

There was a time when Sarah Hurm contemplated abortion.
Raised Catholic in Des Moines and a Sunday church-goer, she found herself at age 26 to be a single mom of three kids, with two different dads, living on government assistance and expecting her fourth child with a third dad.

“I knew how it looked. I knew how people would view me,” she said.

She remembers telling the father of her fourth child that she was pregnant.

“When I told the father, he automatically said we had to take care of it like responsible adults and abortion was that response,” Hurm said. “I eventually gave in to his pressures of scheduling an abortion.”

She did what he told her to do, then regretted it. With the help of a doctor, they reversed a chemical abortion.

Now, Hurm shares her story in hope that others might find value and dignity in life and get help before and after a crisis pregnancy.

Hurm will share her story at the annual InnerVisions gala on June 2. She’ll share how she experienced a change of heart, found help and is grateful today that there are people who supported her through her pregnancy and after her child was born. They’ve helped her get job training so she could support her young family, and are helping her publish a book of journal entries to her unborn child.

“I realized that God never left me and that it’s allowed me to understand just how miraculous each person is.” Hurm remembers going to the abortion clinic, a cold, sobering and traumatic experience “because I was still struggling that it was not what I wanted to do but what I was led to think I had to do.”

She also struggled with a promise she’d made to God with her third child: That if the baby had a heartbeat, she would keep it. The ultrasound at the abortion clinic showed her fourth baby had a heartbeat.

“All I could hear was the father’s voice saying we need to be responsible,” she said. She started the chemical abortion, went home and struggled. She hadn’t finished the protocol when she decided to contact Vitae Family Clinic to see if there was anything she could do to reverse the abortion. They couldn’t promise it would work.

“Don’t need promises, I just need hope,” she said. “I need to know I can reverse this decision I made.”

On Jan. 11, 2019, Isaiah was born.

In 2020, Hurm learned about InnerVisions, which helped her get a scholarship so she could return to school for job training.

“They’re a support,” she said. “They help with so much as far as empowering me, supporting me.”

InnerVisions is also helping her turn the journal entries she penned to her unborn child into a book that provides a glimpse into the mind of a young woman who feels she has no other option in a crisis pregnancy than abortion.

Hurm’s story illustrates that a conversion of heart does not happen in one moment.

“Every day, she’s a more virtuous person, more faithful and a holier person,” said Bryan Gonzalez, development director at InnerVisions.

Her story also illustrates that InnerVisions does more than preserve life but helps one live life to the fullest.

“We think it’s important to be pro-birth but also help moms after they’ve had the baby,” Gonzalez said. “Sarah was courageous to change her mind and so we want to help walk alongside her. It’s a radical commitment InnerVisions has to help women after they’ve chosen life.”

For more information on InnerVisions or the upcoming gala, go to ivhcare.org.

Bishops urge parishes to accompany women in crisis pregnancies

By Anne Marie Cox  
Staff Writer

The U.S. bishops are rolling out nationwide a new process called Walking With Moms in Need, through which they encourage parishes, in cooperation with their bishops and pastors, to proactively take a step toward helping women in crisis pregnancies and young families or take the next step in growing an existing ministry.

It could be as simple as intentionally praying for women in need or listing local crisis pregnancy centers in the parish bulletin each week.

“What we have found through our research and experience is that very few Catholics know what’s out there and available,” said Katherine Talalas, assistant director for Pro-Life Communication at the U.S. Conference of Catholic Bishops.

“For a lot of Catholics, it’s new to them that there are any kind of pregnancy ministry provided through the church. Four out of five Catholics have no idea this exists and those are people who attend Mass regularly,” she said.

“We want a pro-life and pro-woman vision for the Church,” Talalas said while explaining the program to representatives of the four Iowa dioceses recently.

The Catholic Church wants to show that it not only teaches about protecting life, but also walks the walk, she said.

“The Walking with Moms in Need initiative is perfectly timed with the Iowa Catholic Conference’s legislative efforts this year on the Iowa MOMS bill,” said Sara Eide, associate director of the ICC. “This pending legislation would provide state resources to bolster existing programs for pregnant women. We are hopeful it will also be a catalyst to start additional programs to support new moms and stabilize new families.”

Walking with Moms in Need provides a range of resources that take parish steps-by-step through a process of evaluating what ministries and resources already exist, and what parishes might be able to do. It provides educational, pastoral and ac-

Greece and the Greek Isles

In the Steps of St. Paul, the Apostle
11 days November 11-1, 2022

hosted by
Rev. Robert E. Harris
All Saints Catholic Church
Visiting: Athens, Corinth, Ephesus, Syno, Santorini, Delphi, Kalambaka, Thessaloniki, including a 3-day cruise to the Greek Isles & Turkey
$3979 PER PERSON FROM DES MOINES
(Air/land tour price is $3479 plus $520 government taxes/airline surcharges)

All Saints Catholic Church
Rev. Robert E. Harris
515-237-5026 ext. 207 / Email bhs@all-saints.org

SPACE IS LIMITED AT THIS SPECIAL PRICE!!
As a strategic visioning process to ask the Holy Spirit for inspiration and guidance for the Diocese of Des Moines, Bishop William Joensen and the rectors of each parish prayerfully engaged in a series of prayer and discussion events aimed at discerning the strategic priorities for the Diocese. These events were designed to help the Diocese of Des Moines make us ever more focused, discerning, and free to fulfill our calling as a people made whole by the Heart of your Beloved Son.

Accompany us along the Way that leads to heaven, surrounded by Holy Mary, Joseph, and all the saints with whom we hope to dwell forever in communion with you.

May our strategic visioning in the Diocese of Des Moines be a mark, a sign, and a charm, the event was postponed to 2020 and 2021 due to the pandemic of the coronavirus.

The vibrant church community puts its faith and love of God into impactful, fun, and creative means to reach out to people, much like the Irish settlers who founded the church over 140 years ago.

The congregation’s “Bless Our Heritage” jubilee is being held in conjunction with the Sons and Daughters of Imogene’s Shamrock Days, a two-day golf tournament, which starts the evening of Friday, July 8, at the Imogene ballpark north of the church.

The festivities on July 9 are u ntil sundown on the church grounds, culminating with fireworks at the ballfield. The highlight of the day will be the 4 p.m. Mass, celebrat-ed by Bishop William Joensen of the Des Moines Diocese.

The Mass will be fol-lowed by the long-awaited dedic-ation of the Heritage Garden, a shamrock-shaped courtyard made of over 800 engraved bricks and pavers, bordered by a walking ro-w.

Erected in the center of the courtyard is a life-size statue of St. Patrick. At one time, the church campus included a grade school and a high school. Students were taught by nuns from the Mercy or Domin-ican orders for 60 years.

The youngest high school graduate is turning 78 this year and the eldest is in their 90s. The final St. Patrick Academy All-Class Reunion is being held at the celebration from 9 a.m. to 10 a.m.

Lay catechists continue to teach the children about their Catholic religion in “Sunday School.” Over 50 years of Youth Faith Formation is being celebrated. The church is also having a video tribute to its 260 known serv-ice members who served in any branch of the military from the Civil War to the present.

For an online view of the day’s events, the dinner reserv-ations, visit stpatrickcatholicimogene.wexly.com. Dinner reservations are needed by June 20. For questions, please email stpatsimogene@gmail.com or send a message on Facebook (St. Patrick Catholic Church-Imo-gene, IA).

The Catholic Mirror May 20, 2022
Scripture, rosary and the True Presence lead seminarian to priesthood

By Anne Marie Cox
Staff Writer

Seminarian Jason Lee

Jason Lee will experience the last major step before priestly ordination on June 10 when he is ordained a transitional deacon at his home parish of St. Boniface in Waukee.

Lee is a young convert, having been raised Methodist. He came into full communion with the Catholic Church when he was a senior in high school. He could have stopped there and become a lifelong, faithful Catholic. But Scripture, rosary and the True Presence lead seminarian to priesthood.

He started reading the Scriptures and noted theologians back when he was preparing for confirmation in the Methodist church. The readings opened his eyes.

“I would credit the Holy Spirit to put on my heart to really sit down and read the Scriptures and know what I was about to profess as a Methodist,” he said. “I just started a journey of reading Genesis to Revelation.

“It was there that I would say I encountered, first in the Old Testament, God’s love for his people Israel, but then when I started reading the New Testament, I encountered Jesus Christ. I started to see the whole role of the Son in the Trinity and how he came to redeem man and save man from sin and death, and that’s when I really encountered God’s love in a more concrete way.”

Lee’s pastor took note and started bringing him along to home visits and to leadership conferences.

“I would say that’s what spearheaded this vocation or this call to ministry: encountering Jesus Christ in the Scriptures and desiring others to know the love of Jesus Christ as well,” Lee said.

At this point, he was a sophomore in high school and encountered Catholic classmate. In one class, students had to bring in something that was important to them. He brought sports gear and a Bible; a classmate brought a rosary.

“I didn’t know what it was, so he did a simple Google search, where he learned that it’s a beautiful prayer used to meditate on the life of Jesus. He decided to get one, too,” Lee said.

“Praying the rosary was a different way to encounter Jesus outside of reading the Scriptures,” he said.

Conflict within the Methodist Church, particularly the way it votes on theological principles, prompted Lee to consider other faith traditions.

“One thing I learned was that Methodism has a different way to encounter Jesus Christ in the Eucharist,” Lee said. It allowed me at that Mass was noticing everyone kneeling during the consecration of the host and also the wine,” he said. “Something in me told me that there was something more in what I was seeing on the altar. There was something more than bread and wine there, and that’s what stirred my own heart. I think that’s when I made the connection of what I learned about the Eucharist – that it was Jesus’ body and blood – that’s when it went from my head to my heart.”

He attended Iowa State University, got involved in the local Catholic church, and continued to feel a desire to preach and teach the gospel. He entered seminary while in college, attending the St. John Vianney Seminary at University of St. Thomas in Minnesota.

After his diacesan ordination, Lee will serve in the summer at St. Michael Parish in Harlan. As a deacon, he will be able to baptize, marry, preach and preside at a funeral service. He will not be able to celebrate a Mass until his priestly ordination, which is expected in the summer of 2023.

Upcoming Ordinations
June 10 – To the transitional diaconate: Jason Lee
June 24 – To the priesthood: Deacon Alex Kramer
Deacon Rodrigo Mayorga Landeros
Deacon Nick Smith
(Watch at Facebook.com/dm diocese)
The following priests have been reassigned by Bishop William Joensen effective July 14 except where otherwise noted.

**Father Patrick Amedeka**
Father Amedeka, from the Diocese of Cape Coast, Ghana, has been appointed canonical administrator of Holy Spirit Parish in Creston, and St. Edward Parish in Afton.

Educated in Ghana, with post-graduate work at St. John University in Queens, New York, he was ordained in 2013 by Bishop Matthias Nketsiah in Ghana.

Father served in the Archdiocese of New York prior to coming to the Diocese of Des Moines. Since arriving last February, he has been assisting at St. Patrick Parish in Council Bluffs.

**Father Ryan Andrew**
Father Andrew, who has been a teacher and chaplain at Dowling Catholic High School in West Des Moines, is going to be parochial vicar at St. Luke the Evangelist Parish in Ankeny.

Father Andrew was ordained in 2018 by Bishop Richard Pates.

**Father Guthrie Dolan**
Father Dolan, who has served St. Anthony Parish in Des Moines as associate pastor, will be going to clinical chaplaincy formation.

Father Dolan was ordained in 2011 by Bishop Richard Pates. He has served at both rural and urban parishes including: St. Francis of Assisi in West Des Moines, St. Joseph in Earl, and St. Peter in Defiance.

**Father James Downey**
Father Downey, who has served as parochial vicar at two Ankeny parishes - Our Lady’s Immaculate Heart and St. Luke the Evangelist – will be joining the faculty at Dowling Catholic High School in West Des Moines. Father Downey was ordained in 2019 by Bishop Richard Pates.

**Father Reed Flood**
Father Flood, who has been completing graduate studies in Rome, will become a chaplain at Dowling Catholic High School in West Des Moines while also offering sacramental assistance at St. Boniface Parish in Waukee.

Father Flood was ordained in 2021 by Bishop William Joensen.

**Father Christopher Fontanini**
Father Fontanini, who has served as pastor of St. Thomas Aquinas in Indianola, and Immaculate Conception in St. Mary’s, will become the pastor of St. Joseph Parish in Des Moines.

Father Fontanini was ordained in 1997 by Bishop Joseph Charron, C.PP.S. After ordination, he served at St. Francis of Assisi Parish in Des Moines, then began to serve Dowling Catholic High School as campus minister. In 2008, he served St. Francis of Assisi Parish in West Des Moines, and in 2009, he became pastor of St. Elizabeth Seton Parish in Carlisle, where he served until 2020.

**Father Reynaldo Hernandez Minero**
Father Hernandez Minero is leaving his assignment as Hispanic chaplain at three parishes - Christ the King, and Basilica of St. John in Des Moines – to return to his home Diocese of Zacatecoluca in El Salvador, effective July 1.

Father was ordained in El Salvador in 2009 by Bishop Elias Samuel Bolanos, and served the Hispanic community in the Des Moines metropolitan area. After ordination, he served Our Lady of the Americas Parish in Des Moines until 2015. Since then, he has been serving Christ the King, St. Anthony and the Basilica of St. John as chaplain to the Hispanic parishioners.

**Father Emmanuel Offlong**
Father Offlong, from the Archdiocese of Calabar, Nigeria, will serve the Des Moines metropolitan area’s hospital chaplaincy program effective immediately.

Father Offlong was ordained in Nigeria in 2003 by Archbishop Brian Usanga. When he arrived in Des Moines in 2021, he began serving as chaplain at UnityPoint Hospital in Des Moines.

**Father James Kirby**
Father Kirby returns from a leave of absence to serve as pastor at St. Mary/Holy Cross Parish in Elkhart.

Father was ordained in 1996 by Bishop Joseph Charron, C.PP.S. After ordination, he served at St. Therese Parish in Des Moines, then began to serve Dowling Catholic High School as campus minister. In 2008, he served St. Francis of Assisi Parish in West Des Moines, and in 2009, he became pastor of St. Elizabeth Seton Parish in Carlisle, where he served until 2020.

**Father Sylvester Omon Okoh**
Father Okoh is moving from administrator at St. Patrick Parish in Neola and St. Columbanus in West Des Moines to pastor to St. Clare Parish in Clarinda; Sacred Heart Parish in Bedford; and St. Joseph Parish in West Des Moines.

Father Okoh, who is originally from Nigeria, was ordained in 2008 by Bishop Joseph Edra Ukpko. He came to the Diocese of Des Moines in 2020 and began serving CHI Health – Mercy. In 2020, he was named administrator of St. Patrick Parish in Neola and St. Columbanus Parish in West Des Moines.

**Father Augustine Clement Owusu**
Father Owusu is moving from administrator of three Sheriff County parishes - St. Joseph in Earling; St. Peter in Defiance; and St. Michael in Harlan – plus canonical administrator of Shelby County Catholic School to pastor of St. Michael Parish in Harlan and canonical administrator of Shelby County Catholic School.

Father Owusu, originally from Ghana, was ordained in 2011. In 2019, he came to the Diocese of Des Moines as chaplain of St. Albert Catholic School in Council Bluffs. In 2020, he began serving the Shelby County parishes and school where he is today.

**Father Joseph Pins**
Father Pins is moving from pastor of St. Joseph Parish in Des Moines to pastor of St. Francis of Assisi Parish in West Des Moines.

After his 2006 ordination to priesthood, Father Pins began serving at St. Francis of Assisi Parish as parochial vicar for two years. In 2008, he became pastor of Holy Spirit Parish in Creston and St. Edward Parish in Afton. After four years, he was named dean of Vocations director and chaplain of the St. Thomas More Center in Panora.

Pins served in this role for five years. In 2014, he also temporarily served as administrator of St. Thomas Aquinas Parish in Indianola and Immaculate Conception Parish in St. Marys.

In 2017, he was named pastor of St. Joseph Parish in Des Moines.

**Father Chris Reising**
Father Reising is moving from pastor of three parishes - St. Bernard Parish in Oscoda; St. Patrick in Grand River; and St. Joseph in Mt. Ayr – to pastor of St. Anthony Parish in Des Moines.

After his 2006 ordination, Father Reising served Queen of Apostles and Holy Family Parishes in Council Bluffs plus Our Lady of Carter Lake in Carter Lake (now all three are Corpus Christi Parish) for one year.

In 2007, Father Reising went to Mexico to learn the Spanish language. When he returned in 2008, he began serving Our Lady of the Americas Parish in Des Moines first as parochial vicar, administrator and pastor. Eight years later, he became pastor of St. Patrick Parish in Perry, where he served for three years.

In 2019, he became pastor of his current parishes in Oscoda, Grand River and Mt. Ayr.

**Father Tomson Thomas**
Father Thomas is moving from providing sacramental assistance at Our Lady of Americas Parishes in Des Moines and Christ the King Parish in Des Moines to administrator of three parishes: St. Bernard in Oscoda; St. Patrick in Grand River; and St. Joseph in Mt. Ayr.

Father Thomas is originally from India, where he was ordained in 2013 by Bishop Joseph Karikkassery.

He arrived in the Diocese of Des Moines last month. Continued on page 9
Four priests retire after lifetime of service

Monsignor Frank Chiodo

Monsignor Frank Chiodo is retiring after having devoted his life to pastoral service in both rural and urban parishes; to evangelization through books and CDs; and to preserving history and expressions of faith.

Monsignor Chiodo attended Dowling High School, Immaculate Conception Seminary in Conception, Missouri, and St. Thomas Theological Seminary in Denver.

He was ordained in 1976 by Bishop Maurice Dingman, served Christ the King Parish in Des Moines for a year, then served on the faculty of St. Albert Catholic School for a year.

In 1980, he began five years of team ministry serving schools and parishes while based out of S. Brendan Parish in Leon, then Sacred Heart Parish in Chariton.

In 1985, Monsignor began a 16-year stretch of service to the Basilica of St. John Parish in Des Moines. During his years there, the church, designed in a Romanesque Revival style, was listed on the National Register of Historic Places (1987) and was elevated to a Minor Basilica (1989).

In 2001, he served St. Thomas More Church in Omaha, and returned to Des Moines in 2005 to serve Holy Trinity Parish.

In 2007, he moved to his home parish of St. Anthony, which was added to the National Register of Historic Places in 2021. Monsignor wanted to preserve the history of the Italian immigrants and Hispanic immigrants who built and served St. Anthony Parish.

Father McHenry

Father Ray McHenry worked for his family business for 20 years before answering his vocation call to the priesthood.

He attended Dowling High School, and earned a bachelor’s and master’s degrees from Creighton University. He earned his doctorate in Canon Law from Sacred Heart Seminary and School of Theology in Hales Corners, Wisconsin, and was ordained by Bishop Joseph Charron, C.P.P.S. in 2000.

He began his ministry at St. Francis of Assisi Parish, where he served for three years. He also served Queen of Apostles Parish and Holy Family Parish, both in Council Bluffs, and Our Lady of Carter Lake in Carter Lake (those three are now Corpus Christi Parish).

He served St. Thomas Aquinas Parish in Indianapolis for seven years, Immaculate Conception Parish in St. Mary’s for three years, and then returned to St. Francis, where he has been serving since 2013.

Since returning to the parish, he has taken seven groups of parishioners and others to see the outreach of Blessman Interna- tional in South Africa.

Father McHenry contributed to the ongoing growth in faith among diocesan priests by serving as the director of Continuing Education for Priests in the Diocese of Des Moines. While serving in that role, he also was the vice president of the National Organization for the Continuing Education for Roman Catholic Clergy.

“I am grateful for my call to priesthood and that I was able to begin my studies and service later in life,” said Father McHenry. “I have many fond memories of these last 22 years and I want to thank all the many wonderful people I have met over the years. As I have always said during Easter Season, I encourage you to boldly proclaim: ‘He is risen! Christ is risen!’

A farewell and retirement celebration will be Sunday, July 10 at St Francis of Assisi Parish with an open house reception from 1-4 p.m. and a short program at 3 p.m.

Father McLaughlin

Father Mike McLaughlin’s pastoral care has been experienced in rural parishes, city parishes and in hospitals throughout the Des Moines metropolitan area.

He attended Marquette’s St. Mary’s Community High School, Iowa State University, Loras College and St. Francis Seminary in Milwaukee before being ordained by Bishop Maurice Dingman in 1982.

Father McLaughlin, who is origi- nally from St. Patrick Parish in Irish Settlement, was a seminarist and present when St. John Paul II visited this rural church community in 1979.

After ordination, he served at St. Anthony Parish in Des Moines for three years, then the ministry in the Leon region, where he served from 1985-1988. He served St. Mary Parish in Portsmouth for five years, then served St. Mary Parish in Shenandoah and St. Mary Parish in Hinton for three years.

Father McLaughlin served Holy Trinity Parish in Des Moines, and Our Lady’s Immaculate Heart Parish in Ankeny, St. Mary Parish in Guttenberg, St. Cecilia Parish in Panora, and served as the chaplain at the Thomas More Center in Pella.

He also served St. John Parish in Greenfield, and St. Pat- rick Parish in Massena.

In 2011, he began 10 years of service to the non-Catholic hospitals within the Des Moines metropolitan area, from a ministry from which he’s retiring.

Deacon Michael Carney

Deacon Carney was ordained to the priesthood in 2011, and from which he retires.

Priest at home serving rural parishes

Father Dean Nimravert was born in Omaha, but grew up on a farm in northern Missouri. Although he was baptized Catholic shortly after his birth, he first attended a Mass until he was 26 years old. He took in- structions under Father Donald Dalziel at St. Brendan Church in Leon. Three years later, he entered the seminary.

He attended Mercer High School, and then helped his family on the farm before going to Trenton Junior College. He then went to Loras College, Cardinal Stratch College in Milwaukee and Sacred Heart Seminary in Hales Cor- ners, Wisconsin.

He was ordained a priest by Bishop William Bullock in 1992.

Father Nimravert’s many years of service have centered on serving God’s people mostly in rural areas of the Diocese of Des Moines.

After ordination, he served for a year at St. Anthony Parish in Des Moines, then moved to St. Patrick Parish in Missouri Valley. In 1995, he began seven years of service to the people of St. John Parish in Greenfield and St. Patrick Parish in Massena.

He also served St. Mark Parish in Orient from 1995 until 1999. When the parish closed, he walked the journey of grief with parishioners.

He served St. Patrick Parish in Council Bluffs for a year before going to Our Lady of Grace Parish in Griswold and St. Timothy Parish in Reno/Cumberland, where he served for six years until 2010.

Father Nimravert experienced life as a hermit for a year in 2010, then returned to pastoral care for the parishioners of Holy Family Parish in Southeast Warren County, where he has served since 2011, and from which he retires.

Congratulations cards can be sent to Father Nimravert, c/o Communications Office, Diocese of Des Moines, 601 Grand Ave., Des Moines, IA 50309.
On April 10, the Diocese of Des Moines and the Catholic Committee on Scouting recognized 54 scouts who earned Catholic religious awards in the last two years. Young men and women spent time outside of regular scout meetings to grow in their faith as Catholics. This growth is recognized in a variety of awards directed toward certain age groups and interests. Some awards are completed in a family setting while others are completed in small groups of their scouting peers.

This last year, COVID-19 limited the number of scouts who pursued such awards, but we expect scouts will return in force to grow in their faith this next year.

The Girl Scouts can earn the ‘I live my Faith’ award and ‘The Spirit Alive’ award, while the Scouts can earn the Light of Christ, the Parvuli Dei, the Ad Altare Dei and the Pope Pius XII awards. Scouts who are interested in earning the Catholic religious awards should contact Deacon Kurt Heinrich at kheinrich@dowlingcatholic.org for more information.

Education awards draw parents, teachers, students

More than one-hundred parents, students and teachers from St. Albert Catholic Schools joined members of Catholic Daughters of the Americas Council #330 in Council Bluffs for their annual Education Contest Awards Dinner on March 28.

The student winners in attendance presented their creations in Essay, Poetry, Photography, Art and Computer Art, in three grade level divisions. They also received certificates and gifts that were purchased in Italy and blessed by Father Chris Barak, who himself chased in Italy and blessed them.

They received certificates in Essay, Poetry, Photography, Art and Computer Art, in three grade level divisions.

T h e court gave Brown a $100 donation for her Catholic Spirit Radio station. T h e court presented a $400 scholarship to Jonathan Quigley, director of Development at St. Albert, for the advancement of eighth graders entering their Catholic high school years. This year’s C.D.A. Education Contest theme was; Mariann Hilderbrand, Jonathon Quigley, and Jen Brown at the education award ceremony.

“If God All Things are Possible.”

Caring About Your Loss and Sharing In Your Faith

Prayer to St. Joseph for a Happy Death

O blessed Joseph who died in the arms of Jesus and Mary, obtain for me, I beseech you, the grace of a happy death. In that hour of dread and anguish, assist me by your presence, and protect me by your power against the enemies of your salvation. Into your sacred hands, living and dying, Jesus, Mary, Joseph, I commend my soul.

Amen

John & Mark Parrish, parishioners of St. Francis of Assisi

Caldwell Parrish Funeral Home & Crematory

Urbandale • Adel • Winterset • CaldwellParrish.com

Des Moines’ Only Catholic-Owned & Operated Funeral Home.

St. Albert student honored for leadership

The Council Bluffs Region of the Des Moines Diocesan and National Council of Catholic Women awarded Ava Hughes, of St. Albert Catholic School, the John and Nancy Kilbride Science Scholarship, an honor for supporting, empowering and educating women in spirituality, leadership and service according to Gospel values.

Hughes plans to pursue a career in the science/healthcare field.

The power of one

Each person can change the world

On April 2, faith-filled women from across the Des Moines Diocese gathered in Atlantic at the Diocesan Council of Catholic Women conference to learn more about the “Power of One” or the importance of being the light for each person we meet. Maureen Hoffmann of Walnut, in the far northwest part of the Diocese, began the morning program emphasizing each individual’s ability to change the world for the better.

As an Iowa Teacher of the Year in the early 2000s, Hoffmann spent five weeks in Ukraine, mentoring teachers. She formed lasting relationships with several teachers and students and because of these ties has a special empathy for the citizens of Ukraine and ask for prayers and support for them.

Bishop William Joensen celebrated Mass along with Father Trevor Chioccone, pastor of St. Peter and Paul Parish in Atlantic, Deacon Mike Carney, of Missouri Valley, and 120 women.

Bishop Joensen presented plaques to nine women honored for many hours of service and prayer for their communities. They are: Alice Homan of St. Michael Parish in Harlan; Jan Behrendsen of St. Patrick Parish in Council Bluffs, honored posthumously; Paula Fiebelkom of Lady of Holy Rosary in Glenwood; Arlene Lindhorst of Corpus Christi/Our Lady of Carter Lake; Carol Smith of Our Lady of Grace in Griswold; Linda Pfening of St. Patrick Parish in Council Bluffs; Jann Reinig of St. Mary Parish in Panama; Mary Jo Robinson of St. Peter and Paul in Atlantic; and Sherry Waddell of St. Mary Parish in Anita.

Janette Howe of St. Paul, Minnesota and founder of the Seven Sisters Apostolate, spoke about her mission to encourage prayer for priests.
BACKGROUND
We began welcoming Afghan arrivals at the end of September 2021 and have provided services for over 300+ individuals so far. We will continue to welcome more families and individuals through the end of 2022.

IMMEDIATE NEEDS - Go to catholiccharitiesdm.org for complete details.

Donate Time
• Donation pickup assistance
• Help with apartment set up
• Transportation to appointments, classes, school, job interviews

Sign up to be a volunteer today catholiccharitiesdm.org!

Contact: Emily Klisares at volunteer@catholiccharitiesdm.org

Donate Funds
• Donate online at catholiccharitiesdm.org and designate Refugee Resettlement
• Mail to: Catholic Charities, Attn: Deb Powers, 601 Grand Ave., Des Moines, IA 50309

Contact: Deb Powers at dpowers@catholiccharitiesdm.org

Donate Goods
• Dressers • Dining Tables & Chairs • NEW - Lamps, Vacuums, Trashcans, Pillows

WAREHOUSE DROP-OFF HOURS: Mondays from 9 a.m. to 3 p.m.
3 College Ave Des Moines, IA 50311

Purchase Goods
• Purchase items from our wish list on Amazon Smile.

Thank you to all of our volunteers and donors who helped us over the last six months! You made the difference in so many lives!
catholiccharitiesdm.org • 515-244-3761

St. Albert Catholic shines with return of in-person benefit

Father Chuck Kottas, St. Albert Catholic School President Anne Rohling and Freddie Falcon Award winner Lisa Rosloniec.

After two years as a virtual event, St. Albert Catholic School in Council Bluffs made a triumphant in-person return for its 41st Annual Benefit Auction on April 23.

The event, held on its Gleason Avenue campus, was titled “All That Jazz” and raised $276,499.23 for the school, thanks to the generosity of its community. The families of the 2nd grade class – the Class of 2032 – served as chairs of the auction.

“Out 41st Annual Benefit Auction was a resounding success!” said St. Albert Catholic President Anne Rohling. “It was wonderful to be back live and in person at the school. People who had not seen the newly renovated gym and gym lobby area were in awe. The new sound system, which had been installed that week, was phenomenal.”

Director of Alumni and Special Events Carrie Ashley said, “I am overwhelmed with gratitude for our deeply rooted community that came together to preserve the tradition of this auction, and to ensure the gift of Catholic education in Council Bluffs will continue to be top tier.”

The coveted Freddie Falcon Award went to longtime volunteer Lisa Rosloniec. The award goes to those who have selflessly shared their gifts with Saint Albert Catholic, and in doing so, furthered its mission. Rosloniec runs Saint Albert’s Spirit Store and also works diligently behind the scenes in many areas of auction preparation.
The Eucharist – Wisdom of Catechists

The Old Testament introduces readers to a mystical divine figure known as Wisdom (Sophia in Greek). Sophia is remarkable. She was begotten by God, standing in front of a door, with a 60-pound ram, because my job is breaking down the door to a suspected killer’s house.

The month of May has been declared as the official national month for mental health awareness. Therefore, some might ask “I don’t want to do that to me? I’m not mentally ill.”

Well, maybe not - and I did say “maybe” - but we can all benefit from an increase in our personal mental health awareness because we all have mental health.

Playfully, I think that if we were to assess our own inner thoughts and negative self-talk, we might just take intoMovies like it is the Eucharist, the food of Wisdom, which draws people to the faith. That is why catechists are so keen to introduce seekers to the food of Wisdom.

Greg Samorajski is a recent graduate of the University of Dallas earning a master’s degree in theological studies. He is a new Iowa resident and now a regular at the Basilica of St. John. His day job is as an executive for the State of Iowa.

The Eucharist is life itself – the source and summit of our Catholic faith and the wisdom of catechists and of all believers.

The prayer is something I instituted for the State of Iowa.

The young man is me, and that the young lady is my wife, Lindy.

The Eucharist is easily flow to our loved ones. If we are not the Eucharist is the food of Wisdom, which draws people to the faith. That is why catechists are so keen to introduce seekers to the food of Wisdom.

Greg Samorajski is a recent graduate of the University of Dallas earning a master’s degree in theological studies. He is a new Iowa resident and now a regular at the Basilica of St. John. His day job is as an executive for the State of Iowa.

The Eucharist – Wisdom of Catechists

The Old Testament introduces readers to a mystical divine figure known as Wisdom (Sophia in Greek). Sophia is remarkable. She was begotten by God, standing in front of a door, with a 60-pound ram, because my job is breaking down the door to a suspected killer’s house.

The month of May has been declared as the official national month for mental health awareness. Therefore, some might ask “I don’t want to do that to me? I’m not mentally ill.”

Well, maybe not - and I did say “maybe” - but we can all benefit from an increase in our personal mental health awareness because we all have mental health.

Playfully, I think that if we were to assess our own inner thoughts and negative self-talk, we might just take into account the honesty of the internal message. For example, “I can’t stand this” becomes, “This is challenging.” “I hate...” becomes, “I don’t like...” and “I am not...” becomes “I am.”

When your self-talk uses more gentle language, much of its negative power is muted as well.

Bring the darkness to the light. To keep negative self-talk as a secret increases its power. Exposing it to someone, even simply by writing in a journal or addressing it in personal prayer, dispels its size and strength.

This is hopeful for all of us.

This internal negative talk is not honest; it is always distortion! We need the source of truth to speak to our minds. We need God’s Truth.

“Lord, consume my mind, dispel the distortions, and lead me daily in your truth.”

And to you my readers, please know this, that I, as your deacon, affirm you all as loveable!

Deacon Randy Kiel is the founder of Kar dia Counseling and serves Holy Trinity Parish in Des Moines. To connect with him, email randy@kardiacounseling.com.
By Christina Cappecchi

Then the words pored out of him. In three months, he wrote 92,000 words of his novel. He also finished “War and Peace,” which he read for hours-long stretches on the beach.

“It came back!” he realized. “My brain came back!” Johann’s digital detox compelled him to dive into neuroscience, interviewing experts on attention and flow. He learned more about his own withering powers and of natural sleep rhythms. He compiled his findings into a new book called “Stolen Focus: Why You Can’t Pay Attention – and How to Get It Back.”

It is a cultural indemnity and a call to action. And for Catholics who believe in the interconnection of body, mind and soul, the book also offers hope.

When I think about these three dimensions of self, one appears sorely neglected. Discussion of physical health and spiritual wellbeing – both mightily important – far outweighs the question of our mental health. Do we guard our minds? Do we understand why screens are thwarting our ability to think, to contribute, to function?

We touch our phones on average 2,617 times a day – reaching around little ones on our lap, ignoring the people across from us at the dining room table to scroll pictures of other people’s kids and dinner plates.

What does this mean for Catholicism?

If we believe our mind is a gift from God, we honor him by guarding it. The Catholic Church should take the lead. Our pastors, our catechists, our youth ministers and our priests must shine a light on mental health. They should provide guidelines for healthier habits and Jesus make real change.

Whatever is good of God is so awesome that we should not find adequate words or images to explain.

The fabric of life, and a fabric is made up of multiple threads. Thus, it’s understandably saddening whenever our single, fragile, loosely thread is being pulled away from the rest of the fabric. No wonder little children don’t want to be put to bed while everyone else is still carrying on with the evening.

Moreover, this isn’t just true for the sadness we experience when we face our deaths. The same dynamic is operative whenever we undergo the various mini-deaths that beset us as we age, lose our health, retire, get fired from jobs, lose people we love, lose marriages, are geographically dislocated, or in any other way are pushed out of the mainstream of life toward the margins.

So, it can be helpful to know that nothing is permanent. Letting go is hard. Being pushed aside is hard. Disappearing from life is particularly hard. That’s why little children don’t like being put to bed.

Students pitch their questions

Q. What is the most important thing in the Bible? - Sam Scigliano

A. I suppose there could be a number of answers to your question. Jesus talks about the two great commandments – loving God above all things, and loving our neighbors as ourselves. In St. John’s gospel (3:16), we find the words: “God so loved the world that he sent his only begotten Son, so that whoever believes in him should not perish but have everlasting life.” Those are both pretty important.

Q. When and why did people start praying and reading the Bible? - Mel Lickteig

A. For a long time, many people didn’t read or write. Even today, there are parts of the world where not everyone can read or write. The Bible stories began not as printed pages but stories that were passed along by teachers, or Jesus being one of them. Today, we are lucky enough to have printed copies of the scriptures. From the middle of the fifteenth century, because of the printing press, more and more people could read the scriptures for themselves.

Q. Are God, Jesus, and the Holy Spirit the same, or are those all different things? - Avery Coppola

A. The mystery of God is something that we can never fully grasp, but in the Christian tradition we have come to know God as a Trinity of Persons, but one God. For us, God the Father sent Jesus his Son, and Jesus made us the Holy Spirit. If the Less of God is so awesome that we should not find adequate words or images to explain.

Q. How old was Mary when she was taken into assumption? - AnnaHalacekiewicz

A. Short answer: we don’t know. If Jesus was in his mid-thirties when he was crucified and raised from the dead, Mary must have been at least fifty years old. But it probably doesn’t matter how old she was.

Father John Ludwig is a retired priest of the Diocese of Des Moines. Do you have a question for him? Send it to commun ications@dmdiocese.org or mail it to The Catholic Mirror, Diocese of Des Moines, 601 Grand Ave., Des Moines, Iowa 50309.
Continued from page 2

Jackson Women’s Health Organiza-
tion (al momento de esta columna, solamente ha circulado la versión filtrada que indica que habrá una opinión mayoritaria que revertirá Roe v. Wade; ya veremos si se mantiene firme la posición de la mayoría). Las con-
vulsiones que definieron en el debate sobre la guerra de Vietnam hace más de medio siglo se vean modestos en comparación a lo que viene. Algunos propo-
mentes en el debate sobre el aborto hay dicho que no se detendrán ante
la necesidad de una conversión, de para poder resistir la tentación de
el apoyo de las campañas de bib-
los políticos que incluso pueden atrevér
se revierte Roe – que
más atrás y se acobarden y
a quien nos recuerda, “los derechos
Cristo. 

trega nuestras vidas por el

Jackson Women’s Health Or-

Los verdaderos campeo-
nos de la vida no son aquellos que argumentan a favor de la habili-
dad de destruir la vida naciente en el vientre. Como los primer-
ocristianos en los Hechos de los Apóstoles, Dios nos ha dado un
encargo y una misión en este momento central de la historia de la que
– en la historia de la salvación. Estamos llamados a ser imparables en nuestro testi-
goinguimiento de la verdad de que todo y
cada humano es creado por Dios para ser una persona única y de
inestimable valor y dignidad, y
la muerte de George Floyd

Algunos propo-

contra la versión filtrada

Dios nos ha dado

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte naciente en el vientre. Como los primer-
ocristianos en los Hechos de los Apóstoles, Dios nos ha dado un
encargo y una misión en este momento central de la historia de la que
– en la historia de la salvación. Estamos llamados a ser imparables en nuestro testi-
goinguimiento de la verdad de que todo y
cada humano es creado por Dios para ser una persona única y de
inestimable valor y dignidad, y
la muerte de George Floyd

La Iglesia ha sostenido la santidad de
toda vida humana – ya sean ino-
centes o sumidos en sus lamenta-
bles y pecadoras equivocaciones de lo que significa ser humano.

¿Demonizando, Deshumanizando o Divinizando?

Debemos ser mansos y

la muerte de George Floyd

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.

la muerte natural se acobarden y
corrían para salvar sus vidas.

¿Demonizando, Deshumanizando o Divinizando? 

Debemos ser mansos y

la muerte natural se acobarden y
corrían para salvar sus vidas.
Leaked draft of Supreme Court opinion indicates overturn of Roe

WASHINGTON (CNS) -- The Supreme Court appears set to overturn its Roe v. Wade decision, legalizing abortion for nearly 50 years, according to a leaked initial draft of a court opinion obtained by Politico and published online the evening of May 2.

Just minutes after the leak was published, reactions were fast and furious on social media, and barricades were erected around the Supreme Court. Many people gathered at the court in protest and some, including students from The Catholic University of America, were there to pray that it would overturn Roe.

The draft opinion, written by Justice Samuel Alito, said Roe “was egregiously wrong from the start” and that “Roe and Casey must be overruled.”

Alito’s opinion said the court’s 1973 Roe decision had exceptionally weak reasoning “and was based on a series of bad consequences. And far from bringing about a national settlement of the abortion issue, Roe and Casey have, instead, fanned the flames of debate and deepened division,” he wrote.

He also said abortion policies should be determined on the state level.

Politico’s report says Alito’s opinion is supported by Justices Clarence Thomas, Neil Gorsuch, Brett Kavanaugh and Amy Coney Barrett and that Justices Stephen Breyer, Sonia Sotomayor and Elena Kagan were working on dissent. It was not clear how Chief Justice John Roberts planned to vote.

The 98-page draft, which includes a 31-page appendix of historical state abortion laws, is an opinion in Dobbs v. Jackson Women’s Health Organization — a case about Mississippi’s ban on abortions after 15 weeks of pregnancy with the potential to also overturn Roe.

The fact that the opinion was leaked also caused significant reaction, because this is unprecedented in the court’s history, especially with such a big case.

A May 2 statement by the Supreme Court verifying the draft opinion reported on “is authentic” but that it “does not represent a decision by the Court or the final position of any member on the issues in the case.”

Roberts, in his own statement, emphasized the significance of the leaked document, which he said was a “singular and egregious breach of that trust that is an affront to the Court and the community of public servants who work here.”

He also said that if this action was “intended to undermine the integrity of our operations, it will not succeed. The work of the Court will not be affected in any way.”

He said he had directed the Marshal of the Court to launch an investigation into the source of the leak.

Politico acknowledged that “deliberations on controversial cases have in the past been fluid. Justices can and sometimes do change their votes as draft opinions circulate and major decisions can be subject to multiple drafts and vote-trading, sometimes until just days before a decision is announced.”

“The court’s holding will not be final until it is published, likely in the next two months,” it added.

But that does not stop the firestorm of speculation and discussion among pro-life groups praised the court’s potential decision but some also questioned the motivation behind the leak and wondered if the court was being manipulated by this action.

A May 2 tweet by Jeannie Mancini, president of the March for Life Education and Defense Fund, said her organization would “not be providing comment on an official decision of its own possible leak until a decision is officially announced.”

During oral arguments in this case, on December, alleged if the justices indicated that they would uphold Mississippi’s abortion ban after 15 weeks of pregnancy, which was struck down by a federal District Court in Mississippi in 2018 and upheld a year later by the New Orleans-based U.S. Court of Appeals for the 5th Circuit.

A 15-week ban is not a “dramatic departure from viability,” Roberts said.

The point of viability — when a fetus is said to be able to survive on its own — was key to the discussion because the Supreme Court has consistently ruled that states cannot restrict abortion before 24 weeks or when a fetus is said to be able to survive on its own.

Come Holy Spirit

Bishop William Joensen joined Bishopes around the country in calling for a day of fasting and prayer on May 13, the Memorial of Our Lady of Fatima.

“I also encourage the people of the Diocese to pray that, through the Holy Spirit, there will be a conversion of hearts,” he said. “As Pope Francis said, ‘Prayer is what opens the door to the Holy Spirit, who inspires progress.’” (General Audience, April 14, 2021) Come, Holy Spirit, we are on fire in the fire of love for all human life!”

Vicinum Assistance Advocate

The diocese’s Victim Assistance Advocate, Sam Porter, is a staff member at Polk County Victim Services. He helps victims of abuse of minors by clergy through a complaint process and in seeking support and counseling services. He can be reached at 515-286-2024 or Sam.Porter@polkcountyia.gov.

CNS photo/Jay Nies, The Catholic Missourian

More than 2,500 people in Jefferson City, Mo., attend a rally in the rotunda of the Missouri State Capitol April 20 in conjunction with the Midwest March for Life.

Demonizing, Dehumanizing, or Divinizing

Continued from page 2

his Father in the Spirit.

We are to keep doing the works that express our deep-seated faith, our love for children of all ages and support of mothers who face all sorts of pressures that are unfriendly and prey upon their decision-making processes. We challenge men to “man up” as good fathers and commit ourselves to nurture, be present, and not abandon mothers of their children.

We are to accompany all persons along the continuum of life, including earlier stages via crisis pregnancy centers such as InterVision Healthcare in Des Moines and Gabriel’s Corner in Council Bluffs, Mary’s Helping Hands all supported by our Knights of Columbus bottle campaigns and other forms of outreach, including one near and dear to my heart: the Biking for Babies local ride on Saturday, June 25th, departing from St. Luke’s Parish in Ankeny.

We sponsor Catholic Charities’ Emergency Family Shelter and Food Pantry in Des Moines, the Domestic Violence and Sexual Assault Shelter in Council Bluffs, and the wide-ranging child counseling services provided to our schools and in-person and telehealth counseling and therapy offered to persons of all ages. We mobilize resources for the Pulse Life Advocates, and become active proponents for entities other organizations that are not overtly Catholic, but in which persons of good faith take part in solidarity with all defenders of human life.

We are to be fearless in laying aside all need for affirma- tion from the demigods of popular culture—the pundits, celebrities, and yes, many religious leaders, or from the politicians who might even pretend to claim to Catholic identity as cover for their depar- ture from the most basic tenets of developmental biology, let alone from the unwavering faith and devotion reflected in our Church’s teaching as found in authentic” but that it “does not necessarily reflect the light and truth made manifest in the person and blood of martyrs is the seed of compassion. We are to “turn the other cheek,” to respond not be a crime on a cosmic scale but a loss only to themselves.

But if each human life matters in the ultimate scheme of things, it is because we survive death by the breath of the Risen Lord’s liberating Spirit, and are known and cherished by the God of whom the Psalmist speaks, “Precious in the sight of the Lord is the death of his saints” (Ps 116:15). And because God wills that his precious children—each one of us—is to be divinized—to share fully his image and likeness and the communion of love who is Father, Son, and Holy Spirit—then we, too, can will no less. We are not angels, whether good or bad—but human beings, no more, no less, and that is good news in- deed.
Your journey is just beginning!

Whether you are a new Catholic, or a young Catholic man embarking on the next stage in life, the Knights of Columbus can be the catalyst to grow in your faith through service with your brothers!

We are the largest Catholic fraternal organization in the world!

Our world needs more Knights of Columbus.
Our world needs YOU to join today!
Scan the code below or go to kofc.org/joinus to register
Use the code MCGIVNEY2020 for 1 year trial membership*

*Membership in the Knights of Columbus is open to men 18 years of age or older who are "practical" Catholics

Protecting Catholic Families Since 1882.
Trust a Catholic company to protect your Catholic family.

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

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

Mike Bormann
General Agent
563-689-6801
michael.bormann@kofc.org

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