Jesus’ presence in the Eucharist honored

Father Nick Smith, of Our Lady’s Immaculate Heart Parish in Ankeny, participates in a Eucharistic procession at his home parish of St. Augustine in Des Moines.

Father Luis Mejia, pastor of Corpus Christi Parish in Council Bluffs, raises the Eucharist at an outdoor altar during a procession.

The faithful pray at a stop along a Eucharistic procession route at Sacred Heart Parish in West Des Moines.

Catholic Charities included in funding to retain, recruit mental health professionals

By Anne Marie Cox  
Staff Writer

When Burmese refugee Mu Paw arrived in the Des Moines area, there were no mental health therapists from her homeland working in central Iowa who could help her.

“It motivated me,” she said. She just graduated from Grand View University with the aim of providing mental health services to her community.

As a recent intern with Catholic Charities, she said, “I was able to work with my community and support them with mental health therapy.”

The community needs more therapists like Paw. Government funds are available to help recruit and retain mental health professionals to meet a need for more male therapists, therapists who are people of color and those who are bilingual.

In August, Catholic Charities will be added to the list of approved mental health providers whose staff can access the government funds through the American Rescue Plan Act, better known as ARPA. Catholic Charities has a long history of providing counseling services and serving the refugee and immigrant communities.

The funding and push to improve the community’s response to children’s mental health crises comes from communities of faith banding together through A Mid-Iowa Organizing Strategy, also known as AMOS, Polk County Supervisors and others.

They met May 18 to talk about how far they’ve come and the work that still needs to be done.

Children in crisis

About six years ago, AMOS asked families what they craved at night. Parents said they needed services for children in mental health crises.

“Kids were waiting months to see a therapist. They were not getting what they need from a system designed for adults,” said Crystal Loving, of First Unitarian Church. A child in the midst of a mental health crisis would be handcuffed, put in the backseat of a police car, and enter the juvenile justice system rather than get the mental health care that was needed.

Much has been accomplished. In Polk County, local organizing groups lobbied legislators and local officials. They were able to put together a plan that would get clinicians to respond to 9-1-1 calls for children in mental health crises, get a statute that would get clinicians to respond to 9-1-1 calls for children in mental health crises, get a statute.
Given a choice between reading about social isolation and getting a root canal, I would definitely choose the root canal. But more on all this next month.

Dr. Vivek Murthy: "Our Epidemic of Loneliness"

Loneliness and Isolation: On the Healing Effects of Social Connection

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Congratulations, graduates!

St. Albert Catholic School graduates Grant Springman, of St. Patrick Parish; Gavin Sommerville, of First Christian Church; Nolan Smith, of Corpus Christi Parish; and Lydia Sherrill, of St. Paul Lutheran Church.

Ny’la Jackson, of Holy Family Catholic School, in Des Moines graduates from pre-kindergarten.

Congratulations to all of the graduates.

Among those in Catholic schools in the Diocese of Des Moines, 38 high school seniors and 42 eighth graders earned their diplomas from St. Albert Catholic School in Council Bluffs.

At Dowling Catholic High School in West Des Moines, 328 seniors graduated.

More than 430 students in eighth grade earned their diplomas.

Maria and Anna Eide celebrate their graduation from Dowling Catholic High School in West Des Moines.

The Five First Saturdays Devotion to the Immaculate Heart of Mary

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

Our Lady’s Promise

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

How to Make Reparation to the Immaculate Heart of Mary

The faithful are invited to make the following five steps on five consecutive First Saturdays as part of this devotion:

1. Go to confession on a day of your choosing in the First Saturday.
2. Receive Holy Communion in a state of grace. For those who may have difficulty fulfilling this requirement on Saturday, Our Lord told St. Louise: “The practice of this devotion will be equally acceptable on the Sunday following the First Saturday when any priest, for a just reason, knows the faithful.”
3. Pray five decades of the Holy Rosary. When gazing at the Holy Rosary, Our Lady invited me to listen between the decades: “O my Jesus, forgive us those sins we have committed against God, especially those who have sinned most against Thee.”
4. Spend 15 minutes in silent prayer meditating on one or more of the mysteries of the Rosary.

The Intention

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

You are invited to morning Mass at St. Francis of Assisi Catholic Church in West Des Moines to celebrate this devotion with me at 7:15 a.m. on July 1.

Paid Advertisement
Having dismissed thoughts of priesthood, Smith now ready to enter Jesuit formation

By Alex Nemec
Contributing Writer

When Noah Smith walked onto Marquette University’s campus his freshman year after graduating from Dowling Catholic High School, he had already written off the idea of becoming a priest despite having thought about it since middle school.

“My older brother was in formation when I was in high school (Father Nick Smith) and it was definitely a topic my friends and family talked to me about,” Smith says. “But to be honest, I shut down the possibility because I didn’t want to follow in my brother’s footsteps. I wanted to be my own person.”

Now, four years later, Smith walked across the stage at Marquette’s 2023 commencement ceremony, steps closer to the Jesuit priesthood.

Smith, of St. Augustin Parish in Des Moines, enrolled at Marquette because he wanted to attend a Catholic institution and was enamored by Marquette’s urban campus. But what really intrigued him was the Jesuit community.

Unfamiliar with many of the religious orders, Smith says he was intrigued by the community and made an effort to learn more about the Jesuits on campus.

He went to Mass every Sunday, joined Campus Ministry and learned the language associated with the Jesuits, further growing his curiosity. A relationship was forming.

Fostering relationships

After taking classes introduced by Jesuits, Smith says he sought out encounters that helped him to know the priests better – in particular, Jesuit Father Ryan Dunns, his theology professor.

“He has been absolutely instrumental in my success here at Marquette and in my formation,” Smith says. “He had a super profound influence on my discernment and my own interest in the Jesuit order.”

Father Duns said with how gifted Smith is, he could excel in any field he wanted. But, rather, Smith found himself discerning not what he wanted to do, but who he is being called to become.

“It takes dialogue: prayerful, searching conversation with others and patience,” Father Duns says. “I don’t know that I offered any profound wisdom, but I think our time together gave him the space to raise the vital questions.”

Discernment

As his relationship with Father Duns blossomed, Smith says the idea of the priesthood became more appealing to him.

“I knew I liked the Jesuits, and I liked the Church’s sacramental beliefs and the ability to which a priest can be channel of God’s grace,” Smith says. “That was beautiful and profound to me in a way that resonated with me in a way deeper than I was able to intellectualize or rationalize.”

Rather than a cannon-ball moment like St. Ignatius of Loyola had to jumptstart his spiritual awakening, Smith says his connection with God and a possible life in the priesthood was more of a slow burn, growing into a powerful fire inside him.

“The appeal of the priesthood was a gradual realization for me, and it came from taking classes with the Jesuits and learning more about the order,” Smith says. “It was like unveiling a large painting. By the time the veil has completely been removed, you can see in it its entirety and appreciate it for what it is.”

Should Smith be ordained, Father Duns says he will be the sort of priest the Church needs today — one with integrity, a sharp mind and a heart able to be touched by others’ needs.

Ready to go

Now, after years of paperwork, many interviews and days of discernment, Smith is ready to enter his formation.

What does Smith hope to achieve in his formation? An open mind and heart.

“A priest at my high school gave me an adage about entering the priesthood; he said, ‘Don’t anticipate, just participate,’” Smith recalls. “I try not to frame it as what I want out of the formation process, but instead to being open to the experience.”

FUTURE

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From weather predictions to priesthood: Council Bluffs man shares his journey

By Kevin White
Contributing Writer

Father Ross Caniglia was a TV weatherman until he felt called by God to consider priesthood.

A 2006 graduate of St. Albert Catholic School and the son of Phil and Norena Caniglia, of St. Patrick Catholic Church in Council Bluffs, he was ordained a priest for the Diocese of Sioux City in 2019.

He serves as the school chaplain at St. Edmond High School in Fort Dodge and the parochial vicar at Holy Trinity Parish in Webster County.

Q: Did you know right away upon graduating from St. Albert that you wanted to be a priest?
A: Oh, no. I went to Creighton and majored in atmospheric science – meteorology – and had a math minor. I graduated from Creighton in 2010 and became a weekend weatherman in Sioux City at KTIV, the NBC affiliate. I also did some news reporting there.

Q: Could you take us through your discernment period and let us know how that all came about?
A: To be honest, when I was at St. Albert I had no feeling towards that, really... It wasn’t until really until college, probably junior year I would say when I was at Creighton.

I had some friends that weren’t Catholic and they just kind of led me, kind of challenged some of my beliefs, almost in a sense compelled me to kind of look at stuff and try to figure out more about what we believe as Catholics. Things in college just kind of encouraged me to look deeper into more what my purpose in life was, not just as a vocation but just that pull towards God and that more fulfilling type of life that has him in the forefront.

I always wanted to do meteorology from a young age. For me it was kind of a shock, a little bit unexpected to think, well, maybe God could be calling me to be a priest.

Eventually I contacted the vocations director in Sioux City and that discernment process continued. So it was just kind of a gradual awakening and taking ownership and having more of a personal encounter with Christ and the church that helped me to be propelled in that direction.

Q: We hear you’re a talented musician. Tell us about your musical pieces. The first is a chant of the Divine Praises. (It has been released through the Oregon Catholic Press.)
A: It’s with the Divine Prais-es, which are typically used at the end of adoration. In a parish or at a seminary or somewhere, at the end you just kind of want to pray that prayer and have it be pretty succinct and simple. This is one way to do that in just a chant, as opposed to just saying it.

From my understanding, it’s actually kind of a hymn. It’s a prayer, but it’s also kind of a hymn at the end of adoration. This gives you a chance to sing it. The other cool thing is this is copyrighted. It has been released through the Oregon Catholic Press. (It has been released through the Oregon Catholic Press.)

Q: What kind of music do you write?
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For more than 38 years, faith-based Agape Pregnancy Resource Center has offered free help and services to pregnant women and families.

The center provides a safe place to have conversations, and for people to find support and care if they are overwhelmed, facing obstacles, or just need a place to listen.

Agape is one of three pro-life organizations that will benefit from funds raised through the Biking for Babies ride through Ankeny on June 24.

Agape has an office on the north side of Des Moines and a satellite location in Indianola.

Free services include pregnancy testing, limited obstetric ultrasounds, sexually transmitted disease testing, educational classes, case management, a baby boutique, laundry access and a hygiene pantry.

“With supporters like Biking for Babies, Agape can serve close to 1,000 clients and 5,300 appointments a year. The support of B4B provides funding for around 60 appointments at Agape annually,” said Executive Director Leanna Simpson.

Nurse manager Andra Haglund has been with Agape for a little more than a year. She strives to better understand the needs clients have, the obstacles they face and how she and Agape can help them reach their goals.

“Focusing not just on physical health, but also emotional health, spiritual health and social needs,” she said.

Haglund meets with clients one-on-one and says many women and men come to the clinic undecided on the outcome of their pregnancy.

Agape serves individuals who are uninsured or underinsured. They help confirm the dating and viability of pregnancies and connect clients with resources that will help them explore their insurance options and prenatal care options.

Agape is funded solely through individuals, churches and business partners. They also accept donations of both hygiene and baby items.

“This article originally appeared in the April 2023 edition of Indianola Living Magazine and is reprinted with permission. Information about Biking for Babies has been added.

To register for the bike ride, go to BikingForBabies.com.

The Biking for Babies ride in Ankeny on June 24 will raise funds for three local pregnancy centers: Innervisions HealthCare; Martha’s House of Hope; and Agape Pregnancy Resource Center.

Donors honored

The Frank and Neva Shudak family was honored May 19 at St. Albert Catholic School in Council Bluffs, where the couple had funded a large crucifix to be installed at the entrance to the school.

They wished to keep the donation anonymous, but when former President Joe Connolly asked if our school could honor them after they were deceased, Neva replied, “When we’re gone, you can do whatever you want!”

Pictured above are six of the seven living children who were in attendance: Laura (Shudak) Meis ‘78, Karen (Shudak) Tucker ‘72, Dan Shudak ‘69, Marty Shudak ‘82, Jeff Shudak ‘86 and Janet (Shudak) McGruder ‘70. Not pictured is Mike Shudak ‘74.

The Catholic Mirror June 16, 2023

Congratulations

Father Jason Lee!
**Around the Diocese**

**June 22 Thursday**

House of Mercy Game Show Gala

**DES MOINES** -- Doors open for the 2023 MercyOne House of Mercy Game Show Gala at 5:30 p.m. The program begins at 6:30 p.m. at the Community Choice Credit Union Convention Center. It’s a fun-spirited game show-style fundraiser for MercyOne House of Mercy, a comprehensive provider of vital behavioral health care, and the state’s largest substance use disorder treatment program for parenting women with children. For more information, visit MercyOne.org/desmoines/game-show-gala.

**June 23 Friday**

Ordination to the Priesthood

**DES MOINES** -- Ordination to the priesthood of Deacon Jason Lee will be at St. Ambrose Cathedral at 5 p.m. All are welcome!

**June 24 Saturday**

Biking for Babies

**DES MOINES** -- Ride one of several bike routes in Ankeny to raise awareness, raise funds and form disciples through the Biking for Babies program. Go to Bikingforbabies.com for details.

**June 25 Sunday**

The Best Is Yet To Be

**NEOLA** -- Dominican Sister Janet Schaeffler will speak about growth, depth, and joy, particularly in the things that matter. This workshop is for you: you who are maturing persons of integrity, touching the world with your tremendous love. This seminar will take place from 11:30-2:30 p.m. at St. Patrick Parish in Neola.

**July 22 Saturday**

Ignatian Retreat Day

**URBANDALE --** Mark your calendar for Emmaus House’s Annual Ignatian Retreat Day. The presenter is Amy Hoove. Held at St. Pius X in Urbandale, all are welcome to join us for a day of retreat. Find details at TheEmmausHouse.org.

**July 26 Wednesday**

RAGBRAI

**DES MOINES** -- The four Iowa dioceses are teaming together to coordinate Mass as RAGBRAI rides through the state. For Des Moines, St. Ambrose Cathedral will offer Mass at 5 p.m. More information will be coming in the upcoming weeks.

**Aug. 19 Saturday**

Eucharistic Procession

**DES MOINES** -- Join the Diocese in a Eucharistic procession starting with a 9 a.m. Mass at the St. Anthony grotto, then walking a 1.4-mile route to St. Ambrose Cathedral. The procession supports an effort by the U.S. bishops to draw people back to the source and summit of the Catholic faith: the Eucharist.

**Cathedral Holy Hours**

**DES MOINES** -- All are welcome on Monday nights at St. Ambrose Cathedral for an hour of Eucharistic adoration and evening prayer beginning at 5 p.m.

**Now through Sept. 28**

Bishop Drummond Guild Garage Sale

**JOHNSTON --** This garage sale will be held each Thursday morning on Bishop Drummond’s campus from 8:30-12:30 p.m. Donations are accepted on the Thursdays of the sale at the garage located on the campus or by calling Helen Thull at 515-669-4621. No computers, baby cribs or car seats, old electronics or TVs will be accepted. Proceeds help fund activities and extras for Bishop Drumm Retirement Center.

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**4 dioceses cycling 4 Christ**

As RAGBRAI riders look for food to replenish their energy after a long day’s ride, they’ll also be able to find spiritual food to sustain their spirits.

The four dioceses of Iowa will offer Mass at several of the overnight stops during the RAGBRAI ride through the state in July in the spirit of the national Eucharistic Revival.

“We hope our ‘4 Dioceses cycling 4 Christ’ initiative generates enthusiasm among the riders, the communities they ride into and our parishes,” said Barb Arland-Fye, editor of The Catholic Messenger of the Diocese of Davenport. “The initiative is one response to Pope Francis’ call for our Church to go out, to listen to and accompany people who are not sitting in our pews.”

“As riders and support teams focus on developing their physical health during RAGBRAI, they also have the opportunity to nourish their spiritual well-being through the reception of the Eucharist. This allows them to find rest and seek spiritual fulfillment alongside their physical endeavors,” said John Huyhnh, who helped coordinate this project for the Diocese of Des Moines.

Sioux City Bishop Walker Nickless will kick off the spiritual element of the ride by presiding at a welcome Mass Saturday, July 22 at 4 p.m. at St. Boniface Church, 703 W. 5th St. in Sioux City. A Blessing of the Bikes will be at 3:45 p.m. before the Mass.

“I am happy that we can share information with RAGBRAI riders about Catholic-sponsored events across the state of Iowa. We thank all the parishes and schools who are participating to make the event fulfilling and comfortable for our guests,” said Dawn Prosser, director of Communications for the Diocese of Sioux City.

Here are the locations and times of subsequent Masses:

- **Tuesday July 25** – Ames – Church and Mass time to be determined.
- **Wednesday July 26** – Des Moines – 5 p.m. Mass at St. Ambrose Cathedral. Also, a pass-through option is at St. Malachy Church in Madrid, where there will be a Mass at 8 a.m. with adoration following until noon. St. Malachy is off Hwy 210 and the bikers on the “World Record” day will be going right past the church.
- **Thursday July 27** – Tama-Toledo – Evening Mass at St. Patrick Church followed by a dinner.
- **Friday July 28** – Coralville – 6:15 p.m. Mass at St. Thomas More, Parish with Davenport Bishop Thomas Zinkula as celebrant.

For more specific information, watch the diocesan website at dmdiocese.org. Details are expected to be posted by early July.
Continued from page 1

Funding will help retain, recruit mental health professionals

Diocese grateful for generosity in capital campaign

Continued from page 1

(151) 288-1450

CAREING 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,
pray for me, I beseech you, the guise 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

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The Catholic Mirror June 16, 2023 7
Put faith into action via investments

By Sue McEntee
Contributing Writer

How do you connect your faith with your investing and philanthropy? It’s easy. Read on.

Some people like to invest with their values and beliefs in mind. One investment strategy used by the Diocese of Des Moines and the Catholic Foundation of Southwest Iowa is called Catholic values investing.

This is an approach that seeks to align your investments with the values of the Catholic Church. It’s used by parishes, schools and individuals who want their values to be represented in the investments they hold. The Catholic Foundation uses them to screen more than 98% of its three portfolios. With this approach, investors can ensure their portfolio reflects the teachings of the Catholic Church.

While Catholic values investing began more than 50 years ago, this approach to investing in a religiously compliant way dates back even further. Quakers and Methodists started investing this way in the mid-1800s when they stood against the slave trade and backed up their beliefs with their money.

In 2003, the U.S. bishops established an investment guide defining how Catholic investors should approach investing. Catholic investing prohibits investing in companies that take part in activities that it morally opposes.

While Catholic investing does emphasize an exclusionary or taking-things-out approach, it’s also about supporting companies that are doing good. They like to call this approach inclusionary or bringing good things in. For example, a company that commits to cleaning up our environment may be attractive to Catholic investors.

The U.S. bishops have implemented three objectives of investing in alignment with the values of the Catholic Church. They include:

• Avoiding or doing harm through investment exclusions,
• Actively working for change through corporate engagement, and
• Promoting the common good through impact investing.

In 2021 the bishops revised the guidelines and now take a firm stance on climate change. The U.S. Conference of Catholic Bishops expects Catholic investors to do their part, not only through investment exclusions but also active corporate engagement and impact investing (inclusion).

Catholic investors want to avoid companies that participate in things like racial and gender discrimination; human rights violations; tobacco and other harmful drugs; pornography and other forms of adult entertainment; manufacturing of weapons, from nuclear bombs to firearms and predatory lending.

Catholic-minded investors want to promote companies that participate in growing access to affordable housing; improving the environment and climate; high-quality corporate and social governance and responsibility; and have an impact on depressed communities and high labor standards, including safe workplaces and good wages.

Once you’ve decided that you want to invest with your values, you need to make a plan. This is where a relationship with an organization like the Catholic Foundation or your financial advisor will come in handy. You need to start by writing a statement of intent, specifically listing the areas you want to avoid, as well as the areas you want to include.

Just as there are different approaches to Catholicism, there are different approaches to Catholic investing. Know that this process can take time, but with dedication, research and education, you can make sound investments that align with your Catholic values.

If you’re curious about Catholic values investing and want to know more, consider reaching out to the Catholic Foundation at cfswia.org, 515-237-5044 or by contacting your financial advisor.

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

Bishops: Avoid investing in companies that don’t share Catholic values

Protecting Human Life

Direct or participation in abortion, euthanasia or assisted suicide

Production of pornography

Gender reassignment services/surgeries

Research that results in ended life or makes use of tissue from life ending activity

Production of indiscriminate and irresponsible weapons

Manufacture of firearms (unless exclusivity for hunting/military/low enforcement)

Manufacture (or >10% of sales from) contraceptive

Primarily focused on growing tobacco, recreational cannabis

Save Our Global Commons

Home

Consistently fail to align policies to agreements

Causation/contributed to biodiversity loss without remediation

Directly depleted or degraded water

Extract resources without complying with Extractive Industries Transparency Initiative

No-compliance with UN Global Compact
High school graduates share wisdom, advice

Cherish people along life's journey

By Anna Helton
Contributing Writer

Dear Class of 2023,

We have gone throughout our high school careers constantly yearning for that one minute to end. That one minute that class would end, that one minute that practice would get over, or that one minute that we get to go to lunch.

But as I stand before you today, I am wishing that we still had that one more minute. One more minute in Spanish class, one more minute to ride a bus home after a big win, or one more minute to walk the halls. But unfortunately our time at St. Albert has come to a close, and it's up to us to what we will do beyond these four walls.

This graduation today is much larger than you or me. It is a thank you to our parents and family who have supported us through this journey. It is a thank you to all the teachers who believed in us, and it is a sign to all the grades below us that yes, there is light at the end of the tunnel, and it is not an oncoming train, as Sister Judy would say.

These four years have been incredibly fast and I would not have wanted to spend them with anybody else. As I look out into the crowd filled with students I have known since kindergarten, I am hopeful. Hopeful for our future. After today, our futures are uncertain yet bright. There are going to be obstacles and bumps along the way, but that is a given with anything. I hope that you will make the best of whatever you do and remember to cherish the people along the way. Cherish this moment right here, surround ed by the ones you love.

Class of 2023, good luck and I wish you all the best. And for the upcoming seniors, take it slow, because soon enough you're going to be in our seats and wishing for one more minute. Thank you.

Anna Helton graduated from St. Albert Catholic School in Council Bluffs.

Tribal honor bestowed for milestone

St. Albert Catholic School student Rowan High Horse received an eagle plume from her father, Paul. When Lakota Nation tribal members make the life choices in their lives, they are adorned with an eagle feather. Females get plumes and males get feathers. Rowan's advancement from fifth grade to middle school earned her the honor.

Victim Assistance Advocate

The diocese’s Victim Assistance Advocate, Sam Porter, is a staff member at Polk County Victim Services. He helps people who are or were minors when they were victims of abuse by the clergy through a complaint process. He also helps them seek support and counseling services. Porter can be reached at 515-286-2024 or Sam.Porter@polkcountysiova.gov.

Watch for the latest news from the Diocese of Des Moines at dmdioecese.org.

Faith in Christ a unifying theme during high school years, keep it strong moving forward

By Taylor Tallman
Contributing Writer

Good evening class of 2023, family, and friends. My name is Taylor Tallman, and I was voted as the Pax Christi award recipient for this year's graduating class. It is an honor to be in front of you today, and in my time with you I want to share a little bit of our class’s Dowling story.

Each member of the class of 2023 came to Dowling with their own personal story - one that would continue to change and mold into the one we find ourselves living today. Little did we know that we would interact with each other, creating chapters that would change the story of our lives.

In chapter one of our Dowling story, we experienced new surroundings, new friends, and new classes. More importantly, we learned the valuable skill of using a locker code. During this chapter, we took the opportunities around us, adjusting to our new surroundings. Whether it was immediate or eventual, we met many of our lifelong friends during this chapter. Our first chapter of Dowling was going along pretty smoothly until the ultimate plot twist: a pandemic. Managing virtual classes was challenging, but the class of 2023 could still feel the love and warmth from the Dowling community.

In chapter two of our Dowling story, we juggled the challenge of hybrid learning. Through our classes, we found the passion for certain subjects, and maybe the opposite of passion for others. We rose as leaders in our class, both academically and spiritually. We continued to become involved in the Dowling community, finding safe spaces in many of our friends who would continue to support us. We excelled in our sports, passions, and talents. Many of us took a step in our faith, getting confirmed with the support of our family and friends.

Chapter three of our Dowling story was eventful to say the least. Our first high school graduation, challenging classes, leadership positions, karaoke, college visits, school plays.

While chapter three was exciting, it came with many challenges for our class. I can still remember one part specifically. It was a normal day, but walking into school, I could immediately tell the mood was off. I ignored it as best I could and made my way to my first period class. There were whispers and expressions of shock, but I didn’t know anything until I was called over by my friend from grade school. My story would be forever changed by what she said next: our friend and classmate Marshal McManus had passed away in a car accident the previous night. I can still remember every moment. I remember the tear streaked faces I passed in the hallway. I can remember how gentle teachers were, I can remember the prayer service we had.

But as much of me, I remember the sense of community I felt walking to Dowling that day. I felt surrounded by care, hope, and prayer, so much that it's hard to put it into words. The Dowling community surrounded our students with so much love. They were there for us when we needed it most, telling us we were never alone. The Dowling community taught us what it means to be the face of Christ to someone else. I’ll always remember how students, teachers, and staff alike packed the pews in the church at his funeral as we said goodbye to our student, classmate, and friend. This moment reminds me what it means to be a Maroon, and to this day it makes me proud to say I am part of this Dowling community.

Many of our visitors may not know this, but the class of 2023 filled the Dowling chapel during school the day after Marshall’s passing. I saw community, care, faith, and ultimately love, things that I hadn’t noticed were right in front of me throughout my Dowling story. Looking back, I am positive these feelings were the peace of Christ in the midst of our suffering, and I know Marshall was smiling down on us that day. He would be so proud of us and the way he brought many of us together in our faith.

Our final chapter, chapter four, was thrilling. From our spring musical, trips to Iceland and Brazil, and football games to final choir and band concerts, and grad parties, this chapter was packed with action. It served as the perfect chapter to wrap up our Dowling story, and many memories have come from what we’ve experienced this past year.

And now, as we write the final sentences to chapter four, we can’t help but look back and see how grateful we are for everything Dowling has provided for us. Our lives truly wouldn’t be the same without our Dowling story. It is an honor to be in front of you today, and in my time with you I want to share a little bit of our class’s Dowling story.

But as we look back on the class of 2023’s Dowling story, it’s easy to notice all the blessings that have come from it. Our faith in Christ was a unifying theme throughout our Dowling story, and I want to challenge everyone to keep this theme as you move on to the next chapters in your life. I’ve learned that the most important thing we can have in our lives is a relationship with Jesus. He has his hand waiting there for us, we just have to meet him halfway. When we live our lives united to Christ, we can finally feel the peace He provides. The peace of Christ doesn’t mean your story is comfortable all the time, but it means Jesus is there for you in every page of your upcoming chapters.

As we flip to our next chapter in life, remember that your Dowling story will feed into others’ stories, just like ours did four chapters ago. No matter where you come from, you were a part of the Dowling class of 2023, and no matter where you’re going, you will always be a Maroon.

To the class of 2023, you have the future in your hands. Now go forth and set this world on fire.

Taylor Tallman was awarded the Pax Christi honor at graduation from Dowling Catholic High School in West Des Moines. This is an edited version of her speech. The full speech can be found at dmdioecese.org.
No Solamente los Solitarios – Ila Parte

By Bishop William Joensen

Si me dieran la oportunidad de escoger entre un reporte gubernamental y una endometrial, ordenadamente escogería esta última. Aún así, muchas personas a quienes respecto me recomendaron el estudio consultivo que publicó el Círculo General de los Estados Unidos, el Dr. Vivek Murthy. “Nuestra Epidemia de Soledad y de Aislamiento: Sobre los Efectos Curativos de la Conexión Social y la Comunidad,” por lo cual le loía en una sola sentada. El cruel relato de los efectos negativos de un desconocimiento de desconexión social y de soledad que causan varios factores – incluyendo, pero sin limitarse a éste al uso de la tecnología, – no me sorprendieron, pero me abrieron los ojos. El reporte no es totalmente devastador y pesimista; tiene observaciones y recomendaciones que nos dan razón para tener esperanza.

A la vez, lo que me sorprendió es que el estudio lo publicó un órgano ejecutivo que frecuentemente parece estar enfrenado a un entendimiento basado en enseñanzas bíblicas sobre la persona humana en la comunidad así como de los valores que sostenemos por nuestra enseñanza moral católica, pero el caso aquí es lo opuesto: los descubrimientos y conclusiones no corresponden al hecho muy cercanamente con las afirmaciones sobre identidad humana, relaciones y desarrollo que propone un círculo de filósofos, teólogos y teológicas católicos. Los seres humanos son inatentamente seres sociales; las relaciones unidos con otros, así como una participación activa en la sociedad, son aspectos esenciales de la naturaleza humana; y la pertenencia a una comunidad de fe con variedad en su membresía es uno de los factores más recomendables que contribuyen a un bienestar en la humanidad.

No tenemos suficiente espacio aquí para resumir el estudio en su totalidad, pero a los lectores a leerlo ustedes mismos (https://www.hhsp.org/sites/default/files/urocy-gen-social-connection-advisory.pdf). Este mes y el próximo voy a comparar varios puntos que marca el reporte consultivo con reflexiones sobre la soledad y la pertenencia de Jean Vanier, el difunto francés-canadiense fundador de las comunidades de L’Arche para personas con discapacidades. (Reconozco que las acusaciones creíbles post mortem sobre la conducta de Vanier pueden haber deshonrado su reputación, pero no creo que invaliden la sabiduría práctica que tienen sus obras; comparémoslo con Mozart quien pudo haber sido un brubin y un canal, pero igualmente componer unas sinfonías magnificentes las cuales creo verdaderamente glorifican a Dios.) Además, voy a hacer conexiones tanto con nuestra visión y misión diocesana, las cuales surgen de nuestro reciente proceso de planificación estratégica. Y de un entendimiento católico del misión y el significado de la Eucaristía. Y el comienzo de la tercera fase, de este mes en que celebramos la Fiesta de Corpus Christi y el comienzo de la tercera fase, de todo un año en las parroquias, del Receivimiento Eucarístico nacio nal.

El glosario al inicio del estudio consultivo que son contrarios a la lógica: aunque podemos implicar más de esto el próximo mes. Un punto en el futu de Juan Bautista como una figura que debe haber sentido un gran gozo al encontrarse al recién concebido, a pesar de haber sentido una gran soledad al enfrentar la injusticia, la hipocresía y desentendimiento de aquellos quienes ignoraron o rechazaron a Diosis. Desde mi perspectiva pastoral, toma honestidad, conocimiento interior, y valor para admitir el continuo dolor de nuestra soledad. La soledad puede ser auto inducida, o puede ser causa de circunstancias más severas. Se puede tener un control como la pandemia u otras experiencias de pérdida o reveses en nuestras vidas. Yo creo que la soledad no es resultado de que Dios aleje su rostro de nosotros, porque Jesús siempre nos está volviendo a ver, como lo muestra en la Eucaristía. Y el creer en su presencia y acompañamientos perpetuos puede ser una fijación que nos lleve de un sentido de desconexión y de soledad hacia la comunión. El sembrar semillas, ver la vida regresar en una conexión en Cristo, es un acto profítico de sanación, esperanza y de confianza renovada. Pero hablaremos más de esto el próximo mes.

SAVE THE DATE!

In honor of Bishop William Joensen’s passion for education, we invite you to join us for the Bishop’s Celebration of Catholic Schools on August 26, 2023, at St. Francis of Assisi Catholic Church. This event unites the entire Diocese of Des Moines community in celebration of the life-changing impact our Catholic education has provided for more than 150 years. During the event, the diocese will recognize special honorees, educators, administrators, and volunteers at an event in honor of our Catholic schools. Learn more at dbdmioce.org/catholic-schools/support or scan the QR code below.
Eucharist and friendship

By John Huynh

The U.S. Postal Service just released a stamp that bursts with nostalgia: an image of Tomie dePaola – the nuns and monks as he portrays them in his richly colored folk art – the nuns and monks as he portrays them in his richly colored folk art. The stamp inspired me to sift through my Tomie dePaola collection – his saint stories and spooky tales. So much of my Tomie dePaola collection – his saint stories and spooky tales. All devotional prayer, whether it be for ourselves, for others, or for living. All devotional prayer, whether it be for ourselves, for others, or for living.

Food for the Journey

By Christina Capecchi

In the age of Instagram, not showing off is the crux of your vocation when you step into prayer. This is the crux of your vocation when you step into prayer. It’s how we spend our precious time, it’s how we make people feel. It’s not the to-do list, the meeting agenda, the meal plan, not our commitments – that stuffy space between calendar and clock. It’s none of the day-to-day shuffle. It’s how we know people feel.

Reflections

The Catholic Mirror

June 16, 2023

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Praying as a Christian

Father Ron Rolheiser

There are four distinct kinds of Christian prayer: There is Incarnational prayer, which is a prayer of presence, and Priestly prayer. What are these? How are they different from each other? How do they come together, and what is the connection? Incarnational Prayer St. Paul invites us to “pray always.” Does this mean that we can’t be praying or can we? What is Paul inviting us to do is to watch the Lord and listen to the voice of the Lord. Mystical Prayer: Praying mystically is not a question of having extraordinary spiritual experiences – visions, raptures, ecstasies. Mysticism is not about extraordinary spiritual experiences – visions, raptures, ecstasies. Mysticism is not about extraordinary spiritual experiences – visions, raptures, ecstasies. Mysticism is not about extraordinary spiritual experiences – visions, raptures, ecstasies. Mysticism is not about extraordinary spiritual experiences – visions, raptures, ecstasies. It’s how we spend our precious time, it’s how we make people feel. It’s not the to-do list, the meeting agenda, the meal plan, not our commitments – that stuffy space between calendar and clock. It’s none of the day-to-day shuffle. It’s how we know people feel.

Priestly Prayer: Priestly prayer is the prayer of Christ through the church for the world. The Christian belief is that Christ is still gathering us together around him, and the Eucharist is the crux of our vocation when we step into prayer. The Christian belief is that Christ is still gathering us together around him, and the Eucharist is the crux of our vocation when we step into prayer. It’s the crux of your vocation when you step into prayer. It’s the crux of your vocation when you step into prayer. It’s how we spend our precious time, it’s how we make people feel. It’s not the to-do list, the meeting agenda, the meal plan, not our commitments – that stuffy space between calendar and clock. It’s none of the day-to-day shuffle. It’s how we know people feel.

Christina Capecchi is a freelance writer from Inver Grove Heights, Minnesota.
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