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

Campers, counselors and staff celebrate summer at Catholic Youth Camp at the St. Thomas More Center in Panora. In the heart of the Diocese, campers from third grade through high school come together to cultivate connections among each other and in Christ. Bottom left: Father Reed Flood spent many days on the zipline, in a canoe, playing gaga ball, plus hearing confessions and celebrating the Eucharist with campers. Bottom right: New camp director Jason Anderson takes a break with seminarian Conor Lynch. "This summer at CYC has been filled with blessings that flow from young people gathering in a very special place, to live and share their faith," said Anderson. "I am deeply thankful for all of the campers, families, counselors, staff members, directors, seminarians, clergy and supporters who make this important ministry possible.

Maui devastated after historic fire

HONOLULU (OSV News) -- Catholic Charities Hawai‘i in the Honolulu Diocese has appealed for donations to help the agency meet the housing, food and other needs of what could be thousands of victims from wildfires raging on the island of Maui that wiped out an entire town and drove people to seek refuge in the ocean. At prestate, CNN was reporting 93 people died. More than 11,000 people were evacuated as wildfires burned the historic town of Lahaina "to the ground," as numerous news outlets reported.

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

Hawaii Gov. Josh Green told CNN Aug. 10 that he estimated "upwards of 1,700 buildings" were destroyed. News reports said that wildfires also were affecting the Big Island (officially named Hawaii), and crews were battleing a total of six fires, with three simultaneously torching Maui.

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

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

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

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

A los niños que regresan a la escuela podrán pedirles que recount their experiences personales: “qué hice en mis vacaciones de verano.” Yo no participé en RAGBRAI en el jubileo de su año de oro, pero me mantuve inspirado por lo que atestigué a principios del año en la pregonización de la Jornada Mundial de la Juventud en Lisboa, Portugal, enfocándome en el grupo de nuestra propia diócesis conformado de aproximadamente 50600 jóvenes y 60 adultos no tan jóvenes como los acompañaron. Dado el liderazgo arquidiocesano de la quiebre de la misión de evangelización y Misión que pretendía dar las indicaciones para recargar fondos por más de un año haciendo varios proyectos de servicio para poder participar en este evento espiritual excepcional.

El catalizador de esta reunión de alrededor de 400 000 jóvenes de todo el mundo en los días previos a la Misa Dominical de clausura (en donde 1.5 mil millones de fieles se reunieron hasta los límites que podía alcanzar la vista) fue la invitación y presencia de nuestro Santo Padre, el Papa Francisco. El pontificado de 8 años del Papa Francisco nos pareció una excepción: “agitar la olla” de esta sopa internacional de más de 200 nacionalidades, diversos colores culinarios, ricas con sabores y tonalidades de fondo con el fin de que los jóvenes participen de la misión de infundir amor y esperanza al mundo con el mandato de hacer amar al prójimo y a sí mismo que transcedió la voluntad individual para el bien de todos en la Jornada Mundial de la Juventud de Lisboa, Portugal, donde los jóvenes reflejaron el espíritu de Cristo en el mundo en que todos somos hermanos y hermanas.

En Lisboa, Portugal, el papa Francisco encabezó el Domingo de la Misericordia, un homenaje al Evangelio, bajo nuestros propios términos, haciendo que todos los fieles que han sido refugio en el refugio del amor incondicional antes del hombre es un número, sino algo más que, en la edad, todos somos amados tal como ha sido vivido y compartido en el corazón de Dios en el momento de su irrupción en el tejido social que lo rodea.

La Jornada Mundial de la Juventud es el momento en el que Dios promete “cuando se sequen las mareas, mi espíritu no se cansará de cuidarlos.” Es el momento en el que la misericordia de Dios es manifestada en el tejido de la sociedad para que todos los jóvenes puedan refugiarse en el amor incondicional antes del hombre es un número, sino algo más que, en la edad, todos somos amados tal como ha sido vivido y compartido en el corazón de Dios en el momento de su irrupción en el tejido social que lo rodea.

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Young Knights drawn to helping others

By Lydia Sheve Contributing Writer

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

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

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

“I would say it’s something that the Knights are struggling with. They are focusing and aiming toward trying to get more of the younger crowd, but it’s all dependent on parish,” said Follett. The younger the parishioners are, the younger the knights are going to be as well, he said.

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

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

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

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

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

“My faith mostly goes hand in hand with the Knights and I understand more of the value of faith and charity, let alone community, being with the Knights than I had without,” McGee said.

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

Statistics from their recent convention show that the Knights of Columbus are growing, in part thanks to young Knights like Follett and McGee, but also to other generations who happen to be joining just now.

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

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

“It doesn’t just go one way generationally; it goes both.”

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Making it Personal

with Bishop Joensen

Tune in to Iowa Catholic Radio
88.5 FM (Adel) 90.9 FM (Creston)
94.5 FM (Des Moines) or 1150 AM (Des Moines)
or Spirit Catholic Radio 102.7 FM

each Friday at 9 a.m. to hear
Bishop William Joensen talk with a variety
of guests. Can’t tune in then?
You can pick up the podcast at
iowacatholicradio.com!

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

The Intention

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

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

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Our Lady’s Promise

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

How to make Reparation to the Immaculate Heart of Mary

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

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

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The Catholic Mirror August 18, 2023 3
Donor dollars help those in need

By Bobbi Smith
Contributing Writer

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

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

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

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

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

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

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

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

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

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

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

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

Support from donors makes it possible to provide pizza night for the ten families at the Emergency Family Shelter, families who are working hard toward self-sufficiency.

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

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

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

“When you receive your invitation in the mail to give, please consider a contribution to our organization and share with a friend why you are doing so,” she said.

“Gifts of cash, stock, or other assets can make an incredible impact for us.”

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

Community dedicated to monthly rosary prayer

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

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

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

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

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

The group rotates gatherings among six parishes in Shelby County.

Everyone is invited to participate. Upcoming opportunities are Aug. 20 at St. Boniface in Westphalia, Sept. 17 at St. Mary in Portsmouth, Oct. 15 at St. Michael in Harlan, Nov. 19 at St. Joseph in Earling, and Dec. 10 at St. Mary in Panama.

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

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

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Faith formation is walking with people on their journey

By Lydia Sheve
Contributing Writer

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

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

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

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

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

The main focus of the symposium was how to create a culture of lifelong faith formation. For Howes, the key to doing so is getting all ages and generations involved has proved to be one of the best ways for a parish family to not only bond but to grow in intergenerational formation, as it helps break people out of the mindset that they belong only with one certain age or group.

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

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

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

DIOCESAN MEMORIAL MASS for the UNBORN
September 9th at 10:00 a.m. at St. Anthony Parish
Diocesan Shrine of Our Lady of Mount Carmel and Divine Mercy

Please join us in the Holy Sacrifice of the Mass where we will remember and pray for all victims of abortion.
We thank you for your prayers for the unborn and their families. Rest assured; God hears our prayers! He is working in His way and in His time. God bless you all.

St. Anthony Parish Respect Life Ministry
(In case of inclement weather, Mass will be in the church.)

For more information visit www.stanthonydsm.org

Parish Mission

Alive in Christ with Eucharistic Amazement
September 17-19
St. Francis of Assisi Catholic Church
7075 Ashworth, West Des Moines

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

St. Theresa faith leaders: Jane Ann Becicka, of children’s faith formation; Barb Woods, of adult faith formation and RCIA; and Megs Howes, parish youth minister, at a symposium on faith formation.
Aug. 19 -- Saturday
Eucharistic Procession
DES MOINES -- Join Bishop William Joensen for a 9 a.m. Mass at the grotto at St. Anthony Parish in Des Moines followed by a Eucharistic procession to St. Ambrose Cathedral for benediction. Lunch follows in the Catholic Pastoral Center across the street from the cathedral. Transportation back to cars at St. Anthony will be provided.

Sept. 9 -- Saturday
Memorial Mass for the Unborn
Join us for Mass where we will revere the diocesan Shrine of Our Lady of Mount Carmel and Divine Mercy. Join us for Mass where we will remember and pray for all victims of abortion.

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

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

Sept. 23 Saturday
Women’s Retreat
AVOCA -- Maureen “Mo” Hoffman will speak on the topic “Set Your Sails For Service” at a women’s retreat at St. Mary Parish in Avoca. Doors open at 8:30 a.m., retreat begins at 9 a.m. and ends at 2 p.m. Includes breakfast and continental lunch. Bring a nonperishable food item for the local food pantry. Questions? Contact Mary Pearson at 712-307-6279. RSVP to the parish at sm-pavoca@wanacel.net by Sept. 18.

Oct. 1 Sunday
Life Chain
DES MOINES -- The 34th annual Life Chain will take place from 2-3:30 p.m. on Oct. 1. Life Chain, a form of peaceful witness, is a chain of lighted vehicles that pray for an end to abortion. Sign up to participate. Go to the church website at stbonifacechurch.org/join or contact the Parish office at 515-272-4747 for more information.

Oct. 23 Thursday
Eucharistic Procession
DES MOINES -- The 34th annual Eucharistic Procession to St. Ambrose Cathedral will begin at 8:30 a.m. Mass will be celebrated followed by Eucharistic adoration for entire day.

Oct. 23 Thursday
Seminarian Convocation
Iowa -- Each year, seminarians from the four dioceses of the archdiocese gather in a convocation, or retreat, before they head back to school. Each diocese hosts its own convocation, and seminarians from across the state gather in a retreat that provides a chance to build camaraderie with their peers.

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

Several months ago, eight students from St. Patrick Parish in Audubon and Holy Trinity Parish in Exira attended their confirmation retreat. During the course of the day, the students learned from the retreat speaker of a young woman with two young children who lacked the basic necessities to thrive. The students listened intently. The seed was planted. Students began to formulate project ideas. They began to see others around them who were hurting. The awareness of poverty and the pain involved was a different reality for them. These students started to collect items that a household might need: furniture, appliances, mattresses, and other items. They also wanted to include religious items for the families.

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

Students put their faith into action

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

CDA luncheon

Photo by Mary Sue Wickham

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

Photo by Anne Marie Amacher/The Catholic Messenger

Students put their faith into action

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Pilgrims honor priest for faith, friendship

By Anne Marie Cox
Staff Writer

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

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

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

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

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

“They love it when Father Ray comes,” said Blessman in agreement. “He’s a super star!”

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

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

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

“I think truly, it was the Holy Spirit that spoke to me and it was like, this is what we’ve been looking for,” Blessman said.

Those who have traveled with Father McHenry and supporters of Blessman International have raised about $150,000 of the $175,000 needed for the new simple but larger church, including $15,000 by the parishioners who will benefit.

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

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

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

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

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

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

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

“It’s a big event when Father Ray is in town. The singing and worship is amazing. They are so appreciative of being able to celebrate the Eucharist and hold Mass with Father Ray. You can’t help but be moved by the passion the local people have for Jesus.”

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

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

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

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

Father McHenry feels humility in a couple of respects.

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

“Where they’re worshiping now, there’s no beauty or dignity,” said Father McHenry. “Churches are signs of the pilgrim church on earth. They want a place where people know Christians are here.”
Burlington woman composes Eucharistic Congress song

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

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

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

The musician—a wife, mother and grandmother—has been active in music ministry at Divine Mercy Parish in Burlington for nearly 30 years. She has composed and arranged music for children and adult choirs for most of her life but never pursued a career as a songwriter. About five years ago, she felt compelled to create a piece inspired by the words of the distraught father in Mark’s Gospel. Efforts to finish the piece, by her standards, from Mark’s Gospel. Efforts to finish the piece, by her standards, from Mark’s Gospel. Efforts to finish the piece, by her standards, from Mark’s Gospel. Efforts to finish the piece, by her standards, from Mark’s Gospel. She felt inspired to superimpose the chant tune “Adoro Te Devote” over the melody of the refrain near the end of the writing process. “It’s usually used as a Communion hymn in Latin or English (Thee we adore, O hidden Savior). I wondered how it would sound over the refrain and whether it would work.” It sounded better than she could have imagined. “I figured it wasn’t my idea at all. It had to be the Holy Spirit. It worked so lovely” and made the piece feel complete.

When Mahoney received an email earlier this month with news of her contest victory, she cried tears of gratitude and disbelief. “I’ve never had anything published; I guess that’s why this was such a shock.”

The music competition also included a hymn category. Pheonix-based hymn writer, translator and editor Kathleen Pluth topped the hymn category for her origi- nal text, “Let the Earth Acclaim Christ Jesus.”

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

Father Dustin Dought, associate director of the secretariat of divine worship, served as the non-voting chairperson of the committee of judges. “The quantity and quality of entries for the Eucharistic Revival Musical Competition showed what great devotion there is to the sacrament of the Eucharist among the faithful of the dioceses of the United States,” he said in a news release of the U.S. Conference of Cath- olic Bishops. He hopes the winning hymn and song will “enkin- dle that living relationship with Jesus in the Eucharist, which will renew the Church in the United States.”

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

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

Monsignor Frank Bognanno’s new book, featuring his broadcast reflec- tions called “Thought of the Day with Msgr. Frank,” has now sold close to 4,000 copies.

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

The retired priest, who served in the Des Moines Dio- cese for 57 years, has shared a short spiritual thought of the day on WHO-TV and Star 102.5 radio since August 2018. Based on the positive response to his broadcast vi- gnettes, Msgr. Bognanno ap- proached Franciscan Media, which agreed to publish them in a book of 260 of these re- flections in three categories: encouragement, inspiration, and motivation. A prayer is in- cluded for each reflection, for a total of three minutes in daily meditation.

Franciscan Media strives to share in the spirit of St. Francis by meeting people where they are, said Kely Sundberg, director of new product development and product marketing, said.

“St. Francis went out to the leper colonies because that’s where the need was. Now, the need is to garner people’s attention in a crowd- ed media landscape,” she said. “We’re excited to bring his messages to a national audi- ence with his book, ‘Three Minutes with God.’”

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

Consejero sobre Asistencia de Victimas

El Consejero sobre Asistencia de Victorias es un em- pleado de Polk County Victim Services. Ella ayuda a víctimas de abuso sexual por parte del clérigo durante el proceso de la queja y buscando servicios de apoyo y consejería. Pueden comunicarse al 515-286-2028 o en advocate@dmdicoese.org.
Wynd pilgrims return home filled with faith

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

By Anne Marie Cox
Staff Writer

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

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

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

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

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

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

Another blessing was the positive experience pilgrims had during Days in the Diocese, when they stayed in the homes of local Portuguese to learn the culture and cultivate relationships.

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

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

Pilgrims were inspired by Pope Francis.

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

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

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

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

The Way of the Cross was powerful, too.

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

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

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

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

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

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

What’s next?

“My fellow youth are eager to answer Pope Francis’ call to ‘make a mess’ and evangelize,” said Janni.

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

Pope: Faith can lead to peace

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

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

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Bishop William Joensen and pilgrims from St. Ambrose Cathedral pause during their tour in Portugal.
Cruz revelaron el sentido de un rendición de las Estaciones de la sufrimientos de los jóvenes que prior." De seguro, los problemas y nos dejan vacíos en nuestro inte
que inevitablemente revientan y fabricadas dentro de un mundo
Francisco compara estas ilusiones deseos de hacer algo significa
sobre lo que opaca el alma. Aunque esto va a requerir paciencia en espera
a las respuestas a algunas de es-
tas preguntas, el Dios de las sor-
presas no nos desamparará ni se olvidará de nosotros.

(2) Den servicio a los demás, particularmente a aquel-
os que están agotados, débiles o que tengan cualquier necesidad, ofreciéndoles el regalo precioso de una presencia atenta y una sol-
dadidad gozosa. Apresurándose a escuchar a los demás es el limpiar de una presencia atenta y una sola-
dadidad gozosa.

Gozo Misionero

Continued from page 2

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

Educators begin the year in prayer

Young Catholic Network applies faith to workplace

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

By Anne Marie Cox

Staff Writer

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

"It was hard to connect how our life could live in the workplace," said Tovar Qualley, of St. Francis of Assisi Parish. "How can I apply this to what I'm spending 40-50 hours a week at?"

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

The Young Catholic Net-
work was born in 2021.

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

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

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

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

Guests have included for-
mer Meredith Corp. CEO Steve Lacy, Dallia Terra Ranch founder Sharon Krause, Deloitte Man-
aging Partner Dan Kinself and Drs. Jon and Ramona Thompson.

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

Often, attendees ask for practical tips.

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

"I'm just really pleased with how the events have started," Heinzeaman said. "It seems like the community keeps growing."

The next gathering is Sept. 12 with a social at 6 p.m. and Uni-
tyPoint CEO David Stark taking the stage at 7 p.m. at the Catholic Pastoral Center, 601 Grand Ave. in Des Moines.

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

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

Their kickoff meeting in the first week of August centered around the theme of "Encounter, Friendship, Community."

"Throughout the year, we will concentrate our thoughts on how we can build a culture of encounter for our community," said Denise Mulcahy, dioces-
san director of Teaching and Learning.

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

Educators begin the year in prayer

in Des Moines, la expulsión de la Iglesia de San Nicolás, incluyendo como con-
 celebrantes a los Padres Raphael Assamah, James Downey y Paul Lippstock (de la Arquidiócesis de Dubuque), con la asistencia del Díaconos Francis Chan. En mi homilía, animé a mi audiencia a hacer un balance y ser agrade-
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os a Dios tanto en forma que las sean familiares o inesperadas. Y que conforme se permitan navegar con estos santos deseos, mi oración era que siempre crey-
eran que, a pesar de nuestros er-
rores y limitaciones, Dios nos permita siempre ayudarnos a cumplir nuestras promesas.

A diferencia del RAGBRAL, en donde los ciclistas agazapan sus ruedas en el Río Mississippi y luego se dispersan en varias di-
recciones, la consigna de Cristo-
y de su Vicario el papa a los hombres y mujeres jóvenes que recibieron en las gracias de la Jor-
daña Mundial de la Juventud es el permanecer en las conexiones que se formaron y el ampliar el círculo de comunión entre per-
sonas de todas las edades en sus respectivas diócesis. Aunque algo del fervor y la euforia del tiem-
po que pasaron juntos en Lisboa van a servir en sus comunidades y en sus culturas si hacen dos

En nuestro penúltimo día en Lisboa, fue el celebrante principal con nuestro grupo de Des Moines en la expulsión de la Iglesia de San Nicolás, incluyendo como con-
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po que pasaron juntos en Lisboa van a servir en sus comunidades y en sus culturas si hacen dos
As my wife, Amy, and I strive to raise our three kids to be good and responsible individuals, we often find ourselves contemplating the call to raise them to be holy people. I have found the stories from the New Testament helpful in the distinction between being good and being holy.

The accounts above offer us in St. Mark's Gospel highlights the limitation of mere goodness. Though he followed the commandments, he lacked the holiness required for holiness, exemplifying that goodness alone falls short.

“Lord, may I always love you...Regardless.”

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

“I don’t feel close to God.” “I can’t feel his peace.” “I’m not sure if he loves me...” Our struggle with these words is a real and that our faith is NOT based on a feeling any more than God is exactly who he says he is and that we need others, that we need community, that we need God and his grace to be good in our interactions with others and our devotion to God.

To love as Christ loves means we become holy and make our holiness extend to the world. This is how we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belonging to cults, but we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belonging to cults, but we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belonging to cults, but we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belonging to cults, but we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belonging to cults, but we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belonging to cults, but we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belonging to cults, but we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belonging to cults, but we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belonging to cults, but we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belonging to cults, but we know faith to be a gift. Humans can make themselves believe almost anything, thus millions belong...
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